



TRAIL WALKER

New York-New Jersey Trail Conference – Maintaining 1,700 Miles of Foot Trails

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Trail Blazes of Glory

By Brenda Freeman-Bates, Senior Curator, Ward Pound Ridge Reservation



COURTESY: WARD POUND RIDGE RESERVATION

Ward Pound Ridge Reservation's 35 trail miles are much improved thanks to volunteers. Above: David Roider, Heather Schneider, Gail Blumenfeld, and Brenda Bates set out to do some work.

Ward Pound Ridge Reservation, Westchester County parkland, is the largest park in the county, consisting of 4,300-plus acres and more than 35 miles of trails. The park is a biodiversity preserve, with much to offer including camping, picnicking, nature experiences of all kinds, a nature museum, and hiking on the extensive trail system.

These trails, however, were in dire need of reconfiguring and re-blazing. Over the many years (the park was established in 1925), there have been a variety of blazing techniques, colors, and configurations, and the trail system had become very confusing. Calls from lost hikers were routine, and between the poorly blazed trails and an outdated map, it was difficult for us to determine their location. The addition of junction markers several years ago helped with this, but major work still needed to be done. And then...

Along came Walt and Jane Daniels, wheeling and "GPSing" the trails for their

new guide book, *Walkable Westchester*, in development. Our continued communication led to the New York – New Jersey Trail Conference holding a trail blazing workshop here in October of 2006, in which our first trail got re-blazed and a core of volunteers was recruited. Among these recruits were three gentlemen in particular—Jim Fitch, Fred Howley, David Roider—who have been blazing their hearts out ever since. They have been here once a week for about a year now, missing only a few weeks out of that whole time, and have managed to recruit even more regular volunteers. They have also held meetings to keep the momentum going, and filed progress reports with the Trail Conference.

As there was so much work to do, I had anticipated the trail work would take at least a few years, but to my wonderful surprise, in just under a year the park's whole trail system has been re-blazed and

revamped. There was an enormous amount of out-blazing the old markers, putting up new markers, closing trails, clearing the trails of over-hanging and fallen debris, reconfiguring trails, walking them in the different seasons, tweaking the blazes, and having a good time while doing it all.

A new trail map has also been printed, with great thanks and gratitude to the Trail Conference for sharing its GPS database of the trails with the Westchester County Department of Planning. The new color map and brochure now correctly reflect the trail system, with points of interest, topographical lines, forests, fields, and wetlands indicated.

This amazing feat would never have been accomplished so expeditiously without the dedication of volunteers. To date, a very impressive 928.5 volunteer hours have been recorded for this project. And by far, the majority of those hours were spent in the beautiful woods, not only blazing trails, but forming comradeships, enjoying nature, working hard, and feeling good!

But alas, as always, there is still more to be done. We will be adding many more junction markers, with the goal of getting every junction marked, and we are taking on bigger projects of trail maintenance such as installing water bars. So if you are interested, we would love your company and your labor. Just give me a call at 914-864-7317, and you too can be part of a wonderful thing!



Trail blazers extraordinaire Patrick Colangelo, David Roider, Fred Howley, and Jim Fitch have volunteered almost weekly for a year.

Volunteer of the Year

Trail Conference member Danielle Bouchard was recognized as Volunteer of the Year by the New Jersey Department of Environmental Protection in a September 29 ceremony in Stanhope, NJ.

Danielle first appeared on the Trail Conference hiking trail scene as a volunteer member of the North Jersey Monthly Trail Crew, helping to relocate a section of the Crossover Trail in Ringwood State Park.

Her enthusiasm soon led her to also join the Weekday Trail Crew, which met more often and so enabled her to contribute more of her time. Soon Danielle was showing others how to do trail work, serving as an inspiration and squad leader on trail crew days.

She helped to re-blaze and refurbish many miles of the Highlands, Horse Pond Mountain, Hoeflerlin, Cannonball, and

Lookout Trails and often turns out for blow-down clearing operations. She made a substantial contribution to help relocate a section of the Highlands/ Stonetown Circular Trails, and create a new section of the Monks Trail, both in Long Pond Ironworks State Park. Training her sights on the Appalachian Trail, she contributed her time and effort toward the installation of new puncheons through wet pastures in Wawayanda State Park.

As though all of this was not enough, Danielle requested a trail that she could personally maintain, and so is now assigned to a section of the Yellow Trail in the Ramapo Mountains.

In her spare time Danielle leads area hikes for her friends, introducing them to the natural features of the beautiful North Jersey state parks and forests.

—John Moran
Chair, North Jersey Trails Committee



TC member Danielle Bouchard was named NJ DEP Volunteer of the Year. She poses with, left to right, Eric Pain, Superintendent Ringwood State Park; Vin Dryer, North Jersey Work Crew and maintainer; and John Moran, chair, North Jersey Trails Committee.

BELLEAYRE Agreement Scales Back Resort and Protects Over 1,400 Acres of Land in New York

On September 5, 2007, Governor Spitzer announced an agreement regarding the Belleayre Resort at Catskill Park development proposal after a seven-year legal and regulatory battle over the project. The agreement between the project sponsor, environmental groups, New York State, and New York City will allow the project to move forward but in a significantly scaled-back form. The agreement is consistent with joint testimony provided by the Trail Conference and Adirondack Mountain Club (ADK) to the Dept. of Environmental Conservation and the governor's office.

This acquisition will ensure that the views from the Catskill High Peaks will not be impaired.

To the Trail Conference the most important aspect of the agreement is that the construction of the resort, located in the heart of the Catskill High Peaks, will be limited to the west side of Belleayre Mountain, adjacent to the Belleayre Mountain Ski Center. The west side of the project site was previously part of the Highmount Ski Center. We strongly opposed plans to develop a resort on the eastern portion of the mountain, known as the Big Indian Plateau, because of the environmental and aesthetic impacts of the construction of a hotel and townhouses on the prominent and steeply sloped Belleayre Ridge. The agreement provides for state acquisition of 1,216 acres of land on the Big Indian Plateau, which will be added to the Catskill Forest Preserve. This acquisition will ensure that the views from the Catskill High Peaks will not be impaired.

The state will also acquire 78 acres at the former Highmount Ski Center, which will be integrated into a westward expansion of the Belleayre Ski Center. The agreement also includes a NYS Watershed conservation easement on 200 acres of nearby lands.

The agreement includes many other environmental safeguards such as: reduced visibility of the resort from Forest Preserve Wilderness Areas; redesigned portions of the resort to eliminate the placement of most buildings on steep slopes; clustered

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TRAILWALKER

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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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From the Chair

Milestones

A Trail Conference member told me of an article in her college alumni magazine that noted the following research findings: people report feeling happier when they take part in meaningful activities rather than in activities that simply bring them pleasure. As I step down from six years as chair of the Trail Conference board of directors, I can say those findings ring true for me.

My husband Walt and I get much pleasure out of hiking—being outside in nature, sharing time and walks with family and friends—most of our vacations and many of our day-trips center on hiking. But we also derive deep satisfaction in giving back to trails and the hiking community, and these past six years have been particularly productive ones for both me and the Trail Conference.

When I started my term in October 2001, the Trail Conference had recently moved from New York City to Mahwah, NJ, a relocation that had been much debated as to its wisdom. The move proved to be a good one. The location is at the center of our region, easily accessible to more of our members, and we have seen an increase in

the number of our volunteers. Now we are in the process of planning an even bigger move, not so much in physical distance—the new offices will be just a mile or so west of our current location—but to owning an historic building sorely in need of renovation—the Darlington Schoolhouse in Mahwah.

Wedge between those major events are many other projects often described or reported in the *Trail Walker*. A short list includes:

- a highly successful Capital Campaign
- research on invasive species
- completion of the Pochuck Bridge project
- digitizing our maps
- securing and protecting hundreds of acres of land
- beginning the Bear Mountain Trails Project
- publishing new editions of books and maps and new books, most recently *Hiking the Jersey Highlands*
- hosting the Appalachian Trail Conservancy's biennial conference, Ramapo 2007

As board chair I participated in some of these accomplishments significantly and others not at all. All are meaningful activities that contribute to a better trail system, more opportunities for the public to enjoy trails, and a better, stronger advocate for trails and hikers in the Trail Conference.

The dedication of the Trail Conference staff and volunteers—like-minded people who appreciate the benefits of engaging in meaningful activities—has made these achievements possible and my tenure as chair extremely satisfying. Together we have found ways to enhance the pleasures of hiking with the satisfactions of meaningful activity. Thank you, all. I hope to see you on the trail soon.

Jane Daniels
Chair, Board of Directors

Calls & Letters to the Editor

Thanks for Hewitt-Butler Trail Improvements

I was out hiking on Hewitt-Butler Trail (in the Wyanokies) today (September 29) and would like to extend my thanks to the trail maintainers. The last time I hiked a portion of this trail it was almost impassable in places. Today it was well marked and it was evident that there had been a lot of work put into clearing the brush. It was a pleasure to walk on (except for that steep climb from West Brook Road). Please tell the maintainers that their efforts are much appreciated.

Sincerely, Ed Walsh, Sr.

John Moran, Chair of the North Jersey Trails Committee responds:

The North Jersey Trails Committee has been working hard for the past year and a half to whip the Hewitt-Butler Trail (north) back into shape. It looks like we got in just under the wire before Ed Walsh went hiking—we spent 30 volunteer hours just the day before to finish up all blazing and clearing. Even the steep climb up from West Brook Road has been made easier by improved blazing, along with clearing blow-downs and sticker bushes. Thanks go to our Weekday Wonder Warriors trail crew, the Venture 100 Hike and Serve crew, and our regular section maintainers. We're still looking to relocate the nearly one mile of north-south trail that extends under a power line, but a lot of volunteers already have made a vast improvement to this trail.

Request for Hiking Partners

Andres Rodriguez, a self-described "Determined Blind Hiker," seeks "open-minded, risk-taking" hiking partners—either individuals or a team of hikers—to go with him and guide him on challenging trails. Andres lives in Washingtonville, Orange County, NY, not far from Schunemunk Mountain. He reports that he has hiked and camped, he travels daily to NYC to work, and does not want to be dependent, but does require a partner for hiking. "Usually, we go single-file and I put my hand on the back or backpack of the person ahead," he says. Contact Andres at home at 845-497-7128 or at work, 212-677-6668, ext. 152.

A Thank-you for Long Service To Metro Trails

On June 18, Bob Ward, former Chair of the Metro Trails Committee, presented a Certificate of Appreciation to Herman Zaage, a long-time maintainer of a portion of the White Trail in the Staten Island Greenbelt. Herman answered the call for volunteers when the Trail Conference first started maintaining trails on Staten Island and continued until medical conditions forced him to resign a few years ago. Bob felt that such long time service should be acknowledged. The certificate was presented to Herman at the regular quarterly meeting of the Staten Island of the Metro Trails Committee.

Send Us a Letter

Email it to tw@nynjtc.org; in the subject line, put "letter to TW editor"; or send it to Trail Walker Letters, NY-NJ Trail Conference, 156 Ramapo Valley Rd., Mahwah, NJ 07430.

Contribute Your Club, Trail Project T-Shirt to TC Quilt Project



Such great interest was shown in the quilt/wall hanging "Meeting Place," which was raffled at ATC Ramapo 2007, creator Carolyn Canfield has offered to construct another wall hanging for the new New York-New Jersey Trail Conference offices at the Darlington Schoolhouse. To accomplish this project, she will need a collection of new or nearly new T-shirts appropriate to Trail Conference activities in the New York-New Jersey area. These could include, but are not limited to, club T-shirts, project T-shirts, park T-shirts. The size of the wall hanging will depend upon the space available at the school house and the number of usable donated T-shirts. To become part of Trail Conference history, drop off your T-shirt donation at the Trail Conference office before April 1, 2008. Donated T-shirts will not be returned.

Taking Digital Pictures for Trail Walker?

File sizes needed for print are larger than those required for the web. Set your camera for a high or highest resolution.

The smallest size photo that we can use is 3 inches x 2.25 inches @ 300dpi (900 x 675 pixels).

Larger sizes are recommended and should be saved as RGB jpeg files.



MGM Prize Leads to Grand Hike



Suse Bell, member of the NY-NJ Trail Conference Publications Committee, was a winner in the Member Get a Member (MGM) contest held this past spring by the Trail Conference. Her third-place prize was an airline ticket to anywhere in the continental United States donated by a Trail Conference board member.

Suse did not set out to win a prize in the contest; rather, she had just been busy promoting the Trail Conference, as usual, to the new members of her Boy Scout troop. Members of Troop 89 (Wyckoff, NJ) are encouraged to join the Trail Conference so they can benefit from discounts on equipment at retail outlets such as Campmor and Ramsey Outdoor, and also to support trail maintenance and conservation.

Suse used her ticket to accompany her husband Colin on a trip to the Grand Canyon and Sedona in Arizona, where they spent their time HIKING.

From the Executive Director

There she goes again ...

By the time this *Trail Walker* is in print, Jane Daniel's six-year tenure as chair of the Trail Conference's board of directors will have come to a highly accomplished and satisfying end. I want to dedicate this column to thanking Jane and other highly engaged if overcommitted volunteers who embody the active service that drives the Trail Conference forward, year after year, decade after decade. You know who you are, and you are an inspiration to the rest of us.

Jane's active involvement in the Trail Conference goes back 30 years, and includes working with her husband, Walt, in 1983 to set up the first computerized registration for an Appalachian Trail Biennial Conference, and chairing the East Hudson Trails Committee, the Trails Council, and the Publications and Strategic Planning Committees.

I first met Jane when interviewing for the executive director position in the fall of 2000. She was (no surprise) chairing the search committee! It was a highly organized

affair, from its very diverse composition to the rather thorough vetting procedures that were delegated evenly among all the committee members.

The hallmark of Jane's approach and the key to her success are the people that she brings to the table: everyone is deemed capable and willing to embrace responsibility. People learn that serving on a Jane Daniels committee means being pressed into service. She easily identifies the doers in a group and quickly converts talkers to doers or ex-committee members.

The great thing about Jane is that she isn't a sink-or-swim drill sergeant type. She learned first-hand a wealth of techniques for motivating and supporting volunteer-powered initiatives. She can coach and support volunteers who become concerned that they have gotten into something over their head. There are many in the Trail Conference, staff and volunteers alike, who have benefited from her experience and generous spirit.

The Trail Conference has experienced many challenges, accomplishments, and changes during Jane's six years as board chair. For example, we are now protecting trail lands directly through acquisitions, we



Never an idle moment for outgoing board chair Jane Daniels.

are collaborating with Rutgers University on federally-funded ecological research, our trail stewardship has expanded by 300 miles, our maps are produced digitally, our budget has doubled, and we have just purchased "New Jersey's most architecturally significant schoolhouse," located on the escarpment of the Highlands, to rehabilitate as our headquarters.

I could go on about Jane—that her Trail Conference accomplishments have been in addition to raising a family, working as a reference librarian full-time through her early tenure as board chair, starting a new company, completing a section-hike of the Appalachian Trail, preparing a new book, *Walkable Westchester*, for publication next year, and knitting countless garments through an eternity of meetings. I could also write another column about her husband and co-conspirator, Walt Daniels, one of the few people whose recent accomplishments on behalf of the Trail Conference rival her own.

However, this is just a thank-you, not a eulogy, because Jane is not stopping. She practices what she preaches and has already volunteered (readily accepted, I might add) to chair the Trails Council again. Therefore, I would like to thank Jane and all the other volunteers who helped the Trail Conference grow to meet the challenges of this century. Let's continue the journey.

—Ed Goodell, goodell@nynjtc.org

\$50,000 Anonymous Gift to TC

A Trail Conference donor has taken advantage of the *Pension Protection Act of 2006* to make a very generous gift of \$50,000. This unique opportunity, which will end December 31, 2007, allowed this benefactor to make an annual gift to the Trail Conference from their IRA, free from federal taxation.

This great opportunity allows your charitable distribution to satisfy all or part of your required minimum IRA distribution for the year. You can use your IRA to make your charitable gifts this year and avoid federal tax on your required IRA distribution.

For additional information on the *Pension Protection Act of 2006* or to inform the Trail Conference that you are making an IRA distribution, please contact Joshua Howard, the TC's Membership and Development Director, at josh@nynjtc.org or 201-512-9348, ext. 13.



BELLEAYRE RESORT

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development to reduce acreage of disturbed land from 573 to 273 acres; reduction of the total number of the resort's hotel and lodging units; and half a million dollars in state funds for local smart growth projects through a new Central Catskills Smart Growth Initiative.

Overall, the Trail Conference and ADK are pleased with the agreement. We would also like to take this opportunity to acknowledge the Governor's office, Congressman Maurice Hinchey, the Natural Resources Defense Council (NRDC), and the Catskill Center for Conservation and Development (CCCD) in helping to reach this favorable resolution.



'Get them to come, and they will build it.'

This twist on a line from the movie *Field of Dreams* sums up Tim Messerich's two-pronged approach to trail projects: he puts as much effort into recruiting volunteers as in designing the work itself. Tim's secret to recruiting success—the July 22-23, 2007, project brought out 50 volunteers eager to help bridge a bridge on the AT in Dutchess County—is to communicate extensively and "offer food."

The advice is familiar to those who recruit and motivate volunteers in all kinds of settings. Tim lives the advice each year as he leads the organizing of a big weekend-long project at or near the RPH Shelter on the AT in Dutchess County. He sends updates about project planning year-round and he makes food a central part of each year's project. His regularly posted email messages and blog entries deliver news, project details, and a sense of eager anticipation to his contact list.

June 23, 2007

The first shopping trip for food went well. The bridge cribbing assembly is coming along well. Only a few more weeks til the FUN starts!

July 9, 2007

The cribbing is ready to be transported to the shelter along with the RPH Grill. Mike and I will be on site Thursday afternoon to set up everything and do the final shopping for food.

July 15, 2007

The cribbing and the grills are now at the worksite. ... I have it on good authority that the cook is meditating and getting ready for a massive feast!"

Tim looks to the hiking community and beyond for his volunteers. His cousin Mike Pardee, for example, is chief cook and PR/web volunteer. "He's not a hiker," Tim notes, "but he enjoys camping and this is his way of giving something back. Without his help, the word would not get out to the masses." Other volunteers are drawn from trail neighbors—people who use the trail to walk their dogs or take a short stroll on a beautiful day. Families turn out, as do people with expertise, such as masons and carpenters. Thru-hikers pause in their trek to enjoy the festivities and help with the work. Tim finds appropriate jobs for everyone, even those who don't necessarily want to do heavy work or get covered with dirt. They may end up helping with the shopping, cooking, or clean-up.

"Food is really important for these projects," Tim says. "It attracts volunteers and you'll get more work done because people

will stick around." His commitment to this point is such that he pays for most of the food costs. This year, \$1,000 bought 88 items from Sam's Club that required four cars to transport to the work site. "We're not talking just hot dogs and hamburgers," he says. Steak, pork chops, chicken and all the usual ingredients for a summer barbecue party are on his shopping list.

Over the years the number of volunteers and size of attendant picnic festivities have steadily grown. "It's taken nine years to get to this point," he says. He has an extensive

list of regulars and they have come to expect the project on the second weekend of July. (This year was an exception so there would be no conflict with the ATC Conference at Ramapo.)

Tim traces his trail volunteer involvement to his own AT hike in 1997. "I was thru-hiking," he explains, "and I saw a lot of trail magic—people providing food for the hikers." Unfortunately, he had to cut his hike short when his father became ill. The next year, he decided to provide some

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From piling construction...



...to meal prep, there's a job for everyone.



Team leader Tim Messerich puts a last touch on the new bridge: a plaque with the names of the volunteers.

Conservation & Advocacy

Conservation & Advocacy News Notes

Get timely news about trail issues by subscribing to the TC monthly e-newsletter and/or action alert list. Go to www.nynjtc.org/emaillists/index.html.

Federal Highlands Funds Preserve Camp Vacamas Land

On October 1, the Highlands Coalition celebrated the successful efforts of Senator Frank Lautenberg, Congressman Rodney Frelinghuysen, and Congressman Scott Garrett to secure the first funds under the Highlands Conservation Act (HCA) towards the preservation of Camp Vacamas in the Wyankie Highlands. The State of New Jersey is purchasing 310 acres of Camp Vacamas using its share of the \$2 million in HCA funds approved by Congress last year, and \$3 million from the Garden State Preservation Trust (GSPT). The Trail Conference is a founding member of the Highlands Coalition, which works to protect the sustainability of natural and human communities in the more than three million acre Highlands region of Connecticut, New York, New Jersey, and Pennsylvania.



Land Transfer Completed

Land on the Shawangunk Ridge preserved by the Trail Conference through purchase has been transferred to the Dept. of Environmental Conservation of the State of New York. Though the state's acquisition of the property—150 acres in Otisville that includes a fire tower—had been announced by Governor Pataki in 2005, the actual closing on the property took place with the NYS Attorney General's office on August 28, 2007. The Trail Conference purchased the land as part of its effort to protect the route of the Shawangunk Ridge Trail. The parcel abuts the SRC and includes a recently built 2-mile loop around the Graham Fire Tower (see page 1 story, May/June 2007 *TW*).

ATVs on Trails: Photos, Stories Wanted

If you have photos or stories of ATVs on hiking trails or park lands, please consider sending them to the Conservation & Advocacy staff. They will be useful to document and illustrate presentations about the damage caused by these vehicles. Send them to Brenda Holzinger, holzinger@nynjtc.org.

Bear Naked Granola Hits the Trail



On Tuesday, August 14, 2007, a crew of employees from Bear Naked Granola put on work gloves and hefted tools to the

south side Appalachian Trail construction site on Bear Mountain. After several hours of work, the crew had removed duff from dozens of feet of trail.

The group's work helped to mark the company's announced support of the Appalachian Trail as part of its Triple Crown Project—"conserving, building and maintaining America's three great long distance hiking trails"—namely, the Appalachian, Pacific Crest, and Continental Divide Trails. The company announced the project to mark its release of new trail mix blends.

The Trail Conference is pleased to partner with groups like Bear Naked Granola that support our trails. Visit www.bearnakedgranola.com for more information on the Triple Crown Project or to order their Appalachian Blend of Trail Mix.



Trail News

Get timely trail news by subscribing to the TC monthly e-newsletter. Go to www.nynjtc.org/emaillists/index.html

Additional Stillman Bridge Work Will Close Trail

The second phase of the Stillman Bridge replacement in Storm King State Park has started this fall. For the safety of the crew and hikers the bridge will be closed during construction. Scheduled work dates are October 28, November 10, 17, and 18. There may be other work trips during November when the bridge is not passable.

Weekday Detour Required for Wanaque Reservoir Trails

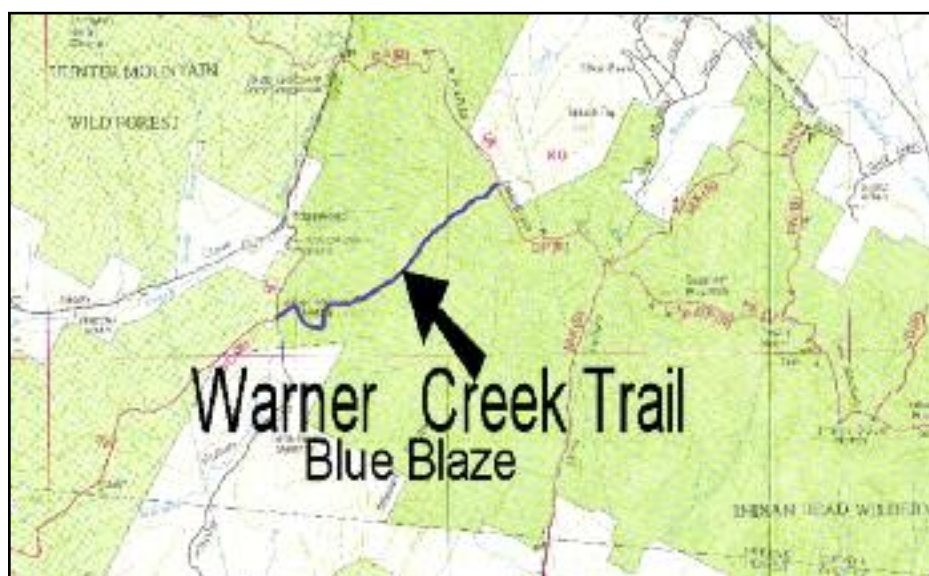
The Wanaque Reservoir section of West Brook Road, between Stonetown Road and Greenwood Lake Turnpike (County 511), is scheduled to be closed through November for reconstruction. The closure will be in effect Monday through Friday, 8am to 4pm. Access to the trails in Norvin Green can be made from the north via Stonetown Road and Morestown Road; from the south via Otter Hole Road.

The Harriman Parking Area That Isn't

On Trail Conference Southern Harriman Bear Mtn. Trails Map 118, a parking "P" is shown just off the east side of 7 Lakes Drive, along Lake Welch Road. Although at that location there exists a very obvious, fairly large, partially graveled and partially grassy lot, the Trail Conference has been informed that it is not an official parking area and cars can be ticketed.

Map of New LP Connector In Catskills

In the last issue of *TW* we described the new Warner Creek Trail in the Catskills that connects the Long Path to the Devil's Path on Plateau Mountain. Below, responding to popular demand, is a map of the new trail.



In blue: the new trail that connects the Long Path to the Devil's Path in the Catskills.

Scout Completes Eagle Project at George's Island



John Quartucio of Cortlandt Manor, NY, recently completed his Eagle Scout Project at George's Island Park in Westchester. "I can't say enough about what an outstanding job this young man did," says Mike Bongar, Trail Conference Supervisor for Westchester Trails. "He not only built a bridge on the East Hudson Greenway, but he did a big relo (from a wet spot that was on its way to becoming a deep gully) and he connected the two Greenway sections in George's Island, plus he brought in a pack of Cub Scouts for major trash removal, plus he got rid of metal fence pole stumps that were a serious hazard. And that's not everything. John's planning on donating the excess of his budget to the Trail Conference."

The project involved one particularly unusual circumstance: floating the bridge, which John built in his garage, to the site at George's Island. John researched Hudson River tides for best time of day and arranged for boats with licensed captains to float the bridge onto the site.

John recruited and managed a crew of 45 volunteers who contributed 465 project work hours. The volunteers included Boy Scouts and leaders from Troop 49 Ossining, Troop 174 Yorktown Heights, Troop 165 Yorktown Heights, and Troop 36 Montrose; Girl Scout Troop 1257, Cub Scout Pack 118, Cortlandt Manor; students from Hendrick Hudson High School and Ossining High School; friends, neighbors, and family members.



Top to bottom: Eagle Scout candidate John Quartucio's finished bridge on George's Island; getting ready to float the bridge from the mainland; putting the bridge into position; placing the decking.

TRAIL U

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

Unless otherwise noted, to register or get more information contact Leslie Rapparlie at 201-512-9348, ext. 28.

October 25 – 28 (Thursday – Sunday)

Trail Construction:

Building Over Bedrock: The Art of Stone Pinning

Come out for all days or just the weekend

Instructor: Peter Jensen

Location: Bear Mountain Trails Project

Close to where the new AT route joins the old, the trail will wrap around a ridge which is a smooth bedrock ledge for nearly 60 linear feet. Here, for these 4 days, crews will be anchoring a 2- to 3-foot tall crib wall onto numerous steel pins for that entire length, while enjoying leafless views down onto the Bear Mountain Bridge, Anthony's Nose, and the Hudson River. Most quarrying will be done prior to the weekend, allowing participants a unique opportunity to learn and perfect skills. Participants must have volunteered on stone work trail crews before and get permission to participate from Eddie Walsh or the general project manager (see above).

November 3 & 4 (Saturday & Sunday)

Trail Construction:

Stone Step Construction for Beginners

Instructors: Jon Paulson, former SCA crew leader and Yosemite National Park Trail Crew member

Location: Bear Mountain Trails Project

Participants will learn how to build stone steps, working a short distance from the Summit Tower. Several different methods will be employed to build a 2-foot wide stone staircase in beginner-friendly terrain on the mountain's south side. Instruction and tips will be given for safely moving stone with minimal effort and impact to the environment.

November 10 & 11 (Saturday & Sunday)

Advanced Trail Construction:

Stone Crib Wall Construction

Instructors: Joshua Ryan, Timber and Stone, LLC

Location: Bear Mountain Trails Project

If you missed these workshops in the fall or in year one, this may be your last chance for a while; most of the work planned for the 2008 season involves stone steps. Participants in this workshop will learn to build dry stack stone retaining walls, aka crib walls. In addition to learning key structural and design requirements, participants will also learn how to use stone shaping tools to cut rock to desired shapes and sizes.

November 17 & 18 (Saturday & Sunday)

Advanced Trail Construction:

Stone Cutting and Shaping

Instructors: Eddie Walsh, Matt Townsend

Location: Bear Mountain Trails Project

This will be the inaugural workshop to take place in the dramatic "boulder fields" uphill of Hessian Lake. Stone cut and split during this workshop will be used as 5-foot wide stone steps that wind between bus-sized boulders and under dramatic rock ledges. By learning how the stone prefers to break, participants in this classic Bear Mountain workshop will learn how to split boulders into

continued on page 7

GET THEM TO COME

continued from page 3

trail magic of his own by bringing food to the RPH Shelter to share with thru-hikers. In the way that things have of proceeding from one step to another, he gradually found himself organizing more and bigger trail projects. "It started with the shelter



Trail Crew Schedules

November - December 2007

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

TBD = To Be Determined

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

NORTH JERSEY WEEKEND CREW

Leader: Sandy Parr, 732-469-5109

Second Sunday of each month

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

NORTH JERSEY WEEKDAY CREW

Leader: John Moran, thornburyhall@verizon.net

This crew covers the NJ Ramapos, Ringwood S. P., northern Wyonokies, and NJ Palisades, among other areas. Its purpose is to respond quickly to immediate needs rather than to schedule definite events far in advance. If you're interested in being on call for this work, contact leader by email.

WEST JERSEY TRAIL CREW

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

Bring your lunch, plenty of water, gloves and sturdy work shoes, and be prepared to get dirty. All tools, materials and training will be provided. Beginners are welcomed on all work trips—and are especially invited to our 'Try-A-Trail-Crew' days (see the schedule below). All events begin at 9am. Please phone 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.

October 27 (Saturday)

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

November 3 (Saturday)

Dunnfield Creek Trail, Worthington State Forest
We will continue work on the step-stone crossing of Dunnfield Creek at the site of one of the bridges that was destroyed by Hurricane Ivan.

November 4 (Sunday)

Dunnfield Creek Trail, Worthington State Forest
We will continue work on the step-stone crossing of Dunnfield Creek at the site of one of the bridges that was destroyed by Hurricane Ivan.

NJ HIGHLANDS CREW

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

First Sunday of each month

Trips start at 10am. Call, email, or check www.nynjtc.org crew calendar for directions and details of work trip.

METRO TRAILS CREW

Leader: Joe Gindoff, 914-760-3568, joeghiker@aol.com

November 17 (Saturday)

Staten Island Greenbelt

9am, Leader - Joe Gindoff

Meet: 9am at the Nature Center (200 Nevada)
Work project to be announced

December 15 (Saturday)

Alley Pond Park, Queens

Meet: 9am at the upper parking lot, across the Sanitation Department, off Winchester Blvd.

Work project to be announced

WEST HUDSON NORTH CREW

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

Storm King State Park

This fall, we will be completing the Stillman Trail bridge-stairs project. We will put the finishing touches on the bridge that crosses a land breach beside a cliff. From the bridge, we will be building steps to scale a nearby ledge. Rock shaping/drilling and carpentry skills will be helpful as well as some traditional stone footing and stair building skills. Rock climbing harnesses and rigging will be needed during some phases of construction. There are also project tasks that can be accomplished by all skill levels. Contact leaders for meeting time and location.

October 28 (Sunday)

November 10 (Saturday)

November 17 & 18 (Saturday and Sunday)

WEST HUDSON SOUTH CREW

Leaders: Chris Ezzo (Crew Chief): 516-431-1148, musicbynumbers59@yahoo.com
Brian Buchbinder: 718-218-7563, brian@grandrenovation.com
Claudia Ganz: 212-633-1324, clganz@earthlink.net
Robert Marshall: 914-737-4792, rmarsshall@webtv.net
Monica Day: 732-937-9098, Cell: 908-307-5049, westjerseycrew@trailstobuild.com

November 3 (Saturday)

R-D on Black Mountain, Bear Mountain S. P.
Leader: Chris Ezzo

November 8 (Thursday)

Major Welch Trail, Bear Mountain State Park
Leader: Bob Marshall

November 10, (Saturday)

R-D on Black Mountain, Bear Mountain S. P.
Leader: Brian Buchbinder

November 15 (Thursday)

Major Welch Trail, Bear Mountain State Park
Leader: Bob Marshall

November 17 (Saturday)

TBD
Leader: Chris Ezzo

EAST HUDSON CREW

Work dates to be announced on website. Sign up for email notification at www.nynjtc.org; click on Trail Crews, then Sign-up for Trail Crew at top of page.

NEW JERSEY APPALACHIAN TRAIL FIELD CREW

Leader: Gene Giordano, trailwork@appalachiantrail-nj.org

Second Saturday of Each Month, April through November

Work begins at 9am and is finished before 4pm. Covers the entire NJ section of the AT, blue-blazed side trails, and shelters. Supplements work by our individual maintainers as requested and for special work projects. Workers bring gloves, lunch, and water; all tools, equipment and training provided. Email leader to be placed on email notification list.

BEAR MOUNTAIN TRAILS PROJECT

Contacts: Eddie Walsh, Construction Manager 845-591-1537, Leslie Rapparlie, Project Manager 201-512-9348, ext. 28

Individuals as well as organized groups are welcome, regardless of experience level, to the work on the mountain. To get involved, register online or contact the Trail Conference staff. Join one day or a string of days.

October 26 – 29 (Friday – Monday)

Joint project with the Adirondack Mountain Club Volunteer Trails Program & Stone Work with Peter Jensen

Work on the east or south face of the mountain. Volunteer one day or several.

November

Trail crews will be completing major structural work (rock steps and stone retaining walls) on the "high traverse" on the mountain's east face. Large stretches of trail will be paved with stone (patio-like structure built to withstand heavy waterflows). Crews also will begin installing steps in the "boulder fields" uphill of Hessian Lake.

Beginner trips and larger groups will work on the south and western side of the mountain doing basic tread work and easier stone construction.

December

We will be applying trail surfacing to much of the "high traverse." This involves sending imported, finely crushed stone down to the trail from an overlook on Perkins Memorial Drive via a 500-foot long cable highline. Power wheelbarrows will be used to transport the crushed stone down the trail and into place. Finally, help will be needed to spread the stone along the trail from where it is dumped. This work is as active as you like. Hot coffee, tea, and chocolate will be provided each day.

November 1 – 5 (Thursday – Monday)

Leaders: Eddie Walsh, Peter Jensen, Matt Townsend

November 8 – 12 (Thursday – Monday) & November 15 – 19 (Thursday – Monday)

Leaders: Eddie Walsh, Jon Paulson, Matt Townsend

November 28 – December 3 (Wed. – Mon.)

Leaders: TBD

December 6 – 10 (Thursday – Monday)

Leaders: TBD

December 13 – 17 (Thursday – Monday)

Leaders: TBD



RPH Bridge Project 2007 Credits Volunteers

Kim Mooers, Donna Perez, David Drorsky, Paul Pasternak, Lalita Malick, Chuck Wood, Stephanie Rogers, Joe Muskus, George Muller, Scott Vaka, Joel Romy, Mark Hudson, Sarah Reinhardt, Brian Solis, Sands Frost, Marissa Frost, Walt Daniels, Ralph Ferrusi, Kevin Reardon, Hanna Reardon, Rich Taylor, Esther Perez, Seth Lyon, Tamas Vilaghy, Bob Miller, Dick Rhoads, Andrew Seirup, Jack Parker, Charlie Nagy, Joel Ryan "Shradley", Dianna Klopping, Kim Glatz, Rob DuRay, Ollie Simpson, Jim Hagggett, Ralph Verdu, Mary Gomez, Kim Ward, Steve Clair, Ken Walsh, Kevin Boyce, Old Yeller, Singe, Misplaced, Karl "Hunsus" Weiss, Larry, Tomas Vilaghy Jr., Kathy & Paul Abdis, Tim Messerich, Mike Pardee

Donors

Central Hudson Gas & Electric (Mark Molepeter): two 35-foot telephone poles

L.L. Bean Grant (ATC & NY-NJ Trail Conference): \$750

ADK (Mid-Hudson Chapter): \$500

Tree Top Services Fishkill NY (Rick Consulato): 1,000+ feet of logs for RPH projects last two years

John Joseph Welding & Fabrication Inc. Beacon, NY: Materials and shop for six steel structural plates for new bridge. Special thanks also to John Sgorbissa for constructing the plates

Tony Ginese of Chelsea Forest Products: approximately 300 feet of lumber for bridge construction

Dennis Miller (East Fishkill Highway Dept): Crushed stone for the bridge cribbing

Sam's Club: \$25 Gift Card

Home Depot: \$25 Gift Card

Hannafords: Case of bottled water



Jane & Walt Daniels Finish the AT

By Ollie Simpson

Message from the Appalachian Trail Conservancy to Walt and Jane Daniels:

“Congratulations on becoming the first 2,000 miler couple to serve on the ATC Board!”



Jane and Walt Daniels finished the AT at High Point State Park.

On September 2, 2007, Jane and Walt Daniels (respectively board chair and volunteer webmaster for the Trail Conference), took the steps that brought them to the end of their 15+ year section-hike along the entire length of the Appalachian Trail.

The Daniels had reserved for their finale a hike close to home—High Point State Park in New Jersey—so that family and friends could join them for the last 1.2 miles, presentation of 2000-miler patches, celebratory beverages, and a picnic. Their two daughters, two grandchildren, and 55 friends were on hand for the festivities.

Walt and Jane helped build the AT in Putnam County, NY, starting in 1984. It was 1992 when Walt decided he wanted to section hike the entire trail. (Section hikers complete the 2000+ miles a portion at a time over a period of years by day hiking, backpacking, or some combination thereof.) The Daniels began keeping track of their miles, grandfathering in previously hiked sections. They hiked Springer Mountain (southern terminus) with their younger daughter in 1993 and climbed Katahdin (northern terminus) in 1995 with both daughters.

Prior to setting themselves the AT challenge, the Daniels earned Adirondack 46er status, climbing the high peaks with their two daughters and finishing in 1987 on Rocky Peak Ridge. Their next goal: finish writing *Walkable Westchester* in 2008 and see it published by the Trail Conference.

To ATC's greetings we at the Trail Conference also say to Walt and Jane: Congratulations!

NATIONAL PARK SERVICE MAP



Library Project

By Annette Feldman

Did you know that the Trail Conference houses a treasure trove of books and videos, all available for member use, to guide and inspire you on your next adventure?

The Hoeflerlin Memorial Library in the Trail Conference office contains more than 1,200 books for walkers, hikers, climbers, paddlers, and campers. About half of the collection comprises trail guides, focusing on specific states or regions in the United States and around the world. The other half is an amazing assortment of how-to books, equipment guides, trail journals, trail inspired poetry, and photo collections.

There are historic volumes from the late 19th century, such as Philip H. Smith's 1887 *Legends of the Shawangunks*, as well as guides for how to make the most of the latest GPS way-finding technologies. There are books about backpacking with pets, surviving avalanches, and how not to get eaten. You would be hard pressed to find another library that is as perfect for people who enjoy being active outdoors.

Best of all, if you are not sure whether we have something you can use, you can browse the entire collection from home using our online catalog. If you find what you want, you can either come in and check it out, request that the item be mailed to you, or follow a link to buy the book (if it is available) with 5% of the purchase price going to the Trail Conference. To make this online access happen, the entire collection of books has been recataloged and entered into LibraryThing, an online library catalog system. A **Library books** search box has been added to the Trail Conference website right in the middle of the library page. To get to the library catalog online, follow the **Hoeflerlin Library** link from the left side of the Trail Conference home page www.nynjtc.com.

To try a search, enter a search term and click the Search button. You'll see a list of books that match your search term. Click on any book in the list that looks interesting and you'll be taken directly into the Trail Conference's online catalog. For example, if I were looking for a trail guide for Massachusetts, I would simply enter *Massachusetts* into the search box. My search finds 28 books, including ones on skiing, hiking, and bike trails in Massachusetts and the rest of New England. If I want to find ones on places to hike with my kids, I can enter *children* into the search box and see about 20 books with hikes recommended for kids, as well as about 10 more that are just about enjoying the outdoors with children.



Use our online catalog to see if we have what you are looking for.

When you are in the catalog, you may notice that you can see other LibraryThing subscribers who have that same book. If you'd like to be able to join any of the LibraryThing groups that members create, such as "Ecology and the environment" or "Outdoor Readers", two groups that have members with a lot of books in common with the Trail Conference, you can join LibraryThing for free and even create your own online catalog of the books you have at home. When you become part of LibraryThing's online community, you can get suggestions for new books on topics you've already read about, keep a wish list of books you'd like to have, or use LibraryThing's swap link to hook you up with book swapping sites. Check it out at www.LibraryThing.com.

One more thing. One way in which the Trail Conference library grows and stays current is through contributions of books from members. In particular, although we have many trail and travel guides, we need to constantly remove old ones from our shelves, as the information is often out of date. So, if you have finished with a trail or travel guide that is still in good condition and has been published within the last two to three years, please consider sharing it with other members by passing it along to the library.

Trail Supporter Patch Offered by New York State



The New York State Dept. of Environmental Conservation is now selling a new Trails Supporter Patch, available for \$5 at all outlets where sporting licenses are sold, on-line (you must be an existing DECALS customer and you will need to provide your customer identification number), and via telephone at 1-866-933-2257. Patch proceeds will help maintain and enhance non-motorized trails throughout New York State. All money raised from the purchase of the patch will be deposited in the Conservation Fund's Outdoor Recreation, Trail Maintenance, and Development Account. DEC administers more than 3,500 miles of non-motorized trails on State Forests, Wildlife Management Areas, Forest Preserves, and Multiple Use Areas. Among those trails that will benefit from the patch are some of New York's finest and most well-known, including the Long Path, Northville-Placid Trail, and the main Finger Lakes Trail.

Science & Ecology

Parasites: In Sickness Can Be Eco-Health

By Tavis K. Anderson

For centuries, parasites have lived in nightmares and in the shadows of science. Aristotle described the worms that are found on pig tongues, and the Bible mentions the “fiery serpents” that plagued the Israelites. Those few parasites that have come to the public’s eye have been decried as killers and considerable effort has gone toward eradicating their pathological burden. These labors have painted a stark picture, omitting the positive role parasites play in ecosystems, a role researchers are now revealing.

Parasites contribute to keeping populations of their hosts at moderate levels, they keep energy, in the form of carbon compounds, flowing through food webs, and they help maintain a diversity of species in



Infective nematode stages on a grass blade waiting to be eaten by a sheep

ecosystems. Indeed, it appears that parasites are actually essential to the functioning of ecosystems, and we need to think about “healthy” ecosystems as ones that are rich in parasites. Quite simply, parasites are part of every ecosystem on earth; data suggests that half of all biodiversity may comprise parasitic species!

Parasites can have significant effects upon populations, communities, and ecosystems.

This observed diversity of parasites and their success in establishing within any organism is due to their elegant and amazing strategies for traveling from host to host. Each strategy depends upon an intimate interaction between parasite and host. Parasites have evolved extraordinarily sensitive abilities to hone in on the unique features that signal suitable hosts. Each parasite recognizes a narrow set of cues, such as odors, that ensure it infects the proper host at the proper time.

The result of this evolutionary process is a wide range of transmission strategies among parasites. The ability of parasites to be highly specific in finding hosts helps ensure their ability to both disperse and successfully move from host to host. These strategies can involve various approaches: parasites may passively wait to contact the host, they may position themselves on food

items so that the host eats them, or they may infect an intermediate form that carries them from one environment to another.

These life cycles are not always unobtrusive events. Parasites can have significant effects upon populations, communities, and ecosystems. In Britain, nematodes infect some red grouse populations; only infected populations go through dramatic cyclic fluctuations in size. Rats carrying *Toxoplasma gondii* carry out behaviors that put them at risk of predation, and therefore are more likely to transmit the parasite. Cockles (marine shellfish) that are infested with worms do not process sediment as efficiently as uninfested cockles, which alters the energy flow to fish. Fungal pathogens that infect the roots of most plants affect which plants grow, and thus can determine how many species of plants are found in an area.

Because parasites, by definition, are dependent on the free-living hosts that they infect, the diversity of hosts and the diversity of parasites are tied together. When an ecosystem is rich in free-living species, it will have an amazing diversity of parasites. Conversely, when there is a rich community of



Nematodes removed from gut of marsh killifish

parasites, we can be confident that the community of hosts is also wonderfully diverse. Thus, a diverse and “healthy” ecosystem will also be one with many parasites.

The next time you’re out hiking and a mosquito bites you, consider that it’s doing exactly what it’s supposed to do. Parasites are not only nasty beasts responsible for a human death every 12-seconds (malaria), but also remarkable organisms that have wide-ranging effects on entire ecosystems – a healthy ecosystem is a sick ecosystem!

Tavis K. Anderson is a graduate student in the Program in Ecology & Evolution, Department of Ecology, Evolution and Natural Resources, at Rutgers University.

Why are the Pines Turning Brown?

By Gabriel Chapin

It’s autumn now, but gaze back or ahead to springtime high atop the Shawangunk Ridge at Sam’s Point Preserve. Everywhere you look, signs of summer are beginning to appear. Birds are singing, hardwoods are leafing out and azaleas are in bloom. But somewhere between the fading shadbush blossoms and the peak of mountain laurel season, another annual event is taking place at Sam’s Point...the pines are turning brown. For the past several years at Sam’s Point Preserve, the browning up of over a thousand acres of dwarf pines has become a regular sign of the changing seasons, and a source of concern and questions among visitors. What is causing it? The answer, as it turns out, lies within.

Deep inside each and every brown needle, a tiny caterpillar is eating away in preparation for its metamorphosis into a small, nondescript moth known as *Exoteleia pinifoliella*, the pine needleminer. Despite its small appearance, the pine needleminer can cause extensive damage, particularly evident in the browning of the pines at Sam’s Point Preserve in May and even into early June. Soon though, the trees’ new shoots “regreen” the forest. Then, after hatching from an egg in mid summer, the needleminer enters a healthy needle as a small caterpillar and gradually “mines” its way through the center. After overwintering in its cozy “mine,” the hungry larva awak-

ens to feed through the following spring, eventually emerging as an adult in June.

Unlike nearly all of our most famous and devastating forest pests, including the gypsy moth, chestnut blight, Dutch elm disease, and the hemlock wooly adelgid, the pine needleminer is a native forest pest of the northeastern United States and parts of Canada. This somewhat finicky caterpillar dines exclusively on “hard” pines, those having clusters of fewer than five needles, and is particularly fond of both pitch pine and jack pine. Despite the harsh appearance of acres upon acres of browned trees, the pines have adapted to tolerate needleminer damage and few trees actually die. Although more severe infestations may be cyclical—possibly lasting for several years—climate and natural predators generally keep needleminer populations in check. Even after a few years of infestation, the most significant impacts are generally limited to reduced tree growth and greater susceptibility to other more serious pests like bark beetles.

Chemical pesticides can be used to control the pine needleminer in some instances, however, natural predators and other controls usually do the job. Non-native insects and tree diseases, including those mentioned above, have few natural enemies when they arrive on a new continent and native tree species have no defenses to ward off the new invaders. Because of this, non-native pests often cause profound and long lasting ecological damage. Although an extreme case, the chestnut blight nearly wiped out the most

dominant and widespread tree in the eastern United States in 40 years.

In contrast, periodic infestations by native pests such as the needleminer are part of a natural cycle of disturbance in our native forests that includes, among other things, wildfires, ice storms, and hurricanes. Forests in the northeast have adapted to survive or recover from these “native” disturbances and, in some cases, forests may even depend on periodic disturbances like wildfire to maintain their health and vigor.



In early spring, the pines at Sam’s Point had the appearance of a dying forest.

As we move into the 21st century, however, global climate change may jeopardize this delicate ecological balance that has evolved over time. Some of the more obvious impacts of climate change—melting glaciers and the like—often mask more subtle changes, including increased wildfire activity and possibly even stronger hurricanes. Subtler still, warmer temperatures are contributing to widespread infestations of forest insects, including spruce bark beetles that have wiped out 4 million acres of spruce trees on Alaska’s Kenai Peninsula. Although naturally more lethal, the native spruce beetle was once limited by the very same factors that hold the pine needleminer at bay.

The lesson that we repeatedly learn is that nature is a delicate balance of forces where subtle changes can combine to have profound cumulative impacts. Although the needleminer may not be a significant threat today, continued disruption of other natural process such as climate and wildfire may exacerbate the impacts of this seemingly benign moth. Maintaining the natural processes that keep forests healthy and resilient is the key to preserving our globally rare and treasured pitch pine forests in the Shawangunks.

Gabriel Chapin works at Sam’s Point Preserve as a Land Steward with the Shawangunk Ridge Program of the Nature Conservancy.



Tiny, hungry caterpillars live inside the pine needles and eat their way through to maturity.

If the Trail Conference Had a Penny for Every Internet Search...

We could earn a lot of money! How? It’s as easy as choosing the right search engine! Goodsearch, a search engine powered by Yahoo!, will donate money to the Trail Conference for every click you make. If 100 people search two times every day, the Trail Conference can earn \$730 a year. If 1,000 people searched using Goodsearch two times a day, the Trail Conference could earn \$7,300 a year!

Please visit www.goodsearch.com and either download the search toolbar or make Goodsearch your homepage. Be sure to choose the New York-New Jersey Trail Conference as the “Cause I Search For,” and every time you click, you’ll make a difference in our work!



TRAIL U

continued from page 5

usable steps and smaller boulders as well as how to delicately shape stone.

December 1 and 2 (Saturday & Sunday)
Advanced Trail Construction: Stone Paving
Instructors: TBD
Location: Bear Mountain Trails Project

Stone Paving, also called rip-rap, or pitching, is a technique used to create a durable walking surface that can withstand heavy water flow. On Bear Mountain it is used below large rock slabs and in areas where intermittent streams flow across a wide area of hillside. Tools include basic rock moving tools, shaping tools, and occasionally rock saws. This work differs from other construction work on the mountain in that the stones used are usually smaller and easier to handle.

December 1 (Saturday)
Advanced Trail Skills: Rigging and Highline Basics
Instructors: TBD
Location: Bear Mountain Trails Project

Learn the basic safety and operational methods of using high-lines to move large stones. This workshop will take place in the lower boulder fields above Hessian Lake, weather permitting.





November

Thursday, November 1

UHC. Pyramid Mtn., Kinnelon, NJ. Leader: Mike Handelsman, 718-633-6129. Meet: 10am at visitors center parking. Strenuous 9 miles at brisk pace over varied terrain; for experienced hikers. Both sides of Boonton Ave., including Tripod Rock and Turkey Mtn.

Saturday, November 3

UHC. Watchung Trail Maintenance, NJ. Leader: Pre-register by calling Trailside at 908-789-3670, ext. 3420. Meet: 9:30am at old Trailside Museum building. Bring water, gloves, trash bag, and clippers if you have them. Have fun while giving back to the trails; we'll work until noon. No experience needed.

TLR. Teatown Trail Maintenance, NY. Leader: pre-registration required, 914-762-2912, ext. 110. Meet: 9am at Teatown Lake Reservation, Ossining, NY. Join us in maintaining some of Teatown's 15 miles of trails. Learn the basics, no experience needed, projects vary according to skill levels; for ages 14 up.

IHC. Minnewaska State Park, NY. Leader: Jordan Lampert, 732-516-0148. Meet: 8am at Harriman RR station, Arden, NY. Strenuous 8 miles from Lake Minnewaska to and around Gertrude's Nose, then on to Millbrook Mtn. for the view and sheer cliffs. Parking fee.

ADK-R. HTS Trail Up the Torne, Harriman State Park, NY. Leader: Call 201-357-4642 for more information. Moderate 7 miles.

UOC. Round Valley Recreation Area, Hunterdon Co., NJ. Leader: John Horvath, 732-249-4257. Meet: call leader. Moderate hike with one steep incline.

WTW. Autumn Colors, Central Park, NYC. Leader: Irene Kelvasa, 212-246-6641. Meet: Call leader for time and meeting place. Easy 4 miles to enjoy the fall colors.

UHC. Turkey Mtn., Montville, NJ. Leader: Al Verdi, 973-262-8569. Meet: 10am at Pyramid Mtn. parking. Moderate 4.5 miles on rocky trails with hills; not for beginners.

Sunday, November 4

AFW. Raptor Trust and Great Swamp, NJ. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Raptor program followed by an easy hike in the Great Swamp; out by 3pm.

ADK-MH. Ferncliff Forest, Rhinebeck, NY. Leader: Sally Decker, 845-454-4206; call eves before 10pm or morns before 10am. Meet: Approximately 12:45pm in Poughkeepsie, NY; call leader for meeting time and carpool location. Easy 2-hour walk in the woods; climb 60-foot observation tower for great views of the Hudson River. For beginners or those preferring a leisurely pace. Rain cancels. Optional stop at Rhinebeck restaurant after hike.

PMNHA. Butler Reservoir, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 to register (required) and for more information. Meet: 9am at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Strenuous 12 miles for experienced hikers; expected out by 2pm.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Trailside Nature Center on Coles Ave. at New Providence Rd. Moderate 4 miles; steady rain cancels.

Monday, November 5

RVW. Berlin Mountain (2,790'), Rensselaer County, NY. Leader: Call 518-895-8474 for more information. Meet: 8am. Moderately strenuous hike of 5 miles (expected to take 4.5 hours). Inclement weather date is following Monday.

UHC. Elmdale, South Mtn. Reservation, Millburn, NJ. Leader: Irv Auerbach, 973-239-4342. Meet: 10am; call for directions. Easy 3 miles with several hills.

Tuesday, November 6

GS. Baby and Me Hike, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a baby pack and join a naturalist for this 1.5-hour hike at Pyramid Mountain. \$1 fee.

UHC. Ramapo State Forest, Oakland, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10am in upper parking; call for directions. Moderate 5-7 miles, for experienced hikers. To the castle and around the lake.

Wednesday, November 7

AFW. Doodletown, Harriman State Park, NY. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Easy hike; out by 2pm.

UHC. Egbert Lake Park, Rockaway Twp., NJ. Leader: Peter Beck, 201-274-4471. Meet: 9:30am at lake parking lot; call for directions. Moderately easy 5 miles. Hike on old rail bed, lunch at the lake.

Thursday, November 8

UHC. Abraham S. Hewitt State Forest, Hewitt, NJ. Leader: Eric Singer, 973-744-7147. Meet: 10am at A&P in Hewitt; call for directions. Strenuous 8 miles on the Bearfort Ridge; for experienced hikers.

Friday, November 9

RVW. Maintenance Hike on the Long Path, NY. Leader: Call 607-363-7267 for more information. Help maintain this section of the Long Path, from Platt Clove Rd. to Palenville.

Saturday, November 10

UOC. Delaware & Raritan Canal, Kingston, NJ. Leader: Charles Severn, 732-246-3387. Meet: Call leader 7:00-9:00pm to register. Tranquil, scenic 6-mile walk from Kingston to Princeton along Lake Carnegie. Inclement weather cancels.

AFW. Ramapo Mtn. State Forest, NJ. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Easy hike; out by 2pm.

ADK-R. Indian Hill, Sterling Forest State Park, NY. Leader: Call 845-359-2465 for more information. Moderate 5 miles.

WTW. South Mountain Reservation, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 10am at Tulip Springs parking. Moderate 7 miles.



STEVEN MONES

View at Harriman State Park.

Saturday, November 17

PMNHA. Lake Valhalla Overlook, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Moderate hike on Turkey Mtn.; appropriate for ages 7+.

Sunday, November 11

WTW. AT Trail Maintenance Hike, Bear Mtn., NY. Leaders: Sarah and Glenn Collins, 973-744-5126. Meet: call leaders for meeting place and time. Help maintain a section of the popular Appalachian Trail; no experience needed.

AFW. Terrace Pond, NJ. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Moderate hike; out by 3pm.

IHC. Allis Trail and the AT, Sterling Forest State Park, NY. Leaders: Pete Tilgner and Suzan Gordon, 201-871-3531. Meet: 9am at commuter parking, Rts. 17 and 17A, Southfields, NY. Moderately strenuous 7.5 miles. We'll do the entire Allis Trail and part of the AT to Mombasha Rd. Shuttle required.

Monday, November 12

AMC-NYNJ. Storm King Mtn., Cornwall Area, NY. Leaders: Kathy and Barry Skura, 914-779-0936. Meet: 10:30am at Ft. Montgomery, NY; Rt. 9W and Little Richie's, one mile north of Bear Mtn. bridge (8:45am Short Line bus from Port Authority). Difficult 8 miles with steep climbs, but at a moderate pace. Gorgeous views overlooking Hudson River.

UHC. Oakdale, South Mtn. Reservation, Millburn, NJ. Leader: Cherryl Short, 973-299-0212. Meet: 10am; call for directions. Easy 3 miles with one hill.

Tuesday, November 13

AFW. Parker Cabin Mtn., Harriman State Park, NY. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Moderate hike; out by 2pm.

GS. Baby and Me Hike, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a baby pack and join a naturalist for this 1.5-hour hike at Dismal Harmony. \$1 fee.

UHC. Jenny Jump Park, NJ. Leader: Peter Beck, 201-274-4471. Meet: 10am in cabin/shelter area; call for directions. Moderate 6-7 miles, for experienced hikers. Enjoy this underestimated gem; includes the new Warren Trail.

Wednesday, November 14

UHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepseter, 908-273-4188. Meet: 10am at Trailside; call for directions. Moderately easy 5 miles at brisk pace. Steady rain cancels.

Thursday, November 15

UHC. Mahlon Dickerson Reservation, NJ. Leader: Eric Singer, 973-744-7147. Meet: 10am at picnic area; call for directions. Strenuous 8 miles; for experienced hikers.

PMNHA. Children's Hike. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Calling all nature detectives - animals have been leaving holes throughout the forest; help us figure out who's responsible! Great for all ages.

Monday, November 19

RVW. Minnewaska State Park, NY. Leader: Call 845-338-8772 for more information. Meet: 8:30am. Strenuous 8-mile hike in the area of Gertrude's Nose; expected to take up to 7 hours. Inclement weather date is following Monday.

UHC. The Tourne, Boonton, NJ. Leader: Joe Burns, 973-887-8173. Meet: 10am; call for directions. Easy 3 miles to pretty Birchwood and Crystal Lakes.

Tuesday, November 20

GS. Pre-K Walk, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 10am; call for location. Kids ages 4-5 with an adult join a naturalist for a guided theme walk and fun activity. \$5 per child.

UHC. Ramapo State Forest, Oakland, NJ. Leader: Kathleen Grifone, 201-891-5161. Meet: 10am at upper lot on Skyline Dr; call for directions. Moderate 6-7 miles, for experienced hikers, including a 900' climb.

Wednesday, November 21

UHC. Hedden Park, Dover, NJ. Leaders: Len Schnitzer and Norma Cohen, 732-499-9176. Meet: 10am; call for directions. Moderately easy 5 miles along woods and a stream, with some hills.

Friday, November 23

RVW. Full Moon Hike on Overlook Mtn., NY. Leader: Call 845-246-8616 for more information. Moderate, slow-paced evening hike; 5 miles in about 3 hours.

Saturday, November 24

TLR. After the Turkey Hike, Ossining, NY. Leader: pre-registration required, call 914-762-2912, ext. 110. Meet: 1pm at Teatown Lake Reservation. Hike off the turkey at Teatown; all ages welcome for this easy 1.5-hour hike. Nonmembers \$5.

WTW. Loantaka Park, Morristown, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 9:30am at Madison Hotel, Convent Station. Easy 5-6 miles.

PMNHA. Turkey Mtn., NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Moderate to easy hike to burn off all those extra calories! Appropriate for ages 7+.

UHC. Roundabout Parlin, Sayreville, South Amboy, NJ. Leader: Gary Petrie, 973-257-0137. Meet: 9:30am (please note time); call for directions. Moderate 9-10 miles. Stroll through parks, woods, and urban areas, partly on old RR railbed; panorama of Raritan Bay.

Sunday, November 25

AMC-NYNJ. Mt. Peter to Arden, Harriman State Park, NY. Leader: Barry Skura, 914-779-0936. Meet: 9:25am at Elk Pen parking; 2 miles north of Southfields on Rt. 17, right at "Welcome to Harriman" sign then first right into parking (8:30am Short Line bus to Arden from Port Authority). Difficult 12 miles with steep climbs and at a fast pace. See what's on the other side of Rt. 17; AT with fantastic views of Harriman and NJ. Shuttle required.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside; call for directions. Moderate 4-5 miles with some hills. Steady rain cancels.

Monday, November 26

RVW. Hunter (4,040') and SW Hunter (3,740') Mtns. Leader: Call 845-246-1823 for more information. Meet: 8am. Moderately strenuous 7.5-mile hike with some bushwhacking; expect to take 6 hours. Inclement weather date is following Monday.

UHC. Old Short Hills Park, Millburn, NJ. Leader: Cherryl Short, 973-299-0212. Meet: 10am; call for directions. Easy 3 miles with hills.

Tuesday, November 27

GS. Baby and Me Hike, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a baby pack and join a naturalist for this 1.5-hour hike at Buttermilk Falls. \$1 fee.

UHC. Johnstown Rd., Harriman State Park, NY. Leader: Dave Sutter, Dsutr@aol.com. Meet: 10am at Johnstown circle; call for directions. Moderate 6-7 miles; for experienced hikers. Hike on less-used trails with some surprises. Rain cancels.

Wednesday, November 28

RVW. Berger Hill, Rhinebeck, NY. Leader: Call 845-246-2945 for more information. Meet: 9am. Easy 3-mile hike at a slow pace; expected to take 3 hours.

UHC. Hacklebarney State Park, Long Valley, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10am; call for directions. Moderately easy 5 miles. A gorgeous gorge along the Black River. Call if inclement weather.

Thursday, November 29

UHC. Pine Meadow Extension, Harriman State Park, NY. Leader: Hank Perrine, 212-666-0694. Meet: 10am at Equestrian Center in Ramapo; call for directions. Strenuous 8+ miles; for experienced hikers. Explore the new Pine Meadow extension trail.

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

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

Club Codes

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

ADK-MH	ADK Mid-Hudson Chapter	NYR	New York Ramblers
ADK-R	ADK Ramapo Chapter	PMNHA	Pyramid Mountain
AFW	Adventures for Women		Natural Historic Area
AMC-NYNJ	AMC New York-North Jersey Chapter	RVW	Rip Van Winkle Hiking Club
GAHC	German-American Hiking Club	TLR	Teatown Lake Reservation
GS	Great Swamp	UHC	Union County Hiking Club
	Outdoor Education Center	UOC	University Outing Club
IHC	Interstate Hiking Club	WTW	Woodland Trail Walkers

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 January/February 2008 issue is November 15, 2007.

December

Saturday, December 1

UHC. Watchung Trail Maintenance, NJ. Leader: Pre-register by calling Trailside at 908-789-3670, ext. 3420. Meet: 9:30am at old Trailside Museum building. Bring water, gloves, trash bag, and clip-pers if you have them. Have fun while giving back to the trails; we'll work until noon. No experience needed.

UOC. Birding Walk to Barnegat Lighthouse, NJ. Leader: George Pitcher, 732-828-1890. Meet: Call leader. Look for Harlequin ducks, Scoters, Horned Larks, Red-throated Loons along the sand and jetty.

ADK-MH. Gertrude's Nose, Minnewaska State Park, NY. Leaders: Georgette Weir and Jean-Claude Fouere, 845-462-0142. Meet: Call leaders for meeting info and car pooling arrangements. Moderately difficult 5 miles from Lake Minnewaska to Millbrook Mtn., then to Gertrude's Nose, returning on Millbrook Mtn. carriageway. This is a no-hunting zone. Parking fee. Rain cancels.

UHC. Van Campens Glen, Blairstown, NJ. Leader: Tanya McCabe, 908-362-5499 (no calls after 10:30pm). Meet: 10:30am at Millbrook Village, Blairstown; call for directions. Moderate 6 miles. Come enjoy this lovely hike in beautiful Delaware Water Gap.

WTW. Ringwood/Skylands, NJ. Leader: Ernest Wagner, 973-694-3194; call to confirm. Meet: 10am at Ringwood Manor front parking lot. Moderate 7 miles.

Sunday, December 2

AFW. Norvin Green, NJ. Leader: Call 973-644-3592 for more information and to register.

IHC. Ramapo Valley County Reservation, Mahwah, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9:30am at Ramapo Valley County Reservation off Rt. 202. Moderate 8 miles on Schuber Trail to a lookout, then back on Yellow/Silver Trail.

ADK-MH. Mt. Taurus, Cold Spring, NY. Leader: Pete McGinnis, pmcgin1@aol.com. Meet: 9am at Fishkill Holiday Inn, or call leader for other possible meeting locations. Moderate pace, hilly terrain with outstanding views. Optional stop for refreshments after hike.

PMNHA. Singles Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Looking for someone to hike with and more? This singles hike may be the answer. Ages 18+.

UHC. Loantaka Brook Reservation, Morris Twp., NJ. Leader: Al MacLennan, 973-451-1435. Meet: 10am at South St. parking; call for directions. Moderate 4 miles, level. Lovely walk through woods, duck pond, and one water crossing.

Monday, December 3

UHC. Locust Grove, South Mtn. Reservation, Millburn, NJ. Leader: Irv Auerbach, 973-239-4342. Meet: 10am Locust Grove; call for directions. Easy 3 miles. Follow the Rahway River past Diamond Mill Pond.

RVW. Stissing Mountain, NY. Info: Call 845-876-3609. Moderate hike: 4 miles, 4 hours. Meet: 8am. Inclement weather date—following Monday. Note: snowshoes may be necessary.

Tuesday, December 4

GS. Baby and Me Hike, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a baby pack and join a naturalist for this 1.5-hour hike at Schiff Natural Lands Trust. \$1 fee.

UHC. Washington Valley Park, Bridgewater Twp., NJ. Leader: Steve Gruber, 908-647-3253. Meet: 10am at lot on Newman's Lane; call for directions. Moderate 6-7 miles; for experienced hikers.

Wednesday, December 5

UHC. Tulip Springs, South Mtn. Reservation, Millburn, NJ. Leader: Joan Lepseller, 908-273-4188. Meet: 10am at Tulip Springs; call for directions. Moderately easy 4 miles at a fairly brisk pace.

Thursday, December 6

AFW. Lemon Squeezer, Harriman State Park, NY. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Moderate hike; out by 2pm.

UHC. Johnstown Circle, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Johnstown circle; call for directions. Strenuous 8+ miles; for experienced hikers. Marvelous views from Dater Mtn. and "Almost Perpendicular."

RVW. Omi Art Center and Van Buren Estate, Columbia Co., NY. Info: Call 845-758-6143. Easy Walk: 4 Miles, 3 Hours. Meet: 9:00.

Saturday, December 8

AFW. Harriman State Park, NY. Leader: Call 973-644-3592 for more information and to register. Meet: 10am. Strenuous hike, route determined by weather and trail conditions; out by 3pm.

ADK-R. Elk Pen, Harriman State Park, NY. Leader: Call 201-816-9465 for more information. Moderately strenuous 9 miles.

WTW. Frelinghuysen Arboretum, Morristown, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 9:30am at Madison Hotel, Convent Station. Easy 7 miles.

TLR. Animal Tracking Hike/Snowshoe, NY. Leader: pre-registration required, call 914-762-2912, ext. 110. Meet: 10am at Teatown Lake Reservation, Ossining, NY. Look for tracks in the snow and learn about other signs like scat, rubbings, and chew marks. Moderate 2-hour hike; children 6 and over with adult welcome. Nonmembers \$5.

ADK-MH. Harriman's Pretty Little Secret, NY. Leader: Barry Skura, 914-779-0936. Meet: 9am at Sloatsburg, NY, commuter parking; from Rt. 17N turn right at blinker, turn right again before crossing RR tracks. Strenuous 13 miles with many hills. Fast-paced hike on AT between Bear Mtn. Inn and Lake Tiorati, covering pretty sections seldom day-hiked.

PMNHA. Pyramid Mtn., NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Moderate, quiet hike; appropriate for ages 7+.

Sunday, December 9

IHC. The Escalator and More, Harriman/Bear Mtn. State Park, NY. Leader: Dave Sutter, dsuttr@aol.com. Meet: 9:30am at Jones Point parking, Rt. 9W, about 4 miles south of Bear Mtn. Bridge Circle. Strenuous hike on less-used trails with some surprises. Steady rain cancels.

UHC. Pyramid Mtn., Montville, NJ. Leader: Angela Coble, 908-686-5958. Meet: 10am in Pyramid Mtn. parking lot; call for directions. Brisk 4-5 miles with hills and some rocky trails. Hiking boots required. Rain cancels.

Monday, December 10

UHC. Cedar Grove Community Park, NJ. Leader: Roz Bloom, 973-364-0186. Meet: 10am; call for directions. Easy, level 3 miles. A RR bed, hemlock gorge, and the reservoir.

RVW. Black Dome (3980') and Blackhead (3940'), NY. Info: Call 845-658-8606. Strenuous hike: 8.4 Miles, 5 hours. Meet: 8am. Inclement weather date, following Monday. Note: snowshoes and crampons may be necessary.

Tuesday, December 11

GS. Baby and Me Hike, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a baby pack and join a naturalist for this 1.5-hour hike at Kay Center. \$1 fee.

PMNHA. Bear Rock, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Moderate hike to largest glacial erratic in the park. Adults only.

UHC. Ramapo Torne, Harriman State Park, NY. Leader: Dave Hogenauer, 973-762-1475. Meet: 10am at Reeves Meadow, Seven Lakes Dr.; call for directions. Moderate 6-7 miles; for experienced hikers. Hike to spectacular view from the Torne, back via Reeves Brook Trail; some steep sections.

Thursday, December 13

UHC. Sterling Ridge and AT, NY. Leader: Hank Perrine, 212-666-0694. Meet: 9:30am at parking lot on Rt. 17A, Greenwood Lake, NY; call for directions. Strenuous 8+ miles; for experienced hikers. Hike on the AT and Highlands Trail. Shuttle required.

Saturday, December 15

WTW. Apshawa Preserve, NJ. Leader: Bob Busha, 973-777-5016; call to confirm. Meet: 10am at Burger King on Rt. 23N. Easy hike.

ADK-MH. Appalachian Trail, Pawling, NY. Leader: Russ Faller, 845-297-5126; call before 9:30pm. Meet: Call leader. Moderate 7.5 miles on AT along Hammersly Ridge past several high-elevation swamps; short ups/downs. Rain cancels.

GS. Winter Wander, Chatham, NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 10am at Great Swamp. Easy, guided 1-hour hike to look for early winter changes; appropriate for ages 7+.

UHC. Pyramid Mtn., Montville, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am at Pyramid Mtn. parking lot; call for directions. Moderate 4-5 miles with some steep sections; not for beginners. See Bear and Tripod rocks and some pretty views; out by about 12:30pm. Rain or snow cover cancels.

Sunday, December 16

TLR. Winter Animal Signs, NY. Leader: pre-registration required, call 914-762-2912, ext. 110. Meet: 1pm at Teatown Lake Reservation, Ossining, NY. Search through woods and fields for animal signs and learn about ways animals survive winter. Easy 1.5-hour hike; all ages welcome. Nonmembers \$5.

ADK-MH. Black Mtn., Harriman State Park, NY. Leader: Sue Mackson, 845-471-9892. Meet: Call leader. Moderate 4.5 miles on a mountain along the Hudson River. Moderate pace with lots of park history; suitable for new hikers. Inclement weather cancels.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-6641. Meet: 10am at Trailside; call for directions. Moderate 4-5 miles with some rough terrain. Steady rain cancels. If enough snow cover, bring X-C skis (or walk).

PMNHA. Children's Rock Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Easy hike to old limestone and serpentine quarry; appropriate for ages 5+.

Monday, December 17

RVW. Lone (3721') and Rocky (3506'), NY. Info: Call 607-363-7267 or 845-338-8772. Strenuous bushwhack: 10 miles, 9 hours. Meet: 7am. Inclement weather date, following Monday. Note: snowshoes and crampons may be required

Tuesday, December 18

GS. Baby and Me Hike, Morris Co., NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 9:30am; call for meeting place. Put your infant in a baby pack and join a naturalist for this 1.5-hour hike at Jockey Hollow. \$1 fee.

UHC. Ramapo Valley Co. Reservation, Mahwah, NJ. Leader: Carol O'Keefe, 973-328-7395. Meet: 10am; call for directions. Moderate 5-7 miles; for experienced hikers. To Bear Swamp Lake for lunch. Inclement weather may cancel.

Wednesday, December 19

UHC. Ramapo Lake, Oakland, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10am at Skyline Dr.; call for directions. Moderately easy 4 miles. Very scenic, well worth the commute; view beautiful Ramapo Lake. Inclement weather may cancel.

Thursday, December 20

UHC. Jones Point, Harriman State Park, NY. Leader: Dave Sutter, dsuttr@aol.com. Meet: 10am at Jones Pt. parking lot on Rt. 9W, 4 miles south of Bear Mtn. bridge; call for directions. Strenuous 8 miles on forgotten footpaths to rarely seen places; for experienced hikers.

Saturday, December 22

WTW. Loantaka Park, Morristown, NJ. Leaders: Hermann and Marlene Memmer, 973-267-0539; call to confirm. Meet: 9:30am at Madison Hotel, Convent Station. Easy 5-6 miles.

ADK-R. Dunderberg Mtn., Harriman State Park, NY. Leader: Call 201-816-9465 for more information. Moderate 7 miles.

UHC. Jockey Hollow National Park, Morristown, NJ. Leader: Betty Mills, 973-538-4922. Meet: 10am at visitors center; call for directions. Easy 3 miles; good for beginners. Inclement weather cancels.

Sunday, December 23

PMNHA. Winter Solstice Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 to register (required) and for more information. Meet: 3:30pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Moderate hike to watch sunset on one of shortest days of the year and see the rising full moon; appropriate for ages 7+. \$3 fee.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside; call for directions. Brisk 4-5 miles. Inclement weather cancels.

Member Club Profile

The Trail Conference comprises 10,000 individual members and more than 100 member clubs with a combined membership of 150,000 hikers. We invite club representatives to submit photos from hikes or maintenance outings or other events (please set your digital camera for highest resolution). Email your photos, along with complete caption information to: tw@nynjtc.org; put "TW club photo" in the subject line.



A group of AFW hikers enjoys the view from Breakneck Ridge.

Adventures For Women

www.adventuresforwomen.org
973-644-3592

Adventures For Women (AFW) is a non-profit organization and one of the few "women only" outdoor groups in the U.S. AFW strives to promote physical and emotional growth through the unpredictable challenges of wilderness adventures. We give a foundation in technical outdoor skills, building self-confidence, increasing decision-making abilities, and providing a forum for adventure and camaraderie with other women.



A group from Adventures For Women gets ready to climb a crevice in the Shawangunks.

Tuesday, December 25

AMC-NYNJ. Holiday Hike in Harriman State Park, NY. Leader: Larry Spinner, 845-517-0858. Meet: 10am at Sloatsburg, NY, parking; from Rt. 17N turn right at blinker, right again before RR tracks. Moderate 7 miles; beginners welcome. Join us as we celebrate the season; leader brings cookies and hopes others will bring treats to share. Conditions may require crampons; inclement weather may cancel. If in doubt, call after 7am morning of hike.

Wednesday, December 26

UHC. Turkey Mtn., Montville, NJ. Leader: Terry Kulmane, 908-665-2672. Meet: 10am at Pyramid Mtn.; call for directions. Moderate 5 miles. Inclement weather may cancel (call before 8:45am day of hike if in doubt).

Friday, December 28

GS. Winter Bird Stroll, Chatham, NJ. Leader: Call Great Swamp Outdoor Education Center at 973-635-6629 to register and for more information. Meet: 10am at Great Swamp. Search for birds that live here year-round; binoculars available. Great for all ages.

Saturday, December 29

ADK-R. Ladentown Mountain. Leader: Call 845-354-0738 for more information. Easy to moderate 6 miles.

WTW. Eagle Rock Reservation, West Orange, NJ. Leader: Ernest Wagner, 973-694-3194; call to confirm. Meet: 10am at reservation parking lot. Easy 3.5 miles.

AFW was started by one woman, Betsy Thomason, in the spring of 1981. The nascent event was a hike up Popolopen Torne in Harriman Park. The group grew as more and more women asked, "What's next?" AFW is now in its 26th year and has certainly evolved since those early days. The group now offers hikes of various levels of difficulty, bike rides, and paddling day-trips. Year-round, members enjoy weekend trips to the Adirondacks, Shawangunks, and Catskills. Over the last several years, AFW has introduced instructional and practical workshops in paddling, orienteering, firearms handling, auto maintenance, backpacking, and lifelong fitness.

AFW also has a more cosmopolitan and sophisticated side. Many members and friends like to explore New York City attractions and restaurants through "City Paths," the decidedly non-woody branch of the group. AFW does not confine itself only to New York. This year the group is venturing out to Duke Gardens, Philadelphia, The Raptor Trust/Great Swamp, and a Jackals minor league game.

In addition to organizing these activities, AFW gives back to the community by maintaining the MacEvoy Trail in Ramapo Mountain State Forest for the NY-NJ TC. Through this experience, many individual members of AFW have gone on to maintain their own trails for the Trail Conference. Several members have participated in the invasive plant survey that is ongoing in New Jersey.

Adventures For Women has become an eclectic organization that loves to explore and is equally at home in the woods, the suburbs, or the city. We pride ourselves on providing ample opportunities for women to empower, improve, and define themselves. Come join us and find out for yourself.

PMNHA. Year End Hike, NJ. Leader: Call Pyramid Mountain Natural Historic Area at 973-334-3130 for more information. Meet: 1pm at Pyramid Mtn. visitors center, 472A Boonton Ave., Montville Twp. Moderate hike; appropriate for ages 7+.

UHC. Watchung Reservation, Mountainside, NJ. Leaders: Rick and Ellen Jeydel, 908-232-2413. Meet: 10am at Trailside; call for directions. Very fast paced 5-6 miles on rocky trails; for advanced hikers. Inclement weather may cancel.

Sunday, December 30

IHC. Pequannock Watershed, NJ. Leader: James Schlenker, 908-561-0228. Meet: 9am at Burger King/Stop and Shop, Rt. 23N, Butler, NJ. Moderately strenuous 8 miles from Hanks Pond to Buckbear Pond; lovely hike seldom done and not to be missed. Shuttle required.

UHC. Jockey Hollow National Park, Morristown, NJ. Leaders: Clotilde Lanig, 732-549-4977. Meet: 10am at visitors center; call for directions. Moderate 4 miles. Inclement weather cancels.

Visit Us Today!

www.NYNJTC.org

Volunteer Classifieds: Get Involved!

Metro Trail Help

The Metro Trails Committee is looking for volunteers to join our trail maintenance crews and to join our trail construction crew. Positions are available in all boroughs, for people with all skill levels. On-the-trail training and trail workshops are provided for our volunteers. Contact: Joe Gindoff at joeghiker@aol.com for details.

Data Entry and Clerical Support

With over 104 member clubs, 10,000 individual members, and 1,300 volunteers, the Trail Conference office in Mahwah, NJ is a pretty busy place! Come join us during the week and put your data management and clerical skills to good use. We seek individuals with database experience to assist with running short programs that check data entry for accuracy as well as entering membership info, provide assistance with shipping retail orders, and help coordinate mailings. Contact: Gary Willick at orders@nynjtc.org for details.

PC Calc Help Wanted

All development professionals agree that planned giving is a great way to invest in the Trail Conference's mission and that charitable gift annuities are one popular method to make a donation. The Trail Conference is looking for some professional assistance for its Charitable Gift Annuity program. If you have access to PG Calc and would be willing to help prepare planned gifts for the Trail Conference, please contact Joshua E. Howard at 201-512-9348 ext.13, or josh@nynjtc.org.

Lower Twin Lake Volunteer Base Camp Needs You!

As we create a comfortable home for our volunteers who need a base camp, we're trying to meet all their basic and essential needs. In order to build a kitchen area that Trail Conference volunteers and staff have exclusive access to, we are looking for the donation of a gas kitchen stove or, if you have the skills, an electrician to re-wire the electric stove that is currently on site. Other needs at base camp include:

- assistance to clean the camp
- help building shelves, picnic tables, food storage areas, etc.
- help splitting firewood
- carpenters
- electricians
- chimney cleaners
- reliable hosts

Contact: Leslie Rapparlie at rapparlie@nynjtc.org or 201-512-9348, ext. 28.



Looking for Crew Members West of Hudson

The West Hudson North Crew is looking for some new faces to complete the Stillman Bridge in Storm King State Park this fall. The project offers opportunities for training and fun! If you would like to volunteer with us, please contact Denise Vitale at WHNTrails@aol.com.

Catskills Trails Need Maintainers

The Catskill region is looking for new faces to take care of trails. We are seeking several hikers to adopt trail segments for maintenance. In exchange for three maintaining days a year, you will receive the satisfaction of caring for the outdoors and ensuring a positive experience for other hikers. No experience necessary; we'll show you how! Whether you like to garden, dig in the dirt, or just walk in the woods, this is an excellent opportunity to do something rewarding while having fun. It is a great activity to do on your own or with family members and friends! Call Katy Dieters at 201-512-9348, ext. 17 for more information.

Stuff That Would Help the Cause

Base Camp Supplies

We need:

- propane stove
- cooking/eating utensils
- pots and pans
- a sink
- small kitchen appliances
- dishes
- tools of all sorts

Contact: Leslie Rapparlie rapparlie@nynjtc.org or 201-512-9348, ext. 28.

Vehicles for Transport

The Trail Conference needs an 8-passenger vehicle and a pick-up truck to move tools, volunteers, and materials. Without this much needed resource, we are limited in what we can offer. If you have a used vehicle(s) that you would be willing to donate, or access to vehicles that could be leased, please contact: Joshua Howard at 201-512-9348, ext.13, or josh@nynjtc.org.

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July 21, 2007 to September 24, 2007

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TRIBUTES

Thanks to Bob Jonas and Estelle Anderson
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In honor of Peggy Osland
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In honor of Manny Silberberg's 70th Birthday
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In honor of Ollie Simpson
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In honor of Malcolm and Nancy Spector's recent marriage
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In memory of Milton & Sylvia Zatal
Ilene & David Zatal

NEW LIFE MEMBERS

Susan & Timothy Delaney, Gari & Lori Ledyard

Tributes are only printed for donations of \$25 or more.

Trail Conference Wins Third Prize at Mahwah Day

On September 15, 2007, Trail Conference staff and volunteers participated in the annual Mahwah Day and Parade at Commodore Perry Field in downtown Mahwah, NJ. Marching down East Ramapo Avenue, the Trail Conference representatives proudly displayed a banner announcing the upcoming restoration of the Darlington Schoolhouse as the Trail Conference's future headquarters. The banner, designed by Brian Donegan, a graphic design intern from the Chubb Institute, won third place for best design in the parade!

The Trail Conference booth was appropriately located next to the portable rock climbing wall and the day was filled with

visitors interested in what the Trail Conference does, how they could volunteer, and what was going on with Darlington Schoolhouse. In order for the schoolhouse restoration to be effective, community support and interest is essential. Mahwah Day was one of the first events in which the Trail Conference reached out to the community to let them know about Darlington. We hope to continue these types of efforts as we embark on the fundraising components of this campaign.

Overall the day was a success and could not have been completed without the help of Allyn Dodd, Carole Greene, George Becker, Gus Vasiliadis and his dog Gretchen, Bill and Jack Dauster, Nancy Hoogenheis, and all other members of the Friends of the Darlington Schoolhouse Committee. Thank you all for your hard work and for making our first introduction of the Darlington Schoolhouse project a success!



The Trail Conference promoted its project to restore the landmark Darlington Schoolhouse as its new headquarters during Mahwah Day festivities in September.

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GEAR CHECK

An occasional series that will review gear appropriate for hiking.



REDANTSPANTS.COM

Red Ants Pants
Work Pants Made By and For Women

Reviewed by Leslie Rappaport

When it comes to workpants, women have to choose from cuts and styles made and designed for men. As a result, women labor in pants that are too big, too long, or too snug. Red Ants Pants (RAP), set out to change that by design-

ing workpants made by and for women—the name originates from the fact that female ants do all the work in their colonies. RAP allow women to choose the cut—curvy or straight—length and waist for a customized pair of pants! The result? A pair of high-quality, American-made, durable pants that fit, flatter, and function.

What's unique about RAP is that each pair has a small red ant sewn onto them—if you find someone else with the ant in the same place, take a photo, send it to RAP, and you'll get a free T-shirt! The downside to this product is that you can't find the pants in local stores (the company is based in Montana). You have to order online (www.redantspants.com)—which can mean a bit of mailing back and forth to find the right cut and fit. But, the pants are great! And men, don't fret, the straight cut will fit you too!



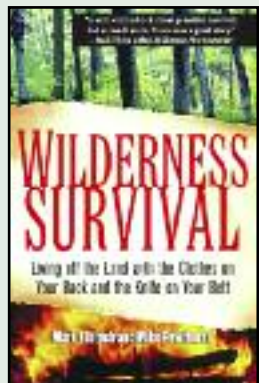
Rating: 4 boots out of 5



Book Review

Wilderness Survival: Living off the Land with the Clothes on Your Back and the Knife on Your Belt

By Mark Elbroch and
Michael Pewtherer



International Marine/
Ragged Mountain Press, 2006
Reviewed by John Kolp

Wilderness survival skills are a bit far afield for the typical day hiker. Even the inveterate backpacker would not want to push the envelope quite so far. But the title of this book is, in fact, quite misleading. It's not really a text book or a field manual. Yes it does contain 26 detailed and illustrated essays on essential survival topics: eating a balanced diet, maintaining personal hygiene, building "debris huts" for shelter, fabricating canteens and cooking containers, catching trout bare-handed, "carcass care" (aka butchering deer). Rather, the heart of the book is a journal of the authors' 46-day experiment in living divorced from civilization and totally by their wits out in the woods.

The commentary is not political or philosophical; this is no Thoreau's *Walden*. Elbroch and Pewtherer wanted to "stress test" themselves. They had already mastered many wilderness skills and taught in survival schools and camps. They were familiar with the locale—an undisclosed location in upstate New York—which had abundant fresh water springs. Their aim in this extended "off the grid" sojourn was to prove to themselves that they were not merely surviving on stored fat reserves but actually living in the wilderness, healthily at that, on the wide variety of flora and fauna they foraged. The climax of the experience was a four-day "solo." Each man went off alone to fast, meditate, and contemplate his future path in life.

Elbroch, writing a decade after the quest, says it was a turning point in his life. It taught him about "letting go" and "going with the flow." Sure that's trite; more interestingly he observes that he learned most about "personal" energy efficiency. "Efficiency is predominant on your mind when you live in a survival situation," he writes. "You cannot afford to waste energy; every action must have a purpose. I've carried that lesson from the woods and it has made my life easier. It has governed my decision making and focused my intentions and behaviors."

Reading this book, I found myself at times recalling Stephen Ambrose's *Undaunted Courage* about Lewis and Clark's Corps of Discovery exploring the Louisiana Purchase and the hoped for easy path to the Pacific. There was no easy path and the men had to overcome numerous challenges, knowing little or absolutely nothing about what lay ahead. Elbroch and Pewtherer have that kind of backwoodsmen skill and adventurer mentality. Having no new lands to discover, they embarked on an interesting spiritual quest instead.

FAVORITE HIKE

continued from back cover

Westchester County

"Westchester is full of trails in no-hunting zones," enthuses Jane Daniels. Jane and her husband Walt are nearing the end stages of researching and writing their book *Walkable Westchester*. She names three big parks that are favorites: Ward Pound Ridge, Teatown Lake Reservation, and the Rockefeller State Park Preserve. Then, a couple of smaller destinations: Westchester Wilderness Walk and Hart's Brook Park and Preserve.

The **Westchester Wilderness Walk** (www.westchesterlandtrust.org) is a project of the Westchester Land Trust. The walk comprises a network of 8 miles of trails through 150 acres of rocky woods, hillside streams, lakes, and wetlands in Pound Ridge. You can check out their trail map on their web site.

Hart's Brook Park and Preserve in the southern part of the county offers nearly 3 miles of trails on 123 acres. Once the estate of Henry Gaisman, founder of Gillette, the preserve offers visitors wide, gently graded trails (a good place to keep in mind for snowshoeing or cross-country skiing in winter). There is no web site for the park. Directions: Sprain Brook Parkway to Greenburgh exit. Make a left onto 100B at the end of the ramp and follow to West Hartsdale Avenue. Turn right. Follow to Ridge Road, approximately 3 miles. Turn right on Ridge Road. The entrance to Hart's Brook Nature preserve is approximately 1 1/2 miles on the left.

Dutchess County

Numerous grand 19th- and early 20th-century estates, since transformed into public parks, offer the public extensive trail possibilities in an increasingly developed corridor along the east bank of the Hudson River. The Morse, Roosevelt, and Vanderbilt estates are three sites that are prominent among those where access to the grounds is free to the public.

The **Hyde Park Trail** system includes nearly 14 miles of trails linking parks and historic sites in that town, including the FDR National Historic Site (densely wooded, steeply hilly and craggy, with views of the Hudson River) and the Eleanor Roosevelt National Historic Site (meadows and woods). You can download a brochure with maps (a VERY BIG file) at www.hydeparkny.us—click on Recreation, then Trails.

A new park with a very different ambiance can be found in the Town of Poughkeepsie. **Peach Hill Park and Preserve** was once an orchard, and rows of trees continue to pattern the hillsides. The park's 160 acres include the highest point in the town, from which one can enjoy panoramic views south to the Highlands and north to the Catskills. More than a mile of winding trail is mowed up, down, and around the orchard, and unsprayed apples festoon the trees in season. You can view images and get driving directions at www.peachhill.org.

Do you have a favorite small park? Send us the name of the park, its location, and a few words of why you like it to: tw@nynjtc.org. Put 'community trails' in subject line.



Flat Rock Brook Nature Center

Hunting Seasons 2007

NEW YORK

Deer Seasons: Regular and Archery Southern Zone
(includes Hudson Valley and Catskills)
Regular: Nov. 17 – Dec. 9
Bow: Oct. 13 – Nov. 16
Bow and muzzleloading: Dec. 10 – Dec. 18

Westchester County
Bow only: Oct. 13 – Dec. 31

Suffolk County
Bow only: Oct. 1 – Dec. 31

Hunting is not allowed in Bear Mountain-Harriman State Parks. However it is allowed in parts or all of other state parks. Call parks for details.

Black Rock Forest (845-534-4517) closes to all hikers from Nov. 17 through Dec. 9.

For more info about big game seasons in New York, go to www.dec.ny.gov/outdoor/28605.html. For info about all hunting seasons and regulations in New York, including for small game and bear, visit www.dec.ny.gov/outdoor/hunting.html.

NEW JERSEY

In New Jersey, the safest course in the fall is to hike only on Sundays, when hunting is prohibited throughout the state. Otherwise, hunting seasons vary by weapon and geography.

For the complete set of deer season regulations, go to www.state.nj.us/dep/fgw/dighnt.htm.

If you know the zone you want to hike in, you can find the hunting seasons for it at www.nj.gov/dep/fgw/pdf/2007/regsets07-08.pdf.

For information about other hunting seasons in New Jersey (including bear), go to www.nj.gov/dep/fgw/



Let It Snow

Where in our region do you go to find the best winter scenes after the white stuff falls and/or the streams and lakes freeze over? Send us your vote for Best Winter Hike or Snowshoe.

Email tw@nynjtc.org. Put "Favorite winter hike" in the subject line. Results will be reported in the next TW. If you have a winter photo of your favorite place, send that too, as an attachment.



Favorite Hike



By Georgette Weir

During Hunting Season, Hike Local

It's hunting season—or about to be. Some favorite hiking areas, such as Black Rock Forest in New York, are off limits to hikers for the duration (see Hunting info page 11). Some, notably Harriman/Bear Mountain State Parks, bar hunters. These two examples bookend a range of hunting/no hunting configurations that apply within parks in our region. Easy guidelines for remembering when and where hunting is permitted are few. Here's one: Hunting in New Jersey is prohibited on Sundays.

If you are among those who long to stretch their legs in natural settings but don't want to chance being mistaken for four-legged prey, or if you just want to save on gas and drive time, consider using these few weeks to explore some community trails—walking/hiking trails that are close to populated areas—that enrich our towns and urban areas.

Below are just a few possibilities to consider. Recommended hikes for many of these parks are available on the Hike of the Week page of www.nynjtc.org. We invite readers to recommend others; we'll include a selection of responses in the next issue.

North Jersey

Flat Rock Brook, Tenafly Nature Center, and Teaneck Creek Conservancy are three small parks high on the Recommend list for *New Jersey Walk Book* editor and *Bergen Record* Hike of the Week contributor Daniel Chazin. Daniel notes that though these are small parks, they "have enough trails to make a reasonable hike possible."

Flat Rock Brook Nature Center (www.flatrockbrook.org) is a 150-acre preserve and education center situated on the western slope of the Palisades in Englewood. Its network of self-guiding trails is open free to the public from dawn to dusk. Natural features include a cascading stream, wetlands, ponds, wildflower meadows (in season), quarry cliffs, and woodland.

The 65-acre **Tenafly Nature Center** (www.tenaflynaturecenter.org) adjoins the 316-acre Lost Brook Preserve and combined they offer 7 miles of trails through woodland and around a pond. Trails are open to the public dawn to dusk and are free of charge.

Just "seconds from the NJ Turnpike and I-80 and less than 10 minutes from the



DANIEL CHAZIN

A short walk at the Tenafly Nature Center in New Jersey (above) can be extended to a moderate hike thanks to paths that connect to more trails at the Lost Brook Preserve.

George Washington Bridge" is the **Teaneck Creek Conservancy** (www.teaneckcreek.org). This 46-acre open space features three trails (one of them ADA accessible) that can be combined to make a short excursion of just over 1 mile. You can walk along the banks of the Teaneck Creek, meander on a boardwalk across wetlands; or step off the trail to explore a meditative walk in the site's Peace Labyrinth. No charge to visitors.

Trail Conference staff member Gary Willick also has a list of preferred small parks in New Jersey. One, **Closter Nature Center** (www.closternaturecenter.com), was founded in 1961 when prescient municipal officials acted on their concern that "unwise development might erode the future quality of life in the borough." Today, the center comprises 136 acres of ponds, brooks, meadows, and forests, all open to the public.

continued on page 11

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**It's Hunting Season.
Wear Orange When Hiking.
See Schedule on Page 11.**

Hikers' Marketplace



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Sterling Forest Trails (2005)	\$ 7.95	\$ 5.96	+\$1.30	_____
West Hudson Trails (2006)	\$ 8.95	\$ 6.71	+\$1.50	_____

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Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$ 8.96	+\$3.00	_____
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