



Trails & Waves

Volume 39, Issue 1 • Spring 2017

*News from the Appalachian Mountain Club
New York–North Jersey Chapter*

A large, dark silhouette of a natural rock archway frames the central image. Through the opening, a bright blue sky meets a calm, blue ocean. A prominent, rugged rock formation (a sea stack) stands in the water, its reflection visible on the surface. The overall scene is serene and scenic, capturing a coastal landscape.

Hiking California's
**Channel Islands
National Park**

Trails & Waves

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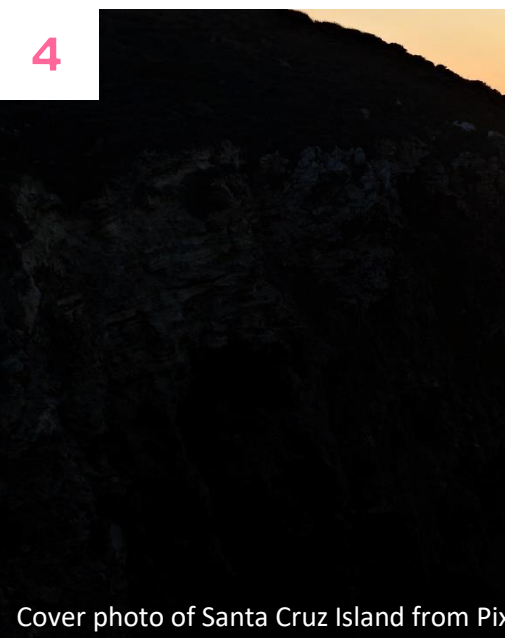
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Contributions of articles and photos are welcome. Articles may be edited for style, clarity, and length. The newsletter assumes no responsibility for lost material. Please send photographs in the original (uncompressed) size; contact the editor if you need assistance. Email all submissions to: trailswaves@amc-ny.org

Read *Trails & Waves* on the [Chapter's website](#)

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Cover photo of Santa Cruz Island from Pixabay.

Message *from* the Chair

Spring is in the air. But as we head into the warmer weather, there is something else heating up inside many of our members—an understanding that now is the time to strengthen our connection to the outdoors and rededicate ourselves to its preservation.

AMC's mission is to promote the protection, enjoyment, and understanding of the mountains, forests, waters, and trails of America's Northeast and Mid-Atlantic regions. And our chapter has always been a leading voice in fulfilling those ideals. There is much we can't control in terms of protecting the environment. But when we take time to enjoy and educate ourselves about nature, we send a powerful message about both the importance of conservation and the countless benefits that come from spending time in unspoiled wilderness.

Oh yeah! And it's fun. For those members who are not yet active participants in our Chapter's many activities, I understand that the hardest thing is to take the first step [we've all been there]. So here's a suggestion on a great place to start.

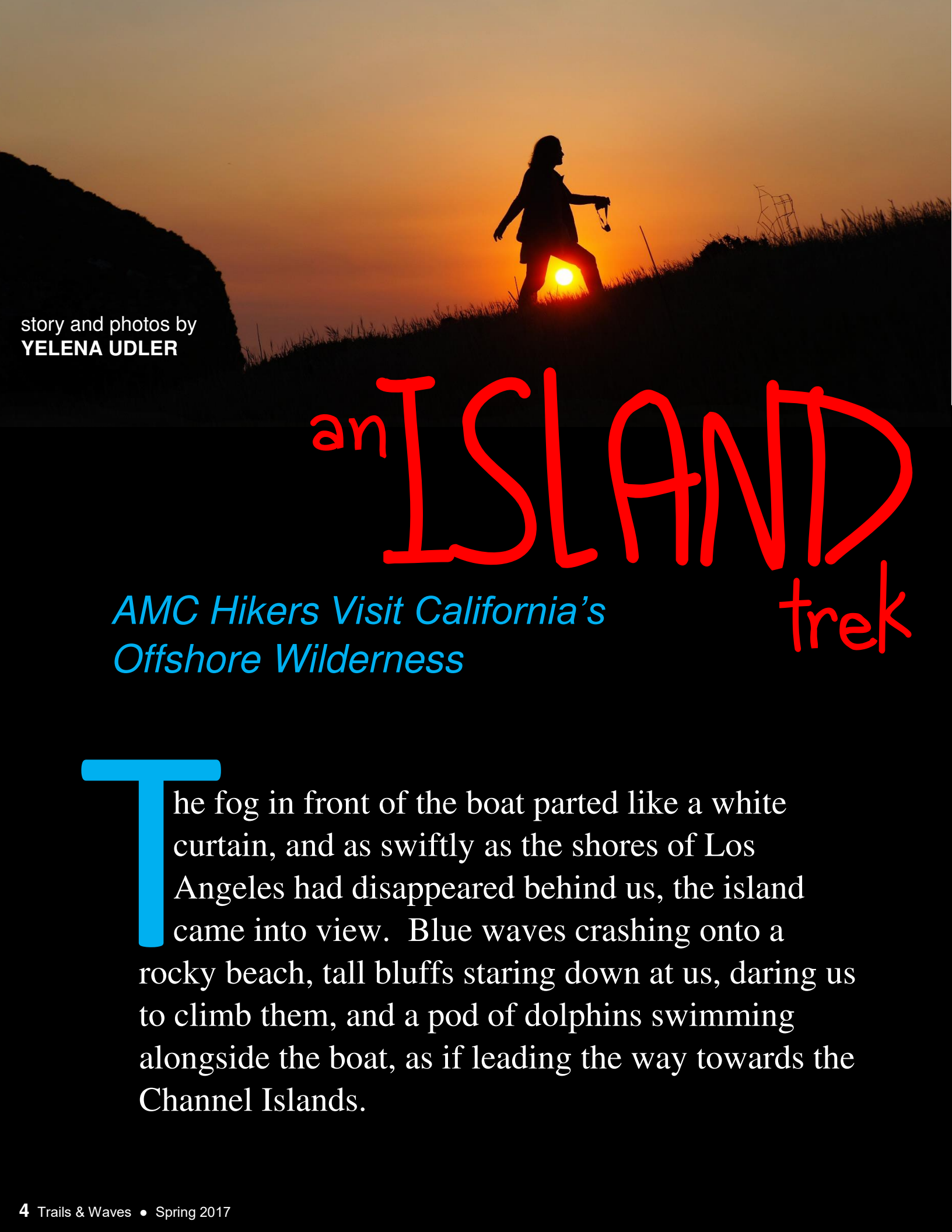
We will take over the totally refurbished Harriman Outdoor Center for AN ENTIRE WEEKEND (June 2-4) for our Chapter's annual picnic. It's our way of celebrating National Trails Day. This is an awesome opportunity to experience everything Harriman has to offer – surrounded by your fellow NY-NoJ AMC'ers. If you haven't been to Harriman since the work was completed last year, you'll be blown away by what a fantastic job they did. If you were lucky enough to get out there last year, I'm sure you've been counting the days until you could return. I guarantee you will leave the weekend with a fantastic understanding of everything our Chapter has to offer and will meet lots of people looking to share new outdoor experiences with you. You can learn more by clicking [here](#). This event is priced right and sure to be a sell-out, so sign up early.

Finally, as the warming weather calls you out to the trails, remember to join with other Chapter members to "Erase a Trace." Do your part by picking up garbage, breaking up a fire ring, or moving blow downs out of the way. Every little bit will make the outdoors more enjoyable.

I'm looking forward to seeing as many of you as possible at the picnic. It's going to be a great year!

Cynthia Tollo Falls
Chair, NY-NoJ Chapter





story and photos by
YELENA UDLER

an ISLAND trek

*AMC Hikers Visit California's
Offshore Wilderness*

The fog in front of the boat parted like a white curtain, and as swiftly as the shores of Los Angeles had disappeared behind us, the island came into view. Blue waves crashing onto a rocky beach, tall bluffs staring down at us, daring us to climb them, and a pod of dolphins swimming alongside the boat, as if leading the way towards the Channel Islands.

Channel Islands National Park is one of those hidden treasures you'd never believe could exist so close to a busy urban environment like LA. The park consists of a chain of five islands located less than 30 miles off the coast of Southern California. We chose to make the largest island, Santa Cruz, our destination.

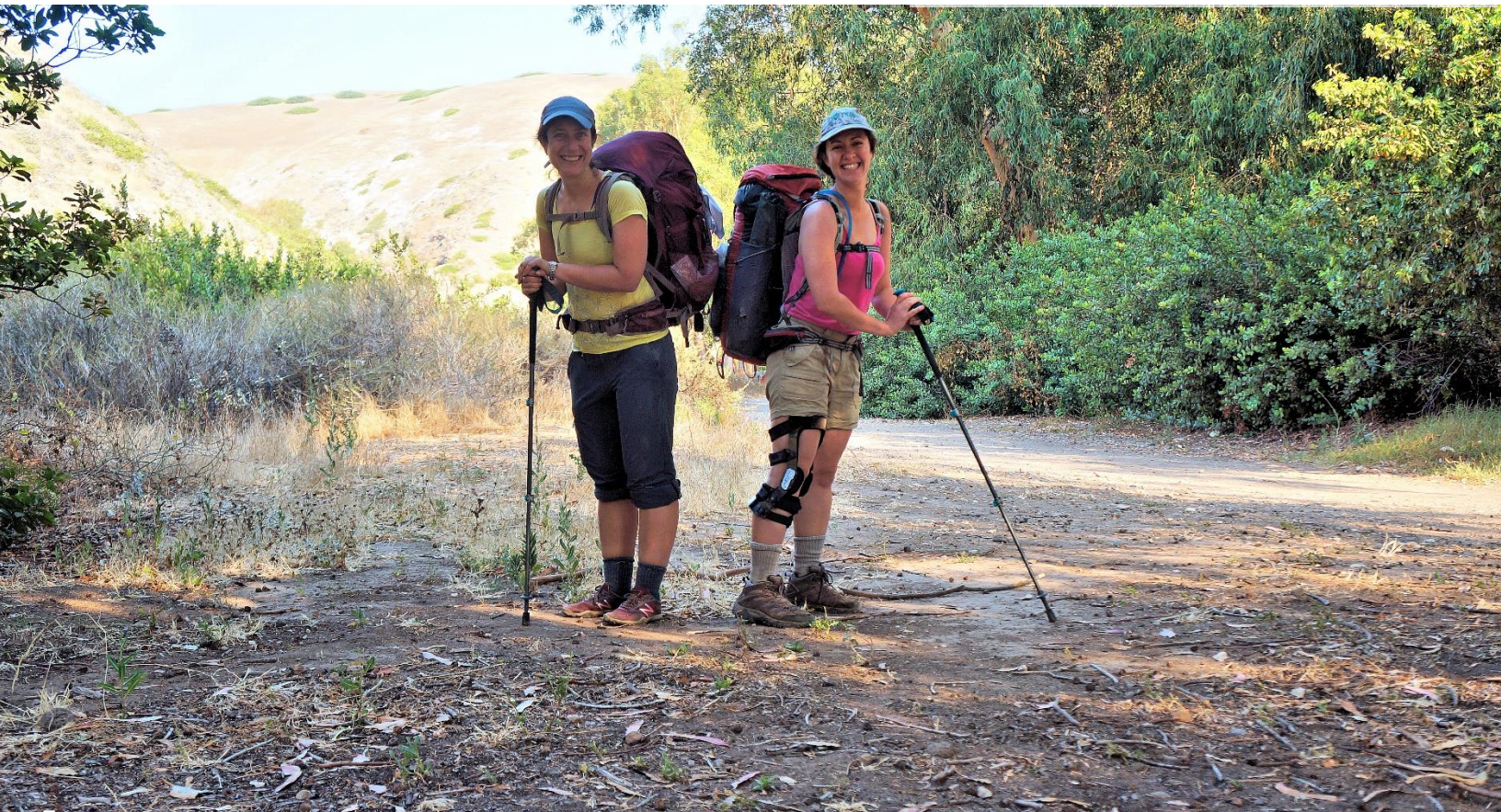
Disembarking from the skiff that ferried us to shore, we were greeted by a crowded beach area full of day trippers and kayakers. After hoofing the half-mile to camp and quickly setting up camp, we donned our swimsuits and raced back to the water. Later, we explored the surrounding area: there were perhaps seven miles of loop trails leading to the bluffs overlooking the ocean. There was a warm breeze at the top, and off in the distance you could

make out the shape of Anacapa, another island in the Channel Islands chain.

After dinner, we hiked to the top of a west-facing bluff to catch the sun setting over the ocean, meeting several like-minded campers along the way. While I was cleaning up for the night, a sly fox snuck into the open bear box, quickly darting out with a prize in its snout. Much to the fox's dismay, and to ours, it had grabbed not a delicious meal but our only supply of moisture wipes.

Generally, tourists visiting Santa Cruz come here for a day to partake in kayaking, swimming, hiking and snorkeling activities. More adventurous visitors stay overnight at either of the two campgrounds. Scorpion, the one we were at, is the bigger and more

Becky (left) and Yelena on Santa Cruz.



easily accessible of the two, complete with wheelbarrows campers can borrow to lug their stuff from the shore to the sites. Del Norte, the more remote of the two, is a bit harder to get to, requiring a few miles' hike with significant elevation gain, and lacking any water sources. We were aiming to stay at Scorpion, hike across the island the next day, spend the night at Del Norte, and catch the ferry on day 3 from the other side of the island. Though Becky and I both had abundant backpacking experience acquired over years spent exploring the Hudson Valley, the thought of carrying enough water for a 10mi/2,500ft elevation gain hike across the island and another day besides that, gave us quite a bit of trepidation in the weeks leading up to the trip.

“
While I was cleaning up for the night, a sly fox snuck into the open bear box...
”

After a hasty breakfast the next morning we were anxious to get on our way. The trail started out flat but climbed steadily for a few hundred feet as we left the campsite. It was well defined and switched back and forth enough that the elevation only felt difficult because of our heavy backpacks. After an hour or so we came to a junction with an old service road, which flattened out considerably and offered views of the ocean to the far left and right. The longer we hiked, the higher we went, and the

hotter the temperature got. We were trying to conserve water, unsure whether our two gallons would be too much or too little. By midday we were parched, and quite possibly dehydrated. By that point we'd marched 7 miles (and gained 2,000 ft!) across the island, and had not seen a single person. A trail junction offered a short detour to a place called 'China Beach.'

Memories of yesterday's refreshing ocean swim came to mind, with the slightly chilly feel of the water as it envelopes your body, washing away every droplet of sweat, caressing the sore muscles. There wasn't even a discussion – we just had to get down there. The trail remained as wide as the dirt road we had been walking on until it wound its way to the bottom.

About midway through we realized we were actually adding 4 mi and 1,000 ft elevation gain to our trip (apparently the GPS coordinates were in meters, not feet!) but at that point we were already too committed, too dehydrated, and too stubborn to turn back. Much to our dismay, the shoreline was too rocky and the surf too rough to go in for a swim. Wetting bandanas for a swift wash to rub off the salt and sweat, we trudged back uphill, along a road lined with succulent fennel plants.

Back by the junction sign, we collapsed for a brief respite. Refueled by a pair of juicy plums, we were on our way. A short while later we arrived at the four-site campground. The campground afforded an open view over the water in the distance, and the switchback trail snaking up from the dock-side. We claimed a site under a leafy eucalyptus and enjoyed our last sunset on the island.

The next day we had until early afternoon to get to the dock, so the morning consisted of a leisurely breakfast and reading under the shade of a eucalyptus tree, with the salty smell of the ocean gently wafting over us. The hike down was uneventful—the downhill a delightful reprieve from the prior day, and we still had plenty of drinking

water to spare. The dock/beach area wasn't as populated with tourists or amenities as our first landing – they didn't have kayak rentals or snorkeling opportunities here, but there were still 30-40 people relaxing by the picnic tables and shooing away (or cooing after) the grey island foxes. The water was refreshingly cool for a swim, though there was seaweed floating around. We spent maybe a half hour splashing around, then it was time for a snack and to go, as we saw the ferry heading toward the dock and presently we joined the line waiting to get on board. As the ferry sailed away, the island slowly receded into the mists behind us. Pods of dolphins didn't follow us out like they did on the way in, but the captain did point out a whale blowing a fountain in the distance. A fitting ending to a perfect trip.

Admiring a Eucalyptus Tree.



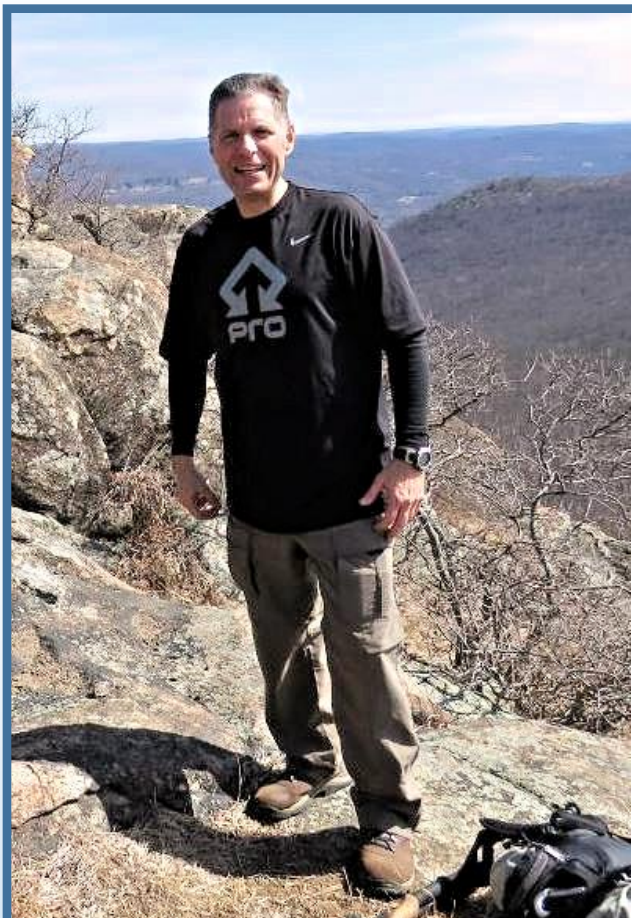
Thank you



Our Chapter has some wonderful volunteers. These three people are part of what makes the AMC special.

INSPIRATIONAL VOLUNTEER

For a member who embodies the spirit of our Chapter and inspires others by leading, mentoring, or encouraging leadership or activity for AMC this year.



Ken Elion

Hiking

“I have hiked with many different leaders and it seems that Ken most often has his AMC hat on—recruiting others to participate in hikes as well as leadership roles. He copes with challenges with patience and quiet humor - and always finds a positive outcome for all. His words of encouragement have often led to hikers overcoming doubts about their ability and stretching to achieve a new milestone. This leads to more participation and better hikers—and greater commitment to AMC. He consistently speaks of leadership opportunities for others and encourages training for those roles.

“Ken helps keep the strong culture of AMC thriving. He is a leader in all respects and a wonderful representative of the organization.”

AMBASSADOR

For a member who encourages others to participate with AMC or promotes AMC and our Chapter by recruiting, speaking for, or representing AMC at events (including in the office, at outside venues, or related to an activity), etc. this year.



Butch Futrell

Canoe and Kayak Leader/Instructor

“Since 2002 Wendell ‘Butch’ Futrell has lead 33 trips and 37 kayak instructionals plus attends and volunteers at pools sessions plus mentors paddlers on rivers. He is dedicated and giving and an incredible person. A great many paddlers have learned from him. Butch became a master trip leader in 2015.

“Butch’s spirit of volunteerism and promoting and advocating the core values of the AMC make him an upstanding Ambassador for the Chapter.”

- *Suzanne Villegas*
Canoe/Kayak Chair

UNSUNG HERO

For a member who supports the Chapter in less visible or is celebrated in ways behind the scenes, such as public service (conservation, trails), communications, editing, committee service, record keeping, etc. this year.



Susan Bernstein

Communications Committee e-Blast Coordinator

Susan has been our Chapter e-Blast Coordinator going back to 2011. The Chapter sends out 12 e-blasts a year. The design and layout of these email messages has gotten more sophisticated and the content more relevant. All this takes messages and coordination with the Chair, Communications Executive, Chapter Committees, and Boston staff. All of this behind the scenes effort takes time. Susan has done this job willingly even with tight deadlines. This work has resulted in a 37% increase in click rates. We appreciate Susan’s work in furthering the Chapter goal of better communications.

joe NIGRO

Appie of the Year

Since 1979, the Advisory Committee of the New York-North Jersey Chapter of the Appalachian Mountain Club each year chooses the Appie of the Year. The Appie of the Year is an individual who gives selflessly of him or herself for the good of the club. The Appie is one who works tirelessly, often behind the scenes, organizing, leading in fact and by example. The Appie is one who has served in this manner for several years, thus over time continuing this commitment. The Appie exemplifies what is best about the volunteer ethic that makes our club and most particularly our Chapter so special.

Joe has led more than 10 hikes a year regularly for about 25 years. Joe is consistently thoughtful and helpful to each member of the group which he is leading. Joe is gracious to new people who joined a hike that was more rigorous than they realized. Last year, Joe led more than 20 hikes with sometimes more than 50 participants, despite going through chemotherapy.

Joe's consistent leadership and enthusiasm has helped to bring members into our hiking community and encouraged the development of new leaders.



Update from the Membership Chair



Hello my fellow members, I'm so excited every time I write the Membership Update. It's my honor to be the AMC NY-NoJ Membership Chair because AMC is the best outdoor organization in the U.S. We are very fortunate to have an amazing leadership team to steer the Chapter to higher horizons every year.

First of all, I would like to congratulate Cynthia, our Chapter Chair, for receiving the Volunteer Leadership Award; and Henry Schreiber, Chapter Nominating Committee Chair, for awarding the Distinguished Service Award at the AMC Annual Summit on January 28, 2017. I have been lucky to work closely with Cynthia since last year and am always inspired by her passion and dedication to the Club. She gives so much back to us, ensuring that our Chapter always achieves AMC's vision: Leadership, Community and Diversity. From the Fall Gathering to the Annual Summit, John Judge has said how much he appreciates Cynthia's hard work. Well-deserved, Cynthia and Henry!

BY THE NUMBERS

	2012	2013	2014	2015	2016
Chapter Year-End Members	11,755	11,618	11,439	11,225	11,246
Chapter Year-End Membership	8,958	8,842	8,710	8,464	8,507
Growth Rate - Chapter Membership	-3.3%	-1.3%	-1.5%	-2.8%	0.2%
Growth Rate – Club Membership	2.3%	2.0%	0.6%	2.9%	0.4%
Club Year-End Membership	60,596	61,809	62,160	63,952	64,175

MEMBERSHIP

I'm happy to report that the Chapter Membership has been flattened in 2016. Thank you everyone: our hard work has paid off!

Here's looking forward to another successful year in 2017.

MEMBERSHIP SPEAKER SERIES

I hosted two successful speaker sessions in January and February. Ken Posner shared great stories from his book "Running the Long Path," which chronicles his record-setting through-run of Vermont's 350-mile trail. He told us about facing numerous challenges, like how he survived a pouring rain at night, and what he did when he found out he was way behind his goal early in the trip. Ken also invited the audience to read quotations from John Burroughs and Walt Whitman. We had a great time on a rainy Tuesday evening!

In February, Sheldon Luberoff showed us 200+ beautiful slides from his cross-country skiing trip with AMC Adventure Travel in Austria in 2015.

MEMBERSHIP SPEAKER SERIES

Upcoming Topics

APR

Whitewater History

Richard Dabal, a longtime AMC paddler, describes the early days of whitewater canoeing, kayaking and rafting. Listen to what folks did back then and how they survived.

MAY

Appalachian Trail, by Derick Lugo. An awesome blogger and is writing a book on the AT.

JUN

Bhutan's Gentle Himalayan Kingdom, by Ian Lewis. Ian has given numerous presentations to the other AMC Chapters.

JUL

Mount Kilimanjaro in Tanzania

Les Fishbone gives a description of his hike up Africa's highest mountain.

SAVE THE DATE

Chapter Weekend & Picnic



Join us for hiking, paddling, music, BBQ, and much more!

June 2-4, 2017
Harriman Outdoor Center

They varied from snow-covered trails and mountain chapels, churches and museums, to people, food and local musicians. Some of the audience stayed after the presentation to hear more stories from Sheldon.

Best regards,

Carrie Ho

Membership Chair

WELCOME

**Join Carrie at the
New Members Weekends**

July 14-July 16

Harriman Outdoor Center,
Stone Lodge

Sep 29 – Oct 1

Harriman Outdoor Center,
Storm King

Oct 19 – Oct 22

Mohican Outdoor Center



136th Annual Fall Hiking Week in New Hampshire's White Mountains September 15 - 22, 2017

The AMC Connecticut Chapter invites you to the 136th Annual Fall Hiking Week in the majestic White Mountains of New Hampshire.

Stay at the Town & Country Inn and Resort in Gorham, NH. Guided hikes daily. All meals & evening entertainment included. Come for a few days or stay the week.

Visit our website for reservations and all the details: www.fallhikingweek.org



by
**CHRISTIAN
LAZO**

HOOKED **on** **kayaking**

How a New Paddler Came to Join the Fold

I'm a sucker for boats and anything to do with large bodies of water.

So one day when I entered the NJIT pool for a swim, I discovered there were a bunch of strange people paddling around in kayaks. I figured it might prove difficult to swim laps with these boats splashing around but they (the paddlers) turned out to be friendly and invited me to hop in a boat.

Damn it, they got me. With that start, I've only grown more and more keen on getting into these kayaks and seeing what I can do with them.

“
**Everybody
watches out
for, and takes
care of, each
other in the
group.**”

While I wasn't able to get out onto the river the summer following my first pool sessions, I believe two seasons of pool sessions proved to be immensely helpful.

I was able to hone in on paddling techniques and get a decent roll going. As warmer weather came, I was finally able to get out onto the rivers.

Boy, was I in for a surprise. It was even more fun paddling down river than in the pool!

The beauty of the natural landscape surrounding the water and the majestic, almost daunting, strength of the rapids had me hooked. I love a challenge, and when an unsuspecting rock flips me over, I just have to roll myself back up.

I can't swim.

I won't swim.

And when I do swim, I want to go back to repeat and run through it again so I can fix what I did wrong. The rush and the challenge definitely get me to come back to the water again.

Beyond that, there is a whole other aspect to paddling that I didn't expect to come across: the community that formed around those of us who look to conquer these waters. This common interest and all-around friendliness make it feel like I'm with old friends.

Everybody watches out for, and takes care of, each other in the group.

We even lent a hand to random fellow paddlers who happened to be out on the river holding a “yard sale” wipe out—gear strewn across the river’s surface from bank to bank.

The post-paddle comradery and friendship are probably my favorite parts, though. The opportunity to share food and drinks with everybody really ties together a successful day on the river.

Through our group here at the AMC, I feel like I’ve joined a family who helps guide me through the ropes and gives me a firm foothold to start and

**REGISTER FOR
KAYAK
INSTRUCTION**

**REGISTER FOR
CANOE
INSTRUCTION**

continue exploring what whitewater kayaking is all about. Through these river trips and weekends such as the Instructional Weekend, I have met some spectacular people and paddlers from all walks of life. I am extremely grateful for all of those whom I have had the pleasure of paddling with and look forward to many more river trips, combat rolls, and happy hours.

Learning to paddle. How do you start? Click a button below to join one of the weekend instructional workshops on June 2-4.

This article is reprinted from our Chapter’s Canoe/Kayak newsletter. To read more about our paddling program, click here:

PADDLE SPLASHES



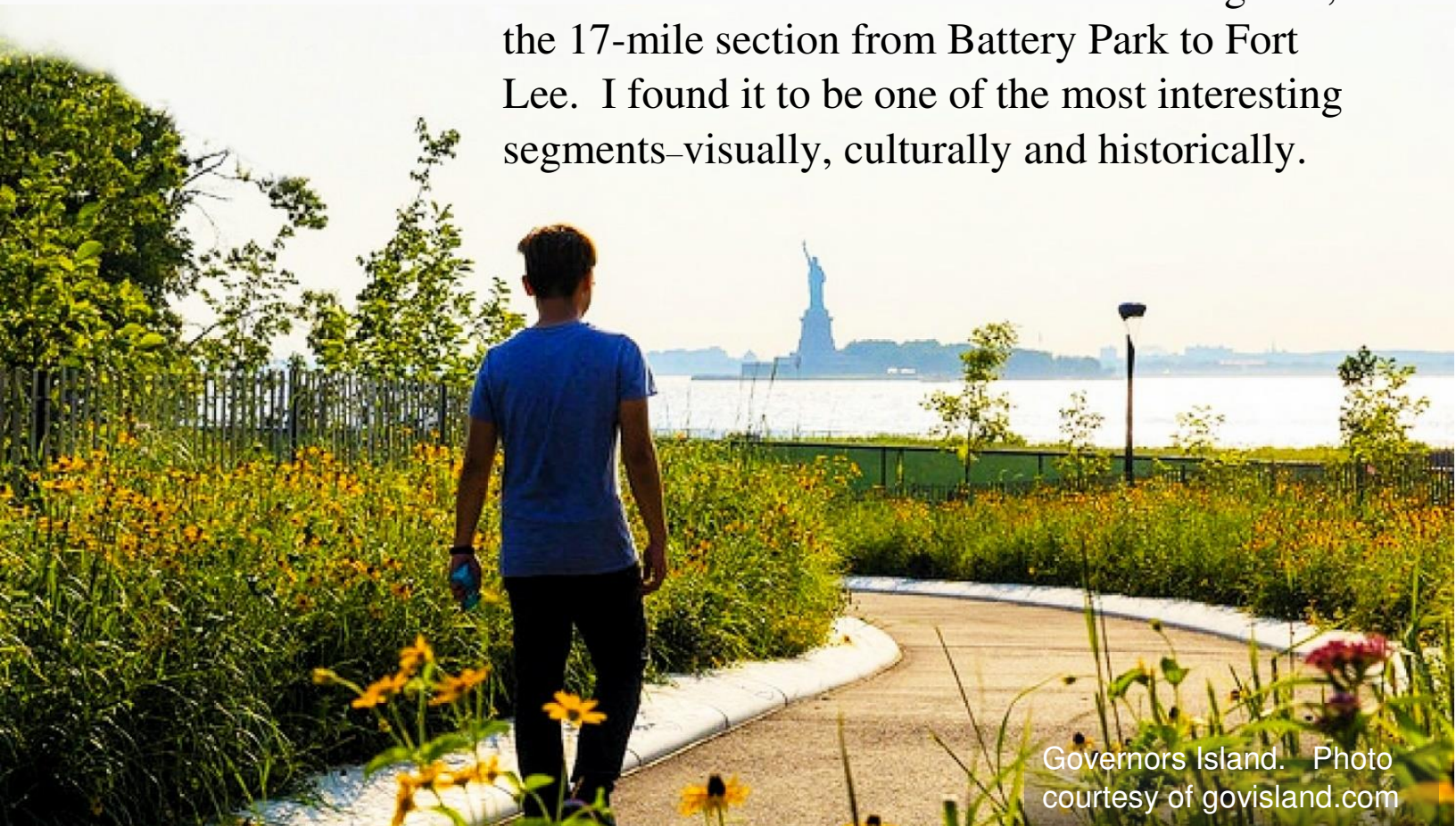
AMC kayaker Lily Lee paddling Merrill Creek, NJ. Photo by Jeff Greg.

Prelude to the Long Path:

Manhattan Waterfront Greenway

by **SKIP DOYLE**

In the 1930s, when Vincent Schaefer and Raymond Torrey envisioned a long hiking path from New York City to the Adirondacks, there was no walkway in Manhattan. Thus, the Long Path, a 350-mile trail that concludes in Albany, officially commences in Fort Lee, NJ. Having hiked the entire Long Path, this autumn I decided to walk this missing link, the 17-mile section from Battery Park to Fort Lee. I found it to be one of the most interesting segments—visually, culturally and historically.



Governors Island. Photo
courtesy of govisland.com

The view of Freedom Tower as seen from Battery Park. Photo by Skip Doyle.



At Battery Park, near where the Statue of Liberty welcomes visitors from foreign lands, so too does she greet hikers commencing this prelude to the Long Path. Beyond its vastness, there is something even more grand about New York Harbor; perhaps the pulse of the financial district, perhaps the nostalgia of Ellis Island visible on the far side of the harbor, or maybe simply the bustle of passengers ferrying to Staten Island, Liberty Island, and Governors Island.

Battery Park is home to a monument honoring Florentine explorer Giovanni da Verrazano, who in the service of France in 1524, sailed into New York Harbor. At the time of Dutch exploration in the early 1600s, Manhattan was inhabited by several hundred Lenape Indians. Realizing the importance of this gateway to the New Land, the Dutch founded the

settlement of New Amsterdam in lower Manhattan. The English took New Amsterdam a few decades later and renamed it New York.

Walking north along the Hudson River shoreline past North Cove Marina gets you closer to the natural side of Manhattan. Every step echoes the 1609 voyage of the Half Moon, captained by Henry Hudson up what the Dutch first called the Mauritius River, later the North River, and what we now know as the Hudson.

The mile-and-a-half High Line begins at the Whitney Museum and terminates at the Javits Center. Built as a railway to serve the industries of the Meatpacking District, the elevated train tracks were built through city blocks rather than along avenues. Thus, it gives the sense of walking through urban backyards rather than along a city

street. The High Line is the most recent addition to the Manhattan walkway, having been transformed into a linear park just this past decade.

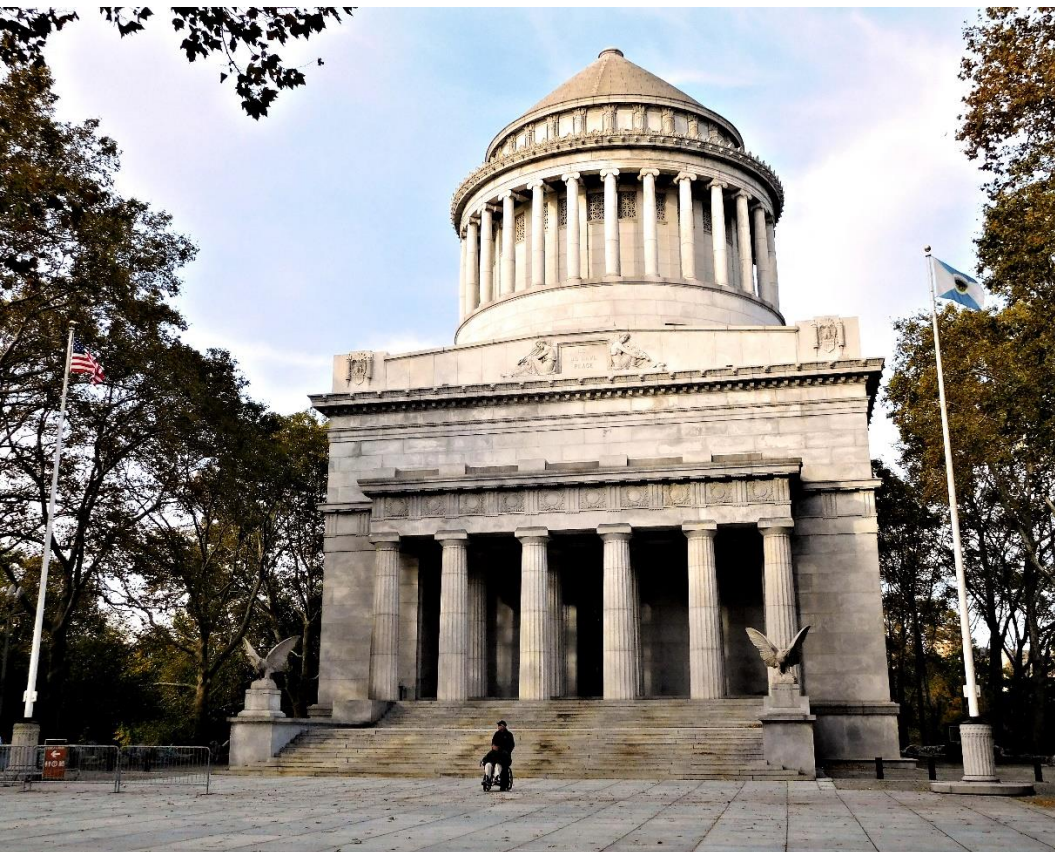
As the Manhattan Waterfront Greenway continues along the shoreline, there are a number of places to eat—some on the walkway itself, others just a few blocks inland. Imposing along the way is the Intrepid Sea, Air & Space Museum, and its flagship, the aircraft carrier Intrepid. The berths for enormous cruise ships are nearby.

At Riverside Park, the more remote experience is to walk along the promenade and the great wall which hides the park from the residential neighborhood looming above. After passing the 79th Street Boat Basin which has an adjacent restaurant overlooking the Hudson River, at 89th Street is an opportunity to visit the notable Soldiers and Sailors Monument.

Riverside Church and Grant’s Tomb await those ascending the steps at the end of Riverside Park. The imposing edifice of this church and its intricate stained glass windows are striking.

The answer to that famed question “Who is buried in Grant’s Tomb?” is “No one” although Ulysses and Julia are actually interred there—and so perhaps should better be known as The Grants’ Tomb. Atop is the brief inscription: “Let Us Have Peace”—an apt exhortation not only for post-civil war reconstruction, but for every era.

The Little Red Lighthouse at the base of the George Washington Bridge signals the only sizeable elevation gain of the day: a 200 foot ascent to the walkway over the bridge. The deck of the George Washington Bridge offers not only a spectacular vista of Manhattan, but a view of this entire trek from Battery Park on the horizon to Fort Lee ahead.



This 17-mile excursion concludes at the aqua-colored, triple blaze in Fort Lee Historic Park—the official start of the Long Path. It is a worthy day-long hike in itself. Perhaps sometime soon it will be incorporated into the Long Path, as its founders intended.

Grant’s Tomb near Riverside Park. Photo by Skip Doyle.

story and photos by
THOMAS H. PARLIMENT, PhD

Southern **HARRIMAN**

Lakes & History

Thirty-four AMC hikers spend an August Saturday exploring southern Harriman

We started on the blue Seven Hills trail, going up ‘Cardio Hill.’ Our first stop was at the viewpoint over Lake Sebago, a bit more than 1 mile up the trail. Lake Sebago was deep blue and we could see all the way to the Catskills. I pointed out a stand of American wintergreen plants (*Gaultheria procumbens*, a.k.a. eastern teaberry), and had the group smell the leaves and taste the berries. With prompting, they recognized the odor of *methyl salicylate*, wintergreen’s characteristic aroma.



American wintergreen plants
(*Gaultheria procumbens*).

I pointed out the stone ‘rip rap’ (submerged stone structures) in the lake. These are the Conklin family graves that were inundated when the CCC created Pine Meadow Lake.

We proceeded down the yellow Tower trail to the red/white Pine Meadow trail. On the way we passed one of the abandoned Civilian Conservation Corps (CCC) construction sites from the 1930s. It was an easy walk over to Pine Meadow Lake. Some garbage was seen in this area; there have been several recent articles in our local Rockland Journal Newspaper about hikers leaving trash here. We continued on the Pine Meadow trail to Conklin's cabin site. On the way we found a nice ‘chicken of the woods’ mushroom (*Laetiporus sulphureus*, a.k.a. sulfur shelf). These are considered to be choice mushrooms, having a nice texture and chicken-like flavor. (*Please note that eating the wrong mushroom can make you extremely sick, and may even be lethal. Only eat wild mushrooms if you know exactly what you are doing. - Ed.*) The Conklin family occupied their cabin site from ca. 1779 until the last survivor, Ramsey Conklin, was evicted and his land confiscated by the park in 1935.

We then retraced our steps to the crossover trail going north to Lake Wanoksink. Along the way we stopped by a large black birch tree (*Betula lenta*, a.k.a. sweet birch), and broke off a few twigs. I had the members scrape off the

Chicken of the Woods (*Laetiporus sulphureus*).





Lunch at Lake Wanoksink.

We continued on East Pine Meadow Road, taking the TMI trail heading SW toward West Pine Meadow Road. On the way we stopped to admire the stone obelisk discovered by AMCer Ira Rifkin. It stands about five feet high and is obviously man-made.

bark and smell it. To their surprise, they again noted the aroma of wintergreen. I pointed out that like American wintergreen, black birch also contains methyl salicylate. It is interesting to note the same aroma chemical in two unrelated plant species, one a ground-hugging shrub, the other a large tree. Black birch sap can be fermented to produce real birch beer, or boiled down to produce birch syrup. Methyl salicylate is related to the active ingredient in aspirin (acetyl salicylic acid) and can have similar effects of reducing fever, pain, and inflammation.

We reached Lake Wanoksink for lunch. Wanoksink is another one of the lakes created by the CCC in the 1930s. We departed the lake going northeast via Conklin Road/East Pine Meadow Road. After a mile or so I stopped the group and offered them an unusual opportunity. Only about 50 yards off the road is a strange rock formation which contains a deep ravine and a narrow slot. The slot is about 14 inches wide, 15 feet long, and 15 feet high. About half the group chose to slither through the slot. They were quite proud of themselves.

We turned right on West Pine Meadow Road to the yellow Buck Trail. About 20 minutes on the Buck took us to the forgotten Little Doe Trail (see [*Harriman Trails*, 3rd Ed, W. Myles and D. Chazen p.247, 2010. NYNJ Trail Conf.](#)). It is a convenient shortcut to the ski trail, and eliminates going down the rocky Seven Hills trail. We visited the Waldron cemetery marker before crossing Seven Lakes drive and returning to our cars. The trip was 8.2 miles. We were out by 3:30pm.

A fun time was had by all.

Author Tom is a retired research chemist who in his professional career worked on the flavors, aromas and colorants of processed foods for General Foods and Kraft Foods companies.





Why We HIKE

by **NANCY WOLFF**

Why do we go out into the woods? To escape from the pressures of our daily life? Enjoy the company of friends? Breathe fresh air? Get physical exercise? Meet new people? Explore unfamiliar territory? Watch birds, butterflies, bugs, wildlife? Use our map and compass, GPS, snowshoes or skis, or other equipment? Our purposes are as varied as our personalities.

“Nature walking” was a popular pursuit in 19th century America. People walked on Sunday afternoons after church—after working their six-day weeks—to be with family and friends or to allow young couples a chance to get away from the stilted parlor behavior of that time.

But changes were coming. "Nature walking" became outdated by new modes of transportation. Thoreau, in his 1862 essay "Walking," described the change from the "blessed release" of a half hour in the woods to the use of "omnibuses and horse railways" in the 1830s, and to steam locomotion after the 1840s.

Thus begins a new book, [*On the Trail: A History of American Hiking*](#), by Silas Chamberlin (Yale, 2016). Chamberlin has written a valuable account of the beginnings of organized hiking in the U.S. From the archives of the AMC, ADK, Green Mountain Club, Sierra Club, and many other organizations, the author has built an excellent history of how we look at the world outdoors.

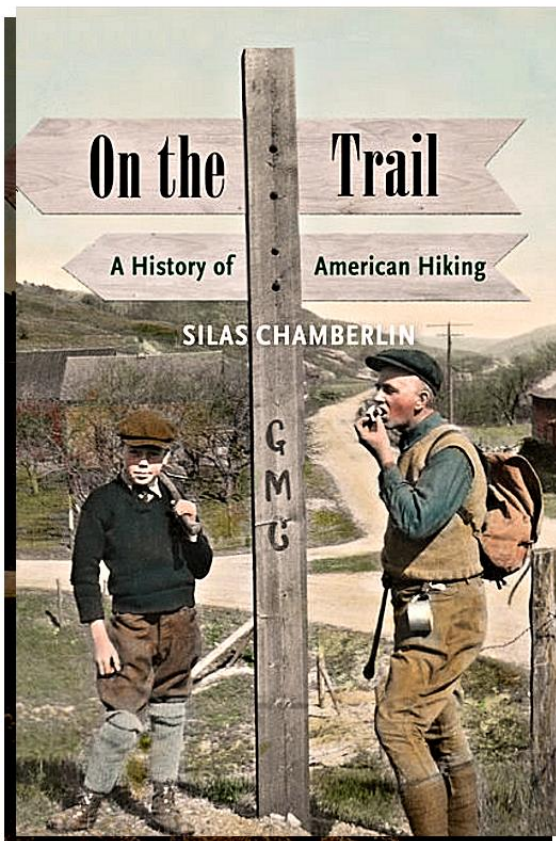
The AMC was founded in Boston in 1876. From the start, the club admitted female members. It became a model for hikers who founded the Sierra Club in San Francisco in 1892, and the Mazamas in Portland, Oregon in 1894. These organizations published journals which in turn became models for other groups across the nation. Picturesque

views are described in the archives of outdoor groups, and in the journals and diaries of individual trail users. Here is a quaintly worded account by a member of a group of men and women who hired two wagons and rode to Moose Mountain in New Hampshire for a whortleberry expedition:

A toilsome way we found it, some places being so steep that we were obliged to hold by the twigs, to prevent us from falling.

Other groups proliferated, soon building new trails throughout wild areas. Vermont’s Green Mountain Club began the Long Trail in the 1910s and 1920s. By the time the Long Trail was finished, the longer and better known Appalachian Trail came into being. The often-told story of the vision of Benton MacKaye for the planning, promotion, building and maintenance of the AT is told here as well.

There follows a detailed history of other long-distance trails, the Sierra Club and its activities through the years, and the evolution of hiking communities from local to national groups. Hikers’ interests evolved from group outings to individual long-distance hikes, to competitive hiking and trail running. The surging popularity of hiking inevitably causes overuse and degradation of our most popular trails. Trails in the



Adirondacks, the Catskills, Harriman Park, and local parks and reservations are now often eroded, muddy in wet weather, dusty in dry seasons, with rocks and roots exposed. Great hordes of trail users are loving them to death.

Everyone from the armchair hiker to those interested in social history will find a great deal of information and pleasure in reading Chamberlin's book.

Shortly before Chamberlin's *On the Trail* came out, a related book, [*On Trails: An Exploration*](#) by Robert Moor (Simon & Schuster, 2016) was published.

Moor starts his "exploration" with his own experience thru-hiking the AT, and the various side trails he explored afterward, both physical and mental.

Rather than "Why do we hike?," Moor asks "Why do trails exist?"

Trails, to Moor, are not only hiking pathways for humans to follow. Pheromone trails of ants, caterpillars, and other creatures have been studied by scientists for decades. Pheromones are glandular secretions laid down by many creatures that lead their fellow creatures to food or other resources. As the trail is followed by ant after ant, a herd path is set. That new trail may persist for days, even months, until something interrupts it—say, a flood, or an anteater, or the depletion of the food source.

Moor follows other varieties of trails. He considers fossil trails; the slime trails of slugs and snails; the trails of elephants that lead to food, water, or burial spots where the herd may mourn their dead relatives.

In Moor's view, Cherokee trails are "the grandest buried cultural artifact in the world." He tells the story of a historian who is constructing a map of the major footpaths of the ancient Cherokee homeland. "Practically the whole present-day system of travel and transportation in America east of the Mississippi River, including many turnpikes, is based upon the system of forest paths established by Indians hundreds of years ago."

Native American trails normally don't grow into hiking trails, as their objectives differed from ours. According to Moor and his Cherokee historian, native trails often follow game trails, useful for hunting. In contrast, our recreational trails lead to scenic locations—mountaintops, waterfalls, overlooks, and bodies of water. Modern hiking trails are designed to resist the erosive power of hikers wearing heavy boots; so, for example, on a steep hillside, they will cut long switchbacks to lessen the incline. Native trails tend to charge up slopes in a straight line, following the fall line (the path water would take while flowing downhill).



Moor considers the Internet, the “information superhighway” that was designed to manage mountains of data but which has become so vast that its network of trails is now its own wilderness. Its very success has caused an endless glut of information—some useful, some inane, some dangerous, much a complete waste of time. Moor quotes Kevin Kelly: “The bramble of intertwined ideas, links, documents, and images [on the Net] creates an otherness as thick as a jungle. And here’s Benton MacKaye, who envisioned the Appalachian Trail: “Mankind has cleared the jungle and replaced it with a labyrinth.” (I don’t think MacKaye had the Web in mind, but if the boot fits...)

This book entices the reader with novel ideas about paths, trails, and tracks. However, it is surprisingly difficult to navigate, considering the subject of trails and paths. The book cries out for an index. The table of contents is irritatingly unhelpful, consisting simply of “Chapter 1, 29; Chapter 2, 59” with no titles or headings to guide you. I emailed the author, who responded quickly. He simply had not considered including an index. He pictures the reader starting at the beginning (the trailhead, if you will) and following his lead to the end of the book. I do wish he’d sprung for an index. I felt like a sheep without a shepherd.

There comes a time when a person slows down. Faced with a vertical climb, the person in question hesitates... and

turns away, finds a flatter trail. We seek those friends who have survived their wild adventures, and we compare notes. Remember that thunderstorm on top of Mount Washington? Remember that bear? Those lady slippers? The butterflies and birds? That field of backlit sundews sparkling like diamonds in the Pine Barrens?

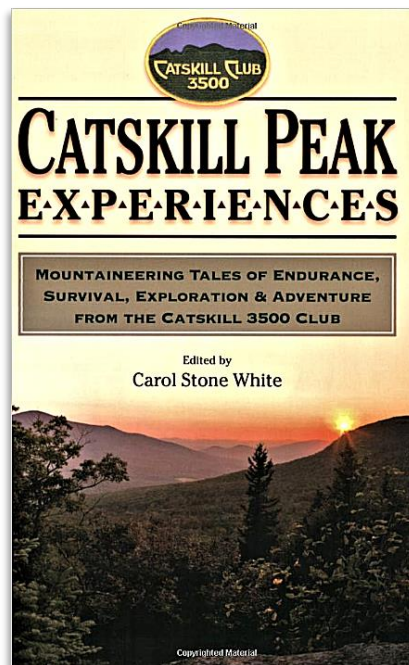
The experiences of other hikers comprise the text of *Catskill Peak Experiences*, a book of essays and previously published articles from the Catskill 3500 Club. Edited by Carol Stone White and published by Black Dome Press in 2008, this book gathers 101 stories by members and aspirants of the Catskill 3500 Club. Marathon hikes, misadventures, wildlife encounters, lost in the wilderness, reminiscences—these are some of the chapters that cover just about any kind of Catskill experience we might encounter.

In the category of “lost,” nine stories recount tales of frustration, confusion, fear, panic, and ultimate rescue. One quote: “... angry at the mountain itself, as if it had a personal grudge against me!”

Another sad tale: “My pants were ripped to shreds, pack straps and drawstrings were frayed, my watch hung from a torn wristband, my face

and hands were scratched--and I still found it to be a great couple of days in the woods.”

So: Why do we hike? I hike because if I don’t hike, after a week or so I feel low in spirit and need an outdoor session



Participating in Marches and Rallies

A Guide for AMC Volunteers

This document provides guidance for when it is appropriate to organize an AMC event to attend an issue-based march, rally, or demonstration. Any such activity must align with our mission and conservation priorities. It must demonstrate our values as an outdoors organization with conservation policies grounded in science. You and your participants are ambassadors for AMC and all we stand for, and this guidance is intended for you to represent AMC accordingly.

By participating in a march, rally, or demonstration, you and your participants will be representing AMC. Anyone participating in and/or watching the event will recognize that the organization is supporting the platform of the event. As such, this action falls under our communications policies in terms of how the club is represented as follows:

- AMC members, staff, volunteers, committees, chapters, camps, etc. cannot make public statements or express opinions/positions on behalf of the organization without the written approval of our Vice President of Conservation. Permission can be sought by a committee chair by contacting AMCConservation@outdoors.org. You can also send questions to this address.
- AMC is a nonpartisan organization and our actions and programs must reflect that ethic and strategy. We communicate with our elected leaders and ask them to support our values and mission. Participants may not carry signs or wear clothing or other visible items (hat, pin, etc.) that endorse or oppose any elected leader by name.
- If you have ideas to share or questions to ask, please get in touch.

What this means in practice is that AMC volunteers can organize participation in demonstrations if they have approval to participate as indicated above, and where the participants may:

- Organize an AMC trip/event by posting it in the Activities Database or on Meet Up.
- Carry a banner or sign with AMC's logo.
- Share your participation through AMC social media and other communications outlets.
- Display signs that express our views such as 'Hikers for Clean Air' or 'Skiers for Climate Action' or 'What do we want? Scientific Data! When do we want it? After peer review!'

Restrictions:

- Do not display signs that present a particular view (either for or against) a specific elected leader or candidate. Best practice is to not name any elected leader or candidate in any way.
- Do not display signs/pins/clothes with inappropriate or explicit content, images, expletives, etc.
- Do not volunteer to be in the 'willing to be arrested' cadre of protesters.
- Do not make statements to the press or media in the name of AMC.
- Do not allow AMC to be listed an event organizer without permission.
- Do not join marches, rallies or demonstrations that are not mission aligned.

Trip listings advertising such events – whether in the activities database, on an email list serve, or on Meet Up – must include the following statement:

The Appalachian Mountain Club is a nonpartisan organization that can advocate for laws, rules, policies, and other outcomes that are consistent with our mission. Our conservation & recreation values know no political allegiance, including our support for a clean and healthy environment, the protection and management of public lands for recreation, and science-based public policy decisions. Participants must refrain from either endorsing or decrying any elected leader by name or nuance through sign or other visible item (hat, pin, etc.).

In Memoriam **Rose Bozin**



Rose Bozin, a longtime member of the NY-NoJ chapter, passed away peacefully on January 26, 2017 at the age of 89.

In her younger years, Rose enjoyed hiking upstate with the club. More recently, she was a familiar face at the Fire Island cabin, as both a guest and an activity leader. A retired operatic soprano and vocal coach, Rose volunteered her time and talent conducting singing workshops at the cabin and was even known, on occasion, to 'sing for her supper.'

Addio, diva, we will miss your cheerful smile and sweet voice!

Columbia River Gorge AMC's August Camp 2017

The mighty **Columbia River** cuts a panoramic gorge in the shadows **Mount Rainier**, **Mount Saint Helens**, **Mount Adams** and **Mount Hood**! Camp near the **Bridge of the Gods**, where the **Pacific Crest Trail** crosses the **Columbia River**.

Hike, raft, bike and more visiting many stunning waterfalls and scenic vistas on dozens of activities led by trained AMC volunteers. Just arrive and enjoy the activities and camaraderie. Everything's provided: tents, hearty and delicious meals prepared by our staff, local transportation and a free shuttle from **Portland International Airport**.

July 15 — August 12 Sign up early for the week(s) you want!

Week 1: July 15 — July 22

Week 2: July 22 — July 29

Week 3: July 29 — Aug. 5

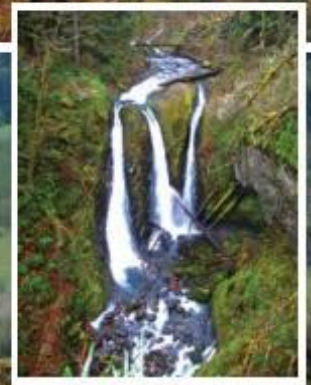
Week 4: Aug. 5 — Aug. 12

One Week: \$925 for members \$975 for non-members

Two Weeks: \$1,800 for members \$1,900 for non-members

July 15 through August 12. Plan to attend for one week or two. Detailed info, pricing and registration will be on our web site by early December. Registration opens January 2, 2017.

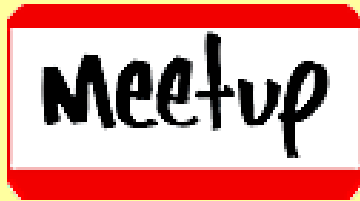
Questions? Ask **Trish Niece** at AugCampReg1887@gmail.com



augustcamp.org



Keep in Touch!



AMC 2017 NY-NoJ EXECUTIVE COMMITTEE

Chapter Chair	Cynthia Tollo Falls.....	chair<at>amc-ny.org
Vice Chair	Nathan Baker.....	vicechair<at>amc-ny.org
Facilities & Services	Oliver Dettler.....	facilities<at>amc-ny.org
Communications	Lee Hoffman.....	communications<at>amc-ny.org
Activities	Ed Sobin.....	activities<at>amc-ny.org
Treasurer	David Lloyd.....	treasurer<at>amc-ny.org
Secretary	Rob Holbrook.....	secretary<at>amc-ny.org
Nominating	Henry Schreiber	nominating<at>amc-ny.org

LASTING IMAGE



*Old school
Hiking*

