



84th Year

TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE...MAINTAINING OVER 1500 MILES OF FOOT TRAILS JANUARY/FEBRUARY 2004

Rock Clinic Volunteers Build 33-Ton Staircase at Twin Forts

By Ed Walsh

The construction of a stone staircase over an eroded or unstable section of trail is usually quite simple. Trail workers walk off the trail—ideally uphill—and quarry rocks from the surrounding forest. Pick mattocks are used to uncover the rocks and then steel bars are used to pry them out. The rocks are then transported to the trail by rolling, sliding, or flipping them from their previous home by hand and/or with the help of the steel bars.

The September/October issue of *Trail Walker* reported on the ambitious Trail Conference rock-work project then underway on the Twin Forts Trail, which connects Forts Clinton and Montgomery, passing under the Bear Mountain Bridge. With

funding provided by the Fort Montgomery Battlesite Association, I worked with a TC crew of 16 volunteers to move and maneuver one-ton rocks into position on a steeply graded slope.

Several aspects made this project unusual: the semi-industrial location and the lack of sufficient rock supplies near the site—36 pieces of stone, each weighing a ton, were purchased from a quarry in Kerhonkson and delivered to a location above the trail.

In the Twin Forts case, the rocks were above the trail, but the slope was so incredibly steep that rolling the rocks would have meant many runaway rocks. In this case there was too much at stake to risk letting a one-ton rock careen down the mountainside: the steel railing below the



Elegant stairs built of one-ton rocks.

maintenance garage, the concrete bridge piers, the railroad bed and trains, and finally boaters and fishermen along and in the river. A system had to be devised that could be used to transport the rocks without losing any of them.

Occasionally, trail workers need to get rocks to the trail from a “quarry” that is downhill from the trail or an excessively long distance from the trail. In these cases crews often opt to use a rigging system adapted from logging and sailing practices called a “highline.”

In this system, a wire rope is connected via a nylon sling to the base of a tree called an anchor. The wire rope then runs up to a steel pulley—called a block—high in a different tree—called the spar tree. Next, the wire rope runs horizontally, passing both the woods “quarry” site and the trail before going back up to a block in another spar tree, then down to be anchored to a final tree through a hand-operated winch.

Operation of the highline is as follows: rocks are wrapped in chain, the chain is attached to the wire rope via a third block, then the hand-operated winch tightens the wire rope thereby actually making the rock airborne. Without the friction of the ground to contend with, the rocks are easily transported along the wire rope to the trail where the winch can then slacken the

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Editing + Hiking: Nancy Tollefson

By Anne De Sutter

Living in New York City and hiking in its environs is, according to Nancy Tollefson, a good balance between city and country. Another good balance, and one that benefits the Trail Conference, involves combining her love of the outdoors with her love for writing and editing. An Ohio native who studied English at Miami University of Ohio, Nancy has become an indispensable asset



of the Trail Conference, and other organizations, as an editor.

Nancy is a good example of why Trail Conference volunteers are so valuable. She started volunteering in the TC office when it was still located on Madison Avenue in Manhattan. Next, she began to do trail maintenance, and received training in building waterbars and steps and moving large stones. She recounted an instance of her painstaking efforts helping to construct a waterbar. For hours her team carefully constructed the bar to exact specifications. When completed and put to the test, the bar functioned perfectly in diverting water from the trail, for a few feet, that is, until the water took a sharp turn and ran back across the trail just below where it had been diverted by the bar. Not one to be disheartened, however, Nancy continued to assume new tasks for the Trail Conference.

Currently, those tasks are taking a more literary turn, as reflects her background. Nancy edits the *Hikers' Almanac*, which involves selecting and preparing submissions for inclusion in the schedule of hiking events listed in the *Trail Walker*. Many hikers, from novice to expert, regularly rely on the *Hikers' Almanac* for its accurate and informative entries.

Nancy also volunteers on the Trail Conference's publications committee and has recently become the project manager of a revised edition of *Day Walker*, a guide to hikes close to New York City. She in-

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Counting Hawks from a TC Site on the Shawangunk Ridge

When you climb the fire tower stairs at the 151-acre Stutzman property atop the Shawangunk Ridge, acquired in 2003 by the Trail Conference, you leave behind the warmth and security of familiar terra firma and enter the realm of birds. Even on relatively mild fall days, the slightest breeze at the bottom of the tower translates into steady bone-chilling winds above.

Why then would a crew of volunteers make 20 visits to the tower in October and November and spend 87 visitor hours under such conditions? Aside from the breathtaking view, the answer is raptors (hawks, eagles, falcons)—more specifically, 321 of them representing 13 species. These included 150 red-tailed hawks, 71 sharp-shinned hawks, 27 Cooper's hawks, 15 northern harriers, 9 ospreys, 6 peregrine falcons, 6 merlins, 5 kestrels, 3 bald eagles, 3 red-shouldered hawks, 2 rough-legged hawks, 2 northern goshawks, 2 golden eagles, and 20 unidentified raptors. One hundred and ninety-one turkey vultures and 27 ravens round out the sightings.

Each fall, North American raptors migrate southward ahead of winter following age-old migration routes. North-south

oriented ridge systems, such as the Gunks, are favored flyways because they offer energy saving updrafts. The forests and diverse natural habitats of the ridge provide foraging and roosting opportunities for raptors as well. Trail Conference efforts to protect the Shawangunk Ridge Trail corridor are preserving this important migration route for raptors and other species.

At the urging of the Trail Conference, volunteers from Sullivan County Audubon ran a pilot study at the fire tower this past fall, to assess its potential as an annual hawk watch site. The tower is ideally situated along a narrow stretch of the Gunks, offering views of birds moving along both sides of the ridge, but was unproven as a hawk watch site.

Although the project started midway through the migration and after the extremely abundant broad-winged hawk had already passed, the diversity (13 species) and sighting rate (7.1 per/hour) of raptors promises for good hawk watching in the future. Trail Conference members interested in visiting the fire tower hawk watch should mark their calendars for next September and remember to pack a windbreaker. 🍃

Georgette Weir *Editor*
Nora Porter *Managing Editor*

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NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

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

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

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Neil Woodworth	<i>Counsel, Trail Conference/ADK Partnership</i>

The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 85 hiking and outdoor groups, and 10,000 individuals.

Catskills Preservation Celebrates 100 Years

Hikers know the Catskills to be a special place. Hiking trails and opportunities to bushwhack abound. There are great summit views, impenetrable fir forests, wilderness havens, and old woods roads suitable for snow-shoeing or cross country skiing. It was 100 years ago this January, that the Catskill Park was established, eventually growing to preserve forever some 1,100 square miles of land.

Geologically, the Catskill region is an eroded plateau, a once flat land that has been worn into mountains. Historically, the Catskills have been the scene of great activity. In 1816, there were 75 tanneries in the mountains, with more built until the industry collapsed when the supply of hemlock bark was exhausted during the Civil War. Tannersville and the names of the local tanners remind us of an industry long gone.

When the large hemlocks and oaks were cut down, the opened land allowed hardwoods to grow and gave way to another industry—the manufacture of barrel

hoops. But that industry too was short lived as steel hoops soon replaced hand hewn ones. Old farmsteads and woods roads attest to attempts to farm the mountains, sometimes not too successfully.

Tourism arrived in the Catskills in 1824 when the Catskill Mountain House opened. First steamships up the Hudson River and later trains, then cars brought vacationers to the mountains. A former tanning town (Edwardsville) has become a ski resort (Hunter Mountain). A hundred years after the demise of farming as an industry in the mountains, many mountaintop farms have become vacation homes.

The Catskills continue to be a magnet, for hikers, skiers, enthusiasts of motorized recreation, and those building new vacation homes. TC members know from reading these pages that the destiny of the Catskills continues to be a hot topic (see story below).

Let us take the occasion of this 100th anniversary of the founding of the Catskill

Park to rededicate ourselves to getting to know these mountains and to protecting them.

Think imaginatively of a way to celebrate this event. Join the ranks of Thomas Cole and the painters of the Hudson River School and preserve the scenery through photography or painting. Consider the Catskill tradition of inspiring and funding the arts. Consider the possibility of taking a long nap, after all Rip Van Winkle found the Catskills a suitable place for a long sleep.

Or better yet join the ranks of Catskill trail maintainers. Contact Josh Erdsneker, Volunteer Projects Director (josh@nynjtc.org or 201-512-9348) or Pete Senterman, Catskill Trails Chair, c/o the Trail Conference Office, and be assigned a special place to maintain. Although you cannot call it your own, it is pretty close to heaven.

—Jane Daniels
Chair, Board of Directors

Update on Catskill Master Plan

The New York–New Jersey Trail Conference—Adirondack Mountain Club (ADK) Partnership recently submitted its final comments to the New York State Department of Environmental Conservation (DEC) on the revised Catskill Park State Land Master Plan (CPSLMP). As previously reported (November/December *Trail Walker*), the partnership strongly supports the creation of the 18,000-acre Windham-Blackhead Range Wilderness and the 27,000-acre Hunter-West Kill Wilderness and continues to do so despite some local opposition.

The partnership also continues to support the draft plan's positive signage rule for mountain bikes (biking prohibited except where signs say it is permitted). The mountain biking community is vigorously opposing this rule. The Trail Conference and ADK have met with representatives of the mountain biking community and decided to support allowing mountain bike use to continue on Wild Forest trails pending completion of a trail evaluation and designation process on a five-year timetable. The draft plan proposes to ban mountain biking in Wilderness areas and we strongly support DEC on this position. Mountain bikers have expressed concerns about losing access to popular routes located in Wilderness areas. The partner-

ship is currently discussing with mountain bike advocates proposals that might create specific exceptions for mountain bike use on designated and signed old roads and horse trails in Wilderness areas while prohibiting mountain biking on hiking trails in these areas.

The Trail Conference-ADK Partnership has made it clear to DEC that if the new Wilderness designations, positive signage rule for mountain bikes, and the 3100-foot rule for snowmobiles (they would be prohibited in Wild Forest areas above that elevation) are abandoned, we will no longer support the draft plan. The partnership supported the elimination of the 2700-foot rule, which requires all lands above 2700 feet to be managed as Wilderness, only because of these important components of the plan. Were DEC to abandon these components, the Trail Conference and ADK have taken the position that the CPSLMP would have to be re-issued with new public hearings and a new opportunity for public comment.

—Neil Woodworth
Counsel, TC-ADK Partnership

For the latest on the Catskills and other trail lands, visit www.nynjtc.org

AT Management Sparks Improvements

The Appalachian Trail Conference (ATC), the collective of clubs and individuals that, with the National Park Service, is responsible for maintaining and protecting the Appalachian Trail, is re-tooling for the long haul. In November 2003 the ATC board of directors adopted a strategic plan that aims to raise ATC's profile with hikers and the general public, better connect it to the volunteers in the affiliated clubs who handle most of the day-to-day, on-the-ground trail work, and increase stable sources of future income to support its mission. The New York-New Jersey Trail Conference is a member organization of ATC. One hundred forty-two TC members are active in AT management. More than 600 TC members are also members of ATC.

ATC's plan calls for a major change in the governing structure of the organization, changes in the staffing structure, substantial expansion of the organization's regional presence, raising ATC's public profile, and new emphasis on environmental-quality issues. Most of the changes described in the plan will be implemented over the next two years. Detailed information about the strategic plan is available at www.appalachiantrail.org/strategy/index.html.



from the Executive Director

An Ambitious Agenda Suits a Dynamic TC

As we transition from 2003 into 2004, the Trail Conference must continue to adapt to changing conditions in pursuit of its overarching mission of connecting people to nature. Last year saw the Trail Conference securing foundation funding to start a science program aimed at supporting our traditional trail program and extending our stewardship to the conservation lands surrounding our trails. We also received a foundation grant to jumpstart fundraising efforts needed to acquire priority tracts in threatened trail corridors. In 2004, Trail Conference volunteers, staff, and board members will juggle these new and growing efforts with traditional programs of trail building, conservation advocacy, and publishing.

Trails

In 2003, volunteers fully reopened Storm King State Park by renovating the trails in the remaining unopened "Sector B," began a new initiative in the five boroughs of New York by adopting Alley Pond Park in Queens, and constructed a trail that will eventually provide full access to Stony Kill Falls in Minnewaska State Park. In High Point State Park in New Jersey, the Jersey trail crews replaced the Flat Brook Bridge on the Howell Trail with help from a horse team that hauled the heavy timbers to the construction site.

The major trail projects in 2004 will include planning for trails on Bear Mountain, extending the Long Path north toward the Adirondacks, and working with the NYC Dept. of Environmental Protection to make their watershed lands more accessible to hikers. Beyond the major projects will be more than 1,000 volunteers working alone and together to make a direct experience of nature more accessible to the public.

Conservation & Advocacy

Several ongoing land protection projects came to fruition in 2003. Most notable of these was an 820-acre tract and fire tower on the Shawangunk Ridge, which is in the process of being acquired by the New York Dept. of Environmental Conservation. The Trail Conference also acquired another 84 acres on the Shawangunk Ridge in Greenville, NY. In 2004, we expect to acquire over 500 acres on the Shawangunk Ridge and another 100 where the Long Path crosses Ginseng Ridge north of the Catskills.

Several years of hard work paid off when the Catskill master plan identified

additional areas as protected wilderness. Working with the Adirondack Mountain Club, we were also able to secure a \$750,000 increase in state funds for trail planning and stewardship in parks throughout the state. The Shawangunk Ridge Coalition, a Trail Conference project, fought the Awosting Preserve development proposal to a standstill. Full-scale development in the Ramapo Torne Valley was averted. Cooperative efforts resulted in the apprehension of illegal ORV and dirt bike traffic in Norvin Green State Forest, NJ. The Trail Conference helped pass a \$50 million increase for the NJ Green Acres fund and was part of the Highlands Coalition that helped push the Highlands Conservation Act through the House of Representatives.

Publications

The Publications Committee has recruited experienced project managers, but is still seeking additional volunteers, especially cartographers and GPSers. The big news from '03 and '04 is the drive to

convert our maps to a digital format. We made great strides in coming out with the second digital edition of the Sterling Forest map and the first digital edition of the East Hudson map set. Digital maps, while much easier to keep up to date and allow for printing in a variety of formats, do require new skill sets to produce. On the book front, Bob Boysen's completely new Kittatinny hiking book is expected out by midyear.

In addition, we've renovated the office so that it better serves volunteers and hired someone for the front desk (Ramon McMillan) who can answer detailed hiking questions. We are also planning delegates' meetings that can truly act as a forum for member clubs to interact and collaborate on projects of mutual interest.

But even as we struggle to adapt to new threats and opportunities, the purpose of it all remains to get more people outdoors by creating an interconnected network of trails that is built, maintained, monitored, and mapped by the people who use it.

—Ed Goodell

Delegates' and Membership Meeting February 12

All Trail Conference members invited

All Trail Conference members are invited to attend the next meeting of hiking club delegates on Thursday, February 12, 2004, at the Seafarers and International House, 123 East 15th Street, in Manhattan (corner of 15th Street and Irving Place, one block east of Union Square).

The meeting starts at 7 pm. Please join us for a social hour, beginning at 6 pm, for a chance to share refreshments and chat with hiking club representatives.

Meetings provide wonderful opportunities to share hiking and conservation news, discuss issues, and help guide the TC's future work and activities. Club delegates are also encouraged to bring general and specific issues of concern to the meeting.

Public transportation to the Seafarers House: subway lines 4, 5, 6, N, R and L to 14th Street/Union Square. Or bus lines 6 and 7 (Broadway); lines 1, 2 and 3 (Park Avenue); and lines 102 and 103 (Third Avenue).

ADVOCACY & CONSERVATION

Highlands Preservation Advances in Congress

The U.S. House of Representatives approved the Highlands Conservation Act Nov. 21. The bill authorizes \$100 million in federal matching funds over 10 years to assist the states of Connecticut, New Jersey, New York, and Pennsylvania in conserving priority open spaces in the more than two million acre Highlands region. The legislation is sponsored by Rep. Rodney Frelinghuysen (R-NJ) and has bipartisan support from 31 cosponsors in the House, including every member of the NJ delegation. Senator Jon Corzine (D-NJ) has sponsored identical legislation in the Senate. The legislation is modeled after the successful state and federal partnership that was employed to protect over 15,000 acres of Sterling Forest. The Trail Conference is a founding member of the Highlands Coalition, which has long advocated passage of this legislation.

Delaware Watershed to Get Protection with Federal Help

The U.S. House and Senate in early No-

ember gave final approval of \$4.9 million to conserve land in the Upper Delaware River Watershed of the NJ Highlands, the second largest Forest Legacy project approved in the nation. Several properties that are being targeted for preservation on Scotts Mountain in Warren County, on the Musconetcong Ridge in Morris and Hunterdon Counties, and along Lubber's Run in Sussex County, are eligible for these funds.

Industrial Plant Threatens Basha Kill and DH Canal Park

The Basha Kill watershed and historic D&H Canal Linear Park in the Shawangunk Ridge town of Mamakating could be detrimentally affected if an industrial mushroom production and processing plant is developed. Yukiguni Maitake Corp. proposes to build an 825,000+ square-foot facility on a 47-acre lot at the intersection of Rt. 209 and McDonald Road. The property adjoins both the upper reaches of the Basha Kill and the historic D&H Canal Linear Park. If developed, the plant will disrupt

viewsheds from the valley and Shawangunk Ridge, and, according to estimates by the company, will draw 621,000 gallons of water per day from the aquifer. In a recent meeting, a water expert from the US Geological Survey's Troy office told representatives of the Basha Kill Area Association that a withdrawal of this amount would inevitably lower water levels in the Basha Kill, a DEC Wildlife Management Area, possibly drying up some of the smaller wetlands bordering it.

NJ Voters OK Open Space Spending

In November, New Jersey voters okayed a constitutional amendment that will increase the bonding capacity of the Garden State Preservation Trust to \$1.15 billion, an increase of \$150 million from the \$1 billion voters approved in 1998. The increased capacity will place no additional tax burden on New Jersey taxpayers. The sales tax dedicated in 1998 to pay off Garden State Preservation Trust bonds will

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TRAIL NEWS

New Sapphire Trail Links Harriman with Sterling Forest

The new 2.68-mile Sapphire Trail extends from Harriman State Park in the north to the Appalachian Trail in Sterling Forest State Park in the south. From the north: begin by following a short entry road, opposite the Harriman rail station parking lot entrance, on Route 17. Here, the dark-blue-blazed trail enters a wooded, old farm area as it heads south, away from a gas pipe line and a housing development. Following an old farm road, it



passes by and through stone walls, rock outcroppings, and a stand of pine as it turns west to join a main north/south woods road. The trail follows the woods road, crosses a stream, and continues to where the woods road turns right. It follows the woods road as it gains elevation. Sections of this piece of the woods road are eroded, so the trail is relocated off the road, following the base of a rock outcropping for several hundreds of feet. Rejoining the road, the trail again crosses a stream as it continues to follow the woods road. The trail passes through a wet area and then joins an existing, blue-blazed, footpath leading to (and through) the Appalachian Trail (AT) just northwest of Indian Hill.

New Parking Area at Split Rock Reservoir

New Jersey's Dept. of Environmental Protection has opened a new parking area at Split Rock Reservoir in Rockaway Township, Morris County. The parking area is located on Split Rock Road at the southern end of the reservoir, and was opened for public use on Friday, Nov. 21.

The parking area provides a trailhead for hiking the 13.8-mile loop trail and also a launch site for people with cartop boats for fishing, kayaking, or canoeing. The 625-acre reservoir and surrounding 1,500 acres are owned by Jersey City, but are protected by the DEP's Division of Fish and Wildlife under a conservation easement purchased by the DEP's Green Acres Program.

Stay on the trail as you hike around the reservoir. Access to areas off the trail is prohibited. Horseback riding, mountain biking and ATV use is not permitted on Split Rock Reservoir property.

TRAIL CREW REPORTS



TC's roving crews rocked and rolled.

Park. Both projects are now completed, and hikers can enjoy dry-foot crossings in both areas.

Thanks to all who volunteered with the West Jersey Crew in 2003: Rob Anglin, Jack Baccaglioni, Ian Blundell, Bob Boyle, Bob Boysen, Roland Breault, Gordon Campbell, Joan Campbell Valerie Chiang, Marc Cohen, Bill Darling, Arturo Diaz, Paul Dutton, Ann Festa, Dick Gerien, Don Griffin, Bob Jonas, Tom Kirchofer, Jerry Losowyj, Gay Mayer, Marshall McKnight, Sarah McKnight, Bob Messerschmidt, Hien Nguyen, Sandy Parr, Jody Reischer, Norm Reischer, Paul Robertson, Bob Sickley, Shawn Viggiano, Larry Wheelock, Harry Bohlman and Helen Hopkins of 4H Timber Harvesters, and (our largest volunteers) Tom and Toby.

WEST JERSEY CREW

The West Jersey Crew certainly saw West Jersey in 2003: High Point State Park, Worthington State Forest, Wawayanda State Park, Stokes State Forest...we got around!

The spring season began on the Appalachian Trail in High Point State Park, where the crew rehabilitated an eroded section of the AT, installing water bars, check dams, and rock steps.

Then we moved on to Stokes State Forest, to replace a 32-foot-long bridge over Big Flat Brook on the Howell Trail, without getting our feet wet (the old bridge was useful to the end). The crew received a special assist from Harry Bohlman and Helen Hopkins of 4H Timber Harvesters and their draft horses Tom and Toby, who donated their time to transport the bridge's three stringers—telephone poles—more than a mile from the road to the work site (they made it look easy).

Thanks also to our NJ Dept. of Environmental Protection partners: Supt. Ernie Kabert at Worthington, who arranged to have our tools transported the two miles to and from the Dunnfield Creek crossing work site, and Supt. John Keator at High Point, who arranged for our tools' transportation to and from the Appalachian Trail stepping stone project this fall, and who assigned a staff member and vehicle to the spring's Howell Trail bridge project.

—David Day and Monica Resor
West Jersey Crew Chiefs

WEST HUDSON CREW

The West of Hudson trail crew has just finished a successful 2003 season. Together we put in approximately 1,000 volunteer hours on several projects throughout Harriman State Park. We couldn't have done it without the generous help of: Victor Alfieri, Roz Barnes, John Blenninger, Mary-Nell Bockman, Jane Bonnell, Juliet Bonnell, Roland Breault, Jim Brown, Gail Brown, Brian Buchbinder, George Cartamil, Douglas Clarke, David Day, Rich DeCoursey, Tom Dunn, Chris Ezzo, Rich Forman, Charles Silver Frankel, Joyce Gallagher, Claudia Ganz, Victor Green, Dana Havas, Mary Hilley, Bill Horowitz, Joan James, Andy Jay, Jared Jay, Russell Jay, Lisa Kontente, Brian Krall, Jeff Lintz, Richard Lynch, Bob Marshall, Gay Mayer, Lori Maynard, Doug McBride, Glen Nelson, Maureen Pearce, Tommy Pearce, Jason Rangel, Bob Reardon, Monica Resor, Kevin Riley, Nalani Ritchie, Melissa Schumer, Trudy Schneider, Yulani Shafranyuk, Bruce Shriver, Matt Smyth, Donna Beth Stewart, Denise Vitale, Thomas Woehlke, Hanson Wong, and last but not least Steve Zubarick.

—Chris Ezzo
West of Hudson Crew Chief

TC PHOTO ALBUM

CHAINSAW SCHOOLING

On November 8 and 9, a chainsaw certification class was held at High Point State Park in northern New Jersey. Our seasoned and very capable instructors were Jack Shuart, New Jersey State Forester, and Peter Jensen, of Open Space Management. In attendance were 12 trail maintainers, supervisors, and chairs from the Trail Conference, as well as a state ranger. These two days of intense classroom and field instruction covered the gamut of chainsaw instruction, from basic safety to advanced felling techniques. Even the most experienced students there for recertification were able to hone their skills and gained new respect for this very serious endeavor. —Bob Jonas



ANNUAL MEETING AWARD WINNERS



The **Ken Lloyd Award** was presented to **Ilse Dunham**, (left) for her tireless work with the Interstate Hiking Club. The award honors individuals who have given exemplary service to their club and is named in honor of the late Ken Lloyd, a dedicated member of the Trail Conference.

The **Hoeflerlin Award** went to **Jim Ross**. Jim was the first Project Supervisor (now called Trails Chair) for the Long Path for the Trail Conference.

Thanks!

...to the People Who Bring You Clear Trails

A big THANK YOU to our 689 trail volunteers. This list includes trail chairs, trail supervisors, trail overseers, trail corridor managers, trail corridor monitors, trail shelter maintainers, and trail maintainers. If you are interested in joining this distinguished group, contact Josh Erdsneker, volunteer projects director, at the Trail Conference office, josh@nynjtc.org or 201-512-9348.

Alan Abramowitz, Bill Abramson, Valerie Acerra, Bryan Alter, Neil Altman, Tom Amisson, Douglas Anderson, Estelle Anderson, Rick Anderson, Julie Angle, Rob Anglin, Richard Antonick, Jill Ar buckle, Michael Arthur, Jack Baccaglioni, Brian Bacher, Kevin Bannen, Kendall Barnes, Rosslyn Barnes, William Barnett, Bernard Baron, Robert Bartlett, Henry Bartosik, Laura Battelani, James Becker, Mindy Becker, Alan Beebe, William Beehler, Paul Bell, Hanna Benesch, Irwin Benjamin, Clifford Berchtold, Robert Berlin, Fred Bernstein, Kenneth Bernstein, Larry Bernstein, Susan Bernstein, Amy Bianco, Elie Bijou, Adam Bird, Carter Bland, John Bleninger, Michael Bongar, Kerry Borchardt, Chris Bosco, Harry Bott, Mary Bowdoin, Douglas Bowers, Bob Boyle, Joy Boysen, Robert Boysen, John Bracco, Linda Brandt, Philip Brandt, Larry Braun, Sol Braun, Alan Breach, Roland Breault, Marian Britten, Roger Bromfield, Edward Brophy, Peter Brown, Brian Buchbinder, Jeffrey Buck, Mary Burke, William Burns, Robert Busha, Steve Butfilowski, Sandra Byard, George Byrne, Raymond Byrnes, Anne Cade, Frank Cain, Eric Calder, Carolyn Canfield, James Canfield, Russ Cannizzaro, Kenneth Card, Paul Carment, Priscilla Carmona, Elizabeth Carroll, William Carroll, George Cartamil, Janet Carter, Daniel Case, Joseph Castine, Nancy Caulfield, Marilyn Chema, Belle Chen, Tom Christensen, James Christie, David Church, Carol Ciancia, Ray Cimera, Ray Cimera, Mark Cirillo, Pamela Cissik, Ken Clair, Cherie Clapper, Karl Claus, Vincent Clephas, Kathleen Clines, Roger Coco, Martin Cohen, Richard Cohn, Pat Colella, Peter Coleman, Herbert Coles, Glenn Collins, Bill Consiglio, Theron Cook, James Cornelius, Susan Corriere, Jacqueline Corrieri, James Cowell, Ellen Cronan, Kevin Cwalina, James Daley, Jane Daniels, Walter Daniels, Dorothy Dantico, Barbara Darling, Susan Data-Samta, Wanda Davenport, Patrick Dechon, Salley Decker, Paul DeCoste, Richard DeCoursey, Duke DeGroat, John Delesky, Peter Delman, David Dembo, Jon-Eric Dentz, Jerry DeVos, Luis Diaz, Mark Diekmann, Donato Digiacopo, Peter Dilullo, Robert Dinse, Christopher Dionisio, Christian Dobol, Barbara Docktor, Robert Dodd, Andrew Dodsworth, Michael Doehring, John Doellinger, Frank Dogil, Timothy Donovan, Chris Doolittle, Duncan Douglas, Margaret Douglas, Scott Downing, Jack Driller, Daniel Dubofsky, Ken Dukes, Jerry Duma, Arnold Dunham, Ilse Dunham, Thomas Dunn, Ronald Dupont, Tom Dupont, Bruce Duty, Robin Duty, Tom Dwyer, Albert Eckler, Chuck Elbert, Marc Elfenbein, Don Elliott, Robert Else, Michael Engel, Donald Erbe, Joshua Erdsneker, Gregg Everett, Bud Fair, June Fait, Martin Feldman, Ralph Ferrusi, Jesse Figueroa, John Fila, Frank Fischer, William Fisher, Harvey Fishman, Al Fitch, Edmund Fitzgerald, Jean Fletcher, James Florence, Peter Ford, Dennis Fordham, George Form, Charles Forman, Richard Forman, Tom Fox, Nancy France, Jennifer Francisco, Jakob Franke, Ben Frankel, Tho-

mas Friesema, Douglas Furman, Joyce Gallagher, Clark Galloway, David Galvin, Charles Gamble, Diane Gamgochian, Claudia Ganz, Eduardo Garcia, James Gardineer, John Gebhards, Jane Geisler, Sam Gellens, Douglas Gerritsen, Gerald Gervais, Ramon Gil, James Gilmore, Ed Gilroy, Joseph Gindoff, Gene Giordano, John Giuffrida, Andrew Gliganic, Jack Goldwasser, Lizbeth Gonzalez, Edward Goodell, Mark Goodwin, Suzan Gordon, Coralyn Gorlicki, Louise Gosnell, Conrad Gosset, Stacy Gould, Kathryn Grader, John Graham, George Gray, Josie Gray, Gordon Greacen, Marnie Greenberg, James Gregoire, Lalla Grimes, Ralph Grinnell, John Grob, Martin Grossman, Susan Grossman, Allen Grunthal, Harold Guest, Dana Gumb, Thomas Haas, Bruce Habegger, Robert Hagedorn, Jim Hagggett, Robert Hagon, Warren Hale, Gary Hamm, Gary Haugland, Edward Hayes, Matt Hazel, Donald Hecht, Peter Heckler, Ted Heider, Joseph Henderson, Donald Hendrickson, Gregory Hennen, Pat Hennessy, Tom Hennigan, Joe Herrod, Jan Hesbon, William Hickerson, Mary Hillel, Amy Hillick, Julia Hobart, Peter Hobday, Daniel Hoberman, Gary Hoekstra, Gordon Hoekstra, Robert Hoffman, Malcolm Holderness, Eric Hollman, Michael Holman, William Horowitz, Walter Houck, Alfred Howes, Leon Howorth, Joseph Hrouda, Mark Hudson, Michael Hume, Nancy Hunt, Patrick Hynes, Walter Ilchuk, Robert Inglis, Chuck Irwin, Walter Jahrling, Joan James, Jeffrey Janso, Bernard Japy, Henry Jenkins, Robert Jennings, Mona Jimenez, Johanna-Karen Johannson, Calvin Johnson, Peter Johnson, Trish Johnston, Robert Jonas, Greg Jones, Lore Jungster, John Jurasek, Shirley Kainey, Raymond Kane, Debra Kantor, Harold Kaplan, Nadine Kaprelian, Henry Kassell, Mark Kassop, Frank Keech, Judy Keith, Ellen Kelly, Robert Kelsey, David Kientzler, William Kikillus, Michael Killeen, Chong Kim, Judith King, Katie Kingsbury, Donna Kirchner, Harry Kissileff, Stephen Klauk, Robert Klein, Peter Kohlberger, Alice Kohnert, Richard Kondzielaski, Eileen Korona, Larry Korona,

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Trail-tending: Minnewaska Trail Opportunity

Hemlocks, pitch pine, white Shaw-angunk conglomerate: If you enjoy the unique experience of hiking at Minnewaska State Park, and passing through and scrambling over its magnifi-



cent scenery, then 2004 could be the year for you to become a volunteer trail maintainer at the park. This is a wonderful opportunity to really get to know a section of trail. Your efforts are rewarded by the knowledge that you are providing a much needed service for the hiking community. Without volunteer maintainers, blazes disappear, blowdowns block the trail, and blueber-

ries crowd the footpath.

Volunteer maintainers must be members of the Conference. You'll get one-on-one training or may wish to attend the Conference's Maintenance 101 workshop, usually held each spring.

For more information or to volunteer at Minnewaska, contact Shawangunk Trails Supervisor, Dave Webber, 845-452-7238, webberd1@yahoo.com.

For information on volunteering as a maintainer in other areas of the New York-New Jersey region, contact Josh Erdsneker, volunteer projects director, josh@nynjtc.org, 202-512-9348.

ADVOCACY & CONSERVATION

continued from page 3

cover these additional bonds by taking advantage of today's lower interest rates. The Trail Conference supported this proposal. Gov. McGreevey has indicated that at least \$50 million will be used to create and improve parks in cities and suburbs and a minimum of \$50 million will be spent on open space purchases and farmland preservation in the Highlands. Voters also approved 32 out of 38 local open space ballot questions, including the two county questions in Bergen and Hudson and 30 out of 36 local questions.

Gift Will Preserve Westchester Open Space

A \$4.7 million gift from environmental activist (and Trail Conference member) Lucy Waletzky has resulted in the addition of 181 acres to Rockefeller State Park Preserve in Westchester County and a contiguous 10 acres to the county for parking and access to its North County Trailway. Waletzky made the gift to the Stone Barns Restoration Corp., a nonprofit group that owned the land and planned to sell it to a developer in order to raise funds for an education project.

Park Manager Dr. Alix Schnee noted that Waletzky's gift brings the park to 1,096 acres. "This is an extraordinary gift to the state," she said. "Lucy is extremely generous." Carriage roads on the site that have been closed to the public are now open, Schnee said in December; they link via an underpass under Route 448 to those elsewhere in the park. She said the newly added land includes pristine plateaus and wetlands that host a variety of birds, and that nature trails will be developed with the particular aim of enhancing bird watching.

A local paper reported Waletzky as saying, "I'm glad to be doing my little

thing in protecting this large regional ecosystem that is so important for wildlife and birds, and also people."

Westchester Plans RiverWalk Trail System

Westchester County recently released a report detailing its plans to develop a continuous trail system for bicyclists and pedestrians that would wind its way along the county's nearly 47 miles of Hudson River shoreline. The *Journal News* reported that the route, called RiverWalk, in many places utilizes existing trail systems, such as the Old Croton Aqueduct and Croton Point and Kingsland Point parks. Other sections wind through areas with restricted access, such as Metro-North Railroad property and Camp Smith in Cortlandt. It also passes through the downtowns of waterfront communities and planned riverfront development sites at Harbor Square in Ossining, the General Motors site in Sleepy Hollow, and Yonkers' developments at Hudson Park and Alexander Street. Some components of the plan already exist, others are in various stages of implementation.

NY Town OKs Stiff ATV Fines

TC member Ed Walsh, who maintains the section of the Long Path that passes through Cheesecote Park in the New York Town of Haverstraw has, like many maintainers, long been frustrated with the devastation wrought by illegal ATV use in the park. In November, Ed had some satisfaction. The Haverstraw town board voted to increase fines for illegal use of ATVs on town property. The previous fine was up to \$1,000, but it left the amount up to the judge's discretion. Now the fine is set at \$1,000 for a first offense, \$2,500 for repeat offenders with an option of 60 days in jail. "No one spoke against the new fines and I was the only one besides the board members who spoke in favor," Ed reports. "I pointed out that this change had no effect on law-abiding ATV riders."

Protecting the EPF

The Trail Conference and ADK have been working with other environmental groups to plan a strategy for ensuring the passage of a 2004 budget in New York State with a fully funded (\$125 million) Environmental Protection Fund (EPF). The EPF is a dedicated fund that has been critical in achieving New York's open space, parks, and stewardship goals. In 2003, more than \$100 million in EPF projects were not funded due to budget constraints. Over the last two years, some \$400 million have been diverted from the EPF to help balance the state budget. The partnership will also lobby for repayment of the diverted EPF funds to enable \$50 million to be spent from the EPF for land acquisition in 2004.

TWIN FORTS

continued from page 1

wire rope and lower the rock back to the ground.

At Twin Forts, where trees adequate for spar and anchor purposes are in short supply, this system employed a crew-built wooden tripod and an I-beam of the bridge as the spars and a bulldozer as the anchor (proper permissions were obtained for all).

Rocks were moved to the edge, below the cable, using a massive hand-operated root ball dolly. They were wrapped in chains, attached to the moving pulley, then hoisted into the air. In order to control their descent, a line of nylon rope was affixed to the wrapped rock and anchored through a belay knot to the bulldozer. In this way, rock after rock was lowered safely down to the trail as a well-synchronized crew worked the system. Two to three people managed the dolly and wrapped the rocks as a solo person operated the winch—lowering and raising the cable as needed; another person belayed the rock with the fric-

tion knot on the nylon rope, while a final person waited down below. That bottom worker gave most of the commands as she kept a sharp eye on the tripod and unwrapped the rocks after they landed at the bottom of the proposed steps. Once the system was set up, one rock would make it down about every 40 minutes.

From here, the rocks then had to be moved uphill to their final resting places. Some were dragged into place with a hand-operated winch; others required setting up another highline system to lift them into place.

The project is now substantially complete: 33 rock steps, each weighing a ton, were installed on the steepest section of the trail that was the most prone to erosion, poor traction, and where the highest safety hazard existed. A complete set of retaining walls, including built-in benches, were built during the project's final week.

During the summer's work, heavy rains created an unsightly and treacherous gully in the center of the tread of the trail below the staircase. By mid-autumn, a plastic culvert had been installed to divert the water into a drainage that passes under the trail. In early November, the crew began to gather native stones and set additional steps to stabilize the gullied trail.

Similar erosion and trail stabilization measures will likely be needed on the Fort Montgomery side of the Popolopen Gorge. And, although our crew did do some erosion control work and tread enhancements on the bail-out trail—aka "after-hours trail"—a significant number of steps will eventually be needed on this section.

Thanks go to the Twin Forts volunteer crew: Gay Mayer, Denise Vitale, Larry Wheelock, Karen Blersch, David Day, Monica Resor, Josh Erdsneker, Chris Ezzo, Chris Reyling, Jack Baccagliani, Roland Breault, Joyce Gallagher, Edward Goodell, David Dam, Dan Hausner, and Marilyn Gross. 

Eddie Walsh is NYNJTC Twin Forts Special Project Manager.

GET INVOLVED

Nancy Tollefson has experienced it (see page 1), and you can too. Volunteering for the Trail Conference is a great way to meet new friends, support an activity that is important to you, *and* do things you love to do. Become an active part of the Trail Conference family and volunteer. Check the listings below for current positions. For these, or other opportunities, contact the volunteer projects director, Joshua Erdsneker, and he will find a way to get you involved: josh@nynjtc.org or 201-512-9348.

Office Volunteers...

Five *NEW* reasons to lend a hand at the Trail Conference office:

- 1) Free snacks for volunteers.
- 2) Open in the evenings and conveniently located in Mahwah, NJ.
- 3) Make new friends and get reacquainted with old ones.
- 4) You'll leave feeling good about volunteering for a worthy cause.
- 5) The camaraderie and humor of our

crack staff is *priceless*.

As the days get shorter and the nights grow colder, why not stay warm at the Trail Conference office? Our office will be staying open late for those volunteers who want to lend a hand, but cannot get here until after work. Please contact Naya Barahona: naya@nynjtc.org or 201-512-9348.

Membership Committee

The strength of the Trail Conference comes from its members. As we face new challenges protecting the hiking trails and trail lands we love, we need to be stronger than ever. If you are a motivated go-getter, then this is the committee for you. With more than 2 million hikers in our region, the potential to grow our membership is boundless. Interested persons should be creative, able to work in a team/group environment, and be dedicated to the Trail Conference. Membership Committee will focus on new member acquisition, membership retention, and reviewing and enhancing benefits of membership in the Trail Conference.

VOLUNTEER CLASSIFIEDS

Volunteer Committee

Last year more than 1,100 volunteers donated over 37,000 hours to Trail Conference endeavors. In order to increase the support for our volunteers, a Volunteer Committee is being established. This committee will focus its energies on the three Rs of volunteerism: recruiting, retaining, and recognizing volunteers. The committee will work with Josh Erdsneker, volunteer projects director, to expand and improve the programs currently in place. The committee is looking for volunteers with experience and/or an interest in the following opportunities:

- **Human resource specialists:** to create a volunteer handbook.
- **Trail volunteer assignment coordinator:** process and confirm trail maintainer assignments.
- **Event planners:** coordinate volunteer orientation and recognition events.
- **Recognition specialists:** assist with the

GET INVOLVED

coordination and distribution of volunteer awards and expansion and enhancement of our volunteer recognition program.

■ **Recruiting specialists:** increase the number of active volunteers.

No prior experience is necessary to join this committee. All that is needed is a positive attitude and a desire to help the Trail Conference.

The committee's first meeting will be held on Wednesday, January 21, 2004, at 6:30 pm at the Mahwah office. Direct your RSVPs and questions to Josh.

Photo Archivist

We are looking for volunteers to scan, sort, label, and organize our cherished keepsakes. Come see our newly reorganized office and take a stroll down TC memory lane.

File Meister

Help executive director create filing system to handle burgeoning projects/paper.

BATS

By Lance Risley

Halloween is long past, but any time is a good time to encourage you to add flying mammals to your list of watchable animals. Our area boasts nine to eleven species of bats. They are mostly nocturnal, and though most hibernate, there nevertheless may be opportunities for bat sightings even in winter. From November (and through the winter), some species of bats may leave their day roosts and fly before the sun sets. Some bats, e.g., big browns, may temporarily emerge from hibernation to search for insects during a mild evening in February. Regardless of the month, the acrobatics of foraging bats are remarkable and fun to watch.

If you are a trail user who frequents certain trails more than others, your repeated observations of flying bats may help you define predictability in bat behavior. For example, I know of a trailside clearing in a northern New Jersey forest where two or three bats have been observed foraging every muggy, calm summer evening I have visited the location. These bats probably spend days roosting in the adjacent forest. Because we have incomplete knowledge of roost site selection and of specific roosting sites, your observations could be quite useful to those of us who study bats. In fact, the New Jersey Department of Environmental Protection, Endangered and

Nongame Species Program (ENSP) organized the first annual statewide summer bat count in summer of 2003. Roosting sites were emphasized and volunteers were encouraged to count bats flying from roosts at dusk. Interested bat watchers logged onto the ENSP website and received details about how to conduct their observations and who to contact with resulting information. (A word of caution: before you hit the trail to watch bats, make sure you are permitted to use that particular trail after dusk.)

Biologists have described approximately 1,000 species of bats (there are 4,000 species of mammals). The United States is home to more than 40 species of bats, and we have documented the regular occurrence of between nine and eleven species here in the northeastern states. The NY-NJ Trail Conference region is inhabited by the following species of bats: big brown, little brown, red, hoary, northern long-eared, eastern pipistrelle, silver-haired, small-footed, and the federally endangered Indiana. The infamous blood sucking vampire bats are restricted to Central and South America, and the large flying foxes with wingspans of six feet are found in northern Australia. The average wingspan of bats in our area is about 12 inches. Most species have declined in abundance in the last several decades and are considered at risk, threatened, or endangered. Northeastern bats are nocturnal and feed on flying insects, which are targeted by echolocation and then captured

in flight. Bats can see quite well, but echolocation is their primary means of avoiding obstacles and capturing prey at night. When a bat performs echolocation, it emits high-pitched sounds, listens for echoes of the sounds, and adjusts its flight accordingly.

The natural history of northeastern bats includes a period of prolonged winter dormancy (hibernation) followed by summer feeding and rearing of offspring. Hibernation may take place in mines, caves, buildings, and trees, either locally or in a distant location to which the bat migrated. In the early 1900s, large flocks of red bats were often observed flying with flocks of migrating birds as they passed Cape May Bird Observatory at the southern tip of New Jersey. Hibernation is a period of increased vulnerability, especially when humans invade underground spaces in which bats are spending the winter. Human disturbance may trigger a chain of physiological events that wake hibernating bats. This process of waking then returning to "sleep" may take hours, and precious resources (e.g., fat) are utilized. If a hibernating bat is awakened several times by disturbance, the loss of fat may cause the bat to emerge from hibernation in late winter before insect prey can be found.

Following emergence from hibernation in early spring, bats disperse to summer foraging areas where they locate suitable roosting sites (underground spaces, buildings, trees, etc.) and feed on insects for

several months. In some species, the pregnant females gather in large groups for day roosting (maternity roosts) and remain in the group until the pups are able to fly. Pregnancy lasts about four weeks and a bat pup will fly about four weeks after birth. Depending on the species, northeastern bat females may give birth to one, two, or as many as four pups. Nursing females have voracious appetites and may eat their body weight in insects in a single night. By late July, the night sky is filled with adults and juveniles. It is the juveniles that often fly into homes and create, shall we say, a bit of distress for the homeowner. Bats seem to remain faithful to hibernation and summer foraging sites during lifetimes that may extend to over 20 years. The bats you continue to observe may be considered old friends. 🦇

Lance Risley is associate professor of biology at William Paterson University in New Jersey and is on the board of directors of the Weis Ecology Center.



HELP WITH EAGLE SURVEY

The Trail Conference, working with the NY State Dept. of Environmental Conservation, is initiating a volunteer-based winter eagle survey on trail lands along the lower Hudson River (Beacon to Croton Point). For more information or to volunteer as an eagle monitor, please contact Ed McGowan, TC Science Director, at mcgowan@nynjtc.org or 201-512-9348. The eagle season runs from November through March.

IF YOU LOVE THE SHAWANGUNKS YOU'LL WANT TO VISIT

www.shawangunkridge.org

This website of the Shawangunk Ridge Coalition has been redesigned and should be your one-stop source for up-to-date news about the Shawangunks.

Features

- Regular News Updates on Development Threats
- Action Alerts
- Recreation Resources (Please help us keep these items up-to-date.)
- Environmental Information
- Media Links
- Maps
- Planning Tools
- Links to a host of Coalition members and partners

Add it to your list of Web favorites.

The Shawangunk Ridge Coalition is a project of the New York-New Jersey Trail Conference.



A large scrub-oak bald.

Trail Conference efforts to create a trail corridor along the southern Shawangunk Ridge have also served to identify and protect significant natural communities. Two recent discoveries include an unusual "scub oak bald" and New York State's largest population of the rare mountain spleenwort (*Asplenium montanum*), a small cliff-dwelling fern.

In October, Greg Edinger, an ecologist with the New York Natural Heritage Program, teamed up with Ed McGowan, Trail Conference science director, to survey the site. Writing in the November *New York Natural Heritage* monthly highlights, Edinger reported:

Trail Work Yields Biodiversity Discoveries

"Earlier in the year while surveying rock outcrops along the southern Shawangunk Mountains for potential timber rattlesnake habitat, Dr. McGowan came

across two examples of biodiversity that he thought may be of interest to the NY Natural Heritage Program. The first was an impressive 100-acre area dominated by wind-swept scrub oak (*Quercus ilicifolia*) with scattered pitch pine (*Pinus rigida*). Although this is very likely the largest continuous stand of scrub oak on a mountain ridge in the state, it is treated as an extreme variant of the more broadly described pitch pine-oak-heath rocky summit community. The scrub oak bald is part of an excellent, large (1,030 acres—2nd largest in NY) occurrence of pitch pine-oak-heath rocky summit. The scrub oak bald is believed to be a result of a very

intense fire that swept through the area 50-100 years ago.

"The second part of the day was spent

counting clumps of a small state rare fern, the moun-



Mountain spleenwort

tain spleenwort (*Asplenium montanum*). The locations of four ledges were accurately mapped using GPS and the total number of clumps counted was 333, making this site the largest known occurrence of mountain spleenwort in the state. There are five other occurrences in the state with 50 to 100 clumps each." 🦇

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HIKERS' MARKETPLACE

You can also order at our web site: www.nynjtc.org

NY-NJ TC member? YES NO JOINING NOW

Please order by circling price

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Catskill Trails (2003) & see combo	\$13.95	\$10.45	+\$1.10	_____
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South Taconic Trails (1988, rev. 1998)	\$4.95	\$3.75	+.65	_____
Hudson Palisades Trails (available Mar. 2004)	\$7.95	\$5.95	+.80	_____

Books

A.T. Guide for NY & NJ (2002) w/6 maps	\$19.95	\$15.95	+\$2.00	_____
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Hiking Long Island (2002)	\$19.95	\$15.95	+\$2.50	_____
Circuit Hikes in Northern New Jersey (2003)	\$11.95	\$9.55	+\$2.00	_____
New York Walk Book (2001) & see combo	\$19.95	\$15.95	+\$2.50	_____
New Jersey Walk Book (available Feb. 2004)	\$19.95	\$15.95	+\$2.50	_____
Harriman Trails Guide (1999) & see combo	\$16.95	\$13.55	+\$2.50	_____
Iron Mine Trails: NY-NJ Highlands (1996, rev. 1999)	\$8.95	\$7.15	+\$2.00	_____
Health Hints for Hikers (1994)	\$5.95	\$4.75	+\$2.00	_____
Doodletown: Hiking Through History in a Vanishing Hamlet on the Hudson (1996)	\$12.95	\$10.35	+\$2.00	_____
Catskill Trails: A Ranger's Guide to the High Peaks				
Book One: The Northern Catskills (2000)	\$14.95	\$11.95	+\$2.00	_____
Book Two: The Central Catskills (2000)	\$14.95	\$11.95	+\$2.00	_____
Scenes & Walks in the Northern				
Shawangunks (1999) (hardcover) & see combo	\$10.95	\$8.75	+\$2.00	_____
NEW!! Shawangunks Trail Companion (2003)	\$18.95	\$15.15	+\$2.50	_____
Nature Walks in New Jersey (1998)	\$12.95	\$10.35	+\$2.50	_____
50 Hikes in the Lower Hudson Valley (2002)	\$16.95	\$13.55	+\$2.50	_____
50 Hikes in New Jersey (1997, rev. 1999)	\$15.95	\$12.95	+\$2.00	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (2002)	\$14.95	\$11.95	+\$2.00	_____
Best Hikes w/ Children in New Jersey (1992)	\$12.95	\$10.35	+\$2.00	_____
AMC Catskill Mountain Guide (2002)	\$19.95	\$15.95	+\$2.00	_____
ADK Guide to Catskill Trails (1994, repr. 1998)	\$17.95	\$14.40	+\$2.00	_____
Palisades: 100,000 Acres in 100 Years (2001)	\$27.50	\$22.00	+\$3.00	_____

Combo-Packs

Catskill (5-map set & ADK book)	\$27.80	\$21.60	+\$2.00	_____
Harriman (2-map set & book)	\$22.40	\$17.55	+\$2.50	_____
NY & NJ Walk Books	\$32.35	\$25.85	+\$3.50	_____
Shawangunk Combo (4-map set & book)	\$17.90	\$13.95	+\$2.00	_____

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Long-sleeve Denim Shirt <i>Circle: S M L XL</i>	\$29.90	\$22.90	+\$4.00	_____
Polo Shirt (Forest Green) <i>Circle: S M L XL</i>	\$19.90	\$15.50	+\$4.00	_____
NY-NJTC T-Shirt <i>Circle: L XL</i>	\$13.95	\$13.95	+\$3.50	_____
Harriman Map Bandanna	\$6.95	\$5.95	+\$1.50	_____
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FOR & ABOUT

Our Members

Two Complete NE 111

Congratulations to Arlene and Ernie Valera, who completed the required climbs for Northeast 111 recognition with a hike up Owl's Head in the White Mountains. They report that all peaks were done as day hikes and that they covered 769 miles with 239,000 feet of vertical rise.

Member Offers Hike Info for UK, Ireland, and More

TC life member Richard K. Greve has been compiling informational packets on long-distance walks in the UK since 1985. He is now offering his packets to TC members. He writes: "Information sheets cover

all items pertaining to doing these long-distance walks independently. In England: coast to coast, Cleveland, Cumbria, Cotswolds, Dales, South Downs, North Downs, and Pennine Ways; in Wales: Offa's Dyke, Pembrokeshire Coast, and Glyndwr's Way; in Scotland: South Uplands, St. Cutbert, West Highland, and Speyside Ways; in Ireland, Dinale and Wicklow Ways. Packets are also available on Chilkoot, Colorado, John Muir, and Wonderland Trails and Hawaii in the U.S., plus hiking in New Zealand, Nepal, and Tour de Mont Blanc." Send \$2 (three for \$5) to cover postage to Richard Greve, 115 Dawn Drive, Mt. Holly, NJ 08060 or email theskiotter@prodigy.net.

CONTRIBUTIONS

GIFTS

ADK Knickerbocker Chapter, AMC New York-North Jersey Chapter, Doug and Barbara Arbesfeld, Robert P. and Joan T. Augello, Barns and Noble, Ian Blundell, Michael J. Bolotsky, William and Martha Bremer, Evangeline Caliendo, Adolph O. Cherot Jr., Linda M. Clark, Herman H. Clausen, Vincent R. Clephas, Derek D. and Barbara Cocovinis, Neil and Katherine Cohen, Polly Condit, Gary Custis, Mark J. Dallara, Andy J. Damato, Jane Daniels & Walt Daniels*, Crist Dixon, Joan Ehrenfeld & David Ehrenfeld, John Ellingboe & Page Hartwell*, David Ettenberg, Christopher Ezzo, Martin and Alice L. Feldman, Frank J. Fornoff, Ben Frankel and Phyllis Frankel*, Peter L. Gabriele II, George Gentsch & JoAnn Abbadessa, Eric Goldstein, Brian Goodman, David Graybeal, Gordon H. Greacen, John Grob & Anne Grob, Eileen P. Hanna, Nancy G. Hassanein, Edward Z. Hawkes, George and Lucy M. Heller, Joseph P. Henderson, Gregor L. and Nancy L. Hetzel, Ginny Higgins, Paul J. Hoffman, David E. Hogenauer & Claire S. Hogenauer, Daniel M. Hunt, Joan D. James, Calvin E. Johnson & Eric Johnson, Robert J. Jonas, Robert A. Jordan Jr., Dan R. Karch, Richard H. and Galene A. Kessin, David J. Klem*, Stephen and Ann Klepner, Clifton and Ann Koontz, Dennis J. Lenz, David E. Levine, Lawrence H. Levine, Doris G. Lommel, Robert F. Marshall, Malcolm J. Matthews, Robert M. Mitrane, Carl Monopoli, Thomas C. Moorhead, Betty Moran, Hugh H. D. Murray, Anne Osborn & Fred Osborn*, Greg Paris & Joanne Williamson, Jeanne Petta, Timothy M. Rankin, Laura M. Rice, Weiland A. Ross, Arlene Scholer, Alfred A. Seymour-Jones*, Bob Sickley, Simon and Nancy Z. Sidamon-Eristoff, Malcolm Spector*, Ursula Springer, Jan A. Summers,

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MEMORIAL GIFTS

In memory of Samuel Marks
 Marsha K. Weiss

In memory of Nancy Perkinson

Peter Heckler & Rita Heckler, Peter Tilgner & Suzan Gordon

SPECIAL GIFTS

To Shawangunk Ridge Coalition in honor of Chris & Laurie's wedding
 Jeffrey Apotheker, Linda Becker & John Wolcott, Jane Berkowitz, Georgina and Michael Carpentieri, Nancy Delahunt, Lani Donlon, Heather Flournoy, Beatrice Gernstein, Philip Gerstein, Elizabeth Godwin, Ami Hirschstein, Charles and Mary Sue Kelly, Monika Kretschmar, Lee Kyriacou & Elizabeth Barrett, Kitty Lerin, Adele Marcus, Regina Marrero, Charlotte E. Moss, Elizabeth Paul, Heather Saunders, Susie Volk, Jill and Wendell Wahren, Robert White, Ilja Wiedijk

To Shawangunk Ridge Coalition

Anne Bretz-Aronoff, Astrid Fitzgerald, Berenice Katzen-Cohen, Anne Kochendorfer, Rochester Residents Association, Inc, Save the Ridge*

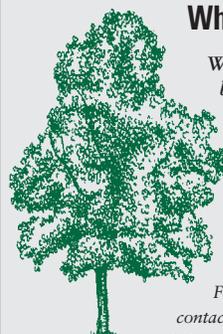
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For confidential information and legal language, contact the Trail Conference at 201-512-9348, or by email: info@nynjtc.org.



The Catskills

T. Morris Longstreth
Black Dome Press, 2003
printed from the 1918 original
Reviewed by Carol White

The Catskills by T. Morris Longstreth is a delightful telling of the author's 1917 trek through the Catskill Mountains; it is filled with observations of nature and human nature that stimulate both senses and mind. We're offered strenuous adventure, humorous stories, Catskill landscape and lore, all conveyed in writing that rings true and leads to deeper thought.

Longstreth's 400-mile adventure begins with meeting Brute, whose Ford was in need of cranking up. These very different men "were but on different stages of the same old road." Brute had "certain things essential in the friend who is to walk by one's side through rough weather as well as fine—generosity, a sense of humor, a sense of beauty, honesty, a liking for adventure." And not least, "the ability to go nowhere-in-particular with him and still be interested and happy."

He needs Brute's touch of Tom Sawyer, too, I think. In 20-mile days, they relied on the kindness of strangers for meals. After climbing from Woodstock to Plattekill Clove, they were famished. No luck at two houses, then Brute took over: "Good evening, sir. Could I have a drink of water?" He bade us enter. "Would it bother you to sell us a couple of pieces of bread?" Soon the tramps had his wife, dubbed the Good Dame of Plattekill Clove, dishing up vast quantities of delectables. *If you want something big, begin with something easy and work up.*

They marvel atop the Wall of Manitou: "I wonder why nobody ever told me about this, Brute." "Where was they to begin?" he very adequately replied. "Seeing big must make you think big," Brute declares, as they discuss big subjects like putting pleasure before business. "You never get ideas when you're not enjoying yourself—at least, any valuable ideas," Morris contends. But it isn't *work* that makes Jack

dull, just drudgery. The pursuit of happiness means happiness in your pursuit, he concludes.

Whether describing a thunderstorm from Hunter, commandeering the Winnisook caretaker's cabin, jumping off the north side of Slide on snow, careening around Ashokan Reservoir with John Burroughs, bivouacking atop a snowy peak, Longstreth's writing offers humor and wisdom, and conveys the ineffable: "There came over me that sense of well-being it is hard to get in any other way than on foot." "We sat on the roots of a great hemlock and basked in the perfection of life." "There is a spot for everyone more satisfying than any other, and if you will show me the spot I can to some degree tell you the man." And woman.

The Wimp's Guide to Cross-Country Skiing

James B. Kobak, Jr.
1st Books Library, 2003

Reviewed by Robert E. Green

The title of this book is misleading; the author does not discuss skiing techniques but instead provides a humorous commentary on the equipment, clothing, and climatic conditions that may be encountered while trying to make one's way on skis cross country. It is written, claims the author, "for someone who does not like being cold and wet and having bruises all over his body." Would people who fit this profile even think of skiing as a desirable winter activity?

The author claims years of failure as a cross-country skier, but has obviously enjoyed the exercise or surely he would not have continued, and so, presumably, became a lot more proficient than he admits (at least, in this book). Experienced skiers will enjoy the somewhat exaggerated complaints concerning various aspects of their sport, while recognizing that most of the incidents discussed have happened to themselves at one time or another.

One item that appealed to this reviewer was the advice to always carry a map and a compass so that you can find the way to a hotel. The red point on the compass, the author reminds us, points to the north, so if you have doubts about your direction, be sure to go the other way. And beware of contour lines—they indicate either going up or going down, both of which present hazards to those on skis.

In such a nice book it seems a pity that the typos could not have been corrected before printing.

More Backcountry Cooking: Moveable Feasts from the Experts

Dorcas S. Miller
The Mountaineers Books, 2002

Reviewed by Lynn Brandon

More Backcountry Cooking is a well thought out and researched book. The first part of the book contains recipes, and the second part deals with information that all people need to know if they are going to be in the backcountry. It is much more than a collection of recipes.

The book offers good advice concerning food in general: nutritional breakdown for every recipe, non-dairy options, and how to dry without a dehydrator, make conversions, enlarge recipes, plan food for a long trip, and much more.

The diverse recipes are easy to follow and are organized into two parts: at-home preparation and on-trail meal-making. Miller offers recipes that can be used in many situations, and they include a variety of portion options. They range from recipes for single backpackers, for people who don't have to worry about food weight (i.e. canoe camping), and for large groups. Check out the Mediterranean Polenta on page 96. It melts in your mouth!

Leave No Trace: A Guide to the New Wilderness Etiquette

Annette McGivney
The Mountaineers Books, co-published with Backpacker Magazine, 2003
Second edition (first published 1998)

Reviewed by Edward Ripley-Duggan

When Laura and Guy Waterman published the second edition of their classic *Backwoods Ethics* in 1993, they were able to report many successes. The influence of their work, and of such books as Hampton & Cole's *Soft Paths*, has been extensive. The Leave No Trace movement has been valuable in reducing the worst of the damage caused inadvertently in wilderness areas. No longer does one see evidence of camping as it was practiced in the 1960s and before—bough beds and the like—with any frequency, to name one minor victory.

Still, this is not a campaign won, nor will it ever be. While individual impact has been reduced, the number of visitors to backcountry regions has increased. There are new forms of incursion (e.g. kayaking) that affect regions previously infrequently visited: the ecologically fragile islands of the Maine Coast come to mind. The inherent paradox is that, when we draw on wild areas for recreation, we too often destroy the qualities that brought us there in the first place.

The second edition of Annette McGivney's book is a useful tool in the quest for ways to manage this dilemma. It is a thorough examination of Leave No Trace principles. Divided into nine chap-

ters, there are sections on horsepacking, mountain biking, waterways, special environments (arctic and alpine tundra, deserts, and archaeological sites) as well as the basics for campers and walkers. There is an attempt on the part of the author (on the whole successful) to be encyclopedic, and there is much to be learned here.

Annette McGivney's book is a thought-provoking investigation of Leave No Trace precepts. If we venture into the backcountry mindful of impact, we are in a better position to alleviate or eliminate the traces of our presence. Only by this means will the vital resource of wilderness remain untrammelled as a source of renewal for future generations. This book is good starting place to build that necessary awareness.

The Hiking Companion

Michael W. Robbins
Storey Books, 2003

Reviewed by Betty Heald

This book's subtitle says it all: Getting the most from the trail experience throughout the seasons: where to go, what to bring, basic navigation, and backpacking.

Michael Robbins, a long-time science and nature writer and editor, has produced a practical guide for novice hikers and backpackers. The book is full of good ideas, and is a reminder that the simple act of taking a hike is a wonderful way to get a new perspective on the world.

Each of the seven chapters covers an aspect of hiking. These include the where and how of hiking, planning, clothing, and gear. The chapter titled "Navigating" gives instruction on map-reading, following blazes, and using a compass. "Cautions" addresses other important factors to be considered such as weather, distance, illness, other hikers, critters, and trail etiquette.

The final chapter on backpacking is a "must read" for the beginning backpacker. Colorful anecdotes of Mr. Robbins' hiking adventures add authenticity.

Readers of this book will be inspired to get out and try a hike. Pen and ink drawings illustrate the text. The appendix includes a list of some of the author's favorite national parks, public lands, and wild-life reservations in the United States. There is a list of established suppliers of hiking and backpacking equipment. Missing is a list of some of the larger hiking organizations both national and here in the East. The novice hiker would be well advised to begin his/her hiking with one of the local clubs and under the guidance of a competent hike leader.

The Hiking Companion is easy to read and almost small enough to fit into a back pocket. It is an excellent reference for the beginning hiker or someone planning his/her first backpacking trip.

IN MEMORIAM

RUTH G. HOROWITZ

Ruth G. Horowitz, who served as Trail Conference bookkeeper for at least 15 years, died October 7, 2003. She is remembered as a faithful and dedicated office volunteer who manually closed TC books/ledgers, and tallied all the deposits and checks received, each week—a daylong activity done weekly with few absences. She enjoyed painting and was a member of the Appalachian Mountain Club.

The Frankton Trail

by Ben Frankel

The Frankton Trail in France is an official long-distance footpath—in French parlance a *grande randonnée*—which commemorates a daring World War II commando operation and escape. It follows the initial route, from Blaye on the Gironde estuary to Ruffec, of two British World War II heroes who attacked German ships in the Bordeaux port on the Gironde River, then escaped through occupied France, and across the Pyrenees into Spain. Their journey took more than two months. These days, as three intrepid Trail Conference members recently learned, the walk involves less time and hazard and more pleasures.

The new Frankton Trail (it was inaugurated in 2002) in France follows the path of the Cockleshell Heroes, the British commandos who hiked 100 miles in December 1942 through ice and rain while being pursued by the German Wehrmacht and police. A well known movie, *The Cockleshell Heroes*, was made of this adventure about 25 years ago.

Three members of the Trail Conference, Jerome Berman, Abba Tor, and myself, recently hiked the trail. Being the first Americans to do so, we were awarded medals by the Frankton Society. The code name of the commando operation was “Frankton.”

The commandos, in one of the most daring secret missions of World War II, fashioned by Lord Louis Mountbatten, were left off by a British submarine 100 miles from the Bordeaux harbor in specially designed rowboats (cockleshells). They spent four days rowing at night and resting by day to reach two ships in the harbor, vital to the German war effort,



TC members enjoyed WWII history and French farms along the Trail.

which they blew up with torpedoes.

Then they had to meet up with the French Resistance, 100 miles away—no food, terrible weather, and exhausted from four days of rowing.

A beautiful plaque has been installed at a farmhouse along the trail where the commandos were aided by a family of French farmers who fed, clothed, and bedded them overnight and probably saved their lives. The family faced a strong possibility that they would be caught by the Germans, in which case they would be shot or sent to slave labor camps. The plaque was dedicated by the Duke of Kent and Lady Patricia Mountbatten.

My two companions and I have hiked together extensively in different parts of the world and rate this one as truly memorable. Reading that plaque, in the beauty of the French countryside, revealing the spirit of the commandos and the courage and decency of the French family, was one of the most poignant moments of my life.

The hike is not difficult. A group of

hikers, average age 58, did the route recently in six days and a group of Royal Marine Cadets did it in three and a half days; being in training, the latter ran most of the way.

A good time to do the hike is early October, when the grapes are being harvested. The views of the extensive fields of grape vines, through which the trail passes in large part, and the aromas emanating therefrom, can levitate the hiking!

One is of course reminded of the historical 1777 and 1779 trails in Harriman Park. Can any of our members call our attention to other trails of historic importance maintained by the Trail Conference?

If you wish more information about the Frankton Trail, call Ben Frankel, 914-478-0375, or write directly to Monsieur Francois Boissier, President of the Frankton Society, at 1 Avenue du Général de Gaulle, BP 34 16 300 Barbezieux, France. They will be delighted to help you. 🌿

NANCY TOLLEFSON

continued from page 1

tends to hike all of the trails to be included in the book, not just to ensure the accuracy and completeness of the guide, but to note the interesting flora and fauna she encounters along the way. Her goal, of course, is to make sure the guide fits the needs of new hikers on these trails. Many of the routes will be new to Nancy herself, and she plans to narrate her passage through them into a tape recorder and, later, transcribe her notes into the text of the guide. Do not be alarmed, therefore, if you see her in the woods pointing out the sights to no one in particular.

In addition to the Trail Conference, Nancy has also been long involved in the Appalachian Mountain Club. Having joined the club when she moved to Boston in the 1980s, she has kept up her AMC activities here with the New York-North Jersey Chapter. Nancy finds the AMC, like the Trail Conference, to be a good place to make friends who enjoy hiking and volunteering. In fact, Nancy met her husband, Art Tollefson, through the AMC. Both Nancy and Art lead hikes for the club and volunteer in the management of the local chapter. Nancy particularly enjoys leading beginner hikes, helping to train new leaders, and taking city kids out into the woods with the AOK program (AMC Outings for Urban Kids). She has taken many trips with the AMC, including a weeklong hike in the Rocky Mountains and a hiking and paddling trip in Maine. As one might expect, Nancy also serves as editor of *Trails and Waves*, the chapter's newsletter.

Life is not all hiking and editing for Nancy, however. An accomplished amateur singer, she has sung alto with the New York Chorale Society for eight years. The Chorale Society is a 180-voice symphonic chorus, and it has performed in New York City concert venues such as Carnegie Hall (an annual Christmas program) and Lincoln Center for the past 45 years. Next summer, Nancy will perform with the group in France. Once again—no surprise—Nancy does more than sing with the Chorale Society: she serves on its board of managers and edits its newsletter.

It is always interesting to learn what motivates volunteers to perform so selflessly for organizations. Nancy volunteers for groups she has belonged to and enjoyed. She cares about the organizations and their continued valuable work. In her volunteer work, she tries to identify needs and help solve problems. Her goal is to inspire others to get involved and make contributions, while doing things she loves doing. In the end, she offers a short and convincing explanation for why she volunteers so extensively for the Trail Conference. “It’s wonderful,” she says, “to be able to work in support of something I enjoy so much.” 🌿

Anne De Sutter is an attorney and Trail Conference member.

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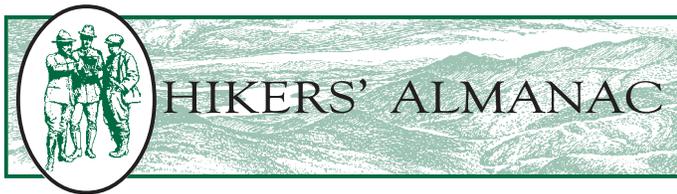
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continued from page 12

WEDNESDAY, JAN. 21

PMNHA. Morning Hike. Leader: call 973-334-3130 for information. Meet: 10am at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Drop the kids off at school and join us on this moderate hike at Pyramid Mountain (adults only).

SATURDAY, JAN. 24

OUT. Prospect Park in Winter. Leader: Marty and Judy Mahler, 718-692-2654; call 6-8 pm. Meet: Call leaders for meeting time; meet at Parkside Ave. stop on Q subway, street level. Short walk on our own, lunch break, then walk with a ranger on the new Audubon Bird Trail; possible visit to botanic gardens and museum. No go if raining or snowing heavily.

RVV. Woodstock, NY. Leader: Call 845-246-7174 for information. Meet: 10am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties, NY. Ulster Landing Park or Broadview Rd., Woodstock, depending on weather. Moderate 3-4 miles.

UHC. Tiorati Circular, Harriman State Park, NY. Leader: Al Leigh, 973-471-7528. Meet: 9:30am at Tiorati parking; call Friday 7-10pm for directions. 8 miles at a moderate pace in this beautiful area; several hills throughout the day and rocky trails; numerous views.

WTA. Jones Beach, NY. Leaders: Will Raffaele, Catharine Allen, 914-948-4061. Meet: 10am at North White Plains train station; \$6 transportation contribution. Easy. A winter walk on the beach with possible sightings of harbor seals. Dress very warmly to ward off chilling winds.

SUNDAY, JAN. 25

PMNHA. Tripod Rock, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Moderate hike to our famous glacial erratic.

IHC. Lake Tiorati, NY. Leader: Pete Filigotti, peterlabor@yahoo.com. Meet: 9am at Tiorati Circle parking area, Harriman State Park. Moderately strenuous, but wimps welcome. Early finish. East, west, RD or AT? Leader goes with wind direction. Rain, heavy snow, poor driving conditions cancel.

OUT. Tibbetts Brook Park, NY. Leader: George Glatz, 212-533-9457; call 7-8am. Meet: 12 noon at 242nd St. and Broadway, park side (take #1 subway to last stop, 242nd St./Van Cortlandt Park, Bronx). 5 easy/moderate miles at steady pace. Walk on the old Putnam Trail to see this beautiful park in winter. Bathrooms are heated and have warm water—ah, Westchester County!

UHC. South Mountain Reservation, Millburn, NJ. Leader: Ed Lebowitz, 201-332-1709. Meet: 10am at Locust Grove parking, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. Easy 3-4 miles, suitable for beginners. Canceled if rain or snow (snow on ground okay).

WTA. Silver Lake, NY. Leader: Barry Kaplan, 914-946-2869. Meet: 10am at North White Plains train station; \$1 transportation contribution. 4 easy miles. This is a park just at the edge of White Plains that seems so incredibly remote, once into the woods. A good time of year for avoidance of gnats, mosquitoes, etc. Timed to finish early enough for lunch at home or "out."

MONDAY, JAN. 26

RVV. Huntersfield Mountain, NY. Leader: Call 845-246-4145 for information. Meet: 8am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties, NY. Moderate 4-mile hike; snowshoes and crampons may be necessary.

THURSDAY, JAN. 29

FVTW. Butler Reservoir, NJ. Leader: Jim & Theresa McKay, 973-538-0756. Meet: 10am at Kinnelon baseball field, on Boonton Ave. two miles north of Pyramid Mt. visitor's center; call for directions. Moderately strenuous 8-mile hike around the reservoir. Steady rain cancels.

SATURDAY, JAN. 31

PMNHA. Turkey Mountain, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Moderate hike.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Ellie King, 908-233-8411. Meet: 10am at Locust Grove parking, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. 4-5 miles at moderate pace with some hills. Possibly a snowshoe walk.

WTA. Ward Pound Ridge Reservation, NY. Leader: Joan Coffey, 914-232-5839. Meet: 10am at Trailside Museum parking area; \$3 transportation contribution. 4-5 miles.

FEBRUARY

SUNDAY, FEB. 1

IHC. Wawayanda Winter Wonderland, NJ. Leader: Ilse Dunham, 973-838-8031. Meet: 9am at A&P/Hewitt Post Office, Warwick Tpk. shopping center, Hewitt. Moderate hike or snowshoe, depending on snow. Explore variety of trails; lovely hemlock forest and giant rhododendrons. Rain, heavy snow, poor driving conditions cancel.

OUT. Coney Island to Sheephead Bay, NY. Leader: Lynn Albin, 718-743-0920; call beginning Thursday before hike in evening until 9:30pm week of hike for recorded details. Meet: Call for meeting time; Brighton Beach stop on Q subway, by turnstiles. 7 miles at a moderate, steady pace. Enjoy a leisurely day walking along the Coney Island boardwalk, then to Sheephead Bay area; lunch at moderately priced Thai restaurant.

GAHC. Saddle River Park, Paramus, NJ. Leader: Helga Nagy, 201-796-5578. Meet: 10:30am at Dunkerhook Park; call leader for details and directions. Moderate and easy hikes.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Mae Deas, 908-233-8641. Meet: 10am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd.; call for directions. Brisk 5-mile hike with mixture of level, easy walking and some hills on rough, possibly icy terrain. Steady rain cancels; good snow cover may result in cross-country ski instead for both, if someone volunteers to lead the hike.

WTA. Old Croton Aqueduct, Scarborough to Dobbs Ferry, NY. Leader: Herb Hochberg, 914-472-3525. Meet: 10am at North White Plains train station; \$2 transportation contribution. 8 miles, moderate. This section of trail passes several historic houses and churches. We will use a car shuttle.

SATURDAY, FEB. 7

UOC. Delaware & Raritan Canal, Kingston, NJ. Leader: Gene Varney, 732-873-2506. Meet: call leader. Easy 2-3 hour hike along the canal towpath.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Naomi Shapiro, 973-762-1832; call before 9pm. Meet: 10am at Locust Grove parking, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. Brisk 5 miles with steep hill at beginning. Rocky ups and downs; wear hiking boots. Not suitable for beginners. Steady rain cancels; if icy, bring crampons.

SUNDAY, FEB. 8

OUT. Ponds of Staten Island. Leader: Joel Pomerantz, 212-691-3844; evenings before 10. Meet: 10:15am by foot of escalators, Staten Island Ferry Terminal, South Ferry, Manhattan. 8 miles at steady pace with some ups & downs. Hike on marked and unmarked Greenbelt trails to Turtle Pond, Duckweed, Frog, Martling, Pump House and more. Nonmembers \$3.

PMNHA. Snowshoe Trek, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Bring your snowshoes and hope for snow on this moderate hike.

IHC. South Mountain Reservation, NJ. Leader: Charles and Anita Kientzler, 973-835-1060. Meet: 9am at South Mountain Arena (ice rink), Northfield Ave., West Orange, NJ. Explore this park in all its winter glory, at a moderate pace. Hemlock Falls will be locked in ice and the view from Washington Rock will be "cool."

UHC. Lord Stirling Park, Basking Ridge, NJ. Leader: Phyllis Brown, 908-753-8812; call before 9pm. Meet: 10am at Somerset County Environmental Center, Lord Stirling Rd. off S. Maple Ave., Basking Ridge; call for directions. 8+ miles of wide and level trails; could ski or snowshoe if good snow cover. You can stay for as short or long a time as you wish. Rain cancels; call Sat. eve before 9pm if in doubt.

WTA. Croton Point Park, NY. Leader: Catharine Allen, 914-948-4061. Meet: 10am at North White Plains train station; \$2 transportation contribution. 4 easy miles. Hike around Croton Point, with winter views across the Hudson. We may see bald eagles and wintering water fowl. Dress for bitter winds from river. Optional lunch at the Croton Diner.

SATURDAY, FEB. 14

OUT. Pomona to Suffern, NY. Leader: Oliver Wayne, 201-840-4145. Meet: 7:45am at Short Line ticket windows, Port Authority Bus Terminal, for 8:15 bus. 9 strenuous miles; steady pace, hilly, must be prepared for ice. No beginners; hiking boots required. Optional dinner at Italian restaurant in Suffern. Nonmembers \$3.

PMNHA. Heartbeat Hike, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Get your heart beating on this moderately strenuous hike.

UOC. Pine Barrens, Chatsworth, NJ. Leader: Coralyn Goricki,

732-548-2315. Meet: 8am in Johnson Park, River Rd., Piscataway, NJ; call for further information. Moderate hike along the Batona Trail.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Joan Lepseter, 908-273-4188. Meet: 10am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd.; call for directions. Brisk 4-5 mile hike with some rocky hills; often muddy. Hiking boots required. Suitable for a strong beginner. Steady rain cancels.

SUNDAY, FEB. 15

IHC. Ramapo Valley Reservation, NJ. Leader: Jim Hayes, 201-825-9506. Meet: 9am at Ramapo Valley Reservation, Rt. 202, Mahwah, NJ. Strenuous, but not many major ups and downs. Circular hike using Silver Trail to Yellow Trail. Rain, heavy snow, poor driving conditions cancel.

OUT. Old Croton Aqueduct, NY. Leader: Mike Pudler, 718-743-0920; call beginning Thursday before hike until 9:30pm for recorded message with details. Meet: Call for time; stationmaster's office at Grand Central Terminal (buy round-trip ticket to Scarborough). 5 miles at moderate, steady pace. Lovely flat hike, from Scarborough to Tarrytown along the aqueduct.

PMNHA. Winter Hike, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Moderate hike with Neil.

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

WTA. Appalachian Trail (CT) or Alternative. Leader: Stewart Manville, 914-582-1237. Meet: 10am at North White Plains train station; \$7 transportation contribution (if CT). 5-6 miles, moderate. Continuing north from West Cornwall, but only if ground and road conditions permit. In event of serious winter complication, something in central or southern Westchester will be more likely.

THURSDAY, FEB. 19

PMNHA. Morning Hike, NJ. Leader: call 973-334-3130 for information. Meet: 10am at first parking lot off McCaffrey Lane; call for directions. Moderate hike at the Tourne (adults only).

FVTW. South Mountain Challenge, West Orange, NJ. Leader: Dave Hognenaur, 973-762-1475. Meet: 10am at Mayapple Hill parking on Northfield Ave.; call for directions. Brisk pace for 11 miles; snow on ground will shorten hike; steady rain cancels.

SATURDAY, FEB. 21

UOC. Hacklebarney State Park, Chester, NJ. Leader: Dan Greenwald, 732-246-4132. Meet: call leader. Moderate hike with some steep inclines.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10am at Locust Grove parking, corner of Glen Ave. and Lackawanna Pl., across from Millburn RR station. Brisk 5-mile hike with views of waterfalls and possibly NYC skyline. Hiking boots required. Canceled if rain or snow (snow on ground okay).

WTA. Leatherstocking Trail, NY. Leader: Stewart Manville, 914-582-1237. Meet: 10am at North White Plains train station; \$1 transportation contribution. 4 easy miles. An interesting jaunt between Saxon Woods Park and Pinebrook Boulevard reminiscent of the public foot-path system in England.

SUNDAY, FEB. 22

IHC. Stokes State Park, NJ. Leader: David Kientzler, 973-948-3983. Meet: 8:30am at Burger King/Stop & Shop, Rt. 23N, Butler, NJ. Strenuous hike or snowshoe. The park has many good snowshoe trails, so if snow we'll have some winter fun. If trails are clear, we'll enjoy views from Kittatinny Ridge. Rain, heavy snow, poor driving conditions cancel.

WWW. Sterling Ridge and Fire Tower, NY. Leader: Don Weise, 973-835-2160. Meet: 9:30am at Weis Ecology Center, NJ; call for directions. Strenuous, fast 8 miles on the New York side of Sterling Ridge. High, remote trail with mature hemlocks and numerous great views. Terrain is steep; snowshoes or crampons may be necessary.

OUT. 116th Street Broad Channel to Breezy Point Circular. Leader: Oliver Wayne, 201-840-4145. Meet: call leader. 12-13 miles along the beach at moderate, steady pace; no hills. Dress warmly and bring hot lunch/beverage. Nonmembers \$3.

GAHC. Cranberry Lake Park, North White Plains, NY. Leader: Marianne Janowski, 914-428-4573. Meet: 10am at Valhalla RR station; call leader to register. Moderate and easy hikes; possible cross-country skiing.

UHC. Ramapo Lake, Oakland, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10am on Skyline Dr., first parking lot on left at bottom of hill in Oakland; call for directions. Very scenic, moderate 5-6 mile hike with views of beautiful Ramapo Lake. Call if in doubt about weather.

WTA. Rockefeller Preserve, NY. Leader: Sam Acerbo, 914-939-2768. Meet: 10am at North White Plains train station; \$1 transportation contribution. 5 miles, easy to moderate. Beautiful bridle paths of Pocantico. We will visit the glacial erratic and Spok Rock. Lunch at Eagle Hill overlooking Kykuit. Rain, shine, or snow.

SATURDAY, FEB. 28

ADK-R. Appalachian Trail. Leader: call leader at 845-354-0738 for

meeting time and place. 11-12 mile hike.

OUT. Byram River Gorge, CT. Leader: Mayer Wiesen, 516-671-2095; call before 10:30pm. Meet: 9am at Jerome & Bainbridge Aves. down stairs (#4 subway to Woodlawn, last stop in the Bronx). 7 moderate miles. Visit a green hemlock river trail; 7:00pm return.

PMNHA. Stress Relief Hike, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Join us on an easy hike through the winter forest.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoo Dwyer, 908-790-0939. Meet: 10am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd.; call for directions. Brisk 4-5 mile hike with some rocky hills. Hiking boots required. Rain cancels.

WTA. Bronx Botanical Gardens. Leader: Marcia Cohen, 914-478-7074. Meet: 10am at North White Plains train station; \$2 transportation contribution. 4-5 easy miles. Walk the winter woods and garden grounds. Visit indoor conservatory exhibit. Warm indoor cafe lunch.

SUNDAY, FEB. 29

IHC. Island Pond, Harriman State Park, NY. Leader: Ilse Dunham, 973-838-8031. Meet: 9am at Tuxedo, NY, RR station, Rt. 17. Hike or snowshoe to and around Island Pond, enjoying an invigorating wintry day. Rain, heavy snow, poor driving conditions cancel.

PMNHA. Leap Year Hike, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. We have an extra day this year; how about a moderate hike?

WTA. Orchard Beach to City Island, NY. Leader: Marcia Cohen, 914-478-7074. Meet: 10am at North White Plains train station; \$2 transportation contribution. 5 easy miles. Beach walk to woodlands to City Island and back. Flat, varied, indoor lunch and facilities.



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HIKERS' ALMANAC

A Sampling of Upcoming Hikes Sponsored by Member Clubs

The activities listed are sponsored by member clubs of the NY-NJ Trail Conference. All hikers are welcome subject to club regulations and rules of the trail. You are responsible for your own safety. Wear hiking boots or strong, low-heeled shoes. Bring food, water, rain gear, first aid kit, and 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 85 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 Web site or send an 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	PMNHA	Pyramid Mountain Natural
ADK-R	ADK, Ramapo Chapter		Historic Area
FVTW	Frost Valley Trail Walkers	OUT	The Outdoors Club
GAHC	German-American Hiking Club	RVW	Rip Van Winkle Hiking Club
IHC	Interstate Hiking Club	UCHC	Union County Hiking Club
MJOC	Mosaic Jewish Outdoor Club	UOC	Union County Outing Club
		WTA	Westchester Trails Association
		WWW	Weis Wyandotte Wanderers

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 March/April issue is January 15, 2004.

JANUARY

SATURDAY, JAN. 3

ADK-MH. Vassar Campus Walk, NY. Leader: Jenny & Stan Roberts, 845-471-5712, before 10pm. Meet: 1:30pm at north gate of campus, Collegeview Ave. near Fairmont Ave., Poughkeepsie, NY. Easy 3 miles. Get out and stretch your legs and share some conversation on campus paths (college not in session).

MJOC. Operation Dessert Climb, NY. Leader: Howard Israel, 212-502-0820, call 9pm-11pm. Meet: Call leader to register by Jan. 2. Start with a hot breakfast at a cafe in Cold Spring, NY, then strenuous 6-7 mile hike on Undercliff Trail to Mt. Taurus. Take Metro North train to Cold Spring. Nonmembers \$10.

ADK-R. Pine Meadow Circular, NY. Leader: call leader at 201-816-9465 for meeting time and place. 7-8 mile hike in Harriman State Park.

PMNHA. Overlooks Hike, NJ. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Moderate hike to some scenic overlooks.

UCHC. Turkey Mountain, Montville, NJ. Leader: Terry Kulmane, 908-865-2672. Meet: 10am at Pyramid Mt. Visitor Center; call for direc-

tions. Moderate 5-mile hike; watch for wild turkeys. Rain or heavy snow cancels; call prior to 8:45 morning of hike if in doubt.

SUNDAY, JAN. 4

IHC. Highlands Trail, NJ. Leader: Jim McKay, 973-538-0756. Meet: 9am at Burger King/Stop & Shop, Rt. 23N, Butler, NJ. 8 strenuous miles on the Rock Lodge Loop, including hills surrounding Pequannock and Oak Ridge reservoirs. A new area to explore; shuttle required. Rain, heavy snow, poor driving conditions cancel.

WWW. Heart of Harriman, NY. Leader: Don Weise, 973-935-2160. Meet: 9:30am at Weis Ecology Center, N.J.; call for directions. Strenuous, fast 7+ miles in Harriman State Park. Variety-filled hike starting at Lake Skannatati and visiting Pine Swamp Mountain, mines, bare rock summits, glacial erratics, and deep evergreen forests. Several steep spots; snowshoes or crampons may be necessary.

GAHC. JFK Bird Sanctuary, Long Island. Leader: Gunter Georgi, 516-893-2336. Meet: 10am at Tobay Beach; call leader for details and to register.

UCHC. Black River County Park, Chester, NJ. Leader: Phyllis Brown, 908-753-8812; call before 9pm. Meet: 10am at Kay Environmental Center; call for directions. Mid-hike break at the center; anticipate a 2:30pm finish. Rain cancels; call prior to 9pm eve before hike if in doubt.

MONDAY, JAN. 5

RVW. Sherril Mountain, NY. Leader: Call 845-246-4040 for information. Meet: 8am in Saugerties, NY; call for directions. Strenuous 5.5 mile bushwhack up 3500' mountain. Snowshoes and crampons may be necessary.

THURSDAY, JAN. 8

FVTW. Sterling Forest, NY. Leader: Carolyn & Jim Canfield, 973-728-9774. Meet: 9:30am at Indian Hill parking lot, Orange Turnpike/Rt. 19; call leader for directions. Moderately strenuous. Hike from the Appalachian Trail to the Indian Hill loop; route depends on conditions. Steady rain cancels.

SATURDAY, JAN. 10

OUT. Connetquot State Park, Long Island. Leader: Paul Develet, 516-488-5232. Meet: 10:30am at Great River, NY, LIRR station (take 9:14 LIRR train from Penn Station). 8 miles at a moderate pace on easy terrain. Pleasant wintertime walk along the Connetquot River; up to the hike hatchery and back. Interesting wildlife along the river. Nonmembers \$3.

UCHC. Pyramid Mountain, Montville, NJ. Leader: Micky Siegel, 201-797-7054. Meet: 10am at Pyramid Mt. Visitor Center; call for directions. Moderate 5-mile hike along the reservoir, then up to Tripod Rock. Call if in doubt about weather.

WTA. Hudson River West Shore Path, NY. Leader: Ellie Carren, 914-591-7036; call in advance. Meet: 10am at North White Plains train station; \$3 transportation contribution. 7 miles, easy to moderate, walking along the river toward Haverstraw, returning on the same shore path, one of the rare stretches of original, undeveloped river bank.

SUNDAY, JAN. 11

IHC. Black Rock Forest Ramble, NY. Leader: Ilse Dunham, 973-838-8031. Meet: 9am at Red Apple Restaurant, Rt. 17, Southfields, NY; park in rear. Moderately strenuous wanderings along trails and woods roads; crampons might be needed. Rain, heavy snow, poor driving conditions cancel.

OUT. Cold Spring Circular. Leader: Oliver Wayne, 201-840-4145. Meet: 8:30am at information booth, Grand Central Terminal. 9-10 hilly miles at moderate pace; no beginners. Hike along the Nelsonville Trail, returning on Cornish Trail; possible dinner in Cold Spring. Probably late return; hiking boots required. Nonmembers \$3.

PMNHA. Winter Trees. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Moderate hike; learn to identify trees by their bark and twigs.

UCHC. Mills Reservation, Cedar Grove, NJ. Leader: Lynn Gale, 973-763-7230. Meet: 10am at Mills Reservation; call for directions. Easy to moderate hike.

MONDAY, JAN. 12

RVW. Gertrude's Nose, Minnewaska State Park, NY. Leader: Call 845-246-6949 for information. Meet: 8am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties, NY. Moderately strenuous hike of 7-8 miles; snowshoes and crampons may be necessary.

WEDNESDAY, JAN. 14

RVW. D&H Canal and Bruceville Rd., High Falls. Leader: Call 845-246-2945 for information. Meet: 10am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties, NY. Two easy walks for a total of 5 miles.

THURSDAY, JAN. 15

FVTW. Escalator and Stalter's Spring. Leader: Dave & Naomi Sutter, dsutter@aol.com. Meet: 10am at Rt. 9W and Jones Point Rd.; contact leader for directions. Strenuous bushwhack up the forgotten Escalator; no beginners. Bad weather cancels.

SATURDAY, JAN. 17

OUT. Jamaica Bay to Beach. Leader: Judy Levine, 718-482-9659. Meet: 10am at Broad Channel stop on A subway, Long Island. 9 miles on easy terrain; beach and town hike at moderate pace. Dress warmly, including face protection, if cold; may be icy. Nonmembers \$3.

ADK-R. Letter Rock. Leader: call leader at 845-359-2465 for meeting time and place. 6 mile hike; Goshen and Stevens mountains.

PMNHA. Winter Hike. Leader: call 973-334-3130 for information. Meet: 1pm at Pyramid Mountain Natural Historic Area Visitor Center, 472A Boonton Ave., Montville Township, NJ. Moderate hike with Neil.

UCHC. South Mountain Reservation, Millburn, NJ. Leader: Mimi Solomon, 973-379-3910. Meet: 10am in Millburn; call for directions. Moderate hike in woodlands and some fields.

WTA. Erie Railroad between Nyack and Piermont. Leader: Stewart Manville, 914-582-1237. Meet: 10am at North White Plains train station; \$3 transportation contribution. 2 or 4 easy miles, depending on your individual choice of one-way or round-trip. Views optimal with leafless trees. Lunch in medium-priced cafe recommended, especially if wintery.

SUNDAY, JAN. 18

IHC. Camp Smith Trail Plus, NY. Leader: Carolyn & Jim Canfield, 973-728-9774. Meet: 9am at Anthony Wayne north parking area, Harriman State Park. Strenuous hike with continuous climb of 1100' to Anthony's Nose, with great views of Hudson River. Hike down the AT, across Bear Mt. Bridge, and finish along the 1777 Trail; shuttle required. Crampons might be needed. Rain, heavy snow, poor driving conditions cancel.

GAHC. Hook Mountain State Park, Upper Nyack, NY. Leader: Henry Loddigs, 718-899-1052. Meet: 9 am; call leader for details and directions.

UCHC. Watchung Reservation, Mountainside, NJ. Leader: Bob Hagon, 908-788-8360. Meet: 10am at Trailside Nature & Science Center, Coles Ave. at New Providence Rd.; call for directions. Brisk 5-mile hike with views of the deserted village and stables. Hiking boots required. Rain or snow cancels (snow on ground okay).

MONDAY, JAN. 19

RVW. Indian Head Mountain, NY. Leader: Call 845-246-6546 for information. Meet: 8am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties, NY. Strenuous hike of 7 miles up 3500' mountain; snowshoes and crampons may be necessary.

continued on page 11

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