



Our Annual Awards

A round-up of the volunteers honored in 2013.

READ MORE ON PAGE 8 ▶



Looking Back, Looking Ahead

What TC people are doing for trails in our region.

READ MORE ON PAGE 7 ▶



TRAILWALKER

Winter 2014

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

www.nynjtc.org

Construction Begins on New HQ as Final Funds are Sought

Equipped with little red plastic spoons, symbolic stand-ins for shovels, more than 75 exuberant Trail Conference supporters gathered at the Darlington Schoolhouse in Mahwah, NJ on Thursday, November 21, and together broke ground for the final stage of restoration and expansion of the building as our new and permanent headquarters.

“This isn’t about me or my board or elected and agency officials being helpful,” explained Executive Director Ed Goodell as attendees readied their spoons for the cue to break ground while three actual shovels stood witness. “This is about everybody getting involved to make this project happen.”

As of the groundbreaking, \$2.5 million of the estimated \$2.8 to \$3 million total project cost had been raised. In the seven months of the Bolger Challenge, nearly 700 individuals, civic organizations, and local businesses made donations that ranged from \$10 to \$150,000. Additional contributions to meet the full move-in budget continue to be sought.

The groundbreaking was made possible by the success in raising \$1million by November 1 in order to earn an additional \$500,000 from the Bolger Foundation of Ridgewood, NJ. JT Bolger represented the Foundation at the ceremony and presented the challenge-ending gift to Goodell, along with his thanks for all the Trail Conference does for public access to nature.

Before the ceremonial groundbreaking, Goodell also introduced the general con-



JEREMY APGAR

75 supporters shared in the groundbreaking at the Darlington Schoolhouse by moving dirt with red plastic spoons (many contributions add up to big achievements).

tractor who has been selected to manage the construction phase of the project, Mahwah-based Vinnie LaBarbiera of LaBarbiera Custom Homes, a Division of VHI Builders. LaBarbiera helped the Trail Conference finish the first phase of construction. His work includes custom homes and the recent restoration of the 50,000-square-foot Crocker Mansion, a prominent historic building in Mahwah.

Construction is expected to begin in January with a target completion date of November 2014. Phase 1—which includ-

ed structural stabilization, exterior renovation, HVAC and utilities—was completed in 2012. Phase 2 of the project will include interior renovation of the original 4,400-square-foot schoolhouse and construction of a 3,700-square-foot, two-story addition.

All gifts to the Trail Conference Darlington campaign are tax deductible. To contribute to the campaign or help raise the final funds needed, contact Don Weise at 201.512.9348 x13.



PEOPLE FOR TRAILS



Fred Stern
Cortlandt Manor, NY

Volunteers as Appalachian Trail Corridor Manager for Dutchess/Putnam.

What does an AT Corridor Manager do? Fred supervises the work of volunteer corridor monitors who regularly walk assigned boundary sections of Appalachian Trail corridor lands. They ensure the boundary markers are maintained and the public land, owned by the National Park Service, is respected.

What’s special about corridor monitoring? Unlike most of our volunteers, corridor monitors hike off-trail, using map & compass skills and survey maps to locate official boundary markers.

Fred says: “I feel like I’m accomplishing something by helping to steward the land. It’s not for everyone, but I’d like to find a few people to fill some positions in my section.”

Wait, there’s more. Fred also volunteers as

- Trail Supervisor, Hudson Highlands State Park (north)
- Publications Field Checker (*Walkable Westchester*, 2nd edition)
- Maintainer, Camp Smith Trail, since 2010
- Crew member, Westchester Trail Tramps and Ward Pound Ridge Crew, since 2009
- AT Corridor Monitor, Dutchess South
- Certified chain sawyer

How he got involved: His wife spotted a How to Volunteer with the Trail Conference orientation; they attended. The rest is history in the making.

Background: Life-long hiker; retired IT manager for US Probation Office in NYC

Interested? Contact Volunteer Coordinator John Leigh, jleigh@nynjtc.org.

A New Guide for a Year of Hiking

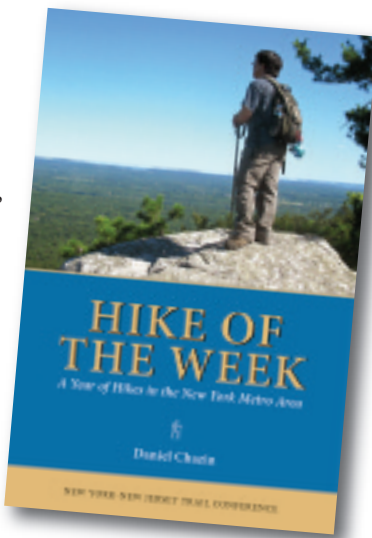
Hike of the Week

By Daniel Chazin
1st edition, 2013

In this brand-new book from the Trail Conference, well known hike writer and editor Daniel Chazin is your guide for a year of hiking in the New York metro area.

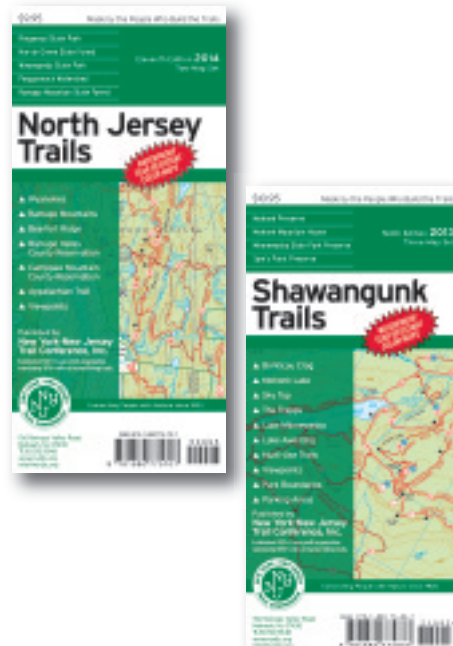
Hike of the Week is a collection of 52 hikes in the New York metropolitan area—one for each week of the year. The hikes are selected, adapted, and updated by Chazin from hundreds published in his popular Hike of the Week column in *The Record* (Bergen County, NJ). They are organized by season and level of difficulty. Each hike is accompanied by a map and a sidebar that focuses on some interesting aspect of the hike, such as history, geology, and wildlife. 358 pages.

Order your copy now on our website, by phone, or in our office. Learn more about this great new book at nynjtc.org/panel/hike-week.



Start Your Hiking Year with Our Newest Maps for the Shawangunks and North Jersey!

Please turn to page 11 to learn more.



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TRAIL WALKER

VOLUME XXI, No. 1

WINTER 2014

GEORGETTE WEIR
LOU LEONARDISEDITOR
GRAPHIC DESIGNER

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Mission Statement

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

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

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 103 hiking and outdoor groups, and 10,000 individuals.

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Statement of Ownership, Management, and Circulation

Trail Walker is a quarterly paper published by the New York-New Jersey Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430. The editor and managing editor is Georgette Weir, at the same address. The annual subscription price is \$15; contact person is Georgette Weir; telephone number is 201-512-9348. The tax status of the organization has not changed during the preceding 12 months.

As of the filing date of September 30, 2013, the average number of copies of each issue during the preceding 12 months was 13,125; the actual number of copies of the single issue published nearest to the filing date was 13,500. The paper has a total paid and/or requested circulation of 6,480 (average) and 6,560 (actual, most recent issue). The average free distribution for the 12 months preceding the filing date was 6,645 (average) and 6,931 (actual, most recent issue). The total average distribution was 13,125; the actual distribution of the single issue published nearest to the filing date was 13,500.

This information is reported on U. S. Postal Service Form 3526 and here as required by 39 USC 3685.



New Jersey Program Coordinator Named

Peter Dolan, a 2010 graduate of Bucknell University and a resident of Greenwood Lake, NY, has joined the staff of the New York-New Jersey Trail Conference as coordinator of our New Jersey programs. Peter holds a degree in biology from Bucknell and brings a variety of training and skills related to outdoor recreation and education to the position.

Peter has led college freshmen on backpacking trips on the Appalachian Trail; helped low-performing elementary-age students in California develop skills and confidence by teaching them outdoor survival skills and nature-focused lessons; was trail staff for Wilderness Inquiry in Minneapolis, MN; and was a member of Coconino Rural Environment Corps in Flagstaff, AZ. The son of former Trail Conference Executive Director JoAnn Dolan and husband Paul, Peter returned "home" this past spring and summer for a season as Student Conservation Corps intern on the Sterling Forest Backcountry Trails Program.



Linda Rohleder Joins Staff; Focus Is Invasives

Linda Rohleder, formerly volunteer coordinator of the Trail Conference Invasives Strike Force (ISF), is now on staff as Director of Land Stewardship and continues to manage the ISF. Additionally, she has been named Project Coordinator for the Lower Hudson Partners for Regional Invasive Species Management (LHPRISM), a program funded by New York's Dept. of Environmental Conservation and administered by the Trail Conference. For many years, while working as a computer programmer with AT&T Linda studied ecology at Rutgers University. She completed a Ph.D. earlier this year. Now she is happily "heading up a wonderful force of volunteers out making a difference removing invasive plants along our trails, preserving habitats, and taking the first steps toward restoring our natural lands." Read more about Linda on our *Trail Walker* blog: <http://blog-tw.nynjtc.org>

I N M E M O R I A M



Larry Braun

Former West Hudson North Trail Chair Larry Braun, of Gardiner, NY, passed away November 21, 2013. Born in 1933 in Brooklyn, Larry moved to Gardiner to retire in 1995 and pursued an active, outdoor life.

Over the years, Larry led numerous hikes in the Shawangunks, Catskills and Adirondacks for the Adirondack Mountain Club, as well as international hiking trips to Ireland and St. John, Virgin Islands. He was an early life member of the Catskill Mountain 3500 and was active with the New York-New Jersey Trail Conference in various roles: as Publications Maps Field Checker from 2005-9, West Hudson North Trails Chair until 2006, a certified chain sawyer, and instructor for Trail Maintenance 101. He was also a trail maintainer and maintained various trails at different times.

Larry loved the outdoors, and was a keen observer of nature, and got great pleasure from sharing his knowledge and experience of the outdoors with others. Many a hiker has been spared from toe jams by using Larry's special boot-lacing method.

Larry lived and appreciated life to the fullest, sharing his joy in hiking and outdoors with others. He is survived by two sons and their families, a twin brother, niece, and loving significant other, Addie Haas.

A celebration of Larry's life will be held in New Paltz, at Unison Arts Center on Saturday, April 26 at 1pm. Contributions in Larry's memory may be made to the National Resource Defense Council, The New York-New Jersey Trail Conference, the Gardiner Library, or the SUNY New Paltz foundation Larry Braun Scholarship Fund for a worthy needy female engineering student.

Feedback

Hikers Give Thanks

Oct. 22 on Facebook

We were hiking the Popolopen Gorge Trail for our 30th wedding anniversary last week, and in the midst of the historic and stunning trail siting, stonework and maintenance, said our little prayer of thanks for the wonderful work of the Trail Conference and partners in our region over the past 90+ years. Much gratitude!

—Dyna Moh

Thanks for all your hard work. It does get to be a drag climbing over or going around fallen trees. It ruins the "Flow" of the hike. Every time I see the fallen trees have been cut out of the way I give a silent thanks to all you good people.

—Peter Johnson

Thank You for the Honor

Thanks to all for the honor bestowed on me at October 5th's Annual Meeting. It's nice to be appreciated. And it's been wonderful to be associated with a fine group of people who are dedicated to providing recreational hiking opportunities in our region. Starting with my first Trail Crew, working on the Shawangunk Ridge Trail with Gary Haugland as our leader, was a fun introduction to the world of trail building and trail maintaining.

Over the years, with adoption of my own trail sections and working with other area Trail Crews, and most recently joining in helping to replace hikers' bridges that have been demolished by recent storms, starting with Irene, Lee and Sandy, I have met a number of interesting and industrious people and learned many useful techniques of trail building and bridge building. It has been a super experience and I thank the New York-New Jersey Trail Conference for its many gifts to New York and New Jersey.

—Joan James
Salisbury Mills, NY

Stahahe Brook Trail Re-route Is Beautiful

In November, I had the pleasure of discovering the new Stahahe Brook Trail re-route in Harriman State Park. I knew the bridge was out and the stream would be very low, but I didn't know I would find a beautiful new route that completely avoids the stream crossing and is so much prettier and interesting than the former woods road. Kudos to John Mack and the West Hudson Trails Crew for yet another job well done.

—Robert Fuller
Old Bridge, NJ

Send Us a Letter

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

In between *Trail Walker* issues, you can keep up with trail news by subscribing to *e-Walker*, our electronic newsletter.

Go to our website and click the blue "Get Our E-Newsletter" button.

From the Executive Director



What's Next

Congratulations! I'm impressed that a bunch of trail walkers could raise \$2.5M.

—John Ferguson

This is one of many comments I received in response to the November news of the groundbreaking for our new Mahwah NJ headquarters at the Darlington Schoolhouse. What made that event particularly significant and especially gratifying to me were the almost 700 individual donors, 150 of which were new members to the Trail Conference.

It was a great ending to a year that was chock full of new programs, significant accomplishments, and wondrous efforts by the men, women and organizations who are the Trail Conference. 2014 is destined to be even more ambitious.

The headquarters construction, with all its complications, will be in high gear throughout 2014, even as we finish the fundraising needed to move in and complete the landscape. With any luck, we hope to host a grand opening before the end of the year.

Despite the headquarters construction, our priority in 2014 will remain the stewardship and promotion of the 2,000 miles of public trails where we are the officially designated maintainer. This is a big enterprise that stretches over 20 counties, 85 park units, substantial private lands and occupies the work of 15 staff and more than 1000 individuals volunteering 75,000 hours annually. A single year of such effort is remarkable but, the fact that it increases year after year, decade after decade, is truly trail magic.

Even so, the Trail Conference board has set its sights higher. The first of five strategic goals adopted in 2010 begins, "Increase trail quality and quantity ..." Increasing the number of trail miles the easy part

—750 miles since 2000. Increasing the quality of trails is a much more difficult proposition because the heavy and technical construction requires special trail crews that are in short supply.

There are many different ways to get trails built and the Trail Conference is among the best nationwide in fielding all-volunteer crews that do amazing work. In 2014, with support from New York State Parks, we will be substantially augmenting our regular crews with new hybrid crews combining regular volunteers and AmeriCorps members. AmeriCorps is a federal program designed to give participants, often young people, valuable work skills and educational awards.

Our plan is that these crews will both increase our ability to catch up on needed trail construction and, in the long run, lead to self-sustaining all-volunteer crews no longer dependent upon the AmeriCorps members. And importantly, we will be contributing to the next generation of trail leaders.

2014 will also see robust advocacy efforts that include a campaign to complete the Gunks Greenway linking the Catskill Forest Preserve and the Delaware Water Gap National Recreation Area – the two largest conserved areas in the nation's most densely populated region. The Shawangunk Ridge, as it is called in New York, is a geologic feature that stretches hundreds of miles and is known as the Kittatinny Ridge in New Jersey, Blue Mountain in Pennsylvania and Maryland, and North Mountain in Virginia. Across all five states there is a protected corridor along the ridge, except in New York's Southern Gunks. Our goal is to complete the protected corridor in the Southern Gunks.

Since 2000, the Trail Conference has conveyed 1,342 acres of forested lands to New York State for the Southern Gunks Greenway. Additionally, the Trail Conference has assisted in the protection of another 2,148 acres and is currently holding over 800 acres pending transfer to NYS Dept. of Environmental Conservation.

These efforts in partnership with Open Space Institute, Orange County Land Trust, Trust for Public Land, and New York State have created a mostly unbroken corridor along the ridge. The primary gaps remain at the most southerly 10 miles between High Point and Otisville, where as few as 13 parcels and/or easements are needed to complete a continuous protected corridor.

Our Priorities for 2014:

- Building our new HQ
- Protecting the Gunks Greenway
- Welcoming AmeriCorps members to crews
- Strategic planning

In addition to acquiring land, the focus of our 2014 initiative will be to seek endorsement of the Gunks Greenway from all the local municipalities by illustrating the economic benefits of completing this important recreational and wildlife corridor.

Our other new project in 2014, will be a comprehensive strategic planning process that will allow us to imagine a future that includes our brand new headquarters and training facility, as well as innovative programs to improve the public's access to high quality trail experiences.

— Edward Goodell
Executive Director
goodell@nynjtc.org

PEOPLE FOR TRAILS



Mary Anne Massey
Rye, NY

Volunteers as

- Appalachian Trail Overseer, Rt. 17 to Bear Mountain Bridge, started 2012
- Trail Maintainer: Undercliff Trail, Hudson Highlands State Park, since 2006
- Trail Crew Member: Long Distance Trails Crew

Past: Began as a trail maintainer and crew member in the East Hudson Highlands in 1996

Background: Retired Senior Human Resources Executive

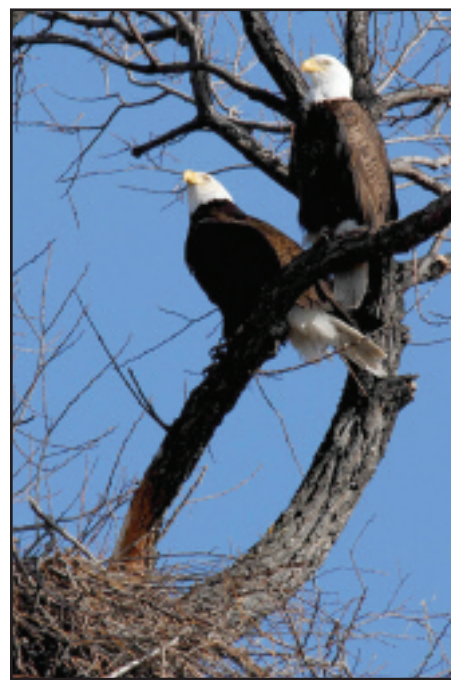
Loves: Solo backpacking in the Catskills

How she got involved: "Years ago I was visiting the Grand Canyon, and I had the realization that there were trails, and people hiked on them—that it was something people did. I got hooked. As soon as I got home, I looked up hiking and trail organizations. The Trail Conference was one of the ones I found and joined. I've been a member and volunteer ever since."

What Mary Anne says: "I love being in the woods, either on my own or with a small group of people. I think the mission of the Trail Conference is very important. I enjoy taking new volunteers out and teaching them how to take care of a trail. I really love this volunteer work."

Be a person for trails: Visit our website nynjtc.org/volunteer

New Trail Kiosks Highlight Bald Eagle Success Story



In December, the Trail Conference completed installation of Bald Eagle education kiosks at Georges Island State Park in Westchester County. In the past 10 years, the park has become a nesting area for the resurgent species, which, according to New York State Dept. of Environmental Conservation, has grown from just one nesting pair in the Hudson Valley in 1976 to more than 170 pairs today.

The stretch of the Hudson River from Kingston to Croton has been increasingly popular with migrating bald eagles. Wintering eagles begin to arrive in late

November and reach their highest concentration in January and February, when they can be seen roosting in trees along the water. Most eagles return to their northern nesting sites sometime in mid-March.

As eagle numbers have grown, so too have the numbers of people out looking for them. The new kiosks redirect recreational users away from trails that would take them directly under bald eagle perches during the roosting months of December through March. The aim is to avoid distressing the birds and, perhaps, causing them to relocate. Harassing, disturbing, or injuring a bald eagle is a federal offense and carries a penalty of up to \$20,000 and/or one year in jail.

Eagle-watching is encouraged from certain locations, such as the parking area at Georges Island. Eagles like heavily wooded areas near water with tall trees for nesting and perching, so scan tree-tops. They eat a lot of fish, so check ice flows or river islands for eagles enjoying a meal. In the winter,

look for areas of open water often found near power plant discharges or where tributaries enter a river. Eagles are most active from 7am to 9am and 4 pm to 5 pm.

We thank Trail Conference member Mary Dodds, who was lead volunteer for this project, coordinating the content, design, and installation of the kiosks with park officials, Westchester County Parks, and the Trail Conference. Financial support for the project was provided by the Hudson River Improvement Foundation.



Mark your calendar to look us up at Teatown Lake Reservation's 10th Annual EagleFest, Saturday, February 8 at Croton Point Park. Visit teatown.org for details.

Trail Walker blogs all year long.

Visit blog-tw.nynjtc.org and read about Trail Conference people, projects and relevant trail stories.

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A Sampling of Upcoming Hikes
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Find many more hikes at www.nynjtc.org. Click on Scheduled Hikes under Go Hiking!

January

Wednesday, January 1

AMC NY-NJ. Beyond the Elk Pen, Harriman State Park. Leader: Dave Sutter, dsuttr@gmail.com. Meet: 9:30am at Elk Pen parking, heading north on Rt. 17, north of Tuxedo, NY; right on Arden Valley Rd., cross bridge then right into lot. Moderate pace with hills, 6 miles. New Year's Day hike for those who can't get up early. Contact leader with any questions.

ADK-MH. Vassar College New Year's Walk, Poughkeepsie. Leader: Sue Mackson, 845-471-9892, suemackson@gmail.com. Meet: 1pm at north entrance visitors parking; end of Collegeview, past Fairmont Ave. Easy walk on paved paths along two lakes, an observatory and field station. Return to leader's house for soup, bread, hot drinks; bring cookies to share.

ADK-NJR. Happy Harriman New Year. Leader: Chris Connolly, 201-321-6605. Meet: contact leader for details and to register. 7 miles. Start off 2014 in style, hiking in Harriman State Park. Traction aids may be necessary; precipitation cancels.

Saturday, January 4

AFW. Seven Hills Trail, Harriman State Park. Leader: call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Moderate hike; out by 2pm.

UHC. South Mountain Reservation, Millburn, NJ. Leader: Kathe Serbin, cell phone (day of hike) 973-715-0491. Meet: 10am Locust Grove parking lot, opposite Millburn RR Station. A very brisk hike of 4+ miles, 2-3 hours of ups and downs. Bring equipment needed for conditions underfoot, boots recommended. Bring water.

Sunday, January 5

ADK-NJR. From the Hollow to the Cabin. Leaders: P. Tilgner and S. Gordon, 201-871-3531. Meet: contact leaders for details and to register. 6.5 miles. Hike the Parker Cabin Hollow Trails and several others to get to Parker Cabin Mt. for lunch. Traction aids may be necessary; severe inclement weather cancels.

NYR. South Mt. Reservation. Leader: Clive Morricks, 212-242-0931, cimorricks@aol.com. Meet: contact leader for details. 14 mile circle of the Reservation using lesser-known trails, starting and ending in Millburn.

ADK-MH. Hike or Cross-Country Ski. Leader: Russ Faller, 845-297-5126 (before 9pm), russoutdoors@yahoo.com. Meet: contact leader for more info. Intermediate level skiing (could be groomed or ungroomed trails); hike if insufficient snow.

Tuesday, January 7

AFW. Sterling Lake. Leader: call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Easy to moderate hike; out by 2pm.

Sunday, January 12

AMC NY-NJ. AT to and Pinwheel in Wawayanda State Park, NJ. Leader: David Hartree, 908-757-1931 (call before 10pm), hikerdavid@verizon.net. Meet: Contact leader for information. Brisk, hilly 8 miles. Appalachian Trail to Pinwheel Vista on Wawayanda Mountain; shuttle required. Traction aids such as Stabilicers or Microspikes if needed; snowshoes if deep snow.

ADK-MH. West Point Foundry Preserve Leisurely Walk, NY. Leader: John Ragusa, 917-692-1159. Meet: 11am at Cold Spring, NY, Metro-North RR Station parking lot. 2-3 miles walk or snowshoe on this Scenic Hudson Preserve, discussing history of the Foundry, 2-3 hour walk. Optional stop afterward at nearby Putnam History Museum, which houses many artifacts from the Foundry, which produced steam engines, locomotives, ironclad ships, artillery, and pipes for NYC water system. Heavy snow cancels.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Eck Khoon Goh, 908-790-0939. Meet: 10am at Trailside Nature Center parking lot on Coles Ave. A 4+ mile hike at a moderate pace. Boots strongly recommended. Falling snow or icy condition cancels.

Saturday, January 18

AFW. The Tourne, Harriman State Park, NY. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Easy to moderate hike; out by 2pm.

ADK-MH. Hike or Snowshoe to Mt. Beacon Fire Tower, NY. Leader: Tom Amisson, tamisson@aol.com. Meet: Please email leader for more information. 4-5 mile moderate outing.

UHC. Watchung Reservation, Mountainside, NJ. Co-Leaders: Arlene Feinman, 908-403-6554, and Pat Horsch 908-693-8331. Meet: 10 am at Trailside Nature Center. 4-5 miles, 2 hours on leader's choice of trails. Boots recommended and traction devices if ice or snow conditions. Bring water. Severe weather cancels.

Sunday, January 26

AFW. Duke Farms, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 11am; register for location. Easy hike; out by 3pm.

AMC NY-NJ. In the Footsteps of Hoeferlin, Harriman State Park, NY. Leader: Dave Sutter, dsuttr@gmail.com. Meet: 9:30am at Tiorati Circle parking, Harriman State Park. Moderate pace with hills, 6 miles. Bad weather may cancel. Contact leader with any questions.

February

Saturday, February 1

AFW. Merrill Creek Reservoir, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 11am; register for location. Easy to moderate hike; out by 3pm.

ADK-MH. Cross-Country Ski or Hike. Leader: Russ Faller, 845-297-5126 (before 9pm), russoutdoors@yahoo.com. Meet: Contact leader for more info. Intermediate level skiing (could be groomed or ungroomed trails); hike if insufficient snow.

Sunday, February 2

AMC NY-NJ. Norvin Green State Forest, NJ. Leader: David Hartree, 908-757-1931 (call before 10pm), hikerdavid@verizon.net. Meet: contact leader for information. Brisk, very hilly 7 miles. Brief stops at Chikahoki Falls, Carris Hill and High Point. Traction aids such as Stabilicers or Microspikes if needed; snowshoes if deep snow. Forecast of prolonged rain or snowfall cancels.

AFW. Manitoga, Garrison, NY. Leader: call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 9:30am; register for location. Easy to moderate hike; out by 2:30pm.

Saturday, February 8

AFW. Ken Lockwood Gorge, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Moderate hike; out by 2pm.

ADK-NJR. Alpine/Bombay Hook, Palisades, NJ. Leader: Peter Reiner, 845-323-7635. Meet: contact leader for details and to register. 5.5 miles. Follow the Shore Trail to abandoned spots where New Yorkers came for summer play, then Forest View Trail to Long Path and back to Alpine Boat Basin. Lunch at a unique spot overlooking the Palisades.

UHC. Watchung Reservation, Mountainside, NJ. Leader: Marcia Sheldon, 732-574-1144, cell day of hike only 908-380-0867. Meet: 10am at Trailside Nature Center. 5 miles, 3 hours. Boots recommended. Boot Stabilicers if ice or snow conditions. Bring water. Severe weather cancels.

Saturday, February 15

UHC. South Mountain Reservation, Millburn, NJ. Leader: Marcia Sheldon, 732-574-1144, cell day of hike only 908-380-0867. Meet: 9:45 a.m. at Locust Grove parking lot, opposite Millburn RR Station. A 5-mile up-and-down hike lasting 2-3 hours. Boots highly recommended, with Stabilicers if icy conditions. Moderate to brisk pace. Bring water. Rain or snow cancels.

Sunday, February 16

AMC NY-NJ. Lost Cabin in the Woods, Harriman State Park, NY. Leader: Dave Sutter, dsuttr@gmail.com. Meet: 9:30am at Silvermine parking, Seven Lakes Drive. Moderate pace with hills, 6 miles. Bad weather may cancel. Contact leader with any questions.

AFW. Jonathan Woods, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Moderate hike; out by 2pm.

ADK-MH. Black Rock Forest, Northern Loop, Cornwall. Leader: Sue Mackson, 845-471-9892, suemackson@gmail.com. Meet: 10am at trailhead but call ahead for carpooling (limited parking). 5.5 mile walk at easy pace; rain or snow cancels. Some hills (no more than 600 ft. total) and various great views along the way.

NYR. Cold Spring Harbor to Bethpage, NY. Leader: Dennis Gin, 212-925-2739. Meet: contact leader for details. Follow Nassau Greenbelt Trail the entire day, traversing the hilly country along Nassau/Suffolk Co. line and the flatter country to the south; ending at Bethpage Station via Bethpage State Park.

Saturday, February 22

UHC. South Mountain Reservation, S. Orange, NJ. Leader: James Schlegel, 973-477-6952. Meet: 10am, Tulip Springs parking lot to the right and back by the picnic area off Cherry Lane. A mix of trails depending on conditions for about 4 miles at a moderate pace. Hiking boots are required as well as Stabilicers that may be needed because of icy weather conditions. Very inclement weather cancels hike.

Sunday, February 23

AMC NY-NJ. Inwood Hill and Ft. Tryon Hike, NY. Beginners Welcome. Leaders: Nancy and Art Tollefson, 212-727-8961 (call before 9:30pm), tolleffson@verizon.net. Meet: 10am at Inwood Hill park entrance, Seaman Ave. at Isham St., northern Manhattan (take A train to last stop, 207th St., walk two blocks west on Isham). Moderate pace, moderate hills, about 4 miles. Great outing for beginners; leaders will answer your hiking questions. Wear hiking boots and if icy, bring traction aids such as Microspikes or Stabilicers.

AFW. Cupsaw and Governor Mountains, Ringwood State Park, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Moderate hike; out by 2pm.

March

Sunday, March 2

AFW. Castle Point, Ramapo Mountain State Forest, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Easy to moderate hike; out by 1:30pm.

UHC. South Mountain Reservation, S. Orange, NJ. Leader: James Schlegel, 973-477-6952. Meet: 10am, Tulip Springs parking lot to the right and back by the picnic area off Cherry Lane. A mix of trails depending on conditions for about 4 miles at a moderate pace. Hiking boots are required as well as Stabilicers that may be needed because of icy weather conditions. Very inclement weather cancels hike.

**SUNDAY, MARCH 9
DAYLIGHT SAVINGS TIME BEGINS
Set Clocks Ahead**

UHC. South Mountain Reservation, Millburn, NJ. Leader: Marianne Stock, cell 908-334-4227. Meet: 10am at Locust Grove parking lot, Glen Ave., opposite Millburn RR. A moderate 5-mile hike at a steady pace, with one steep hill at the beginning. Steady rain cancels. Note: Brookside Drive is closed on Sundays between Glen Ave. and So. Orange Ave. so families can ride their bikes. Use alternate routes.

Saturday, March 15

AMC NY-NJ. Sterling Forest State Park, NY. Leader: David Hartree, 908-757-1931 (call before 10pm), hikerdavid@verizon.net. Meet: contact leader for information. Brisk, hilly 11 miles. Journey to fire tower, Visitor Center, and Bare Rock; short shuttle required. Appropriate winter gear required, including traction aids such as Stabilicers or Microspikes if needed. Deep snow will shorten or modify.

UHC. Cheesecake State Park, Matawan, NJ. Co-Leaders: Arlene Feinman 908-403-6554 and Pat Horsch 908-693-8331. Meet: 10am at the park office, no entrance fee off-season. An easy to moderate hike of 4-5 miles on a variety of trails in a diverse blend of ecosystems. Some level terrain, ups and downs, and boardwalks. Some wet areas, so wear good boots and bring water.

Sunday, March 16

AFW. Bare Rock Vista, Sterling Forest State Park, NY. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 9:30am; register for location. Moderate hike; out by 2:30pm.

UHC. South Mountain Reservation, S. Orange, NJ. Leader: Angela Coble 908-420-7915 (only call morning of hike-if necessary). Meet: 10am Tulip Springs parking lot. Various trails, 4+ miles. Moderately brisk pace. Boots recommended. Rain or Ice cancels. Note: Brookside Drive is closed on Sundays between Glen Ave. and So. Orange Ave. so families can ride their bikes. Use alternate routes.

Saturday, March 22

AFW. Garret Mountain, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 10am; register for location. Easy hike; out by 1:30pm.

UHC. Tulip Springs, South Mountain Reservation, S. Orange, NJ. Leader: Angela Coble 908-420-7915 (only call morning of hike-if necessary). Meet: 10am Tulip Springs parking by the picnic area off Cherry Lane. Various, 4+ miles. Brisk pace. Boots recommended. Rain cancels.

Saturday, March 29

UHC. Pyramid Mountain, Montville, NJ. Leader: Kathe Serbin, Cell phone (day of hike) 973-715-0491. Meet: 10am Pyramid Mountain parking lot. A 4-5 mile fast-paced hike with some steep sections. Boots recommended. 2.5 hours. Bring water.

Sunday, March 30

UHC. Cheesecake State Park, Matawan, NJ. Leader: Jay Dibble, 908-289-8813. Meet: 10am Garden State Parkway commuter parking lot at exit 120. We shall drive to the park from here. Moderate 4-mile hike on both flat and hilly terrain.

AMC NY-NJ. Tuxedo Favorites, Harriman State Park, NY. Leaders: Nancy and Art Tollefson, 212-727-8961 (call before 9:30pm), tolleffson@verizon.net. Meet: 9:20am at Tuxedo, NY, commuter lot (heading north on Rt. 17, first right after train station onto E. Village Rd., left into lot). 8:30am Shortline bus from Port Authority to Tuxedo. Brisk pace with hills, 9 miles. Must wear hiking boots and, if appropriate, traction aids such as Microspikes or Stabilicers. Bad forecast cancels; call eve before if in doubt.

Sunday, March 30

AFW. Pochuck Boardwalk and Stairway to Heaven, NJ. Leader: Call 973-644-3592 for more info and to register, or visit www.adventuresforwomen.org. Meet: 9am; register for location. Moderate to strenuous hike; out by 2:30pm.

Attention Member Clubs

Grow your membership. Submit hikes for publication in *Trail Walker* and on our website. February 15 is deadline for Spring issue (April, May, June). Send to tw@nynjtc.org.

Find many more hikes on our website: nynjtc.org/content/scheduled-hikes

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

More than 100 clubs belong to the Trail Conference, and many of our affiliate groups sponsor hikes not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, consult our website or send a SASE with your request to NY-NJ Trail Conference.

Club Codes

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

AFW	Adventures for Women	NYR	New York Ramblers
ADK-MH	Mid-Hudson ADK	UHC	Union County Hiking Club
ADK-NJR	North Jersey Ramapo ADK		
AMC NY-NJ	Appalachian Mountain Club		
	New York-North Jersey Chapter		

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 Spring issue is February 15.

Member Club News

WTA 90 Years

Congratulations to the Westchester Trails Association on 90 years of success and exemplary service to the outdoor community! The WTA was founded in 1923 by Mrs. Charles Geppert Marsh, Westchester County's Director of Recreation, "for the purpose of aiding and facilitating continuous horse and foot trails and to encourage participation in hiking and enjoyment of

the out-of-doors." The club separated from the county and became an independent organization in 1961 and has been one of the Trail Conference's most active, influential, and productive member clubs. WTA has led by example, promoting appreciation for Westchester County, maintaining trails, and informing the public about Westchester's outstanding trail facilities. Congratulations and thank you,

WTA, for all you have accomplished. And best wishes for many more years of success!

50 Years Defending the Shawangunks

Congratulations to our member group and frequent partner Friends of the Shawangunks on 50 years of extraordinary work protecting and defending the Shawangunk Ridge!





GEORGETTE WEIR

10,000 Steps a Day

By Philip J. McLewin

I'm one of those with a personal goal of walking 10,000 steps per day (a little short of 5 miles). I've maintained this goal since 1986 when, sitting as usual at my desk, I first read about the health benefits of taking 10,000 steps daily. Curious to know how many steps I typically walked in a day, I bought a pedometer and was immediately appalled that they added up to so few. A habit was born.

In October, I hiked with a Trail Conference staff person in the Ramapo Valley County Reservation, and we started chatting about how this works for me. I use an inexpensive, lightweight, sufficiently accurate and reliable digital pocket pedometer from Omron (HJ-112N). It even counts "aerobic steps," which it defines as walking at a steady pace for more than 10 minutes. Once a pedometer is set up with personal weight and stride, it will also count daily calories consumed and miles covered.

When I'm hiking at around 3 miles per hour, it takes about 60 minutes to accumu-

late 6,000 steps, still more than a half-hour short of my daily goal. Even though I count steps all day, this time commitment can be a challenge. Plus, hiking is not always convenient or pleasant, or even the most efficient way to accumulate steps.

Why use a pedometer in the age of GPS? Phil says: "Because it only has 3 buttons and weighs one ounce."

Take forms of exercise like Zumba, Jazzercise, and other fitness aerobic dances. Can one hour of hiking at a moderate pace be measured against one hour of vigorous Latin exercise dancing? It can, and the key conversion tool is "metabolic equivalent of steps." Walking 3 mph for one minute uses about 100 metabolic units; Zumba is nearly twice that at the step equivalent of 181 per minute. An hour of Zumba then can yield just over 10,000 steps!

Yoga, by the way, has the equivalency at around 75 steps per minute (4,500/hour), but the stretching and relaxation still contribute to the day's goals for steps. (To avoid double counting when I use the passage of time as the measure of steps taken, I actually remove the pocket pedometer.)

When I bike, swim, lift weights, or do other exercises where counting steps is impossible, the same type of conversion to steps can be applied. Recreational sports activities like basketball or football are also measured in this way. Vacuuming for an hour is about the same as hiking for that duration (though admittedly not as much fun).

To simplify matters, I maintain a spreadsheet with the metabolic equivalent of steps entered for my specific exercise activities, and then daily I add actual steps (for hiking, walking or just milling around) plus the time spent on other fitness activities.

During that day with the TC staffer I did line dancing and Zumba Gold in the morning together with the hike in the afternoon. Total step equivalent for the day—22,000. I took it easy the next day.

In between weekly Zumba, yoga, Jazzercise, weight lifting, and stepping out and about, member Phil McLewin, professor emeritus of economics at Ramapo College of New Jersey, volunteers for the Trail Conference as editor of our website Park pages. Find them and info on more than 300 parks in our region at nynjtc.org/view/parks.



Metabolic equivalent charts can be found on the web. Here is a sample:

- <http://walking.about.com/od/measure/a/stepequivalents.htm>
- <http://www.purdue.edu/walktothemoon/activities.html>
- <http://hr.csumb.edu/step-equivalents>



Member Trail Tale

The Trail to a Wonderful, Long Life

By Barbara Roberts

This story is dedicated to my father, Arthur Meyer, who attributed his secret of a wonderful life (having lived to 94 years young) to a very simple, inexpensive activity—hiking.

I knew he was up to something, when, a year before he retired, hiking brochures started to arrive at his house, followed by trail books, maps of the Appalachian Trail and Harriman Park, trips to Campmor to purchase backpacks, socks, hiking supplies, etc., not to mention his memberships in the NY-NJ Trail Conference and the Appalachian Trail Conference, and calendaring the various local hiking workshops.

His first hike after retirement was the Red Cross Trail in Harriman State Park. He came back truly hooked on what would become a weekly adventure for us all. He loved being in the outdoors.

He would plan his hike route during the week—day hikes but full day hikes—8am until dark and in all four seasons. He read about the area, mapped out mileage, and

researched the weather (he was a WWII naval officer aboard mine sweepers, so he was fully trained in weather). He never hiked alone—we went with him. My father-in-law would prepare the hot chocolate in the winter, and my father would get the sandwiches packed.

We all remember: our days in Doodletown; sitting atop of the Popolopen Torne; walking from Timp to Torne; coming down the AT into Bear Mountain in the dark with our flashlights; leaking boots from walking in the snow or having to cross a stream; raspberry picking along the trail; eating sandwiches with snow falling on Christmas Eve atop Bald Mountain; finding a lost Boy Scout near the Lemon Squeezer (all ended well with a surprise thank-you letter from his father), just to name a few, always laughing and just having a great time.

My father was proud to volunteer to fight the wildfires that would strike at Harriman State Park. He was the oldest volunteer and was proud of it. He received a wonderful plaque in appreciation, which I have kept in remembrance of how proud he was to have assisted.

Those days of hiking with my father were great days; we had quality time together and forgot about all the stresses of life. He showed my husband and me a great hobby, which we continue to do today. I will remember these days forever.

So, the secret to living a wonderful, long life: Go take a hike!

Here's to you Dad! Love 'ya!

PEOPLE FOR TRAILS



MAUREEN LYNCH

Andrew Seirup Patterson, NY

Volunteers as

- East Hudson Trails Chair, as of December 2013
- Trail Supervisor, Wonder Lake State Park (Putnam County, NY)
- Maintainer, 6 miles of Long Path (sections 24, 25, and 26)

What is a Trails Chair? It's a trails-focused management job—volunteer—that involves overseeing the activities of trail volunteers in a region, coordinating them with park managers, and serving as a liaison between all of those individuals and Trail Conference staff.

How he got involved: Andrew "got an inheritance" when his father gave him the 6 miles of the Long Path that he had been maintaining.

Andrew's background: Computer programming

Want to volunteer in the East Hudson region? Start by contacting Volunteer Coordinator John Leigh, jleigh@nynjtc.org.

TAKE A HIKE

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Trails for People. People for Trails.

A quarterly look at some of what our volunteers have been doing to assure public access to nature.



JAKOB FRANK

A Gift from Avon at Tallman Mountain State Park

Three Avon employees joined Long Path co-chair Jakob Franke in October for a one-day outing during which they built a 120-foot bog bridge on the Long Path in Tallman Mountain State Park. Avon not only had provided the volunteers, but also the funds to buy the materials for the bridge. The bridge will help hikers keep their feet dry during wet conditions and will also help preserve the natural condition of the trail corridor. Avon frequently supports the Trail Conference by providing employees to help with trail projects. We can match your group or business with a trail project. Contact Volunteer Coordinator John Leigh, jleigh@nynjtc.org for info.

Many Hands Extend Long Path in the Catskills

The building of a new, 9.5-mile woods route for the Long Path in the Catskills continued through the fall, with eyes on a grand opening of the new route on National Trails Day 2014: June 7. Volunteers who worked on the project this past summer and fall included members of the Long Path Crew, Long Distance Trails Crew, Jolly Rovers Technical Crew, 3500 Club, and others.

New Maintainers Trained on the Shawangunk Ridge

Photo at right: The weather and the views were great for an October Intro to Trail Maintenance workshop in Wurtsboro and on the Shawangunk Ridge Trail/Long Path. The attendees learned the basics of painting blazes, clipping brush, dealing with minor tread and drainage problems, and assessing overall trail conditions. Find upcoming workshops at nynjtc.org/view/workshops

West Hudson South Crew Tackled Trail Erosion in Harriman

The West of Hudson South crew is once again enjoying a well-earned winter hibernation after another successful year of trail construction in Harriman State Park. This year was marked by several large rock step projects. The spring season saw our weekday crew working on an erosion control project near Queensboro Lake. Our weekend crew was busy rebuilding a badly eroded staircase on the Ramapo-Dunderberg Trail south of Anthony Wayne (crew members and the completed steps are pictured). We also began construction of more steps on a badly eroded hillside on the Cornell Mine Trail.



The fall season saw our crew complete both rock staircases as well as begin the installation of some stepping stones through a wet area of the 1779 Trail. Together our hardy band of souls put in more than 450 hours of work over the year. I would like to extend my thanks to all these hard workers for giving their time. This includes: Gail Brown, Jim Brown, Brian Buchbinder, Roland Breault, Chris Connelly, David Day, Monica Day, Peter Dolan, Chris Ezzo, Charles Frankel, Bob Fuller, Joyce Gallagher, Claudia Ganz, Dennis Hickey, Mary Hilley, Bill Horowitz, Joan James, Rich Kopsco, Marcelle Layton, Richard Lynch, John Mack, Bob Marshall, Gay Mayer, Jessica Mevec, Linda Moskin, Steve Reiss, Amanda Sacks, Trudy Schneider, Noel Schulz, Bruce Shriver, Isabel Shriver, Kim Waldhauer, Hanson Wong and last but not least Steve Zubarik and his wife Teri for hosting our year end barbeque.

Always remember to thank a trail worker.

—Chris Ezzo, West Hudson Crew Chief



JAKOB FRANK



No Moss Gathers on Our West Jersey Crew

The crew started the season early this year, with multiple trips to cut trees from Hurricane Sandy in Jenny Jump State Forest. Over the summer, the crew returned to the Howell Trail Bridge over the final details of the bridge deck and footings. From there we moved to the Mashipacong Shelter. Then we moved to the Rock Cores Trail and replaced it with stepping stones.

Traveling back to Worthington, the crew did its regular visit to the Rock Cores Trail, adding water bars and adding stone steps. We wrapped the spring season with a rebuilding project on the Rock Cores Trail.

In the fall, we picked up work on the Rock Cores and Douglas Lake. We did a wash-out, rebuilding several culverts, adding numerous water bars, washed-out areas. We then went over to the Mt. Tammany Trail, where we re-structured a large drainage issue that was causing severe erosion on the structure of a bridge on the Iris Trail, and added more drainage structures. We also did a complete replacement of a pair of small bridges near the High Point. We also did work on the AT's Pochuck Boardwalk, adding tie-downs and continuing small rock work.

Thank you to everyone who worked as part of the West Jersey Crew: Brennan, Gordon Campbell, Joan Campbell, Tom Carr, Heather Giannone, Manes, Chris Mantley, Gay Mayer, James Mott, Lee Mott, Bill Mott, Siegelman, Rabindra Singh, Alex Sun, Bill Taggart, Linda Taggart, and many others.

And finally, as always, a huge Thank You also to our New Jersey State Parks, who consistently support our work. Without the strong work of the State Parks, we would not be able to accomplish what we do.



Defending a Historic Landscape

On November 14, 2013 more than 40 people turned up to protest LG Electronics breaking ground on its new corporate headquarters in Englewood Cliffs, NJ. The demonstration was quite the spectacle, with dozens of signs and even a rented hearse going back and forth in front of the building site, drawing attention to the death of the historic view of the Palisades. A steady stream of honks, waves, and cheers from passing vehicles showed beyond a doubt that the views of the protesters were shared by many of those who pass the site every day.

The proposed building still has to go through an appeals process before construction begins, but even if it does come to pass, this outpouring of public support for the Palisades was a powerful expression of public sentiment.



Crews Build New AT Route Up East Face of Bear Mountain

Autumn work at the Bear Mountain Trails Project focused on building the new route for the Appalachian Trail on the Upper East Face of the mountain. An unexpected benefit to the project was an extra two weeks of service in October by the Appalachian Trail Conservancy's Mid-Atlantic Volunteer Crew, on top of two scheduled weeks earlier in the season. The shutdown of the federal government closed the AT on federally owned lands, and prevented the crew from doing its planned work elsewhere. At New York State-owned Bear Mountain, however, the AT stayed open, its volunteers covered by Trail Conference insurance, and work proceeded. A Trail Conference hike on October 6 celebrating the 90th Anniversary of the AT on Bear Mountain gave our hikers, many of them trail volunteers, a chance to chat with the crew and say Thank-you!

Two Ad...

On Saturday, the crew supported the move of the center building. The group boarder adjacent to his last. Four workers worked on the they. The arrival of several nail tunc. Ha to arrive. ect le but b their



chain saw and clear the incredible number of downed trees, in excess of 400 trees were cut up and cleared off the Big Flat Brook at Stokes State Forest to finish off the trail to High Point State Park, completing a major stone bridge. It was on to remove the remnants of a destroyed bridge on the AT at Dunnfield Creek, repairing and/or construction up in Worthington, where we began an extensive

Trails, building a major drainage solution to a chronic problem and adding several small retaining walls to remediate erosion. There we repaired and built many more water bars, and back to the trail. Back in High Point, we re-built the under-structures. This was our year of rebuilt bridges, with the new Shelter on the AT. We wrapped up our season on the repairs from the flooding of Hurricane Irene.

Crew in 2013: Keven Anderson, Ian Blundell, Paul Bunta, Tom Karakowski, Kim Lopez, Mike Manes, Kieu Phillips, Kori Phillips, Joel Pinsker, Steve Reiss, Rich John Tedeshi, Yvonne Zheng, and Pete Zuroff.

Dept. of Environmental Protection partners at the state level relationship we have with them, we would not be

—Monica & David Day, Crew Chiefs

Lumber Parties in Yorktown and 384 Feet of Puncheon

September 7 and 14, volunteers in Yorktown held two lumber parties—with hammers, nails, and levels the party parties—at Sylvan Glen Park Preserve. They needed to level the lumber and stringers (beams placed parallel with the centerline of the tread that supports the tread plank) to level 384 feet of puncheon across a wet area.

The work site was 0.3 mile from the trail head and a major effort was definitely needed to move 68 12-foot stringers, the stringers, and tools. Fortunately the neighbor consent to the property allowed volunteers to walk across lawn and through the woods, saving hours of work. Seven people worked a total of 48 hours on the first trip, moving 7,140 pounds of lumber 300 feet to the site. Brownies and lemonade kept workers fortified as they walked back and forth moving 5-pound boards.

The following week, volunteers returned to finish the job, working on a come-when-you-can basis. Over the course of 16 hours, nine people pitched in to level stringers and stringers in place. Work proceeded from both ends of the puncheon and the teams met in the middle.

Having people come when they could allowed fresh labor to arrive and give a boost to those already at work. For project leaders Jane and Walt Daniels, it was a long workday, but by 4:30 the job was finished. Hikers will be able to keep their feet dry thanks to 384 feet of new puncheon.



« 2013 LOOK BACK 2014 LOOK AHEAD » TRAIL CONFERENCE YEAR-END REGION BY REGION REPORT

2013 LOOK BACK «

CATSKILLS

On National Trails Day in June, the Trail Conference helped complete the first phase of the Kaaterskill Rail Trail, which has become an exceptionally popular hike.

Between the Village of Phoenicia and the Burroughs Range Trail, volunteers created 9.5 new miles of backcountry trail for the Long Path. In Platte Clove Preserve, we constructed a 30-foot bridge for the Long Path. A roving Trail Maintenance Crew was also launched.

We published five new brochures and maps for the restored Catskill Fire Towers. These brochures introduce visitors to hikes in the Catskills and to the New York-New Jersey Trail Conference.

As co-chair of the Catskill Park Advisory Committee, the Trail Conference is tackling challenges and creating opportunities throughout the Catskills. We have advocated for resources for the Dept. of Environmental Conservation (DEC), provided volunteers to assist DEC staff, and developed new ways to expedite regional planning with the state.

EAST HUDSON

We launched the highly successful Breakneck Ridge Trail Stewards Program, which educated and assisted 2,000 hikers per week in its inaugural month. We adopted more than 40 miles of new trails at Pound Ridge Land Conservancy, the Briarcliff-Peekskill Trail, Westmoreland Sanctuary, Lewisboro Nature Center, and Hilltop Hanover Farm and Environmental Center.

We conducted 37 Trail U workshops, offering skills development for beginning and advanced trail volunteers. We also focused on increasing the number of volunteers trained to survey invasive plants in the region by holding four training workshops and recruiting 31 volunteers to survey invasive plants. Volunteers surveyed 49 miles in the region and removed invasives along trails in portions of two parks in 2013.

CATSKILLS

In 2014, we will continue to increase our presence on the trails and in the communities of the Catskills. We are also working to expand membership here and secure major funding for the Catskills Trails Program.



Breathtaking view from the new section of the Long Path on Romer Mountain.

WEST HUDSON

On the Bear Mountain Trails Project we trained 134 attendees at 14 workshops and fielded 251 volunteers who contributed 6,264 hours of work completing a significant reroute of the Major Welch and 500 linear feet of the new, sustainable route for the Appalachian Trail on the Upper East Face.

Elsewhere in the park, volunteers reinforced the Ramapo-Dunderberg Trail by building stone steps and retaining walls, improved a water crossing on the 1779 Trail with stepping stones, and worked to restore the Welch Trail Education Center.



New volunteers from businesses, schools, and AmeriCorps joined our crews.

The first season of the Sterling Forest Backcountry Trails Project started in late July and in a little over three months trained 78 volunteers at 9 workshops and put to trail-building 66 unique volunteers who worked a total of 1,900 hours. We completed almost a mile of sustainable new trail in the Doris Duke Wildlife Sanctuary and repaired a major blowout of a stream crossing on the Wildcat Mountain/Townsend trail co-alignment in the northern part of the park. In addition, 120 miles of trail were assessed and inventoried in Sterling Forest and surrounding state parks. On the Appalachian Trail at Fitzgerald Falls, volunteers completed the stone staircase and installed stepping stones over the creek.

Invasive species were removed in work projects at Bear Mountain, Storm King, and High Tor State Parks. In addition, 91 miles of trails were surveyed for invasives in this region by 46 volunteers and two training workshops were held.

NEW JERSEY

Major on-the-ground achievements in New Jersey include volunteers clearing miles of trails of thousands of Hurricane Sandy blowdowns throughout parks in north and west Jersey. A new entry trail was built at Ramapo Valley County Reservation, an eroded section of the Wanaque Ridge Trail in Ramapo Mountain State Forest was repaired, and bridges were repaired and rebuilt at Stokes State Forest and High Point State Park. Severe erosion was remediated on the AT at High Point and Worthington State Forest.

Collaboration between the Trail Conference, New Jersey Dept. of Environmental Protection, the National Park Service, and the Appalachian Trail Conservancy resulted in a tremendously successful Ridge Runner season on the AT in western New Jersey.

Invasives removal work along trails was completed at Abram Hewitt State Forest and continued at Norvin Green State Forest, Worthington State Forest, and Flat Rock Brook Nature Center. Invasives volunteers began removal work at Ramapo Mountain State Forest and Ramapo Valley County Reservation. In 2013, 39 additional volunteers were trained as surveyors; 49 volunteers surveyed more than 121 miles of trail.

PUBLICATIONS

We produced revised editions of six map sets: West Hudson, Catskill, Harriman-Bear Mountain, Sterling Forest, Shawangunk, and North Jersey. Downloads of our digital maps through the *PDF Maps* smartphone app exceeded 15,000 in 2013, and our maps were made available to Android device users (previously Apple device users only). We produced a brand new book, *Hike of the Week*, and began offering selected book titles in eBook format.

2014 LOOK AHEAD »

EAST HUDSON

In 2014, we will expand the successful Breakneck Ridge Trail Stewards Program to run from Memorial Day through Columbus Day. We will develop a dedicated East Hudson Trail Crew. Along the AT, we plan a major re-route and watershed protection project in eastern Dutchess County. To correct erosion problems, stone steps will be constructed on trails at Hudson Highland State Park, Manitou Point Preserve, and Van Cortlandt Park.

Finally, we will add more “volunteer power” out on the trails by recruiting additional AT Corridor Monitors and trail maintainers. Our Invasives Strike Force will continue training additional surveying

On the ground, we will be building and rehabilitating trails including a new section of Long Path (opening on National Trails Day, June 7), relocating part of the Long Path through the Vernooey Kill Wild Forest, and constructing a bridge to allow the completion of Phase 2 of the Kaaterskill Rail Trail, which will connect the KRT directly to the trail system of the North-South Lake State Campground. We will also rebuild and reconstruct at least two lean-tos.

We will take a leadership role in building interpretive trails and several bridges at the Catskill Park Interpretive Center and will staff the center with experts who will provide information on Catskill tourism.

And, we will launch the Willowemoc Trail Crew and the Northern Catskills Trail Crew.

continued on page 10

2013 Trail Conference Awards Honor Our Volunteers

Trail Conference Annual Awards are determined by the Board of Directors upon recommendation by the Volunteer Committee.

WILLIAM HOEFERLIN AWARD

This award recognizes Trail Conference volunteers who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection.



Mark Liss, Fair Lawn, NJ

Mark, at left with Pasquale Marcotullio, was first chainsaw certified in 2001 and has been clearing blowdowns from our trails ever since. As a Trail Supervisor and chainsaw crew leader in our West Hudson South region, Mark was especially active in the aftermath of Hurricane Sandy, leading and participating in volunteer efforts to clear hundreds of trees from trails in Harriman State Park and at the Tenafly Nature Center.



Frank Keech, White Plains, NY

Frank, at left with Chris Ezzo, has been an active member of our West Hudson South Trail Crew for nearly 20 years. He has worked countless hours on dozens of trail crew work trips, and has always been willing to make that extra effort to ensure that a job is done well. Frank has maintained trails in Fahnestock State Park for many years, and continues to maintain the Osborn Loop Trail in Hudson Highlands State Park. Frank has been and continues to be an outstanding volunteer worker on trails both east and west of the Hudson.



Ron Luna, Pine Brook, NJ

Ron Luna has served as our Trail Supervisor for Pyramid Mountain Natural Historic Area in Morris County since 2005, developing an excellent working relationship with the Morris County Parks Commission. Ron is out checking his trails daily; immediately after Hurricane Sandy, he walked all the trails and then accompanied the sawyers on every trip to clear blowdowns. Ron has also taken on several signage projects for the Trail Conference, working with his son to build the Universal Signage kiosk/bench for trail heads in West Milford, NJ, and the prototype bollard marker for the Lenape Trail in Essex County, NJ.

Thank you,
volunteers!



Doug Senterman, Elka Park, NY

It's probably safe to say that Doug was volunteered for trail projects long before he volunteered himself. The son of long-time Catskill Trails Chair Pete Senterman, Doug was often out on trail with his father and brother Jeff (now a Trail Conference staff member). Doug, at left with Chris Connolly, has taken on many volunteer roles: shelter caretaker from 2000 through September 2006; Supervisor for Lean-tos from May 2009 through October 2012, and Chair of our Catskill Lean-to Program since October 2012. In addition, this past summer Doug spearheaded the effort to replace the Kingpost Bridge in Platte Clove.

KEN LLOYD AWARD

This award recognizes members of Trail Conference member clubs, or the member club, who have demonstrated exemplary service to trail maintenance, management, and/or trail land protection.



Herb Hochberg, Scarsdale, NY

Herb, at right with Jane Daniels, has been an active member of the Westchester Trails Association since 1972. He was the club's trails chair in the 1970s and '80s and recently took on the post again, as it is one he loves. Herb has a special talent for nurturing maintainers and making them feel truly appreciated. Herb has also served his club as treasurer, membership chair, and board member. In 2011, WTA made Herb a life member. They expressed their appreciation for his contributions again by nominating him for the Trail Conference Ken Lloyd Award.

LEO ROTHSCHILD CONSERVATION AWARD

This award is presented to a person or organization that has made a significant contribution to the protection of our trails and/or the natural lands that surround them.



Seth McKee, New Paltz, NY

In 2005, Seth joined the Trail Conference Board of Directors and immediately became its point person on conservation and advocacy matters. It was a natural fit with his professional position as Land Conservation Director for Scenic Hudson. Seth advanced the Trail Conference land protection goals even through the "great recession," culminating in the acquisition of 525 acres on the Shawangunk Ridge in 2012, his last year as Conservation Committee Chair. Perhaps even more important

was his stewardship of the transfer of hundreds of acres of Trail Conference-protected land on the Ridge to the NY Dept. of Environmental Conservation. (Read more about Seth in our Summer 2013 *Trail Walker*, page 1.)

HONORARY LIFE MEMBERSHIP

This recognition conveys life member status and the right to vote at Delegate's meetings. Usually given after long years of service to the Trail Conference.



Jack Shuart, Hackensack, NJ

The fact that our certified sawyers still have all their fingers and toes can be attributed largely to the teachings of our principal educator and mentor in the fine art of chain sawing and safe operating procedures, Jack Shuart. In addition to those classes, Jack, at left with Bob Jonas, has also instructed many volunteers in the care and feeding of the one- and two-man crosscut saw. In what little spare time he has left after his work with the New Jersey Forest Service, Jack also contributes his expertise to the NJ Search and Rescue team and joins them for trail maintenance outings in the Pequannock Watershed. Jack has done all of this over many years, and with little recognition. He has our profound thanks and appreciation.



Joan James, Salisbury Mills, NY

Joan James began volunteering with the Trail Conference in 1991, helping to develop the Shawangunk Ridge Trail. For her work on that project, Joan received our Hoeflerlin Award in 1997. Joan has helped with trail and bridge-building projects at Storm King, Schunemunk, and Minnewaska State Parks, the Wappinger Greenway in Dutchess County, Harriman and Bear Mountain State Parks, the Shawangunk Ridge, and multiple areas of the Long Path, among others. She maintains the Bobcat Trail on Storm King and the Western Ridge Trail on Schunemunk, and continues to be a go-to person for several of our trail crew leaders, helping with tasks that range from blazing to rock work. We thank Joan for 20-years-and-counting of trail volunteering.



Robert Jonas & Estelle Anderson, West Milford, NJ

Bob and Estelle began their Trail Conference careers separately, Estelle in 2001, Bob since at least 1987—but have been a Trail Conference dynamic duo since 2008, when they began co-chairing the Central North Jersey Trail (CNJ) Committee and

serving on our Volunteer Committee. They were valued members of the Volunteer Committee, helping to develop the Volunteer Handbook and Youth Policy and instituting awards for length of service (They retired from the committee in 2013.). In their past five years as CNJ co-chairs, Bob and Estelle have developed an outstanding cadre of supervisors and maintainers of whom they are rightfully proud. In addition, they have represented the Trail Conference at numerous tabling events and run Intro to Trail Maintenance workshops. They know and understand the importance of developing good relationships with trail partners and recruiting and nurturing trail volunteers.

Bob, also known as the Tool Czar, has an enviable cache of tools and tool savvy and shares both generously. He received the Hoeflerlin Award in 1993. Estelle enjoys supporting and recognizing our volunteers and helping them do their job better. In 2008, she received the Hoeflerlin Award.

DISTINGUISHED SERVICE AWARDS

Given by the Volunteer Committee to recognize long years of service or a special achievement by Trail Conference volunteers. Not an annual award, they are given on an as-appropriate basis by the committee, upon review of nominations that may be submitted by anyone.

Cal Johnson, Saugerties, NY

Cal Johnson, of Saugerties, NY, supervisor for three trails regions in the Catskills and former supervisor of a fourth, was presented his DSA in recognition of long years of hard and enthusiastic service in the Catskills. Cal began volunteering as a supervisor in 1989. He has maintained trails, built trails, and jumps in wherever help is needed in the Catskills. Most recently, Cal helped complete the first phase of construction of the Kaaterskill Rail Trail.

George Form, Buffalo, NY

George Form received the Distinguished Service Award posthumously for his 11 years of active service as a maintainer of the Long Path.



Trail Conference Volunteer Stats July 1, 2012 – June 30, 2013

2,579 volunteer positions

1,304 volunteers

61,000 volunteer hours

91 work crew trips

133 crew members

327 new volunteers

835 participants in Trail U

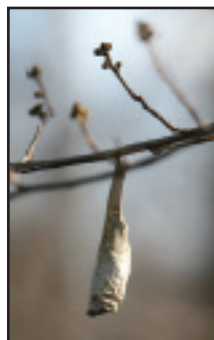
470 unique people
participated in Trail U
105 classes

Trailside Nature

How Insects Spend the Winter

By Edna Greig

Silence. That's often what you hear on the trails in winter. This is partly due to the absence of adult insects, whose myriad buzzing, chirping, and clicking sounds fill the air during the warmer months. Where are all those insects during winter? Some species, like monarch butterflies, migrate to warmer areas. But many insect species stay put and overwinter in the egg, larva, pupa, or adult stage. Be observant, and you can locate where they've hunkered down.



Promethea moth pupa are easy to spot.

Fields or brushy areas usually have some easily spotted winter insect homes. The globular egg cases of mantises can be found on plant stems from one to four feet off the ground. The egg cases are about an inch in diameter and look like blobs of light brown foam, which insulates the eggs within. Our two common mantis species are non-natives—the European praying mantis (*Mantis religiosa*) and the Chinese mantid (*Tenodera aridifolia sinensis*). Both were introduced to the US in the late 1800s to control garden pests. They're not very effective at pest control because their indiscriminate taste leads them to eat both good and bad bugs, as well as their own kin.

Winter fields also are home to several species of goldenrod gall-forming insect larvae. The most common are goldenrod gall

flies (*Eurosta solidaginis*), whose larvae snuggle in three-quarter-inch round swellings on the upper half of goldenrod stems.

Many moth species also have conspicuous overwintering homes. Silk moths (family Saturniidae) overwinter as pupae in silken cocoons that often are spun within a leaf. In winter, the cocoons look like brown, papery sacks hanging from twigs. The easiest cocoons to locate are those of the promethea moth (*Callosamia promethea*), which are found on the lower branches of many trees and shrubs, especially cherry, sassafras, and spicebush.

The pine tube moth (*Argyrotaenia pinatubana*) makes its winter home in white pines. During summer, the larva surrounds itself in a tube of five to twenty pine needles, held together with silk, and feeds on the tips of the needles. After the larva eats most of its first shelter, it abandons it and builds a second and sometimes a third. When the larva is fully developed, it pupates within the tube and overwinters. The tubes are easily found on the branch tips of the pines.

Some insect species find a cozy spot, like beneath tree bark, to overwinter as adults. They produce a variety of antifreeze-type chemicals like glycerol that help them survive frigid temperatures. On warm winter days, they sometimes venture out from



Pine needles glued by silk make a winter home for pine tube moth larvae.



Antifreeze-like chemicals help mourning cloaks survive winter.

their shelters. A conspicuous example is the mourning cloak butterfly (*Nymphalis antiopa*) that often can be spotted flying on warm days in late winter.

Some adult insect species defy winter and actively feed and mate when it's cold. One of the more common is the snow flea (*Hypogastrura nivicola*), which is not a flea but a species of primitive wingless insects called springtails. These miniscule (less than 1/20" long) insects congregate in large masses on the snow's surface, looking like tiny specks of dirt. They eat plants, fungi, and bacteria. Being active in winter helps them to avoid predators.

Winter stoneflies (order Plecoptera) also are active as adults in winter. They do most of their feeding as nymphs underwater in clean, fast-running streams. Adults emerge from the streams in winter to mate. Although they have wings, they're not strong fliers. Look for them crawling on streamside snow banks or bridges.

These are just a few of the insects that can be observed in winter. The silent landscape is teeming with life.

Member Edna Greig is a regular contributor to Trail Walker of articles about nature.

PEOPLE FOR TRAILS



Howard Liebmann
Mt. Arlington, NJ

Volunteers as Northwest Jersey Trail Chair, since December 2013

Relevant experience includes extensive volunteer history with Boy Scouts of America (Cub and Scout Master, district chair, district finance chair, Northeast Region Leadership Chairman), climbing director at a national camping school; Big Brother

How will Howie put his experience to work for the Trail Conference?

As an experienced volunteer leader, Howie has learned to work with various partners, and organizations to come to common goals. He has also learned to work with people from all walks of life.

Background: Currently an adjunct professor at County College of Morris, teaching personal development and challenge; retired salesman with more than 30 years' experience with Verizon.

Does he hike? You bet. Howie enjoys trails in New Jersey as well as in the Sierra and the White Mountains.

Where are the volunteer opportunities in Northwest Jersey? Allamuchy and High Point State Parks; Jenny Jump, Stokes, and Worthington State Forests; Delaware Water Gap National Recreation Area—these are a few of the possibilities. To learn more, contact Volunteer Coordinator John Leigh, jleight@nynjtc.org.

Invasives Strike Force Caps off Banner Season Thanks to Enthusiastic Volunteers

Surveying

This year was the third year of the Trail Conference's Invasives Strike Force program. Our surveying volunteers completed more than 260 miles of surveys across our region, bringing our three-year total to more than 630 miles. Through the efforts of hundreds of volunteers, we now have a very good picture of where invasive plants are located in our parks and natural areas, and we can track what happens over time as we continue surveying through the coming years. But, not only do we know what's out there, now we can use the data we have to make plans and take action.

Removing

Our Invasives Strike Force trail crew and seasonal interns have been busy this year removing invasive plants on 15 ISF trail

crew work days and across more than 45 acres of land along our hiking trails. The New York state parks in the Palisades and Taconic regions have given the ISF crew permission to conduct removals along the trails in most areas of the state parks, and many of our other partners have welcomed our work as well. 2014 promises to be a very productive year as we expand our ISF crew with seasonal members.

Special Thanks

We'd like to thank our seasonal intern **Matt Whittle**, who volunteered more than 275 hours this summer conducting surveys and removing invasive plants. Matt also planned and led invasive removals at Ramapo Mountain State Forest in NJ and followed up with restoration of those areas with native plants to fulfill requirements for Eagle Scout.

Keith Shane, winner of the McHenry award from the Open Space Institute, used his award to survey more than 50 miles of trail, teach volunteers at training sessions, and plan and conduct several ISF trail crews in the lower Hudson Valley.

The accomplishments of other volunteers were equally impressive. Seven of our volunteers surveyed more than 10 miles of trail this year.

Brom Vermuelen surveyed almost 17 miles in Worthington State Forest and Delaware Water Gap NRA. "After an initial period of feeling a bit overwhelmed, I really started to enjoy surveying. It's like a treasure hunt in reverse, where you're looking for things and sort of hoping not to find them. In the past, I had hiked all the trails that I surveyed, and it was interesting to get re-acquainted with them 100 feet at a time."

Cliff Berchtold surveyed 12 miles in Schunemunk Mountain State Park. "I've enjoyed trail maintaining at Minnewaska since 1995, but when I learned of the ISF program this summer, it seemed like another great chance to make things better out there. ... The slower pace, with frequent stops, has made my hiking experience richer. I recommend the Strike Force to others who might want a mental challenge to go along with physical enjoyment of hiking". Cliff is also helping at the office this winter to process the many data files that were submitted by ISF volunteers.

For the second year in a row, **Greg Smith** and his daughter **Erika Schneider-Smith** have topped 10 miles of surveying. This year Erika's friend **Katelyn Fleisch** shares the honors as well. The trio surveyed all of Mt. Hope Historical Park in Morris County, and several trails in Norvin Green State Forest and Farney State Park. Erika and Katelyn are also our top youth surveyors this year.



RICHARD PILLAR

ISF at Ramapo Mountain State Forest

Mark Nordyke proved his versatility and passion for removing invasives by not only being one of our top surveyors but also one of the top ISF trail crew volunteers. Mark surveyed more than 10 miles at Bear Mountain, High Mountain Preserve, Franklin Lakes Preserve, and various locations along the Patriot's Path, and he also volunteered more than 20 hours at removal workdays.

Arthur Gardineer was our top ISF trail crew volunteer, spending more than 50 hours removing invasives at our crew workdays. Arthur also was an ISF surveyor and dedicates hundreds of hours helping at the office.

If you are interested in joining our ISF volunteers, send me an email (Lrohleder@nynjtc.org) to get on our mailing list. Activities start again in April and May.

Come help us make a difference!

—Linda Rohleder, PhD
Invasives Strike Force Manager



ANDREA MINOFF

Members of our Invasives Strike Force on a removal site in Westchester.

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YEAR END REPORT

continued from page 7



Trail Steward Kali Bird, orients hikers at Breakneck Ridge.

volunteers and will focus on increasing the number of invasive removals completed in the region.

WEST HUDSON

In 2014, we will focus on securing the final \$1,000,000 needed to complete the Bear Mountain Trails Project. On-the-ground work includes completing another 700 linear feet of the Upper East Face, finalizing the design of a Trails for People Exhibit, and continuing restoration of the Welch Trail Education Center in Harriman State Park. Look for Trail U to start up in March.

Trails, volunteers, training, leadership: we aim to strengthen all in 2014.

We will continue our work started this year at Sterling Forest to build a volunteer crew that will serve the Palisades Park region between Harriman and the Gunks. We will recruit and train new members and leaders for the busy West Hudson North Crew.

Our ISF will survey additional trails in Harriman State Park, Black Rock Forest, and Sterling Forest and focus on increasing the number of invasive removals completed and volunteer trail crews held in the region.

NEW JERSEY

In 2014, we will complete the scenic boardwalk over Cedar Swamp in Wawayanda, complete the permitting process for the Long Pond Ironworks Bridge, form and deploy a Ramapo College Trail Crew, and improve trail quality statewide.



A bridge is replaced on the Appalachian Trail along the Pochuck Canal.

Our ISF will remove invasive plants along our trails, survey, plan and lead removal events as well as train additional volunteers. We will increase the number of advanced invasive species identification workshops, so volunteers can deepen their surveys.

PUBLICATIONS

We will create an all-new, digitally-produced South Taconic map, along with revised editions of at least two other map sets. We will begin producing handout maps for 16 northern New Jersey parks. Our goal is to increase Trail Conference visibility, membership, and publication sales.

We will produce updated versions of two popular books, *Walkable Westchester* and *Hiking Long Island*, continue making our books available in eBook format, and produce a brand new book, *Circuit Hikes in Harriman*.

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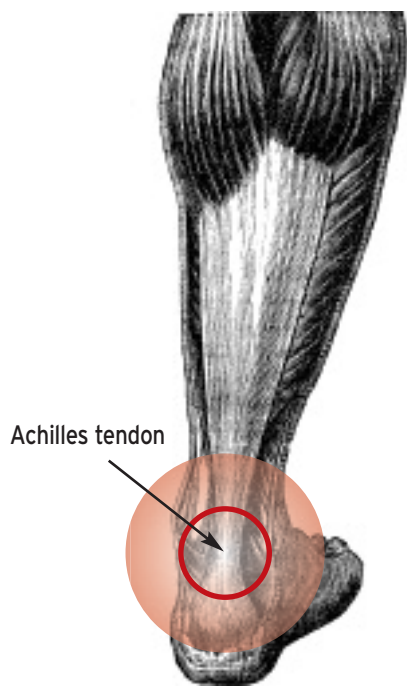
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Protect Your Achilles Tendon

By Howard E. Friedman, DPM



Tendons connect muscle to bone, and the Achilles tendon, which connects the powerful gastrocnemius muscle in the calf to the back of the calcaneus, or heel bone, is the largest tendon in the human body. An injury to the Achilles tendon, which is several inches in length and flexes the foot downward, can sideline a hiker for a season and require three or more months of rehabilitation.

While often associated with runners, hikers are at particular risk since walking up a steep incline, especially with the extra weight of a backpack, can cause excessive strain on the tendon. Unlike other tissues in the human body that react to injury by producing inflammation, an influx of tissue-repairing cells, a damaged tendon degenerates with injury. No robust repair mechanism is programmed into the tendon cells. Thus an injury to a tendon can be devastating.

A Range of Injuries

For years doctors referred to Achilles tendon injuries as “tendonitis,” meaning an inflammation. Now, however, health professionals treating this injury call it a “tendinopathy,” meaning a damaged tendon. This distinction is indeed very important because it has guided new and more effective treatments. The treatment used for an inflammation, “rest, ice, compression and elevation”

(RICE), can augment the treatment for a damaged Achilles tendon, but it is not sufficient to repair the tendon.

Achilles tendinopathy can include damage to the surrounding covering of the tendon or stretching and tearing of some of the tendon fibers themselves. In the worst case, the injury is a complete tear, or rupture, of the tendon. A complete rupture is usually the result of a hard landing on one foot, for example, jumping down from a rocky ledge and generating a sudden and large force on the Achilles. A rupture causes immediate pain, often creates a popping or snapping sound, and will result in significant difficulty walking. A complete tear is usually considered a surgical emergency.

But the less serious injuries are the more common types. Repetitive uphill walking and straining the Achilles tendon will stretch its fibers and result in a swollen section of tendon that is painful when walking or running uphill or when squeezed. This type of injury, which has a slow onset, can develop into a partial tear of the tendon. A partial tear of the tendon exhibits more swelling and pain than does a strain. A diagnostic ultrasound or an MRI can help discern the extent of the injury.

Risk Factors?

Risk factors include having very flat feet or very high-arch feet, being obese, or having diabetes or hypertension. In addition, use of oral steroids or a course of antibiotics in the quinolone family, including ciprofloxacin and levofloxacin, can also cause tendon disorders. Overall, Achilles tendon issues are more prevalent in men than in women.

Best Treatment Option

Many different treatments have been advocated for Achilles tendon injuries over the years, ranging from cortisone injections to general physical therapy to ankle braces and arch support. But in the past few years, one treatment has been validated as most effective: a program of eccentric stretching.

This type of stretching can be done while standing on a step with the heels dangling off the step's edge and slowly dropping the heels to stretch the tendon, holding that position and repeating. The exercise however is part of a multi-week program that includes gradually increasing the force of the stretching. If done incorrectly the condition can in fact be worsened. It is best supervised by a health professional knowledgeable in the technique. In addition, using a lift in the heel portion of the shoe is often helpful.

How to Avoid Achilles Tendon Injuries

What can the hiker do to avoid this condition?

- When hiking uphill, shorten your stride length to reduce the strain placed on the Achilles tendon.
- Take smaller, more frequent steps.
- Use hiking poles for any sustained climb.
- Respond to any discomfort in the Achilles tendon promptly. Icing the area can help reduce some of the accompanying soft tissue inflammation, and local massage may help reduce the pain as well.
- Most important, however, is to correctly diagnose the extent of the injury and then, if appropriate, begin a program of eccentric stretching.

Howard E. Friedman, DPM, is an avid hiker, a podiatrist in Suffern, NY, and a frequent contributor to Trail Walker. Find many of his articles on our website at nynjtc.org/news/health-news.



PEOPLE FOR TRAILS



Sam Huber
Montclair, NJ

Volunteers as Lenape Trail Chair

What and where is the Lenape Trail? The Lenape Trail is a 34-mile trail that links open space and landmarks in Essex County, NJ. It is one of five long-distance trails maintained by Trail Conference volunteers. The others are the Appalachian Trail, Long Path, Highlands Trail, and the Shawangunk Ridge Trail.

How did Sam find the Trail Conference? Our maps. He used them to find his way while hiking in Harriman and Bear Mountain State Parks. They also led him to support and volunteer for trails.

Background: A long-time hiker; writer of both nonfiction and fiction; currently working on a biography of his great-great-great-grandfather Henry Baldwin Stone.

What Sam says: “I get excited about trails. I love the physical exercise, the beauty, seeing new places—pretty much everything.”

Are you excited about trails too? See how you can support your passion. Visit nynjtc.org.

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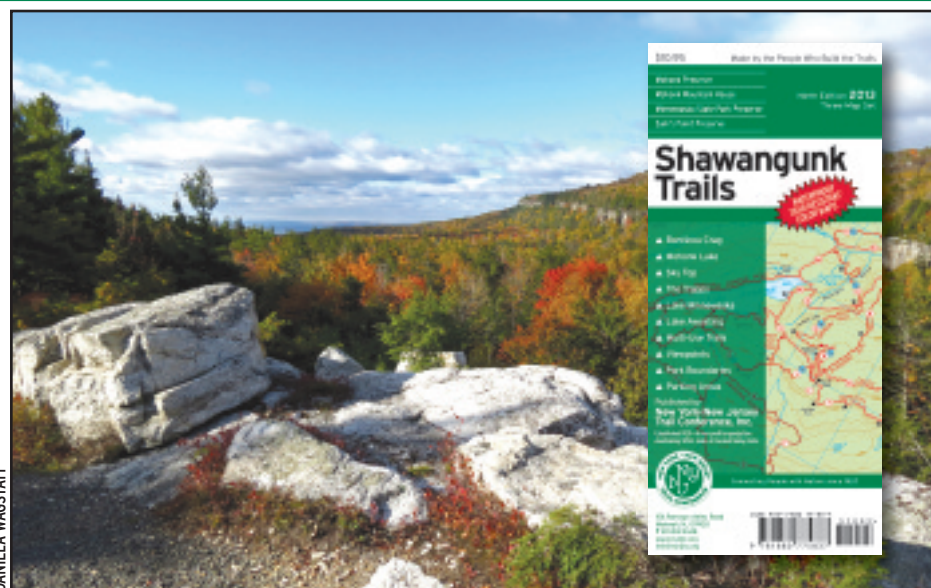
Start Your Hiking Year with New, Up-to-Date Trail Maps



Greenwood Lake from the Ernest Walter Trail

New 11th Edition of North Jersey Trails Map Set

The improved 11th edition of the North Jersey Trails map set features more than 275 miles of marked trails within more than 16 parks in northern New Jersey. New trails and relocations of existing trails have been incorporated into the maps, including new trails in Wawayanda State Forest and Campgaw Mountain County Reservation, and a detailed inset of trails near Roomy Mine in Norvin Green State Forest has been added. Many other updates and enhancements have been made to the maps to make them even more accurate and easy to use. This map set complements our Jer-



View from the Millbrook Mountain Carriage Road

sey Highlands Trails: Central North Region map set, which focuses on an area of the Jersey Highlands further south. *Special Thanks to John Moran, volunteer project manager, and all the volunteers and park partners who helped with this latest and greatest edition!*

Improved 9th Edition of Shawangunk Trails Map Set

Our improved 9th edition of the Shawangunk Trails map set includes more than 170 miles of maintained trails and carriage roads within Minnewaska State Park Preserve, Mohonk Preserve, Sam's Point Preserve and the Mohonk Mountain

House property. Nearly the entire network of trails and roads has been redrawn using more accurate GPS data and high-resolution aerial imagery. The recent major relocations of the Long Path and Shawangunk Ridge Trail are shown, and additional marked trails and viewpoints have been added to the maps. *Special Thanks to all the volunteers and park partners who helped with this latest and greatest edition!*

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Both map sets were produced with support from Campmor, an outdoor store and retail partner of the Trail Conference.

ARNAB BANERJEE

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Featured Hike



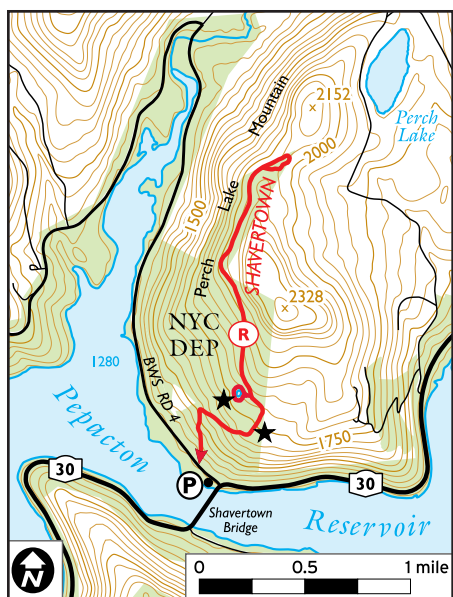
The Shavertown Trail



View of the Pepacton Reservoir from the new Shavertown Trail.

A new 2.65-mile trail in the western Catskills—the Shavertown Trail—opened in September and offers families and novice hikers something of a unique opportunity in the mountain region—a spectacular view after only one moderately strenuous mile of hiking, followed by a fairly level mile and a half through beautiful rock ledges and wonderful forests.

This intermediate trail ascends from near



the shoreline of the Pepacton Reservoir to Snake Pond and then continues to climb along a shoulder of Perch Lake Mountain. It is the product of collaboration and hard work by the Catskill Mountain Club, the Town of Andes, the New York City Dept. of Environmental Protection (NYCDEP) and a number of other regional groups, including the Trail Conference.

The trailhead is on BWS Rd. 4, about 200 feet west of and across the street from the parking lot for the Shavertown Boat Launch on the Pepacton Reservoir. Hikers can park at the boat launch area, which is just west of the BWS Rd. 4 intersection with State Route 30. A kiosk has been installed at the start of the trail with information and mileage.

The trail route is marked with red NYCDEP plastic trail markers and is a combination of footpaths and old woods roads. It passes through forests and meadows, past two weather stations (Do Not Touch) and, in less than a mile, offers several views to the south and west; the Pepacton Reservoir can be seen in the valley below.

In one of these meadows, approximately one mile from and about 520 vertical feet above the trailhead, the trail reaches a junc-

tion with the short Snake Pond Trail. The Snake Pond Trail forms a short and worthwhile loop around its namesake. The trail descends slightly from the trail junction, skirts the eastern shore of the pond, then crosses its outlet and an earthen dam on the southwestern side of the pond. The trail along this section offers almost constant views of the surrounding mountains and the reservoir. During the spring and summer, wildflowers bloom all throughout the open fields, making for a very scenic walk.

Returning to the trail junction and the Shavertown Trail, hikers reenter the woods on a woods road and begin a moderate ascent along the flank of Perch Lake Mountain. In the late fall, winter, or early spring, there are numerous views along the trail through the leafless trees. Rock ledges emerge to the right of the trail, which soon passes through a field of boulders covered by lichens, mosses, and ferns. Near its end, the trail levels off, passing through a thick hemlock forest and reaching the start of a small loop that ends the trail. Stay to the left when you reach an unsigned trail junction along the ridgetop. Follow the way



New sign marks the trailhead.

onto an old woods road that loops around and returns to the unsigned trail junction.

From this point, the way to return to the trailhead is retrace your steps down the trail. The total distance from the trailhead to the end of the loop is 2.65 miles for a total round-trip distance of 5.3 miles (not counting the short loop around Snake Pond). The total ascent from the trailhead is 760 vertical feet.

Find a more detailed description of this hike on our website, nynjtc.org/view/hikes.

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