



Trails & Waves

*News from the New York – North Jersey Chapter of the Appalachian Mountain Club
Volume 35, Issue 2 ♦ Summer 2013*



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Learning to climb with the AMC

Climbing Committee Spring Training Class in Full Bloom

The NY-NoJ Climbing Committee Welcomes 16 New Members to its Ranks

Each year, members of our Chapter's Climbing Committee volunteer their time over the course of two weekends to train new committee members. Training takes place during April on the cliffs in Southington, Connecticut. Students learn essential climbing safety practices and technical skills that are required when climbing outdoors. The course covers the latest accepted practices in assembling top rope systems, belaying, rappelling, and following multi-pitch climbs.

For more than fifty years, volunteers on the committee have coordinated the spring training class as an opportunity to develop competent and safe rock climbers. Through the efforts of these volunteers, the course continues as a huge success, as individuals from widely diverse backgrounds find community in their passion for climbing.

The photos on the following pages show more of the action from this year's Climbing Committee Spring Training Class. To learn more about climbing with the AMC, please see the Climbing Committee page at www.amc-ny.org

- Amanda Bossard, NJ-NoJ Climbing Committee Instructor

Climbing Spring Training (continued from page 1)



Photo by Adam Saw



Photo by Pinar Ayata

After a thorough review of safety and technical skills, students practiced how to safely rappel (left photo) and belay (right photo) on the cliffs of Southington, CT

(continued on next page)

Vol. 35, Issue 2 Summer 2013

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Nancy Tollefson, Editor

Trails & Waves is published four times a year by the New York – North Jersey Chapter of the Appalachian Mountain Club. Opinions expressed do not necessarily reflect the views and policies of the AMC. We reserve the right to decline any submission judged to be inconsistent with AMC's purpose or not in keeping with the sensitivities of its membership.

Contributions of articles and photos are welcome: Articles may be edited for style, clarity, and length. The newsletter assumes no responsibility for lost material. **SUBMISSION DEADLINES:** April 25 for Summer issue (comes out in early June), July 25 for Fall issue (comes out in early Sept.), October 25 for Winter issue (comes out in early Dec.), and January 25 for Spring issue (comes out in early March). *Trails & Waves* is usually available online about 2 weeks earlier.

Guidelines for Newsletter Submissions: Email preferred (written material accepted); clearly state that the submission is intended for publication in *Trails & Waves*; send photos as color, high resolution jpeg email attachments.

Classifieds Policy and Rates: Advertising rates for classifieds are \$1 per word. Please contact editor for display ad rates; payment must be included with the ad (check payable to AMC NY-NoJ Chapter); we do not provide proofs/checking copies; we have no liability for errors, other than the cost of the ad.

Read *Trails & Waves* on the Chapter's website: www.amc-ny.org

Send all submissions, requests for ads, and suggestions to: trailswaves@amc-ny.org

SUBMISSION DEADLINE FOR THE FALL ISSUE IS JULY 25

Climbing Spring Training (continued from page 2)



Students learn to properly catch a leader fall and escape the belay

Photo by Adam Saw

Congratulations to the newest members of the NY-NoJ Chapter Climbing Committee!

Photo by Amanda Bossard



Upcoming Chapter Special Events (Call 603-466-2727 to Reserve)

Get Out of Town! July 4th Weekend in the Whites

July 3 to 7 - Celebrate Independence Day in the beautiful White Mountains of New Hampshire. The NY-NoJ Chapter will adventure to an iconic AMC destination, the Highland Center Lodge at Crawford Notch, for a long weekend of hiking and exploring with friends. Chapter hike leaders Ingrid Strauch, Christine Benton, and Kathy & Barry Skura. Members only; families welcome. Details online at www.amc-ny.org (reserve for trip #217888).

Mohican Outdoor Center Events (See More in the Schedule – Van Service from Manhattan!)

June 7 - 9 – Hike, Paddle & Play Weekend
June 21 - 23 – New Members Weekend
August 23 - 25 – Yoga and Hiking Weekend
September 6 - 8 – Canoe & Kayak with Basic Canoe Instruction
September 13 - 15 – Wilderness First Aid Weekend

Dear Members of the NY-NoJ Chapter,

I am the new Program Manager for the Appalachian Mountain Club in New York-North Jersey. In this newly created position, I will be working to bring more visibility to the AMC in this area, increase membership, develop leadership programs, and help build community connections. I will be working out of the new Chapter office at 5 West 63rd St. (at the Westside YMCA). I am thrilled to be working for an organization that is passionate about bringing people into the outdoors!

After I graduated from James Madison University, where I studied communications and geography, I moved to Ketchum, Idaho. While living in Idaho I hiked, biked, skied, and worked as the Program Coordinator for a privately funded public library. I was responsible for directing and publicizing over 100 events a year and building community relationships. Some major events I helped direct included a private concert with Carole King, a lecture with National Wildlife Federation CEO Larry Schweiger, a program with National Geographic photographer Michael Melford, film screenings with Director Anthony Geffen, and much more.

As might be expected, I am an outdoor enthusiast! I have biked from Paris to Rome, backpacked from Mount Greylock (Massachusetts) to Mount Washington (New Hampshire), and backpacked the Tour du Mont Blanc and Haute Routes.

I look forward to getting to know the members of the NY-NoJ Chapter, hearing your ideas, and joining in on your adventures! You can reach me at lzondag@outdoors.org.

Warm regards,

Lauren D. Zondag, AMC NY-NoJ Chapter Program Manager



UPCOMING VOLUNTEER OPPORTUNITIES

Calling all AMC ambassadors: WE NEED YOU! Volunteers are needed to represent the AMC at our booth at two celebrations this summer. Have fun while helping to spread the word about all that AMC has to offer! See below for more information. **To sign up for either of these events please contact Lauren Zondag at lzondag@outdoors.org.**

➤ ***Clearwater Music Festival – June 15 and 16***

Four volunteers are needed to attend the Clearwater Festival at Croton Point Park in Croton-on-Hudson, Westchester County, NY. Volunteers will take a shift at the AMC table and have a rocking good time at the country's largest annual environmental celebration revolving around music, dance, storytelling, and activism. Volunteers receive free entry to the festival and will need to be able to attend both Saturday and Sunday. Read more at www.clearwaterfestival.org.

➤ ***City of Water Day – Saturday, July 20***

Four volunteers are needed at Liberty State Park in Jersey City, NJ, to represent the AMC at our booth, socialize with attendees, enjoy the food, live music, and more. Last year over 25,000 people attended City of Water Day, a free day-long celebration of the world-class potential of the water that surrounds us. This day brings together everything about the water that is exciting and fun, from port commerce to environmental education to active recreation. Organized by the Metropolitan Waterfront Alliance and its 650 Alliance Partners. Learn more at www.cityofwaterday.org.

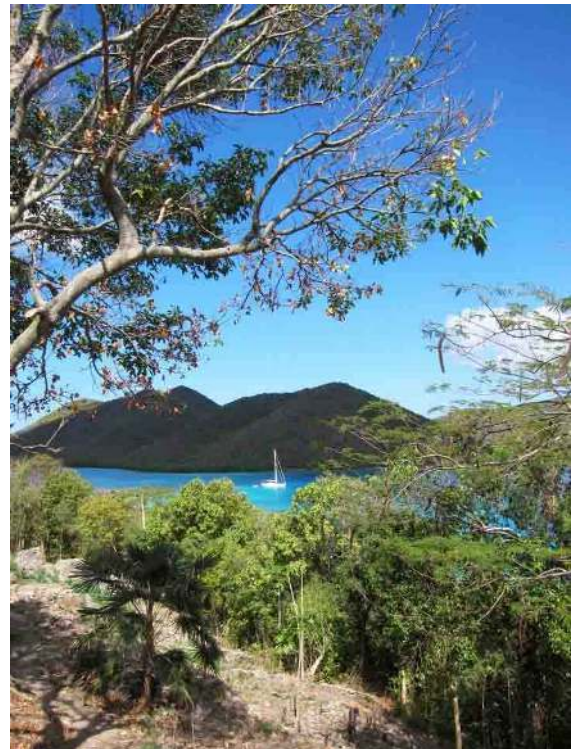
AMC Volunteer Crew on St. John

By Beth Harrison, Chapter Communications Chair

In late February, I joined an AMC Volunteer Crew in the U.S. Virgin Islands. I had long been interested in trail maintenance work and was curious to see what was involved – and whether or not I'd be up to the challenge of the manual labor. It turned out to be the best grown-up "spring break" I could have asked for.

Our base camp was the beautiful Cinnamon Bay Campground on the island of St. John; 60% of the island is national parkland. The Danes established many sugar plantations on the island during the 1700's, on which African slaves were forced to work. In 1733 St. John was the site of one of the first significant slave rebellions in this area of the world. Slavery was finally abolished in the Danish West Indies in 1848.

Our project – a cooperative venture between the AMC Volunteer Trails Program, Virgin Islands National Park, and Friends of Virgin Islands National Park – was on the site of one such plantation, just off L'Esperance Trail.



We also enjoyed hiking and snorkeling on St. John

Because of heavy rains, a whirlpool had formed in a gut, causing an area adjacent to a slave village and burial ground to become exposed and therefore vulnerable to erosion. (In fact, human remains and artifacts were visible in some locations near the work site.) Our task was to relocate hundreds of rocks from further up the gut and build a retaining wall to allow future rains to wash past, thereby protecting the site. A team of archaeologists worked alongside us, tagging and identifying artifacts and respectfully replacing remains. I was humbled to work on this project, which the archaeologists told us was culturally significant to the history of the island and which had been on their priority list for two years.

All this is to say nothing of the beautiful beaches and hiking trails I explored, the great meals I ate in camp (hearty thanks to AMC leader Brendan Taylor in particular), and the new friends I made, several of whom I'm planning to see

again in the coming months. I would encourage all AMC members to explore trail work through the AMC – this summer adult volunteer trail crews will be working in the White Mountains, Acadia National Park, and at AMC Cold River Camp in New Hampshire, among other locations; there are also trips for teens (go to www.outdoors.org for more info).

This trip was fulfilling in ways that I hadn't even imagined when I signed on.

Nothing motley about this crew. We worked hard and accomplished a lot as a team. (Group is sitting on part of the retaining wall they built.)



NY-NoJ Chapter Welcomes Amanda Bossard as Public Relations Chair



Amanda joined the AMC in 2012 as a whitewater kayaker. She graduated the NY-NoJ Climbing Committee's annual training class and was dubbed an official "Gunkie" after devoting all of her weekends to rock climbing in the Shawangunks. While she still enjoys paddling whitewater, a passion for climbing has consumed her. Amanda is certified in Wilderness First Aid and now volunteers as an instructor of the Climbing spring training class.

A background in communications brought Amanda to a position in marketing. She has extensive experience in market research, project management, and event planning. She is currently coordinating her company's launch into social media and mobile applications.

Prior to joining the AMC, Amanda held positions as President and Trip Leader of outdoor activity clubs at SUNY Orange and University at Buffalo, respectively.

Amanda became our Chapter's first Public Relations Chair in January 2013. Along with the rest of the AMC team, she'll be working to expand our outlets of communication and bring increased awareness to the events, activities, and initiatives of each committee. Amanda says that she is looking forward to working with the leaders of the committees to showcase the remarkable accomplishments and contributions of our volunteers.

If you'd like to help in these efforts, you can contact Amanda at publicrelations@amc-ny.org.

AMC Becomes a Coalition Member of *Protect the Palisades*

The AMC, through our chapter's Conservation Committee and the Bethlehem, PA office, has joined *Protect the Palisades*, a coalition of individuals and organizations in New Jersey, New York and across America dedicated to preserving the Hudson River Palisades.

You may have heard about the tall building LG Electronics is planning to erect on a site in the New Jersey Borough of Englewood Cliffs, north of the George Washington Bridge and across the Hudson River from northern Manhattan. The building would be four times higher than the 35-foot limit that has, until now, been respected by other companies.

Protect the Palisades was formed to work for modifications in the design of the building. The Steering Committee includes the NY-NJ Trail Conference, Natural Resources Defense Council, Scenic Hudson, and the NJ State Federation of Women's Clubs. NY metro region hikers will no doubt experience the impacts if the building goes up.

There are numerous concerns, including the potential that it will lead to more tall buildings marching northward, and effects on views from the Hudson itself, from Riverdale, Yonkers and Hastings, and from Palisades Interstate Park (NJ section) and Parkway.

If you are interested in getting involved, would like to know more, and/ or would like to attend any of the Coalition's upcoming events, you can contact our conservation chair, Sara Hart: Conservation@amc-ny.org, watch our chapter's Facebook site for event postings: www.facebook.com/AMCNYNoJ, or check the Coalition's direct website: www.protectthepalisades.org, where our chapter is already listed as a coalition member.

AMC's Fire Island Cabin Weathered the Storm By Barbara Reinfeld

Have you wondered and worried how the Fire Island Cabin, that AMC treasure hugging the shore of the Great South Bay, weathered the fury that was Sandy? Since hurricane storm surges can increase sea level more than ten feet above the normal tide level, your wonder and worry were well founded! Did you fear there might not even be a season in 2013?

Fear not, our educational center, affectionately called the "Gazebo," which houses our library, games and workshops withstood the surge without a scratch. And our main house, with its wonderful, fully-equipped kitchen, dormitories and a porch, was subject to flooding but had no structural damage! This year the cabin will boast new appliances which will be in place by the opening of the season in May. Of course, we feel fortunate that the structures are sound and all our boats, beach umbrellas and beach chairs are unharmed. That is not to say we did not lose electricity or that there was no debris as pieces of ocean front houses pushed north to the bayside of the island. But electricity has been restored, the property cleaned up, and we've put together a full program for the season.

The Fire Island Committee (an all-volunteer body) has once again prepared a program that will appeal to members (and friends) of all ages and experiences, old timers and newcomers, singles and families. The season includes so many different activities: hiking, bird watching, canoe and kayak, an introduction to sailing and much, much more, ending the season with Irish and Free-style dance weekends in October. You may sample any of these activities as you wish, such as yoga, chess or bread baking workshops. Whether you decide to come for a weekend or two, a midweek stay, or as a day tripper, the AMC club treasure will not disappoint. This easy summer getaway also provides time to yourself, if you would like to just watch the waves endlessly lap against the shore. There are plenty of opportunities to socialize, too, with a mix of people of different ages, backgrounds and interests, all bound by a love of nature, the sun, sail and sea. Many AMC members and their friends have met delightful people on the outside deck, at the picnic tables, at happy hour or on the beach, and have formed great and lasting friendships.

Come and enjoy this unique place. To get the most out of the experience, just bring beach clothes and a playful and cooperative spirit. Choose the activity that most appeals to you, but don't forget there is always the Great South Bay in front of the Cabin to wade and swim in and the Atlantic Ocean is a minute's walk away. There are miles of shoreline you may walk – either east toward the town of Ocean Beach, which is a full summer resort with shops, restaurants, and night spots; further east to the Sunken Forest, a beautiful nature preserve; or west to the historic Fire Island Lighthouse. And there is always a spectacular sunrise and sunset to watch.

For more information see "Fire Island Cabin" on page 9 of the NY-NoJ Chapter Summer Schedule or check the online schedule at www.amc-ny.org. Once you've selected your dates and programs, email us at ficres@earthlink.net to reserve your place. Join us for the 2013 season, which promises to be very rich and rewarding. A big hearty welcome to all!

Here are just a few of the many exciting programs offered this season at Fire Island Cabin:

- | | |
|--------------------|---|
| June 7-9 | Learn to Sail Weekend |
| June 10-13 | Mid-Week Yoga |
| June 11-13 | Mid-Week Zen of Bread Baking |
| June 28-30 | Kayak & Improv Theatre Weekend |
| July 4-7 | July 4th Weekend at the Cabin |
| July 19-21 | Live Music Weekend w/ St. Elvis Band |
| Aug. 2-4 | Learn to Paddle Weekend |
| Aug. 19-23 | Mid-Week for Families |
| Sept. 20-22 | Pilates Weekend |
| Oct. 4-6 | Irish Song & Dance Weekend |

Gone With the Wind River By Christine Benton, Activities Chair

Last August some AMC friends (Mike Lovell, Andy Frank, Michelle Lopolito and Malene Schjoenning) and I backpacked in the Wind River Range (The Winds) of the Rocky Mountains in western Wyoming. The range runs roughly NW-SE for approximately 100 miles, with the Continental Divide following its crest, and includes Gannett Peak (13,804 ft.), the highest peak in Wyoming. Apart from the Grand Teton in the Teton Range, the next 19 highest peaks in Wyoming are also in The Winds, which forms an integral part of the Greater Yellowstone Ecosystem.

Our adventure began before we even set foot on a trail with the 34-mile drive from the town of Lander to Dickinson Creek. When our shuttle driver arrived at the RV campsite, where we had pitched our tents on arrival from Riverton airport, the proprietress looked at me and declaimed “He’s going to take you up that road in that vehicle?!” That should have told us something. The drive includes 21 miles on a rough, winding, unpaved road with an elevation gain of 4,000 feet, with sweeping open vistas across Indian land. However, it’s necessary to have the right kind of vehicle, and it soon became obvious that our driver had no idea what the road was like! In any event, the car broke down and we were stuck. Our driver’s suggestion that we could walk the rest of the way was not greeted with a great deal of enthusiasm!

Fortunately we were rescued by Jason and Patty (Shoshone and Arapahoe, respectively) and Bea, the dog, coming from the opposite direction. They kindly turned around and drove us to our planned destination. It was a bit tight in their vehicle, so Andy offered to travel outside on the running board. I was a bit concerned as he was on the drop off side of the road, but every time I enquired whether he was okay he would respond with “Don’t worry, this is fun!” Jason and Patty told us about plans to reintroduce bison to The Winds. Eventually, we were safely deposited at the Dickinson Creek primitive campground, a delightful spot overlooking a beautiful open meadow. The kind of meadow where you expect a herd of elk to appear at dusk. Unfortunately we were disappointed in this regard.

Our first foray into the wild was a two-day round-trip to some lakes to get us acclimated to the altitude. We camped at beautiful Smith Lake (9,748 ft.) complete with a waterfall and a grassy area full of poop (elk?), and spent the next day exploring the adjacent lakes.

The next day we began the main event, a ten-day backpacking trip, by heading up the Bears Ears Trail, which the guide book describes as “incomparable.” This 12-mile trail, travelling as it does above timberline in alpine tundra at elevations exceeding 11,000 ft. for six miles, did not disappoint. We broke up the trail into two sections, camping the first night at Adams Pass near a small snowfield and a stream. Mike, Andy and Malene chose to scramble up Bears Ears Mountain and regaled Michelle and me about the great views from “the ears” and the difficulties of coming down. We camped in an exposed spot listening to the whistling of marmots and the noisy flapping of our tents in the strong wind.

We continued up the Bears Ears Trail with absolutely fantastic views into the range’s remote interior which displayed a dramatic array of ice-encrusted crags. Descending from these heights we camped at Valentine Lake, dominated by a huge cliff above the water. The next day we arrived at Grave Lake and were totally seduced by the beauty of a spot with its own beach. Really this was a scene only to be found on a Caribbean postcard. Swimming, fishing (Mike) and butterfly photography (me) rounded out our day.

To make up for this relaxing day the next day was hard. At the lake’s west end we dropped our packs and hiked to Baptiste Lake – very beautiful but the trail was hard to follow in places. Upon retracing our steps to the main trail we then had to traverse Hailey Pass. The last part of the ascent was on loose, steep scree – not my favorite surface! As I was struggling up not too far from the top, Andy’s head appeared above a rock telling me to take the left fork. Before he could see the results of his advice his head disappeared from view, my feet went completely out from under me, and I started to slide back down the slope on my stomach. Eventually my feet managed to get a purchase on the loose terrain and I made it to the top with only a scraped knee to show for it. Over the other side we camped at another beautiful lake, Mae’s Lake. Very tired and ready for dinner.

The next morning we hiked to Pyramid Lake – very lovely and remote with lots of waterfowl. After retracing our steps and packing up our camp we proceeded to Skull Lake, Marms Lake and Dad’s Lake. (continued on next page)

Day six – to Mirror Lake and then down to a popular campground at Big Sandy. Bit of a shock – dusty trail, lots of horses, lots of cars in the parking area. We proceeded to the Big Sandy Lodge where we picked up our food resupply, took showers and did some laundry. We spent the night at Big Sandy campground and Mike tried once more to catch some trout. The following day we hiked back into the interior to the very popular Big Sandy Lake. The three ladies had a relaxing afternoon drinking tea and watching a bald eagle across the lake. Mike made it to Joe Black Lake but had no luck catching fish. Andy visited Clear Lake which he described as very dramatic.

The reason for foregoing the welcome isolation of the less popular trails was to visit the famous Cirque of the Towers. If you go to The Winds you have to see them! The Cirque is a popular destination for rock climbers and consists of an almost circular valley carved by a glacier that retreated over 8,000 years ago. The Towers are very dramatic in appearance with Lizards Head Peak (12,842 ft.) being the tallest. Other peaks in The Cirque include Shark's Nose, Warbonnet, Warrior Peak, Wolf's Head and Pingora Peak. There are hundreds of technical climbing routes to choose from, and, since the mountains are composed primarily of granite, there is good anchoring.

Access for both climbers and backpackers is through some beautiful flower meadows and then over the Jackass Pass, so-called, I read, because only a jackass would choose to climb it. Although steep and rocky it had much better footing than the Hailey Pass (that's the one a sensible jackass would choose to avoid!). However, just when you think you're at the top, there's another steep climb on loose shale. From there one must descend a steep half mile to Lonesome Lake, one of four lakes in The Cirque. The water in Lonesome Lake has been deemed unfit for consumption due to human waste, and, consequently, no camping is permitted within a quarter mile. The granite rocks allow poor filtration of ground water and the ability of many alpine lakes to cleanse themselves is poor.

After hiking around this polluted but beautiful lake, Michelle and I found a pleasant camping spot in Lizard Head Meadows and waited for Mike, Andy and Malene who were climbing Mt. Mitchell. I took a picture of a fisherman with three huge trout – much to Mike's chagrin. During our trip we were regularly bumping into lure-festooned fishermen who would regale us with stories of how many fish they had caught and how the fish in some particular spot were practically jumping out of the water into the cooking pot!

Regretfully saying goodbye to the views of The Cirque, we began the long hike out along the Popo Agie River. Popo Agie, pronounced "Puh - Po Shuh" (two words), means "gurgling river" in Crow Indian. The next two days involved numerous crossings of the river and associated creeks. Mike spent so much time going up or downstream trying to find a spot where he could cross without taking his boots off, that the rest of us were all across with our feet dried and boots back on while he was still on the opposite bank. At one crossing we were treated to the sight of Malene balanced balletically on one foot on a pointy rock taking her boots and socks off in midstream. She did not fall in!



Michelle, Christine, Malene, Andy, and Mike at Grave Lake

Our last camp was accompanied by thunder rumbling in the distance and some light rain (the only time we put up the tarp we had brought along for cooking under.) And, ta da, Mike caught three trout so we were treated to trout soup. Culinary tip for out west – a pinch of wild sage goes a long way.

We arrived back at Dickinson Creek wondering if anyone would be appearing to pick us up as arranged. William (an Arapahoe) turned up nice and early in a pick-up truck. We all piled in the back with our packs and a varied assortment of William's tools. Views of antelope, mule deer and the sounds of coyotes enhanced the somewhat hair-raising ride back to civilization. Back in Lander, all clean and shiny, we repaired to the Cowfish restaurant for a celebratory wheel of beer and a tasty dinner. All agreed that it had been an awesome trip.

A New Era for Mohican

By Priscilla Estes

When AMC's Mohican Outdoor Center in Blairstown, NJ (Delaware Water Gap area, close to the AT) first opened in 1993, accommodations were spartan. The stark campus included a bunk room for 16, sad little kitchens, communal bathrooms, unheated cabins and a wood-burning stove that was hungry morning, noon and night. Guests were expected to sweep the floors and scrub the toilets before departing. Retreats at Mohican were for the hardy, with the atmosphere of the former Boy Scout Camp still permeating the air.



Fast forward to June 2013, and viva la difference! Over the years, Mohican has changed (thank you, dedicated volunteers!). Central heat replaces the wood stove in several premium cabins throughout the camp. Rooms are airy, cozy enclaves for two to four people. Full service cabins are winterized with multiple baths. Refrigerators hum in the full service kitchens, with generous space for cooking and group meals. Large common areas have comfy couches and lamps for late-night reading and anytime socializing.

Mohican now has both premium and rustic family cabins, a gift shop and a seasonal deli. Expert staff can guide you toward hiking, biking and swimming delights. Canoes or kayaks on beautiful Catfish Pond are yours to rent. A glorious boathouse, available with advance reservations, boasts a new wooden deck magically suspended over the water where sunsets are divine. Tables and benches hide in the landscape, providing private spots for reading and reflecting. Numerous platform and ground tent sites provide for a fantastic camping experience in a hardwood forest.

Family style breakfasts and dinners as well as trail lunches are available in the main lodge by advance reservation. The meals are hearty, homemade and tasty, and special requests (gluten-free, dairy free and vegetarian) are no problem. Live musical entertainment is offered in the Visitor Center on many Saturday nights.

Mohican has certainly evolved over the years. If you've not visited lately, come and check out the improved living quarters, common areas, cooking facilities and meals. You'll be glad you did! As for the sunset, sunrise, placid beauty of the lake and variety of hiking, you'll be pleased to know they remain splendidly the same!



Common area of today's Black Oak Cabin at Mohican

YOU CAN GET TO MOHICAN BY VAN! AMC van service leaves Manhattan Friday afternoon and arrives at Mohican less than two hours later; return is on Sunday afternoon. Weekend and Midweek Getaways at Mohican feature paddling, hiking, photography, yoga, a blueberry festival, and programs for Young Adults and New Members, and more. To reserve your place, call AMC Reservations at 603-466-2727 or email amclodging@outdoors.org. For more info go to <http://www.outdoors.org/lodging/mohican/index.cfm> or see all the Mohican listings at: <http://activities.outdoors.org/search/index.cfm?&keywords=MOCGetaway>

Cleaning Up with AmeriCorps By Ingrid Strauch

I hike the Shore Trail, which runs along the base of the New Jersey Palisades, at least once a year and sometimes even lead AMC hikes along it. So when Hiking Committee Chair Cynthia Tollo Falls forwarded an appeal for volunteers for a cleanup of the Shore Trail on March 2, I felt moved to participate.

The project was organized by two AmeriCorps NCCC FEMA teams, the AmeriCorps NJ Watershed Ambassador, and the Palisades Interstate Park Commission (PIPC). AmeriCorps NCCC (National Civilian Community Corps) is the national community service program sometimes referred to as the “domestic Peace Corps;” it is a full-time residential program for ages 18-24.



Volunteers round up one of 13 tires found on the Shore Trail after Sandy

These particular teams of volunteers were working with FEMA to help New Jersey recover from so-called Monster Storm Sandy. However, instead of performing physical labor such as rebuilding homes or wetlands, most of their time is spent inside, helping eligible applicants apply for loans or grants, or connecting them with other resources. The Saturday trail cleanup was, therefore, a break in the routine.

The day started at the State Line Lookout with some 25 AmeriCorps NCCC FEMA Corps members, a handful of FEMA workers, a handful of hikers, and one ultramarathoner who needed to perform volunteer work to compete in a series of races. Under the direction of PIPC Trail Crew Supervisor Christina Fehre, we all put on work gloves, grabbed a stack of garbage bags, and headed down to Peanut Leap Falls. Unfortunately, the ruggedness of the trail proved too much for one of the hikers, and she and her companion had to turn back before even getting to the work site.

Those of us who could manage the trail down spread out and set to work collecting trash, large and small. Because of its location – right along the Hudson River – the Shore Trail was inundated during the storm with driftwood, lumber, trash, and anything else that might have been in the river. (And that was in addition to the trees that fell onto the trail from above.) By the time our group arrived, it was clear that much work had already been done along the trail simply to make it passable.

But there was still a lot for us to do, and within a couple of hours we had accumulated no fewer than 13 tires, 25 bags of trash, and an assortment of large plastic items such as lawn furniture, pieces of playground equipment, barrels and other containers, a sawhorse support, etc. The change in the trail’s appearance was remarkable. We did not haul all of this trash back up the steep trail, but instead left it to be picked up later by boat by the PIPC.

As the saying goes, many hands make light work, and this was one of those times in life when a big pile of trash was a satisfying sight, indeed.

The AmeriCorps cleanup was a one-time event, but if you’d like to help keep the Palisades looking good, you can join the Palisades Meet-Up Clean-Up on the first Sunday of every month at 10am at Ross Dock Picnic Area in Fort Lee, NJ. (This monthly clean-up is co-sponsored by PIPC and the AMC.) For more information, call Park Headquarters at 201-768-1360, ext. 110, or email cfehre@njpalisades.org.



Daters Mine and Beyond

By Thomas H. Parliment

On April 14 I led an AMC hike titled "Daters Mine and Beyond" (a moderate 9-miles). We met at the Sloatsburg municipal building and awaited the arrival of the NYC Short Line bus and then drove to Johnstown circle and had a brief discussion of the day's plans, followed by introductions. There were about 20 participants on this hike. We were lucky to have a number of AMC hike leaders with us: Cynthia Tollo Falls (the hiking chair), Jim Conlon, Bob and Cathy Cresko, Joe Bonner and Don Kress (who served as sweep).

We headed up the Blue Disc Trail towards Almost Perpendicular. Just before the sharp incline to Almost Perpendicular we continued straight ahead on an old mine road. We then headed in a generally westerly direction as we followed the road to Daters Mine. There are numerous iron mines in Harriman State Park and that day we visited two of them.

Daters Mine was operated in the 1800s and was a source of iron ore during that period. Little is known about the history of this mine other than the fact that it was owned by Abraham Dater. It was obviously a productive mine. We found a piece of the tailings (rock which has been mined from the earth and left behind) and I was able to show the participants how a magnetic compass needle is readily deflected by magnetite.

We looked down into the watery depths of the mine, which goes down at about a 30° angle. The roof is supported by one rock column in the central area and it is obvious that a great deal of rock was removed from this mine to produce a large flat terrace.

The iron-containing ore from the mines was taken down the mountainside to either the Southfields Furnace, which operated from ca1805 to 1887, or the Clove Furnace in Arden (1854 to 1885). The iron ore was smelted into pig iron in these blast furnaces. The pig iron was further purified and some fabricated into cannons and Parrott guns at the West Point Foundry in Cold Spring, New York; these were used by the North during the Civil War.

From this point we headed due north along the ridgeline overlooking the village of Tuxedo Park. On the way we crossed several small streams and saw some very picturesque waterfalls. After thirty minutes or so we reached the first of several mine trenches representing the Augusta Mine. There are four or five individual mines all entering the earth at about a 30° angle and this series of trenches extends perhaps a quarter mile.

(continued on next page)

As we looked into these water-filled mine trenches, we were intrigued to see a number of large gelatinous egg masses. Jim went down to the water and was able to remove a mass of this frog (or possibly salamander) spawn, each containing a small black embryo. The surrounding clear mass had the texture of gelatin and appearance of raw egg white and was probably 3 inches in diameter. The literature tells us there can be up to 1,500 individual eggs in the mass. We wondered if this gelatinous mass could be simmered and used as a tasty emergency food source (ala Bear Grylls on the Discovery Channel's *Man vs. Wild*). We returned the frog spawn to its original location.



We next headed northeast reaching the top of Smith's rock and some nice views. A short walk from there took us to Claudius Smith's corral and thence to Claudius Smith's Den. I told the participants about Claudius Smith, the cowboy/horse thief of the Ramapos, and his place in U.S. history of the 1770s and 1780s. During the Revolutionary War he was a Tory and he relieved the colonists of their possessions and farm animals. After the war he fled to the New York City area. He met a sad end, as he and his sons were captured, transferred to Orange County, and hung in Goshen, New York in the late 1780s by the victorious colonists.

The views from the top of Claudius Smith's Den were spectacular this day: we could see the Catskills to the north, Tuxedo Village to the west and Manhattan-area skyscrapers to the south.

From here we followed the White Cross Trail to the Victory Trail. Jim and Cynthia were able to show us evidence of recent bear markings and bear fur on a telephone pole in that area. We stopped for a pleasant lunch at Lake Skenonto, where we viewed a significant beaver lodge and shared some cookies. We then used the Yellow Triangle Trail to head southeast to Lake Sebago. After a brief visit to the Dutch Doctor shelter and house foundation we continued out on the White Bar Trail back to Johnstown circle. It was a beautiful day to be out in the woods.

[The author is a retired food industry chemist and a longtime AMC hike leader.] Photos courtesy of Cynthia Tollo Falls.

***The Mountains-To-Sea Trail Across North Carolina: Walking a Thousand Miles through Wildness, Culture and History* by Danny Bernstein** Reviewed by Nancy Wolff

Natural History Press (www.historypress.net); \$19.99 softcover; 166 pages plus Index and Bibliography

The Mountains-to-Sea Trail starts at Clingmans Dome, at the Tennessee border, and wends its way around and over and down and across North Carolina to the terminus on a sand dune at Jockey's Ridge. The trail ends at the seashore on the "highest dune the day you complete the trail." After you reach your personal finish, you stop by the Jockey's Ridge State Park Visitor Center and sign the visitor book. Your picture goes on the MST bulletin board.

This book is more than a trail guide. True, we do walk (or bike the on-road portions, or take a ferry) with Danny along the MST. However, the trail oozes with history and culture as well as the "wildness" of the subtitle. Revolutionary War names and sites arise and fade as we pass along. We learn of a Cherokee creation myth. Historical references are blended with descriptions of the cotton industry, tobacco, naval stores, and...moonshining! A very educational book, this. We read about Blackbeard; Tom Dooley ("Hang down your head, Tom Dooley, Hang down your head and cry..."); Ava Gardner (really!) and, no surprise, Eli Whitney. We learn of the origins of Pepsi-Cola. But we move on.

Early in our trek, Danny accompanies us to Mt. Mitchell, highest mountain east of the Mississippi. (Ha! You thought that stat belonged to Mt. Washington in New Hampshire, didn't you? Well, Google it and weep.) We're introduced to the balsam woolly adelgid, and farther along, thin green "shoelace" snakes, the practice of geocaching, several private gravesites and small cemeteries, and everywhere the flowers and little creatures seen when our eyes and ears attune themselves to their presence. "Hobbits might peek out of every tree," according to our author. (continued on next page)

Long-distance trails hold a special appeal for many hikers. Completing the Appalachian Trail, or the Pacific Coast Trail, or the Mountains-to-Sea Trail – a goal is attained and a quest fulfilled. Danny Bernstein and her husband Lenny section-hiked the AT in the 1990s. Thus, Danny is aware of the value of trail towns for long-distance hikers. A trail town should be small, with friendly residents. It should provide services needed and appreciated by hikers: food and supplies, laundry facilities, and a place to sleep. She nominates four towns for the privilege of being called trail towns of the MST. Sylva has a hair salon (Yes! Picture yourself crawling out of your sleeping bag after a fitful night at the campsite, checking your reflection in a nearby pond, and deciding what you need is a shampoo and a trim), a fly-fishing shop, a bicycle shop, an outfitter and a bookstore. Two tattoo parlors add to its charm, but better than that, several take-out lunch places. Elkin's people are working on designating a greenway that will offer a place to walk or bike safely. The MST will be part of this when it takes form. Elkin has two laundromats, plus Harry's Place for lunch, qualifying it for trail-town designation. Smithfield has a bookseller/coffee shop. What else does one need? Oh, yes, the Ava Gardner Museum. Don't miss it. Also there are fast-food restaurants, laundromat, motels, and a discount shopping outlet. Buxton is 10 feet above sea level, an altitude that will come in handy when the next Irene or Sandy blows in. A supermarket for resupply, a couple of laundromats, a bookstore, and we're set. The long-distance hiker, camper, trail walker will appreciate these amenities. Coffee shops and a place to get ice cream. The basics of life on the wilderness path.

One of the trails along the route is described as having "poisonous snakes, chiggers, mosquitoes and ticks." Our kind of place. It also has jets flying overhead from the nearby Marine pilot training station. Guns are fired, though it's "just target practice." This sounds like our own Black Rock Forest, with the West Point armament bursts and the helicopters whop-whop-whopping overhead. On the other hand, here the hiker might find osprey, kingfisher, turtles, and wild turkeys to offset the human intrusions on the natural world.

And the pocosins, there's a new term for me. Pocosins are "walls of scrawny trees, oddly shaped bushes and greenbrier vines that will attach to anything, including skin." Blevins and Schafale, in *Wild North Carolina*, describe walking through a pocosin as "like wrestling a bear." This must be worse than bushwhacking through stands of striped maples above Winter Clove in the Catskills.

Along the trail, wherever we are, we revel in nature. Flowers, birds, trees and foliage, the shapes and colors of rocks, the small creatures, all blend into our memories of the day's outing. We seek books by authors who pinpoint these details for us, triggering our own memories of past hikes and our anticipation of future outdoor experiences. It's how so many of us get through winter: the hope of spring. It's how we walk in many suburban areas, bypassing the discarded cars, mattresses, and refrigerators and focusing on the tiny pipsissewa.

We're back to the flowers. Many writers have glorified springtime in North Carolina, with its varieties of orchids, trillium and lilies along the trail. So many of our beautiful flowers are lost through overuse of local trails – seldom do we see the delicate little early spring flowers such as hepatica, bloodroot, and lady slippers anymore. When we do see spring beauties, trout lilies, and anemones, we feel they're special and want to protect them from the hiker's boot.

Ah, it comes down to protection and preservation. The Friends of the MST is a group dedicated to the support of the trail and the inclusion of more and more land under its umbrella so that ultimately the entire trail will be off road. At the present time almost half the trail is on road: wood road, dirt road, paved road. Kate Dixon, executive director of the Friends, says, "The current trail is done now. You can walk from the Smoky Mountains to the Atlantic Ocean." But the ultimate trail, Kate says, has no completion time. One thousand miles completely on footpath: That's the goal of the Friends. One thousand miles on trail from the mountains to the sea.

Danny Bernstein has the important ability to discern wilderness even in suburban areas. The flowers, the birds, the turtles and tadpoles are there. True, they exist amidst urban sprawl and threats of development. Our quest is to find these agents of nature, to open our minds to the beauty of their existence, and to let them live where they are, unthreatened by our footfall as we pass them by on our way to the next horizon. Whether you use Danny's book as a guide to your own travel through the little towns of North Carolina, or as a hiking guide to your MST trek, or as a pleasant companion in your armchair adventure, you'll find it a satisfying journey. **(See photos on page 16)**

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ARTICULATE, ERUDITE OUTDOORSMAN, 65, who relishes exploring nature (hiking, backpacking, Botany), seeks compatible woman to share these passions. Also, be a person who enjoys chamber music or the Met Museum. On the mundane side, I'm a pretty decent guy who wants to share nature and cultural events with a nice gal. Reply to bobgerd@verizon.net.

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COMMITTEE NOTICES

We've Moved! The NY-NoJ Chapter office has moved from Tudor City and is now located inside the West Side YMCA, right across from Central Park. The new address is: AMC, 5 West 63rd St., Suite 220, New York, NY, 10023-7165. Phone remains 212-986-1430.

How to Request Delivery of T&W. *Trails & Waves* comes out four times a year. Most of our members now read the newsletter online at www.amc-ny.org. We'll send you an email notice with the link when a new issue comes out (but only if you request it). Or, if you prefer we'll mail you a printed T&W (but only if you request it). To request to read T&W online (and receive the reminder email) or to receive the print version, **contact the AMC Member Center at 800-372-1758 or www.outdoors.org/membercenter.**

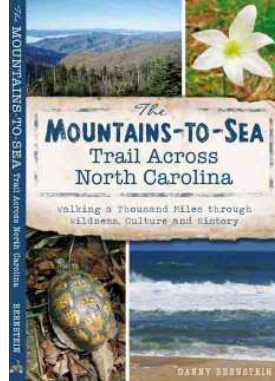
Hikeamc yahoo group for short-notice hikes. Once you sign up for the hikeamc group, emails will be sent to you about short-notice hikes. There are also sometimes emails with cancellations or special notices. To sign up, e-mail hikeamc-subscribe@yahogroups.com with your full name and your AMC membership number.

Annual Clean-up at Pelham Bay Park Lagoon is Saturday, June 8. Sandy left an awful mess along the lagoon and the waterfront Siwanoy Trail – we'll clean it up from canoes and on foot. See Schedule for details.

SAVE THE DATE! This year's Fall Gathering is being hosted by the Delaware Valley Chapter. Mark your calendars for October 18-20 and watch upcoming issues of AMC *Outdoors* magazine for more details.



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Author Danny Bernstein at Clingmans Dome, start of the Mountains-to-Sea Trail – See Nancy Wolff’s review of her book on pages13-14

August Camp 2013 in North Cascades Limited Availability – Act Now!

Week 1: July 13 - July 20
Week 2: July 20 - July 27
Week 3: July 27 - Aug. 3
Week 4: Aug. 3 - Aug. 10

In 2013 August Camp returns to the breathtaking North Cascades of Washington State. We'll hike in the North Cascades National Park, Mt. Baker-Snoqualmie National Forest, and Ross Lake and Lake Chelan National Recreation areas. Choose from a variety of hikes every day, or add in backpacking, rafting or kayaking to expand your experience. Take an excursion to the San Juan Islands to hike or bike, and enjoy the Washington State Ferry System. No matter what you do, you'll be surrounded by amazing vistas.

Our full service tent village for 64 campers each week offers home-cooked meals, daily hikes at all levels, nightly campfires and wonderful camaraderie. The 2013 campsite is on the banks of the Skagit River, just down the road from Cascadian Farms, known for their organic food and the best ice cream we've ever had! Our site is reached by the North Cascades Highway, considered the most scenic drive in Washington State. Our designated airport is Seattle-Tacoma International, and our fleet of vans provides transport between camp and SeaTac each Saturday.

Registration forms and detailed information can found at www.augustcamp.org. Plan your one or two-week adventure now and be part of one of the oldest camps in the AMC.

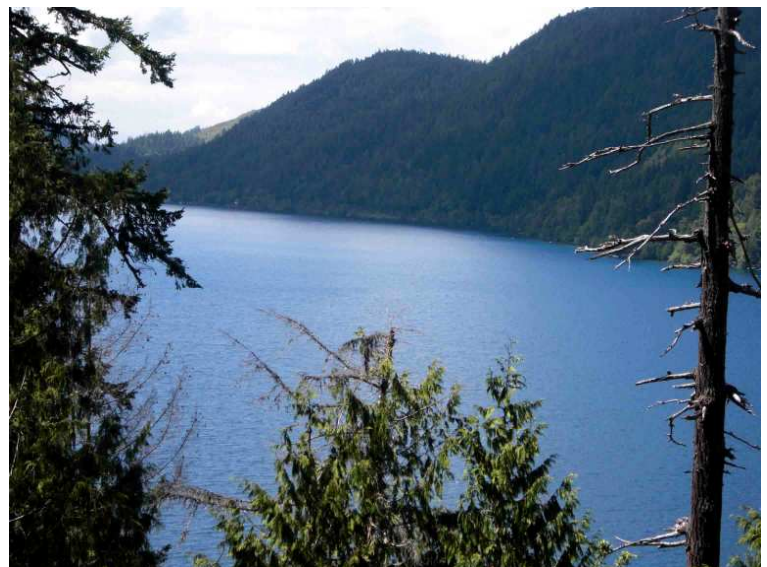


Photo of Ross Lake by Melanie Simmerman