



85th YEAR

# TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE — MAINTAINING OVER 1,600 MILES OF FOOT TRAILS

JULY/AUGUST 2005

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## Next Great Leaders

Who among us can take on one project at time and see it through to the end? Most of us!

By Josh Erdsneker  
Volunteer Projects Director

State-wide budget problems and limited resources are challenging recreational land managers and conservationists alike in New York and New Jersey. Consequently, the Trail Conference is being asked to do more than ever before. Is the Trail Conference prepared to accept these new challenges and will we still be able to provide the hiking community with the same services that we have offered for the last 85 years?

My first reaction is, yes, our volunteers can do anything they put their minds to. Last year we built a 63' bridge over the Popolopen Creek. The mileage of trails we maintain has grown steadily over the past five years to more than 1,600 miles. We are the leading publisher of hiking guidebooks and maps in the region. We successfully advocated for the reopening of Storm King State Park. Just pick up a copy of the *Trail Walker* and you'll be able to read about our successes. With the support of 1,200 recorded volunteers in 2004, the Trail Conference accomplished more than ever before. Individuals, couples, families, and our member clubs have all made contributions to our success.

In the past three years, I have met hundreds of these volunteers. None of

them considers him- or herself extraordinary or special, but I beg to differ. Whether I'm out with a trail crew, on the phone with a member of the board of directors, emailing a publication volunteer, or even bumping into a maintainer while s/he is out on a work trip, I have noticed they all share a deep sense of pride and commitment when they contribute to the Trail Conference. Some can't say no: one is currently a map project manager, map field checker and GPSer, office volunteer, trail maintainer, trail crew member, NJ Highlands advocate, member of the Sterling Forest Working Group, trail layout and designer, and delegate-at-large. And others won't say quit, such as the volunteer who has maintained a trail for 26 years.

Trail Conference volunteers are passion-



PAUL MAKUS

Commitment, passion, stamina: TC volunteers have leadership qualities in spades.

ate, extraordinary people. Right now, we need more people who are passionate and committed to trails to become our volunteer leaders. To state the obvious, without volunteer leaders, we would be hamstrung.

Each of our maps and guidebooks needs a dedicated project manager to oversee its production. Our trail committees need supervisors to manage specific areas of trails. Volunteers are needed to coordinate our training efforts. The hiking community needs to organize its efforts to tell developers and elected officials how we feel about proposals that threaten our trail

lands. Our advocacy committee needs leaders to spearhead the effort to address illegal ORV usage. We need volunteers to take on one project at time and see it through to the end.

With new project management tools to be developed, an increased number of workshops, specialized training for hi-tech work, and advanced trail building and design workshops, a wide range of supported, volunteer opportunities is available; it's never been easier to get involved.

continued on page 8

## Order Updated North Jersey And Kittatinny Maps Today

The Trail Conference Publications Committee has just concluded its busiest map-making season ever. Four updated maps sets have been published so far this year: the brand-new digital edition of the Shawangunks, the updated digital Sterling Forest map (both announced in the May/April *Trail Walker*), and now updated analog versions of the North Jersey and Kittatinny maps.



Although the previous edition of the North Jersey map set was published only three years ago, many changes have taken place to the trails in the area, and the 2002 edition of Map #22 had become obsolete. The new edition includes the expanded network of trails in the area of Camp Glen Gray, which has been acquired by Bergen County. It also shows the new Hasenclever Iron Trail and Will Monroe Loop, as well as the new trail designations in the Wyanokies. The new edition of the Kittatinny Trails map set includes several new trails and relocations of existing trails.

Thanks go to the many hard working and diligent volunteers who helped see these projects through to their successful completion by taking on the jobs of map manager, map back editor, layout artist, field coordinator, field checker, and cartographer. New volunteers are welcome for upcoming projects; support and guidance are provided. Please contact Josh Erdsneker at 201-512-9348, ext. 25 or [josh@nynjtc.org](mailto:josh@nynjtc.org) for information.

## Trail Conference Sends Crews into the Woods for 13 National Trails Day Events

Please turn to page 5 for photo gallery of the day.



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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 advocacy and acquisition.
- 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 92 hiking and outdoor groups, and 9,200 individuals.

## FROM THE CHAIR

## Trails to Friendship

About 10 years ago I would listen in awe to then president of the Trail Conference Neil Zimmerman and his tales of hiking adventures with friends. Thinking he was quite fortunate, I asked if he had any friends who did not hike. His reply that all his friends hiked surprised me. But then he went on to say that because he hiked so much, in time his non-hiking friends gradually drifted away. I had not really thought much about his remark until recently.

While out hiking the Appalachian Trail in southwest Virginia, I had opportunities to talk to a variety of hikers, primarily the thru hikers as they headed north. In many cases, they were people who had decided to make a life change and were using the

AT as an agent of change. During these conversations, many told me that their families and friends could not understand why they were spending time hiking. Some of them expressed the wish to know others who hiked.

Finding others who have similar interests is possible and not too hard. In fact, these walkers were already making friends with their fellow hikers. What they did not know was that meeting people who volunteer to make hiking possible and volunteering themselves are even better ways to make friends. And you don't have to thru-hike the AT to find either. In this area, the Trail Conference and its member clubs offer ample opportunities for both.

Hiking changed my life, and the best of

the changes are the friendships I have formed. I cannot truly say that all of my friends hike. But I can say that my closest friendships have formed as a result of volunteering for the Trail Conference.

So think about joining a trail crew or volunteering to help on a Trail Conference project, whether long or short term. There are ways to discover others with the same interests and join what I consider to be a wonderful community. The volunteer ads in the *Trail Walker* are a great place to start. You'll quickly learn that hikers don't care what you do at a day job, just that you enjoy the outdoors on your feet!

—Jane Daniels, Chair, Board of Directors

## Letters

### That Reminds Me...

The article by Faith W. Eckler (May/June *Trail Walker*, p. 10) brought back vivid memories of Bill Hoeflerlin and Oton Ambroz. Over the years I hiked nearly every foot of trails on Bill's maps, and sent him many corrections. I once ordered a complete set of his maps, and he delivered my "big order" in person, all of \$11 worth, since he charged only a few cents for each map.

Oton Ambroz was an exuberant, super-self-confident leader. His belief in his infallibility caused some amusing problems. I once joined Oton on the Garret Mountain Trail on a foggy day. He counted the group frequently. At the end of the hike, a police car drove up and one of the officers said, "We found two lost hikers. Did you lose any?" Oton instantly said, "Oh, no! I never lose anybody." The police drove off and then Oton and another driver discovered their passengers were

missing. Two ladies got lost in the fog without Oton noticing. They got a lift from the police to a diner, where one of them called her husband to pick them up. Oton's passenger was his neighbor, who gave him an earful or two when he got home!

—Richard H. Tourin  
 Flushing, NY

The writer is past president of the College Alumni Hiking Club and past chair of the Knickerbocker Chapter of the Adirondack Mountain Club.

### Thanks for Great AT

My best friend and I have been section hiking the AT for 10 years. We leave our husbands and children and "walk our dogs" for days on end.

Our hike in New Jersey [the first week of May] was the most wonderful surprise. The trail was very well marked. The shelters were great. All of the park employees we encountered were wonderful. Great Job!

Special thanks to Desperado!

—Brigid Demand  
 Sandy Hook, CT

## Support NY ATV Plan

The DEC must stand by its ATV plan (see story on page 3) and emphasize that \$25 ATV fees must be used primarily for enforcement and education. There must be qualified hard trails only and no soft ATV trails in any public forest. Also any ATV trail must await the completion or modification of a Unit Management Plan like any other trail. All public forests must be protected from ATV damage, not just Forest Preserve.

The ATV riders make it very difficult for anyone to support them. They will not even yield some smaller issues to win their most important one—TRAILS. The registration fee was argued down from \$45 to only \$25 and they won't give up the winch or agree to smoother tire treads. Also notice the ATV tires are exempt from the environmental disposal tax everyone else pays. Speed takes priority over pollution, noise, and safety. The ATV riders demand everything.

While ATV rider clubs intend to pay only \$25 registration per vehicle and then leave the mess for others to clean up, other outdoor recreation groups such as hiking and conservation clubs have spent more than a century trying to give back, via volunteer work and funding, more than they have ever taken from our New York State forests.

The way for ATV clubs to get trails is by compromise, credibility, legitimacy, and an honest desire to keep our forests natural. Most ATV clubs don't get it.

—Bill Coffin  
 Chittenango, NY  
 NY-NJ TC, ADK, FLTC, and NCTA

## Posted! Swapping Snake Stories

An exchange of recent posts on the NYNJTC online hiking forum, Viewpoint:

May 4, 2005

I just want to vouch for all those preservationists who argue that the remaining non-public, hole-in-the-doughnut area of Sterling Forest is a stronghold for the endangered timber rattlesnake. Recently while I was hiking, I encountered a huge (rather boa-like... "Really!") timber rattlesnake very near the area that may be developed. This encounter is the first time while I've been hiking that I have seen a rattler either north of Florida or east of the Mississippi River. That makes me a believer, although I never have had any doubts that all of Sterling Forest should be preserved.

May 16, 2005

Over the past two to three years, I have been seeing a lot more rattlesnakes in Harriman. I encountered about five last summer alone. I guess they are getting driven out. The biggest I have seen was about six to seven feet long and thicker than my arm (along with a rabbit or something in its belly). I have been getting paranoid about my dog getting bit by one, but besides that, they are cool to see.

Join the online hiking forum by going to [www.nynjtc.org](http://www.nynjtc.org) and clicking on "Viewpoint."

Visit Us Today!   
[www.NYNJTC.org](http://www.NYNJTC.org)



From the Executive Director

## TC Seeks Transfer of Protected Lands to New York State

As we go to press in June, we are working to transfer 923 acres of trail corridor that the Trail Conference has assembled on Shawangunk Ridge in Orange County and on Ginseng Ridge in Greene County to New York State's Dept. of Environmental Conservation.

The lands involved in this transfer protect sections of two of our major long distance trails, the Long Path in the Catskill Region and the Shawangunk Ridge Trail in the Shawangunk Mountains.

The Long Path assemblage is located on the Ginseng Ridge in Greene County, just north of the Catskill Park and will protect about 3.5 miles of existing and proposed new trail. The trail in this section passes along a continuation of the Catskill Escarpment, through deciduous woods, at elevations ranging from about 1,600 feet to 2,600 feet.

The newly protected lands in the Shawangunks are clustered in the towns of Mount Hope, Deerpark, and Greenville in Orange County and protect over 6.5 miles of existing and new trail.

The Mount Hope assemblage offers 360-degree views from the ridgetop, and features one of only two historic firetowers on the Shawangunk Ridge. The Greenville and Deerpark assemblage adds over 600 acres to the Huckleberry State Forest and includes a new connector trail from the Shawangunk Ridge Trail down into Port Jervis.



A view toward High Point in New Jersey from TC-protected Shawangunk Ridge lands.

Permanently protecting these ridge lands by putting them in NYDEC's hands is good news for several reasons:

1. Hikers and nature lovers of all stripes can enjoy the views from these majestic ridges without ever worrying about them being closed to the public, developed, or clear-cut.
2. Wildlife can continue to use them as dispersal and migration routes.
3. Watershed headlands and aquifer recharge areas will forever produce cool, clean water.
4. The scenic vistas these forested ridge lands present will be forever preserved for residents and visitors to the region.
5. The proceeds from the sale will immediately be put to work buying more threatened trail corridors.

In 2004, NYDEC purchased 905 acres that the Trail Conference helped assemble on the Shawangunk Ridge in Sullivan County. We are currently working closely with the Open Space Institute in assembling another 698 acres in this



Looking out from the TC-protected Long Path on the Ginseng Ridge.

area in our drive to permanently protect trail corridors throughout the region.

This work could not happen without the support of Governor Pataki, NYDEC, and the people of New York. In particular, I want to take this occasion to thank all those who have contributed to our Land Acquisition & Stewardship Fund, which has made this trail protection possible. Happy hiking; you deserve it!

—Ed Goodell

## ADVOCACY & CONSERVATION

### A Windfall for NJ State Parks?

New Jersey's state parks would get a \$75 million windfall under legislation acting Gov. Richard J. Codey introduced in May. The cash infusion to parks would represent the largest single investment in state parks in New Jersey history, according to a report by the Associated Press. The park money would go toward maintenance and repairs. Funds would come from loans that would be repaid with projected proceeds from the controversial state cigarette tax. The proposal was included in legislation that would fund a state center for stem cell research.

(Associated Press)

### NY Budget Includes \$150 Million Environmental Protection Fund

The New York State Legislature approved a \$150 million Environmental Protection Fund (EPF) in April. The original budget approved by the legislature in March did not include an EPF. The Trail Conference-Adirondack Mountain Club Partnership worked closely with legislative leaders and the governor's office and successfully advocated that the EPF be approved as soon as possible.

The 2005-2006 EPF includes approximately \$70 million for open space projects broken down as follows: \$40 million for land acquisition projects; \$16 million for farmland preservation and \$14 million for local park grants. The EPF also includes \$6.5 million for state land stewardship, which provides critical funding for back-country trail maintenance and also funds the Summit Stewardship program.

(Neil Woodworth, Maria Iannacito: TC-ADK Partnership)

### Camp Todd Becomes County Parkland

Camp Todd, a 73-acre parcel atop the Ramapo Mountain ridge line adjacent to Ramapo Mountain State Forest, was preserved in April thanks to a joint purchase by Bergen County and the state. The camp joins two other former boy scout camps, Tamarack and Glen Gray, as protected open space now owned by the county. The steeply sloping wooded property had been approved for a housing development by the local planning board in 2003.

(Bergen Record)

### NY Announces Draft ATV Policy for Public Lands

In March, the NY Dept. of Environmental Conservation (DEC) released its long awaited, draft ATV use policy for public lands for public comment. The policy addresses guidelines for ATV use on Forest Preserve lands, conservation easement lands and state forests. The policy would prohibit ATV riding on Forest Preserve trails, a stand strongly endorsed by the Trail Conference (TC)-Adirondack Mountain Club (ADK) Partnership.

The policy would not ban ATVs in state forests, although the designation of ATV trails would be subject to the unit management planning process and the SEQRA environmental review process. The TC-ADK Partnership has urged DEC not to designate ATV trails in state forests where a major non-motorized trail currently exists. For example, ATV riding should not be permitted in state forests containing portions of the Long Path.

The proposed policy gives DEC regulatory power over ATVs used in its

jurisdiction. TC-ADK recommend that DEC require ATVs to be equipped with: turf tires rather than tractor-type tires, appropriate muffler equipment to reduce noise, and four-stroke engines with catalytic converters to reduce air pollution emissions. DEC should also prohibit the use of winches on ATVs. ATV riders will often use winches to haul their ATV out of a mud hole when it gets stuck. The winch is fastened to a tree to help pull the ATV out of the rut. This causes significant environmental damage.



TC-ADK is also working with Assemblyman Morelle on his ATV Trail Development and Maintenance Fund legislation, which would provide funds for ATV trail development and maintenance on private or municipally owned lands. No funds would be used for ATV trail development on state-owned lands. The partnership is also working closely with Assembly staff on strengthening enforcement measures and increasing penalties for ATV trespass violations. The Trail Conference and ADK hope that a comprehensive ATV bill will be passed by the legislature and approved by the governor this year.

(Neil Woodworth, Maria Iannacito: TC-ADK Partnership)

### House Bill Would "Zero Out" Land Conservation

In May, the U.S. House of Representatives for the first time voted to all but eliminate the Land and Water Conservation Fund (LWCF) and to reduce by more than half funds for the Forest Legacy program. For the past 40 years LWCF been the nation's primary source of money to conserve land. Each year the fund is authorized to receive \$900 million in royalties from offshore oil and gas drilling. The Forest Legacy program provides money to states to help conserve privately owned forestlands threatened by development. The Senate Interior Appropriations Subcommittee was expected to take up this legislation sometime in early June.

(Wilderness Society)

### NJ Green Acres Buying 6,000 Acres in South of State

The NJ DEP Green Acres program, with assistance from the Natural Land Trust and Nature Conservancy, is buying 6,000 acres of forest and wetlands from U.S. Silica, a sand-mining company with operations in southern New Jersey. Most of the land is in Cumberland County with other properties scattered among Atlantic, Gloucester, and Camden Counties. Much of the land is adjacent to other conservation properties, including the Peaslee Wildlife Management Area and the Edward G. Bevan Wildlife Management Area in Bear Swamp. The Bear Swamp parcel includes "one of the last remaining old growth forests in the state of New Jersey," according to Peter Williamson, Natural Land Trust's vice president for conservation.

(Press of Atlantic City)



# TRAIL NEWS

## Schunemunk Parking Area Closed

Hikers are cautioned that a trailhead parking area on Seven Springs Road for the Jessup/Highlands Trails on Schunemunk Mountain is now off-limits. The road has been closed to auto traffic as the result of a severe problem with illegal dumping at the end of the road. It is not known whether the closure will be permanent.

## Wildcat Mountain Parking

A spiffy new parking area (see photo below) has been constructed by New York State Dept. of Transportation at the trailhead for Wildcat Mountain, near the junction of Routes 17 and 17A.



# Trail Crew Schedules

For the latest schedules, go to [nynjtc.org](http://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.

## HIGHLANDS TRAIL CREW

Contact the leader for details, no more than one week before the scheduled work date. All projects are TBD.

**Leader**  
Bob Moss: 973-743-5203

**July 10 (Sunday)**  
**July 24 (Sunday)**  
**Aug. 14 (Sunday)**  
**Aug. 28 (Sunday)**

## NORTH JERSEY 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.

## WEST JERSEY TRAIL CREW

**Leaders and Crew Chiefs**  
David Day and Monica Resor:  
732-937-9098, cell 908-307-5049  
[westjerseycrew@trailstobuild.com](mailto:westjerseycrew@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.

**July 9 (Saturday)**

**Warren Trail, Jenny Jump State Forest**  
We will be continuing our work of building this new trail in one of New Jersey's best-kept secret parks. We will be cutting and clearing, as well as side-hilling and general tread preparation.

## WEST HUDSON NORTH CREW

**Leaders**  
Denise Vitale (Crew Chief):  
845-738-2126, [WHNTrails@aol.com](mailto:WHNTrails@aol.com)  
Dave Webber: 845-452-7238,  
[webberd1@yahoo.com](mailto:webberd1@yahoo.com)

Meet: 9 am; place, TBD

**August 20 (Saturday)**

**Compartment Trail, Black Rock Forest**  
Project: Stepping stones across several seasonal stream flows.

**Leader:** Denise Vitale

**August 28 (Sunday)**

**Compartment Trail, Black Rock Forest**  
Project: Stepping stones across several seasonal stream flows.

**Leader:** Denise Vitale

## WEST HUDSON SOUTH CREW

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

**Gone hikin'**

## EAST HUDSON CREW

**Leaders**  
Walt Daniels, 914-245-1250  
Chris Reyling, 914-428-9878  
John Magerlein, 914-243-4714  
MaryAnn Massey, 914-967-8774

There are several small projects where a few people (preferably mid-week) can do the work. We make a special effort to arrange pickups at the nearest Hudson Line train station.

**Weekdays**

**TBD**

**Leader:** Walt Daniels

**July 30 (Saturday)**

**TBD**

**Leader:** Walt Daniels

**August 13 (Saturday)**

**TBD**

**Leader:** Walt Daniels

# Trail Crew Updates

## Wappinger Greenway Trail Work Continues

The NY-NJ Trail Conference East Hudson Trail Crew has been hard at work on the Wappinger Creek Greenway Trail development. With the help of many dedicated volunteers and several community youth groups, this majestic trail is being built foot by foot and stone slab by stone slab. Ongoing components of the project for this summer include: a 65-step stone sequence, a 17-foot bridge, and a few hundred feet of intensive sidehill construction. A grand opening for this trail system in Dutchess County is scheduled for late September 2005. If interested in helping or for info on hiking, contact Eddie Walsh, Trail Projects Coordinator, [eddiewalsh@nynjtc.org](mailto:eddiewalsh@nynjtc.org) or 201-512-9348 x28.



*The Wappingers Creek is the backdrop for a new section of Hudson River Greenway Trail.*

## Bear Mountain Trail Project Update

NY-NJ Trail Conference trail designers have been busy laying out the realigned trail system on Bear Mountain. The AT realignment on the east face of the mountain is proposed to be built to a "novice" standard, with a 4- to 5-foot width, and most tread grades less than 10 percent; where grades are more than 10 percent, native stone steps of consistent rises and runs will be installed. The realignment climbs through an exciting and interesting boulder field to the north of the ski jump, passes by a new view of Iona Island and the Hudson River, a waterfall, and the old Bear Cub Trail before traversing above a ravine and rejoining the AT at the Pine Flats below the Perkins Drive turnaround.

On the south side of the mountain the realigned AT is proposed to follow the abandoned Scenic Drive for a short distance before ascending along scenic ledges at a much more gradual grade to the west side of the mountain, joining up with the Major Welch Trail and traversing the true summit before reaching Perkins Drive and the Memorial Tower.

Also in the plans for the Bear Mountain Project are an accessible summit loop trail which includes great views of West Point and the northern Hudson Highlands over the Hudson River, a novice connector trail between the Suffern-Bear Mountain Trail (SBM) and the AT at the Pine Flats on the southeast side of the mountain, rehabilitation work on the SBM and Major Welch Trails, and comprehensive interpretive signage. In addition to trail crew members, there are several other volunteer opportunities opening by way of this project. For more information and to help out, refer to the Volunteer Classifieds on page 6 or contact Eddie Walsh, Bear Mountain Project Manager, at [eddiewalsh@nynjtc.org](mailto:eddiewalsh@nynjtc.org).

## West Jersey Crew

### Restores Bridge at Dunnfield Creek

After Hurricane Ivan destroyed a major bridge on one of the most popular family-use trails in Worthington State Forest, the West Jersey Crew set out to replace it this April. Over a span of eight weekend days (with a second-Sunday assist from the North Jersey Crew), new and higher stone abutments were built, two 36-foot telephone poles were dragged in by draft horses and placed in position, materials were prepared and transported, deck and railings were fabricated, and stone retaining walls to support the approaches were built. Thanks to everybody who joined in, and to the Worthington staff who made it all possible!



*The new bridge over Dunnfield Creek. See an illustrated chronology of the project at [http://www.trailstobuild.com/gallerys/dunnfield\\_creek.htm](http://www.trailstobuild.com/gallerys/dunnfield_creek.htm)*

## Gertrude's Nose Trail at Minnewaska State Park

Over the past few months, the Gertrude's Nose Trail has undergone a critically-needed adjustment to bypass a severely eroded section. The new segment of trail, which still encompasses the stunning views of the Nose to the east and Hamilton Point to the west, isn't very long, but much of it was constructed on a steep talus slope requiring stairs built "rock-on-rock" with the help of a highline setup. This kind of work is challenging even for those with significant experience.

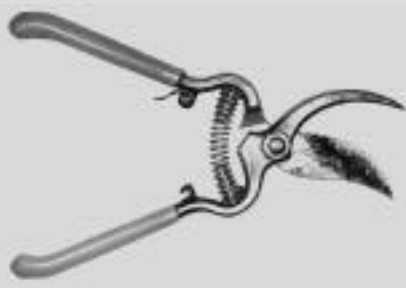


*Completing rock work on the Gertrude's Nose Trail in Minnewaska S.P.*

The project, completed mostly by new crew members, is a testament to the spirit of teamwork that is pervasive throughout the Trail Conference. The crew, guided by Denise Vitale, spent the 2004 fall season learning the trail-building craft under the tutelage of Eddie Walsh, Larry Wheelock, and seasoned volunteers from the West Hudson South crew. By continuing an age-old tradition of masters teaching apprentices, we now have a new base of volunteers and stewards for our natural treasures in the West Hudson trails system.

To celebrate National Trails Day, the new section of the Gertrude's Nose Trail opened on June 5th, after which the focus shifted to restoring the old trail to a more natural state. For more information, contact Denise Vitale, West Hudson North Crew Chief, [WHNTrails@aol.com](mailto:WHNTrails@aol.com) or 845-738-2126.

# Long Path North Maintenance, August 20



The Long Path North Hiking Club is looking for volunteers for a work maintenance day, Saturday August 20. The work will be on section 24 in Greene County. Some equipment will be available, but bring a bow saw or loppers if you have them. Also, bring a lunch. Contact Clarence Putman at 607-538-9569 or [cmdirk@dmcom.net](mailto:cmdirk@dmcom.net).

# National Trails Day



JUDITH MURPHY

Alley Pond Park, Queens



JOSH ERDSNEKER

Ramapo Reservation



LEE ZAKIAN

Gertrude's Nose, Minnewaska S.P.



ED GOODELL

Staten Island Greenbelt

**THANK YOU!**



JOHN GROB

Warren Trail



LARRY WHELOCK

Long Path, Palisades



WALT DANIELS

George's Island, Westchester



LARRY WHELOCK

Parker Cabin Trail, Harriman S.P.



JUDY MURPHY

Pequanock Watershed

The NY-NJ Trail Conference fielded 13 separate events to mark this year's National Trails Day. Thanks go to our volunteer coordinator, Judy Murphy, who organized the schedule, publicized the events, tracked sign-ups, and followed up with event reports, and got out on the trail herself that day to work (at the Pequanock Watershed project) and take photos.

Thanks, too, to the volunteers who led the work trips and hikes:

## In New York

**Staten Island:** *Greenbelt Trail at High Rock Park* – Stephen and Bettye Soffer

**Queens:** *Alley Pond Park* – Marty Grossman and Dana Gumb

*Forest Park* – Josephine Scalia

**Manhattan:** *High Bridge Park* – Nicole Smith

**Westchester:** *George's Island Park* – Walt Daniels

**Rockland County:** *Harriman Bear Mountain Park* – Manny Silberberg & Chris Ezzo

**Ulster County:** *Minnewaska State Park* – Denise Vitale and David Webber

*Balsam Mountain* – Chet Schram and Susan White

**Dutchess County:** *Wappingers Greenway Trail* – Eddie Walsh

**Albany County:** *Thompsons Lake State Park* – Fred Schroeder

## In New Jersey

**Passaic County:** *Pequanock Watershed* – Ellen Cronan

**Bergen County:** *Palisades Park* – Jakob Franke

*Ramapo Reservation & Camp Glen Gray Hike* – Bob Fuller

**Warren County:** *Jenny Jump State Forest* – Monica Resor and David Day

## Nearly 100 Take Trail Work Lessons At Annual Spring Workshops

The annual spring trails workshops were a great success with 97 students participating in four different workshops held late in April and on May 1st.

Trail Maintenance 101 conducted by Ellen Cronan led the way with 32 students, who spent a couple of hours in the morning taking classroom instruction, followed by maintenance practice on Newark Watershed trails.



Maintenance courses started inside before heading to the field.

Trail Construction and Restoration had 28 students taught by Monica Resor and David Day, who likewise followed classroom instruction with trail work on nearby trails.

The next weekend started off with a Trail Layout and Design course attended by 18 students and was taught by Claudia Mausner, Edwin McGowan, Malcolm Spector, and Larry Wheelock. On the final day, 19 students were instructed in the use of Geographic Information Systems and Global Positioning Systems for Trail Management and Design. Instruction was conducted by Eric Yadlofski and John Jurasek.

Newark Watershed Conservation and Development Corporation provided an excellent facility for us to complete all of these courses at their Environmental Education Center near Echo Lake in West Milford, NJ. Special thanks go to Ellen



GPS committee chair John Jurasek, left, gives instruction at the May workshop on GPS for Trail Management and Design.

Cronan for coordinating these workshops with the watershed management. And another thank-you goes to Bob Boysen and Bob Boyle for helping with the refreshments.

## Be a Star: Join TC Speakers Bureau

The Trail Conference is establishing a list of speakers to present information to hiking clubs, youth groups, senior citizen groups, and other groups interested in getting involved in outdoor activities.

The presentations will last about an hour and cover topics of interest to the requesting group (AT thru-hike presentations, how to prepare for a hike, how to prepare for different seasons and weather conditions, what is GPS and to use it, how to maintain a hiking trail, etc.) The Trail Conference will help the speaker to organize and set up visual aids (posters, maps, PowerPoint slides, etc...) for the talk.

If you are interested in presenting any of these topics or have one that may be of interest, please contact Josh at 201-512-9348 ext. 25 or josh@nynjtc.org.

# Volunteer Classifieds: Get Involved!

Are you looking for new challenges and opportunities to get involved with Trail Conference activities? Please review the *TC Volunteer Classifieds* for exciting and interesting ways for members to become involved with the Conference's efforts. Volunteers are the heart and soul of our organization. Become an active part of our family and get more involved. If you are interested in volunteering with the TC and do not see an opportunity that suits you, contact the Volunteer Projects Director, Joshua Erdsneker, either by email [josh@nynjtc.org](mailto:josh@nynjtc.org) or call the office 201-512-9348 ext. 25, and he will find a way to get you involved.

## TRAILS

### East Hudson Trails Chair

Solve problems beyond the scope of supervisors. Prioritize requests for trail crew work. Approve major trail relocations proposals and submit to the Trails Council. As key contact person, keep in regular communication with park managers, superintendents, and private landowners. Ensure the maintenance reporting system and procedures are carried out in accordance with the trails policy. Present new trails; trail systems, and other trail proposals to Trails Council for consideration.

### Catskill Assistant Trails Chair

Ensure the maintenance reporting system and procedures are carried out in accordance with the trails policy. Represent committee at Trails Council meetings. Assist in recruiting new maintainers.

### Trail Supervisors

- *Appalachian Trail, NY*
- *Appalachian Trail, NJ*
- *High & Garret Mtn, NJ*
- *Newark Watershed, NJ*

Coordinate the trail maintainers in a specific section of trails. S/he is responsible for the collection of semiannual trail maintenance reports from maintainers and providing summary to Trails Chair, appoint and train new maintainers so that their work meets TC standards, find replacements for maintainers who have resigned,

schedule work trips as needed, and maintain communication with agency partner(s).

### Trail Crew Chief

• *Central Jersey* • *East Hudson* • *Metro Trails*  
Coordinate, prioritize, and schedule work trips at the request of, and in consultation with, regional chairperson and/or area supervisor. Make major trail relocations after approval by the appropriate agencies, supervisors, and Trails Council. Provide schedules and work updates for the *Trail Walker*. Provide annual report on volunteer hours and projects.

### Bear Mountain Trail Crew Leaders (apprenticeship opportunities available)

We are looking for people-oriented volunteers to lead crews of six to ten people to complete building or restoring a section of trail. We will provide special training in leadership, safety, tools, and technical skills.

### Bear Mountain Recruitment Coordinator

Participate in the creation and assist with the implementation of a comprehensive long-term recruitment plan for the Bear Mountain Trails Restoration project.

## PUBLICATIONS

### Project Managers

The focus of this position is to produce a map or book on time and at budget. Responsibilities include setting a budget and a deadline for the project, monthly reporting, appointing and managing field coordinators, proofreaders, map back editor, cartographer, and writing preliminary press release and *Trail Walker* article.

### Map Back Editor

This position oversees the production of the map backs. Responsibilities include reviewing current map backs and updating content as needed, perform necessary research, contact and interact with layout artist, and report progress to the project manager.

## ADVOCACY

### Advocacy Coordinators

- *State* • *County* • *Town*

The Advocacy Committee is developing a hierarchy of volunteers to coordinate our advocacy efforts at the state, county, and local town level. This body of peers will work with local volunteers to manage a particular area and issue.

### State ORV Coordinator

Coordinate statewide efforts to minimize the impact of illegal ORV activity on hiking trail lands. Work with lawmakers to develop legislation, land managers for enforcement, and other organizations for support.

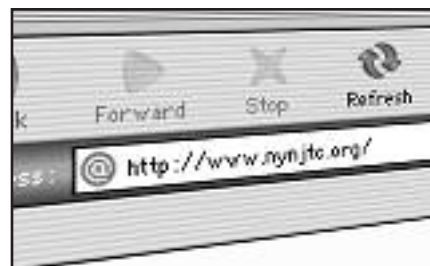
### Issue Specialists

Serve as a resource on issues such as land use law, cell towers, illegal usage, etc. State and county coordinators will share information between local volunteers and specialists in different regions.

## OFFICE & TECHNOLOGY

### Assistant Web Master

Create and manage content for the Trail Conference website.



### Technology Liaison

Assist with maintenance and procurement of hi-tech tools such as GPS devices, scanners, software, web-based applications, and advanced micro-computing environments.

## MEMBERSHIP

### Membership Committee Members

Plan and implement membership drives; plan activities that will recruit individual and club members; develop brochures and other communications pieces; contact potential partners to expand member discount program; and devise new member benefit programs.

### Meeting Planner

Plan and implement Annual Delegate meetings. Locate venue; negotiate contracts with venue and caterer; plan, schedule, and staff meeting activities; participate in meeting advertising; manage team of volunteers to handle meeting day activities.

## OUTREACH

### Outreach Events Coordinator

Coordinate our presence at various festivals, events, and gatherings throughout the bi-state region. Help organize events happening throughout the year. The Trail Conference needs energetic, creative, and organized individuals.

## OTHER OPPORTUNITIES

### Training Coordinator

The Trail Conference offers a variety of training programs. From Trail Maintenance 101 to teaching computer skills, training is an essential part of our volunteer program. Interested persons should have excellent coordination skills, be able to plan in 12-month intervals, have good communication skills, and be willing to work with Trail Conference staff and volunteers to maximize the impact of our workshops and training sessions.

*Become an active part of our family and get more involved.*

## Volunteer Profile

### Walter Ilchuk's 25-Year Commitment to the Kakiat Trail

By Maureen Edelson

In the 1960s, Queens teenager Walter Ilchuk took up a buddy's invitation to ride the bus from Port Authority to the Bear Mountain Inn for a little hiking in the surrounding park. Thus began a life-long love of the outdoors and commitment to Harriman State Park.

For years, Walter returned to Harriman to hike and to provide a convenient wilderness experience for his Boy Scout troop (#261, Farmingdale). In the late 1970s, he joined the Trail Conference. In 1980, he responded to an ad for a maintainer on Harriman's Kakiat Trail and took on the whole eight miles. He would travel from his Long Island home, an 85-mile trip, to

lop branches and clear a path to a height of 8 feet, since he himself is 6' 6" tall. Walter subsequently divided the trail with another maintainer, and now takes care of the western portion of the Kakiat from Tuxedo Park to the Hillburn-Torne-Sebago (HTS) Trail, about 4.5 miles.

*"Being out on the trail, maintaining it, builds confidence,"*

Walter was a maintenance electrician for 20 years at the World Trade Center, and retired five years ago from Local 3 of the International Brotherhood of Electrical

Workers. He's an Appalachian Trail Conference member, and is still involved with Boy Scouts in Nassau County's Theodore Roosevelt Council. He's traversed 500 miles of the Appalachian Trail, is planning another section hike on the AT, takes about three paddling trips a year, rides a road bike, is a beach walker and a Polar Bear (at Jones Beach on January 1 each year). His favorite spots to lunch while maintaining the Kakiat are the top of the hill off Seven Lakes Drive, and an outcropping on the trail near Dater Mountain.

"Being out on the trail, maintaining it, builds confidence," he says. "I can do it, I enjoy doing it, and I get complimented on it."

Walter is hoping to get his 30-year-old nephew interested in trail maintenance and took him out on the trail last November. While sawing and lopping, Walter Ilchuk is also planting the seeds of future trail maintenance and recreation, extending his legacy in the park. "We'll see," he says simply.



## Youth, Service, and the Outdoors

Join an effort to bring the Boy Scouts of America co-ed teen program, Venturing, to the area's youth. If you believe in mentoring future trail maintainers and outdoorspeople, and would like to serve on the organizing committee to spearhead a 'hike-n-serve' Venture Crew through the Trail Conference, contact Maureen Edelson of the Northern New Jersey Council of the BSA, [medelson@bsaemail.org](mailto:medelson@bsaemail.org).

# SCIENCE & ECOLOGY

By Edwin McGowan, Science Director, PhD and  
Troy Weldy, New York Natural Heritage Botanist

## Hikers' Watch List: A sampling of New York Rare Plants of the Shawangunks and Hudson Highlands

Documenting rare plants in the wild is a lot like looking for rare antiques. You have to know where to look, what you're looking for, and how to spot a fake. A bit of good luck also helps.

The plants pictured here are just a few of the state listed species featured on the New York Natural Heritage website ([acris.nynhp.org](http://acris.nynhp.org)), where you will find information on their life history, identification, habitat affinities, and New York range. This website contains a number of "Conservation Guides" for New York's rarest plants and animals, as well as some of the significant natural communities. These guides are meant to help planners learn what protection activities may be needed to protect a rare species, educate the general public on New York's extraordinary biodiversity, and assist individuals in identifying the many plants, animals, and natural communities encountered during hikes.

To date, nearly 100 Conservation Guides are ready for viewing, and more are planned for the coming months. A few plant species with Conservation Guides that may be encountered in the Shawangunk Mountains and/or Hudson Highlands are highlighted here. Hikers are encouraged to keep an eye out for these and other species featured on this site and to report any sightings to the Heritage program. With your help, we

can make sure that these plants remain part of our natural heritage for generations to come.



**Species:** Appalachian sandwort (*Minuartia glabra*)

**Rarity:** Threatened/imperiled in New York due to restricted distribution in Shawangunks.

**Location:** Shawangunk Mountains, Minnewaska State Park, Sam's Point Preserve

**Habitat:** Open ledge tops, exposed acidic bedrock with thin soil and fine gravel.

**Identification:** A delicate perennial or annual with stems 10-20 cm. long, topped with five-petaled white flowers. Stems are single or sometimes forked with few, if any, leafy basal shoots. Leaves are soft and linear. Flowers mid-May to late August.



**Species:** Mountain spleenwort (*Asplenium montanum*)

**Rarity:** Threatened/imperiled in New York due to restricted distribution in Shawangunks.

**Location:** Shawangunk Mountains, Minnewaska State Park, Sam's Point Preserve

**Habitat:** A small fern of conglomerate cliffs and outcrops of the Shawangunk Ridge, typically in cracks and fissures of vertical rock faces.

**Identification:** Location on vertical rock face is key. A small, bluish-green fern. The evergreen leaves are divided into six or more pairs of leaflets, which are divided again into smaller segments with small lobes. The leaf stalk is brown at the base and green above.



**Species:** Fairy wand (*Chamaelirium luteum*)

**Rarity:** Threatened/imperiled in New York; seven known populations, down from as many as 50 populations historically.

**Location:** Hudson Highlands, Hudson Valley, Long Island, south-central New York and Southern Tier.

**Habitat:** Moist woods and meadows; calcareous (limestone) habitats.

**Identification:** A long-lived plant, may remain vegetative under closed canopies. In more open habitats, presents a single flower stalk up to a meter high of tiny white flowers, above a rosette of 5-10 lance-shaped leaves 8-15 cm. long. Flowers early May to mid-August.



**Species:** Virginia snakeroot (*Aristolochia serpentaria*)

**Rarity:** Threatened/imperiled in New York; five large populations known.

**Location:** Hudson Highlands and mid-Hudson Valley

**Habitat:** Well-drained wooded slopes, rocky slopes of oak woods, open woods, moist/rich woods, rarely in clearings. Often occurs on wooded slopes within washouts where leaves have been piled by draining water.

**Identification:** Lance to arrow shaped leaves 6-12 cm. long arranged alternately on stem. Inch-long, purple, S-shaped flower tubes that flare out at the tip are usually hidden under the leaf litter.

## Where Have All the Woodland Flowers Gone?

By Jonathon Schramm

Another peaceful September sunrise in the New Jersey Highlands. The morning's walk starts quietly enough: birds are singing, dew is sparkling, and all seems right with the world. Before too long, though, you begin to notice that the entire forest understory around your feet is dominated by a single species: a lush, waist-high grass. The expansive cover provided by the grass makes it difficult, if not impossible, to discern the presence of any of your favorite woodland herbs, such as zig-zag goldenrod, turtleheads, and white wood aster. As you walk on and the grass continues to be nearly all you see in the understory, you start to hope that this has all been a dream.

Unfortunately, scenarios like the one above are becoming increasingly common throughout forests in New York and New Jersey. Many forests, both old and young, are becoming increasingly dominated in their herbaceous layers by the non-native grass *Microstegium vimineum*. This species, native to eastern and southeastern Asia, has many common name aliases, among them Japanese stilt- or wire-grass, Nepalese browntop, Mary's grass or basketgrass. The plant was first noticed in Knoxville, TN, in

1919, and in the 86 years since has spread rapidly, and is now found from Texas through Massachusetts.

The grass has several unique features that likely contribute to its competitive success in deciduous forests throughout the eastern seaboard. First, the plant is an annual in forest situations where all other native grasses are perennial. While this means that the species is entirely dependent on seeds for its continued presence in the landscape, it also forces the species to invest a large percentage of its energy in reproduction, thus leading to generally copious amounts of seed and a strong ability to disperse rapidly through a forest. This dispersal is aided by the structure of the seeds, which are very light and thus easily transported by wind or surface water (making it common along the flood zones of streams). It also has long awns (hook-like structures) that enhance short distance transport in the fur of mammals (or clothing of hikers!).

Second, it possesses an unusual photosynthetic pathway, known as the C4 pathway (most native woodland herbs are C3 plants), which essentially allows the plant to conserve water during dry periods

of the summer, while still maintaining a high rate of photosynthetic productivity, even without investing much energy into a well-developed rooting system. Third, because of the plant's ability to root at multiple points along its stem, individual plants are able to maximize their capture of light energy in the generally shaded forest floor by spreading out horizontally and not just growing upwards. And finally, the plants rarely appear to be grazed by white-tailed deer, which is a significant advantage compared to native herbs, which are often partially or entirely consumed by the voracious grazers.

In short, *Microstegium* possess an entire suite of attributes that lend themselves well to the rapid spread of a species, and it

remains to be seen just where the expansion of this species in North America will end. For the time being, it is controllable by simply hand pulling in areas where the population can be monitored for four to five years running. The other simple steps that we all can take in our travels around the woodlands are to wear seed-shedding gaiters, avoid tramping directly through patches of *Microstegium*, especially during the period from September through mid-October when the seeds are abundant, and wash the mud off your boots after each hike.

Jonathon Schramm is a graduate student in the Dept. Ecology, Evolution, and Natural Resources at Cook College, Rutgers University.



# WORK FOR THE ENVIRONMENT EVERY DAY!

NY-NJ Trail Conference

a member of **Earth Share**  
OF NEW YORK

Take advantage of one of the easiest and most convenient ways to give to the New York-New Jersey Trail Conference! Many workplaces give employees the opportunity to make charitable contributions through payroll deductions. The NY-NJ Trail Conference is a member of Earth Share of New York, a federation of the nation's and New York State's most respected environmental and conservation charities that coordinates employee giving campaigns.

With the ease and flexibility of Earth Share of New York, you can direct your contribution to the NY-NJ Trail Conference or you may make a gift to Earth Share of New York—which then supports a broad range of charities that work to protect, preserve, and improve the planet.

Find out if your employer hosts a workplace giving campaign and if it includes Earth Share of New York and its member charities. Federal employees may support the NY-NJ Trail Conference by designating the NY-NJ Trail Conference on your pledge form. To find out more about how you and your workplace can support the NY-NJ Trail Conference through an Earth Share of New York charitable giving campaign, please contact Mary MacDonald, Managing Director, Earth Share of New York, at [mary@earthshareny.org](mailto:mary@earthshareny.org) or 800-230-3369, or view Earth Share of New York's website at: [www.earthshareny.org](http://www.earthshareny.org).

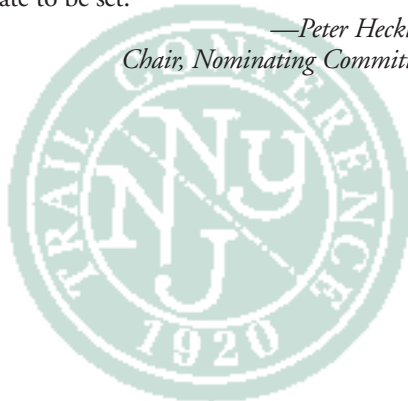
## Board Candidates Nominated

Nominees for the Trail Conference Board of Directors: John Gunzler, Herb Hochberg, Seth McKee, Malcolm Spector, Daniel Van Engel.

Nominees for delegates at-large: Bob Berlin, Vladimir Broz, Eric Calder, Eric Calder, Carolyn Canfield, Jim Conlon, Harvey Fishman, Cliff Gerenz, Gary Haugland, John Jurasek, Hal Kaplan, Phyllis Key, Jane Levenson, Mark Liss, John Mack, Paul Makus, Anna Parker, Jill Hamel, Karen Rose, Trudy Schneider, Naomi Sutter.

The election will take place at the Trail Conference Annual Meeting in the fall, date to be set.

—Peter Heckler  
Chair, Nominating Committee



Members of the TC board of directors made additional contributions to the Capital Campaign to honor Executive Director Ed Goodell, pictured above at right. John Gunzler, left, made the presentation on behalf of the board.

### THE NEXT GREAT LEADERS continued from page 1

We've all heard the mantra, "One person can make a difference." We need you to be that person! Take a look at the Volunteer Classifieds on page 6 and find the opportunity that you are passionate about. Volunteer efforts by many individuals, each taking on one role at a time, is the Trail Conference formula for continuing success.



## GEAR CHECK

An occasional series that will review gear appropriate for hiking.



**Mammut Champ Pants**  
Reviewed by Bryan Enberg and Rich Roller

They don't call these pants Champs for nothing! Mammut's Champ Pants blend the latest super fabric with the classic mountain guide pants for a product that is tough, comfortable, and highly water and wind resistant. Combine the choice of fabric with clean, ergonomic styling and Mammut's bomb-proof manufacturing, and you have the ideal blend of form and function.

The Champs boast two zippered slash pockets in the front, a hide-away pocket in the rear and, our personal favorite, a huge hip map pocket with storm flap; there is plenty of room for odds and ends. Belt loops and braces (the rest of us call them suspenders) allow for flexibility in the fit and pants that stay put no matter what you do in them. Reinforced knees and crampon patches round out a very strong design.

Like all top shelf gear, the Champ Pants come with a hefty price tag, \$199 in the Mammut catalog. While they are available in men's and women's cuts, the sizing is in European measurements, so be certain to check Mammut's sizing chart if you are going to order them online.

If you're as serious about your gear as we are, these pants are the only choice. They have proven themselves under the harshest conditions, from crashing through brambles on searches, to climbing in the Catskills in, as we like to say, "Rain, Snow or 20-Below."



Rating: 5 boots out of 5

Bryan Enberg and Rich Roller are captains with New Jersey Search and Rescue and co-founders of its Technical Rescue Team.

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[www.windham-area.com/hilltopacres.htm](http://www.windham-area.com/hilltopacres.htm)

## Capital Campaign Passes \$2 Million

New Donors  
March 25, 2005-May 20, 2005

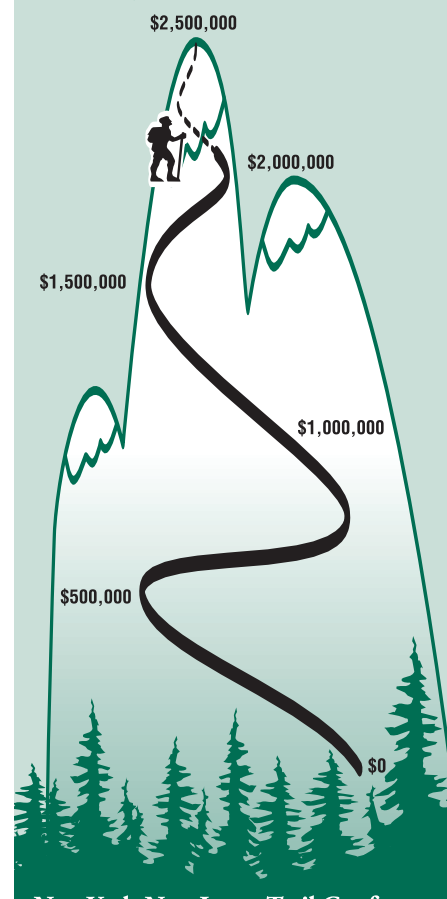
John B. Blenninger\*, Han and Afina Broekman, Ronald R. Fontana, Arnold and Elaine J. Forsch, Paul K. Praus, Richard W. and Barbara F. Moore Fund of The New York Community Trust\*, Donald L. Weise\*

In memory of George Albert Field  
Frank Hunter\*

In honor of Ed Goodell  
The Board of Directors of the NY-NJ Trail Conference

\*Members of the Raymond H. Torrey Society

## Share the Dream



New York-New Jersey Trail Conference

## IN MEMORIAM

### James Edward Daley

James Edward Daley, 64, of Clinton Corners and a lifelong Dutchess County, NY, resident, died April 17, 2005, at home after a long illness. He was an engineering manager and advisory engineer for IBM, East Fishkill prior to retiring in 1995. Jim had many interests, but especially enjoyed hiking, fishing, reading, and painting. He was a member of the Adirondack Forty Sixers (#581) and a life member of the Catskill 3500 Club (#51). Beginning in 1990, he was a volunteer trail maintainer and trail supervisor in the Catskills for the Trail Conference. For 11 years he enjoyed the responsibility of maintaining the trail over Twin Mountain and in recent years participated in several Catskill trail building projects for the Conference.



# Long Path End-to-End

## Member Runs 347 miles to Benefit Trail Conference

Over the course of 24 days in May, which included five rest days, Charity Runner David O'Neill became the first recorded person to run the entire 347-mile length of the Long Path. In the process, Dave raised money for the NY-NJ Trail Conference thanks to pledged gifts from his supporters.

The feat was a first not only for the Long Path, but for the organization Dave founded, Charity Runners, a not-for-profit group that promotes recreational running and



charitable giving as a part of a healthy lifestyle. Charity Runners, Inc. organizes sponsored endurance events to benefit qualified charities in the New York-New Jersey region.

Dave began his unusual trek at the southern end of the Long Path in Fort Lee, NJ, and ended in John Boyd Thacher Park, just outside Albany, NY. He chronicled his run on a daily diary posted on the web. Day after day, he covered marathon, or half-marathon distances. The most miles in a single day was 30 on day 6, when he headed north from Schunemunk Mountain; the fewest miles was on day 11 when he ran 9 miles over Peekamoose and Table Mountains in the Catskills.

The Devil's Path lived up to its reputation for being the toughest stretch of the challenge. Even with an aching Achilles tendon, on day 16 Dan completed the 14-mile run over Plateau, Sugarloaf, Twin, and Indian Head in six hours. "I never once felt in danger," Dave recorded in his diary. "Maybe it was the unique ambience of the mountain forest. I recall hearing only four



The Long Path stretches behind runner Dave O'Neill.

sounds: the chirping of birds (three distinct calls), wind blowing through the notch, loose bark flapping against the trees, and the sound of my footsteps on loose rock."

On the last days of his run, Dave ran consecutive near-marathons: 23, 21, 24, and 25 miles respectively.

"The final four days required a very big

push," he wrote in an email. "But the terrain was very friendly compared to the Catskill Mountains. I met many people in the final days and I have a new understanding of the Long Path—it never really ends."

To read more about Dave's run on the Long Path and to learn more about Charity Runners, go to [www.charityrunners.org](http://www.charityrunners.org).

## Trail Running: Pick Up the Pace for Fun and Fitness

By Ramon McMillan

Trail running has its origins out west but is now gaining momentum here in the east. It has gained popularity because it offers better scenery, less joint impact, and a more balanced body conditioning than road running. This sport is a great conditioning tool for hikers.

If you are new to physical conditioning, first see your doctor before you hit the trail. After a clean bill of health, one needs footwear, clothing, equipment, and a training plan.

When considering proper footwear, go to a running shop and try on shoes specific to trail running. Such a shoe has an aggressive tread and is generally more durable than a road shoe. Take your time and try on a number of models. A general sizing rule is to have about a finger's width of space from your big toe to the interior toe of the shoe. Determine this by pinching the front of the shoe. Toes should never touch the front of the shoes. If they do, running downhill will be agonizing and you might lose a toenail. Try on shoes late in the day and with the socks you intend to wear while running. Also, check the width. If the eyelets come together or are very close when snugly tied they might be too wide and you will lose lateral support.

After choosing a proper shoe, look at clothing options. Avoid cotton—it dries slowly and in cooler weather could lead to hypothermia. Try synthetic clothing. It dries quickly and wicks moisture away, thereby keeping you more comfortable. For warm seasons, running shorts and a short-sleeved shirt are fine. For colder seasons, layer clothing for warmth. Running tights, a long-sleeve base layer, synthetic fleece, and wind shell are good options. Also, short gaiters are useful to keep dirt and mud out of your shoes.

Gear choices will depend on the length of the run, the season, and the time of day

you will be running. On shorter, summer runs on well established trails you will need no more than a small waist pack with a bottle holster. However, for longer runs in remote locations a hydration pack with ample storage space for gear is best. Hydration systems are extremely popular because a runner can drink literally "on the run." Brands such as CamelBak and Ultimate Directions are good choices.

People who run late in the day or at dusk should obviously carry a headlamp and wear high visibility clothing. The latter is suggested because some trails might cross roads; also, you will be more easily found if lost. One item familiar to hikers and useful to trail runners is trekking poles. Trekking poles help with balance and lessen joint stress on descents. Finally, don't forget to bring a Trail Conference map!

Training plans vary according to fitness level. However, regardless of what shape one is in, inexperienced runners should advance slowly. One possible strategy is "walk-run" training. This involves walking a number of paces and then running a number of paces. The run/walk ratio is easily individualized. For example, the ratio could be 20/80 or 30/70. As fitness increases, walking will decrease until the whole session is running. Also, note that trail runners often emphasize time rather than distance while training. Tough terrain makes it unrealistic to measure the success of the workout in miles. A two-mile trail run might be more difficult than six miles on a road.

Other training ideas can be found in the following books: *The Ultimate Guide to Trail Running* by Adam Chase and Nancy Hobbes (2001, The Lyons Press), and *Trail Running: From Novice to Master* (2002, The Mountaineers Outdoor Expert Series) by Kirsten Poulin, Christina Flaxel, and Stan Swartz.

Ramon McMillan is administrative assistant in the Trail Conference office. He recommends Ramapo Reservation (Trail Conference Map #22/North Jersey Trails) in Mahwah, NJ, as a destination that offers trails for runners of varying skill levels.

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# FAVORITE HIKE



By Hal Chorny

## Verkeerder Kill Falls

**Location:** Sam's Point Dwarf Pine Preserve  
**Length:** About 6 miles, round-trip  
**Rating:** Moderate  
**Time:** 4 hours plus lingering time at the falls

**Features:** Spectacular, 180' narrow falls; views of Lake Awosting Lake and Wallkill Valley.

**Map:** New York-New Jersey Trail Conference Shawangunk Map 104 (2005 edition), Map 9 (previous edition)

**How to get there:** From Ellenville, take NY 52 south about 5 miles; turn left at sign for Cragsmoor. In front of post office, turn right, then immediately right again onto Sam's Point Road. Follow to preserve parking area.

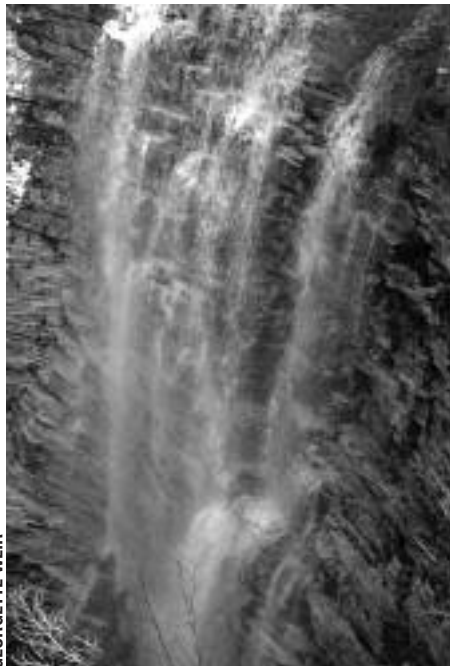
**Watch out for:** Precipitous cliff edges, timber rattlesnakes; sun (shade is scarce)

**Fee:** \$7 parking fee

**Hike Description:** Many people consider this stretch of the Long Path to be the most scenic and dramatic along its entire length. The highlight is Verkeerder Kill Falls, the highest waterfall in the Shawangunks. The views from the top of the falls (there is no trail to the base) are dramatic and, for some, dizzying. My favorite times for doing this in-and-out hike are spring and fall, when the water in the Verkeerder Kill is likely to be running high. In summer, the water of the stream can cool your feet before you head back.

From the parking area at the preserve's new visitor center (and perhaps after stopping in for a visit), pass through the gate and take the right branch of the loop road, heading up to the top of the ridge. Continue on the road for 1 mile. Turn right at the junction with another road that heads to the Ice Caves; immediately keep your eyes open to the left, looking for the aqua blazes of the Long Path (LP), the route to the falls.

This stretch of the LP leads through acres of berry bushes and dwarf pitch pines, the rare ecological community that makes this area special. In the fall, these acres turn a brilliant scarlet and make another good excuse (if one is needed) for a return trip. There are magnificent views out over the Wallkill Valley. Be sure to stop and look northeastward, toward Minnewaska State Park, and spot Lake Awosting nestled amidst the trees—a true sky lake from this vantage point.



GEORGETTE WEIR

With a vertical drop of 180 feet, Verkeerderkill Falls is the longest waterfall in the Shawangunks.

After about 3/4 of a mile, you will pass through a small birch grove, then a mixed deciduous woods, before descending gradually to the stream, which you may hear well beforehand. If the water is high, crossing may be difficult. Take care, and don't get too close to the edge—it is straight down nearly 200 feet!

The best views, however, are from the other side, so make your way carefully over and find a safe spot to rest, snack, and enjoy the view.

To return, retrace your steps back to the parking lot.

The Long Path in this section is rocky and at times can be quite wet. Be sure to wear good boots.

*TC member Hal Chorny lives in Gardiner, NY.*

### Have a Favorite Hike?

If you would like to submit a hike to the Favorite Hike feature, write it up following the format above. The Hike Description section should be no more than 400 words. Send it in an email to [tw@nynjtc.org](mailto:tw@nynjtc.org) or mail it directly to the TW editor: Georgette Weir, 102 Sutton Park Road, Poughkeepsie, NY 12603. Be sure to include your name, and city and state of residence.

### Correction

Due to a production error, a "Watch out for" paragraph from the March/April Favorite Hike strayed into the May/June Favorite Hike. There is no Stillwell Woods Loop in the East Hudson Highlands.

# BOOKNOTES



## Birds over Bear Mountain

Palisades Interstate Park Commission Press, 2004

By Gene Brown

Reviewed by David Baker

Birders are a passionate lot: in the forest at dawn, enduring the rigors of a cold winter's day in search of hawks and owls, traveling miles to get a glimpse of an elusive bird for their list. But as consumed with their passion for birds as they may be, most birders will tell you that there is more to it than simply sighting the birds. Much of the enjoyment of birding comes from the "peripherals": observing and experiencing the weather, the flora and fauna, and the clues to the history of a particular place.

In Gene Brown's book, *Birds over Bear Mountain*, the reader is treated to stimulating insights of many of these other elements of birding within the setting of Harriman State Park. Brown uses his prose to take the reader along on his hikes and is so descriptive he creates visual and auditory experiences. While learning about the seasonal changes in avian populations, we are also introduced to the uniqueness of the

Highlands as a transitional setting that encompasses habitats, or "Life Zones," normally thought of as more northern or more southern in nature. Beyond the biology, we are enlightened about the history of the park's development and stories behind the names of many of its more well-known features. Readers will quickly recognize the names of many of the notable visitors and contributors to this rich history, John Burroughs and Roger Tory Peterson are two examples.

While this is a primarily a book about birding and birders, all readers of natural history will find it informative and inspirational. I found myself eager to return to many of the sites described within its pages. Those of you who have never visited the park, or have seen only a small part of it, will find the experience all the more rewarding having read Mr. Brown's work.

*David Baker is a retired teacher of environmental science, presently the director at large for environmental science for the Science Teachers Association of New York State, and a member of the Mearns Birding Club.*

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Black Fly Publishing



continued from page 11

**UCHC. South Mtn. Reservation, W. Orange, NJ.** Leader: Louise White, 973-746-4319; call before 9 pm. Meet: 10 am at Turtleback Rock parking in W. Orange; call for directions. Moderate 4+ miles in nicely wooded area to see Turtle Rock; some rough spots.

**Monday, August 15**

**RVW. Westkill Mountain (3880'), NY.** For more information call: 203-321-1981. Meet at 8 am. Moderately strenuous hike: 7 miles, 6 hours. Inclement weather date—following Monday.

**Tuesday, August 16**

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Ellie King, 908-233-8411. Meet: 10 am at Locust Grove; call for directions. Moderate pace, up to 5 hours, for experienced hikers. After a steep start, moderate terrain to Hemlock Falls.

**Saturday, August 20**

**MOMC. Brighton Beach to Coney Island, NY.** Leader: Robyn Gecht, 718-743-5825. Meet: call leader for details. 5 miles along boardwalk; bring bathing suit. Non-members \$5.

**UCHC. Jockey Hollow, Morristown, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10 am at visitor center; call for directions. Moderate morning hike of 4-5 miles, some level walking and some hills. Steady rain cancels.

**Sunday, August 21**

**GAHC. Fire Island National Seashore/Sunken Forest, NY.** Leader: Gunter Georgi, 516-883-2336. Meet: 10 am at Sayville, Long Island, ferry landing. Easy hike with swimming.

**IHC. Jockey Hollow, Morristown National Historical Park, NJ.** Leader: Leon Wasserman, 973-887-8622. Meet: 9 am at visitors center. Moderate but brisk 6-7 miles around the boundary of Jockey Hollow; visit Audubon Sanctuary, Cross Estate gardens, and Wick House. \$4 park fee.

**PMNHA. Photography Hike, NY.** Leader: Douglas Voroloeff; call 973-334-3130 for more information. Meet: 10 am at Pyramid Mtn. Natural Historic Area visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate; bring your camera and be ready to snap away.

**MOMC. Nyack Beach State Park and Rockland Lake, NY.** Leader: Glenn Wiener, 914-422-8183. Meet: Tarrytown, NY, RR station; call leader for details. 7 moderate miles along the scenic Hudson River and Rockland Lake; optional climb to Hook Mtn. \$6 park fee. Alternative inclement weather date is August 28. Non-members \$10.

**MOMC. Washington Valley Park, Bridgewater, NJ.** Leader: Brian Horowitz, 732-627-9558; call before 9:30 pm. Meet: 11 am; call leader for details; no public transportation. Hike 3-4 hours through pine and hemlock forest, with marshes, impressive rock outcroppings, numerous historic features, and reservoir. Optional stop at restaurant after hike. Adverse weather cancels. Non-members \$10.

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Rick and Ellen Jeydel, 908-232-2413. Meet: 10 am at Locust Grove; call for directions. Very fast paced 5 miles with hill at start. Steady rain cancels.

**Monday, August 22**

**PMNHA. Family Morning Hike.** Leader: Douglas Voroloeff; call 973-334-3130 for more information. Meet: 10 am at Pyramid Mtn. Natural Historic Area visitors center, 472A Boonton Ave., Montville Twp., NJ. Moderate stroll with the entire family (for ages 6 and up).

**RVW. Taconic Hills.** Strenuous bushwhack. Meet at 8 am. Inclement weather date—following Monday. For more information call 845-338-8772.

**Tuesday, August 23**

**UCHC. Watchung Reservation, NJ.** Leader: Mae Deas, 908-233-6641. Meet: 10 am at Trailside Museum; call for directions. Moderate pace, up to 5 hours, for experienced hikers. Hike large part of Sierra Trail and some unmarked trails.

**Thursday, August 25**

**UCHC. Iron Mtn., Harriman State Park, NY.** Leader: Jim and Theresa McKay, 973-538-0756. Meet: 10 am at Rt. 106 and SBM trail; call for directions. Moderately strenuous 9 miles, for experienced hikers.

**Saturday, August 27**

**IHC. Pyramid Mtn. Natural Historic Area, Kinnelon, NJ.** Leader: Eck Khoon Goh, 908-790-0939. Meet: 10 am at visitors center. Moderate but brisk 4-5 miles along the reservoir and up to Tripod Rock, an unusual glacial erratic. Some rocky trails with several steep ups and downs. Rain cancels.

**RVW. Bellayre Mountain, NY.** Moderate hike: All-day (lunch out). Meet at 8 am. Inclement weather date—following Saturday. For more information call 845-246-6459.

**Sunday, August 28**

**IHC. Tourne Park and Grace Lord Park, Boonton, NJ.** Leader: Jim McKay, 973-538-0756. Meet: 9 am at Tourne Park. Easy morning hike of 5 miles in Tourne Park, then drive a few miles after lunch to Grace Lord park for 3 mile walk to see Rockaway Falls and Iron Age remains.

**WEC. Bat Cave, Hawk Mtn., Split Rock Reservoir, Morris County, NJ.** Leader: Don Weise; must call 973-835-2160 to register. Meet: 9 am at Weis Ecology Center, Ringwood, NJ. 8-9 strenuous miles on the 4 Birds Trail; diverse hike with nice views. Non-members \$8.

**UCHC. Willowood/Bamboo Brook, Morris and Somerset Counties, NJ.** Leader: Lynn Gale, 973-763-7230. Meet: 10 am at Willowood; call for directions. 3-4 miles through two estates with gardens, woods, and fields; two parks in two counties and in two geological provinces. Steady rain cancels.

**Monday, August 29**

**RVW. Big Indian (3700'), Fir (3620'), and Eagle (3600').** Strenuous bushwhack: 10 miles, 7 hours. Meet at 8 am. Inclement weather date—following Monday. For more information call 845-246-1823.

**Tuesday, August 30**

**UCHC. Schiff Reservation to Lewis Morris Park, NJ.** Leader: Jim and Theresa McKay, 973-538-0756. Meet: 9:30 am at Lewis Morris Park; call for directions. Moderate pace, up to 5 hours, for experienced hikers. 7 miles on the Schiff Trail and Patriots' Path.

**Wednesday, August 31**

**UCHC. South Mtn. Reservation, Millburn, NJ.** Leader: Cheryl Short, 973-299-0212. Meet: 10 am at Elmdale parking on Brookside Dr.; call for directions. About 5 miles. Stroll up and down many moderate hills, but well worth the effort.

**September 2-5**

**MSC. Weekend in Vermont.** Leader: Al Taylor, 914-949-1299 or altaylor@optonline.net. Getaway for the long weekend at our club's lodge. Plenty of hiking, biking, kayaking, canoeing, swimming, tennis. \$180 for three nights including 3 breakfasts, 2 box lunches, 2 dinners. Select meal preferences: regular, vegetarian, non red meat.



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