



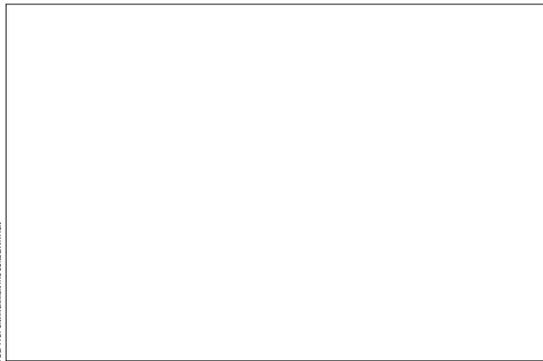
TRAIL WALKER

NEW YORK-NEW JERSEY TRAIL CONFERENCE...MAINTAINING OVER 1300 MILES OF FOOT TRAILS

SEPTEMBER/OCTOBER 1999

Catskill's Bearpen Peak Purchased by New York State

Trail Conference and Adirondack Mountain Club Partnership Successfully Interested State in Acquisition



INS. DEPT. OF ENVIRONMENTAL CONSERVATION

At New York Governor George Pataki's press conference announcing the State's acquisition of Bearpen Mountain for inclusion in the Catskill Forest Preserve, Neil Woodworth (left), counsel to the Adirondack Mountain Club and the NY-NJ Trail Conference, presented the Governor with a copy of the New York Walk Book. Neil represented both ADK and the Trail Conference in gaining the Governor's attention for support of this long-sought land acquisition. Governor Pataki has aggressively supported the campaign for open space protection during his administration.

In June, Bearpen Mountain in Greene County, one of the 36 Catskill High Peaks over 3,500 feet, was purchased by the State of New York to be added to the "forever wild" lands of the Catskill Forest Preserve. The Trail Conference and the Adirondack Mountain Club were the principal advo-

catees for the Bearpen purchase.

The acquisition of Bearpen Mountain has long been a priority of hiking and outdoor recreationists. At 3,600 feet, it dominates the landscape, with steep, rugged topography and forested slopes, and offers some of the best hiking in the

Catskills. Bearpen is the highest summit on a long ridge of mountains that runs north-south, providing easy and good views of Hunter Mountain, West Kill, and other Catskill High Peaks. It dominates views in the upper Schoharie and Delaware River Valleys. The name Bearpen is likely to have derived from the practice of hunting bear during the 1800s by constructing traps built with stone or logs. The "bearpens" would trap the bear until the hunter arrived. Curiously enough, though Bearpen was identified as an "exceptional resource" in the state's Open Space Plan, it was one of a handful that were not owned by the state.

The 1,185-acre parcel will be added to the adjacent 700-acre Delaware-Greene Reforestation Area and managed by the Department of Environmental Conservation (DEC).

Neil Woodworth, counsel to the Adirondack Mountain Club and the New York-New Jersey Trail Conference, representing a constituency of over 135,000 hikers and campers, said, "We are delighted with the purchase of Bearpen Mountain, a critical addition to State lands in the Catskills. This purchase preserves this beautiful mountain, guarantees hiking access to a popular Catskill High Peak, and safeguards key portions of the Schoharie Creek and Delaware

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Kennard Grant Bolsters Safety Training for Trail Crews

The New York - New Jersey Trail Conference is pleased to announce a generous gift of \$8,000 from the Charles W. Kennard Foundation. The money will allow us to establish a regular schedule of safety refresher training for our trail crew members and leaders, and to support general Conference operations.

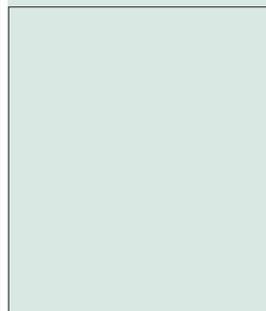
This gift, together with \$7,500 donated to the Trail Conference late in 1998, earmarked for several Appalachian Trail projects, a new interpretive sign and training for our trail crew leaders, totals \$15,500 received from the Charles W. Kennard Foundation within the past 12 months.

The Trail Conference will use part of the Kennard gift to begin a program of regular safety courses for our volunteer trail crew members. Chainsaws, and winch/rigging systems, are accepted tools nowadays for trail crew work of building and repairing hiking trails. As such, workers using this equipment need to maintain a high level of skill in operations and awareness of safety for these specialized tools.

Peter Kennard, Foundation secretary,

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National Trails Day



PAUL LUDLUM

Annie Sullivan is one of over 100 people to rally at National Trails Day celebrations for the Highlands. See page 3 for more coverage of National Trails Day.

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Development Threat Not Over for Sterling Forest

After a 13-year struggle to protect the New York portion of Sterling Forest, a major success was accomplished with 15,000 acres becoming state park land. Now we face the destiny of the remaining acres that will shape the gateway of this important public land. Sterling Forest Corporation has filed an application to develop the 2,834 acres of land it retained after the sale that created Sterling Forest State Park last year. The proposed community includes 1,318 residential

units, with 1,000 of them being part of an age-restricted gated community. The plan also calls for a nine-hole golf course and 467,500 square feet of retail and office space dispersed over the wooded mountainous section south of Route 17A. Further south, along Route 84, another community of large homes would be built around a 18-hole golf course. Many residences and much of the commercial space

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TRAIL WALKER

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Nora Porter *Managing Editor*
Paul Leikin *Advertising Manager*

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NEW YORK - NEW JERSEY TRAIL CONFERENCE

Mission Statement

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

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

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The New York-New Jersey Trail Conference is a volunteer, non-profit 501(c)(3) organization. It is a federation of 88 hiking and outdoor groups, and 10,000 individuals.

LEETTERS

Keep Traditions Alive

For more years than I can remember hiking clubs have been gathering each Palm Sunday at St. John's in the Wilderness in Harriman-Bear Mountain State Park, meeting new friends, reminiscing with old ones and telling stories with old Trail Conference legends like Bill Hoeflerin, Elizabeth Levers, Eric Reiss and others.

Although most of the hikers of those early days are gone now, this yearly event still continues. For about 10 years now, though, this event's attendance has been slowly declining.

We hikers are not doing the right thing by not participating in this annual event.

If we do not remember our hiking heritage we risk forgetting the work of past hikers who blazed the trails we walk today. For this reason, I urge all clubs to restore and continue these traditions by scheduling hikes for these events.

Hope to see you all next century on Palm Sunday.

Roger Coco
Putnam Valley, NY

How do you spell Bluebird?

Birdwatching hikers seeking bluebirds on the newly-opened Bluebird Trail on Storm King would best look elsewhere. The name refers to a set of directions rather than an avian find.

When I was the Stillman Trail maintainer in the late '70s, I came one day upon a group of hikers bemoaning the fact that there were no loop possibilities on Storm King. As a result, I left my loppers and paint home one day to explore a trail I had seen leading off the Stillman and down the mountain east of Butter Hill. I found that the trail led to the old Lilly paper-cup-family house ruin, and that another trail led from there up a short flight of concrete stairs over to the Stillman on the river side of the mountain. I named the second trail the Mystery Trail, as it had been cleared nicely along its entire length by someone unknown. (I later learned that the clearing had been done by PIPC Chief Ranger Tim Sullivan and a crew going in to replace the wooden bridge one encounters on the trip to and from the summit on the east.)

The Bluebird Trail, or more properly the Blubrd Trail, was so named to keep hikers from wandering off the main trail on a number of side trails. I found that if one followed the advice, bear left up - bear right down, he would not lose the trail, hence the acronym BLUBRD.

Both the Mystery and Blubrd trails were advertised in the *Trail Walker* at the time but were never officially opened and maintained by the Conference. Dur-

ing my tenure as maintainer on Storm King, I found a number of very nice trails on the mountain. Some have since been developed, others remain for the bushwhackers to "discover."

John Schoen
Westwood, NJ

Thanks to Long Path Volunteers

I have just completed walking the Long Path end-to-end, and would like to thank everyone who has contributed to the Long Path for an extremely enjoyable and memorable experience. The published access and trail descriptions were accurate and informative, which allowed me to enjoy the hikes worry free. The trail conditions were excellent, which is a tribute to all the trail maintainers.

Thank you specifically to Howard Dash for maintaining Long Path web pages (especially the closure and relocation pages); Gary Haugland for providing valuable updates on trail conditions "down south;" and Wallace Van Houten for supplying full maps and descriptions for the northern sections - which started me on the LP quest.

Ray Wilkin
Cohoes, NY

An Expensive Hike

We spent the Memorial Day weekend backpacking in northern Jersey. Our first night was spent at a shelter on the AT in Wawayanda State Park. Our second night, after a somewhat grueling hike, was spent at Terrace Pond. On our final morning, while finishing breakfast, we were greeted by two NJ park rangers who informed us that we were illegally camping, and then proceeded to write us each a \$71.00 summons.

We told the rangers that we are experienced, environment-respecting backpackers and that nowhere on our Trail Conference map did it mention anything

about this camping restriction. We were told that the regulations were posted at the trailhead, and of course, they were "just doing their job."

Upon our return to the car I looked at the list of regulations posted. It was quite a long list. Buried in the middle was indeed: "Camping is allowed by permit only and in designated areas." We paid the fine.

Perhaps we depend on our Trail Conference maps too much. We use them for their wealth of information, as well as for navigation. PLEASE include a note on the next printing of the North Jersey Trails maps telling everyone of the camping restrictions. If there are other areas where similar restrictions apply, please note it on those maps as well. Our Memorial Day weekend Bearfort/Wawayanda trip was our most expensive backpacking trip ever.

Regina & Michael Gelfer
Mahopac, NY

Editor's note: Most Trail Conference maps do include a summary of camping regulations. Since no backcountry camping is allowed in the areas shown on our North Jersey maps, this information was not included. However, we will provide this on all future editions of North Jersey Trails, and review statements on our other maps, as well.

AN OMISSION

Our apologies to the Appalachian Mountain Club for an omission on our front page article in the July/August *Trail Walker* about AMC's new book *Nature Walks in New Jersey*, by Glenn Scherer. While the article was laudatory, the fact that AMC is the publisher was not mentioned. We regret this omission.

Indefinite Trail Closings on Storm King Mountain

See *Trail Conference's West Hudson Trail Map #7*
PIPC Parkland on Storm King Mountain

All Storm King trails are closed.

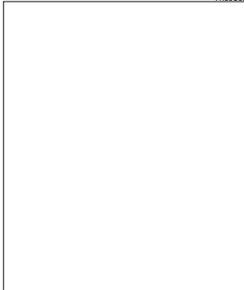
Due to recent fires brought on by drought, Palisades Interstate Park Commission has discovered some unexploded ordinances. Experts have been brought in to review the complete geography of such ordinances and determine when it will be safe for trail re-opening. All five parking areas are closed.

No hiking in this area until further notice.

National Trails Day: A Day to Celebrate and Demonstrate

On June 5th the NY-NJ Trail Conference took part in several events to highlight successes and future undertakings in our hiking region.

Over 100 people gathered for the event at Long Pond Iron Works State Park overlooking the Monksville Reservoir in Ringwood, NJ, with local officials, trail volunteers and conservation leaders among them. Demonstrating the importance of the Highlands as a region of local and national importance, Agriculture Under-Secretary James Lyons (r.) and Senator Robert Torricelli (D-NJ) chose National Trails Day to unveil support for efforts to preserve the Highlands with a \$750,000 commitment for an expanded study of the four-state Highlands Region (PA, NJ, NY, CT). Lyons and Torricelli also presented the NJ Department of Environmental Protection with a \$120,000 Forest Stewardship grant for environmental mapping of the Highlands.



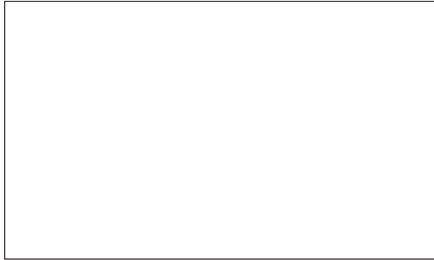
PAUL DOLAN

Later in the afternoon, Scenic Hudson hosted a ribbon cutting ceremony and hike celebrating a new trail in the New York Highlands and the partnership that made it possible. A 490-acre parcel in Orange County, known as Indian Hill, connects Harriman State Park with Sterling Forest State Park. This property has been acquired by Scenic Hudson and is managed by the Palisades Interstate Park Commission (PIPC). The Trail Conference has worked closely with these two organizations to build and maintain a 3-mile Indian Hill Loop Trail with a spur that connects to the Appalachian Trail. In the future, the state is likely to acquire Indian Hill as additional park land.



PAUL DOLAN

Tom Dolan looks a bit shy as the scissors for cutting the ribbon are handed to him. Encouragement is given by l. to r. Agriculture Under-Secretary Jim Lyons; Trail Conference Executive Director (and mom) JoAnn Dolan; Scenic Hudson Executive Director Ned Sullivan and daughter Annie; PIPC Executive Director Carol Ash and Trail Conference Vice President Gary Haugland.



PAUL DOLAN

Under the blazing sun a pep rally of sorts for Highlands protection followed with executive directors Tim Dillingham of the Highlands Coalition; Carol Ash of the Palisades Interstate Park Commission; Jeff Tittel of the New Jersey Chapter Sierra Club (shown above) and JoAnn Dolan of the New York-New Jersey Trail Conference. Following the formalities, leaders invited the public to join one of four hikes, ranging from beginner to expert level, to experience the beauty of the Highlands first hand.



TIM DILLINGHAM

At Minnewaska State Park Preserve, the opening of the Mossy Glen Bridge was a great day for the ladies! Here, three key players celebrate with the ribbon-cutting moments before the first official hiker came across: l to r, Susan Gerhardt, the Trail Conference's Minnewaska trails supervisor, who led the trail building outings on the accompanying Mossy Glen Trail; Carol Hoernlein, the Palisades Interstate Park Commission engineer who designed the bridge, and Mary Smart, a bridge project donor.

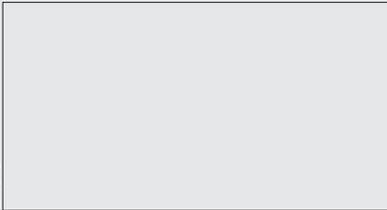


MICHAEL WARREN



The Indian Hill Loop Trail offers stunning views of the Ramapo River Valley and the Hudson. The property also is home to Southfields Furnace, a site listed on the National and State Registers of Historic Places as one of the most intact iron furnaces in the Highlands Region

Black Rock Forest Consortium Honors Trail Conference



WALLA R. BRIMMS

Trail Conference officials celebrate two awards at Black Rock Forest Consortium Day. l to r: Pete Heckler, chairman of our West Hudson Trails Committee, Neil Zimmerman, Conference president, with the E.G. Stillman Award, Trail Conference Vice President Gary Haugland, and John Blenninger, Conference Black Rock Forest/Storm King Trails Supervisor, recipient of an individual service award.

The Black Rock Forest Consortium honored the New York-New Jersey Trail Conference with its sixth E.G. Stillman Award at its annual Consortium Day celebration on June 20. The award is given each year to a person or group whose efforts have provided substantial and long-lasting benefits to Black Rock Forest and the surrounding Hudson Highlands region. Previous recipients include Scenic Hudson and Stephen and Smokey Duggan. Hikers has been given access to the private lands of Black Rock Forest for over 80 years, and the Trail Conference has worked with the Forest to help establish a distinguished trail system.

Over the past 15 years, John Blenninger has served as the Conference's Trail Supervisor for Black Rock Forest. In this role, he has spent untold hours devoted to planning and maintaining trails in cooperation with the staff at the Forest. In recognition of John's work, BRF Consortium presented him with an award for individual service.

Our sincere thanks go to the following who supported our efforts to raise funds on National Trails Day for the American Hiking Society's National Trails Endowment. As of July 10, over \$500 was contributed.

The 1999 Honor Roll is: Adirondack Mountain Club/ Knickerbocker Chapter, Adirondack Mountain Club/Mohican Chapter, Appalachian Mountain Club/Mohawk-Hudson Chapter, At Your Own Risk Hiking Club, Foothills Trail Club, Finger Lakes Trail Conference, Interstate Hiking Club, Nassau Hiking and Outdoor Club, Somerset County Hikers; and individuals Bernard Baron & Robin Abrett, Christopher Franz, Charles G. Kopp, James Shearwood, and Lucile T. Voulgaris



from the executive director...

Times and people...they are a changin'

You will notice a new and more modern look about the *Trail Walker* in this issue. We are pleased to welcome **Nora Porter** as our new Designer and Managing Editor. Nora has previously designed publications for the Trail Conference, including the *New York and New Jersey Walk Books*, and has done editing and design work for a number of organizations in the Hudson Valley. We want to thank special people who have improved our *Trail Walker* and applied their well-honed skills with devotion for the past ten years, especially Managing Editor, **Alice Tufel**, and Designer **Tom Fenton**.

The *Trail Walker* is only a reflection of change. The nuts and bolts transformations are subtle, and taking place through the creation of a Strategic Planning process for the organization.

As we enter a new millennium, it is natural to take stock. Issues and pressures that we encounter on behalf of our 1300-mile network of foot trails are vastly more complex than ten years ago. Our parks are in crisis as they wither from lack of adequate funds for stewardship and management; land development increasingly threatens our trail corridors and landscapes, and conflicting trail uses compromise the hiking experience. A dedicated Board and staff have devoted several retreat days, and countless hours in task force meetings, to develop a clear mission and vision statement as guidepost, and to establish concrete future plans for each project area within the Conference. To best garner the necessary resources to address issues and protect our trail lands, we must look at innovative approaches and more sophisticated support systems. You will be hearing more about Strategic Planning in future *Trail Walkers*.

All of you have received a personal invitation to attend a gala dinner dance

on September 26 to celebrate trails and honor our **Trail Conference President, H. Neil Zimmerman**. Neil will step down from his office in October after 12 years of intensely devoted service. During his tenure, his leadership and vision have resulted in expanded hiking trail maintenance responsibilities; new trails such as the bi-state Highlands Trail, the Long Path North extension, and the Shawangunk Ridge Trail. Neil has forged strong partnerships with state agencies and colleague organizations and has made land protection a priority. He will be missed in his capacity as president, even as we are confident of strong leadership within the organization. But, Neil has promised to stay very involved with the Trail Conference!

And yes, at this important juncture, when we are developing a strategic plan for the Trail Conference, it is timely for me to develop my future plans as well. I have advised the Board of Directors that I will be stepping down as executive director on or before December 31, 1999. After nearly 20 years of working with the Trail Conference, I will be moving on to pursue personal goals. I have seen enormous changes within the organization over the years, and I am proud to have had a role in its growth. It has been a constant source of inspiration for me to work with such a passionately committed and talented corps of volunteers and staff. The opportunities of working and building friendships with members and colleagues has been extremely enriching. Another gift has been my deepened connection to the land in our region—physically, intellectually and spiritually.

I am working closely with the Board on a transition. A Search Committee is now accepting applications and appreciates members passing along the posting below regarding the position.

—JoAnn Dolan, Executive Director

Executive Director Position: Seeking Applications

The NY-NJ Trail Conference seeks an executive director who will be committed to preserving and developing hiking opportunities through advocacy and partnerships, serving as a spokesperson for the hiking community and as a liaison in promoting broad partnerships with government agencies and environmental organizations.

The executive director will work with the board of directors to provide vision to the organization and encourage a high profile within the environmental community. The E.D. will supervise a modest-sized staff and consultants, and cultivate and strengthen the volunteer base. Other responsibilities include overseeing fiscal operations that include grants, publications and land preservation activities.

Qualifications:

■ BS/BA degree and minimum of five years of management experience includ-

ing staff, fiscal and project supervision. Master's degree a plus.

■ Experience working with volunteers.

■ Proven success with grant writing or fundraising.

■ Demonstrated skills in communication, diplomacy and negotiating.

■ Participation in long-range and/or strategic planning a plus.

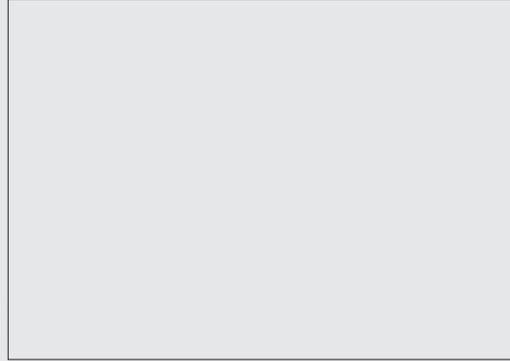
■ Word processing and internet skills.

■ Driver's license for travel in bi-state region.

The NY-NJ Trail Conference offers excellent benefits and salary commensurate with experience. Applicants must be able to begin work by December 1999. Please submit a cover letter and resume by September 22 to: Search Committee, NY-NJ Trail Conference, 232 Madison Ave., #802, NY, NY 10016. Please mention this ad in your letter.

A Day To Thank Torrey Society Members

A side trip for some over Cascade Lake Dam

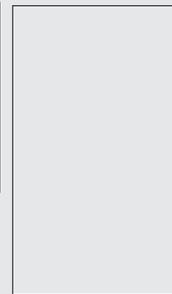


DANIEL BERNO



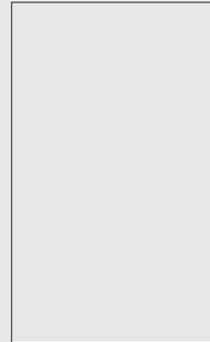
LAURA OWENS

l. to r. Brothers Peter and John Gunzler prepare to experience the outcome of the Trail Conference's partnership with the Trust for Public Land, the Trust for Appalachian Trail Lands, and the Town of Warwick, to protect land that buffers the Appalachian Trail in Orange County, NY.



LAURA OWENS

A family day for William and Ellen Doremus and their son, Blaise.



DANIEL BERNO

Hedley Weeks

Experiencing a great hike, and supplied with gourmet bag lunches and cider, Torrey Society colleagues could better understand how their support helps the Conference forge partnerships with other groups to protect trail lands like Cascade Lake and protect spectacular panoramic views, such as the one experienced this day of Sterling Forest and the Highlands.

It couldn't have been a more exquisite day for hiking than on May 15 when Trail Conference Board and staff were host to 25 members of the Conference's *Raymond H. Torrey Society*. The group traversed a 5-mile loop-trail through the newly acquired Cascade Lake property and the Appalachian Trail in Orange County, NY. All donors to the Trail Conference who contribute \$500 or more within a calendar year automatically become members of the *Raymond H. Torrey Society*.

For more information about the levels of membership in the *Raymond H. Torrey Society*, and what projects the Society supports, contact the Trail Conference or visit our website at www.nynjtc.org.



TRAIL NEWS

Long Path Section in Shawangunks Closed

The section of the Long Path from the western end of Mud Pond to its junction with the High Point Trail (see the Trail Conference's Shawangunk Trails map #9, grid C-3, shown below) has been closed by the landowner. Please do not trespass on this private land. When a re-route is established, notice will be published in the *Trail Walker*, and noted on our website at www.nynjtc.org.



Mea culpa

How could we...have omitted some of our dedicated West Hudson Trail Crew members in the last issue of the *Trail Walker*??? Our thanks, for their outstanding and professional work on our trails, to **Victor Gabay, Claudia Ganz, Sarah Garraway, Rick Gerow, Daniel Goldsmith, Douglas McBride, Joyce Neier, Carol Nestor, Peter Perricci and Melinda Pitts.**

Chainsaw Certification Course November 13 - 14

A two-day chainsaw certification course will be given by Delaware Water Gap National Recreation Area staff for volunteers on Saturday and Sunday, November 13-14 at Camp Mohican in the National Recreation Area. This course, which is accepted as certification for chainsaw use on National Park Service, and US Forest Service, lands is geared for maintainers with the Appalachian Trail, or a trail assignment within the federal lands of the Recreation Area. Training will be both indoors and in the field, in and around Camp Mohican. To be considered for certification through the course, participants must attend both days' sessions. For those wishing to stay overnight, special arrangements have been

made with AMC, which operates Camp Mohican: \$20 per person for space in a full-service cabin, with use of the communal kitchen for preparing your own food. For more details, and to register, call Anne Lutkenhouse at the Trail Conference office, 212-685-9699.

Frank Bouton Shelter Dedication September 18

Volunteers from the Ramapo Chapter of the Adirondack Mountain Club, in cooperation with the New York State Department of Environmental Conservation, recently constructed a hiker's shelter on Table Mountain in the Catskills. The site is known as the Bouton Memorial Shelter in honor of the late Frank Bouton, an avid and active member of the hiking community. Please join us in honoring his memory as we dedicate the shelter on Saturday, September 18. The shelter is on the Peekamoose-Table Trail, about 3.5 miles from the Denning Trailhead parking area—a moderately strenuous hike. Carpools will form at the Harriman railroad station on Route 17, north of the Red Apple Rest, at 8am. Two groups, 'A' and (more leisurely) 'B' pace, will start at Denning around 10 am for the hike in. A brief dedication ceremony is set for 1 pm. Be prepared for a possible wet crossing of the East Branch of the Neversink, as bridges are out. For more information call George Sheedy at 914-986-6807 or sheedy@warwick.net. Rain date: Oct. 2—same times and place.

Low Impact Use Program Presented

In May, on Morris County Park Commission's Trail Day students from St. Benedict's Preparatory School in Newark, NJ, a Trail Conference member organization, presented a public program on low-impact use at the Mahlon-Dickerson Reservation. St. Benedict's Prep School annually presents a leave no trace/low impact program for youth group leaders who take their charges onto the AT in New Jersey. This training is part of our New Jersey AT Committee's management of group use.

Students Steve Cordova, a senior, and Terrill Harris, a junior, and faculty member Didier Jean-Baptiste performed a skit presenting the story of three bumbling guys who break every Leave No Trace rule imaginable while going on an overnight backpacking trip. The program was geared towards the younger kids in the audience, who happily pointed out the mistakes that the "guys" made during their "trip." Steve, Terrill and Didier pointed out what they overlooked, so everyone learned something while enjoying themselves.

This low-impact program attracted the largest crowd of the day, and participants took home a Leave No Trace booklet that went into more detail and included some games to help them review the principles.

Our thanks to Steve, Terrill and

Didier for their energies to present this important public education program!

20-year effort to protect 2,100-mile Appalachian Trail nears end

The Appalachian Trail land protection program, the most complex land acquisition program in the National Park system's history, is so near to its conclusion — with only 26 miles not yet in public ownership — that in this federal fiscal year 1999, Congress and President Clinton agreed to an unusually large \$15.1 million appropriation from the Land and Water Conservation Fund, intended to acquire the final lands needed to bring the entire AT route into public ownership by the end of 2000.

This "final appropriation" brings to an end 20 years of federal funding, which began with the 1978 amendment to the National Trails System Act, mandating the National Park Service to put the footpath and a corridor of lands surrounding it into public ownership.

Since the project began, annual Congressional LWCF appropriations totaling \$150 million have purchased more than 151,000 acres, preserving 750 miles of the AT in a greenway corridor averaging 1,000 feet in width. During this time, the AT enjoyed bipartisan political support of an amazing longevity in the world of congressional appropriations.

The 1999 appropriations bill contains \$8.1 million for the Park Service and \$7 million for the Forest Service to complete their protection programs without having to return to Congress to request more funds. By the end of 2000, the Park Service will protect the remaining 1.4 miles of trail, and the Forest Service, 1.1 miles.

Typically 1,000 feet wide, the AT greenway has "preserved the entire Appalachian ridgeline from Maine to Georgia," and in doing so, preserved the essence of the hiking experience. It has also given wild flora and fauna a fighting chance to survive the pressures of rampant development. Research suggests that the greenway provides critical habitat, supports the range's biodiversity, and may even play a role in species migration.

Land Gifted to Appalachian Trail in Hudson Valley

The Open Space Institute and Scenic Hudson have donated a total of 108 acres of undeveloped land in two parcels to the Appalachian Trail for enhanced corridor and viewshed protection.

In April, through its land acquisition affiliate, the Beaverkill Conservancy, OSI purchased a 36-acre parcel just south of South Mountain Pass Road, which it plans to transfer to the New York State Office of Parks, Recreation and Historic Preservation. Complementing this transaction, earlier this year OSI and Scenic Hudson gave another Hudson Highlands parcel, a 72-acre tract known as the Stinson land, to the National Park Service.

"The Open Space Institute has been a significant partner in Appalachian Trail

New Life Members

The Trail Conference welcomes eight new life members, to our growing "family" of 741: **Peter O. Rostenberg**, of Connecticut; from New York, **Mary Jo Robertiello, Daniel C. Hornbeck, and Sybil & Patrick Sidelman**; and **Toby Grabelle, Tracy Sarkees, and John Steigerwald** from New Jersey.

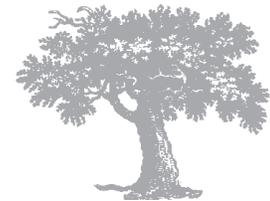
An individual life membership (see form on page 14) is \$400, and a joint life membership (two adults at the same address) is \$600. Next time you renew, we hope you'll consider becoming a "lifer." Your money goes directly into the Outdoor Fund, our trail lands protection fund.

land protection efforts in the Hudson Valley," commented Walt Daniels, the Trail Conference's AT area supervisor in Putnam County.

The 36 acres, bought with a \$280,000 grant from the Lila Acheson and DeWitt Wallace Fund for the Hudson Highlands, is bordered on the south by Camp Smith, and on the west by Hudson Highlands State Park and the AT corridor, and contains three 800-foot peaks along a prominent ridgeline which offer views of the Hudson River and the Hudson Highlands. The Trail Conference will work to lay out and construct link trails through the new purchase to existing trails in the area.

The Stinson land is a steep wooded ridgeline, first acquired by OSI and Scenic Hudson in 1986 as part of a 300-acre assemblage, also with funding from the Lila Acheson and DeWitt Wallace Fund for the Hudson Highlands. OSI gave 200 of those acres to the National Park Service in 1986 to re-route a portion of the AT through southern Putnam County, NY, where the Trail approached the river. The remaining 72 acres—the Stinson land—was since determined as valuable for AT corridor and viewshed protection including the Hudson River and Bear Mountain, resulting in this year's second donation. The AT crosses the Hudson River on the Bear Mountain Bridge, which is just west of the Stinson Parcel.

Thank you to Open Space Institute and Scenic Hudson for its generous Appalachian Trail land donations.



CATSKILL TRAILS AVAILABLE

Want to be a trail maintainer in our NYS Forest Preserve? Some trails are now available for new maintainers. For information, contact Catskill Trails Chairman Peter Senterman in care of the Conference office, or at psenterman@pirnie.com.

VOLUNTEERS WANTED
Short term projects with the Publications Committee

The Publications Committee is seeking volunteer hikers to help on short-term projects that need to be completed within the next 3 months. Openings for:

❖ **Field checkers:** take an assigned hike to field check the accuracy of written descriptions, and possibly also take some photos on the hike. Some assignments can be done via public transportation.

❖ **Landscape photographers:** a need for taking photos to accompany text for various Conference publications. Some assignments can be done via public transportation.

❖ **Graphic arts and cartography:** There is an ongoing need for sketch cartography (an example of such a map is in the Trail Conference's membership brochure.) Please be prepared to submit some samples of your work.

❖ **Publications Committee members:** The committee seeks new members to help with the overall publications process, including developing our publications policy, managing projects, advertising, and marketing. It meets every other month.

If you wish to participate in any of the above, visit our web page at nyntc.org/involved.html and look for the information on publications or call Jane Daniels at 914-245-1250.

**I am a trail maintainer.**

People sometimes ask me: "Where is a good spot to ...?", "Can you tell us some history?", "I am planning a hike. Can you tell me...?", "Where is the best place to hike in New York? Or New Jersey?", "What's the best trail?"

I'm not a good travel guide, but...I can tell you where the eroded spots are. I can tell you where the off-road vehicle encroachments are. I can tell you where the wet spots are. I can tell you where to find the most litter. I can tell you what spots need to be relocated. If somebody complains, I know the exact section they are complaining about without being there (provided it is on the AT in Orange County).

I am a trail expert.
- Mike Rea
AT Overseer, Orange Co., NY

❖STERLING FOREST STATE PARK

What & Where: Begin building a link trail between the Allis and Sterling Ridge trails in Sterling Forest State Park.

When: Saturdays, Sept. 11 and 25; Sundays, Sept. 5 and 19, and Oct. 3, 10, 17
Meet: 9:30 a.m. at Sterling Forest State Park Visitors Information Center. Please call leaders to confirm. Leaders: Pete Tilgner and Suzan Gordon, 201-871-3531

❖HIGHLANDS TRAIL - NEW JERSEY

What & Where: Continue building new sections of the Highlands Trail in NJ.

When: Sundays, Sept. 12, 26; Oct. 10, 24
Leader: Bob Moss, 973-743-5203

❖SPARTA AND HOLLAND MTS. "LINKS"

What & Where: Help build Highlands Trail links to wildlife sanctuary, ancient mines and bog in NJ Central Highlands.

When: Saturdays, Sept. 18 and Oct. 2 and 23. November dates to be arranged.
Leader: Martin Treat, 212-714-0186

❖WEST HUDSON TRAIL CREW**Sterling Forest State Park**

What & Where: Continue work on the new Indian Hill Trail.

When: Saturday & Sunday, Sept. 11-12.
Leader: Bob Marshall, 914-737-4792

**TRAIL
CREW
SCHEDULES****Harriman-Bear Mountain State Park**

What & Where: Continuing work on the Ramapo-Dunderberg and Timp-Torne relocations.

When: Crew 1: Sat., Sept. 25; Crew 2: Sun., Sept. 26; Crew 3: Thurs., Sept. 30; Crew 4: Sat. and Sun., Oct. 2-3.
Leaders: Crew 1: Claudia Ganz, 212-633-1324; Crew 2: Monica Resor, 732-937-9098; Crew 3: Bob Marshall, 914-737-4792; Crew 4: Denis Halliwell, 914-476-9898

Black Rock Forest

What & Where: Trail rehabilitation and erosion control on the Highlands Trail.

When: Sundays, October 17, Nov. 7.
Leader: Bob Marshall, 914-737-4792

Storm King State Park #1

What & Where: Trail rehabilitation and erosion control on the Stillman Trail.

When: Thursday, October 21.
Leader: Bob Marshall, 914-737-4792

Storm King State Park #2

What & Where: Trail rehabilitation and erosion control on the Bluebird Trail.

When: Crew 1: Saturday, October 23; Crew 2: Sunday, October 24.
Leaders: Crew 1: Claudia Ganz, 212-633-1324; Crew 2: Monica Resor, 732-937-9098

❖NEW JERSEY TRAIL CREW

What & Where: Tackle a variety of projects ranging from trail repair to bridge building in NJ's parks and forests. Bring lunch, work gloves and a beverage.

When: Sundays, Sept. 12 and Oct. 10.
Leaders: Sandy Parr, 732-469-5109; Dick Warner, 201-327-4945

❖LONG PATH - CATSKILL FOREST PRESERVE

What & Where: Help create a 3-mile relocation of the Long Path between Mt. Tremper and Silver Hollow Notch in the Catskills, a wild and rugged section of the Forest Preserve.

When: Worktrips begin this fall.
Leader: Bruce Warden, 914-657-8348 or e-mail: walksalot@aol.com

Trail Maintenance Workshop offered in Western New Jersey

The annual trail maintenance workshop will be sponsored by the Trail Conference on Saturday, October 2, 1999 at the Cross Estate of the Morristown National Historical Park in Morristown, NJ.

Conference members, members of Conference clubs, and people from nearby communities interested in maintaining hiking trails are welcome to attend. Field work will be done on hiking trails in and around the Jockey Hollow section of the Park.

The day will begin with bagels and coffee at 9:00 a.m. The sessions are slated to begin at 9:30 a.m., and will include classroom lectures and discussion, as well as field work. Take-home materials are included. At 3:00 p.m., all participants will join together for socializing and the chance to sign up for volunteering. Sessions will be held rain or shine. There is public transportation available from Manhattan to Morristown.

Maintenance "101"

This training session teaches basic techniques, maintenance standards and the kind of problems to expect and how to solve them. You should take this class if you are interested in becoming a maintainer or enhancing your skills.

Construction and Restoration

Hiking trails are built with

switchbacks, sidehilling, steps and waterbars; erosion repair and stream bridging may also be needed. Workshop participants will restore a section of a trail by constructing these features. If you have wanted to help on a trail crew or do some heavy repairs on a trail, this is the workshop for you.

Advance registration is required, and class size will be limited. To attend the workshop, fill out the coupon below and send it to the Conference office by September 25, 1999. There is a \$4.00 per person registration fee. A confirmation

packet will be sent to all registrants. Sign-up is first come, first served, and past workshops have been over-subscribed, so send in your registration early!

Dress for outside work in clothes that you don't mind getting wet, dirty or both; bring lunch, water and any other snacks. Bring appropriate tools, if you have them, for the workshop you plan to attend. Basic maintenance tools are hand clippers, loppers (long-handled branch cutters), and small bowsaws. For the construction/restoration workshop, tools are grubs and pick mattocks, pry bars and shovels.

Registration Form**Western New Jersey Trail Maintenance Workshop**

Saturday, October 2, 1999

Please check the session for which you want to register:

Maintenance "101" Construction and Restoration

I have enclosed a check for \$ _____
(_____ participants at \$4.00 per person), payable to the NY-NJ Trail Conference.

Name _____ Do you currently maintain a trail?
 Yes No

Address _____ If yes, do you work as an individual or
City/State/Zip _____ with a club?

Day phone (____) _____ Name of club, if applicable:

Eve. phone (____) _____

e-mail _____ Name of trail you maintain:

I will be arriving by train and will need a pick up from the station.

I have questions and would like someone to call me.

Return to: NY-NJ Trail Conference, Trail Maintenance Workshop, 232 Madison Ave., #802, New York, NY 10016

FOR & ABOUT

Our Members

❖ A reminder that **EMS Club Day** will be Thursday, October 28, when Trail Conference members will receive a 20% discount on purchases made in EMS stores. Be sure you have your membership card handy when buying. If you have lost your membership card, send a self-addressed, stamped envelope to the Trail Conference office and request a new one.

❖ Congratulations to New Jersey Appalachian Trail Management Committee chairman **Paul DeCoste** for his recognition by the New Jersey State Park Service as the NY-NJ Trail Conference's Volunteer of the Year. He was recognized for his volunteer leadership of the AT, coordinating the efforts of agencies and volunteers for the Pochuck Bridge and relocation project, and making Vernon, NJ, into a trail town.

❖ Congratulations to **Raymond Wilkin** who completed his Long Path End-to-End hike in May after 1½ years.

❖ Congratulations to Trail Conference Board member **Lizbeth Gonzalez**, who was appointed to serve as a New York City Housing Court judge in the Bronx.

❖ A special thank you to cartographer **Christian Cesar** and photographer **Dick Morris** for contributing their art work to

our latest appeal letter requesting donations to support the Conference's Trail Land Protection Program.

❖ New Jersey Appalachian Trail Committee members **Glenn Scherer, George Lightcap and Jean LeBlanc** have produced a brochure *Workshop without Walls: Teaching Writing on the Appalachian Trail*, a teachers' guide to field trips on the AT to inspire student writing of all kinds. This pamphlet was produced with an Outreach Grant from the Appalachian Trail Conference. For more details, or to request a copy, contact Glenn at 973-764-1017, or e-mail gscherer@warwick.net.

❖ Our **New Jersey Appalachian Trail Pochuck Creek pedestrian bridge** in Vernon Valley is the subject of a recently-issued US Forest Service publication. A US Forest Service Wood In Transportation grant awarded in 1995 to assist with the bridge's construction became the well-head of this publication. This technology transfer work documents one of the more than 400 projects funded throughout the country by the Wood In Transportation Program. Entitled "Design and Construction of the Pochuck Quagmire Bridge, A Suspension Timber Bridge," the 124-page document is available free of charge by contacting the US Forest Service's Northeastern Area State & Private Forestry

Wood In Transportation Information Center, 180 Canfield St., Morgantown, WV 26505. It will also be distributed nationwide to all regional Forest Services offices.

❖ The New York-New Jersey Trail Conference would like to thank the **Catskill 3500 Club** for its generous contribution to the Adirondack Mountain Club-Trail Conference stewardship partnership, earmarked specifically for Catskill issues. For the third year in a row, the 3500 Club has made a substantial contribution supporting the efforts of Neil Woodworth on behalf of the Catskills and NYS Parks. The Club is a member organization of the Trail Conference and is the only member organization specifically dedicated to Catskill hiking and conservation issues. The 3500 Club maintains a Catskill action alert e-mailing list. If you would like to be added to this list to be informed of Catskill issues, please send e-mail to Howie Dash at howiedash@aol.com.

❖ The first Internet e-commerce site to specialize in women climbers, hikers, backpackers and other outdoorswomen – **MountainWoman.com** – debuted in June. The site carries equipment, clothing, helpful tips and product reviews.

Torrey Memorial Hike

Sunday, October 31

This year's Torrey Memorial is very special — on this 60th anniversary of this tradition's birth, we'll unveil a beautiful new hiker interpretive signboard at the trailhead, honoring both the Long Path and Raymond H. Torrey.

The ribbon-cutting for the signboard will start at 10:00 a.m. at the Long Mountain hiker parking lot on Route 6 in Harriman-Bear Mountain State Park. Following this, at about 10:30 we will hike to the Torrey Memorial atop Long Mountain, arriving in time for the brief 12:30 p.m. ceremony and communal social.

As always, the hikers' assembly atop Long Mountain will be a festive recognition of our communal "roots." Come early for the unveiling. Arrive at the Memorial via any trail route, but do plan to join us on October 31!!

❖ Beauty is not just on the trail. Sometimes it walks right in the door! **Vincent Chong**, our former student aide, has moved on to Pratt Institute to study art. But Vincent returned to help out over the summer and, as a parting gift, presented the Trail Conference with a wonderful painting that brings the magnificence and serenity of our trails right into the Conference office. Many thanks, Vincent, for your very generous and beautiful gift. We're all very proud of you!

Trail Maintainer Patches Awarded

Five-year Service "Rockers" Also Awarded to 61

With pride and appreciation, the NY-NJ Trail Conference awarded its latest round of trail maintainer recognition patches to individuals who have successfully completed one, and five, years of trail care service.

Congratulations to our long-time trail maintainers who recently were awarded their Five Year Trail Maintainer "Rocker" patch. The following volunteers were first recognized in 1994, when they received their Trail Maintainer patch after serving one year: Neil Altman, Jill Arubuckle, William T. Barnett, Leonard & Danielle Bernstein, Geraldine & George Byrne, Nicholas Cartabona, Ray Citera, Ken Clair, Theron M. Cook, Jacqueline Corrieri, James E. Daley, Dorothy A. & Carl W. Dantico, Wanda Davenport, Paul DeCoste, Donald C. Erbe, Jean Fletcher, James Florance, Emil Ganz, Jane Geisler, Lizbeth Gonzalez, Richard E. Grunebaum, C. Edward & Ann Hayes, Calvin & Eric Johnson, John Kiersten, Larry G. Kaeser, Carl Kulo, Peter Laue, Anne & Leo Laubengeiger, George Lightcap, Donald N. McGregor, Anne & Kirk McKay, Eric & Jennifer Maier, Nancy & Peter Manfredonia, Paul Marcus, Barbara Murray, Laura Newgard & Gary Standard, Robert O'Ferrall, Peter M. Osborne, Jim

Palmer, Vincent Pernice, Glenn D. Scherer, Ross Simeon, Robert A. Seipel, John H. Seirup, Fred & Marion Shaw, Kenneth A. Spadafora, Anthony M. Stolarz, Michael C. Stuart, Geoffrey Vincent, and Ben Wagenhauser.

To earn a Trail Maintainer patch, individuals must have at least one year of service maintaining a foot trail or serving on one of the Conference's trail crews. More than 1,100 patches have been awarded to volunteers since this program began in 1992. Club trails chairpersons nominate maintainers who receive their trail assignment through their club; a Trail Conference supervisor or chairperson nominates individual trail caretakers.

Congratulations to the following individuals and club members who have been awarded their one-year patch:

Individuals

Marian P. Britten, Bernard J. Stringer (*Appalachian Trail/Dutchess-Putnam Committee*); Richard Lightcap, Richard F. Meskowitz, MaryPat Povolitis, Wayne H. Valentine (*Appalachian Trail/New Jersey Committee*); Frank J. Cain, Tim & Sue Sharko (*Appalachian Trail/Orange-Rockland Committee*); Carol Mantell, Marguerite MunchWeber, Joan and Joe



Munster, George J. Prokopiak, Connie Lee Scitutto, Douglas Senterman, Bob Simansky, Donna Beth Stewart, Brian T. Sullivan, Mike K. Uhrrie (*Catskills Trails Committee*); Michael E. Bongar, Robert L. Faley, Dan Franck, Frank Silkowski, Paul J. Wacławski (*East Hudson Trails Committee*); Dennis W. Beck, Michelle Brook, Chuck J. Elbert, Arch Seamans, Donald L. Weise (*Highlands Trail Committee*); Kathleen Carbone, Jack Grifo, Bruce Habegger and Marianne Neuber, Peter B. Howell, Jennie Richmond, William R. Smith, Shane C. Steward (*Long Path Committee*); Edward A. Bush, J. William Cass, James R. Cornelius, Mark Diekmann, Jeannine Femia and Barry Struck, Jim Hester, Kevin LaConte, Carole A. Liantonio, John Monchak, Stanley J. Mont, David Ovejero and Jerry Gonzalez, John Palczynski and Pat Laverty, George Skea and Kathleen Felmore, Donald B. and Janet B. Steig, Michael Taylor, Richard W. and Grace Walkus, Leon Wasserman (*North Jersey Trails Committee*); Jim and Gail Brown, Christopher Ezzo, Douglas F. McBride, Mary W. Mayer (*West Hudson Trails Crew*); Larry Braun, Edwin L. Joba, Rick Levey, David A. Webber (*West Hudson Trails Committee*); Anne M. and Peter Cade, Bruce Duty, Chuck Irwin, Bob

Isley, Donald B. and Jeane McLellan, John Merchak, Elizabeth V. D. Mills, Thomas C. Raylock (*West Jersey Trails Committee*).

Club Nominees

Ted Heider, Jr., John McLaughlin (*Appalachian Mountain Club/New York-North Jersey Chapter*); Gladys Blough, Brett Cason, Myron Clement, Stacey Durgin, Melanie Herr, Micah Herr, Lyndsey Hickman, Noni Johnson, Kenneth King, Stephanie King, Gretel Lowenthal, Peter McGuire, Jeffrey Maendel, Jabelle Magee, Christa Lynn Rhoads, Maria Shirkey, Terry Wipf, Eric Wright (*Catskill Bruderhof Communities*); Mathias Wuetric (*German-American Hiking Club*); Brian Mazur, Gail H. Stocks (*Interstate Hiking Club*); Louis Allstadt, Greg Berke, Joan Betts, Janice & Brice Blaskopf, John I. Coughlin, Bob Coven, George Duffy, Ed Farrell, Mary Garrity, Leon D. Hankoff, Pat Joseph, Edward Klein, Bernard Loyal, Maura Masden, Dick Opsahl, Kathleen Pawlowski, Joe Pomponio, Zu Proly, Joan Rague, John Ruffini, Barry Schwartz, Nicholas Sekreta, Joe Taylor, Jim Thompson, Arthur Voors (*Long Island Greenbelt Trail Conference*); George Klein, Don C. Pachner (*Sierra Club/Lower Hudson Group*); Kevin Broderick, Nancy Dorn, John G. McCullough, Judy Weiner (*Thendara Mountain Club*); Nick DiMichael, Michael Puder (*Ulran Trail Club*); Lore Jungster (*Westchester Trails Association*).

The Inca Trail to Machu Picchu: An Andean Hiking Destination

By Anne Lutkenhouse

The Inca Trail, a path palpating with a sense of mystery deep in the Peruvian Andes. Hiking this world-renown trail to Machu Picchu, the Lost City of the Incas, is a very do-able, 4-day, 30-mile, classic high-wilderness adventure route across two high passes. Each day yields lush cloud-forests and a cornucopia of flowers and hummingbirds beneath snow-capped peaks, with visits to more-and-more complex, well-preserved Incan sites as anticipation for reaching Machu Picchu builds.

The trek, through the ruggedly vertical Andes, is all above 10,000 feet, with a maximum of almost 14,000 feet, and, though strenuous, with careful pacing, is suitable for many hikers.

Combining the trek with the Winter Solstice Festival (Inti Raymi), the greatest of all Incan celebrations, held each year in Machu Picchu's gateway city, Cuzco, made for a wonderful hiking trip.

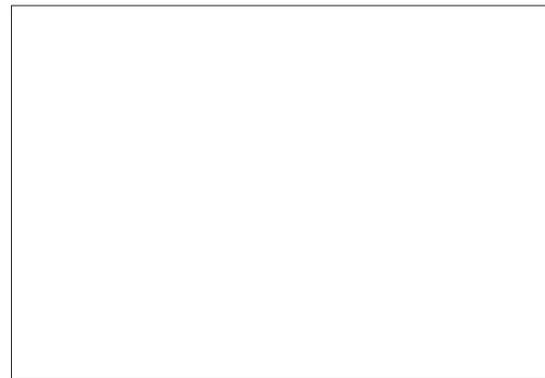
After the festival's introduction to Incan culture, we spent a few days exploring nearby ruins, ranging from ceremonial baths high in the hills where spring-fed stream waters still flow, 700 years after the Incas built them, to a volcanic rock temple housing the three Incan "worlds" in one locale—the under-world,

explored via the subterranean rock tunnels; this-world, depicted by the ground's surface and the rock carvings thereon; and the upper-world, the prickly crest of volcanic rock with its altars and ceremonial channels used to divine the future.

We set off on Day 1 from Kilometer 77, the starting point for hiking the length of the existing Trail. The trailhead starts at the narrow-gauge railroad tracks, passes through a tiny Quechua village, and begins in earnest along a relatively level path through a desert-like environment interspersed with cacti and cornfields above the Urubamba River. "Is this really the Inca Trail?" I thought. It seemed so unremarkable, showing none of the stonework-cribbed-trail-clinging-to-mountainsides one associates with this trail. As the valley began to narrow, we stopped at another Quechua community to partake of a "Trail store," a thatched-roofed lean-to shielding some young men and their dishtubs of river-chilled water containing bottles of mineral water and Coca-Cola! Thus fortified, we reached the overlook to the enormous, terraced-clad ruins of Llapacata village. Here we first felt the hair-raising reality that we were *actually walking in the footsteps of the Incas*. Continuing on under views of the snowcapped Nevado Veronica (18,865 feet, the highest peak in the Urubambas), we finished the easy day hike to set up camp in preparation for Day 2, reputedly the most strenuous.

That night, the stars of the Southern Cross were so plump and fuzzy, and so seemingly near, we felt we could reach up, pluck them from the sky, and place them on our sleeping bags.

Next morning as we left the desert-like environment, the trail quite suddenly grew steep and switch-backed, the path



Day 2 on the Trail: looking ahead from Warmiwansqua Pass

bare of vegetation as the valley narrowed. Breathing became something of which I was very aware. We climbed steeply for 5 hours or so, through plateaus hosting different ecosystems: a forest layer, and then a cloud-forest rainforest where vegetation closed in, giving us precious shade and cooler temperatures. The natural soil "steps" switch-backed relentlessly over, around and through tree roots sucking the energy from our legs, while flowering plants and birds surrounded us. Still feeling the effects of some stomach distress, and relying on rehydration solution for bodily fuel, this was a difficult toil for me. Yet something kept drawing me upwards to the 13,776-foot Warmiwansqua pass—a decisive point on the journey. Since I was far behind the group, I could gaze upward to see humans atop the pass silhouetted against the blue Andean sky. Seeing the goal, it now felt within my grasp. And ever so slowly, I did reach the pass

and reunion with my fellow hikers. Having earned the view of glacier-clad peaks across the valleys, I felt the realization to my very bones that we were deep in a primal environment and wonderfully far from civilization.

After lunching in the lee of the pass's pinnacle, we began a short, but steep and rocky, descent along a well-marked trail to our next camp in a forested valley. It seemed a perverse trail routing: having achieved the height of the pass to immediately begin descending. We would later learn this was for Incan strategic protection purposes.

Day 3 began with a short, steep climb out of the valley bottom, but this rise was noticeably less steep than yesterday, or is it that our bodies have risen to the physical challenge and are now stronger?

Before cresting the second pass's 12,630 elevation, we passed a couple of

continued on page 11

Annual Membership Meeting Set For October 16

STEP INTO THE 21ST CENTURY WITH THE NY-NJ TRAIL CONFERENCE

Meet new friends, hike a bit, and hear what the Trail Conference has been doing in the last year and what it has in mind for the future at this year's Trail Conference Annual Membership Meeting on Saturday, October 16, in the New Jersey section of the Palisades Interstate Park Commission.

This meeting, open to all NY-NJ Trail Conference members, club delegates, their immediate families and invited guests, will emphasize strengthening ties to the Conference's member clubs.

Club representatives will have the opportunity to set up information tables and present news about their clubs to all participants. The interchange of ideas will establish some guidelines for our future relationships, what the Trail Conference can do for our member clubs and what

our member clubs can do for the Conference.

The day begins with light refreshments and coffee at 9:00 a.m. The short business meeting begins at 9:30 followed by hikes between 11:00 a.m. and 3:30

p.m. The day's events conclude with an after-hike reception beginning at 3:30 p.m.

Hiking is a traditional part of our annual meetings. This year there will be an historic interpretive walk with Eric Nelsen of PIPCNJ that will include a tour of the Blackledge-Kearney House (mistakenly identified with General Cornwallis). Additional hikes along the cliffs on the

Long Path and close to the Hudson River on the Shore Trail will be offered as well.

Early registration is recommended. Registration fee for the full day's events is \$6 for adults and \$4 for children under 14 years of age. Public transportation is available; details will be sent with your registration confirmation.

Slate of Candidates Announced

The Nominating Committee is pleased to present the following slate of candidates for the Board of Directors (class of 2002, to serve until October 2002), and for Delegates-at-Large: **Board of Directors:** Paul Bell,* John Gunzler,* Ann Loeb, and William Mishler.*

Delegates-at-Large: Barbara Albeck,* Larry Braun, Eric Calder, Jacqueline Corrieri, Wanda Davenport, Ilse M. Dunham,* Clifford Gerenz, Denis Halliwell, Jill Hamell, John P. Jurasek,* Jane Levenson, Larry A. Luxenberg,* Michael D. Selender,* Naomi Sutter, Cyrus Whitney.

* denotes a new nominee not currently serving in the position for which (s)he is nominated



NY-NJ Trail Conference 1999 Annual Meeting

Registration Form

Saturday, October 16

Please Print:

Name(s) _____

Address _____

City, State, Zip _____

Telephone, day _____ Telephone, eve _____

I need public transportation details.

Payment is enclosed for:

Full day, _____ adults at \$6. each \$ _____

Full day, _____ children (under 14 years) at \$4. each \$ _____

Total \$ _____

Return this form with payment by September 30, 1999 to: NY-NJ Trail Conference, Annual Meeting, 232 Madison Avenue, #802, NY, NY 10016

THE VIEW FROM ALBANY

CONSERVATION AND ADVOCACY REPORT

■ A Green New York Budget!

To paraphrase, it's later, but it's greener than ever. It's a hiker's budget to be sure. The Adirondack Mountain Club (ADK) and the Trail Conference lobbied hard for the green. The 1999 state budget appropriates \$74 million, the largest amount ever budgeted, for buying new state park and forest preserve land. The money comes from both the Environmental Protection Fund and the 1996 Clean Water Bond Act—new money to finance additions to Sterling Forest State Park, extend the Long Path, create Schunemunk Ridge State Park and acquire key trailheads in the Catskill Forest Preserve. More significantly, this budget provides a means for caring for our wild lands.

■ A Stewardship Fund At Last

The Legislature approved \$12 million for backcountry stewardship projects from the Environmental Protection Fund. State park managers will also receive some of this stewardship funding. For several years, ADK and the Trail Conference have lobbied for the creation of this land stewardship fund.

This money will fund hiking trail construction and maintenance in the Catskill Forest Preserve and state parks, campsite and campground restorations, and trailhead parking. It can also be used to implement unit management plans, financing long deferred facilities to enable the public to reach and safely use the Forest Preserve and our wilder state parks.

This is a major infusion of money, a ten-fold increase in the amount of money available to the Department of Environmental Conservation (DEC) for maintaining trails, lean-tos and backcountry facilities. This funding represents the achievement of a major goal of the ADK/Trail Conference advocacy partnership and it exists largely because of our lobbying efforts.

Our members wrote countless cards and letters to legislators and many even visited them. We kept the issue on the top of the state's environmental agenda; it was our number one lobbying priority. Now, we will work to ensure the precious money is wisely spent. Thanks to everyone who helped us lobby this critical issue. You made the difference.

The budget also contains an additional \$10 million dollars for state park and forest preserve facility projects from the 1996 Clean Water Bond Act. In 1999, this type of funding financed the work of ADK/Trail Conference trail crews in the Catskill Forest Preserve. An additional \$1 million of General Fund money will pay for new trails and trailhead parking areas in Sterling Forest State Park and Putnam County's new Wonder Lake State

Park. Another \$1.6 million will enable DEC to hire 33 new environmental conservation officers and 17 new forest rangers. Finally, \$30 million from the State Parks Infrastructure Fund will enable the repair of the bricks and mortar parts of our state park system.

■ Lobbying For a New Schunemunk State Park

With Sterling Forest State Park now a reality, ADK and the Trail Conference are turning their lobbying energy to the creation of a new state park for Schunemunk Mountain. On May 25, Neil Woodworth met with Governor George Pataki and Secretary to the Governor, Bradford J. Race, Jr. to discuss the fate of Schunemunk.

Very popular with hikers, the Mountain's rugged beauty, 25 mile trail system, and magnificent views should be part of our state park system.

Pronounced "skun-uh-munk," the name means excellent fireplace in the Lenni Lenape dialect of the local Delaware tribe. This eight mile long ridge of conglomerate stone dominates the Moodna and Woodbury Creek Valleys south of Newburgh. Nearly 1,700 feet high, the mountain offers a breathtaking ridge walk with views from the Delaware Water Gap, the Kittatinny Mountains, the Shawangunks and the Catskill High peaks. To the east, hikers can enjoy an excellent view of the Hudson River near Newburgh, Storm King Mountain and, closer at hand, mountains in Harriman Park and Black Rock Forest.

The Open Space Institute already owns much of the northern half of the mountain. A variety of private owners own other sections. Governor Pataki was personally familiar with the hiking trails on the mountain and strongly supported acquiring land there for a new state park. After this meeting, ADK and the Trail Conference provided the Office of Parks, Recreation and Historic Preservation (OPRHP) a detailed series of maps and property owner information to facilitate negotiations with landowners.

■ Taconic Crest Trail Protection Completed

In late May, the Department of Environmental Conservation completed the acquisition of lands and easements on some 5,575 acres along the Taconic Crest Trail in the Towns of Petersburg and Berlin in eastern Rensselaer County. The acquisitions were facilitated by purchases of 1,878 acres from the Trust for Public Land and conservation easements over 3,000 acres, purchased from W.J. Cowie, a forest products company. These acquisitions bring the total state holdings to



Adirondack Mountain Club and its partner, the New York-New Jersey Trail Conference, now enjoy a strong presence in downtown Albany only a few blocks from the legislature and the governor's office, as well as close to the state Office of Parks and Department of Environmental Conservation. An open house to formally announce full operation of the new Public Affairs office welcomed friends and colleagues on May 18th. The office is staffed by Director and Counsel Neil Woodworth and Legislative Associate, Meg Carr. During the open house, a Trail Conference poster was presented for the office. l. to r. ADK Executive Director, Jo Benton; NYNJTC President, H. Neil Zimmerman, and Executive Director, JoAnn Dolan; ADK Assistant Executive Director and Counsel, Neil Woodworth.

5,300 acres along the 31-mile Taconic Crest Trail, with an additional 10,746 acres of lands protected by conservation and recreational use easements.

One of the parcels will provide, for the first time, a northern terminus and trailhead in New York State.

■ Ski Centers and Cell Towers

ADK and the Trail Conference successfully opposed legislation (A.8780/S.5199), which would have authorized the leasing of the state-owned Belleayre Ski Mountain to a private corporation. The Belleayre Ski Center is located on Catskill Forest Preserve lands. The bill clearly violated the state constitution's "forever wild clause" which prohibits the lease, sale or private use for profit of Forest Preserve land. While ADK and the Trail Conference are not opposed to upgrading the ski facilities, the granting of an exclusive franchise to a private corporation for use of the Preserve is forbidden by the state constitution and requires a constitutional amendment.

The Belleayre bill passed the Senate in mid-June. Fortunately, the state Assembly did not approve the bill. The bill sponsors, Senator John Bonacic and Assemblyman Kevin Cahill, have indicated that they may re-introduce the bill next session. They have indicated that they may seek a constitutional amendment in the 2000 session either to privatize Belleayre or to remove the ski center from the Forest Preserve.

The legislature introduced industry-supported cell tower siting legislation this year (A.6430/S.2113, S.5956) which would have exempted proposed cell towers, their power lines and service roads from environmental review under the State Environmental Quality Review Act (SEQRA) and classify them as "actions which will not have a significant adverse effect on the environment under any cir-

cumstances."

The bill would have authorized cell towers virtually anywhere on public land without SEQRA standards, safeguards or public review process. It also purported to authorize the leasing of tower sites in the Catskill and Adirondack Parks, every state park and preserve, DEC wildlife management areas, county and town parks, and other numerous types of public land. After significant opposition from environmental groups such as ADK, the Trail Conference, Scenic Hudson and local governments, the Senate and Assembly decided not to act on the industry-favored bills in the 1999 session.

■ Catskill High Peak Protection Strengthened

In addition to the Bearpen purchase, Governor Pataki announced the designation of 3,700 acres of State-owned land in the High Peaks of the Catskill Mountains as a Bird Conservation Area, focusing more attention on these critical habitats and the need for their protection. All Catskill peaks over 3,500 feet in Slide Mountain Wilderness (Ulster County); Indian Head and West Kill Wildernesses; and wild forest areas in the Hunter Mountain and Blackhead Range (Greene County) have been designated as Bird Conservation Areas.

The high peaks of the Catskills are extremely important to birds because of their unique habitats, which include mountainous, or subalpine, forests that remain cool and moist throughout the summer months.

The peaks are known to support birds such as the Bicknell's thrush and blackpoll warbler, which nest at high elevations. These locations in the Catskills are the southernmost extent of the breeding range of the Bicknell's thrush.

Hunting Schedules

New York and New Jersey have announced their hunting schedules for large game, and times when firearms are permitted. We strongly urge hikers to wear safety orange clothing during these times. Dates listed are inclusive.

NEW YORK: Southern Zone (including Catskills)

Deer Season

Archery: Oct. 15- Nov. 21; Dec. 15- 19
Archery, Westchester Co. only:
Nov. 1- Dec. 31
Firearms: Nov. 22 - Dec. 14
Muzzleloader: Dec. 15- 21

Hunting is not allowed in Bear Mountain-Harriman State Park. However, it is allowed in parts of Storm King, Minnewaska and Sterling Forest State Parks. Contact 914-786-2701 for more details about hunting in these parks.

Black Rock Forest closes to hikers for part of the deer season, including that portion of the Highlands Trail in the Forest. For details, call 914-534-4517. For more information about New York hunting schedules, call the Office of Parks & Recreation, 518-474-0456, or the hunting, fishing and game licensing/sales office, 518-457-3521.

NEW JERSEY Deer Season

Archery: Oct. 2 - Nov. 27
Firearms: Dec. 6 - Jan. 29, 2000
Muzzleloader: Nov. 29- Jan. 21, 2000
Special High Point State Park Season:
Nov. 15-24

Coyote Season

Jan. 29, 2000 - Feb. 14

Most of Ramapo Mountain State Forest is closed to hunting. Hunting is not allowed on Sundays in New Jersey. For more information about the New Jersey hunting schedules, call 908-735-7040 or 609-292-6685.



▪ Be Prepared! ▪ Give a Gift!

Hikers' Market Place

NY-NJ TC member? YES NO JOINING NOW

Please order by circling price

	Retail	Member	P/H	Total
Official Conference Maps				
Harriman-Bear Mtn. Trails (1995, rev. 1998)	\$7.95	\$5.95	+.95	_____
East Hudson Trails (1997)	\$8.95	\$6.75	+.95	_____
West Hudson Trails (1992)	\$6.95	\$5.25	+.95	_____
Catskill Trails (1996) & see combo	\$13.95	\$10.45	+\$1.10	_____
Shawangunk Trails (1997) & see combo	\$8.95	\$6.75	+.95	_____
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South Taconic Trails (1988, rev. 1998)	\$4.95	\$3.75	+.65	_____
North Jersey Trails (1998)	\$7.95	\$5.95	+.95	_____
Hudson Palisades (1991)	\$4.95	\$3.75	+.80	_____

Books

NEW! Scenes & Walks in the Northern Shawangunks (1998) & see combo				
	\$8.95	\$7.15	+.175	_____
NEW! New York Walk Book (1998)				
	\$19.95	\$15.95	+\$3.00	_____
NEW! New Jersey Walk Book (1998)				
	\$15.95	\$12.75	+\$3.00	_____
Iron Mine Trails (1996)	\$5.95	\$7.15	+.175	_____
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	\$12.95	\$10.35	+.250	_____
Harriman Trails Guide (1992, repr. '94) & see combo	\$14.95	\$11.95	+.300	_____
Circuit Hikes in No. Jersey (1995, repr. 1998)	\$9.95	\$7.95	+.175	_____
Long Path Guide to NY/NJ (1996)	\$9.95	\$7.95	+.175	_____
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Nature Walks in New Jersey (1998)	\$12.95	\$10.35	+.250	_____
50 Hikes in New Jersey (1997)	\$14.95	\$11.95	+.175	_____
50 Hikes in Hudson Valley (1994 repr. 1998)	\$14.00	\$11.20	+.175	_____
Best Hikes w/ Children in the Catskills & Hudson River Valley (1992)				
	\$14.95	\$11.95	+.175	_____
Best Hikes w/ Children - New Jersey (1992)				
	\$12.95	\$10.35	+.175	_____
NEW! A.T. Guide for NY & NJ (1998) w/ 6 maps				
	\$19.95	\$15.95	+.250	_____
ADK Guide to Catskill Trails (1994, repr. 1998)	\$16.95	\$13.55	+.250	_____

Combo-Packs

Catskill (5 map set & book)	\$27.80	\$21.60	+.250	_____
Harriman (2 map set & book)	\$20.65	\$16.15	+.250	_____
Kittatinny Combo Maps (4 N&S) (1997)	\$12.95	\$9.75	+.175	_____
NY & NJ Walk Books	\$32.35	\$25.85	+.500	_____
Kittatinny Double (DWG guide & 4 map set)	\$18.80	\$14.50	+.250	_____
Shawangunk Combo (4 map set & book)	\$16.10	\$12.50	+.250	_____

The Personal Touch

NY-NJTC T-Shirt Circle: L XL	\$13.93	na	+.200	_____
75th Anniversary T-Shirt Circle: M L	\$15.00	na	+.225	_____
Harriman Map Bandanna	\$6.95	\$5.95	+.125	_____
Conference Logo Patch	\$2.75	na	postpaid	_____
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*If postage is \$5 or more, can we ship UPS? Yes No (usually someone has to sign for UPS)

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HIKERS' BOOKSHOP

Nature Walks in New Jersey

by Glenn Scherer. Appalachian Mountain Club Books, 1998. 219 pages. \$12.95

Reviewed by Nancy K. Zimmerman

Why would you want to add this book to your ample shelf of guidebooks? Because it pulls them all together. You cannot leave your field guides home—in fact, you will be inspired to take *more* of them. And you will be scouring your other hiking books for more trails, because you will learn principles from *Nature Walks* that will help you anticipate what you might find in the same area or in similar topography/geology.

You might also want this book just in order to read it from cover to cover. I found descriptive phrases such as “tombstone gray bark” (beech trees), “the sunny face of yellow thistle,” and “New Jersey’s coastal plain was born out of a dance between land and sea” carrying me along with the pleasure of the reading.

Included in the 46 trail chapters are 32 nature essays. These are half-page elaborations that focus on one plant, animal, phenomenon, etc. Throughout the text nearly every paragraph is a “snapshot.” Many include what I can only label as lore—altogether, an eclectic hodgepodge of fascinating facts.

Nature Walks includes a state trail-location map and a checklist of trail features. Each trail chapter is headed by a short description encapsulating the major reason to hike there. But you will want to make your own notes about when wildflowers bloom or the several hikes that include wetlands of a particular type, for instance. To help you fully enjoy the hikes, be sure to stop at the visitors’ facilities described at the end of each trail chapter. There you can check for additional natural features and compare the site’s trail maps with the book’s very simple and generalized schematics.

Shawangunk: Adventure, Exploration, History and Epiphany from a Mountain Wilderness

by Marc Fried. Published by author, 1998.

Reviewed by Jon Sterngass

The Shawangunks have long been the poor cousins of the New York area’s mountains; not as storied as the Catskills, numerous or high as the Adirondacks, or dramatic as the White or Green Mountains. Mark Fried tries to redress this imbalance in *Shawangunk: Adventure, Exploration, History, and Epiphany from a Mountain Wilderness*, based on his 30+ years of exploration of the region.

Fried entertains us with his tales of mountain blazes, huckleberry pickers, mountain lion sightings, and enthusiastic descriptions of exotic and mundane plants, birds, animals, and insects. The author built a temporary domicile to be used as a base camp in the Shawangunk badlands and he affably describes his cabin’s quirks in a way reminiscent of John Burroughs. Hikers will appreciate his description of the mountains’ charms. Fried prefers winter to summer camping (he actually hiked into the mountains in 1993 just to experience a predicted “winter cyclone of near-hurricane intensity”), and his excerpts from journal entries make for fascinating reading.

Unfortunately, several dubious editing decisions undermine the book. The first chapter, describing the Shawangunks from numerous vantage points, is by far the book’s duller, and the inclusion of the author’s own poetry seems superfluous. By trying to cram too much into a first-person narrative (adventure, exploration, history and epiphany), Fried leaves the reader unfulfilled on all counts. Fried’s earlier works—*Tales From the Shawangunk Mountains* (Adirondack Mountain Club, 1982) and *The Huckleberry Pickers* (Black Dome, 1995)—cover much the same ground and are preferable in both style and content.

THE INCA TRAIL continued from page 8

glacial tarns offering excellent views of the Pumasillo (puma’s teeth) Mountains, as well as the deep gorges and steep ridges of the eastern Andes. Ahead of us lay the Royal Road, the 4- to 6-foot-wide, stone-paved Inca “highway,” painstakingly unearthed—the more well-known image of the Inca Trail.

At one point, after we slithered through a narrow tunnel carved from the rock to allow walking behind a too-steep-for-trail-building section, our local guide, without fanfare took out his reed flute and sat down under a special tree to play some personal melodies. As the melancholy tones floated over me, I sat on the ancient stones to listen to the timeless sounds in this most appropriate of places.

Approaching our campsite just shy of Phuyupatamarca (City in the Clouds, elev. 11,975), we were jolted from our reverie by the sight—far, far off in the distance—of the few electric lights in Aguas Caliente, the hamlet at Machu Picchu’s base, our destination at day’s end tomorrow. The Trail’s remoteness, and its human history seeping into my soul through each footstep, had soothed my being that I cried at the thought of having to leave it and return to civilization.

Up at 5:15 a.m. the next morning, we scamper the final several hundred feet to view sunrise over Salcantay peak, the sun’s first light illuminating the filigree-like cut-work where snow and rock intermingle on the snowfields of the Pumasillos. Leaving camp, we descend down 3,000 steps cut into the mountain. The stairs, a more-recently discovered section of the Highway, seem to drop almost straight down through the lush vegetation of the orchid- and wild begonia-rich cloud forest. We learn the Peruvian secret to avoid leg muscle fatigue while descending: go down sideways.

We glimpse the Winay Wayna ruins far below, whose terraces, rooms and ceremonial baths cling to the mountainside overlooking the winding Urubamba River. We share the path with donkeys on cargo treks led by Quechua children, then explore the ruins, the biggest and most complex on our way. After the precipitous de-

IF YOU GO:

I went with a pre-booked tour offered by a British company, Exodus Walking Holidays. American companies offer trips, too, all of which are usually porter- or horse-assisted. You can also make private arrangements in Cuzco, spur of the moment, to hike the Inca Trail. This might be for the more adventurous.

Hints:

- Arrive in Cuzco (11,100 feet) at least several days ahead of hiking to acclimatize. The altitude is a real consideration.
- We went in winter (June - August). It was warm and sunny, a peak time for wild flowers and plants a-bloom. Temperatures can drop to below freezing at night in camp (we woke up to frost one morning). Rain seldom falls during this season.
- Even at midday, clouds can obscure the sun and the apparent temperature cools dramatically, so we layered a lot. The usual performance clothing and gear is necessary. I recommend having some of the rehydration salts packets; keeping hydrated at elevation is very important, and, with the change in food, some stomach distress may result. If that happens, the salts will insure that your body’s chemistry is ready for the Inca Trail.

scend, this section is quite flat, allowing plenty of time to pause and smell the heady scents of vegetation new to us.

Although an easy, short hike from Winay Wayna to the Inti Punku (Gate of the Sun), it takes longer than one expects since the trail traverses many canyons, covering more distance than the eye perceives. Just when you think you’ll never reach that first view of Machu Picchu, a stone staircase greets you around a slight bend and takes you to the Inti Punku for the first breathtaking view of the Lost City. Your jaw drops with wonder: the city is immense compared with other ruins we have passed, and yet, is itself dwarfed by the enormity of the raggedly-sheer peaks towering overhead for 360 degrees.

We sat for a while trying to comprehend the image before our eyes. The quest, the goal of our trek, lay before us, still an hour away. Yet this point also marks the end of the wildest part of our journey, and it is this very journey that resonates so deeply, and unexpectedly, in my core.

Hiking to Machu Picchu, if one is able, is the only way to arrive. It gives you four days to adjust your perspective, to “tune in” to another culture, and to share the commonality of walking experiences with the Incas of yore.

I discovered that while the Inca Trail was initially the means to an end, it became a life-affirming experience, a time away from our modernity, and distilled for me the essence of what is valuable and necessary for life—shelter, food and movement. It’s about as simple as one can get, and yet it took this journey to discover it at all. 🌿

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STERLING FOREST

continued from front page

would border Sterling Forest State Park.

This plan is currently going through the Draft Environmental Impact Statement (DEIS) process. In May, the Town of Tuxedo, which is the lead agency to make final decisions on the development plan, held a public meeting on the "scope" of the DEIS that the Corporation will be required to prepare for this new development. Many of the same issues were raised at the meeting that aired during the Corporation's initial development plan prior to the creation of the state park. Problems such as inadequacy of the water supply and drawdown from Sterling Lake and Blue Lake, sewage effluent into the Ramapo and Ringwood rivers, air quality, and the impact of infrastructure on adjacent forest and water habitats still remain. Trail Conference executive director, JoAnn Dolan delivered oral and written scoping comments, requesting among other things, that the DEIS include a detailed study of the visual and noise impact of development on the Appalachian Trail and the trails system in Harriman State Park. Conference volunteer, Walt Daniels, raised the issue of illegal motorized vehicle use that will inevitably take place within fragile sections of Sterling Forest if homes adjoin parkland.

Public Voice Needed Now

Recently, New Jersey Governor Christie Whitman has received over 4,000 letters from citizens irate over the continued threat of Sterling Forest development degrading the Ramapo River and the quality of drinking water in New Jersey. Keep sending letters!

To date, New York Governor George Pataki has heard very little from the public. If you want to see the remaining Sterling Forest land protected, now is a critical time to write or e-mail the Governor and strongly urge him to fulfill his commitment to protect all of Sterling Forest. Be sure to include your full name and mailing address to: The Honorable George E. Pataki, Executive Chamber, State Capitol, Albany NY 12224, or gov.pataki@chamber.state.ny.us. A sample letter can be found on the Conference website: www.nynjtc.org.

Sterling Forest State Park Master Plan in Process

Meetings were held in May to gather public input on defining the scope of the Master Plan and Environmental Impact Statement for Sterling Forest State Park.

Overwhelmingly, the meeting participants urged that Sterling Forest be preserved as an intact forest with the watershed and wildlife habitat protected. Representatives of the NY-NJ Trail Conference were among many who urged low impact recreational use with minimal disruption of the forest. Conference executive director, JoAnn Dolan, presented oral and written scoping comments.

The public also sought creation of a Public Advisory Council to provide for meaningful public participation in the plan preparation. The Palisades Interstate Park Commission, which arranged these public meetings, indicated that two "study" groups would be created, one from the general public and municipal officials and the other from the scientific community. At this time these groups have not been formed.

HEALTH HINTS FOR HIKERS

Dear Dr. Rosen,

I'm writing in response to your column in the March/April 1999 *Trail Walker*, to let you know that Band-Aid's Blister Relief cushions work wonderfully!

Before they came along, I'd tried everything: moleskin, gauze, tape, polypropylene sock liners, etc. Band-Aid's Blister Relief cushions are the only product that have consistently prevented me from developing blisters. Once applied, they usually adhere to the skin for at least a couple of days — even if you take a shower.

I highly recommend them. I've found that not all drug stores carry them,

though. In the NYC-Westchester area, Duane Reade and some CVS stores carry them.

Otherwise, they can also be ordered by catalog (a somewhat more expensive option) from Lab Safety Supply, at 1-800-356-0783.

I hope that those of your readers who have suffered as I once did will take heart now.

Sincerely,
Jean M.

Dr. Rosen replies:
"Certainly sounds like a 4-star review!"



T-shirt Design Contest

Attention all budding artists and creative sorts: HELP DESIGN our new T-shirts. We are looking for new design ideas for our T-shirt. (Our 75th anniversary was almost 5 years ago!) Submit your ideas before September 30 (only 1 entry per person) and we will publish the 5 best designs in the next issue of the *Trail Walker* for our members to vote on. We are offering an incentive of \$250 for the winning design and \$100 for the runner-up. Only stipulation: you must identify NY-NJ Trail Conference in the design.

Sterling Forest State Park Programs

Sept. 12. Fall Wildflowers and Herbs in Sterling Forest, 1-4 p.m. Wildflower horticulturist, Susan Sharko, will lead a walk along byways and forest trails to show us the abundance and beauty of wild flowers and useful herbs in our backwoods. Meet at the Red Apple Rest. SF Partnership members free, non-members \$4.

Oct. 3. Sterling Forest Iron Mines and Furnaces, 1-4 p.m. The iron industry of Sterling Forest was crucial to the outcome of both the Revolutionary and Civil Wars. Come see the remains of this great industry of the Highlands. We will car caravan to some of the mine sites and furnaces in the Sterling Forest area and hear about the heyday of iron production in our backyard. SF Partnership members free, non-members \$4.

Oct. 10. Sterling Forest Graveyard History, 1-4 p.m. Tombstone restoration specialist, Roger King, will take us to several historical graveyards and recount early American events related to these sites. Meet at the Red Apple Rest. SF Partnership members free, non-members \$4.

Oct. 16. Sterling Forest Fall Colors and Migrating Hawks, 10:30 a.m. Enjoy the autumn hues on an easy 4 mile hike along the Appalachian Trail from Mount Peter to Lakes Road. Hike leader Jeffrey Hunter will take us to the Mount Peter hawk watch station to try to catch sight of some of the thousands of raptors that migrate south at this time. Then on to the Pinnacles and Cat Rock for views of the Sterling Forest fall colors. Meet at the top of Mount Peter on Route 17A, between Greenwood Lake and Warwick, NY. Bring binoculars and lunch. No fee.



Perched on the rocks near the shelter on the Suffern-Bear Mountain trail in Harriman State Park, the Trail Conference staff enjoys a gorgeous day on their annual employee hike. Staff pictured clockwise: Administrative Director, Judith Fulmer; President, H. Neil Zimmerman; Student staff: Kent Yeung, Michael Fung, Vincent Chong, Kathy Huang; and Office Manager, Jeff Henry.

IN MEMORIAM

Ron Busse

Ron Busse, perhaps best known as the most precise painter of trail blazes ever, died earlier this year at his home in Maryland. Ron participated in Appalachian Trail relocation worktrips from 1979-90, helping to build the permanent route of the Appalachian Trail in Dutchess County, NY. We fondly remember Ron as an "accomplice" of Elizabeth Levers on all variety of AT worktrips. A quiet man, he could be depended upon to pitch in anywhere. Ron was also a long-serving Dutchess County AT local management committee member and a member of the Trail Conference's East Hudson trail crew. He also held membership in the Appalachian Mountain Club and Green Mountain Club.

BULLETIN BOARD

■ I have topographical maps of most of the untrailed 4000' of New England as well as the hundred highest. Also available are maps of the untrailed peaks of the Adirondacks. I would like to find a new home for one or all. Contact Betty Heald @ 201-967-2937 or ebheald@aol.com.

■ Leisure walking 12-15 miles per day in the Lake District and Yorkshire Dales areas of England in late May/early June 2000. Opportunity for viewing historical sites such as Hadrian's Wall, and for socializing with the locals. Besides walkers, I'm interested in a volunteer van driver. Trail Conference life member and experienced (non-commercial) United Kingdom walker Richard Greve is organizing the trip for the Outdoor Club of South Jersey, a member group of the Trail Conference. For more information, send a self-addressed, stamped envelope to him at 115 Dawn Drive, Mt. Holly, NJ 08060.

■ FOUND: a watch on Quarry Road Trail across from Stoney Beach at Cold Spring. Call Mal, at 914-265-5024.

Bob Maloney

On Sunday, June 6, National Trails Day, Bob Maloney passed away at the beginning of the Interstate Hiking Club's annual meeting hike. He was reclining on a rock outcrop along the Long Path north of the junction with the Menominee-Nawahunta Trail when he drifted off to sleep, never to regain consciousness.

Bob was an avid hiker and skier. He was an active member of both IHC and Frost Valley Trail Walkers, and served as IHC treasurer for the past 3 years, making a major contribution toward revitalizing the club.

We'll remember Bob for his rare ability to speak his mind without offending, and dry sense of humor that never came at anyone's expense. We feel fortunate to have hiked with him.

- Mike Selender, President, IHC

Looking for a new trail to hike or up-to-date information about your favorite trail?

Try www.nynjtc.org

Our new and improved website, designed by John L. Kolp and Walt Daniels, offers in-depth, timely information about NY-NJ Trail Conference activities, projects, trail issues and trails themselves.



KENNARD GRANT
continued from front page

noted, "Protecting the hiking opportunities in the immediate New York City area is important to me. The Trail Conference, with its long history of volunteerism and activism, is the pre-eminent organization in this region to do that job."

While chainsaw certification courses have been given for the past few years, re-certification courses, which refresh an operator's skills under the eye of a certified instructor, have yet to be presented by the Trail Conference. The hiking community standard requires a re-certification course every three years to keep the operator current on new techniques and standards for bucking, felling and limbing trees during trail maintenance, as well as to maintain a strong emphasis on good safety skills.

The Trail Conference is seeking to have a member re-certified as a chainsaw instructor, who would then be able to offer the one-day refresher courses for our volunteers on a regular basis in-house. This would provide greater flexibility in meeting our re-certification needs than we

currently have under a request-basis arrangement with our state and federal agency partners.

Winch rigging systems also demand high levels of experience and exposure to a variety of applications to improve operators' safety. With the Kennard Foundation donation, the Trail Conference will bring in experienced trainers on a regular schedule to transfer their field-earned knowledge to our trail crew members.

"The Kennard Foundation well understands the variety of skill training our volunteer trail crew members require, and has been very supportive by earmarking portions of two generous grants to meet those needs," said Anne Lutkenhouse, Trail Conference Projects Director. "The Foundation's investment to provide ongoing safety skill training to our volunteers, and general operations support, assures a legacy of trail care and improvements well into the new century."

The Trail Conference is deeply appreciative of The Kennard Foundation's gift. 

BEARPEN PURCHASE
continued from front page

River areas of the New York City Watershed. What an incredible bargain. Kudos to Governor Pataki and Commissioner John Cahill for this valuable purchase."

Fred LeBrun, political and outdoors columnist for the *Albany Times Union* observed in his column: "We nearly lost the acquisition of Bearpen — a dreadful thought — but Neil Woodworth, representing the 135,000 members of the Adirondack Mountain Club and the New York-New Jersey Trail Conference, urgently warned DEC Commissioner John Cahill. A private developer was interested, so was the City of New York, which was seeking to improve watershed protection."

Subsequently, DEC successfully concluded its negotiations with the owner and bought this valuable tract. ADK and the Trail Conference are now lobbying for the purchase of a 500-acre tract on the summit of nearby Vly Mountain.

With the acquisition of Bearpen Mountain, the State has now protected the northwestern-most high peak in the Catskills. This wonderful new addition to the State Forest system will provide outstanding recreational opportunities for hikers, campers, hunters and all those who would like to enjoy fantastic panoramic views of the Schoharie Valley and the Huntersfield Mountain range.

The State purchased the property for \$940,000, using Environmental Protection Fund (EPF) resources. The EPF supports more than a dozen State and local environmental programs, including the conservation of priority open space projects identified in the State's Open Space Conservation Plan. 

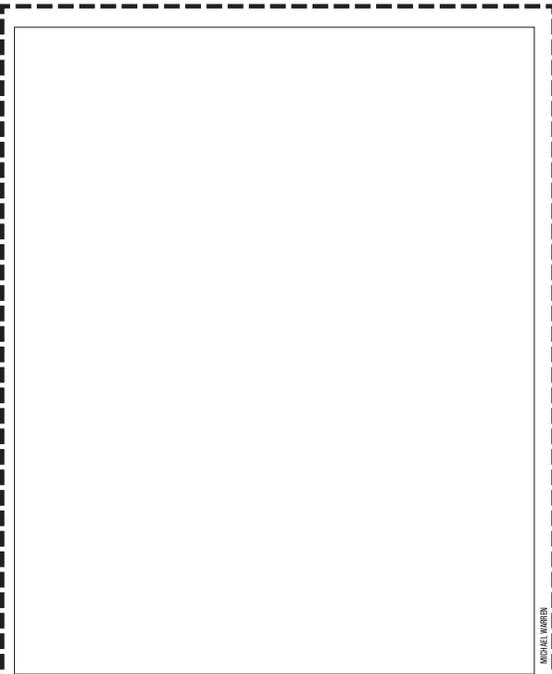


PHOTO: JIMMY WALKER

...thanks to the volunteers of the New York-New Jersey Trail Conference. Join and help support the organized volunteer work of building and maintaining foot trails. Get discounts on maps and guidebooks, a subscription the TRAIL WALKER, and learn to do trail work. Add your voice to the thousands of hikers in our region!

I want to join the NY-NJ Trail Conference in the category indicated:

Regular	Individual	Joint/Family
Sponsor	Benefactor	Student
Limited Income	Life	
	<input type="checkbox"/> \$21	<input type="checkbox"/> \$26
	<input type="checkbox"/> \$45	<input type="checkbox"/> \$50
	<input type="checkbox"/> \$95	<input type="checkbox"/> \$100
	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
	<input type="checkbox"/> \$15	<input type="checkbox"/> \$20
	<input type="checkbox"/> \$400	<input type="checkbox"/> \$600*

* two adults at same address

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

DAY PHONE _____ EVENING PHONE _____

E-MAIL _____

Check one: new member renewal

Make check or money order payable to the NY-NJ Trail Conference, and mail to: 232 Madison Ave., Room 802, New York, NY 10016-2901.

Tax-deductible except for \$4.00



HIKERS' ALMANAC

continued from back cover

MONDAY, 27

RVV. Mt. Greylock (Adams, MA) via Money Brook/Hopper Trail. Meet: 7 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. For more information call: 914-246-4500. Strenuous 9.3 miles, 6.5 hours. Inclement weather date-following Monday.

THURSDAY, 30

FVT. Mahlon Dickerson/Beaver Brook Circular. Leaders: Jim & Teresa McKay, 973-538-0756. A hike of about 8 or 9 miles on the Beaver Brook trail and woods roads. Meet: 10 am at Saffin Pond parking area.

UHC. Mahlon Dickerson/Beaver Brook Circular. Leaders: Jim & Teresa McKay, 973-538-0756. Meet: 10:00 a.m. at Saffin Pond parking area. Take Rt. 80 west to Exit 34B, Rt. 15 north. Go five miles on Rt. 15 north to Weldon Rd. on right. Follow Weldon Rd. 1.5 miles to Saffin Rock Hill parking lot. This is the first Mahlon Dickerson parking area. The sign is new and this designation is not on the older trail maps. A hike of about 8 or 9 miles on the Beaver Brook trail and woods roads. A moderately strenuous hike. Steady rain cancels.

OCTOBER SATURDAY, 2

UC. Cheesequake State Park. Leader: Mae Deas, 908-233-6641. Meet: 10 am, Exit 120 off I-95 Parkway. Follow signs to park & then to bath house parking area. Enjoy a change of scene in this not-too-distant park with varied terrain of pine barrens forest, freshwater swamp & hardwood forest. Also a brief visit to interpretive center.

NYHC. Yellow trail in Staten Island. Leader: Mike Puder 718-763-1635 call any day between 7pm & 10pm. Meet: Staten Island Ferry Terminal, Manhattan side. Take boat & then bus to Doctor's Hospital. Please call leader during the week for hiking meeting.

IHC. The Badlands (Shawangunks). Meet: 8:30 am at Harriman RR station, Rt. 17, Harriman, NY. Leader: Mike Selander, 201-451-5411; mike_selander@mindspring.com. Moderate up to 10 miles of carriage roads & trails in Sam's Point Dwarf Pine Ridge Preserve, a unique natural area in Ellenville, NY. We'll visit Van's Point, Lake Maratanza, Indian Rock, High Pt., Sunrise Rock, Verkeerder Kill Falls & an off-trail point of interest. The blueberry should be bright red against the dark green of pitch pine. Parking fee.

PPOW. Staten Island Butterfly Migration. Meet: 9:45 am at Hyland Blvd auto entrance to Great Kills Park (or take 8:30 am ferry from South Ferry and 9:00 am Hyland Blvd bus #578 from St. Ferry Terminal to Park entrance). A 6-mile nature walk/talk in Gateway National Recreation Area for seashore & barrier beach ecology. Bring adequate lunch & beverage. Leaders: Dick Buegler, 718-761-7496, or Herman Zaage, 718-727-0772.

SUNDAY, 3

UC. Reeves Brook to Suffern. 10 miles. Leader: Dick Wolff, 973-764-7415. Call 9pm-11pm ONLY. Meet: 8:55 am, Staatsburg, on Rt. 17. We'll use the Kakati, SBM, and other trails. Rain or shine.

NYHC. Black Rock Forest. Leader: Lester Lica 718-386-6216. Call between 10pm and 11pm. Meet: 9 AM at the parking lot. Experience and fit hikers only. This is a very long hike with lots of ups and downs. Bring lunch and plenty of water and a camera. This hike requires a car. If you do not have a car call the leader and he may be able to arrange transportation for you.

NYHC. Teatown Reservation. Co-leaders: Sal Varbero 718-420-9569 and July Levine, 718-482-9659. Call 7pm to 10pm. Meet: at Grand Central Terminal at 9:30 AM train to Croton-Harmon. Bring plenty of water & lunch.

IHC. Sterling Ridge End-to-End. Meet: 9:00 am at south end of Sterling Ridge Trail in Hewitt, NJ. Leader: Connie Addison, 973-628-9083. Strenuous. No permits! No trail work today! We are free to celebrate the public acquisition of this forest. Shuttle required.

WEC/WWW. Osio Rock/Tourne/Falls. Meet: 9:30 am, call for directions & info. Leader: Don Weisz, 973-835-2160. 7 miles. Explore the wild side of Norvin Geer's's Wyanokones: sit on stone chairs, scramble up Osio Rock, see waterfall.

IHC. Hudson Highlands. Meet: 9 am on Rt. 9D, just north of the Bear Mountain Bridge on east side of Hudson River. Leader: Frank Bauer, 201-845-3000. Moderately strenuous. Let's enjoy the fall colors and views of the Hudson. The Osborne Loop trail will bring us back by a more sheltered route. There are parking areas on both sides of the road.

TUESDAY, 5

FVT. Bonticou Crag. Leader: Charles & Anita Kientzler, 973-835-1060. Meet: McDonald's, New Paltz. We will be stopping at the nearby Apple Orchards and perhaps have early supper in the area.

THURSDAY, 7

UC. Silver Threads Among the Gold. Leaders: Al & Jane Leigh,

973-471-7528. Meet: 10 AM at Silvermine parking area. We'll share about 8 miles of silver from the silver mine and pure gold in the Harriman trees. A moderately strenuous hike. Steady rain cancels.

SATURDAY-MONDAY, 9-11

MSC. Columbus Day hiking weekend at our lodge in Watfield, Vt. Call 212-978-9191 for information.

SUNDAY, 10

IHC. Hudson Highlands. A moderately strenuous all day hike. Let's enjoy the fall colors & views of the Hudson. The Osborne Loop Trail will bring us back a more sheltered way. Meet: 9 am, Rt. 9D. Just north of Bear Mt. Bridge. For more info call 201-845-3066.

UC. Pyramid Mountain Natural Historic Area. Leaders: Peter Wolff, 973-239-0766. Meet: 10 am at visitor center. Ramble begins with a fairly steep ascent but then levels off until we reach interesting glacial erratics known as Tripod Rock and Bear Rock. Lunch follows the hike at the visitor center. Rain cancels.

MONDAY, 11

UC. South Mountain Reservation Singles Hike. Leader: Bob Hagan, 908-788-8390 call 6pm-9pm ONLY. Meet: 10am, Millburn train station by first aid squad. Scenic 10-mile walk suitable for beginners with stops at a waterfall & view of NYC. Bring lunch, 2 quarts water & wear hiking boots. Rain cancels.

NYHC. Columbus Day Smith to Ronkonkoma. Leader: Ray Krant 718-435-4994. Call before 10pm. Meet: Penn Station lower level Long Island RR information booth at 8:45 am.

TUESDAY, 12

FVT. Stokes State Forest. Leader: Arnie Seymour Jones 201-768-3864. Scenic hike to AT views, wagon road & downhill after lunch.

SATURDAY, 16

UC. Pyramid Mountain Circular. Leader: Bob Hagan, 908-788-8390 call 6pm-9pm ONLY. Meet: 10 am. A scenic 9-mile hike walk suitable for beginners to view fall foliage in this local county park. Bring lunch, 2 quarts water and wear hiking boots. Rain cancels.

NYHC. Cornell Trail. Leader: Mike Puder, 718-763-1635; call any day between 7pm-10pm. Meet: at Grand Central to take train. Please call leader during the week for meeting time & details of the hike.

SUNDAY, 17

IHC. West Mombasha Road to Arden. A moderately strenuous all day hike, 5.5 miles. We continue over Buchanan Mountain and skirt Little Dam Lake. Then its up over Arden Mountain and down Agony Grind. Meet: 9 A.M. Red Apple Rest, Rt. 17, Southfields, N.Y. For more information call 973-328-8557.

NYHC. Long Path-Palisades to Alpine. Leader: Mike Puder, 718-763-1635. Call any day between 7pm-10pm. Meet: at the George Washington Bridge Bus Terminal information booth.

IHC. Appalachian Trail #12: West Mombasha Rd. to Arden. Meet: 9 am at Red Apple Rest, Rt. 17, Southfields, NY. Park in the back. Leader: Donal Maloney, 201-391-8591. Moderately strenuous 5.5 miles. We continue over Buchanan Mt. & skirt Little Dam Lake. Then it's up over Arden Mt. & down Agony Grind. Shuttle required.

WEC/WWW. Ringwood Ramble. Meet: 9:30 am, call for directions and info. Leader: Don Weisz, 973-835-2160. 9 miles. Hike the Ramapo's less-travelled interior trails with visit to Bear Swamp Lake and several remote, beautiful areas. Brisk pace.

THURSDAY, 21

UC. Sterling Forest-Blue Lake Circular. Leaders: Jim & Teresa McKay, 973-538-0756. Meet: Long Pond parking area at 10 am. A hike of about 9 miles to Blue Lake on the Sterling Ridge Trail and wood roads. A moderately strenuous hike. Steady rain cancels.

SATURDAY, 23

UC. Skyline Drive Ramble. Leader: Ed Fanslau, 201-652-1496. Meet: 10 am at top of Skyline Dr., Oakland, where the yellow Hoefler Trail crosses the road across from Camp Tamarack sign. A scenic ramble of 4-5 miles using the Hoefler (yellow) Trail & the historic Cannonball Trail. Some rocky sections. Rain cancels.

SUNDAY, 24

IHC. West Mountain and Timp Torne. A moderately strenuous all day hike. We'll visit the Fire Escape and Timp Pass. Perhaps a tour of abandoned Doodletown. Excellent view if the leaves are down. Meet: 9 A.M. Anthony Wayne Recreation Area (North parking lot), Harriman Park, NY. For more information call 973-328-8557.

UC. Pyramid Mountain, Boonton/Kinnelon/Montville. Leader: Mary Ellen Kazar, 908-804-6790. Call for more info. A 4-mile, 2 hour hike in this Morris County park. See one of the world's wonders, Tripod Rock, as well as Bear Rock, both glacial erratics. Varied terrain from swamps to rocky footpaths. Lunch afterwards at The Reservoir Restaurant, noted for their pizza.

UC. Bear Mountain Circular. Leader: Dick Wolff, 973-746-7415. Call 9pm-11pm ONLY. Meet: 10:05 am at Bear Mountain Inn parking lot. Over West and Timp, return through Doodletown, 8 miles. Rain or shine.

IHC. West Mountain and Timp Torne. Meet: 9:00 am at Anthony Wayne Recreation Area off Palisades Interstate Pkwy. Leader: Barbara Albeck, 973-328-8557; herbalbeck@aol.com. Moderately strenuous. We'll visit the Fire Escape & Timp Pass. Perhaps a tour of abandoned Doodletown. Excellent views if leaves are down.

TUESDAY, 26

FVT. Skylands Manor. Leader: Jim & Teresa McKay, 973-538-0756. Meet: 10 am at Skylands Manor main lot. A 7-mile hike on various trails and woods roads.

SATURDAY, 30

IHC. East of The Hudson. A strenuous all day hike. The Undercliff-Breakneck-Washburn trails connection. Join us for a spectacular and challenging hike with a grand view of the Hudson River and Storm King Mountain. Rain cancels. Meet: 9 am Anthony Wayne Recreational Area (north of the parking area), Harriman Park, N.Y. For more information call 973-838-8031.

OC. Catskill Aqueduct. Leader: Mayer Wiesen, 516-671-2095. Meet: Grand Central upper level, information booth at 9:25 for 9:46 am train. Service fee for non members \$3. Bring lunch, water & a change of socks. 8 miles easy with some ups & downs. Enjoy an autumn day with red & orange leaves along the Kensico Reservoir

NYHC. Staten Island Greenbelt. Leaders: Steve and Bettye Soffer 718-720-1593; call between 7pm & 9pm. Bring water and food; hiking boots are recommended. Call for directions.

IHC. Breakneck-Undercliff-Washburn trails connection. Meet: 9 am at Anthony Wayne Recreation Area off the Palisades Interstate Parkway. Leader: Le Dunham, 973-838-8031. Strenuous and spectacular and challenging hike with a grand view of the Hudson River and Storm King Mountain. Rain cancels. Contact leader for alternate meeting point.

PPOW. Staten Island Greenbelt Circular. Meet: Meet: 9:30 am at Clove Lakes parking lot one block North of Victory Blvd. on Victory Rd. (or take 8:30 am boat from South Ferry and 9 am #90s Clave Blvd bus from S.I. Terminal). Ten moderate miles, includes DEC's \$10 million, 24-acre Franciscan old growth woodlands. Sturdy shoes, lunch and beverage a must. Leaders: Dick Buegler, 718-761-7496, or Herman Zaage, 718-727-0772.

SUNDAY, 31

IHC. Norvin Green State Forest. Meet: 9am at Weis Ecology Center, Ringwood, NJ. Leader: Robin Abrett, 973-616-9392; robin_abrett@worldnet.att.net. Moderate hike to High Point, Yoo-Ho, lots of ups and downs. We'll cross the famous river (without the ice!) and finish with a tailgate at the leader's house.

UC. Seven Hills Roundabout. Leader: Lee Fanger, 973-549-4987. Meet: 9 am at Staatsburg. A mish-mash loop, beginning and ending on the Seven Hills Trail, about 9 miles. Steady pace, steep ups and downs. Rain cancels.

NOVEMBER

THURSDAY, 4

UC. Harriman Long Path Circular. Leaders: Jim & Teresa McKay, 973-538-0756. Meet: Long Mountain parking at 10 A.M. A hike of about 8 miles on the Long Path to Lakes Massawappa, Te Ata, and Lower and Upper Twin. A moderately strenuous hike. Steady rain cancels.

C L U B C O D E S

ADK-MH Adirondack Mountain Club, Mid-Hudson chapter. Contact: 914-471-5712.

FVT Frost Valley Trail Walkers. Contact: Cheryl Short, 201-299-0212. Mon. 3 mi., Tues. 6-7 mi., Wed. 5 mi., Thurs. 7-10 mi., Fri. ramble up to two mi.

HHC Hunterdon Hiking Club. Contact: Lud Bohler, 908-788-3841.

IHC Interstate Hiking Club. Contact: Brian Mazur, 973-478-5285; interstatehiking@mindspring.com. Schedule \$1 on request.

LIG Long Island Greenbelt. Contact: L.I. Greenbelt Trail Conference, 516-360-0753.

MSC Miramar Ski Club. Contact: Jay Schwarz, 212-673-7132.

NYHC New York Hiking Club. Contact: Halina Jensen, 212-568-6323.

OC Outdoors Club. Contact: The Outdoors Club, PO Box 227, Lenox Hill Station, NYC 10021. Free schedule on request.

PPOW Protectors of Pine Oak Woods. Contact: Richard Buegler, 718-761-7496. Staten Island hikes.

RVV Rip Van Winkle. Contact: Fred Backhaus, 914-246-5670.

UC Union County Hiking Club. Contact: Herb Chertock, 908-464-8289.

WEC NJ Audubon Society's Weis Ecology Center. Contact: Wendy Rhoades, 973-835-2160, for hikes and program schedule.

WTW Woodland Trail Walkers. Contact: Michelle Keller, 63 Stevens Rd., Clifton, NJ 07013; 201-773-7984. Guest card \$2 for 6-month hike listing.

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, flashlight in a backpack. Leaders have the right and responsibility to refuse anyone, if they believe you cannot complete the hike or are not adequately equipped. Easy, moderate or strenuous hikes are relative terms; call leader if in doubt.

Many of our affiliate groups sponsor hikes which are not listed in the Hikers' Almanac. For a descriptive list of Conference clubs, send a self-addressed, stamped envelope with your request to NY-NJ Trail Conference, 232 Madison Ave., Rm. 802, NY, NY 10016.



HIKERS' ALMANAC

SEPTEMBER

THURSDAY, 2

UCH. Anthony Wayne Circular. Leader: Arnold Seymour-Jones, 201-768-3894. Meet: 10 am at Anthony Wayne parking area near the northern end of the Palisades Interstate Parkway. Depending on conditions, we can hike West, Long, and Black mountains- perhaps all of them. A moderately strenuous hike. Steady rain cancels.

SATURDAY, 4

HHC. End of Summer Walk. Leaders: Ruth & Len Ruediger, 908-639-6861. Meet: 9 am, Clinton Commuter Parking Lot. Walk the Sussex Branch Trail at Kittatinny Valley State Park & picnic at the park. I'll supply hot dogs.

OC. Old Croton Aqueduct to Tibbets Brook. Leader: Salvatore Varbero, 718-420-9569. Meet: Broadway and 242 St. at 11 am, street level. A 7 mile hike along the Old Croton Aqueduct from Van Cortlandt Park to Tibbets Brook. We may hike to Glenwood.

SATURDAY-SUNDAY, 4-5

NYHC. Appalachian Trail Over night. Leader: Mike Puder, 718-763-1635 between 7:00 pm & 10:00 pm. Meet: at Grand Central Terminal information booth to take the train to Appalachian Trail Station. Please call at least two weeks before the trip for details.

SATURDAY-MONDAY, 4-6

MSC. Labor Day Hiking weekend at our lodge in Waitsfield, Vt. Call 212-978-9191 for info.

SUNDAY, 5

UCH. South Mountain Ramble. Leader: Is Hirschhorn, 973-731-5171. Meet: At 10 am at Tulip Springs for a ramble in the colorful woods. Steady rain cancels.

IHC. Man O' War. Meet: 9 am at Reeves Brook Visitors Center, Seven Lakes Dr. in Harriman-Bear Mt. State Park. Leader: Pete Rigotti, 718-769-3814. Moderately strenuous. Rock search continues. This time we find it or we sleep in the woods. More bushwhacking. Many views. Bring plenty of water.

TUESDAY, 7

FTV. Jenny Jump State Forest. Leader: Bill Barton, 908-647-6658. A hike not too long, but plenty of ups and downs.

THURSDAY, 9

UCH. Johnsonstown Circular. Leader: Joe Brownlee, 973-635-1171. Meet: 10 am at Johnsonstown Road, Harriman, NY. A hike of about 8 miles with several views and Lake Skenatone. Bring trail lunch. A moderately strenuous hike. Steady rain cancels.

SATURDAY, 11

LIGTC. Hampton Hills and Dwarf Pines Walk. Info: Kim, 345-5295. Meet: 9 am at dirt parking area south of power lines on east side of C.R. 51 about 1 mile north of Speonk-Riverhead Rd. Figure on closer to 10 than 5 miles, exploring a unique area in the Pine Barrens. Bring lunch & liquid; some bushwhacking.

NYHC. Red Trail on Staten Island. Leader: Mike Puder 718-763-1635 between 7PM-10PM. Meet: at Staten Island Ferry Terminal, Manhattan side.

UCH. Watchung Trail Maintenance. It is a condition of the club's use of the Trailside Museum (where the club's meetings are held) that we assist in maintaining Watchung's trails. The club needs your help! Come for the morning to Trailside Nature & Science Center at 9:30 am (see map in front of schedule). Tools and gloves provided. Call the Center at 908-789-3670 to verify date before coming.

UCH. Watchung Reservation Ramble. Leader: Mae Deas, 908-233-6841. Meet: 10 am at Trailside Nature & Science Center. A fairly brisk ramble of 4-5 miles in the scenic Watchung Reservation. Heavy rain cancels. Call if in doubt before 9:30 am on the day of the ramble.

RWV. Blackhead Mt. Loop from Big Hollow Rd. Meet: 8:00 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. For more info call: 914-246-4145. 3500+ foot mountain, strenuous hike: 5.1 miles, 5 hours. Inclement weather date, following Sat.

SUNDAY, 12

UC. Southfields Circular. 8 miles (all). Leader: Dick Wolff, 973-746-7415. Call 9-11 pm ONLY. Meet: 10:05 am. Southfields, Rt. 17 at the Red Apple Rest. Park in the rear of Red Apple parking lot and don't go inside unless you plan to buy something. Hiking in the Harriman with many ups and downs. Great view at lunch. Rain or shine.

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ADK-MH. Kaaterskill Falls. Leader: Chris Zaleski, 914-838-0000 (H), 914-425-5800 (W). Meet: 8:30 am at the Red Caboose at the traffic circle in Kingston. Call leader for further details. A strenuous hike more than 8 miles or more than 1500ft ascent.

NYHC. Clarence Fahnestock Memorial State Park. Leader: Leszek Lica 718-386-6216, call between 10PM-11PM. Meet: at 9AM at parking lot near lake. Very long hike approximately 8 miles. Bring lunch and plenty of water. Car needed. Call the leader & he may be able to arrange transportation for you.

UCH. High Mountain Preserve Park, Wayne. Leader: Peter Wolff, 973-239-0766. Meet: At 10 am. We will use the newly laid out red, white and yellow trails to climb to the 885-foot peak, where we will enjoy unsurpassed views of the Passaic Valley, the NY skyline, and many other peaks. After trail lunch, we will return on a steep and rocky trail at about 1:30 pm; sturdy boots recommended. Rain cancels. Directions: From Rt. 287, Exit 53, take the Paterson-Hamburg Tpk. (Rt. 504) south several miles to College Rd., Wayne (near hospital). Turn left and proceed to Wm. Paterson University parking lot #6, uppermost level. Alternatively, from Rt. 23, exit on Raritan Rd. and proceed east to Paterson-Hamburg Tpk. Turn left (north) and proceed to College Rd.

IHC. Appalachian Trail #10: Longhouse Rd. to Mount Peter. Meet: 8:30 a.m. at Red Apple Rest, Route 17, Southfields, NY. Park in back. Leaders: Elsie and Joel McKenzie 973-694-3056, emckenje@sonnet.com. Moderately strenuous, 8.5 miles. This section includes Long House Creek, Bearfoot Ridge & Bellevue Mt. with views of Greenwood Lake 600 feet below. Shuttle required.

WEC/WWW. Knife's Edge. Meet: 9:30am. Call for directions & info. Leader: Don Weise, 973-835-2160. 7 miles. Spectacular views over Wausque Res. & Wyonkie region from several rocky perches. Visit waterfalls time permitting.

MONDAY, 13

RWV. Aca Point via Batavia Kill/Escarpment Trails. Meet: 8:00 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. For more information call: 914-246-4500. Moderate hike, 5.3 miles, 4.0 hours. Inclement weather date following Mon.

RWV. Hunter Mountain (3500+ mtl). Meet: 8:00 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. For more info call: 914-246-7987. Strenuous 8.3 miles, 5.25 hours. Inclement weather date, following Mon.

THURSDAY, 16

UCH. Wyonkie Circular. Leaders: Jim & Theresa McKay, 973-538-0756. Meet: 10 am at Weis Ecology Center. Hike of about 9 miles to Otter Hole & Gao Rock, with some bushwhacking. Moderately strenuous hike. Steady rain cancels.

SATURDAY, 18

ADK-MH. Long Path. Leader: Pete McGuiness, 914-454-4428. Call leader for details. A strenuous hike, more than 8 miles or more than 1500ft ascent.

OC. Croton Aqueduct-Dobbs Ferry. Leader: Henry Black, 212-877-0743. Meet: 12 noon at 242 Street, end of #1 local, in the Bronx, street level. A easy pace, flat terrain, 5 1/2 mile hike. We will walk from the Untermeyer estate to the Croton Aqueduct, then north. Beautiful views of the Hudson River Valley.

UCH. Hacklebarney State Park. Leader: Herb Chertock, 908-464-8289. Meet: 10 am at Hacklebarney State Park. From US 202 north in Chester, make a right on Rt. 513 south at traffic light. Larison's Turkey Farm sign is at corner. Go 1.3 miles. Left at sign at State Park Rd. Go 2.6 miles to park entrance. Prior to park, bear right at Cider Mill. Left at sign for park. Then an immediate left. Go short distance to State Park sign on right. Drive into lot. Bear right and go down to the end near HQ building. A moderately paced ramble on some wide paths and some close to the river that are rocky. A truly enjoyable experience awaits you in this very scenic State Park. Rain cancels.

IHC. Pnygyp via SBM. Meet: 9am at Beech Trail parking area, off Tiorati Brook Rd. Leader: Pete Rigotti, 718-769-3814. Strenuous, plenty of sweating & views on this circular hike. Be prepared to bushwhack across Fleggy Meadow Mt.

SUNDAY, 19

UC. Eastern Black Rock Forest. 8 miles. Leader: Dick Wolff, 973-764-7415. Call 9-11 pm ONLY. Meet: 10:15 am at Ft. Montgomery, Rt. 9W & Riche's Little Place. In the morning we will go up and down hills for the best views in the forest. The afternoon will avoid hills as much as possible.

LIGTC. Flanders Fling. Meet: 10 am, rain or shine at NY 24 and Spiny Rd. (LUE, Exit 71, right through Riverhead & continue on NY 24 to Spiny Rd., or NY 27, Exit 65 north on NY 24) Info: Nick, 596-3366.

NYHC. Beaver Dam Preserve. Leader: Rolande Chapeau, no phone. Take Harlem Line 9:48am train from Grand Central to Bedford Hills, or board at Fordham at 9:48am where leader will board. Arrive at Bedford Hills at 10:48am. Fare \$6.50 one way, \$4.25/seniors.

IHC. Popolopen Torne. Meet: 9:00 am at Reeves Brook Visitors Center, Seven Lakes Drive. Leader: David Kocian, 201-393-0986; davidmk@yahoo.com. Moderately strenuous. We'll hike the 1779 Trail to Popolopen Torne for lunch and grand views of Bear Mountain and the Hudson River Valley. Shuttle required.

MONDAY, 20

RWV. Sugarloaf (3500+ mtl). Meet: 8:00 a.m. at Sawyer Savings Bank parking lot, 87 Market Street, Saugerties. For more information call: 914-246-4145. Strenuous 4 miles, 4.25 hours. Inclement weather date following Mon.

TUESDAY, 21

FTV. Abram Hewitt. Leader: Dave Hogenauer 973-762-1475. Meet: At the old A&P parking lot, Rt. 51, West Millford just before road starts uphill. We must shuttle. A straight line rather than a circular hike. Up the rather steep State Line trail to the AT and a fine lookout.

WEDNESDAY, 22

FTV. Flat Rock Nature Preserve. Leader: Len Rothstein 201-363-4651. Call for more info. Many winding trail a beautiful wooded area. Bring trail lunch. A short caravan after the hike to eat on table with a beautiful view, high up on the Palisades overlooking Hudson.

THURSDAY, 23

UCH. Three Summits, Two Falls. Leaders: Ellie King & Bill Moss, 908-233-8411, 908-684-9614. Meet: 10 am at Buttermilk Falls parking lot. Two hikes, one about 6 miles, the other about 8 miles, both a steep climb to Parteenake, Wireless and Bird Mountains, with Buttermilk Falls & Silver Spray included. If you need directions, call Bill Moss or follow a friend. A moderately strenuous hike. Steady rain cancels.

SATURDAY, 25

ADK-MH. Sam's Point Preserve. Leader: Pete Howell, 914-255-1737. Call for details. An educational hike for young children accompanied by parent. A leisurely pace will be maintained, stopping often to discuss proper and safe hiking habits, equipment, etiquette, trail signs, food, first aid, etc.

NYHC. Briarcliff-Peekskill Trail. Leader: Sal Varbero 718-420-9569; call 7pm-10pm. Meet: at Grand Central at 9:30am to take 9:54am Hudson Division train to Peekskill. Hike along the Briarcliff-Peekskill Trail from Blue Mt. to Croton Dam. Bring water & lunch.

NYHC. Triangle Trail. Leader: Mike Puder 718-763-1635; call any day between 7PM and 10PM. Meet: at the top of the escalator at The World Trade Center. Fare \$12 round trip. Please call leader during the week for meeting time and details of the hike.

UCH. Garrett Mountain Reservation, West Paterson. Leader: Peter Wolff 973-239-0766. Meet: 10 am. We will follow the ridge above Clifton & proceed to an overlook of Paterson Falls. Bring lunch to enjoy with friends after walk. Those who wish may visit Lambert Castle and/or Paterson historic district, including the Falls. Rain cancels.

Directions: Rt. 80 to Exit 56, Squirewood Rd., W. Paterson. Drive uphill .5 mile to park entrance on left. Proceed 1 mile to first parking lot inside park on left at start of one-way road. Alternatively, from Rt. 46, take Great Notch exit & proceed north 1.9 miles on Rifle Camp Rd., bearing right at "Y" to entrance. Caution: Don't confuse this with Rifle Camp Park.

UCH. Great Swamp, Basking Ridge. Leader: Mary Ellen Kazar, 908-694-6790. Meet: Take Rt. 287 to exit 26A (Basking Ridge). Take North Maple Ave. for 2.5 miles, keeping to the left as you near town. Turn left onto Lord Stirling Rd. Continue for another mile to the educational center. Park in the parking lot. A 3-mile, 2-hour hike through this Somerset County gem. Easy walk for even the non-hiker using both trails and boardwalks. Numerous observation blinds allow for wildlife viewing. Remember, this is a swamp, so be prepared to get wet! Bring a change of socks and shoes if you'd like to have lunch afterwards at the nearby Stirling Hotel.

UCH. Surprise Lake Singles Hike. Leader: Bob Hagon, 908-788-8360. Call between 6 pm & 9 pm day before hike only. No other calls accepted. Meet: Hewitt shopping center. A scenic 10-mile walk suitable for beginners through Hewitt State Park with great views and steep climbs. Bring lunch, 2 quarts water, and wear hiking boots. Rain cancels.

RWV. Black Creek Forest Preserve. Meet: 9:00 am at Sawyer Savings Bank parking lot, 87 Market St., Saugerties. For more info call: 914-246-5438. Easy 3.0 miles, 3 hours. Inclement weather date following Sat.

SUNDAY, 26

IHC. Mount Peter To West Mombasha Road. A moderately strenuous all day hike, 7 miles. We continue over Bellevue Mountain past the Eastern Pinnacles and Wildcat Shelter. Then we turn east and cross Trout Brook and Mombasha High Point. Meet: 9 am Red Apple Rest, Rt. 17, Southfields, NY. For more info: 973-478-5285.

NYHC. Storm King Mountain. Leader: Lester Lica 718-386-6216. Call between 10-11 pm. Meet: 10am at parking lot. This is a very difficult hike for experience hikers in good shape only. Hike is recommended for those who suffer from agoraphobia. Bring lunch & plenty of water. Car required. Call for directions.

NYHC. Upper Nyack/Hook Mountain to Haverstraw and Back. Leader: Lynn Albin, Pager, 917-281-3193, best time to call is between 9:30 & 10:30 pm. Meet at George Washington Bridge Bus Terminal Upper level information area at 8:45am for 9:15 AM bus. NO SMOCKING ON HIKE.

UCH. South Mountain Ramble. Leader: Gerald Kronacher, 973-992-5429. Meet: 10 am at Tulip Springs. 4- to 5-mile ramble at a leisurely pace with maybe one rocky section. Rain cancels.

IHC. Appalachian Trail #11: Mt. Peter to West Mombasha Rd. Meet: 9:00 am at Red Apple Rest, Rt. 17, Southfields, NY. Park in the back. Leader: Brian Mazur, 973-478-5285; mazurb@hotmail.com. Moderately strenuous 7.1 miles. We continue over Bellevue Mountain past the Eastern Pinnacles and Wildcat Shelter. Then we turn east and cross Trout Brook and Mombasha High Point. Shuttle required.

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