



TRAILWALKER

NEW YORK/NEW JERSEY TRAIL CONFERENCE — MAINTAINING 1,629 MILES OF FOOT TRAILS

MAY/JUNE 2006

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Take the Train to the Ridge

New TC Parcel Completes Corridor Linking Port Jervis to Gunk Ridge Trail



A view from land on the Shawangunk Ridge that was purchased by the Trail Conference in February.

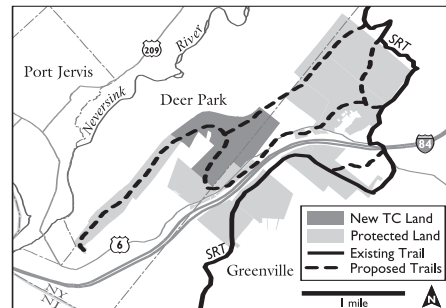
The latest Trail Conference land purchase sets the stage for building a new footpath that will link the Shawangunk Ridge Trail to the train-serviced City of Port Jervis.

On February 23, 2006, the Trail Conference closed on a key 267-acre parcel located on the western flank of the Shawangunk Ridge, immediately east of Port Jervis in the Orange County towns of Deerpark and Greenville.

The property is at the southern point of the Shawangunk Ridge, near the New York-New Jersey-Pennsylvania border. A trail through it, to be blazed later this year, will connect the southern section of the Shawangunk Ridge Trail to the Delaware

River Heritage Trail in the City of Port Jervis. When this trail connection is made, hikers will be able to take a train into Port Jervis and hike to the Shawangunk Ridge Trail, turning north toward Otisville or south toward the Shawangunk Ridge Trail's junction with the Appalachian Trail at High Point State Park in New Jersey.

The property also connects to another 635 acres of Trail Conference owned lands in Deerpark and Greenville. All of these lands are to be transferred to the State of New York and added to Huckleberry Ridge State Forest, nearly tripling the forest's size to over 1,400 acres from its current 500+ acres. The state is expected pay property taxes to the towns.



The dotted line shows the proposed route of the new link trail.

The features of the property are striking. It covers most of the western flank of the Shawangunk Ridge, providing a clear view of the nearby valley, the still rural Route 209 corridor. Young pin-oaks and

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All 10 Map Sets in New Editions

New West Hudson, South Taconic Maps Complete Series

With the May release of new editions of the West Hudson and Taconic map sets, the Trail Conference Publications Committee has published new editions of all 10 NY/NJ Trail Conference maps sets in less than one year. "This is an unprecedented achievement," said Daniel Chazin, Chair of the Trail Conference Publications Committee. "We have never previously published new editions of all 10 of our map sets in a single year—and three of these 10 are completely new digitally-produced maps!" Over 30 volunteers helped with the project, from collecting field data to writing map-back text to overseeing production.

"This is an unprecedented achievement..."

The ambitious project was made possible in part by the Trail Conference's increasing use of digital geographic information system (GIS) technology. GIS offers improved mapping features and reduces map production time. The Conference continues to move toward fully digitizing all its maps, and received financial support for this effort from contributions to the *Connecting People With Nature* capital campaign that successfully concluded last year.

Why Maps Change

New trails, new trail lands, trail relocations: the network of hiking paths in the New York/New Jersey region is surprisingly dynamic. Open space protection efforts (including those of the NY/NJ Trail Conference) often result in new public lands that yield new trails or permit trail relocations—from roads to woodland trails, or from private lands to public lands. Conversely, changes in private land ownership may result in trail closures or the relocation of a trail out of the woods and onto a road. Natural events such as floods or landslides may require trail route changes. **All of these changes are documented.**

continued on page 3



Meet Roland Breault, trails volunteer extraordinaire.

Please turn to page 6.

Awosting Reserve Preserved: 2,500 Acres Added to Minnewaska State Park!

New York State purchased the 2,518-acre Awosting Reserve property as an addition to Minnewaska State Park Preserve on March 14, 2006. The Trust for Public Land and Open Space Institute acquired the land, which was immediately transferred to the State. The property occupies the southern slopes of the Shawangunk Ridge leading up to both Minnewaska State Park Preserve and Mohonk Preserve. The \$17 million purchase was funded through the state's Environmental Protection Fund.

Save the Ridge, a Trail Conference member club, led a spirited advocacy effort for preservation of the property with vital support from fellow members of the Shawangunk Ridge Coalition as well as thousands of individuals across the region.

Patty Lee Parmalee, Save the Ridge coordinator and Trail Conference member, was in attendance when State Parks Commis-



These ridge slopes are now protected.

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The TRAIL WALKER (USPS Permit #970-100) (ISSN 0749-1352) is published bi-monthly by the New York-New Jersey Trail Conference as a benefit of membership. Subscriptions are available to libraries only at \$15.00 a year. Periodical postage paid at Mahwah, N.J., and additional offices. Postmaster: Send address changes to the address below. Opinions expressed by authors do not necessarily represent the policy or position of the Conference. Contributions of typed manuscripts, photos, and drawings are welcome. Manuscripts may be edited for style and length. Send SASE for writers' guidelines. Submission deadlines for the TRAIL WALKER are January 15 (Mar./Apr. issue), March 15 (May/June issue), May 15 (July/Aug. issue), July 15 (Sept./Oct. issue), September 15 (Nov./Dec. issue), November 15 (Jan./Feb. issue). Unsolicited contributions cannot be acknowledged unless accompanied by SASE. For information on advertising rates, please write or call.

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NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

The New York-New Jersey Trail Conference, founded in 1920, is a federation of member clubs and individuals dedicated to providing recreational hiking opportunities in the region, and representing the interests and concerns of the hiking community. The Conference is a volunteer-directed public service organization committed to:

- Developing, building, and maintaining hiking trails.
- Protecting hiking trail lands through support and advocacy.
- Educating the public in the responsible use of trails and the natural environment.

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 100 hiking and outdoor groups, and 10,000 individuals.

FROM THE CHAIR

Widening the View

New Contacts and Activities Contribute to Effectiveness

Early in March, Tom Johnson, my counterpart at the Potomac Appalachian Trail Club (PATC), paid the Trail Conference a visit. He wanted to meet with Ed Goodell and me to learn about the Trail Conference—how we operate, sources of income, capital campaign, staff, land protection activities, publications, etc. Our organizations have much in common and we shared much useful information.

Over the course of our time together, our discussion turned to volunteers. How, we wondered, do we entice volunteers to move beyond their engagement with dirt, i.e. trails, to a wider engagement with trail issues and our respective organizations? Although we reached no conclusions, we realized that an organization has to offer both a progression of volunteer opportunities as well as a variety of them. We need to recognize that some individuals must be willing to move slightly outside their comfort zone, and that others may prefer a role that dovetails with their previous experiences. Tom had traveled some distance in order to meet with us. He widened his perspective and in the process widened ours.

Common Ground in Open Space

The weekend before my meeting with Tom, I attended a meeting of the New York State Trails Council, something I last did back in 1994. I wasn't necessarily looking to widen my perspective, I was substituting for Gary Haugland, who is one of the three representatives of the hiking community on the council, which also comprises equestrians, hunters, snowmobilers, mountain bikers, and trail runners. But my views were widened by my participation at the meeting.

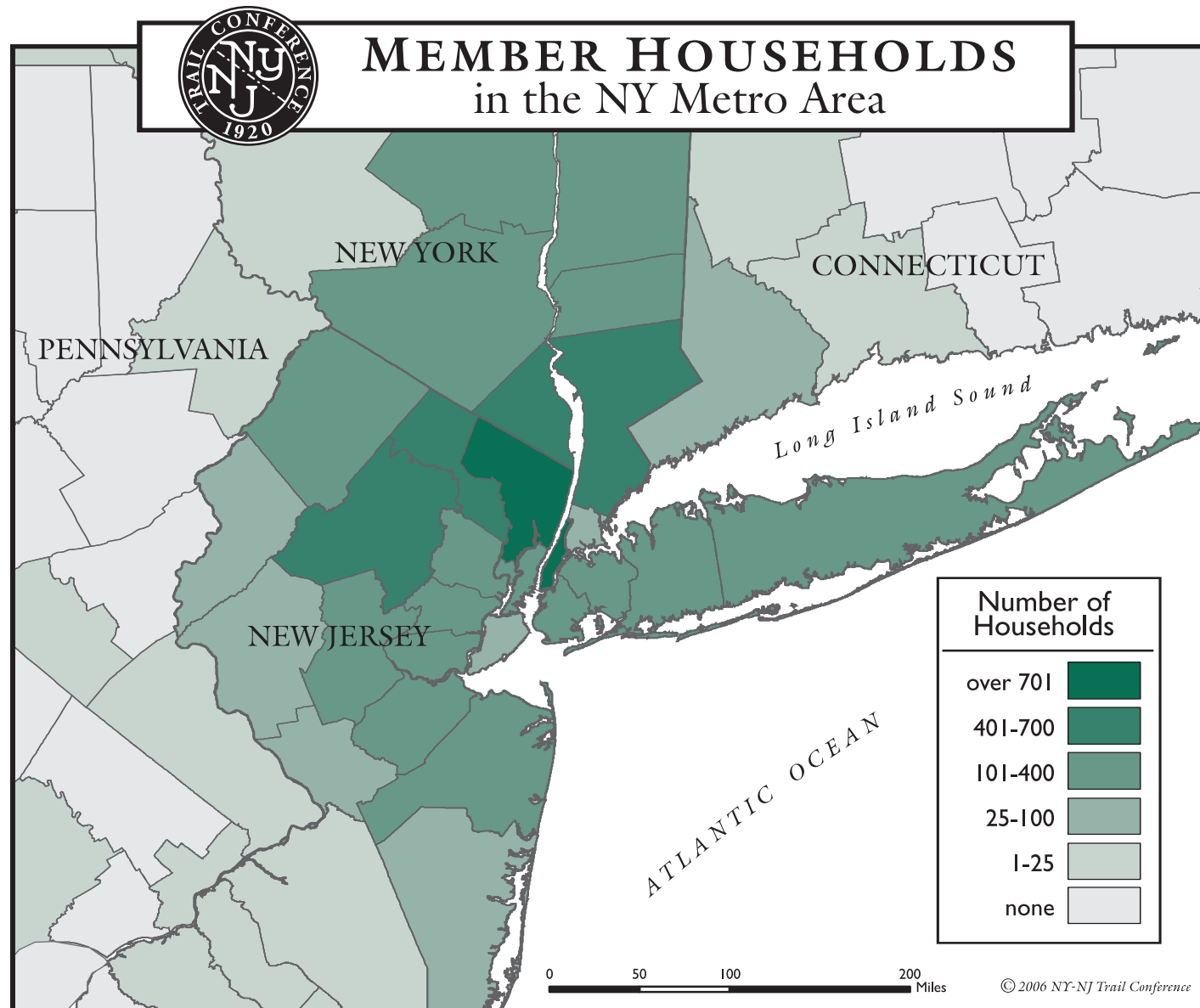
To be effective and make a difference, each of us must be willing to widen our views...[and] move outside of our comfort zones.

The first thing I noticed in February upon entering the room was how attitudes among once antagonistic trail user groups had changed. Where previously, there had been acrimony, this time I did not sense any acrimony at all. What impressed me was the air of cooperation in the room. Trails now united the different user groups rather than divided them. People offered suggestions, showed concern, reported problems, and shared successes.

I heard things from people outside our region that are relevant to our own area. I learned, for instance, that Saratoga County is working on a county-wide multiple use trail. Wary of user conflicts, county administrators have previously avoided such a trail. Saratoga County's plans are a piece of information critical to the Long Path if it is to ever stretch to the Adirondacks. This is an example of how anyone who participates at the state level may gain a broader view of trail issues.

To be effective and to make a difference, each of us must be willing to widen our views, even if only slightly. We must move outside of our comfort zones. If you are a trail maintainer, consider writing at least one letter per year about an issue. If you've never worked on a trail, think about joining one work outing a year. Check out some of the amazingly diverse volunteer opportunities that we offer—from moving one-ton rocks to selling advertising for *Trail Walker* to coordinating volunteer schedules. You will expand your comfort zone for action and contribute even more to the trails you love. A wider view is a better view.

—Jane Daniels, Chair, Board of Directors



County by county, Trail Conference household membership saturates the New York metropolitan region. On a nationwide basis, our 9,000+ members reside in 49 states.

Do you know people who would enjoy being Trail Conference members? Refer them to www.nynjtc.org to join, or give a gift of membership this season using the form on page 12.

The Sometimes Long Trail from Public Ownership to Public Access



Preserving the land is just the first step

It seems that our entire region, faced with rapid rural development, is galvanized by the need to protect remaining open space. This is well illustrated by the saga of the Awosting Reserve in the Shawangunk Ridge, where the exceptional grassroots effort by Save the Ridge, a Trail Conference member organization, laid the groundwork for its preservation by the Pataki administration, with help from the Trust for Public Land and the Open Space Institute (see page 1 for story).

But it is important to realize that once the blasting and bulldozers are held at bay, and the land has been transferred into the public domain, there is still work to do to ensure that the public enjoys appropriate access to it.

Even as we celebrate the addition of the more than 2,500-acre Awosting Reserve property to Minnewaska State Park Preserve, the Trail Conference is in its fifth year of working with the Palisades Interstate Park Commission on plans for a well designed trail system in Sterling Forest State Park, another important preservation success story.

At Sterling Forest, the land was made safe from development in 1998. A master plan for its management was adopted in 2001 after extensive public input. The initial

Sterling Forest draft master plan was based on the flawed premise that logging roads are the preferred locations for hiking trails. Due to the public comments of so many hikers, the final master plan corrected this with supplementary language stating, for example, "woods roads are often not the preferred alternative for various types of trails because they often do not conform to the latest trail design standards." The final Environmental Impact Statement specified a process in which a comprehensive trail plan, including alternative hiking trails, would be developed and assessed within a five-year period.

Unfortunately, the Trail Conference and Adirondack Mountain Club recently felt it necessary to formally protest the lack of progress on this plan over the intervening four and one-half years. Despite considerable efforts by volunteers to assist with field assessments and devise 13 specific trail proposals, the most recent plan released had not removed hiking trails from woods roads, but instead added mountain bike and equestrian use to eroded and flooded routes that cannot be repaired without massive intervention.

We are awaiting the state's reply and, with your support, will stay engaged in this process until we have a trail system that provides the environmentally sound, high-quality hiking experience that this publicly funded property deserves.

The Sterling Forest experience shows that, like much else in modern times, creating park trail networks is a much more regulated activity than before. In New York

State, this process is part of the State Environmental Quality Review Act (SEQRA) which applies when actions, including establishing new parks, are deemed to have a significant environmental impact. This is the process we went through with the Sterling Forest master plan and will also be required for the addition of Awosting to Minnewaska.

The process can seem overly burdensome, especially to enthusiastic volunteers and advocates who may have worked for years to see a particular property protected as public open space. This perception is often reinforced because, at a time when more land is being acquired, park agencies' budgets are flat or decreasing and the resources available to coordinate the required public participation in park master plans are limited.

Advocacy for better recreational design and management requires a never-ending engagement in these public processes. For close to 90 years, the Trail Conference has been helping park agencies provide public access via environmentally sensitive and inexpensive foot trails.

It is very important for the public to remain involved in the planning and stewardship phases. We are always looking for volunteers who, with our support, are willing to become knowledgeable about and monitor certain issues on behalf of the hiking community. Without that involvement, the hard won gains in open space advocacy and acquisition phases may not translate into high quality recreation and natural heritage protection. Let me, or Dennis Schvejda (schvejda@nynjtc.org), know if you are interested in working with us on such issues.

— Ed Goodell, goodell@nynjtc.org

Trail Conference Marks National Trails Day, June 3

The Trail Conference will celebrate National Trails Day by offering trail work opportunities that range from beginner level to experienced. Check our website, www.nynjtc.org/events, click on National Trails Day, for details and possible additional events. Also see Hikers' Almanac, page 11, for events planned by our member organizations.

National Trails Day



June 3, 2006

June 3

Dunnfield Creek
Worthington State Forest, NJ
(Joint with ATC)

Warren Trail
Jenny Jump State Park, NJ

Staten Island Greenbelt Trail
Staten Island, NY

Teatown Lake Reservation
Westchester County, NY

Breakneck Ridge Trail
Hudson Highlands S.P., NY

Trail TBD
Schunemunk Mountain State Park, NY

Bear Mountain Trails
Bear Mtn./Harriman State Parks, NY

Long Path
John Boyd Thacher S.P., Albany, NY

June 4 & 5

Alley Pond Park Trails
Queens, NY



Call for Candidates for TC Board, Delegates

The Trail Conference Nominating Committee seeks nominees for the board of directors and delegates-at-large. To submit a name(s) of a prospective nominee(s) for either position, please contact Chris Connolly, chair of the committee

(c.connolly7@verizon.net), or one of the committee members c/o the Trail Conference office: George Becker, Jack Driller, Mary Smart, or Denise Vitale. Elections will take place at the NY/NJ TC Annual Meeting in October.

ALL 10 MAP SETS

continued from page 1

mented on Trail Conference maps, making them the essential reference tools for hikers and hike leaders in our region.

New West Hudson Maps

The completely new fourth edition of the West Hudson Trails map set covers Schunemunk Mountain, Black Rock Forest, and Storm King State Park. Produced by the latest digital technology, these new maps are drawn on a larger scale than on previous editions and show the trails and other features more clearly. The new maps have 20-foot contours—a significant upgrade from the older analog maps, which have contour lines only every 100 feet—and they feature UTM (Universal Transverse Mercator) grid lines, particularly useful for those with GPS (global positioning system) units. (The UTM grid, in which the lines are 1,000 meters apart, allows simple estimation of location and distances. For further

information about UTM and GPS, visit www.nynjtc.org, go to Trails, and scroll down to Map Reading.)

The West Hudson Trails maps show as publicly-accessible land properties recently protected by the Open Space Institute and Scenic Hudson on Schunemunk and Storm King (some of which lands have already been acquired by the State of New York). Several new trails—including the recently rerouted Stillman Trail between Storm King and Black Rock Forest—are also shown.

South Taconic Map

Also now available is the new second edition of the South Taconic map. In addition to incorporating a number of changes to the trails, the new map includes a UTM grid. For the first time, the Appalachian Trail corridor lands are shown on the map, in addition to state-owned parkland.

To order Trail Conference maps, see the Hikers' Marketplace on page 12, call 201-512-9348, ext. 11, or visit www.nynjtc.com.

Delegates' Meeting June 8, 2006 at Camp Glen Gray, NJ

Come join your fellow volunteers and friends at Camp Glen Gray in Mahwah, NJ, at the next Trail Conference Delegates' Meeting.

The meeting is open to all Trail Conference members, club delegates, and officers. The social hour will begin at 6 pm and the meeting will be held from 7 pm to 9 pm.

Please RSVP to office@nynjtc.org or call 201-512-9348.

Correction:

The story in the March/April issue of *Trail Walker* incorrectly reported the source of funds for the purchase of the LaFarge property on the Shawangunk Ridge. That acquisition was made possible by a loan from the conservation finance program of the Open Space Institute (www.osiny.org). OSI is the leader in protecting the Shawangunk Ridge; most recently it was instrumental in preserving the Awosting Reserve (see story on page 5). The Trail Conference looks forward to continuing to work with OSI to create a protected corridor all the way to New Jersey.



Trail Crew Schedules

May, June and early July, 2006

For the latest schedules and additional details, go to nynjtc.org and click on "Trail crews/Work trips."

TBD = To Be Determined

For all trips bring work gloves, water, lunch, insect repellent. In some cases, tools are provided. Contact leaders in advance for meeting times and places. Volunteers must become members of the Conference to participate in these projects. A one-time "guest" participation is allowed, so bring your friends.

NJ HIGHLANDS TRAIL CREW

Leader: Glenn Oleksak,
973-283-0306, glenno@nji.com

First Sunday of each month

Trips start at 10 am. Call, email, or check NY/NJ TC website calendar for directions and details of work trip.

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

Trips start at 9:30 am; call for location and details during the week before the scheduled trip day. Tackle a variety of projects ranging from trail repair to bridge building in northern New Jersey.

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, johnjmoran@earthlink.net

This crew will cover the NJ Ramapos, Ringwood S. P., Norvin Green S. F., and NJ Palisades area. Its purpose is to respond quickly to immediate needs, rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact John Moran by email.

WEST JERSEY TRAIL CREW

Leaders:
David and Monica Day
732-937-9098, Cell: 908-307-5049
Email: westjerseycrew@trailstobuild.com
www.trailstobuild.com

All trips begin at 9 am. There is usually a walk to the work site, so please be there on time. Call or email leaders for meeting place details and other questions. Heavy rain in the morning will cancel; if in doubt, call leaders between 6:00 and 6:30 that morning.

May 6 (Saturday)

Warren Trail, Jenny Jump State Park
We will resume our work on the new Warren Trail, building the highway crossing where we left off last season.

May 13 (Saturday)

Warren Trail, Jenny Jump State Park
We will continue work on the new Warren Trail.

June 3 (Saturday)

Warren Trail, Jenny Jump State Park National Trails Day!
Come one, come all! We will continue work on the new Warren Trail in this beautiful park.

June 10 (Saturday)

Appalachian Trail, Wawayanda State Park
We will begin work replacing and extending the bog bridges (puncheon) in three contiguous meadows.

June 11 (Sunday)

Appalachian Trail, Wawayanda State Park
We will continue work replacing and extending the bog bridges (puncheon) in three contiguous meadows.

June 17 (Saturday)

Appalachian Trail, Wawayanda State Park
We will continue work replacing and extending the bog bridges (puncheon) in three contiguous meadows.

June 18 (Sunday)

Appalachian Trail, Wawayanda State Park
We will continue work replacing and extending the bog bridges (puncheon) in three contiguous meadows.

June 24 (Saturday)

Appalachian Trail, Wawayanda State Park
We will continue work replacing and extending the bog bridges (puncheon) in three contiguous meadows.

June 25 (Sunday)

Appalachian Trail, Wawayanda State Park
We will continue work replacing and extending the bog bridges (puncheon) in three contiguous meadows.

EAST HUDSON CREW

Leaders:
Walt Daniels, 914-245-1250
Michael Bongar, 914-788-0616
MaryAnn Massey, 914-967-8774
Josie Gray, 845-831-5786
Patrick McGloin, 631-223-2164

We make a special effort to arrange pickups at the nearest Hudson Line train station. Call Walt Daniels if you are interested in being on-call for mid-week work trips.

May 6 (Saturday)

Kitchawan Preserve
Trail relocation.
Leader: Michael Bongar
Rock work to address erosion issues near the trailhead. Meet: 9 am, Croton Train Station.

May 20 (Saturday)

Wilkinson, Sugarloaf Mtn., or Washburn
Leader: Walt Daniels
Waterbars. Meet: 9 am, Cold Spring Train Station.

June 3 (Saturday)

National Trails Day Event Breakneck Ridge Trail (above first bump)
Leader: Walt Daniels
Erosion control.
Meet: 9 am, Cold Spring Train Station.

June 24 (Saturday)

Sugarloaf Hill
Leader: Walt Daniels
Switchbacks and waterbars.
Meet: 9 am, Garrison Train Station.

July 1 (Saturday)

TBD
Leader: Patrick McGloin

July 15 (Saturday)

TBD

WEST HUDSON NORTH CREW

Spring 2006 Schedule:
Leaders:
Denise Vitale (Crew Chief), 845-738-2126
WHNTrails@aol.com
Dave Webber, 845-452-7238
webberd1@yahoo.com

All skill levels and newcomers are welcome. Since we are still a relatively new crew, we provide training each work trip. If you would like to volunteer with us, please contact Denise Vitale.

May 13 and 14 (Saturday and Sunday)

Mine Hill Trail, Black Rock Forest
Leader: Denise Vitale
Rock work to address erosion issues near the trailhead. Meet: 9:30 am, TBD

June 3 (Saturday)

National Trails Day Schunemunk Mountain State Park, Trail TBD
Leader: Denise Vitale
Meet: 9:30 am, TBD
Either the Sweet Clover crossing of Baby Brook (East of Barton Swamp Trail almost at height of land) if it can be done with stepping stones or the 100-foot wet section of trail next to Otterkill Rd.

June 11 (Sunday)

Gertrude's Nose Trail, Minnewaska State Park
Leader: Dave Webber
Rock work to address erosion control
Meet: 9 am (park gate opens at 9 am), lower parking lot (Awosting Lot) at Lake Minnewaska

June 17 (Sunday)

Gertrude's Nose Trail, Minnewaska State Park
Leader: Dave Webber
Rock work to address erosion control
Meet: 9 am (park gate opens at 9 am), lower parking lot (Awosting Lot) at Lake Minnewaska

WEST HUDSON SOUTH CREW

Leaders:
Chris Ezzo (Crew Chief), 516-431-1148,
musicbynumbers59@yahoo.com
Brian Buchbinder, 718-218-7563,
brian@grandrenovation.com
Claudia Ganz, 212-633-1324, clganz@earthlink.net
Robert Marshall, 914-737-4792,
rmarshall@webtv.net

May 6 (Saturday)

Brooks Lake Trail, Harriman/Bear Mtn. State Park
Leader: Claudia Ganz

May 11 (Thursday)

Menomine Trail, Harriman/Bear Mtn. State Park
Leader: Robert Marshall

May 13 (Saturday)

Brooks Lake Trail, Harriman/Bear Mtn. State Park
Leader: Brian Buchbinder

May 20 (Saturday)

Brooks Lake Trail, Harriman/Bear Mtn. State Park
Leader: Chris Ezzo

May 25 (Thursday)

Menomine Trail, Harriman/Bear Mtn. State Park
Leader: Robert Marshall

June 3 (Saturday)

Bear Mountain Trails, Harriman/Bear Mtn. State Park
Leader: Chris Ezzo

June 4 (Sunday)

Bear Mountain Trails, Harriman/Bear Mtn. State Park
Leader: Chris Ezzo

June 8 (Thursday)

Pine Meadow Trail, Harriman/Bear Mtn. State Park
Leader: Robert Marshall

June 10 (Saturday)

Bear Mountain Trails, Harriman/Bear Mtn. State Park
Leader: Brian Buchbinder

June 17 (Saturday)

Bear Mountain Trails, Harriman/Bear Mtn. State Park
Leader: Claudia Ganz

June 22 (Thursday)

Pine Meadow Trail, Harriman/Bear Mtn. State Park
Leader: Robert Marshall

June 24 (Saturday)

Bear Mountain Trails, Harriman/Bear Mtn. State Park
Leader: Chris Ezzo

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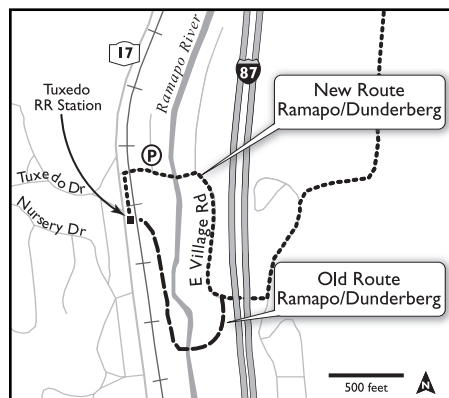
TRAIL NEWS

Parking and Trailhead Changes at Tuxedo Railroad Station

Hiker parking is no longer permitted—even on weekends—at the parking lot adjacent to the Tuxedo railroad station. Instead, hikers should park in the newer parking lot on the north side of East Village Drive, just north of the railroad station. Parking in this lot is free on weekends and holidays; on weekdays, there is a \$2 fee.

In addition, the Ramapo-Dunderberg Trail has been relocated between the Tuxedo railroad station and the Thruway

overpass. It still begins at the station, but instead of proceeding south along the tracks, the trail now heads north along the pedestrian walkway to East Village Drive. It turns right onto East Village Drive and follows it over the Ramapo River to the Thruway overpass, where it joins the former trail route and crosses under the



Thruway. The R-D Trail no longer crosses the Ramapo River south of the station on the pedestrian bridge, which may be closed by the town.

New Trailhead Parking For Pine Meadow Lake

A new trailhead parking area, which will provide access to Pine Meadow Lake from the east side of Harriman State Park, will be opened on Saturday, June 3. It is located at the Town of Ramapo Equestrian Center, on the west side of Route 202, one mile south of Ladentown Road (Old Route 202). The Pine Meadow Trail will be extended to end at this parking area by following a section of the Suffern-Bear Mountain Trail and old woods roads, thus permitting hikers to reach Pine Meadow Lake without using the overcrowded parking area at the Reeves Meadow Visitors Center.

MAINTAINER NOTES

It's Spring Again and the Trails Need Repair!

This past winter's high winds and unusually warm temperatures with thawed soils resulted in many fallen trees. Be sure to get out and check your trail as soon as possible and to report any blow-downs that you cannot handle to your supervisor. We have some very active and dynamic chainsaw crews ready and willing to help.

Attention Maintainers! New Reporting Schedule

The deadlines for trail maintainers to report each season's trail work have been changed to better match work seasons. The new deadlines are June 30 for spring; December 31 for fall.

Say 'Thanks' to Stewart Park and Reserve Coalition

After 18 years of intense effort, the Stewart Park and Reserve Coalition (SPARC) has achieved its goal of preserving 7,000 acres of open space around Stewart International Airport in New York's Orange County. But SPARC's victory, for the public benefit of generations to come, is not without its price. The group now seeks to raise \$45,000 to pay the legal debt it accumulated in its effort.

The Trail Conference, a SPARC member, is encouraging its members and friends to make a donation and help retire this legal debt—any amount welcome!

To acknowledge donations of \$35 and above, you will be sent a special certificate, suitable for framing.

Visit the Trail Conference Donation Page, and donate any amount you wish. Payments can be made with any major credit card. Under "Designation" please enter SPARC.

Or send a check made payable to *NY/NJ Trail Conference* (please note *SPARC* on the memo line) to:

NY/NJ Trail Conference
156 Ramapo Valley Road (Route 202)
Mahwah, NJ 07430

Your donation is completely tax deductible.

AWOSTING RESERVE

continued from page 1

tioner Bernadette Castro announced the purchase at a press conference at the Reserve. "Save the Ridge is thrilled that exactly what we proposed in our mission statement was the final result, and that the lower slopes are protected as well as the cliffs," Parmalee said later. "We said we



Awosting Reserve slopes are now state park land.

would like to see Awosting Reserve purchased at a fair price and added to Minnewaska State Park Preserve. We believe this is the best solution for the local and recreational human population, and crucial for maintaining a rare, nonfragmented habitat for nature."

The preservation of the Awosting Reserve is a milestone in efforts to protect the Shawangunks and Shawangunk Ridge. The Trail Conference and partner organizations of the Shawangunk Ridge Coalition will continue efforts to create a continuous, protected corridor along the entire 50-mile length of the magnificent Shawangunk Ridge.

For more information, visit www.shawangunkridge.org.

PATTY LEE PARMALLEE

From the Advocacy Director: Dennis Schvejda

Advocacy by Committee

We take the first steps toward building a trails advocacy network

I've finally taken the step of holding the first meeting of the Trail Conference Advocacy Committee. Given the geographic scope of the Trail Conference's work, the issues, and the many levels of government involved (national/state/county/local), the challenge of committee management is overwhelming.

For this reason, I did not announce the kickoff to thousands of folks via our email alert system—I have no doubt dozens would have attended. But I've been that route before, and have learned that it's better to start small.

Instead, I am starting with a specific region and number of individuals. It is my intention to have specific and deliverable goals, and to "grow" the advocacy organization. The initial focus of the committee will be on northern New Jersey, in particular on addressing the ATV problem in that region. Already we have a to-do list: aid a trail relocation, work with local officials and police to pass ATV ordinances, and protect specific land parcels.

Ultimately, the Advocacy Committee will provide the hiking community at large with the opportunity to identify threats to trail lands, garner public support for the modification and creation of rules and legislation, and lobby public

officials. In addition, specific parcels of land deemed critical will be identified and prioritized for acquisition by public agencies, land trusts, or the Trail Conference.

Ideally, our **A d v o c a c y** Committee will become a set of sub-committees based on regions, mirroring the Trail Committees. If there's enough interest, sub-committees could also be responsible for specific issues. Volunteer interest will help determine other regional trail advocacy sub-committees. Do you have a burning desire to advocate for your favorite trail area or do you have a specific issue in mind? If so, send me an email describing your advocacy interest and availability.

Our large number of volunteers in the field have an intimate knowledge of the trails and parks and can provide a level of expertise not found in the advocacy efforts of "armchair" conservationists. Building an Advocacy Committee will take time and present many organizational challenges, but its success will be well worth the effort.



ADVOCACY & CONSERVATION

An Opening for ATV Bill in NJ

Advocacy Directory Dennis Schvejda reports progress on the legislative ATV front in New Jersey. State Dept. of Environmental Protection Commissioner Lisa Jackson, along with Deputy Commissioners Jay Watson and Adam Zellner, have indicated their intentions to advance comprehensive ATV legislation. A host of issues demand attention from DEP, and comprehensive ATV legislation could easily be set aside for "another day." To make it easy for members to express their opinion to Governor Corzine, the Trail Conference has launched an online campaign, "Speak Out for ATV Legislation—Protect Our Parks & Trails!" Visit <http://actionnetwork.org/campaign/njatv> to take action, and tell a friend!



Orange County Executive Edward Diana, Rep. Sue Kelly, TC Advocacy Director Dennis Schvejda, and Carol Ash, Executive Director of the Palisades Interstate Park Commission, call for full funding (\$10 million) of the Highlands Conservation Act, a Trail Conference priority.

Highlands Funding Proposal Falls Short

President Bush's proposed budget includes just \$2 million to fund land preservation in the Highlands region that includes portions of New York, New Jersey, Pennsylvania, and Connecticut. Rep. Sue Kelly of New York is leading an effort in the House to increase the funding. The Trail Conference worked with Rep. Kelly's staff to obtain 20 signatures on a Dear Colleague letter supporting full funding, \$10 million, as authorized by the Highlands Conservation Act.

NJ Parks Funding Legislation Introduced

Two bills in the New Jersey Legislature call for a \$75 million bond issue for this November's ballot. A similar state park plan last year was attached to a stem cell research bond issue that was shelved after it couldn't get support in the Assembly. With the state's budget woes, expectations are low that these bills will be considered this year. The Trail Conference is working with a coalition of conservation groups to renew Green Acres funding for land preservation and raise park capital improvement and maintenance funds.

Valhalla Glen Given to Morris County

A 32-acre hemlock glen once used by Montclair State University for outdoor science classes has been donated to Morris County and will become part of Pyramid Mountain

Park. Park Commission Executive Director David Helmer said the tract is ideally situated, contiguous to natural lands that have been preserved by the county and township. It easily connects to Pyramid Mountain trails and is already used by hikers.

NJ Rail Trail Network Adds 9 Miles

New Jersey's rails-to-trails program has purchased nine miles of the old Lehigh & Hudson River Railway line in Sussex and Warren Counties. The newly acquired right of way—which includes parcels in Andover Township, Andover Borough and Green Township, along with Allamuchy, White Township, and Washington Township in Warren County—will serve as a link between the popular Sussex Branch and the Paulinskill Trails, both of which were also created from abandoned railroad beds. The new public land will be managed as part of the Kittatinny Valley State Park.

More \$\$ for Orange County Open Space

New York's Orange County Legislature unanimously authorized up to \$3.5 million in open space project matching funds for 2006. This will be the second year in a five-year county program to fund sound land use planning and open space protection.

Local Reps Endorse Forest Legacy, Land and Water Funds

Of all the Congressional budget letters supporting conservation efforts, perhaps the most important is the Bass/Allen letter supporting \$80 million for the Forest Legacy program and \$320 million for the Land and Water Conservation Fund (LWCF). A record 122 members signed a bipartisan letter endorsing the importance of Forest Legacy and LWCF. Forest Legacy provides funding to states to buy land or development rights to land from for recreation access, timber production, and watershed protection. LWCF provides funding for our state and local parks as well as national parks and wildlife refuges. The Trail Conference worked to secure the signatures of 10 New Jersey and 11 New York Representatives.

Big Win for Clean Air

A federal appeals court has struck down a recent EPA attempt to ease acid rain and air pollution control requirements for older coal burning power plants, oil refineries, and industrial plants. At issue in the court case was the Bush administration's reinterpretation of the 25-year-old New Source Review rule to permit major modifications and equipment replacements to extend the operating lives of coal burning power plants and other stationary air pollution sources without requiring the simultaneous installation of pollution control technology. Fifteen states, including New York and New Jersey, sued to challenge this novel interpretation. The Adirondack Mountain Club, the Trail Conference's partner voice in Albany, was granted full party interven-

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Volunteer Classifieds: Get Involved!

If you are interested in volunteering with the Trail Conference and do not see an opportunity that suits you, contact the Operations Director, Joshua Erdsneker, either by email, volunteers@nynjtc.org, or phone, 201-512-9348 ext. 13, and he will find a way to get you involved.

Adopt a Trail

The heart and soul of the Trail Conference is trail maintenance. We are looking for individuals, couples, and families who are willing to adopt a section of trail. Maintainers usually visit their section of trail twice a year, keeping it passable by cutting back brush, making sure it is well marked and free of trash, and submitting bi-annual reports of their work. We have opportunities in Fahnestock State Park, Hudson Highlands State Park, Westchester County, Black Rock Forest, the Long Path, Shawangunk Ridge Trail, the Catskill Forest Preserve, and parts of western New Jersey. To find out more, contact Joshua Erdsneker at volunteers@nynjtc.org, or by phone, 201-512-9348 ext. 13.

Leadership Trail Positions Available for New Jersey

Trail Supervisors are needed for New Jersey. The supervisors manage trail maintainers in a geographic area, meet with land owners, solve problems beyond the scope of maintainers, and check all trails within their area on a yearly basis. Contact Ellen Cronan if interested, 908-595-2926.

Have You Ever Wanted to Participate in a Scientific Study?

The Trail Conference, in partnership with Rutgers University, will be participating in a three-year study funded by the USDA, to survey the spread of invasive plants. Teams of citizen scientists will be used to collect data on invasive plants over an assigned two-mile section of hiking trail. Training sessions will be starting in the spring of 2006. If you would like to participate in this groundbreaking study, please contact Joshua Erdsneker at volunteers@nynjtc.org, or by phone, 201-512-9348 ext. 13 to sign up.

Accounting Advisor

The Trail Conference maintains a complex set of financial records and occasionally needs some nonprofit accounting advice. If you are a CPA and would be willing to volunteer your expertise, please contact Elizabeth Bleiweiss at bleiweiss@nynjtc.org or 201-512-9348 ext. 23.

Layout Designer/Graphic Artist

The TC has several brochures that need to be redesigned. If you are an experienced designer and would like to take on one of these projects, please contact Josh at josh@nynjtc.org or call the office 201-512-9348 ext. 13.

Publications Committee

The Trail Conference Publications Committee is looking for additional volunteers to assist in all aspects of our activities. We need project managers, editors, cartographers, designers, field-checkers, and people to market and promote our publications. If you have any of these skills, or would like to learn, and would like to assist us in producing and/or marketing our maps and books, please contact Daniel Chazin, Publications Committee Chair, DChazin@aol.com.

Trail Walker Advertising Coordinator

The *Trail Walker* is looking for a creative volunteer to help increase the advertising in our newsletter. If you are interested in managing the communication between *TW* staff and our current advertisers, soliciting new advertisers, and maintaining the commitment to excellence that the *Trail Walker* has established, then this opportunity is a perfect match for you. Interested volunteers should be comfortable working with deadlines and be outgoing and familiar with desktop publishing. Previous advertising and sales experience is not necessary, but helpful. Please contact Liz Bleiweiss at the TC office, 201-512-9348 ext. 23 or bleiweiss@nynjtc.org for more information.

Other Opportunities

- Summer '05 Delegates Meeting Coordinator
- Minute Takers
- Network/Server administration
- Desktop computer support (hardware and software)

VOLUNTEER PROFILE

Trail / Bridge Builder / Maintainer Extraordinaire

Roland Breault hasn't slowed down a bit since being honored by the Trail Conference in 2004 with the William



Hoeflerlin Award. A long-time active member of both the West Hudson Trail Crew and the West Hudson Chainsaw Crew, Roland is a familiar

face on big Trail Conference projects. He was a major contributor in building the Popolopen Gorge Bridge and the Twin Forts Trail in Bear Mountain-Harriman. And it was no surprise to see him on Bear Mountain March 25 with his chainsaw when the Trail Conference officially launched its first work season on the big AT trail reroute project there.



From bridge building to blow-down removals, Roland Breault does it all.

Roland also maintains the Hillburn-Torne-Sebago Trail in Bear Mountain-Harriman State Parks and has made many improvements to his section as well as to the Pine Meadow Trail, enhancing hikes in the area from Reeves Meadow to Pine Meadow Lake. If you happen to encounter him working in the area on your next hike, slow down and say *hi* and *thank you*. Roland derives satisfaction in knowing that people recognize and enjoy the fruits of his labor.

— Pete Heckler

Hike Leaders: We'll Need You July 13-20, 2007

Are you a hike leader? Do you take people along the Palisades, through Harriman, over the Wyanokies, atop the Kittatinies, or maybe up the Gunks? If so, make note of the dates of the coming Biennial Meeting of the Appalachian Trail Conservancy to be held in Mahwah, NJ, at Ramapo College. During this remarkable weeklong meeting, there will be more than 200 hikes, and we'll need leaders for all of them. Come lead a hike for one day or many. There will be opportunities to lead on trails all over the region.

The event is in 2007 from July 13 through July 20. Please save these dates! If you want to lead hikes or help out in other ways, visit the event's website at www.ramapo2007.org. Find the Hikes page and click on the link to contact the Hikes Committee. Tell us your name and tell us how to get in touch with you. This event is a while from now, but what we hope you'll do now, is keep the dates of the event in mind, and send us your name. As the event draws closer, we'll send more information.

Can Your Business Lend TC a Hand?

We all wish we could do a little more to help the Trail Conference, but sometimes there's just not enough time to do everything. We have commitments and obligations at work and to our families. Don't despair; there are still ways you can help the TC.

The Trail Conference is in need of goods and services that your employer may be able to donate. Many businesses are looking for "good causes" to which to make a charitable contribution. You can help your employer find us.

What do we need?

- Our office in Mahwah is looking to upgrade our computer monitors to flat panel LED screens.
- We have a large number of printing jobs, including brochures, flyers, envelopes, and letterhead which a printing and reproduction service might be able to help with.
- Many companies have PR departments that can help the TC get important information and issues to the press.

These are just a few examples of how you and your company can help the Trail Conference. Please contact Joshua Erdsneker at 201-512-9348 ext. 13 or josh@nynjtc.org to find out more.

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Volunteer Policy * Handbook *

The Trail Conference has a Volunteer Policy Handbook. This handbook has been designed to detail the policies that have been put into place to protect our volunteers. The handbook covers harassment policies, liability and accident insurance, eligibility requirements, and much more. Any volunteer who would like to have his/her own copy of the policies can obtain a copy online at www.nynjtc.org/volunteers/policies.htm or by calling the office at 201-512-9348. If you have any questions about these policies, please feel free to contact Josh Erdsneker, Operations Director at the Trail Conference office or via email at josh@nynjtc.org.

Mayapple: An early harbinger of spring

The fruit of this common woodland plant is a favorite of the declining Eastern box turtle.

Early spring hikes are a wonderful time to see the season arrive in small steps. Spring wildflowers take advantage of the lack of tree leaves to get full sunlight, so they emerge and flower before the tree canopies are fully developed. One of the first plants to come up in the spring is the mayapple (*Podophyllum peltatum*). Mayapple is a common woodland understory plant that may also be found in wet meadows and along woods edges. It has been found from sea level up to altitudes of more than 4,500 feet in the southern Appalachians, and ranges from southern Canada to Florida and west to Nebraska, Oklahoma, and Texas. Mayapple is one of the easiest native woodland plants to learn to recognize because it looks like a collection of little green umbrellas.

Mayapple sends up its leaf stalks in April. They unfurl just like an opening umbrella to produce a horizontal leaf blade with five, seven, or nine lobes. The leaves range anywhere from 6 inches to 14 inches in height and up to 12 inches across. Large patches of these leaves can often be seen covering the forest floor in the springtime.

Mayapple is a perennial plant that grows in clonal colonies. That is, the plants are connected to each other through underground runners, called rhizomes, so that what looks like a large population of plants is actually just one plant with many stems sticking up above the ground. Large colonies can contain more than 1,000 shoots.

If you find a stalk with two leaves, be sure to check beneath the leaves for the flower. The mayapple flower is a single large creamy white blossom that blooms in early May under the shade of its large leaves. The flower can be up to 2½ inches across. They only remain open for 5 to 10 days, so they are an uncommon treat to see! Stalks with only one leaf do not produce a flower.



Look for mayapple in our region's woodlands.

By Linda Rohleder

Pollinated flowers will give rise to fruits that ripen in late May or early June. The mayapple fruit is a large fleshy fruit about the size of a golf ball, whence the plant's name. It can be eaten raw or cooked and is said to have a sweet lemony taste, and has been used for making jams and jellies. But don't try to eat any other part of the plant—the leaves, stem and roots are poisonous!

Native Americans used the ground mayapple root for a wide variety of medicinal purposes. Mayapple contains compounds called podophyllotoxin and alpha and beta peltatin that have anti-cancer properties, and it has been studied for its pharmaceutical uses. However, due to its toxicity, mayapple is considered unsafe to use in herbal remedies.

Eastern box turtles are fond of eating the fruits, as are mice, squirrels, and some birds. But turtles appear to be the primary distributor of mayapple seeds. The decline of box turtle populations in recent years may be hurting the ability of mayapple plants to colonize new areas. So, helping one endangered species may be crucial to keeping another species off the endangered list!

Linda Rohleder is a graduate student in the Dept. of Ecology, Evolution and Natural Resources at Cook College, Rutgers University.

TRAIN TO THE RIDGE

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re-sprouting American Chestnut trees are plentiful. Several streams and numerous informal trails cross the property. To the north it is bordered by active Metro-North/Norfolk Southern railroad tracks.



Expansive views can be enjoyed from the new Trail Conference protected land.

This acquisition has long been a high priority for the Trail Conference, which for years has been actively protecting and enhancing a network of long-distance trail corridors in our region. Years of discussions and negotiations between the Trail Conference and the property's owners, Salvatore and Vito Cardinale, preceded this success. It represents the single largest acquisition that the Conference has completed to date and was made possible by the donations of Trail Conference members and the recently concluded *Connecting People With Nature* campaign.



New Trail Work Museum Will Raise Public Awareness

By Claudia Mausner

Ever feel unappreciated as a trail maintainer or trail builder? Do you wonder why the hordes of hikers using "your" trail don't feel the need to "give back"? Maybe it's because you've done a great job!



LARRY WHEELOCK

Trail-building and maintenance, when well done, put trail conditions in the background and the hike experience in the foreground. Several years ago I studied hikers for my doctoral dissertation, videotaping their reactions to a section of the Appalachian Trail in Sterling Forest State Park. Trail building and maintenance were generally noticed only when problems arose: Rock steps set too far apart elicited the complaint that "they don't ever build these for short people"; struggling to climb over a steep cliff, someone complained that "they're crazy—would you imagine a deer doing this?" I suspect these hikers were not much different from the larger hiking community, for whom trail-building and maintenance is largely invisible and thus taken for granted.

The Trail Conference has launched a major initiative to re-route the Appalachian

Trail in Bear Mountain State Park. According to project specifications, the Trail Conference will be responsible for building more than 800 rock steps, 7,000 square feet of cribbing wall, and 3 miles of new trail. Some of this work will be done by crews from the Student Conservation Association, NY/NJTC West Hudson South Crew, Appalachian Trail Conservancy Mid-Atlantic trail crew, and similar organizations. Other work will be accomplished by current Trail Conference members. However, to complete a project



of this magnitude, we will need to recruit many new volunteers. But if most hikers are relatively oblivious to what happens "behind-the-scenes," how will we motivate them to get involved?

A novel idea emerged during the design charette organized by the Trail Conference and the Rutgers Department of Landscape Architecture in the winter of 2004: we would build the first-ever trail-building museum exhibit. Exhibits would be placed at the base of the Appalachian Trail in a small, stone building adjacent to the Bear Mountain Inn, attracting and educating both serious and more casual hikers who frequent Bear Mountain State Park each year. Initial funding for this project was donated by the friends and family of Ray Begin, an AT thru-hiker. With these funds the Trail Conference hired Main Street Design (MSD), a museum design firm in

Cambridge, Massachusetts, which lists the Brooklyn Botanic Garden, Philadelphia Zoo, and other conservation organizations as past clients. MSD will produce schematic plans for exhibits describing the history of the Appalachian Trail in Bear Mountain State Park, the key role played by volunteers in the trails community, and outdoor experiential exhibits about trail-building techniques.

We need your help to make this interpretive project a success! To reduce costs, these indoor/outdoor exhibits will be construct-



Adequate funds could help convert this building to a trail work museum.

ed, at least in part, by Trail Conference volunteers. We will need individuals with skills in carpentry, sign-building, photography, and film editing. If interested, contact Eddie Walsh at eddiwalsh@nynjtc.org. We also welcome financial and in-kind donations; for details, contact Maureen Edelson at Edelson@nynjtc.org.

Claudia Mausner is the chair of the Bear Mountain Trails Project Exhibit Sub-Committee. She has a doctorate in environmental psychology, the study of how people interact with their environment.



ADVOCACY & CONSERVATION

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er status in this crucial case, the only Adirondack advocacy group to do so.

NJ Hits Wildlife Habitat Milestone

New Jersey's wildlife management areas—a network of preserved properties that includes habitat for native creatures and places for people to hike, hunt, and fish—have surpassed the 300,000-acre mark, making the system one of the largest in the northeastern United States. The state's 121 separate wildlife management areas, or WMAs, now total 304,735 acres.

New York Protects 1,800 Adirondack Acres

An agreement has been reached to preserve 1,800 acres of wilderness in the northwestern Adirondacks, including 4.5 miles of undeveloped shoreline on Low's Lake. The acquisitions will fill a gap in the network of historic canoe routes that are opening to the public for the first time in more than a century, while leaving the southern shoreline of Low's Lake undeveloped and protecting wildlife, according to the governor's office.

ATVs in National Parks?

The National Park Service is proposing updates to the policies that govern management of the National Park System that may allow for more recreational opportunities, which in turn could include the use of off-road vehicles, such as ATVs and snowmobiles. Over 1,000 Trail Conference members responded to our action alert opposing the change. The Park Service is reviewing public comments.



Thru-running the Long Path to Benefit The Trail Conference

This spring, David O'Neill of Charity Runners is going to run 363.45 miles on the Long Path from the George Washington Bridge, NJ, to Albany, NY. Why? He loves to run and he wants you to support him and his chosen charity: The New York/New Jersey Trail Conference (NY/NJTC). Go to www.charityrunners.org for more information and to follow David's progress.

By David O'Neill



Every day at lunch time, I put on my trail shoes and head a few city blocks east to the north bound trailhead of the Long Path. The entrance to the trail is clearly marked, yet hardly noticed by the thousands of commuters that head onto the Palisades Interstate Parkway each day. I run north along the escarpment over the blow-downs, through seasonal wet areas, around familiar foundations, up and down rocky inclines. I stop to say hello to the regulars on the trail and to gaze along the shores of the Hudson River. I imagine how much the visible landscape has changed over the past few centuries. How many others have run this same trail in the past and shared similar thoughts. After about 45 minutes, I turn south and make my way back to the office, picking up the pace just a notch to get back on time.



On Saturday mornings, my two sons and I head to one of the many local trails in Warwick. We hike to a new crag, or a waterfall, or a shelter, and then turn around, running most of the way back to the car. Along the way we discuss what they learn in school and how it applies to the trail. Earth science, biology, history, and mathematics are all fair game. Hiking and running the trails is something that I hope to do with my children for the rest of my life.

Sunday is the day I run long distances on the Appalachian Trail. A favorite run of mine is from Wawayanda State Park to Mt. Peter and back again. The trip requires about 4.5 hours to complete and is always challenging. The many PUDs (pointless ups and downs), stream crossings, puddingstone ridges, dark forests, and rock climbs, combine with miles of relatively smooth running surfaces to create a strenuous trail run. It is an incredible effort and by the end of the journey I realize that blow-downs are really nature's couches, hills are God's way of saying slow down, and cold streams are the best form of pain relief found on earth.

Though I do most of my trail running alone, there are always others on the trail. Contrary to most people's beliefs, trail runners are always looking for a reason to stop running and there is no better reason

to stop than to meet another trail enthusiast. Most people I meet are extremely friendly and eager to exchange experiences and feelings about the trail. I enjoy talking about trail running and my thru-run experience on the Long Path in 2005. These exchanges are a great opportunity to learn and to regain some strength for the miles of running ahead.

Thanks to the New York/New Jersey Trail Conference, there are over 1,600 miles of locally maintained trails for all of us to experience. I have had the good fortune to run on nearly 600 miles of these trails, and I plan to enjoy the remaining 1,000 miles in the years to come. So if you see a 40-year-old kid running along the trail, say hello. There is a good chance that a trail runner is looking for a reason to put on the brakes and share the adventure.

David O'Neill is the founder of Charity Runners, a not-for-profit organization promoting running and charitable giving as a part of a healthy life-style. Charity Runners conducts trail running clinics and the Annual Long Path Long Run to benefit the NY/NJ Trail Conference. For more information about the Charity Runners, go to www.charityrunners.org.



Wappinger Greenway Trail Opening Scheduled for May 20

The Village of Wappingers Falls, Town of Poughkeepsie and Wappinger, Scenic Hudson and the NY/NJ Trail Conference will be celebrating the opening of several segments of the Wappinger Greenway Trail system along the lower Wappinger Greenway creek in Dutchess County. The celebration will include hikes on May 20 in Wappingers Falls.

More than 100 volunteers contributed over 2,000 hours in 2004 and 2005 in the construction of new segments of the Hudson River Greenway.

Work accomplishments include:

- 3 cedar kiosk trailhead signs with roofs
- 2 metal kiosk trailhead signs
- A 16' x 4' pedestrian bridge
- 2,700 feet of new sidehill trail
- 1,000 feet of widened sidehill trail
- A 10' black locust waterbar
- A 20' stone waterbar
- 86 stone steps
- 100 square feet of black locust cribbing
- 80 square feet of stone crib walls
- 43 cribbed black locust steps



Thanks to the following Trail Conference members for their contributions to this substantial project:

Steve Banyacski, Aaron Benjamin, Larry Braun, Volker Detering, Josh Erdsneker, Dick Fitzgerald, Jean-Claude Fouere, Ann Gladding, Dan Gladding, Kevin Glinski, Ryan Glinski, Steven Glinski, Frank Hariton, Rob Koch, Dick Lahey, Robert Nguyen, Ed Walsh, Sr., Dave Webber, Georgette Weir, John Yates, Gordon Adams, Monika Arnold, Paul Arnold, Robert Boryk, Jeremy Bulson, Sandy Bulson, Ray Byrnes, Chris

Connolly, Richard Decker, Bridgette Dessauere, Cynthia Hartling, John Henihan, Mary Ann Hoag, Ron Horton, Joan James, Nina Kauder, Lori Leifer, Al Marotta, Tim Messerich, Brad Moody, Sal Morra, Mark Nowacki, Mack Regan, Joel Sholtes, Sharon Sim, and Steve Zubarik.



Volunteer Ollie Simpson builds a bridge.

In addition the following people contributed over 100 hours each to the project: Mike Garrison, Sarah Heidenreich, Ollie Simpson, and Denise Vitale.

For more information on the trail or the opening, contact Joe Ennesser, Wappinger Greenway Committee Chair at 845-297-7026 or Eddie Walsh at the Trail Conference, eddiewalsh@nynjtc.org.

CREW SCHEDULE

continued from page 4

SHAWANGUNK RIDGE TRAIL & LONG PATH CREW

Leaders:

Jakob Franke, 201-768-3612
Malcolm Spector, 212-245-0360,
mbspecs@aol.com
Eric Meyer, 845-647-4638,
emeyer@hvc.rr.com

May 13 (Saturday) and May 14 (Sunday) Blue Trail at Sam's Point

Leader: Malcolm Spector

Help clear and reopen the Blue Trail at Sam's Point. Meet at the Sam's Point visitors center in Cragmoor, NY at 9:30 am. Bring work gloves, beverage and lunch, clippers and/or loppers if you have them.

June 10 (Saturday)

TBD

Leader: Jakob Franke, Eric Meyer

METRO TRAIL CREW

Leaders:

Joe Gindoff, 718-672-3855,
joeghiker@aol.com
Liz Gonzalez, 646-319-5159,
lz.gonzalez@verizon.net

May 6 (Saturday)

Pelham Bay Park, Hunter Island, The Bronx

Leaders: Joe Gindoff, Liz Gonzalez

Join Friends of Pelham Bay Park in restoring the trailhead and first 300 yards of trail. The PB Park Administrator has asked us to lead the trail restoration effort.

May 13 (Saturday)

Pelham Bay Park, Hunter Island, The Bronx

Leader: Liz Gonzalez

For details, see May 6.

May 20 (Saturday)

Pelham Bay Park, Hunter Island, The Bronx

Leaders: Joe Gindoff, Liz Gonzalez

For details, see May 6.

June 3 & 4 (Saturday & Sunday)

National Trails Day Alley Pond Park, Queens

Leader: Joe Gindoff

Add eight large water bars with heavy grating and cut in a 150' trench along the treadway.

June 11 (Sunday)

Forest Park, Queens

Leader: Joe Gindoff

Park manager has asked us to service all trails.

Additionally:

1. Please notify Joe Gindoff if you wish to be added to our mailing list.
2. We need a crew leader to lead a new weekday crew.
3. Stay tuned for many more crew trips that are TBA and some that will be spontaneous.

BEAR MOUNTAIN PROJECT

To sign up for any of the trips below, or for more info, email: office@nynjtc.org, register through the Trail Conference website, www.nynjtc.org/bearmountaintrails, or call 201-512-9348.

All projects will take place on a section of the new AT route. Directions, meeting places, and times will be given upon registration. Consecutive day stays are encouraged. Nearby overnight housing within the park is available for all trips or for the workshops. Contact the NY/NJTC for more information.

General Work Trips: Work will likely involve a variety of tasks and experience: corridor clearing, quarrying stone with use of highline, building crib walls, setting rock steps, moving crushed stone from road to trail site, and splitting stone. Novices are very welcome but limits will be set on the exact number of new crew members each day according to the number of crew leaders available and specific work planned.

May 2 (Tuesday)

May 13 (Saturday)

May 14 (Sunday)

May 19 (Friday)

May 29 (Monday)

May 21 (Sunday)

June 2 (Friday)

June 3 (Saturday): National Trails Day

June 9 (Friday)

June 10 (Saturday)

June 23 (Friday)

TRAIL U at Bear Mountain Trail Skills Trainings

Workshops May-June 2006: Stone and Tread Building

To register for any of the workshops below, or for more info, contact eddiwalsh@nynjtc.org, call 201-512-9348, ext. 22 or register online. All workshops will take place on a section of the new AT route. Directions, meeting places, and times will be given upon registration.

Basic Stone Construction Workshops* April 28 & 30 (Friday & Sunday)

Basic rock moving and stone construction. Topics covered will include: mechanical advantage, simple tools for moving large rocks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts. We will be constructing stone steps and cribbing walls. Although registering for both days is preferred, participants can register for only one.

Stone Cribbing Apprenticeship Level II* May 5 & 7 (Friday and Sunday)

Project Overview and Orientation May 7 (Sunday)

Join us for an on-site review of the project and a walk-through of the new trail route. There may be light trail work opportunities in the afternoon.

Stone Cribbing Apprenticeship Level I and II*

May 26, 27, 28 (Friday – Sunday)
Instructors: Willy Bittner (Peter Jensen and Associates) and Eddie Walsh (NY/NJTC)

General Construction Workshop* June 4 (Sunday)

Basic rock moving and stone construction. See April 28 for details.
Instructor: Eddie Walsh (NY/NJTC)

Stone Pinning Workshop* June 11 (Sunday)

Techniques will be taught to build and anchor trails over exposed sloping bedrock surfaces using steel pins. Topics to be covered include: safety issues, use of mechanized and hand power rock drills, pin/steel selection, different methods of affixing and sealing pins into bedrock, and building off of the set pins.

Stone Shaping and Splitting*

July 1 & 2 (Saturday & Sunday)

Topics to be covered include: proper use of tools to split and shape (dress) stone to desired dimensions (portable generator, electric hammer drill, hand star drills and single jack hammer, top quality carbide hand chisels, stone hammers, hand points, tracers, and rifting hammers). Stone step and crib walls will likely be constructed in the process. Participants are required to attend both days.

Instructor: Peter Jensen (Peter Jensen and Associates LLC)

Stone Cribbing Apprenticeship Level I* July 8 & 9 (Saturday & Sunday)

This apprenticeship will cover the basics of building dry stone retaining walls to support a tread way and retain a hillside. Class size will be kept very small to ensure optimal skills transfer.

Instructor: Jed Talbot (Off the Beaten Path)

Stone Cribbing Apprenticeship Level II* July 14, 15, 16 (Friday – Sunday)

This apprenticeship will cover some more advanced dry stacking and stone shaping techniques. Rotary hammer drill and diamond bladed cut-off saw demonstration will be used. Class size will be kept very small to insure optimal skills transfer

Instructor: Jed Talbot (Off the Beaten Path)

Womens' Weekend*

July 22 & 23 (Saturday & Sunday)

Basic rock moving and stone construction. See April 28 for details. Registration is limited to females.

Instructor: Sarah Heidenreich (Tahawus Trails LLC and SCA Trail Skills Instructor)

*These workshops are sponsored in part by funds from the Appalachian Trail Conservancy and National Park Service Appalachian Trail Park Office.

Visit Us Today! 
www.NYNJTC.org



Eddie Walsh, center with backpack, introduced the Bear Mountain trails project to a group of prospective volunteers on March 25. The event marked the start of the Trail Conference's big trail work and skills training effort at the site.

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January 21, 2006 to March 20, 2006

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In honor of Richard Zimm's birthday
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*Members of the
Raymond H. Torrey Society

Why We Give

An Invitation to Join the Raymond H. Torrey Society



By Maureen Edelson, Director of Development

That's me pictured below, and that's Raymond Torrey, above, far right. Torrey, shown with Frank Place and Robert Dickinson, was one of the founders of the New York-New Jersey Trail Conference and served as its chairman from 1931 to 1938. Through his Outdoor Life column in the *New York Evening Post*, he influenced people in our region to get outside and hike.



MAUREEN EDELSON

My early childhood influenced me to do the same. I'm just five years old in the picture below, with my own quarter-sized SCUBA equipment fabricated by dad, in a lake I'd swim in almost every summer day for the next 12 years, amidst mountains that I'd run around on, in our beautiful Hudson Valley. As a result, the yearning for outdoor experiences is in my adult bones, as is a love for the Trail Conference.

My sentiment meets Raymond Torrey's influence in the Raymond H. Torrey Society, a group of members and friends of the New York/New Jersey Trail Conference who wish to directly support the future of our region's hiking trails. They are contributors to the Trail Conference who donate gifts of cash or stock at a level of \$500 and above annually.

For the first time, I'm stepping up to join the Torrey Society. It's a privilege to make a strong commitment to the future of the Trail Conference and people's outdoor opportunities. I am deeply thankful to be able to honor with my gift the many people, starting with Raymond Torrey, who have worked hard and smart for 86 years to sustain outdoor opportunities for us all. Please join me.

FAVORITE HIKE



By Cy A. Adler

Sauntering Manhattan's Rim



CY A ADLER

Saunterers enjoy the 32-mile walk along the rim of Manhattan.

Cy A. Adler is an enthusiast for the shores of Manhattan. Founder of the Shorewalkers, a nonprofit walking and environmental group, and organizer of the annual Great Saunter around Manhattan, Adler is also the author of two guidebooks *Walking Manhattan's Rim: The Great Saunter*, and *Walking the Hudson, Batt to Bear*. The Great Saunter event, which attracts thousands of walkers, takes place each year on the first Saturday of May—this year May 6. But the 32-mile exploration can be enjoyed anytime, in whole or in parts.

Location: New York City

Length: 32 miles

Resources: *Walking Manhattan's Rim*, by Cy A. Adler, www.greatsaunter.com, www.shorewalkers.com

Special Event: May 6: The Great Saunter of 2006. Free to Shorewalker members. Non-members are asked to donate \$10 if preregistering online, \$15 on the day of walk. Preregister and/or join Shorewalkers at www.greatsaunter.org. Wear good shoes, thick soles. Bring water, food, extra socks, and a hat.

Route: The May 6 Great Saunter begins at 7:30 am on Fulton Street near the South Street Seaport. By 1:30 pm most walkers will lunch in Inwood Park near the flagpole. Then walkers head south. The Highbridge Park route parallels the Harlem River. In Harlem, zig-zag south to the East River. Reach Fulton Street as the moon rises over Brooklyn.

The headline said it: "Cooler, longer and prettier than the marathon—See Manhattan at 3 mph."

This 32-mile exploration of Manhattan's entire shoreline is almost six miles longer than the official 26.2-mile marathon. But you should be prepared to do more than walk. The route offers opportunities to visit more than 20 parks and promenades, view fabulous skylines, and journey through the northern hills and forests of Manhattan. Saunterers will visit ethnic neighborhoods, centers of commerce, famous buildings, pass million-dollar condos, and pay homage to 9/11 at Ground Zero.

You can't really know New York without walking it, or seeing and smelling rivers

surrounding it. That's the idea behind the Great Saunter, organized by Shorewalkers, a group of about 1,500 walkers with an environmental and walking mission: to help promote awareness of and preserve access to the shorelines of New York City. Its members become better connected with the history and geography that has shaped Manhattan. Shorewalkers get to know New York City's waterfront harbor, bays, and rivers.

Shorewalkers began fighting for a continuous public walkway 22 years ago. Now we have an almost contiguous shoreline path. Shorewalkers also developed the 56-mile Batt-To-Bear Trail (along the Hudson from the Battery to Bear Mountain) and is promoting the Grand Harlem River Park, which will be larger than Central Park.

As you walk, you might sing our song, co-written by the legendary Pete Seeger:

Shorewalkers' Saunter Song

*You don't know, you don't know this town
(2x)*

*Till you join the Shorewalkers
and they get you walking around*

*It's about thirty-two miles 'round
Manhattan's rim (2x)*

*You can join 'em for a few miles,
next year walk about again.*

*You can take a yellow cab or
a subway fast and deep (2x)*

*But you learn a lot more
walkin' on your own two feet.*

For more info, click on
www.shorewalkers.org.

Walking Manhattan's Rim is available from the Trail Conference.

The book maps out and describes a walking route around the circumference of Manhattan, including the interesting sites and sometimes hidden treasures that can be found along the island's rim. Each chapter contains a detailed map, a description of the sites along the way, and several photographs. Areas covered in the book include Battery Park, the South Street Seaport, the West Side, Riverside Park, Washington Heights, Carl Schurz Park, the United Nations, East River Park, and the Grand Harlem River Park. To order, see the Hikers' Marketplace on page 12, or visit www.nynjtc.com for details.

BOOKNOTES



Backpacking & Hiking

By Karen Berger

Hiking and Backpacking

By Victoria Logue

Wilderness Basics

By members of the Sierra Club

Reviewed by Georgette Weir

If you think that hiking is the simple routine of putting one foot in front of another, here are three books that argue otherwise. The shortest of these three introductions to the sport (Berger's) adds up to 250 pages. Many of the topics covered by the three are similar—planning a trip, first aid, gear choices—but the styles are very different and each will appeal to a different set of readers. If you're trying to recruit a new fan to the ranks of hikers or backpackers, the right one of these might be a good gift.

Backpacking & Hiking by Karen Berger (2005, Dorling Kindersley) offers its information in eye-bites, short and quick-to-read facts and advice (30 words explain how to "Make a roofed trench" for example). The book is densely illustrated on glossy paper with photos, drawings, and diagrams. Four-color photos of different cloud formations and what they foretell weather-wise are helpful, but four-color images of a slice of salami or a handful of dried pasta indicate the over-the-top use of pictures. *B&H* is like a catalogue, but without brands and prices. If you have never walked in the woods, this book will show you what gaiters look like, give you an idea of the umpty-ump kinds of headwear from which to choose, introduce you to an array of sleeping mats, and MUCH MORE. How to walk, camping, and sample long-distance hikes from around the world are all addressed.

People with more patience for reading might prefer **Hiking and Backpacking: Essential Skills, Equipment, and Safety**

by Victoria Logue (2005, Menasha Ridge Press). Logue is thorough and organized. Her book is divided into four sections: *Getting Ready* (Planning, Preparing, Ultralight Backpacking, and Long-Distance Hiking), *On the Trail* (Equipment, Hiking Technique, Extreme Hiking and Backpacking, Finding Your Way, and Caring for Your Body), *Day's End* (First Aid, Animal Encounters, Setting Up Camp, The Backcountry Kitchen, Camping Green, Gear Repair and Maintenance), and *Appendixes* (equipment checklists, hiking organizations state by state, and Internet resources). Logue writes from experience, her own and others. When discussing the use of trekking sticks, for example, she presents pros and cons to their use. Her style is one of friendly competence, as though she is sharing what she has learned with an inexperienced friend.

Wilderness Basics (2004, The Mountaineers Books) is less encyclopedic than the first mentioned guides. Its strength is the greater depth of its discussions, and it has chapters that might interest even long-time and experienced hikers. The pages on weather, for example, offer a formula for anticipating temperature changes based on elevation gain or loss. The one on nutrition suggests best times on a hike to eat carbs, proteins, and fats. If you happen to be a hiker who hasn't yet mastered the intricacies of map and compass and/or GPS use, the chapter on wilderness navigation offers a good primer. I especially like that this book starts out with an introduction to Outdoor Ethics and gives a cogent explanation of the environmental reasons for many backcountry rules and regulations. The book was written by a team of writers of the San Diego Chapter of the Sierra Club for hikers, backpackers, paddlers, and mountain bikers. Their writing is clear and the tone serious.



Hudson Valley Waterfall Guide: From Saratoga & the Capital Region to the Highlands & Palisades

By Russell Dunn

Black Dome Press, 2005

Reviewed by John Kolp

Russell Dunn has published two other waterfall guides: one on the Adirondack region and the other on the Catskills and Shawangunks. This Hudson Valley guide highlights an even 100 waterfalls, starting with five formed on the Hudson itself in and around Glens Falls. The Capital District is packed with 40 and the remaining 50 or so are spread throughout the mid and lower Hudson Valley, ending with two in the Jersey Ramapos and three in the Palisades. A couple of his waterfalls in Albany are actually buried under pave-

ment, having been incorporated into the sewer system.

This is definitely a guide book, not a coffee table pictorial. For each waterfall Dunn provides explicit driving directions and specifics about the location: county, town, and the indispensable DeLorme *New York State Atlas* page number and grid coordinates. A good number of the falls can be viewed from roadside. Most involve a short walk of a half-mile or less, while only a few require a hike of a mile or more. Dunn includes a description of each fall and usually a history of how its waterpower was exploited by settlers and early industrialists for saw mills, grist mills, textile mills, and various factories. Every stream, large and small, more often than not augmented with a dam, did work before reaching the Hudson.

In an extensive Introductory section the author includes a definition of the different types of waterfalls – plunge, cascade, fan fall, curtain fall, horsetail, and punch bowl; describes the inherent self-consuming geology of waterfalls; and offers safety tips for adventuring around waterfalls. His discussion of "Taking Waterfall Photos" is quite competent, including an explanation of the blurred "buttermilk" effect of using slow shutter speeds.



HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs



The activities listed are sponsored by member clubs of the NY/NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and a flashlight in a backpack. Leaders have the right and responsibility to refuse anyone whom they believe cannot complete the hike or is not adequately equipped. Easy, moderate, or strenuous hikes are relative terms; call leader if in doubt.

More than 90 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY/NJ Trail Conference.

Club Codes

Only those clubs with hikes offered in this issue are listed below. Please call numbers listed to confirm.

ADK-MH	ADK, Mid-Hudson	OSF	Outdoor Single Friends
AMC NY-NJ	Appalachian Mountain Club, New York-North Jersey Chapter	PMNHA	Pyramid Mountain Natural Historic Area
GAHC	German-American Hiking Club	LIGTC	Long Island Greenbelt Trail Conference
GS	Great Swamp Outdoor Education Center	RVK	Rip Van Winkle Hiking Club
IHC	Interstate Hiking Club	UHC	Union County Hiking Club
LPNHC	Long Path North Hiking Club	UOC	University Outing Club
NYR	New York Ramblers		

Clubs wishing to have hikes listed in Hikers' Almanac should send their schedules to tw@nynjtc.org or to the Trail Conference Office. The deadline for the July/August 2006 issue is May 15, 2006.

May

Saturday, May 6

UHC. Watchung Trail Maintenance, NJ. Leader: pre-register by calling Trailside at 908-789-3670. Meet: 9:30 am; call for location. Meet new people and learn new skills while working out of doors and giving back a little to the trails. No experience needed. Bring gloves, trash bag, clippers/lopping shears if you have them. We'll work until noon; cancelled if there is snow on the ground or severe storm.

UOC. Dismal Swamp, Edison, NJ. Leader: Chris Meadows, 732-745-9074. Meet: call leader for details. Walk the trails of wildlife refuge, swamp, and forest, after a look at the Triple C Ranch, a working farm.

GS. Laurel Trail, NJ. Leader: must call 973-635-6629 to pre-register. Meet: 10 am at Great Swamp Outdoor Education Center, 247 Southern Blvd., Chatham, NJ. Two-hour guided hike in the National Wildlife Refuge; appropriate for ages 8 and older.

LIGTC. Walt Whitman Loop, LI. Leader: Tom or Sherri, 631-567-9484. Meet: 9 am; call for directions. 4 miles at moderate pace, hilly terrain. Take a walk in West Hills Park, the highest spot on Long Island. Rain cancels.

Sunday, May 7

GAHC. Washington Crossing Historic Park, Titusville, NJ. Leader: Christopher and Jackie Maas, 609-737-3055. Meet: 10 am on Rt. 546 just west of the junction with Rt. 29S; please call leader beforehand. Moderate and easy hikes will be led.

UHC. Wildflower Walk, Lambertville, NJ. Leader: Valerie Brown Strachan, 609-397-7267. Meet: 1 pm at Lambertville Station Restaurant. 10 miles at brisk pace; not suitable for beginners. Enjoy the spring wildflowers at Bowman's Preserve; climb Bowman's Hill and then walk along tow path. Pizza/ice cream afterwards in New Hope, PA.

LIGTC. Southern Greenbelt Saunter, LI. Leader: Andy, 631-696-8089. Meet: 9:30 am at Lakeland County Park; call for directions. 11 miles at moderate to fast pace on flat terrain. Hike southern third of L.I. Greenbelt Trail, touring Heckscher, Connetquot, and Lakeland parks amid very diverse scenery. Heavy rain cancels.

Monday, May 8

RVW. Dry Brook Ridge (3460'), Catskills. For information: 845-338-8772. Meet: 8 am. Moderate to difficult hike: 7 miles, 7 hours. Inclement weather date—following Monday.

Friday, May 12

LIGTC. Moonlight Hike, LI. Leader: Bill, 631-859-1794. Meet: 8 pm at Trails Information Center, 0.25 mile north of L.I.E. Exit 70. 4 miles, moderate pace, flat. Walk the pine barrens by moonlight. Rain cancels.

Saturday, May 13

OSF. Hacklebarney State Park, NJ. Leader: Contact Lyne Ciccarelli, 862-268-0127. Meet: 10 am near visitors center. Moderate hike at Black Creek; lunch after hike in Chester.

UOC. Deep Cut Park, Middletown, NJ. Leader: Carol Foe, 732-634-7244. Meet: 10:30 am at Johnson Park, River Rd., Piscataway, NJ. Easy, enjoyable walk through garden and grounds.

GS. Full Moon Hike, NJ. Leader: must call 973-635-6629 to pre-register. Meet: 8 pm at Great Swamp Outdoor Education Center, 247 Southern Blvd., Chatham, NJ. Here's your chance to walk the Great Swamp trails at night! We'll listen for nocturnal animals and do some stargazing; out by 9:30. \$3 fee.

UHC. Ramapo Lake, Oakland, NJ. Leader: Mickey Siegel, 201-797-7054. Meet: 10 am on Skyline Dr., first lot on left at bottom of hill. Casual hike of 4-5 miles. Very scenic, with views of Ramapo Lake.

LIGTC. Bayard Cutting Arboretum Singles Walk, LI. Leader: Charlotte, 631-929-1035. Meet: 11 am at Great River LIRR station. Easy, 2-hour walk on flat terrain. Good for beginners. Rain cancels.

Sunday, May 14

LIGTC. Pine Prow, LI. Leader: Karen, 631-929-6590; call before 8 pm. Meet: 10 am at Trails Information Center, 0.25 mile north of L.I.E. Exit 70. 9.5 miles on flat terrain, moderate pace. Out and back hike to Sandy and Grassy Ponds on Paumanok Path. Rain cancels.

IHC. Popolopen Panorama, Bear Mountain State Park, NY. Leader: Ilse Dunham, 973-838-8031. Meet: 9:30 am at Bear Mountain Inn, Rt. 9W. Moderately strenuous hike from the Inn to Popolopen Gorge and the churning waters of Hell Hole; lunch on top of Popolopen Torne. Hike ends with a visit to historic Fort Montgomery. Parking fee. Rain cancels.

GS. Mother's Day Stroll, NJ. Leader: must call 973-635-6629 to pre-register. Meet: 2 pm at Great Swamp Outdoor Education Center, 247 Southern Blvd., Chatham, NJ. Take your mom for a relaxing, guided walk along the trails of the Great Swamp, exploring the treasures of the spring season.

UHC. Willowood/Bamboo Brook, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10 am at Willowood parking lot. Easy 3-4 mile walk through these two estates with interesting gardens, woods, and fields. Steady rain cancels.

Monday, May 15

RVW. Big Indian (3700') and Fir (3620'), Catskills. For information: 845-246-1823. Meet: 8 am. Strenuous bushwhack: 10 miles, 7 hours. Inclement weather date—following Monday.

Saturday, May 20

IHC. Weis Wildflowers, Norvin Green State Forest, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Weis Ecology Center, Ringwood, NJ (park on right before Weis; do not go into the center). Moderate 6-7 miles. Expect blooming wildflowers complemented by distant views from Wyanokie High Point.

UOC. Lewis Morris County Park, Morris County, NJ. Leader: Coraly Goricicki, 732-548-2315. Meet: call leader for details. Moderate 4-5 miles; bring insect repellent.

ADK-MH. Haines Falls, NY. Leader: Trish Cina, trishmary37@aol.com (preferred) or 845-339-7170. Meet: contact leader for meeting place and time. Easy 4 miles; suitable for children. From Schutt Rd., we'll walk to site of Kaaterskill Hotel, looking for ruins, and learning about area history. Heavy rain cancels.

UHC. South Mtn. Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9 pm. Meet: 10 am in Locust Grove parking lot, across from Millburn RR station; call for directions. Brisk 5 miles in little over 2 hours; one steep uphill. Rain cancels.

Sunday, May 21

OSF. Bearfort Ridge, West Milford, NJ. Leader: Contact Lyne Ciccarelli, 862-268-0127. Meet: 10 am in A&P parking area. Moderate to difficult hike in Abram Hewitt State Forest.

UHC. Jockey Hollow, Morristown, NJ. Leader: MaryDell Morrison, 908-684-5175. Meet: 10 am at visitors center; call for directions. Scenic 4-5 miles in this national historic park; \$4 park admission fee.

LIGTC. Fire Island Lighthouse, LI. Leader: Lynne, email lyne_m11756@yahoo.com. Meet: 11 am at boardwalk entrance to lighthouse, Robert Moses State Park field 5 (parking fee). 6-mile beach walk to Kismet and Saltaire. Rain cancels.

GAHC. Bear Mountain State Park, NY. Leader: Brian Kassenbrock, 718-748-0624. Meet: 9 am at Bear Mountain Inn parking lot. Easy, moderate, and strenuous hikes will be led.

Monday, May 22

RVW. Sugarloaf Mtn. (3800'), Catskills. For information: 845-338-8772. Meet: 8 am. Strenuous hike at a moderate pace: 6.2 miles, 7 hours, ascent 1850'. Inclement weather date—following Monday.

Thursday, May 25

UOC. Trail Clearing at Six Mile Run, Franklin Township, NJ. Leader: Mimi Wolin, 732-249-9166. Meet: call leader for details. We continue our commitment to clear trails at Six Mile Run Reservoir; no experience necessary. We will also meet with the park naturalist.

UHC. Jennings Hollow, Hewitt, NJ. Leader: Jim McKay, 973-538-0756. Meet: 10 am; call for directions. 8-9 mile moderately strenuous hike on Jennings Hollow, Sterling Ridge, and other trails; for experienced hikers.

Saturday, May 27

GS. Birding in the Swamp, NJ. Leader: must call 973-635-6629 to pre-register. Meet: 7 am at Great Swamp Outdoor Education Center, 247 Southern Blvd., Chatham, NJ. Take an early bird stroll through the swamp; binoculars available. \$3 fee.

ADK-MH. Duck Pond Scramble, Mohonk Preserve, NY. Leader: Bob Ellsworth, 845-876-4534. Meet: 9 am in Poughkeepsie; call by May 24 to register. 7 miles, moderate pace. Join me on carriage roads and for some rock scrambling; lake and vistas from high point. Parking fee \$9.

LIGTC. Pond Prowl, LI. Leader: Nancy, 631-744-9815. Meet: 10 am at Pine Trail Preserve, NY 25, 6/10 mile east of Wm. Floyd Pkwy., LI. 8-10 miles, moderate pace, flat. Test your map and compass or GPS skills as we explore marked and unmarked trails in Robert Cushman Murphy County Park. Heavy rain cancels.

GS. Night Hike in the Swamp, NJ. Leader: must call 973-635-6629 to pre-register. Meet: 8 pm at Great Swamp Outdoor Education Center, 247 Southern Blvd., Chatham, NJ. Wander the night woods as your senses come alive! Out by 9:30 pm.

Sunday, May 28

IHC. Highlands Trail #6, Rt. 17A to Hewitt, NJ. Leader: Jim and Carolyn Canfield, 973-728-9774. Meet: 9 am at south end of Sterling Ridge Trail, Rt. 511, Hewitt, NJ. Moderately strenuous 8.6 miles. Traverse the entire length of the scenic Sterling Ridge Trail. Car shuttle required.

NYR. Sparkill to Manhattan, NY. Leader: Phil Tate, 212-242-5384. Meet: 8:05 am at Port Authority Bus Terminal for 8:22 Red & Tan bus #9 to Sparkill (one-way). From Sparkill, we will follow right-of-way of former NJ & NY Railroad to Piermont, then Long Path south through Tallman Mountain State Park, past State Line Lookout to Forest View Trail, then descend to Shore Path. We'll end up back on Long Path to George Washington Bridge, which we'll cross to complete our path back to Manhattan.

PMNHA. Lepidopteron Hike, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mtn. Natural Historic Area visitor center, 472A Boonton Ave. Montville Township, NJ. Don't worry, that's just a fancy word for moths and butterflies. Join us for this moderate to easy hike and learn about these amazing creatures.

LIGTC. Hither Woods, Montauk, LI. Leader: Rick, 631-267-6608. Meet: 9 am at Montauk Recycling Center, NY 27. 6-7 moderate miles on varied terrain. Test your sense of direction on this crooked hike; see Fort Pond Bay.

UHC. Lewis Morris Park, Morristown, NJ. Leader: Gail Waimon, 973-467-4761. Meet: 10 am at Lewis Morris, Sugarloaf parking area. Moderate hike.

Monday, May 29

RVW. Hunter Mtn. (4040'), Catskills. For more information: 845-246-1823. Meet: 8 am. Moderately strenuous hike: 8 miles, 6 hours. Inclement weather date—following Monday.

Tuesday, May 30

PMNHA. Tourne Park, NJ. Leader: call 973-334-3130 to register (required). Meet: 10 am at Pyramid Mtn. Natural Historic Area visitor center, 472A Boonton Ave. Montville Township, NJ. Lace up those hiking boots and join us as we conquer the trails at the Tourne; moderate hike.

UHC. Terrace Pond, W. Milford, NJ. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 10 am at Clinton Rd.; call for directions. 7 mile loop, moderately strenuous; hope for spring flowers.

June

Saturday, June 3

NATIONAL TRAILS DAY

Plan to spend the day helping to develop, maintain, and enjoy some of your favorite trails! For specific events sponsored by the NY/NJ Trail Conference, please see page 3 or check our website at www.nynjtc.org/events, and click on National Trails Day. Events planned by TC member clubs are listed below.

UHC. Hikes and Trail Work, NJ. Leader: Pre-register by calling Watchung Reservation Trailside at 908-789-3670. Meet: 8:30 am—2:30 pm. Hikes followed by trail work in several NJ locations.

LIGTC. NTD Celebration at Blydenburgh Park, LI. Leader: call office at 631-360-0753 for directions and details. Meet: 11 am—4 pm. Join us for hikes, wetlands ecology program, orienteering club demos, trail work project, trail safety, and more.

LPNHC. John Boyd Thacher State Park, near Albany, NY. Leader: Fred Schroeder, 518-459-0853. Meet: 9 am at the Emma Treadwell Thacher Nature Center. Bring tools or they will be provided. Lunch will be served to all workers. Three small brook cuts will be spanned by bridging, new waterbars will be installed or maintained, winter debris will be cleared, markers will be installed, and the complete Section #34 will be rebazed. The day's projects are sponsored by the Long Path North Hiking Club, the Friends of Thacher & Thompson's Lake State Parks, and the Albany Chapter of the ADK.

ADK-LI. Celebrate NTD and Chapter 40th Anniversary, LI. A variety of hikes on Long Island trails followed by a barbecue/picnic at Southaven County Park in Yaphank. For information: www.adkli.org.

AMC NY-NJ. Dunderberg Trail Maintenance Hike, NY. Leader: Bob Fuller, 732-613-8992 (call before 9 pm), refuller99@hotmail.com. Meet: 9 am at Metro North train stop on Manitou Rd., off Rt. 9D (1.25 mile N of Bear Mtn. Bridge). Take 7:51 train from Grand Central to Manitou, NY. Learn about the pleasures of trail maintenance work of the NY/NJ Trail Conference and enjoy a strenuous 8-mile hike with steep hills and fast pace. Work on sections of the RD and Timp-Torne trails adopted by leader; hike to Timp for lunch. Short car shuttle. Minimum 3 quarts water. Rain cancels. Registration not required, but helps with tool planning.

AMC NY-NJ. Young Members Minnewaska Trail Maintenance Hike, NY. Leader: Rob Sklar, 973-728-7475, rob_sklar@yahoo.com. Meet: must register; group size limited. We'll do strenuous 9 miles at brisk pace with steep hills while lending a hand on maintaining well-known trails adopted by leader and co-leader. Mostly light clipping; no heavy-duty work. Fit, first-time maintainers encouraged. Intended for ages 18-35, but all ages welcome.

AMC NY-NJ. Work party on the Appalachian Trail, NJ. Leader: Jill Arbuckle, arbuckle@verizon.net (preferred) or 973-890-9280. Meet: near High Point, NJ; contact leader for details a week or so beforehand. Help replace some worn-out decking on bog bridges in Vernie Swamp. If you can use a hammer, you can do this! We carry the planks in, so not for people with bad backs. Clean up afterwards at an AT shelter with a pump, then maybe a bite to eat? No public transportation. Rain date is Sunday, June 4.

AMC NY-NJ. Work on Siwanoy Trail, NY. Leader: Ken West, 212-750-8870; call after 8 pm. Meet: 9:30 am at Bartow-Pell Mansion parking lot, Shore Rd., Pelham Bay Park, NY. Take #6 train to last stop in the Bronx, then #45 Bee Line bus one stop to Bartow-Pell. This trail in Pelham Bay Park needs brush trimmed back and blazes renewed. No experience necessary; we supply tools. Bring lunch, water, bug spray, hat, gloves; long-sleeved shirt and pants a must.

AMC NY-NJ. Young Members Lemon Squeezer, NY. Leader: Jim Dougherty, 347-834-2934; call before 10 pm. Meet: 9 am at Arden, Harriman State Park, NY. On Rt. 17, go 2 miles N of Southfields, turn right at "Welcome to Harriman" sign, cross bridge over Thruway and turn right into parking area. Or take 7:50 am Short Line bus to Arden; ask driver to stop at welcome sign and walk to parking area. Moderately strenuous 8 miles, brisk pace. A nice little scramble (optional) at the Lemon Squeezer, great view at lunch, and waterfall make this an interesting hike. Intended for ages 18-35, but all ages welcome.

AMC NY-NJ. New York Botanical Garden, NY. Leader: Bob Susser, 212-666-4371, rsusser@aol.com; email or call beforehand to be sure trip is on. Meet: 10:45 am at Mosholu Gate; take 10:23 Harlem Line train from Grand Central, arriving Botanical Garden station at 10:42; drivers park in lot by the station. Free admission to the gardens on Sat. until noon. Easy walk, about 4 miles, to enjoy the roses, tulip trees, and forest. Walk ends about 3:00. Bring lunch or buy in cafeteria. No pets, no smoking.

Continued on back

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AMC NY-NJ. Wildcat Mountain and Beyond, NY. Leader: Dick Wolff, 973-746-7415; call 9 pm - 11 pm only. Meet: 10:15 am at Park & Ride on Rt. 17, 2.5 miles north of Tuxedo, NY, at junction with Rt. 17A; take 9:10 am Short Line bus from Port Authority Bus Terminal. Moderate pace with rolling hills; 5 or 8 miles. We'll hike over Wildcat Mtn.; those who want a shorter hike will take a woods road out to Red Apple Restaurant on Rt. 17. Others will continue to Indian Hill, and then to the Red Apple. Rain or shine.

UCHC. Eagle Rock Reservation, W. Orange, NJ. Leader: Peter Wolff, 973-731-0602. Meet: 10 am; call for directions. Casual hike of 3 miles.

Sunday, June 4

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Ellie King, 908-233-8411. Meet: 10 am at Locust Grove parking, across from Millburn RR station. 4-5 miles at moderate pace with some hills.

LIGTC. Stump Pond Singles Hike, LI. Leader: Charlotte, 631-929-1035. Meet: 9 am at Blydenburgh Park office; call for directions. 6 moderate miles. Optional brunch at local diner after hike. Rain cancels.

Tuesday, June 6

LIGTC. North End Weekday Special, LI. Leader: Anneliese, 631-425-1445. Meet: 9:30 am at Cold Spring Harbor State Park, LI. 4.5 miles, moderately fast, hilly. Trek hilly north end of Nassau-Suffolk Trail; brisk hike. Heavy rain cancels.

UCHC. Elk Pen, Harriman State Park, NY. Leader: Arnie Seymour-Jones, 201-768-3864. Meet: 10 am at Arden parking lot. 7-mile hike with some climbing; for experienced hikers.

Saturday, June 10

ADK-MH. South Taconic Trail to Brace Mtn., NY. Leader: Bob Ellsworth, 845-876-4534. Meet: 8 am in Hyde Park; call by June 7 to register. 4 miles, moderate. Stand on corner of three states: New York, Connecticut, and Massachusetts. Views of the Taconics, Stissing Mtn., Shawangunks, and Mt. Beacon.

LIGTC. Smithtown, LI. Leader: Andy, 631-696-8089. Meet: 9 am at Blydenburgh Park office; call for directions. 10 moderate- to fast-paced miles. Hidden Pond, Bow Dr. Marsh, Miller Pond, and Stump Pond. Heavy rain cancels.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepselter, 908-273-4188. Meet: 10 am at Trailside Center on Coles Ave. Brisk 4.5 miles in about 2 hours; some rocky trails. Strong beginner hikers okay. Steady rain cancels.

Sunday, June 11

IHC. Sunrise Mountain and Spring Cabin, Stokes State Forest, Branchville, NJ. Leader: Jennifer and Guy Percival, 973-984-1005. Meet: 9 am at Stokes entrance (ranger) station. Moderately strenuous 8 miles on the Appalachian Trail north to Sunrise Mtn., with great view of High Point Monument and the Shawangunk Ridge. Return via Spring Cabin Trail.

LIGTC. From Bay to Ocean, Montauk, LI. Leader: Rick, 631-267-6608. Meet: 9 am at Rod's Valley Park; call for directions. 8-10 miles, moderate pace. Pre-noon picnic overlooking the Atlantic, then hike from bay to ocean through lush forests of Hither Woods.

PMNHA. Half a Hike and Hatha Yoga, NJ. Leader: call 973-334-3130 to register (required). Meet: 10 am at Pyramid Mtn. Natural Historic Area visitor center, 472A Boonton Ave. Montville Township, NJ. Could hiking and yoga become the next great duo? You decide on this 2-hour moderate hike with a yoga break at a gorgeous overlook. \$5 fee.

Thursday, June 15

UCHC. Beaver Brook, Farny Highlands, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9:30 am at Mahlon Dickerson, Saffin Pond parking lot. 8-mile moderately strenuous hike, including section of Highlands Trail. For experienced hikers.

Saturday, June 17

IHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10 am at Trailside Nature Center, Coles Ave., Mountainside, NJ. Moderate but brisk 4-5 miles with some rocky trails and numerous brook crossings.

LIGTC. Connetquot Park, LI. Leader: Tom and Sherri, 631-567-9484. Meet: 9 am at Westbrook Sports Complex; call for directions. 6 miles at moderate pace, flat. Follow Connetquot River to Westbrook, passing through beautiful Connetquot Park Preserve. Rain cancels.

Sunday, June 18

GAHC. Buttermilk Falls/Appalachian Trail, NJ. Leader: Mathias Wuethrich, 908-253-9042; please call ahead. Meet: 9:30 am where AT crosses Rt. 206; west of Culvers Lake, 200m south of junction of Routes 206 and 636. Moderate and easy hikes will be led.

LIGTC. Rocky Point, LI. Leader: Karen, 631-929-6590; call before 8 pm. Meet: 10 am; call for directions. 3.5 or 8 miles, moderate pace, mostly flat. Walk the pine barrens at Rocky Point Preserve; short and long version available. Rain cancels.

PMNHA. Laurel and Hardy Hike, NJ. Leader: call 973-334-3130 for more information. Meet: 10 am at Pyramid Mtn. Natural Historic Area visitor center, 472A Boonton Ave. Montville Township, NJ. Gee, Stanley, wouldn't you like to enjoy the beauty of our flowering mountain laurel on this hardy hike? Moderately strenuous.

UCHC. Rifle Camp Park, Paterson, NJ. Leader: Peter Wolff, 973-731-0602. Meet: 10 am at first parking lot from entrance. Nice views in this historic area; casual pace. Rain cancels.

Wednesday, June 21

PMNHA. Summer Solstice Hike, NJ. Leader: call 973-334-3130 to register (required). Meet: 7 pm at Pyramid Mtn. Natural Historic Area visitor center, 472A Boonton Ave. Montville Township, NJ. Moderate, 2-hour evening hike to get you ready for bathing suit season and provide some interesting solstice trivia. \$3 fee.

Saturday, June 24

IHC. Sugarloaf, Along the Devil's Path, Catskills. Leader: Carolyn and Jim Canfield, 973-728-9774. Meet: 8 am at Harriman RR station, Arden, NY. Strenuous 7 miles from Pecoy Notch to Mink Hollow Notch, with rock scrambling over Sugarloaf Mountain on the Long Path.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Don Meserlian, 973-228-2258. Meet: 10 am at Tulip Springs parking lot, Brookside Ave. Moderate hike to Hemlock Falls and beyond.

Sunday, June 25

UCHC. Sterling Forest State Park, NY. Leader: Terry Kulmane, 908-665-2672. Meet: 10 am at Sterling Lake visitor center. 4-5 mile scenic loop around Sterling Lake. Steady rain cancels.

HIKERS' MARKETPLACE

YOU CAN ALSO ORDER AT OUR WEBSITE: WWW.NYNJTC.ORG

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Combo-Packs

Catskill (5-map set & ADK book)	\$30.35	\$22.69	+\$2.50	_____
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