



# A Trails Celebration

Trail Walker Special Insert

A week-long extravaganza of hikes, workshops, and entertainment.

## Take Part in the 36th Biennial Conference of the Appalachian Trail Conservancy

July 13-20 at Ramapo College of New Jersey, Mahwah, NJ – All Welcome; Accessible Via Public Transit

This summer, July 13-20, the New York-New Jersey Trail Conference is proud to organize and host the 36th Biennial Conference of the Appalachian Trail Conservancy (ATC)—a week-long extravaganza of hikes, workshops, and entertainment open to the hiking community and their friends and family. This eight-page supplement to *Trail Walker* includes complete information about the event, to be based at Ramapo College in Mahwah, New Jersey, and accessible via public transportation. Plan to join us for just a day, or make it a vacation and come for the week. On tap are 94 hiking destinations (you can complete part of the 160 miles of the Appalachian Trail through our region or hike on many of the other 1500 miles of trails maintained by NY-NJ Trail Conference), 70 workshops, opportunities to work and learn trail-building skills on the Trail Conference's big AT relocation project at Bear Mountain, excursions for non-hikers, a youth program, and countless informal gatherings with hikers and trail volunteers from around the country. **Use the registration forms in this program, or sign up online at [www.ramapo2007.org](http://www.ramapo2007.org).**

### Always a Step Ahead

For the hiking community, the Appalachian Trail is always a step ahead—both a vision and a reality that inspires casual and heroic hiking, creative volunteering, and dedicated professionalism. The New York-New Jersey Trail Conference has been there from the beginning, helping to lead the way. In 1923, volunteers for the newly created NY-NJ Trail Conference opened the first *new* section of the AT, in Harriman-Bear Mountain State Park. Two years later, NY-NJ Trail Conference joined with other clubs up and down the East Coast to create what is now known as the Appalachian Trail Conservancy (ATC), the nonprofit organization dedicated to maintaining, managing, and protecting the AT, the premier long-distance hiking trail in the United States. Today, ATC manages the Trail through a partnership agreement with the National Park Service and maintaining clubs.

### Registration Information

Hikes, workshops, and other activities have registration limits; some have minimum sign-up requirements or they will be cancelled. Sign up early to ensure your selections and to qualify for an early-bird discount.

Unless otherwise noted, the registration fee covers the cost of all hikes, workshops, and meetings. Excursions, transportation to/from hikes, and the featured Saturday night entertainment require additional fees. Membership in the Appalachian Trail Conservancy, the New York-New Jersey Trail Conference, or any AT maintaining club is not required. All are welcome.



Choose from among 94 hikes, 70 workshops, and a host of other activities.

**March 1** – Online registration opens.

**May 15** – Last date for early-bird registration with a reduced registration fee. Paper registration forms must be postmarked by this date to get the early-bird fee.

**June 1** – Last date to mail paper registration (must be postmarked).

**June 10** – Last date for online registration.

**July 1** – Registration reopens at conference for walk-ins.

**Online registration is strongly encouraged.** Go to [www.ramapo2007.org](http://www.ramapo2007.org). Registering online offers a greater chance of getting into popular events since it avoids delays in mailing and data entry. You know immediately if events are full and can consider various alternatives. Note that family groups may register together and make a single payment for all group members.

You may pay by check even if using online registration. Checks must be received within 10 days to avoid cancellation of your registration.

Those unable to register through the web site may submit completed registration forms (see pages 7B and 8B in this supplement) to Ramapo 2007, PO Box 576, Yorktown Heights, NY 10598-0576.

Make checks payable to: NY-NJ Trail Conference

**Walk-in registration** will be limited to those staying off campus and strictly on a space-available basis. Many events are expected to be full. If you want on-campus lodging, you must register by June 1 (paper), June 10 (online).

### Conference Site

Ramapo College is New Jersey's public liberal arts college. Located in Mahwah, its bucolic campus is on a former estate, close to parks with miles of hiking trails.

### Getting There

Ramapo College is accessible via many

modes of transportation, including public transportation. Rail service is just a short taxi ride away and buses to and from New York City's Port Authority stop on campus. It is even possible to walk from the AT to a train station and arrive at the conference. For out-of-town folks, there are five airports.

**By car:** Ramapo College is on Route 202 near routes 17, I-287, and I-87 (New York State Thruway). It is 1.4 miles south of the Route 202 exit on Route 17. Follow signs to the college and go to the second traffic light at the campus. Turn left into the campus, left again at a T-junction, and then an immediate right to park in the area for students. Walk uphill to the Alumni Lounge in the Student Center.

Additional driving directions are online, or obtain custom directions via Mapquest or Google for 505 Ramapo Valley Road, Mahwah, NJ 07430.

**By rail:** From New York City: Take New Jersey Transit train from Penn Station to Secaucus Junction (first stop). Change for northbound Bergen County or Main Line train, to either Mahwah, NJ, or Suffern, NY. Take a taxi to Ramapo College.

**By bus:** Take Coach USA from Port Authority Bus Terminal in Manhattan to Mahwah directly to the Ramapo College Campus. Some buses do not stop on campus. Bus fares to Mahwah from Port Authority Bus Terminal \$10.85, \$5.40 for seniors, one way.

### Accommodations

**Check-in:** Begins Friday, July 13 at noon to 11pm; Saturday and Sunday, 7am to 7pm. A reception desk will be open daily.

### On Campus

**Residence halls:** Two air-conditioned residence halls offer a total of 680 single beds. The conference website [www.ramapo2007.org](http://www.ramapo2007.org) has more details about the residence halls and a link to room layout. People requesting a single

room will be assigned to a suite in Laurel Hall. **You must bring your own bed linen, including pillow, as the college will not be supplying it.** Fire regulations limit the number of people (beds) per room and additional cots, beds, or sleeping bags on the floor will not be permitted. All children will be assigned beds. Children 12 and under will be charged half price.

**Camping:** All camping is off campus.

**Official Conference campsite:** Campgaw Mountain County Reservation is 1.5 miles from the college. Tent camping will be on an open field and available for the entire week on a per diem basis. Flush toilets and showers are located within the park; portable toilets will be provided close to the camping area. Shower facilities will be available on campus from 4:30-6:30pm

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## Conference at a Glance

### Friday, July 13

Check-in, registration from noon  
Hike/Workshop on AT  
at Bear Mountain

Exhibits, sales by clubs and vendors

Opening campfire at 8pm; off-campus; sign up for free ticket and plan to car pool.

### Saturday, July 14

Check-in, registration, 7am to 7pm  
Afternoon: ATC opening meeting

Hikes, workshops, excursions

Youth Ecology Program begins; through Thursday, July 19

Exhibits, sales by clubs and vendors

Silent auction, 9am to 3pm

Evening entertainment: Folk/rock duo Aztec Two Step (\$12 ticket required)

### Sunday, July 15

Check-in, registration, 7am to 7pm  
ATC Annual Membership Meeting and election of Board of Directors

Hikes, workshops, excursions

Exhibits, sales by clubs and vendors

2,000 Miler Reception for long-distance hikers

Early evening entertainment: Arm of the Sea Theater

ATC Annual Membership Meeting and election of Board of Directors

### Monday, July 16 - Friday, July 20

Hikes, workshops, excursions (last excursions, July 19)

Exhibits, sales by clubs and vendors end Monday at noon

Evening entertainments; see website for complete schedule



## Protocol for Hikes, Workshops, and Excursions

Each hike, workshop, and excursion has a registration limit and some activities have a registration minimum. If an outing has insufficient registration, it will be cancelled. Register early to be sure to reserve a spot. All children 18 years old and younger must be registered with and accompanied by a responsible adult.

**Check in:** Upon arrival at the conference, please check in at the appropriate Hikes, Workshops, and/or Excursions Desks to confirm your participation in all activities. Notify them as soon as possible if you need to cancel. This will enable us to enroll wait-listed registrants to fill your spot.

**Departure times and places:** Please be at the designated departure location at least **15 minutes** before the scheduled departure time. Hikes and Excursions will leave on time.

**Ride sharing:** In order to keep costs down, *outings rely upon ride sharing, using participants' vehicles.* Please indicate your willingness to drive on your registration form and when you reconfirm your reservation upon check-in at the meeting. If an outing has insufficient drivers, it will be

cancelled. Passengers are expected to share the cost of tolls and parking and to contribute to the driver's gasoline cost. Mileage given in each description is the ride-share distance.

Approximate pay-as-you-go (PAYGo) fees for **public transportation** are indicated in the listing. Each \$ represents about \$5. Train fares for seniors 62 years and over are about 1/2 of full fare. It is easiest to pay for train tickets with a credit card.

**Food:** Pre-ordered bag lunches will be available during breakfast, or bring your own. Backpackers must provide their own food for the backpacking trips. All hikes leave after breakfast and are scheduled to be back for dinner. There are many restaurants in the area.

**Do-it-yourself hikes and excursions:** There are many more interesting hikes and excursions in the NY/NJ area than could be offered in this program. Self-guided hike or excursion packages will be available at the check-in desks. Additional information on [www.Ramapo2007.org](http://www.Ramapo2007.org) is available to help you plan your independent activities.

## And for Youth...

This family friendly conference offers a Youth Program at New Jersey Audubon Weis Ecology Center (Weis), operated by the New Jersey Audubon Society. There will also be excursions, hikes, and a few workshops for children under 12. Teens can experience being on a college campus and attend workshops, hikes, and excursion as well.

The Youth Program at Weis will run from Saturday, July 14 through Thursday, July 19. There are no restrictions on the number of days a child can attend, but we recommend at least two. Children must be entering kindergarten and not be older than 12 years old. Expect your child to get interested, wet, and dirty. Programs will run rain or shine. Children should be dressed appropriately—no sandals or flip-flops allowed. They are to bring lunch with a refillable water bottle. Cost is \$50 per day. A medical form and a parent permission slip are required and must be turned in to the Youth Program table in Alumni Hall to complete the registration process. The forms will be sent upon registration. Transportation to and from Weis will be via bus. Parents are expected to have their children at the pick-up site 15 minutes before departure at 8am and pick their children up promptly at 5:30pm upon their return. If parents are on a hike, they should plan on being back on campus well before the pick-up time. The location for pick-up will be in the registration packet.



## BIENNIAL CONFERENCE

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every day. Campgaw allows self-contained RVs only, as there are no hook-ups, clean-outs, or disposals available. Cost for either camping or self-contained RVs is \$6 per person per day, with children under 18 free. Reservations are through the conference registration process.



**Camping at Camp Glen Gray – Friday, Saturday, and Sunday nights only.** This 750-acre site is an easy 5-mile drive from Ramapo College. Wooded tent sites, lean-tos, and cabins are walk-in, not drive-to. Campfires are permitted. All reservations for Camp Glen Gray must be made directly with them. Please note that all campers must leave Camp Glen Gray by 8:30 on Monday morning. All questions about camping at Camp Glen Gray should be directed to the camp itself. Call 201-327-7234 or see [www.glengray.org](http://www.glengray.org).

### Motels and Hotels

There are many nearby motels and hotels with a range of prices. See the conference website for a list, including mileages and driving times. Contact motels/hotels directly for reservations.

### Meals

All-you-can-eat meals will be served buffet style in The Marketplace at Birch Tree Inn, the college dining hall located in the Scott Student Center. Prepaid meal tickets will be in your registration package. Meals begin with dinner Friday night, July 13. Bag lunches will be available every day, with bag lunches the only option Tuesday through Friday. Breakfast and bag lunches (no dinner) will be available on Friday, July 20. A Sunday picnic dinner—"New York Street Fair Meets Jersey Fresh"—will celebrate the ethnic diversity of the region and the summer produce of our host state. There is an extra charge for this dinner, and it is the only one offered on Sunday.

### FYI

Bring a blanket to sit on for the two band shell concerts.

Souvenir T-shirts are for sale (see registration form).

Swimming will be available in the campus pool Monday through Thursday.

Internet access is available on campus.

## WORKSHOPS

Workshops are scheduled in slots of 1 hour and 45 minutes; there are 15-minute breaks between slots. Some workshops run for more than one time slot and will run through the break. Others may not run for the full time allotted.

Workshops will take place in classrooms and in the field. The workshops that include a field trip are so noted and you should dress accordingly. Aside from the orientation trip, expect to get dirty on the work trips on Bear Mountain. Indoor workshop locations will be assigned after June 1. This information, and any changes, will be posted at the conference and in your registration packet. Some workshops have small materials fees payable to the instructor.

### Friday, July 13

**W1359 Bear Mountain Project and Hike.** Eddie Walsh, NY-NJ TC Project Manager. 12:30-5:00pm BearMtProject

A PowerPoint presentation of the project and then a hike over the new AT route. The hike is mostly a bushwhack over some very rough terrain. You will see the work done in 2006 to the present.

### Saturday, July 14

**W1402 Monitoring Environmental Health: The AT Mega-Transsect.** Brian Mitchell, Inventory and Monitoring Coordinator for NPS Northeast Temperate Network; Don Owen, NPS-ATPO Resource Protection Specialist; and Matt Stevens, ATC New England Regional Office. 8:15-10:00am Management

250,000 acres of AT lands form the core of the AT Mega-Transsect. Learn about it, what you can do, and participate in recent developments.

**W1404 Trail Roundup: A Maintainers' Caucus.** Kerry Snow, ATC Stewardship Council and PATC; John Hedrick, PATC Trails Supervisor; Pete Irvine, AT Coordinator, USDA Forest Service; Bob Proudman, ATC. 10:15-11:00am Management

Join representatives of the AT maintaining clubs in discussing their challenges, concerns, and success stories.

**W1412 History of the Appalachian Trail and the Appalachian Trail Clubs.** Don Owen, Jack Adams, Michele Miller, Debra Smith, and Margie Coffin-Brown. 1:15-3:00pm History

The AT and the people who built it have an important place in conservation history. Presentations on restoring an original AT shelter, conducting an oral history of Trail clubs, and a cultural landscape inventory will be offered.

**W1416 Beginning GPS Usage.** John Jurasek 10:15am-3:00pm Equipment/Technique

Are you thinking of buying a GPS? Do you already have one but don't know how to use it? Come and learn what it is all about. Learn the fundamentals, then take a short hike and practice.

**W1417 Hike Leadership.** Danny (Danielle) Bernstein, hike leader for 30 plus years, author of the guidebook *Hiking the Carolina Mountains*. 8:15-10:00am Management

What are the challenges and rewards of becoming a hike leader? How does a hiking club attract and reward volunteer hike leaders? Come and take part in the discussion.

**W1421 Nature Photography.** Margo Moss, professional photographer. 10:15am-3:00pm Arts&Crafts

This workshop will emphasize composition and working with the natural light. We will go on the trail and learn how to take captivating outdoor nature photos. No experience necessary. All cameras welcome.

**W1425 Care of the Feet.** Edward Nieuwenhuis, DPM 8:15-10:00am Health

Dr. Nieuwenhuis, a podiatric surgeon, will speak about various foot problems associated with hiking and other activities. Methods for problem prevention and treatment will be discussed.

**W1426 Developing and Managing Long Distance Trails.** Bob Moss & Gary Haugland, NY-NJ Highlands Trail; Jennifer Heisey, PA Highlands Trail; Carl Knoch, Liberty-Water Gap Trail; and an East Coast Greenway Representative. 8:15-10:00am Management

A roundtable discussion. Possible topics include trail fundraising; building and maintenance; rights of way; vandalism, etc.

**W1428 Backpack Selection.** John Lopes, Ramsey Outdoor. 10:15-11:00am Equipment/Technique

Get up to date on the newest pack technology and find the right pack for your body and your trip.

**W1429 What's New in Tents.** Roger Williamson, Assistant Tent Buyer, Campmor, Inc. 1:15-3:00pm Equipment/Technique

Want to find the ideal shelter for your overnight adventure? A Campmor buyer will discuss various lightweight tents and bring samples for you to try out.

**W1433 Cider and Wine Making in the Hudson Valley.** Joe Grizzanti. 1:15-3:00pm Arts&Crafts

The Grizzanti family has been active in cider and wine making in the lower NY area for several years. Learn about the history of their growing enterprise, the essentials of cider and wine making, and the aspects of these activities that are unique to the NY region. If possible, there will be a tasting. (An extra charge may be required.)

**W1435 Arts and Crafts Workshop for Ages 10 and Older.** Gail Schneider, artist. 1:15-3:00pm Arts&Crafts

Children will create plaster sculptures by pouring, combining, and assembling a wide variety of molded forms made from everyday containers and packaging. A materials fee of \$8 per student will be charged.

**W1438 Introduction to Flyfishing.** Volunteers from East Jersey Trout Unlimited (EJTU). 1:15-3:00pm Equipment/Technique

Learn about the capture and identification of macroinvertebrates that live in the Ramapo River and observe the art of fly casting. All equipment provided; wear sneakers and shorts to wade in river.

**W1448 The Unknown Palisades.** Eric Nelson, Palisade Interstate Parks Commission. 10:15-11:00am History

Learn about one of the nation's first conservation efforts: the preservation of the New Jersey Palisades, in a fascinating slide-show presentation and narrative. Not a century ago these cliffs stood a real risk of being obliterated by massive quarry operations. Through the efforts of both ordinary citizens and renowned philanthropists, this scenic landmark was preserved.

**W1454 Fire Towers in NY and NJ - Their History and Future.** Lawrence G. Paul. 8:15-10:00am History

Slide presentation and discussion focused on local fire towers, their past and future. Exhibits will include a crank telephone and an actual alidade map table used for locating fires.

**W1455 Introduction to Griphoist and Rigging.** Lester Kenway 10:15-11:00am Management

Learn Griphoist operations, proper care of wire rope, accessory tools for rigging systems, safety guidelines. To include slide show of rigging applications, question and answer session.

**W1456 Demonstration of Griphoist and Rigging Systems.** Lester Kenway. 1:15-3:00pm Management

Includes practice sessions with dynamometers, straight line pulls, mechanical advantage via multiple line pulls, zip lines, and high line systems, question and answer session.

**W1457 Chainsaw Maintenance.** Peter Jensen. 8:15-11:00am Management

Spend four hours learning the fine points of chainsaw maintenance from a world-class pro. Bring your saw, tools, accessories, and ideas.

**W1461 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W1462 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

### Sunday, July 15

**W1505 Saving Sterling Forest and Other Appalachian Gems.** JoAnn Dolan, Dave Startzell, Ed Goodell, Laura Belleville, J.T. Horn, Morgan Sommerville. 10:15-11:00am Management

Learn of recent protection initiatives and successes in land protection from a panel of experts. Sterling Forest encompasses 20,000 acres of key watershed and wildlife resources that are priceless; other gems in the eastern USA stand at a crossroads: Will they be developed, or will they be saved? Explore these and other real-life conservation battles throughout the Appalachian Range.

**W1506 Shelter Creep: Managing the AT Camping Experience.** Dr. Jeffrey L. Marion, Ph. D., Recreation Ecologist, U.S. Geological Survey; and Hal Wright, Educator, AT Section-hiker and Webmaster for the Allentown Hiking Club. 1:15-3:00pm Management

AT shelters are growing – in number, size, developments, and amenities. This has led to an increasingly social AT experience. Join us to learn about, participate in the debate, and help guide future ATC direction concerning this "potential" problem.

**W1507 Trail Assessments for Project Planning.** J. David Reus, NPS-ATPO Recreation Projects Coordinator; Matt Robinson, ATC GIS Specialist; Larry Wheelock, NY-NJ TC Trails Director; Michele Miller, ATC Regional Representative. 3:15-5:00pm Management

Using GPS equipment and mapping technology, ATC, ATPO, and maintaining clubs have developed an innovative work-inventory process that is used to develop both short and long-term project plans.

**W1508 Rare, Threatened and Endangered Species of Plants on the AT.** Kent Schwarzkopf, NPS-ATPO. 8:15-10:00am Management

More than 2,000 occurrences of rare, threatened, or endangered species and plant communities are in the AT corridor. Review the volunteer natural heritage monitoring program for the AT, the priorities set for protecting those species, and the actions that have already occurred.

**W1513 Family Hiking: How to get Kids on the Trail, and Keep them Coming Back Lauren Lang and other PATC members.** 1:15-3:00pm Management

What do you do to get kids out on the trail? PATC has had kid-friendly hikes for seven years. Let's share information and improve all our programs. Audience participation welcomed.

**W1523 Infections and Other Medical Problems on the Trail.** Gary Knackmuhs, MD. 10:15-11:00am Health

A specialist in infectious diseases focuses on medical problems that can confront the hiker, including Lyme Disease, Giardia, and traveler's diarrhea, and medical supplies suggested for travel.

**W1524 Orthopedic Injuries on the Trail: Prevention and Treatment.** David Rudman, MD. 8:15-10:00am Health

An orthopedic surgeon talks about common orthopedic injuries that occur with hiking and measures for prevention and treatment.

**W1530 Hammock Hiking.** Ed Speer, author. 8:15-10:00am Equipment/Technique

Hammock camping is rapidly changing how America hikes, especially on long trails. Learn about using hammocks as a camping shelter, selecting, buying and making hammocks, setting up hammocks, how to stay warm, hammock safety, and Leave No Trace hammock responsibilities. A demo hammock on a stand will be provided for your testing.



## WORKSHOPS

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**W1531 Ultralite Camping and Hiking Techniques.** Don Desrosiers, AT thru-hiker. 1:15-3:00pm Equipment/Technique

Newer, lightweight camping and hiking equipment make life a lot easier for the backpacker. Lighten your load as you hike the trail. Learn ultralite camping and hiking techniques. What has to happen before you hit the trail and on the trail? Can the AT really be done with a 10-pound base weight pack?

**\*W1532 What to Do if Lost in the Woods.** Katya Hanson, New Jersey Search and Rescue. 10:15-Noon Equipment/Technique

This fun session is for children, ages 6 and up, and for adults who care about children and about themselves out in the woods. It includes a video and demonstrations about how to stay safe, and what to do if you or someone else gets lost.

**W1534 Watercolor Painting.** Peggy Dressel, professional illustrator and instructor at Ridgewood Art Institute. 8:15-Noon Arts&Crafts

This workshop is for anyone, with either some or no experience, who wants to learn how to paint nature in watercolors. Basic watercolor techniques, color theory, mixing paint, and how to paint a good painting will be discussed. A demonstration will be given followed by a painting session. Participants must bring their own paints and paper.

**W1536 Advocacy Basics Workshop.** Brenda Holzinger and other NY-NJ TC Staff. 10:15-Noon Management

Have you ever wondered how to protect your favorite trails and open spaces from negative intrusions, such as ATV damage or threatened development, but don't know where to start? Learn practical tips for basic advocacy, illustrated by a panel of stories from the trenches, with a chance to brainstorm about your favorite issue.

**W1537 Rare Plant Species on the Appalachian Trail in New York and New Jersey.** Ted Elliman, Biologist. 3:15-5:00pm Nature

Learn about the rare plant species that occur on the Appalachian Trail corridor in New York and New Jersey. Hear about these rare populations, their site conditions, population fluctuations, threats (trampling, erosion, habitat change, etc.), monitoring of the populations, and management to insure their future conservation.

**W1544 Wildflowers of New Jersey and the Pine Barrens.** Nancy Bristow and Darlene Nowak. 1:15-3:00pm Nature

Enjoy a slide show of the wildflowers found in New Jersey forests and the Pine Barrens of southern New Jersey.

**W1547 Long-Distance Hiking for the 45 and Older Set.** David Ryan, Author. 3:15-5:00pm Equipment/Technique

Learn why the AT is the ideal setting for someone older than 45 seeking an extraordinary adventure. Learn what to expect and how to prepare and succeed. David Ryan thru-hiked the Trail at the age of 50 and wrote Long Distance Hiking on the Appalachian Trail for the Older Adventurer.

**W1549 What's next? Current Trends in the National Trails System.** Steve Elkinton, Program Leader, National Trails System Program National Park Service. 8:15-10:00am Management

Now almost 40 years old, the National Trails System Act was passed to protect the Appalachian Trail as the first national scenic trail. What has happened since then? Learn more about the national scenic and historic trails. What key trends can we identify that will shape existing and proposed trails in the near future?

**W1551 Methods of Mass Recruiting.** Jane Daniels, Conference Chair, NY-NJ TC Board Chair, Zebra Advisors, LLC; and Heidi Adami, NY-NJ TC staff, Volunteer Coordinator. 1:15-3:00pm Management

It takes a great number of volunteers to maintain the many miles of Appalachian Trail. Though tasks may vary depending on region and topography, the work of trail maintenance is generally the same no matter where on the AT. Volunteers bring new energy to the trails, but mass recruiting takes careful planning. This hands-on workshop will explore a number of ways to recruit large groups of people for jobs with high will and low skill.

**W1552 Recruiting One-on-One.** Heidi Adami, NY-NJ TC staff, Volunteer Coordinator, and Jane Daniels, Conference Chair, NY-NJ TC Board Chair, Zebra Advisors, LLC. 3:15-5:00pm Management

While some volunteer positions, such as trail maintainer, need only modest skill, others involve responsibility and leadership. Finding volunteers to assume such positions requires good listening skills and the ability to identify a good match between an individual and a job. This interactive workshop will include case studies and role playing that will help you recruit quality volunteers to serve as organizational leaders.

**W1553 Historic Routes of the AT.** Marty Dominy, ATC Member since 1975; Trail Maintenance and Construction Volunteer since 1985 with the Benton MacKaye Trail Assn., Georgia Pinhoti Trail Assn. and Alabama Trails Assn. 3:15-5:00pm History

Delve into the history that defined the route of the AT. Learn about the reasons for the original location of the AT, successive changes in locations, old routes that are still in service under other names, roads that were used in the AT development, and the impact of private land, roads, and other development on various routes of the AT.

**W1560 Bear Mountain Project Overview.** Eddie Walsh, NY-NJ TC Project Manager. 3:15-5:00pm BearMtProject

A PowerPoint presentation of the project.

**W1561 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W1562 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

Monday, July 16

**W1601 Integrating ATC's Traditions with New Directions - Our Plans for the Next Five Years.** Dave Startzell and ATC leadership. 8:15-10:00am Management

Join ATC's leadership in a discussion of our plans for the future.

**W1603 Teaching Volunteerism: A Trail to Every Classroom.** Rita Hennessy, Outdoor Recreation Specialist, NPS-ATPO; Julie Judkins, Associate Regional Rep., Southern Region; Karen Lutz, Mid-Atlantic Regional Director; and Laura Belleville, Central & Southwest Virginia Regional Director. 10:15-Noon Management

Learn of recent progress in connecting schools to the AT through a new professional development program for teachers, trail partners, and volunteers. ATC and the National Park Service have promoted synergy among school teachers, surrounding AT communities, and AT stakeholders with great success.



**W1609 Invasive Plants and the AT.** Dr. Joan Ehrenfeld, Ph.D., Rutgers University and Vegetation Working Group, AT Mega-Transsect. 10:15-Noon Management

Learn about invasive plants in New Jersey and in the Mid-Atlantic states, how they're changing our environment, and what you can do to help.

**W1610 Practical Accessibility on the Appalachian Trail.** Teresa A. Martinez, ATC Regional Representative; Janet Zeller, Forest Service Accessibility Coordinator; J. David Reus, NPS-ATPO Recreation Projects Coordinator. 8:15am-5:00pm Management

Experts will review universal design principles and accessibility guidelines for trails and outdoor recreation facilities, how they apply to the AT, and describe best practices already in use along the AT.

**W1611 Corridor Monitoring and Boundary Maintenance.** Sally Naser, ATC Boundary Program Manager; Rick Loggia, Monitor Coordinator, NY-NJ TC-Orange/Rockland (Others possible participants: Dave Field, Corridor Manager, Maine AT Club; Steve Paradis, Monitor Coordinator, Dartmouth Outing Club; and Tom Lupp, Corridor Monitor Coordinator, PATC-North). 8:15am-5:00pm Management

With more exterior boundary miles than Yellowstone National Park, monitoring and maintaining land lines along the NPS-owned Trail corridor is a unique challenge. Learn the most efficient ways, techniques, and approaches from ATC's expert and club coordinators, while sharing your club's experiences

**W1614 The Long Trail Slide Show.** Dave Hardy, Director of Field Operations, Green Mountain Club. Evening Entertainment

The other white-blazed trail in New England, the Long Trail, was one of the inspirations for the Appalachian National Scenic Trail. Take a virtual hike with slides and learn about the mountains that are visible from nearly every corner of Vermont.

**W1615 ATC, NPS and Maintaining Club Interactions.** Moderator: Walt Daniels, NY-NJ TC. 1:15-3:00pm Management

This workshop will be similar in format to the Trail Roundup, but will instead focus on how maintaining clubs interact with the ATC on non-trail related issues, including land protection, advocacy, fundraising, and membership.

**W1618 Fort Montgomery Battle Site.** Col. James M. Johnson, U.S. Army, Retired. 3:15-5:00pm History

Fort Montgomery, a National Historic Landmark, is a place of singular value and natural beauty. Learn about the role that it and its sister Fort Clinton played in the American Revolution.

**W1619 Role of the Hudson in the Revolution.** Colonel James M. Johnson, U.S. Army, Retired, Ph.D. Evening History

Learn why New York and the Hudson River were decisive in the American victory in the American Revolution. Hear the stories of unsung heroes of the Hudson Valley.

**W1622 Origami.** Deanna Kwan. 10:15-Noon Arts&Crafts

Origami, the art of paperfolding, is great fun. Come see some amazing models and make your own. The two hours will fly.

**W1627 Boot Fitting.** EMS Phil Oren Certified Boot Fitters. 8:15-10:00am Equipment/Technique

Comfortable boots can make a remarkable difference in the quality of your hike. Phil Oren has elevated the fitting of hiking boots to a new realm. Certified boot fitters from EMS will demonstrate how to obtain the best possible fit with the FitSystem by Phil Oren.

**W1639 The Natural History of New York.** Mike Feller, Chief Naturalist, NYC Parks Department. 10:15-Noon Nature

Come revel in the flora and fauna of the NY metropolitan area. Learn about aspects of its geography and geology as well as the unique natural aspects of this area.

**W1640 Thieves of Time: Native American Sites in Crisis.** Ed Lenik, Author. 1:15-3:00pm History

Mr. Lenik, the author of a book of the same title, will discuss the looting and accidental damage done to Native American sites in Harriman State Park. The program to protect these sites will be presented. His book will be available for sale.

**W1641 Modern Dance: History and Appreciation.** Carol Rakowski. 3:15-5:00pm Entertainment

The modern dance movement is active in New York. A description of the history and a definition of modern dance (what makes modern dance "modern") will be given. Participants may have the opportunity to learn a few dance movements.

**W1642 The Long Trail Management System.** Dave Hardy, Director of Field Operations, Green Mountain Club. 1:15-3:00pm Management

The Long Trail Management system is the local management plan for much of the Appalachian Trail in Vermont. Learn how to prepare a plan, what to include in it, and how to use it.

**W1645 Landscape Design at Skylands.** Richard Flynn, Director of Skylands. 10:15-Noon Nature

Skylands, New Jersey's Botanic Garden, was originally created by some of the famous landscapers of the early 1900s. Enjoy a slide program given by Richard Flynn, the Director of Skylands.

**W1646 Founding of the Modern Environmental Movement at Storm King.** Fran Dunwell, Hudson River Estuary. 10:15-Noon History

Learn how 50 years ago a landmark decision relating to the proposed power plant on Storm King Mountain launched the modern environmental movement. Come hear how the result of this court case established the right of citizens to petition the government for protection of natural resources, establishing the requirement for environmental review of public actions prior to approval of a project.

**W1650 Predator-Prey Dynamics in Appalachian Oak Forests: A Serpents Tale?** Ed McGowan, Director, Palisade Interstate Park Trail Museum. 1:15-3:00pm Nature

The AT traverses vast oak forests where, unknown and unseen to most visitors, predators and prey carry out their dance of life and death. Come learn about the surprising relationship between oak trees, rodents, and their predators (especially rattlesnakes), as revealed by a 30-year record of forest change.

**W1661 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W1662 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

**W1664 Intensive Stone Cribbing Workshop.** Frederica Lashely, a professional stone mason and trail builder and a former ATC Crew Leader from North Carolina. July 16-17-18. 8:00am-4:00pm BearMtProject

In this advanced three-day workshop, you will learn to build a dry-stack stone crib (retaining) wall to retain a hillside or support a trestle. Using simple trail tools and stone shaping tools, participants will learn dry-stack wall building techniques.

**W1669 Building Volunteer Sustainability in the 21st Century.** Rita Hennessy, Outdoor Recreation Specialist, NPS-ATPO. 3:15-5:00pm Management

AT Volunteer Center will capitalize on changing demographics and interest in volunteer opportunities to keep our volunteer core growing and vital.

**W1670 Global Warming in the Northeast.** Hawk Metheny, Chair, ATC Stewardship Council. 3:15-5:00pm Nature

Slides and maps showing climate and environmental changes expected on the northeastern mountains, from Pennsylvania to Maine.

Tuesday, July 17

**W1720 New Jersey's Historic Towpath Canals.** Dave Phraner, Canal Society of New Jersey. Evening History

What do canals have to do with hiking and trails? Come to this slide presentation and learn about their role in developing today's regional trail system and the Greenway which will adjoin the Morris Canal.

**W1758 Walkin' with the Ghost Whisperers.** J.R. Tate, four-time Appalachian Trail thru-hiker, author, and retired Lt. Col. USMC. Evening Entertainment

Harpers Ferry, WV. Respectably high on the pecking order of historical sites in this country. And yes, a trail town-of sorts. But Harpers Ferry, once so insignificant it was demeaningly referred to as "The Hole," through a seemingly unconnected sequence of events left us a national legacy: "The Battle Hymn of the Republic." Without Harpers Ferry, well, who knows...



**W1761 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W1762 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

**W1765 Designing and Building Naturalistic Accessible Trails.** Peter Jensen. 8:00am-4:00pm BearMtProject

This workshop is designed to give participants an overview of the technical requirements to design naturalistic trails that meet US Forest Service Accessibility Guidelines. The morning will be spent on trail layout and design, in the afternoon participants will work on constructing a short segment of the Accessible Appalachian Trail on the summit of Bear Mountain.

Wednesday, July 18

**W1861 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W1862 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

**W1866 Stone Cutting and Shaping.** Eddie Walsh, NY-NJ TC Project Manager. July 18-19. 8:00am-4:00pm BearMtProject

Two-day workshop. Topics covered include: proper use of tools to split and shape (dress) stone to desired dimensions (portable generator, electric hammer drill, hand star drills and single jack hammer, carbide and steel hand chisels, carbide stone hammers, hand points, tracers, and rifting hammers).

**W1867 Traveling through South Asia.** John Jacoby. Evening Entertainment

John Jacoby lived in Nepal as a Peace Corps volunteer and while working with the World Health Organization (WHO). He has traveled through Nepal and India. Come hear him discuss his experiences in these countries and get advice about setting up visits to them.

Thursday, July 19

**W1943 Exploring the Universe/Astronomy.** Daniel Hoberman, Sheep Hill. Astronomical Association. Evening Nature

Learn the basics of navigating using the stars. This outdoor workshop will focus on identifying the major summer constellations. If the weather cooperates, participants will also have an opportunity to view some deep sky objects, including a globular cluster through an 8" Celestron telescope. Begins at dark (about 9pm).

**W1961 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W1962 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

Friday, July 20

**W2061 Beginner Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The beginner group will focus on basic tread shaping, sidehill excavation, corridor clearing, and step construction.

**W2062 Intermediate/Advanced Bear Mountain Project Worktrip.** NY-NJ TC leaders and SCA interns. 8:00am-4:00pm BearMtProject

The intermediate and advanced group will work on rock steps, highlining materials, and stone crib wall construction.

**W2063 Stone Pinning Workshop.** Eddie Walsh, NY-NJ TC Project Manager. 8:00am-4:00pm BearMtProject

Learn how to set steel pins to anchor timber and stone trail structures to bedrock.



# EXCURSIONS

Fees listed are based on the latest available information. In most cases, they are 2006 rates; 2007 rates may be slightly higher. All rates have been adjusted to include incidental expenses, including the admission fee for the excursion chaperone and expenses of hired minibus or coach, if used. Any further adjustment will be handled when you check in at registration. Full payment of the per-person fee indicated in the excursion listing must accompany registration. If applicable to an excursion, child rebates (age 12 and under) will be available at the excursion desk during the meeting. See each excursion description for child rebate availability. No refunds will be made for cancellation after June 1, 2007, except in the event that an excursion is canceled or overbooked.

**Security checks:** Most of the excursion sites require that everyone go through a security check. Therefore have a government issued photo ID with you. At many sites, glass or bottles are not permitted. Except as noted in the listing, cameras and camcorders are usually allowed, as are day packs. You might be required to check your day pack and/or purse on site. For specific restrictions, such as no food, see an individual listing.

**PAYGo: Each \$ equals approximately \$5 for public transit.**

## Scheduled Excursions

Saturday, July 14

**E1405 Circle Line Sightseeing Cruise** • \$34.00 • 8:00am - 3:00pm • 80 miles round-trip ride share, ferry

The classic New York cruise. Circumnavigate the entire 35 miles of Manhattan Island including get close to the Statue of Liberty. Watch New York unfold before your eyes and discover the city's beauty aboard this famous cruise. Cruise three rivers through five boroughs, pass under seven major bridges, and see 25 famous landmarks. Child rebate available for this excursion. PAYGo \$\$\$.

**E1407 Cloisters** • See description for fee • 9:00am - 3:00pm • 60 miles round-trip ride share

Experience the rich tradition of medieval European works of art on exhibition in a unique setting of buildings and quadrangles reconstructed from old French monastic sites. The medieval-inspired gardens provide a scenic view of both the Hudson River and the Palisades. Recommended admission \$20 for adults, \$10 for senior citizens and students, payable on arrival at the Cloisters.

**E1412 Huguenot Village** • \$11.50 • 9:00am - 3:00pm • 100 miles round-trip ride share

Historic Huguenot Street, said to be the oldest street in the United States, comprises seven original 18th-century stone houses. This picturesque village is located on the banks of the Wallkill River in New Paltz, NY. It is an enduring monument to the French Protestants who fled religious persecution in Europe. The one-and-one half hour guided tour consists of a visit to two of the houses and the church or the Grimm Gallery. Minimum age 10. Child rebate available for this excursion.

**E1417 Exploring Piermont Marsh** • \$17.00 • 9:30am - 3:00pm • 40 miles round-trip ride share

Paddle by kayak or canoe through a 1000-acre salt marsh, or venture into open waters of the Hudson River. The Piermont Marsh, on the west shore of the Tappan Zee, occupies two miles of shoreline south of the historic mile-long Erie Pier and includes the mouth of Sparkill Creek as well as extensive tidal shallows. Routes in the marsh are dependent upon tide level and weather conditions. Some prior paddling experience is recommended. Minimum age 16. Cost includes boat, paddle, and PFD rental. Bring sun screen and insect repellent. Also offered as E1617 on Monday, July 16.

**E1433 USMA West Point** • \$10.00 • 8:00am - 3:00pm • 60 miles round-trip ride share

The United States Military Academy at West Point is the principal training location for army officers. The Academy is located on the west bank of the Hudson River in the beautiful Hudson Highlands. It is also the location of major fortifications built during the Revolutionary War to prevent British ships from sailing up the Hudson River. This tour includes the Visitors Center and West Point Museum. A photo ID is required for all adults 16 and older. Child rebate available for this excursion. Also offered as E1633 on Monday, July 16.

**E1436 Kendal Sculpture Gardens** • Free • 9:30am - 3:00pm • 80 miles round-trip ride share

Located on the grounds of PepsiCo headquarters, this world acclaimed sculpture collection contains some of the best known artists of the 20th century in a 168-acre garden setting. Artists represented include Alexander Calder, Joan Miro, Giacometti, Henry Moore, and Rodin.

Sunday, July 15

**E1510 Ellis Island/Statue of Liberty** • \$13.00 • 7:30am - 5:30pm • 60 miles round-trip ride share

The Statue of Liberty National Monument comprises Liberty Island and Ellis Island, the historical federal immigration processing center. The Statue of Liberty was a gift of friendship from the people of France and is a universal symbol of freedom and democracy. Ellis Island, opened in 1892, processed over 12 million immigrant steamship passengers. At the statue, you may visit the museum in the base and take a ranger-guided promenade tour. No food is allowed in the statue, but picnicking is permitted on the

grounds of Liberty Island. Child rebate available for this excursion. Also offered as E1710 on Tuesday, July 17 and E1910 on Thursday, July 19.

**E1518 Kykuit** • \$25.00 • 8:15am - 5:00pm • 50 miles round-trip ride share

Tour the home and inner garden of several generations of the Rockefeller family and the beautiful nearby Union Church of Pocantico Hills. The Union Church features stained glass windows created by Henri Matisse and Marc Chagall. Spectacular views of the Hudson River and the sculpture collection. Minimum age 10. Child rebate available for this excursion.

**E1522 Metropolitan Museum of Art** • \$18.00 • 8:30am - 6:00pm • 8 miles round-trip ride share, train, bus

Located on the eastern edge of Central Park in Manhattan, the museum's permanent collection contains more than two million works of art from around the world. The collection's holdings range from treasures of classical antiquity, like those represented in its Greek and Cypriot galleries, to paintings and sculptures from nearly all the European and American masters. Minimum age 12. Audio guides are available on site (\$). Child rebate available for this excursion. PAYGo \$\$\$



**E1529 Manhattan to Brooklyn Walk** • Free • 7:30am - 6:00pm • 8 miles round-trip ride share, train

View the Manhattan skyline from Brooklyn. Explore the newly developed waterfront with its elegant, historic brownstones. Walk over the Brooklyn Bridge for views of the harbor and surrounding area. In Brooklyn, walk under the Manhattan Bridge along the waterfront. Based on group interest, a possible museum visit to the NY Transit Museum or Smithsonian Museum of the American Indian or Tenement Museum. Lunch at an ethnic restaurant (\$\$). PAYGo \$\$\$.

**E1539 USMA West Point Concert** • Free • 5:30pm - 10:00pm • 60 miles round-trip ride share

This evening concert is presented by the Post's marching band and the Jazz Knights, a swing band, performing at the Trophy Point Concert Shell each summer Sunday. The view of the Hudson River is spectacular from this location. A photo ID is required for all adults 16 and older visiting West Point.

Monday, July 16

**E1601 American Museum of Natural History** • Free • 7:30am - 6:30pm • 8 miles round-trip ride share, train, subway

The Museum houses 45 permanent exhibition halls that explore the natural world, foster an understanding of cultures, consider humanity's place in the universe, and inspire awe at the beauty and complexity of life that surrounds us. A general orientation to the museum facilities will be given by a fellow hiker who is also a museum guide. If time permits, a short walk in Central Park will be an option. Minimum age 12. PAYGo \$\$\$

**E1617 Exploring Piermont Marsh** • \$17.00 • 11:00am - 5:00pm • 40 miles round-trip ride share

Paddle by kayak or canoe through a 1000-acre salt marsh, or venture into open waters of the Hudson River. The Piermont Marsh, on the west shore of the Tappan Zee, occupies two miles of shoreline south of the historic mile-long Erie Pier and includes the mouth of Sparkill Creek as well as extensive tidal shallows. Routes in the marsh are dependent upon tide level and weather conditions. Some prior paddling experience is recommended. Minimum age 16. Cost includes boat, paddle and PFD rental. Bring sun screen and insect repellent. Also offered as E1417 on Saturday, July 14.

**E1619 Our Earth: Its Land, Water and Air** • Free • 10:30am - 5:00pm • 50 miles round-trip ride share

Lamont-Doherty Earth Observatory, the earth institute of Columbia University, is one of the world's leading research centers examining the planet from its core to its outer atmosphere, across every continent and every ocean. This is a rare opportunity to learn directly from the scientists at Lamont-Doherty Earth Observatory about current research related to our earth.

**E1631 Sterling Hill Mining Museum** • \$11.50 • 10:45am - 5:00pm • 80 miles round-trip ride share

The Sterling Hill Mine is one of the great geological mysteries of earth science and represents two centuries of American mining history. The ore mined consisted of Zincite, Willemite, and Franklinite. Besides the richness of the ore, at least 80 species found here are fluorescent. You are invited to take home a sample of your own to display in black light. Bring light jacket or sweater for the tour in the mine. Minimum age 8. Child rebate available for this excursion.

**E1633 USMA West Point** • \$10.00 • 10:15am - 5:00pm • 60 miles round-trip ride share

The United States Military Academy at West Point is the principal training location for army officers. The Academy is located on the west bank of the Hudson River in the beautiful Hudson Highlands.

It is also the location of major fortifications built during the revolutionary war to prevent British ships from sailing up the Hudson River. This tour includes the Visitors Center and West Point Museum. A photo ID is required for all adults 16 and older. Child rebate available for this excursion. Also offered as E1433 on Saturday, July 14.

**E1635 Circle Line Cruise** • Harbor Lights • \$27.00 • 5:00pm - 10:30pm • 80 miles round-trip ride share, ferry

Experience the grandeur of mid and lower Manhattan on this two-hour evening cruise. Enjoy the sunset behind Lady Liberty and take in the spectacular skyline glow. Child rebate available for this excursion. PAYGo \$\$\$.

**E1644 Kayaking and Canoeing Instruction** • Free • 5:00pm - 8:00pm • half-mile walk

Hands-on instruction and practice for beginners and novices presented by Ramsey Outdoor Sports at Henry's Pond, Continental Soldiers Park, an easy walk across the street from Ramapo College. Boats, paddles, and PFD provided. Limited parking near the pond is available. Instruction is offered during four 45-minute sessions beginning at 5:00pm. Sign up for a specific session by 12 noon, Monday, July 16, at the excursions desk. Cancelled in dangerous weather conditions. Bring insect repellent.

Tuesday, July 17

**E1702 Brooklyn Botanical Gardens** • Free • 8:30am - 5:00pm • 8 miles round-trip ride share, train, subway

Self-guided walk in a delightful oasis of trees, flowers, and specialty gardens tucked away in urban Brooklyn. Highlights include the Cherry Esplanade, the Cranford Rose Garden, an herb and fragrance garden, and the Conservatory featuring a Bonsai museum, orchid collection, and a palm house. Minimum age 12. PAYGo \$\$\$

**E1704 Clearwater Hudson River Cruise** • \$47.50 • 4:30pm - 10:00pm • 60 miles round-trip ride share

Soak up the beauty of the Hudson River and the majestic Palisades cliffs as you sail on the Hudson River Sloop *Clearwater*. During the cruise, the crew shares some Hudson River history and songs. Box suppers are available ONLY for evening excursion participants, NOT for general conference attendees.

**E1710 Ellis Island/Statue of Liberty** • \$13.00 • 7:30am - 5:30pm • 60 miles round-trip ride share

The Statue of Liberty National Monument comprises Liberty Island and Ellis Island, the historical federal immigration processing center. The Statue of Liberty was a gift of friendship from the people of France and is a universal symbol of freedom and democracy. Ellis Island, opened in 1892, processed over 12 million immigrant steamship passengers. At the statue, you may visit the museum in the base and take a ranger-guided promenade tour. No food is allowed in the statue, but picnicking is permitted on the grounds of Liberty Island. Child rebate available for this excursion. Also offered as E1510 on Sunday, July 15 and E1910 on Thursday, July 19.

**E1721 Meadowlands Environmental Center** • \$17.00 • 9:00am - 4:00pm • 70 miles round-trip ride share

Cruise and explore the Hackensack River and some of its tributaries on a two-hour pontoon boat cruise. Within five miles of New York City, Meadowland's salt marshes provide habitat for a variety of birds, animals, and plants. A park naturalist will guide the group to varied points of interest along wetlands walking trails. Exact tour is dependent upon weather conditions. Minimum age 10. Also offered as E1821 on Wednesday, July 18.

**E1725 Rockefeller Center Tour** • \$13.50 • 8:15am - 6:00pm • 8 miles round-trip ride share, trains

Rockefeller Center was the ambitious architectural vision of John D. Rockefeller. Buildings house NBC Studios, Radio City Music Hall, an ice skating rink, and the beautiful Prometheus and Atlas Statues. After the tour, walk down 5th Ave. to Penn Station passing such landmarks as St. Patrick's Cathedral, Grand Central Station, and The New York Public Library. Child rebate available for this excursion. PAYGo \$\$\$

**E1728 Lower Manhattan Walk** • Free • 7:30am - 9:30pm • 8 miles round-trip ride share, train

Strenuous but mostly level 10-mile walking tour in lower Manhattan. After walking over the Brooklyn Bridge, the tour will visit the Esplanade in Brooklyn Heights, walk Down Under Manhattan Bridge (DUMBO), return to Manhattan over the Manhattan Bridge, voyage on the Staten Island Ferry with view of the Statue of Liberty. An early supper in Chinatown (\$\$\$) before returning to Ramapo College. Sturdy walking shoes recommended. Minimum age 16. PAYGo \$\$\$



Wednesday, July 18

**E1803 Birds and Butterflies** • Free • 6:00pm - 9:00pm • 20 miles round-trip ride share

The Celery Farm Natural Area, located in suburban Bergen County, NJ, provides a short, pleasant walk for families and birders. The nature trail circles a central fresh water marsh with observation platforms set up for bird watching. The refuge Checklist of the Birds includes 240 species that have been observed. The area is also known for its many butterflies. Bring insect repellent and binoculars.

**E1815 Jasper Cropsey Studio & Gallery** • Free • 9:30am - 3:30pm • 60 miles round-trip ride share

Representative of the Hudson River school of artists, Jasper Cropsey painted local Highlands scenes during the mid-19th century. Guided tour of both the studio and gallery in Hastings-on-Hudson, NY. Minimum age 16.

**E1821 Meadowlands Environmental Center** • \$17.00 • 9:00am - 4:00pm • 70 miles round-trip ride share

Cruise and explore the Hackensack River and some of its tributaries on a two-hour guided pontoon boat cruise. Within five miles of New York City, Meadowland's salt marshes provide habitat for a variety of birds, animals, and plants. A park naturalist guides the group to varied points of interest along wetlands walking trails. Exact tour is dependent upon weather conditions. Minimum age 10. Registration for this excursion closes on June 30, 2007. Also offered as E1721 on Tuesday, July 17.

**E1826 Towers of Gotham** • Free • 7:30am - 6:00pm • 8 miles round-trip ride share, train

In a city noted for its skyline, this walking tour visits some of the skyscrapers that make it famous. Tour both the exterior and interior to view the architecture of such skyscrapers as the Chrysler Building, United Nations, Grand Central Terminal, Empire State Building, and Trump Towers. Hasty glimpses of Times Square and the theater district. Option: Time permitting, ascend the Empire State Building (about \$15). Minimum age 12. PAYGo \$\$\$.

**E1830 Washington Irving Country** • \$22.50 • 8:45am - 6:00pm • 50 miles round-trip ride share

In the historic Hudson River Valley, stroll through Phillipsburg Manor farm with its pastoral setting, hands-on activities, and demonstrations of colonial life. Also visit Sunnyside, the home designed and built by Washington Irving, to learn about his past and how he came to be America's first internationally famous author. A side trip to the Old Dutch Church and Sleepy Hollow Cemetery concludes this trip. Minimum age 5. Child rebate available for this excursion.

**E1837 Around Manhattan Bicycle Tour** • \$40.00 • 8:00am - 6:30pm • 8 miles round-trip ride share, train

Enjoy a 32-mile moderately paced bicycle tour around Manhattan Island that will take you along both the Hudson and East Rivers. Cycling highlights include Hudson River Park, Chelsea Piers, Battery Park, South Street Seaport, United Nations, Harlem, the Little Red Lighthouse, Cherry Walk, and much, much more. The majority of the route is flat but there are a few short steep hills. Approximately 11 miles are on streets, so you should be comfortable riding in traffic. A bicycle helmet, included in the cost, is mandatory. In order to expedite bike fitting, send height and inseam (from crotch to floor) measurement in inches prior to the ride to the leader at [hight39@optonline.net](mailto:hight39@optonline.net). If you plan to provide your own tour bike and transportation, meet us at Chelsea Bicycles, 130 W. 26th Street (between 6th and 7th Aves.), NYC at 10:00am. Minimum age 16. PAYGo \$\$\$.

Thursday, July 19

**E1905 Circle Line Sightseeing Cruise** • \$34.00 • 8:00am - 3:00pm • 80 miles round-trip ride share, ferry

The classic New York cruise. Circumnavigate the entire 35 miles of Manhattan Island and get close to the Statue of Liberty. Watch New York unfold before your eyes and discover the city's beauty aboard this famous cruise. Cruise three rivers through five boroughs, pass under seven major bridges, and see 25 famous landmarks. Child rebate available for this excursion. PAYGo \$\$\$.

Also offered as E1405 on Saturday, July 14.



**E1910 Ellis Island/Statue of Liberty** • \$13.00 • 7:30am - 5:30pm • 60 miles round-trip ride share

The Statue of Liberty National Monument comprises Liberty Island and Ellis Island, the historical federal immigration processing center. The Statue of Liberty was a gift of friendship from the people of France and is a universal symbol of freedom and democracy. Ellis Island, opened in 1892, processed over 12 million immigrant steamship passengers. At the statue, you may visit the museum in the base and take a ranger-guided promenade tour. No food is allowed in the statue, but picnicking is permitted on the grounds of Liberty Island. Child rebate available for this excursion. Also offered as E1510 on Sunday, July 15 and E1710 on Tuesday, July 17.

**E1927 NYC Walk - Radio City and Environs** • \$19.50 • 8:30am - 4:00pm • 8 miles round-trip ride share, train

Visit landmarks in and around Rockefeller Center including a fascinating one-hour tour behind the scenes of Radio City Music Hall. Meet one of the world-famous Rockettes and learn secrets of the Great Stage of the Radio City Music Hall. Child rebate available for this excursion. PAYGo \$\$\$

## Unscheduled Excursions

As of press time, the following excursion is planned but could not be scheduled for a date and time. Updated information will be posted at <http://www.ramapo2007.org/> in Excursions when schedule information becomes available from the providers.

**E0134 Major League Baseball Game** • \$68.00 • 80 miles round-trip ride share, ferry

Cheer for the New York Yankees. Cruise on the Hudson River to and from Yankee Stadium from Port Imperial on NY Waterways' Yankee Clipper. Once the boat docks, Yankee Stadium is a five-minute walk. PAYGo \$.

# HIKE SCHEDULE

Hike #	Name	Hike					Saturday 14	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
		Miles	Hours	Terrain	Pace	Climb							
1	AT - Backpack NY	20.5	32	Mod.	Mod.	1750			H1601 8:00				
2	AT - Backpack NY/NJ	18.1	32	Mod.	Mod.	1250				H1802 8:00			
3	AT - Connecticut Line to NY Rte. 22	8	6	Mod.	Mod.	1250			H1603 8:00	H1803 7:45			
4	AT - NY Rte. 22 - NY Rte. 55	7	6	Mod.	Mod.	1400		H1504 7:30	H1704 7:45				
5	AT - NY Rte. 55 to NY Rte. 52	7.2	6	Mod.	Mod.	1200			H1605 7:45		H1905 7:45		
6	AT - NY Rte. 52 to NY Rte. 301	12.1	8	Mod.	Fast	1800			H1706 7:30	H1806 7:30			
7	AT - NY Rte. 301 to Graymoor Friary	11.9	7	Mod.	Fast	1300			H1607 7:45		H1907 7:45		
8	AT - Graymoor Friary to 7 Lakes Drive	10.5	9	Stren.	Mod.	2100			H1708 7:30		H1908 7:30		
9	AT - 7 Lakes Drive to Tiorati Circle	9.1	8	Stren.	Mod.	2500			H1609 7:30	H1809 7:30			
10	AT - Tiorati Circle to NY Rte. 17	5.5	4	Mod.	Mod.	1200	H1410 8:45		H1610 9:00			H2010 9:00	
11	AT - NY Rte. 17 to W. Mombasha Rd	4.9	6	Stren.	Slow	1750		H1511 8:45		H1711 8:30		H1911 8:30	
12	AT - W Mombasha Road to Mt Peter	7.1	6	Mod.	Mod.	1450			H1612 8:30		H1812 8:30	H2012 8:30	
13	AT - Mt Peter to Warwick Turnpike	9.5	8	Mod.	Mod.	1700				H1713 7:30		H1913 7:30	
14	AT - Warwick Turnpike to NJ Route 94	5.9	5	Mod.	Mod.	850		H1514 8:45			H1814 8:15	H2014 8:15	
15	AT - NJ Rte. 94 to Unionville	10.8	7	Mod.	Fast	1800			H1615 7:30		H1815 7:30		
16	AT - Unionville to High Point	9.8	8	Mod.	Mod.	2200				H1716 7:30		H1916 7:30	
17	AT - High Point (Rte. 23) to Deckertown Rd	5.3	4	Mod.	Mod.	650		H1517 9:00				H1917 8:45	H2017 8:30
18	AT - Deckertown Rd to Culvers Gap	8.9	5.5	Mod.	Fast	1300				H1718 8:00	H1818 7:45		
19	AT - Culvers Gap to Buttermilk Falls	9.3	5.5	Stren.	Fast	1750			H1619 8:00			H1919 8:00	
20	AT - Buttermilk Falls to Millbrook	8.4	5	Stren.	Fast	1850				H1720 8:00			H2020 8:00
21	AT - Millbrook to Garvey Springs Trail	9.9	5.5	Mod.	Fast	1350			H1621 8:00			H1921 8:00	
22	AT - Garvey Springs Trail to Delaware Water Gap	5.2	8	Mod.	Mod.	1700				H1722 7:45			H2022 7:30
23	AT - Pochuck Boardwalk/ Stairway to Heaven	8	7	Stren.	Mod.	1850			H1623 7:45			H1923 7:45	
24	AT NJ Rte. 94 to County Rte. 517	2	2	Easy	Slow	150	H1424 9:00	H1524 9:15					H2024 9:15
25	AT - Pochuck Boardwalk Easy	2	1	Access.	Slow	15	H1425 9:30	H1525 9:30		H1725 9:30			H2025 9:30
26	Rockefeller State Park Preserve	8	5.5	Easy	Mod.	150			H1626 8:45		H1826 8:30		
27	Highlands Trail/Hudson Farm	8.6	6	Mod.	Mod.	800			H1627 8:00		H1827 8:00		
28	Marsh Discovery Trail	1	1	Access.	Slow	0	H1428 9:30		H1628 9:30	H1728 9:30			
29	Wildflower Walk	1	1	Easy	Slow	0	H1429 9:30						
30	Black River Trail	5	3.5	Easy	Mod.	150			H1630 8:45				
31	Jockey Hollow #1	10	5.5	Mod.	Fast	500	H1431 8:00						
32	Jockey Hollow #2	6.5	5	Mod.	Mod.	500		H1532 8:45					
33	Alley Pond Park #1	5	4	Easy	Slow	0		H1533 9:00					
34	Alley Pond Park #2	5	4	Easy	Slow	0				H1734 9:00			
35	Staten Island Greenbelt	6	4	Easy	Slow	0			H1635 8:30				
36	"Central Park, NY"	6	4	Easy	Slow	0						H1936 8:30	
37	Sterling Ridge/Highlands Trail	9	7	Stren.	Mod.	800				H1737 8:15		H1937 8:00	
38	Mount Peter to Sterling Ridge	9	6.5	Mod.	Mod.	1800		H1538 8:00	H1638 8:15				
39	Wildcat Mt./Southfields Furnace	9	6.5	Mod.	Mod.	600		H1539 8:15			H1839 8:00		
40	East Mombasha to Sterling Ridge	7.6	5.5	Mod.	Mod.	1700				H1740 9:00		H1940 8:45	
41	The Elk Pen to Indian Hill	4.8	5	Mod.	Mod.	1000	H1441 8:00						H2041 8:45
42	Sterling Lake Loop/ Visitor Center	4	4	Easy	Slow	50	H1442 9:00					H1942 9:00	
43	Indian Hill Loop/ Southfields Furnace	5	3.5	Mod.	Mod.	300	H1443 9:15						H2043 9:15
44	Sterling Forest Loop/ Visitor Center	5	3.5	Mod.	Mod.	300	H1444 9:15		H1644 9:00		H1844 9:00		
45	Lakeville	1.5	1.5	Access.	Slow	0	H1445 10:00			H1745 9:30	H1845 9:30		H2045 9:30
46	Anthony's Nose via the Camp Smith Trail	6.2	6	Stren.	Mod.	1600		H1546 8:15				H1946 8:15	
47	Osborn Loop	7.4	6	Mod.	Mod.	1100			H1647 8:15				H2047 8:15
48	Breakneck Ridge - Killer Hike	11.1	9	Stren.	Fast	3800				H1748 7:30			
49	Fishkill Ridge	8.3	7.5	Stren.	Mod.	2200			H1649 7:45				
50	Fahnestock West	9.8	7	Mod.	Mod.	1300				H1750 7:45			



Hike #	Name	Hike					Saturday 14	Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20
		Miles	Hours	Terrain	Pace	Climb							
51	Breakneck Ridge to Firetower	9.1	7	Stren.	Fast	2900					H1951 7:45		
52	Old Croton Aqueduct	5.5	5	Easy	Mod.	200				H1852 9:00			
53	Breakneck Ridge/ Bull Hill Circular	6.8	6.5	Stren.	Fast	2100			H1753 8:00				
54	Round Hill Circular	7.7	6	Mod.	Mod.	1300						H2054 8:00	
55	Bull Hill Circular	4.8	4	Stren.	Mod.	1200	H1455 8:30						
56	Breakneck Circular	2.8	3.5	Stren.	Mod.	1100	H1456 8:30						
57	Hidden Lake Circular	5.3	4.5	Easy	Mod.	300	H1457 8:00		H1757 9:00				
58	Ice Caves/ Minnewaska State Park	7.6	4.5	Mod.	Fast	1450		H1658 8:15		H1858 7:45			
59	Gertrude's Nose/ Minnewaska State Park	8	5.5	Mod.	Mod.	250			H1759 8:15		H1959 8:00		
60	Lake Awosting/ Minnewaska State Park	10	5	Mod.	Fast	250		H1560 8:00			H1960 8:15		
61	Long Path - George Washington Bridge to Alpine	11	8	Mod.	Mod.	400			H1661 7:30				
62	Nyack Beach State Park/ Rockland Lake	5	4	Mod.	Mod.	400	H1462 9:00		H1662 9:00		H1862 8:45		
63	Storm King/Crow's Nest	7	6	Stren.	Mod.	2000		H1563 8:00				H2063 8:00	
64	Black Rock Forest Circular	7	5.5	Mod.	Mod.	1000		H1564 8:45		H1864 8:15			
65	Black Rock Forest	7	5	Stren.	Mod.	2000			H1665 8:30		H1965 8:30		
66	Schunemunk #1	10	8	Mod.	Mod.	2200					H1966 7:30		
67	Schunemunk #2	12	7.5	Stren.	Fast	2400			H1767 7:45				
68	Schunemunk #3	7	6	Stren.	Mod.	2000		H1568 8:15					
69	Schunemunk #4	7	5.5	Stren.	Mod.	1500						H2069 8:30	
70	Mt. Tammany #1	9	6.9	Stren.	Mod.	1800			H1670 7:30				
71	Mt. Tammany #2	4.6	4.6	Mod.	Slow	1400					H1971 8:15		
72	Coppermine/AT	5.2	5.5	Mod.	Mod.	1500				H1772 8:00			
73	Rattlesnake Swamp Trail	4.5	4.5	Easy	Slow	300		H1573 8:15		H1773 8:15			
74	Lake Marcia	3	3	Easy	Mod.	600	H1474 8:45				H1874 8:45		
75	AT/Iris Loop plus High Point	8	5.5	Mod.	Mod.	1350		H1575 8:00		H1775 8:15			
76	Long Pond	2.5	2	Mod.	Mod.	400	H1476 9:30	H1576 9:30			H1876 9:30		
77	Wyanokies - High Point/Buck/Assiniwikam	7	5	Stren.	Mod.	1500	H1477 8:15	H1577 9:00				H1977 8:45	
78	Wawayanda Lake	6	4	Easy	Mod.	650	H1478 8:15		H1678 8:45		H1878 8:30		
79	Bearfort Mt. Circular	7	5	Stren.	Mod.	500	H1479 8:45			H1779 9:15		H2079 9:00	
80	Terrace Pond	4.3	2.5	Mod.	Mod.	300	H1480 9:15	H1580 9:30		H1780 9:15			
81	Townsend Trail Loop	3.2	3.2	Easy	Slow	300	H1481 9:15					H1981 9:00	
82	Schuber Trail	7	5	Mod.	Mod.	400	H1482 8:45	H1582 9:15				H1982 8:45	
83	Ramapo Reservation #1	10	6	Mod.	Fast	1500	H1483 8:15	H1583 9:15					
84	Ramapo Reservation #2	6	4.5	Mod.	Mod.	800	H1484 9:00	H1584 9:15					
85	Ramapo Torne	7	5.5	Mod.	Mod.	1000		H1585 8:30				H1985 8:15	
86	Pine Meadow Lake/ Harriman State Park	7	6	Mod.	Fast	300		H1586 9:00			H1886 8:30		
87	Dunderberg/Bald Mtn. #1	7	6	Stren.	Mod.	1700				H1787 8:30	H1887 8:00		
88	Anthony Wayne/ Timp Torne/West Mt. Loop	9	9	Stren.	Fast	1800		H1588 8:30			H1888 8:00		
89	Popolopen Gorge	7	6	Mod.	Mod.	1000		H1589 8:30			H1889 8:00		
90	Perkins Tower Circular	10	6	Stren.	Fast	2000		H1590 8:30				H1990 8:30	
91	Bear/West Mtns.	7	6	Stren.	Mod.	2000			H1691 8:30		H1891 8:15		
92	Around Doodletown & Bear Mt.	5	5	Easy	Slow	50	H1492 8:30					H2092 8:45	
93	Island Pond/ Harriman State Park	8	4	Mod.	Mod.	300	H1493 8:30			H1793 9:00		H2093 9:00	
94	Bear Mt. Zoo	2.5	2	Easy	Slow	0	H1494 9:30		H1694 9:30		H1894 9:00		

## Hikes

The distance and elevation gain are listed for hikes which are rated for terrain and pace. You should choose hikes that are within your abilities. If you have any questions about the hike ratings or the difficulty of a particular hike, someone at the Hike Desk will be glad to help you select an appropriate hike. All hikers are expected to be capable of completing the scheduled hikes at the published pace and are expected to arrive at the hike departure point with gear appropriate to the trip. The hike leaders will exclude anyone who, in their opinion, may not be capable of completing the trip without difficulty. Youth under age 18 must be accompanied by an adult.

## Hike Definitions

### Terrain

**Strenuous:** Long and/or steep ups and downs, possible rock scrambling, or special considerations.

**Moderate:** Moderate hills, possibly limited-distance difficult sections.

**Easy:** Generally flat, pavement, woods roads, carriage trails.

**Distance:** Miles traveled by foot on the ground. This often does not seem to match the distance as measured on a map.

### Pace

**Fast:** 2.0 miles/hour and faster

**Moderate:** Between 1.0 and 2.0 miles/hour

**Slow:** 1.0 miles/hour and slower

### Elevation gain

This is the cumulative elevation gain in feet. For example, if you travel on a hike that climbs two times, once for 500 feet and once for 300 feet, the elevation gain is 800 feet.

**First aid:** Hike leaders will be carrying first-aid kits, but you are responsible for your own first aid, rain gear, etc. Please bring your own supplies. July is typically hot and humid in the New York metro area; do not underestimate the difficulty of the hiking. Bring plenty of water, typically at least a quart of water for every five miles of hiking. Be prepared!



### Release Form

**All hikers should sign a release form when registering for the conference. If the release form was not signed, a copy will be available at the hike departure area and must be completed before starting the trip.**

# HIKE DESCRIPTIONS

- 1 AT. Backpack NY. Overnight hike** (11.5 & 9 miles) from NY Rte. 52 to NY/CT border. Pawling Nature Reserve, Dover Oak (largest tree on AT), Nuclear Lake, views of Catskill and Shawangunk Mountains.
- 2 AT. Backpack NY/NJ. Overnight hike** (10.5 miles & 7.6 miles) from NY Rte. 17A to NJ County Rte. 517. Pochuck Boardwalk. Views of Greenwood Lake
- 3 AT. Connecticut Line to NY Rte. 22.** (8 miles)Dover Oak (largest tree on AT), active and abandoned farms, Pawling Nature Reserve.
- 4 AT. NY Rte. 22 - NY Rte. 55.** (7 miles) The Great Swamp, West Mountain, Nuclear Lake.
- 5 AT. NY Rte. 55 to NY Rte. 52.** (7.2 miles) Short ups and downs to Mt. Egbert, views of Dutchess County and the Hudson Highlands.
- 6 AT. NY Rte. 52 to NY Rte. 301.** (12.1 miles) Rolling terrain with climbs up Hosner and Shenandoah Mountains, Canopus Lake in Fahnestock State Park
- 7 AT. NY Rte. 301 to Graymoor Friary.** (11.9 miles) Hike along a narrow gauge rail bed in Fahnestock State Park, rolling terrain with short climbs to reach Graymoor Friary.
- 8 AT. Graymoor Friary to 7 Lakes Drive.** (10.5 miles) Graymoor Friary, Canada Hill, Bear Mountain Bridge, Bear Mountain Zoo (lowest point on AT), and climb up Bear Mountain.
- 9 AT. 7 Lakes Drive to Tiorati Circle.** (9.1 miles) Views into Harriman State Park from West and Black Mountains.
- 10 AT. Tiorati Circle to NY Rte. 17.** ( 5.5 miles) Lemon Squeezer, Island Pond in Harriman Park
- 11 AT. NY Rte. 17 to W. Mombasha Rd.** (4.9 miles) Agony Grind, Arden Mountain, Little Dam Lake, Buchanan Mountain.
- 12 AT. W. Mombasha Road to Mt. Peter.** (7.1 miles) Mombasha High Point, Fitzgerald Falls, Bellvale Mountain with Cat Rocks and Eastern Pinnacles.
- 13 AT. Mt. Peter to Warwick Turnpike.** (9.5 miles) Bellvale Mountain Views of Greenwood Lake, Prospect Rock, NY/NJ line, lots of small ups and downs.
- 14 AT. Warwick Turnpike to NJ Route 94.** (5.9 miles) Wawayanda State Park, High Breeze Farm, Pinwheel's Vista, Stairway to Heaven.
- 15 AT. NJ Rte. 94 to Unionville.** (10.8 miles) Pochuck Boardwalk, suspension bridge, Pochuck Mountain, Walkill River National Wildlife Refuge.
- 16 AT. Unionville to High Point.** (9.8 miles) Vernie Swamp, farmland, High Point Monument (highest point in New Jersey).
- 17 AT. High Point (Rte. 23) to Deckertown Rd.** (5.3 miles) High Point State Park. Great Valley views.
- 18 AT. Deckertown Rd. to Culvers Gap.** (8.9 miles) High Point State Park, Stokes State Forest, Sunrise Mountain, Culver Fire Tower.
- 19 AT. Culvers Gap to Buttermilk Falls.** (9.3 miles) Hike along the 1.6 mile-Buttermilk Falls Trail to access the AT. Stokes State Forest, Wallpack Valley, Rattlesnake Mountain, Buttermilk Falls, Delaware Water Gap NRA.
- 20 AT. Buttermilk Falls to Millbrook.** (8.4 miles) Hike along the 1.6 mile-Buttermilk Falls Trail to access the AT. Buttermilk Falls, Delaware Water Gap NRA, Millbrook Village.
- 21 AT. Millbrook to Garvey Springs Trail.** (9.9 miles) Hike along the 1.2 mile-Garvey Springs Trail to access the AT. Catfish Fire Tower, Worthington State Forest, Delaware Water Gap NRA.
- 22 AT. Garvey Springs Trail to Delaware Water Gap.** (5.2 miles) Hike along the 1.2 mile-Garvey Springs Trail to access the AT. Sunfish Pond, Delaware Water Gap NRA.
- 23 AT. Pochuck Boardwalk/Stairway to Heaven.** (8 miles) Pochuck Boardwalk, suspension bridge, Stairway to Heaven (900 ft. ascent), Pinwheel's Vista, Wawayanda Mountain.
- 24 AT. NJ Rte. 94 to County Rte. 517.** (2 miles) Easy hike through cow field, woods, suspension bridge, and Pochuck Boardwalk.
- 25 AT. Pochuck Boardwalk.** (2 miles) Easy walk through Pochuck wetlands along boardwalk, suspension bridge.
- 26 Rockefeller State Park Preserve.** (8 miles) Easily accessible carriage ways/walking trails will be combined for a 6-8 mile loop. Elevation gain/loss about 150 ft.
- 27 Highlands Trail/Hudson Farm Highlands Trail from Rte 181 to Roseville.** (8.6 miles) Includes visit to Hudson Farm, where Benton MacKaye first voiced the idea of the Appalachian Trail. (www.highlands-trail.org)
- 28 Marsh Discovery Trail.** (1 mile) Marsh wildlife, accessible.
- 29 Wildflower Walk. Kittatinny Valley State Park.** (1 mile) Join the park naturalist observing the variety of wildflowers around the visitor center.
- 30 Black River Trail.** (5 miles) Cooper Mill, Conifer Pass Trail, Bamboo Brook Trail, David Kay Environmental Center.
- 31 Jockey Hollow #1.** (10 miles) Wick house and Grand Parade (reconstructed Revolutionary War camp).
- 32 Jockey Hollow #2.** (6.5 miles) Wick house, Grand Parade (reconstructed Revolutionary War camp).
- 33 Alley Pond Park #1.** (5 miles) Urban park located in Queens led by naturalist (history, geology, conservation).
- 34 Alley Pond Park #2.** (5 miles) Urban park in Queens. Largest continuous oak forest in the country; New York City's Chief Naturalist will lead the hike.
- 35 Staten Island Greenbelt.** (6 miles) Nature Center tour. Hike the Greenbelt, largest natural park area in New York City.
- 36 Central Park, NY.** (6 miles) Hike in the heart of New York in an urban park well known to birders.



- 37 Sterling Ridge/Highlands Trail.** (9 miles) Head south along the Sterling Ridge past a fire tower to Long Pond Iron Works
- 38 Mount Peter to Sterling Ridge.** (9 miles) Hike along the AT and Allis Trail, Fitzgerald Falls, Cat Rocks, Eastern Pinnacles.
- 39 Wildcat Mountain/Southfields Furnace.** (9 miles) Wildcat Mountain, Southfields Furnace, views of the Ramapo River Valley.
- 40 East Mombasha to Sterling Ridge.** (7.6 miles) Highlands Trail, Allis Trail, Buchanan Mountain, Mombasha High Point, and Sterling Mountain
- 41 The Elk Pen to Indian Hill.** (4.8 miles) Agony Grind, Indian Hill, views of Ramapo River Valley.
- 42 Sterling Lake Loop/Visitor Center.** (4 miles) Sterling Forest, iron mining history, Lautenberg Visitor Center.
- 43 Indian Hill Loop/Southfields Furnace.** (5 miles) Sterling Forest State Park, Ramapo River Valley views, Historic Southfields Furnace.
- 44 Sterling Forest Loop/Visitor Center.** (5 miles) Fire Tower, iron mining history, Lautenberg Visitor Center.
- 45 Lakeville.** (1.5 miles) Iron mining history, beaver dam, Lautenberg Visitor Center.
- 46 Anthony's Nose via the Camp Smith Trail.** (6.2 miles) Magnificent views of the Hudson River.
- 47 Osborn Loop.** (7.4 miles) Views of the Hudson River Valley and West Point in the southern portion of Hudson Highlands State Park.
- 48 Breakneck Ridge - Killer Hike.** (11.1 miles) Steep exposed climb; exposure along route; has stunning views throughout the hike.

- 49 Fishkill Ridge.** (8.3 miles) Views of the Hudson Valley and a bulldozer long forgotten.
- 50 Fahnestock West.** (9.8 miles) Pleasant walk through rolling terrain; last part of hike is through farm fields with views over the valley.
- 51 Breakneck Ridge to Firetower.** (9.1 miles) Steep with scrambling and exposure; magnificent ridge views; Sunset Point for lunch.
- 52 Old Croton Aqueduct.** (5.5 miles) Old Croton Aqueduct, river gorge.
- 53 Breakneck Ridge/Bull Hill Circular.** (6.8 miles) Magnificent views of the Hudson River; lots of elevation gain.
- 54 Round Hill Circular.** (7.7 miles) Well shaded and not crowded area in Fahnestock State Park; some views.
- 55 Bull Hill Circular.** (4.8 miles) Magnificent views of the Hudson River that are worth the climb.
- 56 Breakneck Circular.** (2.8 miles) Steep, tough with some scrambling and exposure, stunning views.
- 57 Hidden Lake Circular.** (5.3 miles) Rolling terrain, 0.7 mile along historic mine rail bed on AT in Fahnestock Park.
- 58 Ice Caves/Minnewaska State Park.** (7.6 miles) Sam's Point, Dwarf Pitch Pine barrens, waterfalls, cliffs, ice caves.
- 59 Gertrude's Nose/Minnewaska State Park.** (8 miles) Gertrude's Mountain, Lake Minnewaska.
- 60 Lake Awosting/Minnewaska State Park.** (10 miles) Lake Awosting, Minnewaska State Park, Castle Point, Long Path.
- 61 Long Path - George Washington Bridge to Alpine.** (11 miles) City views, GW Bridge, Palisade Cliffs.
- 62 Nyack Beach State Park/Rockland Lake.** (5 miles) Hudson River, Long Path.
- 63 Storm King/Crow's Nest.** (7 miles) Magnificent Hudson River views.
- 64 Black Rock Forest Circular.** (7 miles) Nine trails and several woods roads. Good views to the west and to West Point lands.

continued on page 8B

## Ramapo 2007 Registration Form

Registration Number: \_\_\_\_\_

**Register online to secure your preferred activities!**

**1 Complete a separate form for each adult and child.** Make copies (both sides) as needed. Please print neatly or type. Note that all costs are per person. Forms must be postmarked not later than June 1, 2007.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_ Country: \_\_\_\_\_

Day telephone: \_\_\_\_\_

Night telephone: \_\_\_\_\_

Emergency telephone: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Sex (M/F): \_\_\_\_\_ Age: \_\_\_\_\_

Will you have a car and are you willing to drive others to events if needed:  Yes  No

**2 Name Tag:** Indicate the exact information you want on your name tag:

Name: \_\_\_\_\_

Affiliation: \_\_\_\_\_

**3**  Check if wheelchair access is required.

Please describe any physical or medical conditions that will require special accommodations:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4 Lodging:** Place an X in the appropriate box for the date and type of lodging desired. Enter the total cost in the Total Cost column. If you have a preference for a roommate or adjacent lodgers, enter the name(s) in the spaces provided. A roommate will be assigned if you select a double room and do not specify a roommate. The cost for a child 12 or under is \$14. A limited number of air-conditioned apartments will be assigned to attendees staying the majority of time during the conference, on a first-come, first-served basis. You must bring your own linen and pillow.

Roommate Request:	Adjacent Room Request:							Cost/Day/Person	Total Cost
Lodging	Fri 7/13	Sat 7/14	Sun 7/15	Mon 7/16	Tue 7/17	Wed 7/18	Thu 7/19		
AC Dorm								\$28.00	\$
Child in Dorm								\$14.00	\$
Camping at Campgaw Mountain								\$6.00	\$
Self-Contained RV Only								\$6.00	\$
								<b>Total</b>	<b>\$</b>

I need handicapped accessible housing.

No on-campus lodging required.

Prefer single if available.

**5 Meals:** Each meal may be ordered separately. Place an "X" in the box for the date and type of meal ordered. Enter the total cost in the Total column. Meals for children ages 12 and under are half the adult rate. Meals for children age 3 and under are free.

Meals	Fri 7/13	Sat 7/14	Sun 7/15	Mon 7/16	Tue 7/17	Wed 7/18	Thu 7/19	Fri 7/20	Cost/Day/Person	Total Cost
Breakfast									\$4.00	\$
Lunch									\$6.00	\$
Trail Lunch									\$6.00	\$
Dinner									\$9.00	\$
Special Dinner									\$13.00	\$
Box Supper (for excursions only)									\$9.00	\$
									<b>Total</b>	<b>\$</b>

Vegetarian meals are available.

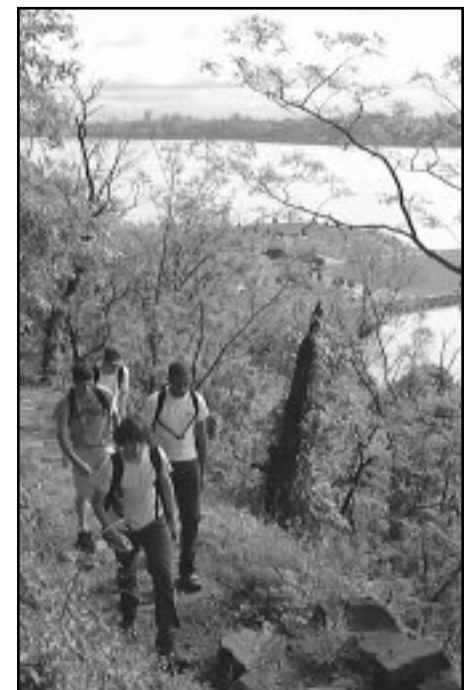




**HIKE DESCRIPTIONS**

*continued from page 7B*

- 65** **Black Rock Forest.** (7 miles) Great scenic area, various ups and downs.
- 66** **Schunemunk #1.** (10 miles) Megaliths, cave, magnificent ridge views, steep climb.
- 67** **Schunemunk #2.** (12 miles) Megaliths, cave, magnificent ridge views, steep climb.
- 68** **Schunemunk #3.** (7 miles) Megaliths, cave, magnificent ridge views, steep climb.
- 69** **Schunemunk #4.** (7 miles) Hudson River Valley views, Long Path, steep climb.
- 70** **Mt. Tammany #1.** (9 miles) Delaware River views, waterfalls, steep climb.
- 71** **Mt. Tammany #2.** (4.6 miles) Delaware River views, waterfalls, steep climb.
- 72** **Coppermine/AT.** (8 miles) Delaware River Valley views, historic mines.
- 73** **Rattlesnake Swamp Trail.** (4.5 miles) Catfish Pond views, fire tower, incredible views.
- 74** **Lake Marcia.** (3 miles) Observation platform, Appalachian Trail, Nature Center, good family hike.
- 75** **AT/Iris Loop plus High Point.** (8 miles) Appalachian Trail, Lake Rutherford, High Point Monument and Lake Marcia.
- 76** **Long Pond.** (2.5 miles) Monksville Reservoir, iron mining.
- 77** **Wyanokies - High Point/Buck/Assiniwikam.** (7 miles) 360-degree views in New Jersey Wanaque Reservoir area.
- 78** **Wawayanda Lake.** (6 miles) Iron Mountain - AT Hoeflerlin - Doublepond - Furnace.
- 79** **Bearfort Mountain Circular.** (7 miles) Jeremy Glick Trail, AT, Bearfort Ridge, lake views.
- 80** **Terrace Pond.** (4.3 miles) Secluded Terrace Pond, rock scrambles, Bearfort Mountain Natural Area.
- 81** **Townsend Trail Loop.** (3.2 miles) Sterling Forest. farm ruins, iron mining.
- 82** **Schuber Trail.** (7 miles) See the Ramapo from Ramapo County Reservation to Ramapo State Forest by hiking the Schuber end-to-end. Next door to Ramapo College.
- 83** **Ramapo Reservation #1.** (10 miles) Macmillan Reservoir, NYC skyline. Next door to Ramapo College.
- 84** **Ramapo Reservation #2.** (6 miles) Macmillan Reservoir, NYC skyline. Next door to Ramapo College.
- 85** **Ramapo Torne.** (7 miles) Seven Hills, HTS, and Pine Meadow Trails. Good views of the Ramapo River Valley.
- 86** **Pine Meadow Lake/Harriman State Park.** (7 miles) Pine Meadow Trail, Stony Brook Trail, 7 Hills Trail, Lake Sebago views, Pine Meadow, Lake Wanoksink.
- 87** **Dunderberg/Bald Mountain #1.** (7 miles) Ups and downs on Dunderberg, abandoned incline railway, fine views of Hudson River.
- 88** **Anthony Wayne/Timp Torne/West Mountain Loop.** (9 miles) The Timp, Bald Mountain, Doodletown, West Mountain, Appalachian Trail.
- 89** **Popolopen Gorge.** (7 miles) Popolopen Gorge, Popolopen Torne, Bear Mountain Zoo, historic sites, enjoyable views.



- 90** **Perkins Tower Circular.** (10 miles) Hike the Fawn, AT, 1777W, SBM, and AT to Perkins Memorial Tower on Bear Mountain Return on the Major Welch, AT, and Fawn Trails. Good Hudson Valley views from the tower.
- 91** **Bear/West Mountains.** (7 miles) Long, steep climb on Major Welch Trail. Fine views from Bear and West Mountains.
- 92** **Around Doodletown & Bear Mountain.** (5 miles) Walk the 1777 and 1777W Trails through the former village of Doodletown. Rediscover this forgotten place.
- 93** **Island Pond/Harriman State Park.** (8 miles) Appalachian Trail, Lemon Squeezer, Island Pond, Lake Skannataki, abandoned iron mines.
- 94** **Bear Mt. Zoo.** (2.5 miles) Great Family hike. See the zoo (all native animals) and the lowest elevation point on the AT.

**6** **Activities: Hikes, Workshops, Excursions, and Youth Program:** Enter the activity code in the box. Please indicate with a ( D ) next to the hike or excursion number if you can drive for a requested hike or excursion. Youth program: \$50/day/child.

Activities	Sat 7/14	Sun 7/15	Mon 7/16	Tue 7/17	Wed 7/18	Thu 7/19	Fri 7/20	Total Cost
Hikes								
1st choice								
2nd choice								
3rd choice								
Workshops								
AM 8:00								
AM 10:15								
PM 1:15								
PM 3:15								
Excursions								
Code								
Fee								\$
Youth Program (5-12 years old)								\$
								<b>Total</b> \$

**Release Form:** Participation in Ramapo 2007 meeting activities is voluntary. In consideration of permitting me to participate in these activities, and fully recognizing the hazards to which I will be exposed, by signing below, I hereby release all claims against the Appalachian Trail Conservancy, the New York-New Jersey Trail Conference, their affiliated clubs and members coordinating this meeting, the university, and the activity leaders for any personal injury, death, or property damage arising out of or in any way connected with such activities, including without any limitation any acts or omission caused in whole or in part by their negligence. This applies to activities on or off campus.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**7** A limited number of Ramapo 2007 souvenir T-shirts will be available for sale at the conference.

To assure that you get a T-shirt, order one with your registration and check your size choice.

Youth \$8:  S  M  L  Adult \$12:  S  M  L  XL  XXL



**8** **Costs:** Enter the costs below for lodging, meals, and activities. Registration forms postmarked on or before May 1, 2007, qualify for early registration. Registration fees are waived for children aged 12 and under. One check or money order may cover more than one registration, but please send the individual forms and check together.

- Check or money order enclosed (Payable to NY-NJ Trail Conference)
- Bill my credit card
  - Visa  MasterCard  American Express

Card # \_\_\_\_\_ Exp. \_\_\_\_\_

Signature \_\_\_\_\_

**Mail completed form and payment to:**  
 Ramapo 2007  
 PO Box 576  
 Yorktown Heights, NY 10598-0576

Early Registration	\$36.00	\$
Registration after May 1	\$45.00	\$
Single Day	\$20.00	\$
Saturday Concert	\$12.00	\$
T-shirt (adult)	\$12.00	\$
T-shirt (youth)	\$8.00	\$
Lodging Total (from front)		\$
Meals Total (from front)		\$
Activities Total (from above)		\$
<b>Total</b>		<b>\$</b>

**Refund Policy:** All cancellations and requests for refunds must be in writing. Persons or families canceling will be refunded in full, less one registration fee. No refunds will be made after June 1, 2007.

