



Thank You, Volunteers!

Find out who to thank for helping to keep trails in our region open and accessible.

READ MORE ON PAGE 6 ▶



Hike the High Line

A hike in New York City may be a good choice during spring mud season.

READ MORE ON PAGE 12 ▶

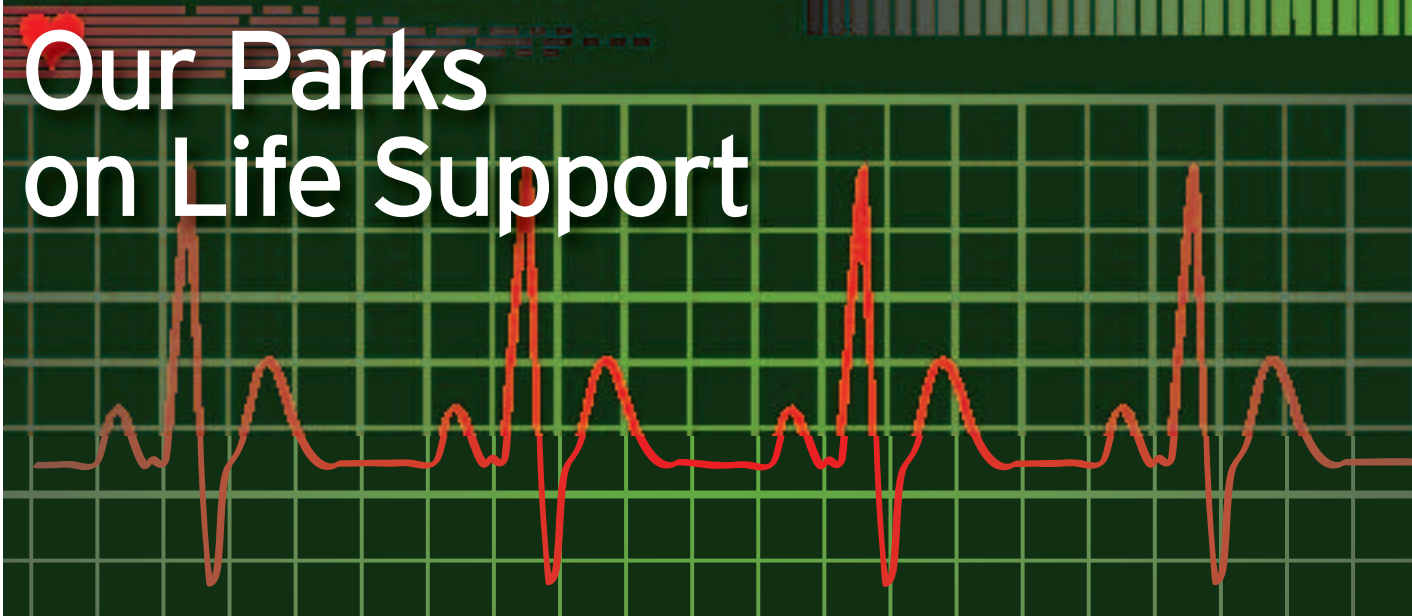


TRAIL WALKER

March/April 2011

New York-New Jersey Trail Conference – Connecting People with Nature since 1920

www.nynjtc.org



Our Parks on Life Support

It may appear at first glance that the park systems in both New York and New Jersey have been unaffected by the economic downturn. After all, the gates have remained open and public access to the trails, pools, and recreational areas have been relatively uninterrupted in both states.

Over the years, the public use of parks has steadily increased. New York's Office of Parks, Recreation and Historic Preservation (OPRHP) reported in January that visits to state parks and historic sites in 2010 was 57 million, up one million from the previous year's total. In New Jersey, park officials report steady increases in park user numbers, from 10.5 million visitors in 1990 to 15.7 million in 2000 to 18.8 million in 2010.

Behind the open gates however are shrinking park staffs that have been struggling for years to keep facilities open to the public on seriously downsized budgets. In both states, administrations facing severe budget deficits have sought to close parks in an attempt to save money. Though these plans wilted in the face of strong public outcry, parks budgets have been regularly targeted for disproportionate budget cuts.

Last year in New York, OPRHP, the Dept. of Environmental Conservation (DEC), and the Environmental Protection Fund (EPF) all received double-digit cuts in contrast to cuts of less than 5% to budgets of other agencies.

Are crossed fingers and duct tape enough to keep our state parks alive?

The Trail Conference is acutely aware of the budgetary challenges, but states' fiscal problems were not caused by their open space and park budgets and will not be solved by cutting them further. Nevertheless, further cuts have been proposed to the environmental agencies in New York by Governor Cuomo and are under discussion in New Jersey.

New York: Bad News Is Good News

On February 1, New York's governor set forth his proposals for fiscal year 2011-12.

They included cuts to State Parks (8.3% according to his executive summary) and DEC (5%). The "good" news is that these proposed cuts are in line with, not more than, cuts proposed to other agencies.

Additional "good" news is that he proposes to appropriate \$134 million to the Environmental Protection Fund (EPF), the same as the prior year. (This includes \$17 million for open space acquisition and funding for other parks and stewardship programs.) And the governor has promised no "sweeps" from the EPF, the practice of diverting money from environmental projects into other state projects.

Given the fiscal situation in the state, many environmentalists consider the governor's proposals a good sign that he is committed to environmental concerns, although at a much reduced level. (The EPF was scheduled to be funded at \$300 million in the 2011-12 budget year.) As this budget is negotiated with the legislature, those who support parks and open space need to stay vigilant and be ready to jump to their defense.

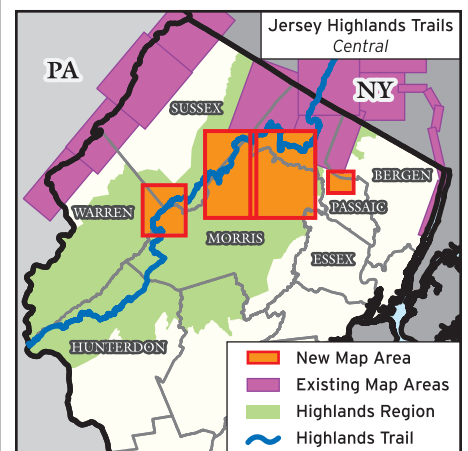
continued on page 2

New Map Set Will Lead the Way To Trails in Jersey Highlands!

For the first time in 11 years, the Trail Conference is adding a new region to its popular line of durable Tyvek map sets.* This spring, be on the lookout for Jersey Highlands Trails—Central.

This two-map set will show marked hiking trails throughout the central part of the New Jersey Highlands and adjacent areas, including parks such as Fanny State Park, Pyramid Mountain, High Mountain Park Preserve, Allamuchy Mountain State Park, and Mahlon Dickerson Reservation. A large portion of the Highlands Trail is also shown. The map complements the current North Jersey Trails map set, which focuses on an area of the Jersey Highlands further north.

The map set is being produced in partnership with the Land Conservancy of New Jersey.



Name That Map Contest Winners To Get Free Copies

Last fall, the Publications committee expanded participation in the project by sponsoring an online "Name That Map!" contest. The committee received 180 entries. Many thanks to everyone who provided their input!

Thanks also to the Land Conservancy of New Jersey for helping to spread the word and providing great feedback as well. Three lucky contest winners will be notified soon, including our grand prize winner, who will receive a free copy of our 10 current map sets (plus this new map set) and a free one-year Trail Conference membership. The maps are in the final stages of production and will be available soon.

For more information about this new map set and to sign up to receive an email when the map is available for purchase, visit www.nynjtc.org/panel/jersey-highlands-trails-central-map.

**Sterling Forest Trails map, first published in 2000, was the last "new" regional map added to our catalog.*

Eddie Walsh Gets State Trail Worker Award from American Trails

Eddie Walsh, a life-long member and volunteer of the New York-New Jersey Trail Conference, was recognized as State Trail Worker in New York for 2010 by American Trails, a national trails advocacy organization. The award was made at the group's 20th annual symposium held in November in Chattanooga, Tennessee.

Eddie has been assisting with trail development and maintenance since an early age, learning in the company of his father Ed, a Trail Conference Life Member (as is Eddie) with decades of trail service to his credit, particularly on the Long Path.

Over the years Eddie's passion for trails

has led him to become a leader in both training volunteers in the various skills for trail development and coordinating the on-the-ground work. While Eddie continues to volunteer his expertise and muscle on trail projects, he has also turned his passion into a career and business, building trails professionally since 1993.

Before founding a trail-building company, Tahawus Trails LLC, Eddie worked for many Northeast trail organizations, including the Trail Conference, the Adirondack Mountain Club, Appalachian Mountain Club, Appalachian Trail Conservancy

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American Trails' State Trail Worker Award recognizes an individual who has demonstrated outstanding contributions and provided consistent support for trail planning, development, or maintenance. It is intended to recognize the commitment and efforts of a private or public sector individual working for enhanced trail recreation in their local area/state.



Eddie Walsh, center, a mentor to many, was named New York Trail Worker of the Year



TRAIL WALKER

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GRAPHIC DESIGNER

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Mission Statement

The New York-New Jersey Trail Conference 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 103 hiking and outdoor groups, and 10,000 individuals.

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PLEASE RECYCLE TRAIL WALKER

Nominations - We Want Your Voice To Be Heard

The Trail Conference Nominating Committee is seeking Delegates-at-Large and nominations for membership on the Board of Directors. The qualification for Delegate-at-Large is current membership in the Trail Conference. The qualifications for Board of Directors are current membership in the Trail Conference and service participation in trails maintenance or on a Trail Conference committee. Self-nominations for Delegate-at-Large and Board of Directors are appropriate and welcome. Please email your nomination to nominations@nynjtc.org. Nominating Committee members are: Allyn Dodd (chair), Jim Gregoire, John Gunzler, Eddie Saiff, and Mary Smart.

Thruway Sporting Goods Now Offers Discounts to Our Members!

The Trail Conference is pleased to announce a new retail partner.

Thruway Sporting Goods in Walden, NY, now offers our members a 10% discount (you must show your member card) off of any item in the store, **excluding sale items**.

Thruway Sporting Goods is a full line outdoor sporting goods retailer specializing in hunting, fishing, camping, and work clothes and footwear. It also sells athletic clothing and footwear and team sports equipment.

Special Note to Trail Maintainers:

Thruway Sporting Goods is offering a tool kit package at a special discount—while supplies last. Show your member card to get the special price. Thruway will also make a donation to the Trail Conference for each package sold. See details in their ad on page 9.

Visit Thruway Sporting Goods online at www.thruwaysports.com or in person at 78 Oak St. Walden, NY.



OUR PARKS ON LIFE SUPPORT continued from page 1

New Jersey: Where's the Duct Tape?

In New Jersey, park personnel overseeing administration, maintenance, and operations at parks is 35% below levels targeted for good stewardship, down to an average of just one superintendent (or less), one customer service assistant, and two to three maintenance workers per park. Some of these parks are over 50,000 acres with swimming areas that fill to capacity in the early morning hours. This ongoing lack of funding from the state has also led to the cumulative degradation of the maintenance equipment used to keep parks open.

For example, since 2006 no new maintenance vehicles or equipment purchases have been made in the New Jersey parks system, forcing maintenance staff to push older vehicles and tools well beyond their safe operating life. This has led to a host of horror stories that involve PVC piping being used to replace broken shifters, old road signs being repurposed to patch rusted holes in the floors of trucks, and staff going to junk yards to buy replacement parts that have been out of production for years. Just how long these parks can operate at this level before public access is reduced is uncertain. During the January

2011 blizzard for example, many parks were closed for several days because all their plows were broken.

With staff barely able to keep parks open as is, additional cuts could well be the death blow that results in park closings.

Message to Officials:

Public Money + Volunteer Help = Value Officials in both New York and New Jersey need to realize that parks are some of the best examples of well-managed, cost-efficient, public-private partnerships. Nonprofit groups, including the Trail Conference, already subsidize operating and capital costs, saving the taxpayers millions. But volunteers can't do it alone. We need the gates open and support from staff to help keep parks accessible to the public.

Now is the time advocates for our parks should speak up. Visit our website (click on Get Involved Tab-Advocate for Trails) to find the latest info and links to elected state officials. If you are interested in leading the Trail Conference efforts to support New Jersey's state parks system, contact our New Jersey Program Coordinator Chris Ingui at cingui@nynjtc.org. In New York, contact West Hudson Program Coordinator Larry Wheelock at wheelock@nynjtc.org.



EDDIE WALSH

continued from page 1

(ATC), Maine ATC, and others.

For the Trail Conference, Eddie supervised the Twin Forts Steps Project (Fort Montgomery State Historic Site), Popolopen Creek Bridge (Harriman State Park), and Southfields Furnace bridge (on land owned by Scenic Hudson), the Wappinger Greenway Trails Project (NY), Closter Nature Center Trails project (NJ), the Echo Lake Handicap Accessible Trail Project (NJ), and the Bear Mountain Trails Project. He has also taken on many private trail contracts.

Eddie's dedication to trail development and rapport with trail volunteers is captured by Chris Ingui, once a volunteer at Bear Mountain who trained with Eddie and who is now a trails professional himself; formerly project manager at Bear Mountain, Chris is now New Jersey program coordinator for the Trail Conference.

"I recall meeting Eddie on my first day almost three years ago and making comment to someone at how humble he was,"

Chris says. "Now that I have gotten to know him and understand just how talented he is, I am truly astonished at how humble he is. Eddie is always open to others' concepts and never dismisses another idea regardless of who it comes from. He is

"I have memories of Eddie coming down the mountain with what seemed to me to be impossible amounts of tools strapped all over his body..."

deeply committed to working with volunteers and welcoming people of all levels to the work that he loves so much. For Eddie, trail work is not just a job but something he truly enjoys, and that rubs off on everyone around him."

"I have memories of Eddie coming down the mountain with what seemed to me to be impossible amounts of tools strapped all

New Board Member Appointed to Fill Vacancy

George O'Leary was appointed to the Trail Conference Board of Directors at the January meeting. He fills the position recently vacated by Seth McKee. George, who holds a master's degree in public administration from the University of Pittsburgh together with a master's in urban planning from New York University, brings more than 30 years of planning experience for Rockland County. He is a hike leader for both the New York-North Jersey Chapter of the Appalachian Mountain Club and the Westchester Trails Association. He recently stepped down as president of the latter organization. George lives in Tarrytown, NY, with his wife, Toni.

Dept. of Clarifications

In the January/February *Trail Walker* story, "OSI Purchase Closes Long Path Gap on Shawangunk Ridge," Andy Garrison was quoted as saying: "Now we have a permanently protected trail corridor ... stretching from Wurtsboro to Jenny Lane in Minnewaska State Park Preserve." Clarification: while the OSI purchase does close a gap in a protected corridor on the ridge, the Long Path/Shawangunk Ridge Trail does not stay on those protected lands; its route also crosses privately owned land, with the permission of the land owners.

The Appalachian Trail Conservancy's 38th Biennial Conference Virginia Journeys 2011

July 1 - 8, 2011

Emory & Henry College
Emory, Virginia

Hosted by the seven A.T. maintaining clubs of Central and Southwest Virginia, the Biennial will celebrate the Appalachian National Scenic Trail and the Blue Ridge Mountain Trails of Virginia. Planned around ATC's membership meeting, Virginia Journeys 2011 is also an opportunity for A.T. enthusiasts to take a Trail-related workshop, hike on the A.T. (and other trails) in Virginia and Tennessee, and explore Damascus, Virginia, the "friendliest town on the trail."

Register, volunteer, and find out more about the Biennial. Find links at www.appalachiantrail.org.

over his body; of him not only being the first one at the project but the last to leave; of month-long stretches where he simply did not take a day off. In fact, even on his days off, he would still be responding to my emails at 2am and returning my phone calls regularly, so it's quite possible that Eddie has not taken a day off from this project since he started over four years ago. And somehow he seems to never slow down or lose his spirit, a spirit that has really drawn every member of the Bear Mountain crew together. In short, I look up to Eddie immensely and am really proud to say that I work with him."

The Trail Conference joins American Trails in thanking Eddie Walsh for his outstanding contributions and congratulates him on this recognition on the national stage.



Follow NYNJTC!



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twitter.com/NYNJTrailConf

From the Executive Director



What's that Buzzing Sound?

This issue of *Trail Walker* is compiled during what many think of as the quiet season for trail work—mid January and February. But the buzz of activity around me—and I don't mean only our chainsawyers out clearing winter blow-downs—tells a different story.

Members of our Volunteer Committee are in the next room, busy collecting the names of all our volunteers for 2010 so we can publicly recognize and thank you for your work (see pages 6-8). They are adding up the hours you contribute to building and maintaining trails, surveying protected trail corridors, investigating the presence of invasive species, field checking trail info that we publish for public use, and meeting, speaking, and writing as advocates for trails. These hours are reported annually to our funders, to our trail partners, and to elected officials. The numbers help us make the case that public investment in parks and open space is an especially good deal because it is leveraged by significant contributions by volunteers. (This is why it's so important for ALL volunteers to report the hours they work and travel for their assignments.)



Trail committee leaders study the paperwork

Earlier, I listened as our Publications Committee zipped off in a new direction, investigating the best ways to make Trail Conference map and editorial content available using new and constantly evol-

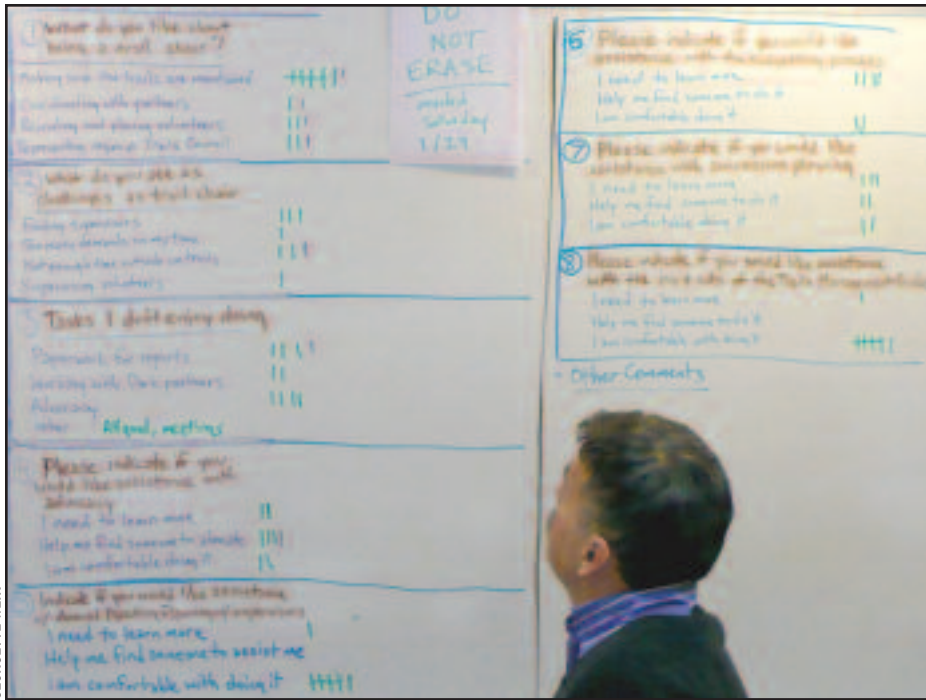
ing digital formats. With guidance from newly recruited volunteer consultants, we aim to make our books available as e-books and our maps and collection of hundreds of hike descriptions downloadable on mobile devices, such as smart phones. We know we must keep up with changing communication technologies if we are to remain the education and information resource for hikers and other trail users in our region. We also know that we must take care to protect our numerous and valuable assets such as maps and trail information. But there is lots of excitement among our volunteers and staff about the possibilities for expanding awareness of the Trail Conference and delivery of our maps and books.

Our Conservation & Advocacy Committee has been ringing up phone time and is actively monitoring New York State's acquisition plans for land parcels that we acquired years ago to protect the Long Path and Shawangunk Ridge Trail. Despite very severe cutbacks in the state's land acquisition funds, we remain hopeful that New York will use some of what little remains to fulfill its promises to acquire this land from us. The committee has also been active, in collaboration with other groups, in efforts to defend and restore park budgets in New York and New Jersey.

The Darlington Schoolhouse Committee slit open envelopes that contained bids to do Phase 1 restoration of this historic structure as our future office space in Mahwah. Funding is in place, needed permits are in hand, and, through a rigorous bid process, we have hired a contractor, Zinno Construction of Vernon, NJ, and we plan to break ground in March.

Plans are racing ahead for what will unquestionably be the busiest Trail University workshop season we have ever planned (see page 5), from Staten Island to the Catskills. We thank outdoor sporting goods company REI for its financial support of this expanded schedule of workshops.

Trail Chairs met in the office one Saturday in January. These are the volunteers who keep our regional trail committees (trail supervisors) staffed and on track, and



Volunteer Don Tripp contemplates the work ahead during a January Trail Chairs planning meeting at the Trail Conference office.

who coordinate trail work with park managers and other land owners. They reviewed procedures, shared ideas, and got focused on the work season to come.

And finally, there is the hum of new staff members. After the trauma of layoffs in 2008, in response to the national economic meltdown, the generosity of Trail Conference supporters has created opportunities for us to rebuild. We are delighted

to once again have a Program Coordinator for New Jersey—Chris Ingui, a former trail volunteer at Bear Mountain who quickly graduated to paid project manager and is already familiar to many of you. As of the deadline for this issue, we are interviewing for a brand-new position of Catskill Region Program Coordinator. Long-time staffer Larry Wheelock, who has been coordinating all West of Hudson River programs, from New Jersey through the Catskills, will enjoy the more manageable—but still big—task of coordinating the West Hudson area that lies between New Jersey and the Catskills. Leigh Draper continues as East Hudson Program Coordinator.

That background buzz you hear is the hum of Trail Conference people gearing up for a new season of trail work.

Edward Goodell

— Edward Goodell
Executive Director
goodell@nynjtc.org



Volunteers clear blow-down at Ward Pound Ridge Reservation in January.

Save the Date and Join Us on National Trails Day, June 4

We'll be celebrating the opening of the Accessible Trail project at the top of Bear Mountain.

Hikes, Delegates Meeting, More!

Watch our website for details!

Trail Inventory Monitors Needed in NJ

The Trail Conference is developing a comprehensive inventory of trail conditions and is seeking volunteers to help inventory approximately 100 miles of trail in four northern New Jersey state parks. The project builds upon a pilot trails inventory project conducted by the Trail Conference in New Jersey's Fanny Highlands. A grant from the State of New Jersey to further develop this comprehensive trail inventory will expand the inventory to High Point State Park, Stokes State Forest, Wawayanda State Park, and Worthington State Forest.

Trail Inventory Monitors will use a GPS-enabled handheld device to collect important information about trails (deficiencies and assets such as bridges, viewpoints, unauthorized campsites, and areas of trail erosion) that the Trail Conference can use to assess and improve trails in the region. Training will be provided, and data will be collected during the upcoming spring, summer, and fall seasons. After training, volunteers—individuals or teams—will be assigned to each of the four parks.

An individual should be familiar with GPS devices and be able to assess trail conditions; training in assessment will be provided.

If you have an interest in helping us inventory public trails in these parks in New Jersey, please visit our website at www.nynjtc.org/volunteer or contact our Volunteer Administrator at volunteers@nynjtc.org or 201-512-9348 ext. 22.

BANFF MOUNTAIN FILM FESTIVAL WORLD TOUR

March 2, 6, 7 & 8!

Two locations:
New York City & Rockland County/Northern New Jersey
See exciting films on mountain themes from around the world.

VISIT SPONSOR TABLES, WIN GREAT RAFFLE PRIZES & SUPPORT THE PROGRAMS OF THE NEW YORK - NEW JERSEY TRAIL CONFERENCE

Wednesday, March 2, 7pm
Suffern, NY – Lafayette Theater
Tickets at Ramsey Sports after February 1

Sunday, March 6, Monday, March 7 and Tuesday, March 8, 7:30pm
New York City – Peter Norton Symphony Space
Programs are the same on Sunday and Monday. Tuesday is entirely different.
Tickets at Paragon Sports

Find ticket information, film lists, and directions, at www.chestnutmtnproductions.com click on "Banff Mountain Film Festival"



Trail News

Pipeline Work to Impact Trails in Wawayanda and Long Pond Ironworks Parks

Tennessee Gas Pipeline Company planned to begin construction of a new pipeline across Wawayanda and Long Pond Ironworks State Parks on February 1, 2011. Winter tree clearing will be followed by spring and summer pipeline installation. Restoration efforts will continue through the fall. Trails will be closed periodically during specific construction phases. Trails that will be affected are, in Wawayanda: Old Coal Trail, Terrace Pond North, Turkey Ridge Trail, and Cabin Trail. In Long Pond Ironworks: Hewitt-Butler Trail, Monks Trail and the Cooper-Union Trail. The Trail Conference will post trail closings

online in our Trail News section as they become known.

Work Set to Begin on Seven Lakes Drive Bridge Replacement

Sometime in mid to late March, work is expected to start on a project in Harriman State Park to replace the bridge on Seven Lakes Drive over the spillway of the Lake Askoti Dam. The trail markers for the Long Path take hikers over the bridge. During the construction period, it would be prudent to detour around this small segment by crossing the stream below the bridge and then cross Seven Lakes Drive south of the construction zone. The parking area and Lake Skannataki boat launch will remain open, however, some of the parking area may be used for equipment storage. The boat launch for Lake Askoti (adjacent to the south end of the bridge) will not be accessible for the duration of the work. The project should take eight to nine months to complete. The bridge will be replaced one lane at a time in order to keep the road open to alternating one-way traffic.

Beat a Path to, and in, the Bronx

The Friends of Van Cortlandt Park (FVCP), in partnership with the New York-New Jersey Trail Conference, seeks 12-20 volunteers interested in developing critical skills focused on clearing, improving, and maintaining high quality trails for the Bronx community. Recruiting trails volunteers is the next step in FVCP's implementation of a park trails plan that was developed by the Trail Conference and adopted by FVCP in 2010 (see March/April 2010 *Trail Walker*).

Prior registration is required. Contact FVCP at info@vancortlandt.org for more information.

About the Trails Project

A number of the trails in the park have been minimally maintained over the last several years and have ongoing issues with erosion, flooding, runoff, and invasive plants. FVCP has hired the Trail Conference to assist with training volunteers and restoring six of the major trails in the park. The initial focus will be on the John Muir and Cass Gallagher Trails.

The John Muir Nature Trail is a 1.5-mile trail that was created by the Friends in 1996 and is the only trail in the park that goes from east to west. This trail is constantly being maintained by the Friends but needs more attention in two areas where there are currently steps that are deteriorating and erosion issues. The Cass Gallagher Trail is a 2-mile trail that serves the Northwest Forest; it is in poor condition with severe ruts caused by water runoff and erosion.

FVCP was founded in 1992 as a response to dramatic cuts in the NYC Dept. of Parks and Recreation's budget. It began as a small, informal group of Bronx residents interested in collectively sponsoring a park-based teen program. Over the past 17 years, the Summer Teen Program has brought more than 600 teenagers into the park for internships. The teens have helped preserve and protect the park by performing a variety of tasks including trail building, non-native invasive species removal, and lake monitoring. In the process, they have grown and become better park stewards.

The Summer Teen Program had such a positive effect on the park and the teen participants that FVCP has been asked by the Parks Department to assume a leadership role in broader park issues. The trail renovation project is an important component of FVCP's expanded responsibilities.



LEIGH DRAPER

Van Cortlandt Park volunteers clear a trail.

New trail volunteers will have the opportunity to enroll in Trail Conference workshops to be scheduled at the park and to work alongside trails professionals, learning techniques for stone working, trail construction, and sustainable design. Whether you are a novice or a seasoned veteran, you can develop a tool kit in trail construction and maintenance while shaping the future of Van Cortlandt Park.

A special training session will be held March 5 from 10am to 1pm to introduce crew members to the trails and discuss the project roadmap. Skills workshops will be offered the first Saturdays in April, May, and June, from 10am to 3pm; they will focus on clearing and blazing trails and developing basic skills in stone step and wall construction; participants will get hands-on experience repairing and improving features on the park's trails. Individuals who cannot attend all of these days are welcome, but might not be assigned to some of the more skilled tasks. No prior trails experience is necessary; all training will be offered in an on-the-job format.



LEIGH DRAPER

Volunteers practice safe use of a bow saw during a Trail Maintenance 101 course at Van Cortlandt Park.

Trail Crew Schedules

March – April 2011

Individual Trail Conference volunteers and those with our member clubs keep 1700+ miles of trails open for the public. In addition, we field regional crews of volunteers who take on the heavy lifting of building new trails, rehabilitating damaged trails, and constructing bridges. Our new Roving Crew of Stoneworkers comprises volunteers trained to do challenging stone work projects. All crews welcome new members; training occurs "on the trail" or in Trail U workshops.



Check our website for possible additions or changes to schedules. Go to www.nynjtc.org and click on Trail Crews in the Get Involved tab.

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.

REGIONAL TRAIL CREWS

CENTRAL NORTH JERSEY CREW

Leaders: Bob Jonas & Estelle Anderson
Phone: 973-697-5326 **Cell:** 908-803-3883
Email: CNJTrails@optonline.net

Some of the projects planned for 2011:
Trail repair & drainage work
Trail rerouting
Trail "Turnpiking"
Bridge replacement

Please check the website or watch E-Walker for schedule details as they are set.

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.

WEST JERSEY CREW

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

Note: Check our webpage or at www.nynjtc.org/content/trail-crew-schedules for expanded schedule and details.

All events begin at 9am. Please phone/email the leaders for meeting location and driving directions. There is usually a walk to the work site, so please be there on time (call the leaders' cell phone if you are coming to an event and are running late). Rain cancels—if in doubt, call the leaders between 6 and 6:30 that morning.

Carpooling: if anyone is interested in carpooling (offering a ride or riding), please let the leaders know and we will try to arrange a shared ride. (Passengers please be prepared to contribute for gas.)

Saturday, April 16
Project and location TBD

Saturday, April 30
Project and location TBD

HIGHLANDS TRAIL WEST CREW

Leaders: Adam Rosenberg
Phone: 973-570-0853
Email: dobsonian@verizon.net

We tackle various jobs building new sections or reworking existing sections of the Highlands Trail throughout New Jersey as well as in New York west of the Hudson River. We also schedule other work dates.

Saturday, March 19 and April 3

Spring patrol hikes with light maintenance.

METRO CREW

Leaders: Joe Gindoff **Phone:** 718-614-2219
Email: joeghiker@aol.com;
Linda Sullivan **Phone:** 347-721-6123
Email: marmilinda@yahoo.com;
Lizbeth Gonzalez **Email:** lz.gonzalez@verizon.net

We work in various parks throughout New York City, generally the third Saturday of each month, May through October, with additional work dates as needed. No experience necessary. We provide gloves, tools, training.

Please contact Linda Sullivan in order to receive email notices of work outings, or check the Metro Trail Crew page on the Trail Conference website.

Saturday, March 26

Staten Island Greenbelt

Trail Maintenance 101

The crew will assist with this most popular of Trail Conference workshops. Go to www.nynjtc.org/view/workshops for details and to register

Saturday, April 16

Staten Island Greenbelt

The crew will continue work on the Blue Trail. Prior registration is required. Anyone under 18 must be accompanied by guardian on all general crew trips.

EAST HUDSON CREW

The East Hudson Trail Crew is seeking leaders and members. Contact Leigh Draper at draper@nynjtc.org or 201-739-4434 for more information.

Trail work in Westchester, Putnam and Dutchess Counties will support the Hudson Hills & Highlands Community Trails Program, a partnership between the Trail Conference and Teatown Lake Reservation.

Projects are planned for:

Fahnestock State Park
Hudson Highlands State Park
Yorktown Community Trails Project
Angle Fly Preserve
South Taconics
Teatown Lake Reservation

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
Bob Marshall: 914-737-4792, rmarshall@webtv.net
Monica Day: 732-937-9098, Cell: 908-307-5049, westjerseycrew@trailstobuild.com

Thursday, April 28

Harriman State Park, Menomine Trail

Leader: Bob Marshall

Saturday, May 7

Location and Leader TBD

Check the website for schedule additions and details.

WEST HUDSON NORTH CREW

Leaders: Denise Vitale, Crew Chief: 845-738-2126, WHNTrails@aol.com
Dave Webber: H: 845-452-7238, webberd1@yahoo.com

Look for spring trail work schedule at www.nynjtc.org/content/trail-crew-schedules

LONG PATH/SHAWANGUNK RIDGE TRAIL CREW

Leaders: Andy Garrison, srtmaintainer@gmail.com or 845-888-0602; Jakob Franke, jf31@columbia.edu or 201-768-3612

Saturday, March 26

LP meeting

New Paltz Town Hall

Leader: Jakob Franke

continued on page 2

TRAIL U

Teaching Practical Skills to Trails Volunteers at Locations Throughout the NY-NJ Area

Spring 2011

We thank REI for its support of Trail U in Spring 2011.

Workshops in Westchester, Putnam and Dutchess Counties support the Hudson Hills & Highlands Community Trails Program, a partnership between the Trail Conference and Teatown Lake Reservation.

Some planned workshops were not yet scheduled as of the deadline for this issue. For additional details or to register for a course, go to www.nynjtc.org/view/workshops

Volunteer Orientation

A quick introduction to the Trail Conference: who we are, what we do, who we work with. You'll leave with a good sense—and a printed list—of the ways you can get involved and support the trails you love. Meet other volunteers and get answers to your questions about volunteering with the Trail Conference.

Tuesday, March 22
Greenbelt Nature Center, Staten Island

Thursday, April 7; 6:30-8:00pm
Teatown Lake Reservation

Thursday, April 14; 6:30-8:00pm
Teatown Lake Reservation

Trail Maintenance 101

This one-day training session covers the skills necessary to maintain a hiking trail so it is easily passable and harmonious with its surroundings. Students will learn assessment of trail conditions, clearing, blazing proper use of tools and how to report any trail problems. Beginners are welcome.

Saturday, March 5
Van Cortlandt Park, Bronx

Saturday, March 26
High Rock Visitors Studio, Staten Island

Sunday, April 3
Putnam County Land Trust

Saturday, April 23
Teatown Lake Reservation, Westchester County

TRAIL CREW SCHEDULES

continued from page 4

ROVING CREW OF STONEMWORKERS

JOLLY ROVERS—A NEW CREW!
Contact: Chris Ingui, cingui@nynjtc.org. Volunteers trained in rock work will provide construction and training support to address special trail challenges across the New York-New Jersey region. New recruits will be required to take all workshops at Bear Mountain to qualify for membership. See Trail U listings.

SPECIAL PROJECTS

The Trail Conference frequently collaborates with Friends groups, park and preserve land managers, and our member clubs and organizations on special trail projects. Often, these welcome new volunteers and provide training.

BUILD A CATSKILL LEAN-TO

Support for this project is provided by the Christopher Nowak Memorial Fund.

Dates: TBD, but likely four days in May/June
Location: Shandaken Brook in Seager, NY (Catskills Map #142)

New volunteers welcome. No experience necessary. We will disassemble old shelter, clear site, and build new lean-to.

Contact: Larry Wheelock at 201-512-9348, ext. 16 or wheelock@nynjtc.org.

BEAR MOUNTAIN TRAILS PROJECT

Trail Conference partners include the Appalachian Trail Conservancy, National Park Service Appalachian Trail Park Office, NYS Office of Parks, Recreation and Historic Preservation, and the Palisades Interstate Park Commission.

Through November 28
Thursday-Monday, 8:30am-4:30pm



Learn how to install stone steps; just one of many trainings offered by Trail U.

Saturday, May 14; 9am-4pm
Sterling Forest State Park

Saturday, May 14
FDR State Park, Yorktown Heights

Saturday, May 21; 10am-4pm
North-South Lakes, Catskill Park

Date TBD
Bedford Audubon Center, Westchester County

Date TBD
South Taconic State Park,
Dutchess/Columbia County

Date TBD
Neversink River Unique Area,
Shawangunks/Catskills

Introduction to Stonework
Students will learn how to set stones and use stone working tools. A stone crib/retaining wall, rock staircase or turnpike will be built during training. A two-day course; both days are recommended.

Friday, April 1
Van Cortlandt Park, Bronx

Saturday-Sunday, April 16-17
Norvin Green State Forest, NJ

Saturday-Sunday, May 21-22
Teatown Lake Reservation/Yorktown,
Westchester County

Date TBD
Angle Fly Preserve, Westchester County

Intro to Trail Building
During this one-day workshop, students will learn about the basic elements that make a hiking trail sustainable as well as the techniques and tools used to construct hiking trails from scratch.

Saturday, April 30
Teatown Lake Reservation, Westchester County

Work trips involve a variety of tasks, such as: corridor clearing, prepping work sites, quarrying stone, using an overhead highline to transport stone, creating crushed stone (with mash and sledge hammers), building crib walls, setting rock steps, and splitting stone.

While training is provided every day, individuals who have no trail building experience are REQUIRED to either attend one Trail U course on Bear Mountain or a Trail Building 101 course at another location. If you cannot meet these requirements but still wish to volunteer, please contact the Volunteer Coordinator at bearmountaintrails@gmail.com.

COMMUNITY TRAILS IN THE HUDSON HILLS AND HIGHLANDS

Trail projects in Westchester, Putnam and Dutchess Counties are part of the Hudson Hills & Highlands Community Trails Program, a partnership between the Trail Conference and Teatown Lake Reservation.

Teatown Lake Reservation
Volunteer Orientation
Thursdays, April 7 & 14; 6:30-8:00pm

Trail Work Days
Saturdays, April 23 & 30
Contact: Leigh Draper at draper@nynjtc.org or 201-739-4434 for more information.

Angle Fly Preserve Volunteer Days
With Somers Land Trust, Westchester County
Saturday, March 19
Sunday, April 3
Saturday, April 16
Saturday, May 7
Contact: volunteer@somerslandtrust.org.
Details: www.somerslandtrust.org/angleflypreserve

GPS and GIS for Trail Management

This one day workshop provides a basic level of skills for using Global Positioning Systems and Geographic Information Systems to aid in trail layout, design and inventory keeping. This is a great workshop for all you "techies" who love to hike.

Date TBD
With Putnam County Land Trust

Trail Layout & Design

This two-day workshop is devoted to establishing guidelines for laying out a safe, exciting and ecologically sound trail. Topics: identifying control points, methods of highlighting landscape features, and understanding sustainable trail principles, using clinometers to measure trail and hillside grades.

Date TBD
Location: South Taconics

Orientation: Bear Mountain Trails Project

An on-site review and walk through of the Bear Mountain Appalachian Trail Restoration project with explanations of the techniques used to build the trail thus far. If this is your first year volunteering with the Trail Conference, this orientation is mandatory for all following courses at Bear Mountain. Courses at Bear Mountain are also mandatory for those interested in joining the Jolly Rovers (roving stonework crew).

Saturday, March 26
Bear Mountain State Park

Tool Use and Safety

Topics covered include: mechanical advantage using rock bars and picks, safety considerations, proper body mechanics, and methods of reducing natural resource impacts.

Saturday, April 2
Bear Mountain State Park

Ward Pound Ridge Reservation
Weekly Trail Maintenance Trips
Contact: wprtrailmaintainer@gmail.com

Wonder Lake State Park Trail Project
With Fahnestock State Park, In Putnam County
Contact: Leigh Draper at draper@nynjtc.org or 201-739-4434 for more information.

Putnam County Land Trust
Volunteer Orientation
Thursday, March 24; 7:00-8:30pm
Sunday, March 27; 1:00-2:30pm

Work Days
Saturday, April 30
Sunday, May 15
Contact: Judy Terlizzi at 845-228-4520 for more information or email info@pclt.net.

Dutchess-Putnam Appalachian Trail Most Saturdays

Contact: Tim Messerich, bascomgrillmaster@yahoo.com or 845-297-9573
Join RPH Cabin Volunteers (TC member club) on AT work outings.

PARTNER & MEMBER GROUP TRAIL WORK OUTINGS

Van Cortlandt Park, Bronx
Saturday, March 5
Trail Projects Orientation

The Friends of Van Cortlandt Park and the Trail Conference are holding an orientation to introduce volunteers to trail projects taking place in the park. Participants interested in joining the Friends of Van Cortlandt Park Trail Crew are encouraged to attend.
Contact: Friends of Van Cortlandt Park at info@vancortlandt.org for more information.

Stone Step Installation

During this two-day workshop students will learn when and how to install stone steps so that they not only reduce erosion but also encourage the most use from hikers. **Prerequisite:** Bear Mountain Orientation or 1+ year of trail crew experience.

Saturday-Sunday, April 9-10
Bear Mountain State Park

Trail Land Monitor Training

Training will include a description of monitoring, a review of the skills useful in the field, reporting, land ownership issues, land encroachments, land boundary surveying, and relevant maps and diagrams. The course has no prerequisite other than hiking experience and a willingness to travel away from established trails.

Saturday, April 2
Location: TBD

Stone Splitting and Shaping

Prerequisite: Bear Mountain Orientation or 1+ year of trail crew experience.

Saturday-Sunday, April 23-24
Bear Mountain State Park

Introduction to Rigging

Topics covered will include how to safely operate a highline as well as how to set up a basic drag line using a winch. Winch maintenance and how to choose the proper rigging system for the job will also be covered. **Prerequisite:** Bear Mountain Orientation or 1+ year of trail crew experience.

Saturday, April 30
Bear Mountain State Park

Intro to Invasive Plant Identification

This workshop will teach the basics of plant identification and introduce 14 common invasive plants. It will prepare you to be a volunteer in the Trail Conference's Invasives Strike Force (ISF). These 14 plants are to be surveyed in the first phase of a New Jersey monitoring project. (See story on page 9.) You will be taught how to collect data for the ISF and how to use a GPS unit. An outdoor session will allow you to practice plant identification and data collection. ISF-trained volunteers will be assigned a trail section (~2 miles) along which to collect on invasive plants. The data will be used to target eradication by a specially trained crew.

Saturday, May 21
Flat Rock Brook Nature Center, Englewood, NJ

Sunday, May 22
Trail Conference Office, Mahwah, NJ

Sunday, June 12
Pequest Fish Hatchery, Delaware Water Gap, NJ

Advanced Invasive Plant Identification

This workshop is for volunteers already participating in the Trail Conference's Invasives Strike Force (ISF). (See story on page 9.) You will learn how to identify a set of invasive plants that are just starting to emerge as problems in New Jersey and that will be targeted for monitoring in the second phase of our project. **Prerequisite:** returning volunteer Refresher workshop, or an Introduction to Invasive Plant Identification workshop.

Saturday, June 18
Location: TBD

Shelter Caretaker Training

This one-day training session will cover the skills necessary to maintain a shelter (lean-to) so that it is ready for use by campers and is harmonious to its surroundings.

Saturday, May 14; 10am-4pm
Catskills, Batavia Kill Lean-to

USFS Chainsaw Safety Certification

The emphasis during this two-day course is to enhance the participant's knowledge of safe chainsaw use, identification of hazards, mitigation of hazards, and practical experience using chainsaws. Attendance priority is given to individuals volunteering on NPS lands (i.e. AT and DWGNRA). Students do not need to own a chainsaw to attend, but if you have one please feel free to bring it.

Date TBD
By invitation to current volunteers
Fahnestock State Park

Chainsaw Safety Recertification

By Invitation to previously trained volunteers

Saturday-Sunday, April 9-10
Fahnestock State Park

Roving Trail Crew Seeks Members
JOLLY ROVERS

2 days a month, 6 months a year

Stonework east and west of the Hudson, from the Catskills through New Jersey.

Details at www.nynjtc.org/content/roving-trail-crew-jolly-rovers

April is National Volunteer Month,



and we take advantage of this March/April issue of *Trail Walker* to acknowledge and thank the many Trail Conference volunteers who have been so generous with their time and energy during 2010. We list every individual, maintaining member club, and group recorded in our database as having made a volunteer contribution in 2010. If your name, or that of another, is missing, please tell us by contacting us at volunteers@nynjtc.org. We want to know and correct the record. Our apologies for any omissions or other errors.

The Trail Conference is a large organization with volunteers pursuing diverse activities on behalf of trails. We have attempted to be comprehensive in listing everyone: trail maintainers, crew members, chain sawyers, corridor monitors, lean-to caretakers, book editors, publications field checkers, proofreaders, hike writers, Trail Walker contributors, technology advisers, GPS trackers, office assistants, web editors, legal advisers, marketing consultants, policy advocates, workshop trainers. We estimate that more than 60,000 hours were donated in 2010 by over 1,600 volunteers. (While our list includes about 1,400 names, countless more volunteer with their clubs but are not reported to us.)

As a result of this impressive volunteer commitment, an expansive and high-quality trail network, supported by outstanding information and educational resources, is available to millions of people in the most densely settled part of our nation.

What a gift Trail Conference volunteers make to our collective well-being!

Thank you!
Trail Conference Volunteer Committee

Reporting Your Hours; It's Important Because ...

Our funders want to know. Your volunteer commitment speaks volumes when we apply for grants to repair trails, replace bridges, present workshops, and publish new maps. Often, your work is the Trail Conference "match" required to earn a grant of money.

Our partners want to know. Volunteer hours demonstrate our value to the land managers with whom we work—the people at agencies such as the Palisades Interstate Park Commission, New York Dept. of Environmental Conservation, and New Jersey Dept. of Environmental Protection. Volunteer hours show that we are a strong and reliable workforce and that our expertise and passion for trails is worth listening to.

Officials need to know. There is power in numbers. Elected officials listen to large voices, especially when those voices are backed up with hard work that is documented. Your report of hours worked and projects accomplished supports the trails cause. So keep up the good work. And don't let it go uncounted!

Dave Abad
Hedy Abad
Sara Abad
Kathryn Abdis
Paul Abdis
Alan Abramowitz
Bill Abramson
Robin Abrett
Valerie Acerra
Judith Adams
Debra Adamsons
Janet Albrecht
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Gail Blumenfeld
Norman Blumenstein
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Rasaq Bologon
Michael Bongar
David Booth
Madhu Boppane
Kerry Borchardt
Michal Bowen



ROBERT JONAS

Joan Teresa Lyons swings her hammer.

Cynthia Bowers
Douglas Bowers
Kevin Boyce
Robert Boyle
Sue Boyle
Joy Boysen
Robert Boysen
John Bracco
Jeff Brain
Norman Brandinger
Linda Brandt
Philip Brandt

Sol Braun
Alan Breach
Roland Breault
Susan Lynn Breault-Brudnak
Rich Brega
Carl Brown
Gail Brown
James Brown
Vladimir Broz
Bob Bruneau
Al Brunner
John Brunner
Robert Brunner
Darren Bua

Leonard Bussanich
Steve Butfilowski
Emma Butler
Matthew Butler
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Katherine De Vries
Jean DeCesaris
Charles Decker
Paul DeCoste
Richard DeCoursey
Nancy Deegan
Duke DeGroat
Ernest Delcher
Matthew Delcher
Michael Delcher

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Daniel Fredericks
Jennifer Fredericks
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Eric Fuchs-Stengel
Michael Fuhrman
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Suzan Gordon
Louise Gosnell
Keith Gosselin
Conrad Gosset
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John Graham
Josie Gray
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Richard Green
Ari Greenberg
James Gregoire
William Gregory
Edna Greig
Georgia Grieder



GEORGETTE WEIR

Arthur Gardineer volunteers valuable office assistance regularly.

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Vito Gadaleta
Margaret Gaertner
Richard Gage
Hadley Galbraith
Kathy Galione
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Kwaku Kochua
Peter Kohlberger
William Kohout
John Kolp
Eric Koppel
Robert Koshinski
Rich Kosmala
Emil Krahulik
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Ksenia Krylova
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Marilyn Kurland
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Terri Lahr
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Anthony Lanza
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Patty Parmalee
Alexander Parr
Susan Parson
Chris Patoir
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Martha Patton
Thomas Patton
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David Peck
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Julie Pengelly
Donna Perch
Francesca Perkins
George Perkinson
Vincent Pernice
Hank Perrine
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Winston Perry
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Andy Petersen
John Petersen
Steve Petrie
Snapper Petta
William Pettit
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Jesse Phillips
Liza Phillips
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Joel Pinski
Kathleen Plachy
William Plachy
Kristin Planck-Kuney
Stephen Plant
Priscilla Pogact
Larry Pohl
Trudy Pojman
Fred Policastro
Nora Porter
Laurie Potteiger
Shadasiyah Powell
Stanley Praslick
George Preoteasa
Felice Preston
Richard Price
Joseph Principe
George Prokopiak
Susan Puret
Bob Purnell
Clarence Putman
Ronald Quackenbush
Cathy Quay
Philip Quick
Brian Quinn
Lucinda Quinn
Joe Raiola
Walter Rand
Bob Randall
Lawrence Randall



LARRY WHEELOCK

Volunteers at Little Dam

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Karen Lutz
Richard Lynch
Joan Lyons
Dean MacGeorge
Mike Machette
John Mack
Mary Mack
Deb MacLeod
Kim MacLeod
Felix Maendel
Sean Magee
John Magerlein
Karen Magerlein
Thomas Magerlein
Chris Maget
David Magioncalda
Denise Magretto
Robert Maher
Glenn R. Maier
Paul Makus
Bill Males
Lalita Malik
Kenneth Malkin
Chris Mallon
Liam Mallon
Viken Manjikim
Amy Manning
Peter Manning
Harold Marciari
Pasquale Marcotullio
Susanna Margolis
David Margulis
Jeff Marino
Al Marotta
Robert Marshall
Alan Mart
Gregory Martin
John Martin
Jonathan Martin
Adrienne Marusinec
Robert Marx
Anna Marynowska
Sona Mason

James McCoy
David McCullough
Edward McDonough
Margaret McGarity
Patrick McGloin
Leslie McGlynn
Jennifer McGruther
Connie McGuire
Roberta McIntyre
Seth McKee
Nicholas McKenna
Donald McLellan
Bill McLemon
Philip McLewin
Frank McNulty
Patrick Meegan
Ruth Melchionne
Deborah Melita
Marc Meltzer
Prince Mensah
David Ment
Michelle Merse
Tony Merse
Peter Meskin
Robert Messerschmidt
Guy Metrocovich
Tanya Meunier
C. Meyer
Eric Meyer
Barbara Meyerson
Mikolaj Miazio
Frank Milillo
Kevin Millar
Isaac Miller
Mara Miller
Randy Miller
Elizabeth Mills
Andrea Minoff
William Mishler
Shane Mitchell
Christopher Monahan
John Monchak
Steven Mones
Stephanie Montenegro
Paul Monti

Warren Mumford
George Munger
Thomas Murasso
Colleen Murphy
Dagie Murphy
Fiona Murphy
Kaeley Murphy
Terry Murphy
Dick Murray
James Murray
John Myers
Ira Najowitz
Krishnam Narayanan
Natalie Nass
Michael Needleman
G. Gail Neffinger
Glenn Nelson
Karen Nelson
Carol Nestor
Laura Newgard
Joan Newman
Robert Newton
David Nicholson
Glen Nison
Joseph A. Nizer
Maria Nobles
James Nolan
Petronella Nortje
Bob Novick
Craig Nunn
Donna Nye
Daniel Oaks
Edward O'Brien
Christine O'Connell
Dave O'Donovan
Jack O'Keefe
George O'Leary
David O'Leary
Mark O'Leary
Glenn Oleksak
Peter Olivia
Eric Olsen
James Olson
Patricia O'Malley
Catherine O'Neill

continued on page 8

Member Clubs that Maintain Trails in Our Region

- ADK Mid-Hudson Chapter
- ADK Long Island
- ADK Mohican Chapter
- ADK New York Chapter
- Adventures for Women
- AMC Mohawk Hudson Chapter
- AMC New York-North Jersey Chapter
- Boy Scout Troop 23
- Boy Scout Troop 50
- Boy Scout Troop 2
- Middleburgh Otschodela Council
- Boy Scouts of America Northern NJ Council
- Bellvale School
- Catskill 3500 Club
- Chinese Mountain Club of New York
- Church Communities Foundation
- Friends of Garret Mountain
- Fox Hill School
- Friends of Pelham Bay Park
- German-American Hiking Club
- Hunterdon Hiking Club
- Interstate Hiking Club
- Long Path North Hiking Club
- Monmouth County Park System
- Morris County Park Commission
- Musconetcong Mountain Conservancy
- Mountain Tops
- Nelsonville Greenway Committee
- Nassau Hiking and Outdoor Club
- New Jersey Search & Rescue Inc.
- New York Alpine Club
- New York Hiking Club
- New York Ramblers
- Paddling Bares Canoe Club
- Palisades Nature Association
- Protectors of Pine Oak Woods
- Rip Van Winkle Hikers
- Ramsey Outdoorsman Hiking Club/Women of Ramsey Outdoor
- Sierra Club/NJ Chapter
- Sierra Club/Ramapo-Catskill Group
- St. Benedicts Prep Backpacking Project
- Sundance Outdoor Adventure Society
- Teatown Lake Reservation
- Thendara Mountain Club
- Union County Hiking Club
- Vroman's Nose Preservation Corp.
- Westchester Trails Association

Volunteer Groups

- Boy Scout Troop 79 Berne
- Boy Scout Troop 258 Mahwah
- Boy Scout Troop 540 Monroe
- Groundwork USA-Yonkers
- Mahwah Environmental Volunteers Organization
- Mens Division International
- Open Space Institute



LEIGH DRAPER

Dutchess-Putnam AT volunteers build a boardwalk in Pawling.

Michael Katz
Richard Katzive
Nina Kauder
Candace Kava
Yuri Kavalerchik
Flo Keahey
Frank Keech
John Keith
Judy Keith
Catherine Kelleher
Andrea Kellner
Peter Kellstrom
Christina Kelly
William Kelly

Peter Liander
Carole Liantonio
Ray Lin
David Link
Anthony Linsalato
Brandon Linsalato
John Lipsett
Jim Liptack
Mark Liss
Steven Liss
Douglas Lister
Larry Litt
Sandra Liu
Michael Livesey

There is no "I" in Hiking

Personally, I am not a big fan of hiking alone. But I can understand why people do it. There is the solitude. You don't need to hear other people's complaints or jokes. You can go at your own pace, for as far as you like and stop whenever you want. The woods are definitely more peaceful and quieter during those times.

I prefer to be with people and have the comfort of their conversation, the safety in numbers and the chance to try other people's food. How else can you get liver pate, trout mousse, and escargot? OK, I'm dreaming.

But even if you venture off by yourself, there are people backing you up. There are the crews that build the trails, and the maintainers who keep them up. There are those who make the maps, create the trail books and keep them all up to date. There is the office staff that allows the Trail Conference to function. And there are supervisors who supervise it all. And then there are the people in Search and Rescue who give their time and risk their lives to help you if you get into trouble.

So even if you go off into the woods by yourself, remember, you are never truly alone.

Dan Van Engel, chair, Volunteer Committee

Science & Ecology

A Trio of Early Woodland Wildflowers

By Edna Greig

As winter's cold gives way to the warmer and longer days of spring, the earliest woodland wildflowers awaken to tap the energy of the sunshine that passes through the leafless tree canopy. These diminutive plants have only a brief time to flower and set seed before the trees leaf out and claim the sun's energy. By mid June, there is little sign of the brief aboveground show of many of these wildflowers, usually only their roots persist until the following spring. This is why they're also called spring ephemerals.

Our area is home to a variety of early spring woodland wildflowers including the following three, which are fairly common in their preferred habitats.

Round-lobed hepatica

Round-lobed hepatica (*Hepatica americana*) is found in upland woods, especially those dominated by sugar maple and mixed hardwoods. It is not a true spring ephemeral because the leaves of the previ-



EDNA GREIG

Round-lobed hepatica

ous year persist, although somewhat tattered and brownish, and protect the emerging flower buds of the next generation. As early as late March, the flowers begin to bloom in a variety of colors, from white to pink to lavender to various shades of blue. Each plant has several to many flowers that are about one inch across and have what appear to be six to eight petals that, to be botanically correct, are actually sepals. The flowers are sometimes fragrant. *Hepatica* comes from the Greek word for liver and relates to the liver-like shape of its three-lobed leaves. Not surprisingly, another common name for the plant is liverwort.

The seeds of hepatica mature by late May. Like many of the other early spring wildflowers, hepatica seeds have a fatty appendage that attracts ants that disperse the seeds. The ants carry the seeds back to their nests, remove the fatty appendage to use as food and discard the seeds unharmed in a waste area of the nest. The ants get the benefit of an important early season food source. The seeds get the benefit of being protected from being eaten by small animals and being deposited underground where they have a better chance of germinating.

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Trout lily

Trout lily (*Erythronium americanum*) is found in moist or wet woods, especially along streams. Each plant has a pair of distinctive mottled green and purplish brown leaves that grow directly from the ground. The plants often grow in large colonies, with the most mature plants bearing a solitary one-inch wide, yellow, downward facing flower. The plant's common name may derive from its proximity to trout streams or the fact that its mid-April bloom time coincides with trout fishing season. Another explanation may be that the mottled leaves have a trout-like coloring. Like hepatica, the seeds of trout lily are dispersed by ants.



EDNA GREIG

Trout lily

Dwarf ginseng

Dwarf ginseng (*Panax trifolius*) is a dainty wildflower of rich moist woods that grows about three to four inches tall. It has a whorl of three leaves, each having three to five leaflets, topped by a fluffy white globe shaped flower head in late April. Its small yellow berries mature in late May or early June. Another common name is ground nut, because it has a small round tuberous root. Dwarf ginseng is a relative of the larger wild ginseng (*Panax quinquefolius*), also native to the northeast but infrequently found because it has been overcollected for medicinal uses.

These are just three of the early spring wildflowers that grace our woods. Be observant and you may find others.



EDNA GREIG

Dwarf ginseng

Further reading: *Newcomb's Wildflower Guide* by Lawrence Newcomb is an excellent amateur field guide to the wildflowers of the northeast. It has a user-friendly key system that makes wildflower identification a pleasure.

Edna Greig is a frequent contributor to Trail Walker of articles on the natural world.



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New Invasives Strike Force will Take on America's Most Unwanted Plants



LINDA ROHLEDER

Japanese stilt grass dominates a New Jersey woodland.

Have you ever hiked along the trail admiring the variety of wildflowers, shrubs, and ferns and then run into an area choked with a single species of thorny shrub or a vine climbing over everything? What was going on?

Often those aggressive species are non-natives that are invading the area and causing a problem for native plant communities. With support from a Recreational Trails Grant, a federal program administered in New Jersey by the Dept. of Environmental Protection, the Trail Conference is gearing up an initiative we are calling the Invasives Strike Force to protect the diversity of life along our trails by mapping these invasive species and targeting removals to prevent their spread into native communities. The study follows on the heels of our four-year project, "Tracking the Wild Invasives," which surveyed trails in eight parks in New York and New Jersey. Experience, volunteers, and materials developed during that project, conducted jointly with Rutgers University and USDA, will be put to work in the new survey.

Invasive plants are a problem because they did not evolve naturally in the community and therefore have not formed mutual relationships with other plants and animals that keep their populations in check. Thus these populations grow out of control and suppress or crowd out the native species. The result is not only the loss of diversity but also the loss of food resources for animals.

Up to 90% of insect species that eat plants are specialized on a single species of plant or group of species; once those plants are gone, the insect's food source is gone too. Many terrestrial bird species rear their young on insects; if the insect population decreases, the bird population decreases as well. It's a domino effect started by invasive plants.

Come join us in making a difference! Anyone interested in learning how to identify invasive plants can volunteer to map a two-mile section of trail. Thanks to our grant from New Jersey DEP most of the invasives work will be conducted on New Jersey trails this year.

We will be conducting training classes in May and June (see Trail U schedule on page 5) on some of the more common invasive species. For those of you who are already familiar with the common invaders, we will be conducting advanced training on some of the new emerging invaders, so we can catch them before they become a huge problem. If you participated in the Trail Conference's previous invasives study in 2006-2009, you can take a short refresher course and be ready to go.

We are also forming a new Invasives Strike Force trail crew, which will use our mapping data to target and remove invasive plants along selected trails. Knowledge of the plants is not necessary to work on the trail crew.

The Trail Conference project is being coordinated by Linda Rohleder, a graduate student in the Dept. of Ecology, Evolution and Natural Resources, Cook College, Rutgers University.

Contact Linda Rohleder via email at rohleder360@gmail.com to find out more about the Invasives Strike Force and to volunteer. Please specify whether you are interested in mapping a trail section, being a Strike Force trail crew member, or both.



The 14 Most Unwanted

- Norway maple (*Acer platanoides*)
- Tree-of-heaven (*Ailanthus altissima*)
- Autumn olive (*Elaeagnus umbellata*)
- Japanese barberry (*Berberis thunbergii*)
- Winged Euonymus (*Euonymus alatus*)
- Multiflora rose (*Rosa multiflora*)
- Wineberry (*Rubus phoenocolasius*)
- Bush honeysuckles (*Lonicera morrowii/tartarica*)
- Oriental bittersweet (*Celastrus orbiculatus*)
- Japanese honeysuckle (*Lonicera japonica*)
- Japanese knotweed (*Polygonum cuspidatum*)
- Purple loosestrife (*Lythrum salicaria*)
- Garlic mustard (*Alliaria petiolata*)
- Japanese stilt grass (*Microstegium vimineum*)



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March

Saturday, March 5

ADK-NJ/R. Kakiat-Pine Meadow Trails, Harriman State Park, NY. Leader: contact leader at psr7777@gmail.com or 845-323-7697 for meeting time and place. Moderately strenuous 6 miles.

UOC. Birding Walk at Jamaica Bay, NY. Leader: George Pitcher, 732-828-1890. Meet: call leader for NJ carpool site and meeting time. Walk around the ponds, where there is excellent birding; bring binoculars. Paths are flat. Lunch at local diner.

IHC. Highlands Trail to Mahlon Dickerson, NJ. Leader: Mac McCaulley, 973-398-3002, macmccaulley@aol.com. Meet: 9am at Saffin Pond parking, Mahlon Dickerson County Reservation, Weldon, NJ. Moderately strenuous; shuttle required. Seldom done section of the Highlands Trail. Come see Sparta Mountain and pretty views along Pine Swamp.

SW. Share & Shore Walk, Manhattan, NY. Leader: Bruno Contigiani and friends, 212-330-7686. Celebrate the 5th Global Day of Slow Living by taking a relaxed walk of 8 miles. Start at the South Street Seaport and walk along the Hudson River to 72nd St. Meet: 10:30am in front of the Heartland Brewery. \$3 nonmembers.

Sunday, March 6

ADK-MH. Guyot Hill, Mohonk Preserve, NY. Leader: Brian Sullivan, 845-594-9545; call before 9pm. Meet: 9am at Spring Farm trailhead. Moderate hike. Enjoy magnificent views of Roundout Valley and the Catskills. If there is snow, we will snowshoe. Extreme cold or inclement weather cancels.

AFW. Long Mountain/Turkey Hill Lake, Harriman State Park, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for info and to register. Meet: 9:30am; register for location. Moderate hike; out by 2:30pm.

UHC. Eagle Rock Reservation, W. Orange, NJ. Leader: Ron Kuhns, 201-836-5256. Meet: 10am at hikers' parking area off Eagle Rock Ave., just past Highlawn Pavilion. Moderate 4-5 miles with hills; including some lesser-used trails.

AMC NY-NJ. Pine Meadow Lake, Harriman State Park, NY. Leader: Christine Benton, cbentonhiker@yahoo.com or 718-768-7937. Contact leader for meet time and location. Scenic 8-mile hike beginning on Reeves Brook Trail. After Pine Meadow Lake there is an option for easier out; however, leader will continue on Diamond Mountain Fire Trail and then down to Cascade of Slid and Stony Brook. 1,785 feet total elevation gain. Traction aids likely will be required; bring at least two liters of water and headlamp. Leader will leave message on answering machine on Saturday with update on status of hike.

Saturday, March 12

ADK-MH. Roosevelt Historic Site, Hyde Park, NY. Leader: Georgette Weir, gweir@optonline.net, 845-462-0142. Meet: contact leader for info. 3-4 mile easy to moderate hike over woods trails.

UHC. Turkey Mountain, Montville, NJ. Leader: Al Dicianni, 973-455-7262. Meet: 10am at Pyramid Mountain Visitor Center parking lot. Moderate 6 miles; rain cancels.

AMC NY-NJ. Freezing on the Fawn, Harriman State Park, NY. Leader: Hallie Wolfe, 914-643-4856 or halliewolfe@optonline.net. Contact leader for meet time and location. Leader's choice of route, 6-9 miles. An early spring ramble over West and Timp. Back by sunset at least. Pace at times might be quite slow. Limited stops. Foot traction aids required. Call leader if weather doubtful.

Sunday, March 13

DAYLIGHT SAVINGS TIME BEGINS AT 2:00am.
Set clocks ahead one hour.

UOC. Delaware & Raritan Canal Path Walk, NJ. Leader: Mimi Wolin, 732-249-9166. Meet: call leader for meeting time and place. Walk from Blackwell Mills to Griggstown, where park staff will give us a tour of the Mule Tenders House, currently being restored.

ADK-NJ/R. Winter Hike in Harriman State Park, NY. Leader: contact leader at kkarose@aol.com or 201-962-8546 for meeting time and place. Moderately strenuous 6-7 miles.

IHC. Fire Tower, Sterling Forest, NY. Leader: Guy Percival, 973-590-7437, jenguy@optonline.net. Meet: 9am at Sterling Forest visitor center, Tuxedo, NY. Moderately strenuous 8 miles. Bare Rock, Fire Tower, Sterling Ridge and Highlands Trails.

UHC. Jockey Hollow National Historical Park, Morristown, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Visitor Center parking lot. Moderate 4-5 miles; rain cancels.

Saturday, March 19

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center parking lot. Brisk 4-5 miles with some rocky trails. Rain cancels.

AMC NY-NJ. Beginner Friendly Schunemunk State Park, NY. Leader: Richard Seibel, 973-839-7795, 10:30am-9pm or richard@richardseibel.com. Contact leader for meet time and location. Moderately paced 7 miles. Initial steep climb rewarded by magnificent views. Expect to do both ridges. Fit beginners welcome and encouraged, but call leader.

SW. The Bridges & Waterways of New York's Central Park. Leader: Matthew Brozyna, 917-912-9533. This is a moderately paced adventure under, over, around, and through many of the architectural wonders of Central Park. We begin our walk at the southwest tip of Central Park and zigzag up the eastern half of Central Park to The Harlem Meer at 110th St. Then we circle back along the western half of the park and finish at Sheep's Meadow. Bring water and lunch/snack for this fascinating 5-hour journey of approx. 8 miles. Meet: 9am sharp at the Atrium entrance to the Time Warner Towers Complex at 59th St. & Columbus Circle. Take the A, D or 1 train to 59th St. Rain or shine! \$3 nonmembers.

AMC NY-NJ. Ramapo Valley Reservation, NJ. Leader: Renate Jaerschky, 845-368-1749. Contact leader for meet time and location. A leisurely hike along the Ramapo River, up alongside a brook and past a reservoir to the ridge. Moderately paced 5 miles. Joint with ADK NJ/R.

SW. The Jersey/Hudson River Saunter. Leader: Matthew Brozyna, 917-912-9533. Spectacular views of the Big Apple, from a different perspective. Join us on this 14+ mile medium-paced walk. Walk across the George Washington Bridge, spiral south along the Palisades and New Jersey shore. Pass through Historic Hoboken, and finally end at the new pier near Jersey City. Please bring plenty of water, food, and/or lunch for this visually stunning, 7+ hour mini-Saunter. Return to Manhattan by PATH (\$1.75 fare). Meet: 9:15am at the information booth in the GW Bridge Port Authority Bus Terminal (178th St./Broadway). Take the A Train to the 175th St. Station. Rain, snow, or ice cancels. \$3 nonmembers.

Sunday, March 27

IHC. Ringwood Meander, NJ. Leader: Jane Egan, 973-636-0809; call before 9pm. Meet: 9am at lot A, Skylands Manor, Ringwood, NJ. Moderate hike. Variety of trails, depending on the weather, including Cooper Union Trail to Governor Mountain overlook. Conditions may require crampons.



GEORGETTE WEIR

April flowers in our region include Dutchman's Breeches (*Dicentra cucullaria*)

Sunday, March 20

ADK-NJ/R. Manaticut Point, Norvin Green State Forest, NJ. Leader: contact c.connolly7@verizon.net or 201-321-6605 for meeting time and place. Moderately strenuous 7 miles.

IHC. Van Campens Glen, NJ. Leader: Al MacLennan, 973-451-1435, ajmacleannan@verizon.net. Meet: 9am at Millbrook Village parking, Old Mine Rd. and Millbrook Rd., Columbia, NJ. Moderately strenuous, rolling 8 miles. Come shake off those winter blues with a beautiful hike; lunch at the foot of a lovely waterfall.

ADK-MH. Pine Meadow Lake, Harriman State Park, NY. Leader: Sue Mackson, susiem6@juno.com, 845-471-9892. Meet: 10:30am at McDonald's on Rt. 9 in Wappingers to carpool. 4 miles easy to moderate hike. Join me on mostly woods roads with some mild elevation changes in the Lake Sebago area. Two nice viewpoints. Inclement weather cancels. Contact leader by March 18.

SW. Rockefeller Preserve, NY. Leader: Dorothy Lourdou, 212-685-6443. Walk from Philipse Manor station via Sleepy Hollow Cemetery to the Rockefeller Preserve. Pleasant woods walk along the Pocantico River. Then circle through rolling hills to visit Swan Lake and Stone Farms, returning to Philipse Manor or Tarrytown. About 8 moderate miles. Bring lunch, water, wear sturdy shoes. Meet: 9am at Grand Central Terminal to take 9:20 Metro-North Hudson Line train to Philipse Manor, arr. 10:12. \$3 nonmembers.

Saturday, March 26

UOC. Watchung Reservation, Union Co., NJ. Leader: Coleen Tighe, 732-568-924, cpt3769@aol.com. Meet: contact leader for meeting time and place; carpool. 3 moderate miles with a visit to Trailside Nature and Science Center. Bring picnic lunch.

UHC. Tourne Park, Boonton, NJ. Leader: Susan Jacobs, 973-402-2555. Meet: 10am; call for directions. Moderate hike through this beautiful park, with wildflowers, a stream, and a lake. Hike up to the top of the Tourne; other hills. Steady rain cancels.

UHC. Cheesequake State Park, Matawan, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Garden State Parkway commuter lot, exit 120; will drive to park from here. Moderate 4 miles, with some hilly terrain and some flat.

ADK-NJ/R. East Side of Sterling Forest, NY. Leader: contact leader at browning27@verizon.net or 201-871-3531 for meeting time and place. Moderately strenuous 8-9 miles on five different trails.

AFW. Fingerboard Mountain, Harriman State Park, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for info and to register. Meet: 10am; register for location. Moderately strenuous hike at a moderate pace; out by 2pm.

Monday, March 28

AMC NY-NJ. Pingyp Shuttle Dog-Friendly, Harriman State Park, NY. Leader: Susan Sterngold, 845-519-4890 or banjolady.susan@verizon.net. Contact leader for meet time and location. Some gorgeous views and challenging climbs over a rarely done section of the SBM Trail. Climb Irish Potato, Pingyp, Pines, Horn Hill, and Cats Elbow up West Mountain. An elevation gain of about 2500+; not for beginners or the faint of heart. Bring at least three quarts of water and lunch for you and your dog. Dogs must be under control of owners; park leash laws must be obeyed. If you need or can offer a ride from NYC, contact leader. If weather is bad, the route will be modified accordingly. Email leader if joining.

April

Saturday, April 2

AFW. Round Valley, NJ. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for info and to register. Meet: 10am; register for location. Moderate hike; out by 2pm.

AMC NY-NJ. Beginner Friendly Taurus Ramble, Hudson Highlands State Park, NY. Leader: Richard Seibel, 973-839-7795 10:30am-9pm or richard@richardseibel.com. Contact leader for meet time and location. Beginner friendly two-level, random 7-miler. Exact route TBD by leader's whimsy and mood of the group on the day of hike. Early bailouts for those with less time and energy. Beginners please call leader.

SW. Terrace Pond, Wawayanda State Park, NJ. Leader: Nick DiNapoli, 212-600-1180. Located on the summit of Bearfort Mountain, Terrace Pond is surrounded by cliffs of purple conglomerate walls, scrub pines, and rhododendron thickets. Starting at an elevation of 1100 feet, we ascend another 350 feet on this approximately 5-6 mile hike. Transportation NJ Transit Bus 197 to Greenwood Lake, NJ. (Rt. 513) & Greenwood Lake Tpk. (Rt. 511). Short shuttle from Bus stop. \$3 nonmembers.

Sunday, April 3

UHC. Stokes State Forest, Branchville, NJ. Leader: Dick Wolff, 973-746-7415; call 9pm-11pm only. Meet: 10am at Stokes State Forest office parking lot, Rt. 206. 8 miles. Starting at Buttermilk Falls, we'll have lunch at Hemlock Pond and visit Tillman Ravine as well. We should see lots of rushing water. Phone any time morning of hike to be sure it's on.

IHC. Elk Pen, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207, royhiker1@aol.com. Meet: 9am at Elk Pen parking, Arden Valley Rd., Arden, NY. Strenuous 10-12 miles. ASB, south to Stahahe Brook, Nurian, then north on RD to the Lichen Trail. After lunch, out to Elk Pen. Rain or foul weather cancels.

AMC NY-NJ. Afternoon Hike in Central Park, NY. Leader: Ray Lin, 212-865-1950 (no calls after 10pm) or rjlin@yahoo.com. Contact leader for meet time and location. Moderately paced 5-6 miles. Bring water.

SW. Bayonne, NJ. Leader: Craig Nunn, 551-206-6823, before 10pm or email dystopicnj@gmail.com. Around 14 miles mostly flat on city streets and park paths at a moderately brisk pace. Plenty of dropout points. Bring lunch and water. Explore new and established waterfront parks and see architectural highlights and old factories in the city known at different times in its history as "Newport on the Hudson" or the "Peninsula of Industry." Contact leader starting Wednesday, March 23, to confirm hike and for meeting time and place. \$3 nonmembers.

Tuesday, April 5

UHC. Bearfort Tower, Pequannock Watershed, NJ. Leader: Jim McKay, 973-538-0756, jrmckay@verizon.net. Meet: 10am at Pequannock Watershed parking lot P7. Moderately paced 7-8 miles, to the tower and back. A continuation of the West Milford Baker's Dozen Hikes. Steady rain cancels.

Thursday, April 7

UHC. Schunemunk Mountain State Park, NY. Leaders: Jim and Carolyn Canfield, 973-728-9774. Meet: 10am at Schunemunk Mountain. parking area in Mountainville, NY; call for directions. Moderately strenuous 8+ miles. Long Path and Jessup Trails will give us views along the ridge and unforgettable conglomerate rock beneath our feet.

Saturday, April 9

NYR. Brooklyn to the Bronx, NY. Leader: Camille Cooper, 212-838-0714 or Camille_cooper@earthlink.net. Meet: 8:45am at Bay Ridge/95th St. (last stop on R train in Brooklyn). We'll walk the length of Fifth Avenue in Brooklyn, across Manhattan Bridge, then follow Third Avenue, crossing Third Avenue Bridge, to the Bronx (end at #6 subway at 138th St.).

AFW. Doodletown, Harriman-Bear Mountain State Park, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for info and to register. Meet: 10am; register for location. Easy to moderate hike at leisurely pace; out by 2pm.

UHC. Jockey Hollow National Historical Park, Morristown, NJ. Leader: Pat Curley, 908-868-7510. Meet: 10am at Visitor Center parking area. Moderate 4-5 miles on variety of trails. Inclement weather cancels.

AMC NY-NJ. Anthony Wayne Loop, Harriman State Park, NY. Leader: Ellen Blumenkrantz, eblumenkrantz@hotmail.com or 201-784-8417. Contact leader for meet time and location. Strenuous 10-mile hike ascending/descending three different mountains with fabulous views of the Hudson River, Bear Mountain and Harriman. Total elevation gain/loss of nearly 2,000'. Bring lunch and lots of water. Limited to 12 people. Must preregister.

Sunday, April 10

AFW. Storm King State Park, NY. Leader: call 973-644-3592 or go to www.adventuresforwomen.org for info and to register. Meet: 9:30am; register for location. Moderately strenuous hike at moderate pace; out by 2:30pm.

UHC. In the Forest, North Caldwell to Cedar Grove, NJ. Leader: Dick Wolff, 973-746-7415; call 9pm-11pm only. Meet: 10am at street parking on Linn Dr, Verona (just off Bloomfield Ave. near fire dept. and ball field). Moderate 6 miles. From Hilltop Reservation (Second Mountain), we'll take a Green Acres rail-trail path to lunch in Community Park, Cedar Grove. Call any time morning of hike to be sure it's on.

SW. Bronx Shore, NY. Leader: Rolande Chapeau, 212-330-7686. Hike 6-7 miles on easy terrain through connected restored parks: Concrete Park, Sound View Park, Pugsley Park, Complete Plant Park, and Classon Point Park. Good neighborhood with great views of Bronx River and airport. Bring lunch/water. No smoking on hike. Take the #6 train to Elder Ave. stop in the Bronx. Meet: downstairs, east side of street at 10:30am. Fare: Metrocard. \$3 nonmembers.

Thursday, April 14

UHC. Bearfort Ridge, Hewitt State Forest, West Milford, NJ. Leader: George Smith, 973-778-3586. Meet: 10am at A&P parking; call for directions. Short shuttle to trailhead. Moderately strenuous 7-8 miles; for experienced hikers. Hike up to Surprise Lake and the Greenwood Lake overlook. Possible stop at West Pond on return.

Saturday, April 16

UHC. Ramapo Lake, Ramapo Mountain State Forest, Oakland, NJ. Leader: Al Dicianni, 973-455-7262. Meet: 10am at lower parking lot on Skyline Dr. Moderate 4-5 miles on variety of scenic trails, including beautiful Ramapo Lake.

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 100 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-MidHudson	IHC	Interstate Hiking Club
ADK-NJ/R	ADK-North Jersey/Ramapo	NYR	New York Ramblers
AFW	Adventures for Women	SW	Shorewalkers
AMC NY-NJ	Appalachian Mountain Club, NY-North Jersey	UHC	Union County Hiking Club
		UOC	University Outing Club

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 May/June issue is March 15.

www.nynjtc.org/content/scheduled-hikes

SW. Garrison to Manitou, NY. Leader: Marvin Malater, 718-376-3608 for hike status, schedule. 9 miles at a moderate pace. A hike along one of the Osborn loops connecting onto the Appalachian Trail, descends from Canada Hill into Manitou. At Manitou we follow Mystery Point Road northward with a shore view. Return is from the Manitou Nature Preserve trails back to Manitou Station for a 5:10pm train. Bring lunch and water. Meet: 8:25am at Grand Central Terminal information booth in the ticketing area for 8:47am train. Round trip to Garrison arriving at 9:54am. \$3 nonmembers.

Sunday, April 17

IHC. Johnsonstown Loop, Harriman State Park, NY. Leader: Roy Williams, 570-828-6207, royhiker1@aol.com. Meet: 9am at Johnsonstown Circle, end of Johnsonstown Rd., Sloatsburg, NY. Moderately strenuous hike. Blue Disc, north over Almost Perpendicular, then on to Claudius Smith's Den. Then on to Lake Skenonto. Rain or foul weather cancels.

UHC. Lewis Morris Park, Morristown, NJ. Leader: Louise White, 973-476-4319. Meet: 10am at Sunrise Lake, lowest parking lot. Enjoy a moderate 4-5 mile hike on various trails.

NYR. Camden to Philadelphia, NJ-PA. Leader: Joel Pomerantz, 212-691-3844. Meet: 7:55am at Penn Station NJ Transit ticket windows for 8:14 train (RT Trenton). Cross Delaware River on Ben Franklin Bridge, go through historic downtown Philadelphia to Fairmont Park, then Schuylkill River shore path to 30th St. station. We will use River Line light rail and SEPTA systems; late return.

AMC NY-NJ. Timp-Torne, Harriman State Park, NY. Leader: Joe Bonner, hikerman4169@yahoo.com. Contact leader for meet time and location. Moderately-paced 9-mile hike along the Timp-Torne to the Timp, West, and Bald. Bring lunch and lots of water. Heavy or steady rain cancels. Limited to 12 people. Must preregister.

Saturday, April 23

UHC. Delaware Water Gap, NJ. Leader: Paul Clark, 908-753-6027. Meet: 9:30am at Delaware Water Gap parking, second to last exit in New Jersey on I-80 west before the Delaware River. Moderately strenuous hike, steady incline with some rocky terrain. The best hike in N.J. up to Sunfish Pond, lunch, then down the mountain alongside a stream and waterfall. Out by about 1pm.

AMC NY-NJ. Fahnestock State Park, NY. Leader: Minu Chaudhuri, 914-941-6408 or minu1@optonline.net. Contact leader for meet time and location. Steep climb to Round Hill from which we will enjoy several views and then onto East Mountain. Moderately paced 7 miles.

Sunday, April 24

IHC. Easter & Passover in the Woods, NY. Leader: Larry Spinner, 845-548-3194, lspinner@optonline.net; call 7-9pm only. Meet: 10am at Rt. 17, Sloatsburg, NY, behind Town Hall/Firehouse. Moderate. Join in as we celebrate the holidays in the woods; all levels and beginners welcome. Holiday enjoyment pace. Leader will bring treats to share and hopes others will as well. Inclement weather may cancel; call after 7am if in doubt.

UHC. Sourland Mountain Preserve, Somerset, NJ. Leader: Joan Hochbaum, 732-750-0078. Meet: 10am at preserve, parking on right. Moderate 5 miles. We'll hike the Ridge Trail. Geologists describe this as sedimentary and igneous rock formed 150-180 million years ago when the area was under the sea.

Saturday, April 30

IHC. Roosevelt Island, NY. Leaders: Craig Nunn/Al MacLennan, 551-206-6823, dystopicnj@verizon.net; no calls after 10pm. Meet: Contact leaders after April 12 to register and for meeting place and time. 10 miles, mostly flat, on park paths and city streets, but at a moderately brisk pace. Take tram to Roosevelt Island and circumnavigate the island, taking in its historic landmarks and magnificent views. Then walk to Queens.

UHC. Turtle Back Rock/Hemlock Falls, South Mountain Reservation, NJ. Leader: Ted Sandler, 862-219-3011. Meet: 10am at Turtle Back Rock parking. Moderate 4-5 miles with some hills and some flat terrain.

AMC NY-NJ. Sketchbook + Camera Hike, Hook Mountain, NY. Leader: Barry Skura, 914-779-0936 or bskura@optonline.net. Co-leader Kathy Skura. Contact leader for meet time and location. Intro to sketching and photo composition during moderately paced 7-mile hike. Group stops at scenic points to learn and practice. Bring camera or sketchpad with colored pencils or crayons.

Saturday, May 7

SW. The Great Saunter, Manhattan, NY. For more info: www.shorewalkers.org. Annual 32-mile walk around Manhattan's rim. The pace is steady, but not fast. Most of the route is fairly flat. We keep to the waterside as much as possible. No rain date. We walk through more than a dozen parks, and touch a dozen cultures. There are many points from which you can easily join in or drop off and catch public transportation.

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- Access to the Hoeflerlin Library** at the Trail Conference office that includes more than 1,000 books on hiking worldwide, along with maps, guides and a historical archive.

Leave No Trace: Ethics & Trail Tips

By Bob Russo

Stick to the trail!

Spring is coming, and many of us will be hiking our favorite trails and hiking some new ones.

No doubt, we will be encountering wet and muddy areas on those trails. It's a human tendency to avoid wet and muddy places, and to walk around them. Please don't!

Instead, observe this Leave No Trace front-country principle: Stick to the trail.

Trails in our region travel forested areas,



Bob Russo

which are delicate and vulnerable environments. Going off trail to avoid getting your boots and socks wet can damage this ecosystem and create a spur trail that others tend to follow.

Moss, for example, is a very important part of the forest ecosystem. One swipe of a hiker's boot may destroy half a century's growth. So, your boots will get muddy; they can always be washed. (Just bring a pair or two of dry socks.)

Bob Russo is a Trail Conference member and volunteer and a Leave No Trace Master Educator. Find more Leave No Trace principles at www.lnt.org.



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Featured Hike



By Phil McLewin

High Line from the WTC Site Via the Esplanade & Hudson River Park



Aerial view of the High Line's Washington Grasslands over Little West 12th Street

My favorite hikes are in Harriman State Park, where one can find trails offering great natural beauty and, even on the busiest of days, solitude for miles at a time with elevation changes measured in hundreds of feet. So it was with some hesitation combined with high expectation that I decided to take a train from northern New Jersey into lower Manhattan to walk the High Line—a most unusual rail-to-trail conversion, a half mile long (it's due to double in length this spring when a new section opens) and 30 feet above street level.

Because the High Line is relatively short, I decided to start hiking at the site of the World Trade Center and make my way along the east bank of the Hudson River. A good map of the financial district is very helpful since street patterns are fluid due to

major construction projects. There are multiple routes to get to the Hudson River.

My chosen route started at the World Trade Center site, where construction activity mingles with painful memories, memorials, and historic sites. Walking southward along the perimeter of the site from Vesey and Church Streets, I passed St. Paul's Chapel, Manhattan's oldest public building in continuous use and a place of rest and refuge for recovery workers after September 11, 2001, and then lingered at the FDNY Memorial Wall.

Afterwards I headed toward the Hudson River, quickly arriving at The Esplanade. This "pedestrian's paradise" runs along Battery City Park from Historic Battery Park at the tip of Manhattan north to Stuyvesant High School paralleling the Hudson River.

Looking for a new hike? Find descriptions of 300 (and counting) hikes in our region on our website. (Click on Go Hiking-Find a Hike.) This issue, we point to a hike in New York City, perhaps a good choice during spring mud season. Find the detailed hike description at www.nynjtc.org/hike/high-line-wtc-site-esplanade-hudson-river-park. We invite additional hike submissions. Click on Submit a Hike on the home page to learn more.

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It is a wide, leafy walkway with plenty of benches on which to sit and enjoy the views. Bicycles are allowed on the pathway nearest the river, but prohibited on another one running behind rows of park benches.

Next comes Hudson River Park, a bike-free walkway that offers wide open views of the Hudson River and, to my surprise, a short, slightly elevated Nature Boardwalk, with native plantings and quiet resting areas.

A walk of a few blocks (see directions on the website) from Hudson River Park takes you to the High Line, an inspired rail-to-trail conversion that offers truly unique experience for walkers and hikers. It features a carefully designed urban landscape paradoxically populated with unruly tall grasses,

bushes, small trees, and other native plants. Planners made a conscious effort to keep the types of vegetation that grew wild during the time the track was abandoned. Among the many places to linger is at 10th Avenue Square [at 17th Street].

The deeply felt wounds but energetic rebuilding enveloping the World Trade Center site, the natural beauty of the Hudson River with its historic views, and the inspired design and unique setting of the High Line all make for a most thought provoking and thoroughly delightful hike. When I'm on the trails in southern Harriman State Park I can only see the tip of Manhattan; on this hike I experienced it on the ground.

Hikers' Marketplace



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Maps (TC published except where noted. Discounted shipping available for orders of 8 or more.)

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