

Finger Lakes Trail NEWS

Fall 2004



Inside...

- Wilderness Proposal for Pennsylvania's Allegheny National Forest
- Reports from End-to-End Hikers

www.fingerlakestrail.org

President's Message

Farewells and Thanks

by Irene Szabo

This same space in our last issue began with news of the heartwarming flood of birthday cards sent to honor Fessy Washburn's 90th birthday, a plot hatched via email by her thoughtful niece as a complete surprise. Fessy, an early stalwart of Triple Cities Hiking Club and recipient of the Wally Wood Award in 1988, was indeed surprised and so pleased that she even wrote us a thank-you note, and NOT on the back of recycled paper! (One of her pet goals was to save one tree in her lifetime, so dear little notes from her have often been on yellowed Cornell Reunion 1984 postcards.) Then Fessy just plain died August 18th of old age and frailty. Farewell, Fessy. There are many members who will mourn you, and remember you fondly.

Another nice note came from Bill Coffin, recipient of this year's Wallace Wood Distinguished Service Award. He said, "It is truly a beautiful plaque and I was really surprised to receive it." (We know! What great fun!) He continued, "It would have been nice if many of the FLTC people I have worked with so many years could have come forward to receive it with me. But we know that things don't work that way all the time. I believe in teamwork. I see it all the time in the FLTC News. It is teamwork that built our trail and it is only teamwork that can make it last forever." Absolutely, Bill.

Our Service Center also received a cheering letter from Massachusetts member Dave Reddall, who told us that he returns every year to the Interloken Trail, treasuring especially the Finger Lakes National Forest's "pasture just north of Searsburg Road [as a] special place, full of bobolinks and meadowlarks and the Henslow sparrow." I too remember that trail for its dozens of bobolinks! He concluded, "I guess the point of this letter is just to thank everyone involved in the FLTC for getting and maintaining these trails. And the magazine is excellent."

Thank you, too, Dave, for letting us know of your appreciation. That doesn't happen often enough for



Photo by Beth Bloom

Irene, resplendent in her 1965 Cadillac convertible, which threw a rod on the way to the 30th anniversary of the FLTC in 1992. The picture is from the late 80's.

volunteers who sometimes get pretty sick of humanity's little cruddy behaviors along the trail while they're slaving to make it nice for others. And our editor Jo Taylor is hungry to know how you feel about "her" *FLT News* and its features, so your compliment will lift her day, too.

Public thanks go to our steady volunteers who pitch in several times a year at the office when it's time for a massive copying, folding, stapling, label-slapping session like we need for the mailings for the fall campout, the

annual appeal, and membership renewal notices: Georgeanne Vyverberg, Gert Hauck, Phyllis Younghans, Pat Hengstler.

Looking for new *News* authors: have we ever had an article written by one of our permitting landowners? That would be cool. Every one of you we know about receives the magazine, so it would be nifty to hear from some of you, too. Also it would provide valuable perspective if we read another article from one of our agency partners; I don't think we've had one since DEC forester Mark Keister wrote one a few years ago. Nag, nag, nag.

Irene Szabo

6939 Creek Rd, Mt. Morris 14510

585/658-4321 treeweenie@aol.com

October 10...

Fall hike in Steuben County

M-10. 9.2 miles from access 7, South Woods Road to access 3, Route 70A and/or 6.5 miles from access 7, South Woods Road to access 4, Tobes Hill Rd. Both are fairly rugged, but with sections through hardwood forests and several nice views of the fall colors if mother nature cooperates. Please contact Kim Meacham at 607/324-0374 or meach@infoblvd.net.

Did you know?

The FLTC has an email group (egroup) for its members. This service can be used to discuss hiking issues, inquire about trail conditions or find hiking partners. If interested in joining, contact Jack VanDerzee at vanderze@ithaca.edu.



FINGER LAKES TRAIL NEWS

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Mission Statement

The mission of the Finger Lakes Trail Conference is to build, protect, and enhance a continuous footpath across New York State. Forever!

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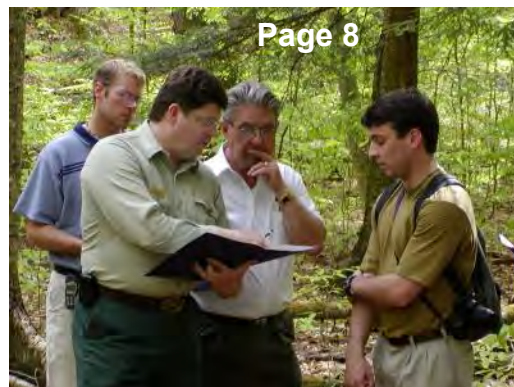
Natural Connections
John A-X. Morris

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Send **address changes** to Gene Bavis, Executive Director, at the Mt. Morris address above or gbavis@rochester.rr.com.

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Allegheny National Forest supervisor Kevin Elliott, Congressman John Peterson, and Friends of the Allegheny Wilderness director Kirk Johnson discussing the merits of FAW's proposed Tionesta Wilderness Area in the Tionesta Research Natural Area old-growth forest.



Paul Feenstra

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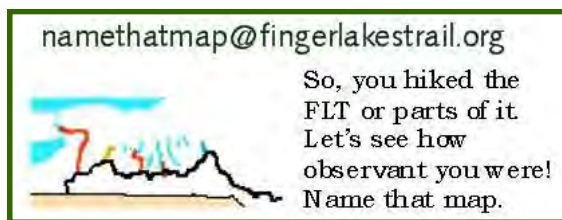
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Cover: Campsite on the FLT in the Catskills. Photo by Tom Reimers.

North Country Trail Association Honors “Our” Irene Szabo

by Pat Leinen

Those of us who know Irene Szabo know how hard she works for the Finger Lakes Trail Conference. But recently, at the North Country Trail Association’s Annual Conference in Marietta, Ohio, her contributions were recognized when she was awarded their Distinguished Service Award. This prestigious award goes to an individual in recognition of exceptional volunteer service in furthering the goals of the NCTA, and outstanding contributions toward the dream of the North Country National Scenic Trail. Irene knows what it takes to further the goals of the NCTA. Through her countless hours of volunteering, her dedication to the dream of the North Country Trail is evident. As President of the Finger Lakes Trail Conference, Irene has significantly strengthened the partnership with the North Country Trail Association. While she has been President of FLTC, the number of FLT members who have also become NCTA members has roughly doubled. She led a group of over thirty volunteers in 2001 to host a very successful NCTA Annual Meeting in Cazenovia, New York, with over 180 in attendance.

As Associate Editor of NCTA’s quarterly newsletter, she has made the North Star a more readable publication by rescuing dangling participles and fixing syntax. Subjects and verbs now agree. Infinitives are whole again.

When asked, she stepped up to become NCTA Vice President - East. She has been a significant contributor to most of the NCTA’s committees, presently serving on the Strategic Plan Committee, Development Committee, Executive Committee, and as Chair of the

Aaron Phipps



John Leinen, left, President of the NCTA and Bob Papp, Executive Director, congratulate Irene Szabo, Vice President - East of the NCTA and President of the FLTC.

Trail Management Committee. To each assignment she brings a sense of commitment, a no-nonsense approach and a desire to get the job done.

NCTA’s Trail Foreman, Bill Menke, who also received a Distinguished Service Award in Marietta, says about Irene, “She has not only led the way, she has also walked the walk”.

So, the next time you walk on one of the four sections of Finger Lakes Trail maintained by Irene, be aware of her efforts not only here in New York State, but also her contributions to this National Scenic Trail as it continues 4,600 miles to North Dakota.

Editor: The author is an FLT and NCTA member from far away Minnesota, and a hard-working committee person herself.

Best Walks by a Dam Site

In a renewed effort to contribute to visitation levels at the Mt. Morris Dam Visitor Center and Recreation Area (the host for our FLTC office in Letchworth State Park), we have begun offering a steady series of guided walks led by a generous group of volunteers. Some of them are very short (the walks, not the leaders, ho), intended as introductions to those who have never ventured into the woods on a trail alone, while others offer natural interpretation or longer walks in the area. For the complete schedule, hit on the “Best Hikes by a Dam Site” splash on our website’s homepage, and encourage your friends who might like to try a walk, but don’t know where to begin, to try us out. If you don’t have access to the

website, contact the Service Center, which will happily mail you the schedule.

We will especially publicize this area’s walks during November and December as being SAFE places during hunting season, a feature not many people are aware of. The experiences of volunteers at no-hunting Finger Lakes Land Trust preserves, for instance, verify that many people CRAVE a place for a walk during gun season, so we hope for many grateful walkers.

Y’all come visit. ...from Irene and the “walkette” volunteer guides: Barry and Linda Cruttenden, Betty Schaeffer, Gene Bavis, Steph Spittal, Georgeanne Vyverberg, Jacqui Wensich, Sharon Galbraith, Joan Schumaker. □

From the Desk of the Executive Director

Thoughts on Volunteers

by Gene Bavis



I'd like to thank the scores of volunteers who regularly contribute to our mission. Some of you are especially exemplary. Take, for example, Howard Beye. Howard spends at least three weeks each year working on Alley Cat Crews, not to mention the preparation for them. He spends countless hours each week staying on top

of all of the trail issues, and of course he attends dozens of meetings. This man is a volunteer, but he is probably spending the equivalent of a full-time job working to carry out our primary mission of keeping our 880 miles of trail open and mapped. Thanks, Howard. There are many other who also need a special thank you. Irene Szabo spends a lot of hours working on the trail, but probably even more hours representing us to public agencies, the NCTA, and others. She guides the Board and our many volunteers. Peter Wybron keeps track of our money and files all those tax forms and other reports that are required of a not-for-profit organization. I'm sure glad he does it! Jo Taylor is the Editor of our *FLT News*. When the deadline comes four times a year, she spends many an evening and weekend days putting together a wonderful magazine. The *News* is now 36 pages, so her task has almost doubled. Of course, the legendary Ed Sidote is still a tireless worker for the FLT. There are many more, including your Board and Officers who do so much. Thanks, too, to all the trail stewards, the office volunteers, the committee members and to those who help promote the FLTC at the NYS Fair and other places.

Okay, so why am I making a big deal about volunteers? Most of you know that this organization has only two part-time employees, our Office Manager Steph Spittal and me. The vast majority of the work to keep the FLTC going is done by volunteers. We do have many, **but we can always use more**. One of my jobs is to find and coordinate volunteers for various tasks. When I've made specific requests, I've had pretty good luck, but sometimes I don't have a long enough list of prospects to call on. I'd like to update our

database to include a "talents" field so that when we need assistance I can put out a call to a target group. Here are a few examples of "talents" that might be listed: carpenter, lawyer, accountant, financial manager, marketing professional, office technology specialist (aka "computer geek"), artist, photographer, graphic artist, etc. We also need people who are just willing to help do the "bull work" of clearing trails after a blow-down or ice storm, and we need people who are willing to put address labels on and seal envelopes.

I'd love to hear from you about your special talents and interests. With your assistance, this wonderful organization can only become even better. Volunteering feels good, too! □

Gene Bavis, Executive Director
gbavis@rochester.rr.com,
315/986-1474 (home)

FLTC OFFICE HOURS: We are normally open Mondays and Thursdays, 9:30 to 3:30, but there are frequent exceptions, so call ahead if you want to be sure. 585/658-9320

New FLTC Shuttle Policy

At the June Board meeting, the board adopted a new transportation policy created by an *ad hoc* committee which included a member who knows his stuff about insurance. To summarize the most significant feature, the FLTC will insist for Conference-sponsored hikes that all riders sit inside on a seat with a seatbelt, and the policy strongly advises against riding in the back of trucks with no seating. The full text is available on our website under "Plan a Hike" and includes suggested forms for hike organizers to use for sign-up sheets and waivers. We will also share this policy and set of forms with all clubs along the FLT to use as they see fit.

Hiking with Children

by Irene Werner, M.D.

Dr. Werner is an emergency room physician at Community General Hospital in Syracuse.

While pondering the medical aspects of hiking with children, I've concluded that the primary effort should be to make it as trouble-free and enjoyable as possible so that they will want to go again. Hiking is probably the most family-friendly fitness activity in existence (cheap, universally available and adaptable to almost all ages and abilities). Blisters, over-ambitious goals set by adults and lack of planning will sour a trip more often than will adverse weather conditions. Any expertise I have as an Emergency Department physician is outweighed by my experiences of hiking with my own children, extended family, friends and church youth groups.

Most of the medical advice presented in previous columns applies to kids as well as adults, but there are some additional considerations. Planning ahead is especially important when bringing along children, as they won't worry about black fly bites in the Adirondacks or sunburn. Liquid or chewable tablets of analgesics and antihistamines (for example, Tylenol and Benadryl) may need to be added to your first-aid kit. While children in general are no more likely to sprain an ankle than an adult, it's hard for them to resist hurrying down a mountain and easy to twist an ankle or fall when doing so. Carrying an instant cold pack is a good idea; a layer of fabric between the pack and skin is important. Young skin is particularly susceptible to sunburn, and sunscreen must be meticulously applied to exposed areas. A water-bag type of pack for each child (a Camelbak, for example) may encourage them to drink adequate fluids. Their total fluid requirement will exceed the amount that they drink at home and "wearing" the water will encourage them to drink at frequent intervals. Early signs of dehydration include headache, weakness, decreased urination, and irritability. Children who have developed heat-related illness have usually pushed or been pushed too hard and had too little to drink. Nausea, weakness and dizziness are signs that should be taken seriously.

It seems that very young children don't swat black



flies. I have seen children in the ED with swollen, tender lymph nodes in their necks due to numerous bug bites. The American Academy of Pediatrics Committee on Environmental Health in their update on the use of DEET-containing insect repellants stated that it is acceptable to use these products (at concentrations of up to 30% DEET) in children over two months of age. DEET is the most effective repellent of mosquitoes and ticks. The hands and areas

around the eyes and mouth must be avoided. Tucking long pants into socks is also protective, but may not be practical in warm weather. Combination products with both insect repellent and sunscreen should not be used as the sunscreen will need to be applied more frequently.

Planning for multiple ages might require some ingenuity. A friend once carried her four-year old most of the way up Chimney Mountain while her older sons hurried far ahead with their father. Better planning on our part would have been to choose a hike with shorter loops for the younger children. Toddlers are the most difficult to hike with as they are hard to carry and can't walk very far or very fast. Patience is recommended as this stage of their lives is brief and they'll soon be running ahead leaving the parents lagging behind. An appropriately-sized backpack for each hiker over age five or so should be packed with (at least) fluids, a snack, sweater, and a whistle to be used if separated from the adults.

I don't think kids need to do very much deliberate conditioning or training before most hikes. The fun of a hike could be ruined if parents require a training regimen before bringing their kids along. Most pre-teens are not going to share your goal of getting in shape, losing weight or climbing all of the Adirondack peaks. The pace will be slower for younger children, but their training should occur naturally in their day-to-day outdoor playtime. Having said that, I've hiked with an overweight preteen girl and a nephew born with congenital heart disease. Each of them required modifications to the hike: lots of rest stops, lightening their backpacks, the good humor of the other hikers,

and extra adults to split up among various groups of hikers. Carrying an infant in a front- or backpack requires some conditioning for the adult wearing the pack to be used; regular stops will be required to change the baby's position and adjust the shoulder straps or both the infant and adult will be uncomfortable. Even though your body heat will be transferred to the infant, you must remember that he isn't getting any exercise and therefore will require more clothing than you will. Powdered formula will obviate the need to refrigerate bottles.

One way to add to the fun of a hike with kids is to bring along friends. You'll want to tell their parents where you're going and what to wear and bring. We've had kids show up wearing sandals because it was hot out. Don't expect children to have good hiking boots, but sturdy sneakers with some tread provide reasonable traction and safety. If you do have a mishap and have to get medical attention, you should know that in the absence of a life-threatening emergency, children cannot be treated without parental permission in an Emergency Department. Treatment for lacerations or more minor injuries

might be delayed while the hospital attempts to reach a parent. So, if you're taking children along who don't belong to you, obtain a signed, dated, and witnessed permission slip and make sure you have phone numbers for the parents. This will either make the parents nervous or make them feel that you're a really responsible person. Make sure you obtain information about medicines and allergies. If necessary, bring along a bee-sting kit and any essential medicines. Many children use an inhaler for asthma; they should carry it and you should understand how and when it is to be used. A child with a nosebleed should have the fleshy part of his nose squeezed firmly for five minutes by an adult. You can protect yourself from exposure to blood with gloves or even by putting your hand into a plastic bag.

There are innumerable other medical events that could occur during a hike; the immediate treatment of these will be identical to that of adults. Good judgment, reasonable caution and the presence of more than one adult will go a long way toward preventing tragedy and making the hike one everyone will want to repeat.

□

Call for Nominations

So many people give so much of themselves to keep this hiking trail open to the public; let us remember to honor them. Who in your club is an unsung hero? Whom do you always count on when something needs fixing, or doing, or arranging? What landowner or other non-hiker has contributed to our trail's continued existence? Do not let them remain unsung.

Nominations are requested for the following awards every year; please send them to Ron Navik, VP Membership: 27 Edenfield Dr, Penfield 14526, ron.navik@att.net and copy Gene Bavis, Executive Director: FLTC, 6111 Visitor Center Road, Mt Morris, NY 14510, gbavis@rochester.rr.com. Nominations, especially for the Wally Wood, are requested before the end of December.

The Wallace D. Wood Distinguished Service Award is the highest annual honor given by the FLTC to a volunteer who has contributed extraordinary quality and quantity to the ongoing health of the trail system and its organization. Pairs of people who have worked miracles together have also received this award.

The Ervin Markert Distinguished Contribution Award goes to an individual, group, or organization in the public or private sector who has made a significant contribution toward the improvement of hiking trails in New York. This could be a trail landowner, a donor, or someone working for an agency such as the NY Department of Environmental Conservation, for instance, who has been especially effective and generous.

The Clar-Willis Distinguished Trail Volunteer Award is presented to an individual (or pair) who has made a significant contribution over a period of time as a trail worker within the FLT System. The recipient(s) may be a member of the FLTC or of one of our trail-sponsoring organizations.

Chenango FLT supporters form new hiking club

by Betty Almeter

A group of hikers met on July 21, 2004 at the Norwich YMCA in Chenango County to form a new club, which was christened the FLT Bullthistle Hikers ("Chenango" means "Land of the bullthistle".) The initial meeting drew 35 interested, enthusiastic folks who elected a slate of officers and a board of directors. A list of late summer and fall hikes in Chenango County, to be led by volunteers from the club, was shared with the group. Those present also received a list of hikes on the FLT in adjacent counties, led by FLT trail-sponsoring clubs. The club will be meeting on the first Tuesday of every month at 7:00 pm at the Norwich Family YMCA's Community Room.

The goals of the club include promoting the FLT in Chenango County and statewide, assisting with FLT trail maintenance in the county, developing more loop trails, providing assistance to FLT End to Enders, and promoting hikes on the FLT in Chenango and adjacent counties.

Several members of the club are seasoned hikers, having already completed the entire FLT. All of the members are looking forward to different hiking opportunities, making new friends, and learning more about the local area. New members are welcome; contact the co-chairs listed below for more information.

Ed Sidote 607/334-3872, ejsidote@ghsfcu.net

Marie Inglee 607/334-2433, lightgirl54@yahoo.com

Adoptions

by Mary Domanski

The Foothills Trail Club has several "children" available for adoption. These children are in desperate need of caretakers. One child's father could no longer care for her because he took off with a Russian bride. Several children were left because their daddy had surgery and could no longer look after all of them. Two other children are without a caretaker because their mother moved out of state.

If you haven't guessed yet, these "children" are pieces of the trail. The circumstances are true and no names have been used to protect the innocent. These babies need special love and attention. Some of these sections are up for certification for the North Country National Scenic Trail. If they are not maintained, they will surely lose certification. All the sections are in the Ellicottville area. Each section has a forested area which once cleaned well is easy to keep clean. Please call Mary Domanski at 716/675-9642 if you are able to adopt any of these sections. The adoption process will be kept simple and you will be able to start caring for your child promptly.

1. Map 2, W. Bucktooth Run Road to Sawmill Run Road: The Bucktooth Forest side of this section is in rough shape. A worker has gone in and cleared with a chain saw, and a work party is being planned for September. Once cleared and organized, it will be a fairly easy section to care for. The Sawmill side of the

hill has some logging roads to follow and is in good shape.

2. Map 3, Poverty Hill to Rt. 219: This section was re-routed two years ago. An Alley Cat Crew worked on terracing a year ago. It is clearly marked and easy to stay on top of, three quarters is forested, and it has a great hilltop view of the ski slopes on Holimont.

3. Map 3, Rt. 219 to Cotter Road: This section is also part of a two-year-old re-route. Most of the trail follows logging roads, and is forested and easy to maintain. Stairs were built last year as well as some terracing (could use more). Access at Cotter could use a weed whacker.

4. Map 3, Cotter Road to Irish Hill Road: Also part of the two-year-old re-route. Most of the section is old logging road in the forest and easy to maintain. It could use a weed whacker across a short field on Irish Hill.

5. Map 3, Irish Hill to Brennan: All forested, follows some logging roads, has a wet area near Brennan. It would be nice to make a minor re-route around the wet area. The Brennan side needs a sign at the entrance. Also an easy section to maintain.

6. Map 3, Brennan Road to Rt. 240: Follows some logging roads, has hilltop field with great views, about three quarters is forested. It would be easy to take over.

7. Map 4, junction of the Conservation Trail and the

(Continued on page 7)

Adoptions....

(Continued from page 6)

Main Trail to the shelter after Canada Hill Road: This section is a mix of forest, field, and road. The section has recently been carefully cleaned and would be easy to take over. A gas-powered weed whacker would be useful. As noted in the register book at the shelter, this section has been used by FLT thru-hikers even though it is a distance from the main trail.

If you can find room in your family for any of these children please call Mary. Their care is of utmost importance. □



Bob Dickey

President's Hike

July 11, 2004

by Terry and Kim Meacham

We were asked to "pinch hit" and lead the President's Hike for Matt Underwood, who was called out of town.

The weather was supposed to be in the upper 80's and sunny, and we were secretly hoping that no one would take up the offer for five extra miles of road walk on such a hot day. As luck would have it, the temperatures only reached the low 80's and presented seven hikers and one little pooch with a beautiful 4-mile Steuben County hike. We were joined by Joe from Lancaster, Bob and Carol Dickey, Carol's sister Alma, and Don French, all from Hornell.

Although this hike was only a few miles from our home, we had forgotten just how lovely this section of the North Country Trail/FLT is. It was a very nice example of the diversity of this trail system. We hiked over hilltops and through waving fields of early wheat and oats; a cool, dark, mossy gorge; and serene pine and hardwood forests that we shared with a rollicking

Welcome!

New FLTC Members May through July 2004:

Warren Anderson	Hornell
Linda W. Austin	Baldwinsville
Michael G. Baker	Elma
Michael Baldwin	Nunda
Harold R. Bauer	Wayland
Doug & Judy Beers	Honeoye Falls
Ronald & Tina Beligotti	Watkins Glen
Robert Bell	Binghamton
Jody Benedict	Newark
Nancy Bronstein	Syracuse
Christine Coccia	Fairport
Kosmas Diveris, II	Cortland
David & Nancy Drum & J.T. Drum	Hammondsport
Anne Edwards	Rochester
Michael Flynn	Binghamton
Susan Gilcher	Cortland
John Gray	Cheektowaga
Robert V. & Judith E. Hale	Williamson
Carsten Hess	Ithaca
Richard Hiemenz	Warren, PA
Saralinda Hooker	
& Christopher Ragus	Canandaigua
J. Perry & Dorothy Howland	Pultneyville
Jodee Hunter	Springwater
Dorothy Hyde	Andover
Russell Ketcham	East Aurora
Robert Kremens	Pittsford
John & Maureen Kunak	Prattsburgh
Brendan MacKenzie	Pittsford
Michael J. McDonough	LeRoy
Gina Mushynsky	Baldwinsville
Ken Ornt	Rochester
Martha J. Potocki	Corry, PA
Alice L. Potter	Susquehanna, PA
Pat Riccardi, MD	Syracuse
Bruce Rutherford	Hamilton
Peter & Karen Salino Stephen	
& Craig Salino	Trumansburg
David & Pamela Sonnefeld	Corning
Debra C. Spano	Endicott
Jim & Ellen Stork	Penn Yan
Patricia & Darryl Szarpa	Elma
Darius Talandis & Nelson Family	Oxford
Linda P. Van Buskirk	Aurora
Lou Vogel	Corning
James Wade	Syracuse
Donald G. Webster	Hector
Cynthia S. Westerman	Vestal
Joan & Dale Weston	Spencer
Peter M. Wyckoff	Port Byron

trio of baby raccoons, unsure which way to go when surprised by hikers! What more could we ask! Well, apparently there was just one more thing... the Dickey's met up with Lancaster Joe at the Country Store in Howard, as they were all savoring ice cream cones. □

Ah wilderness...
a citizens' proposal for Pennsylvania's Allegheny National Forest
by Jon Kapecki

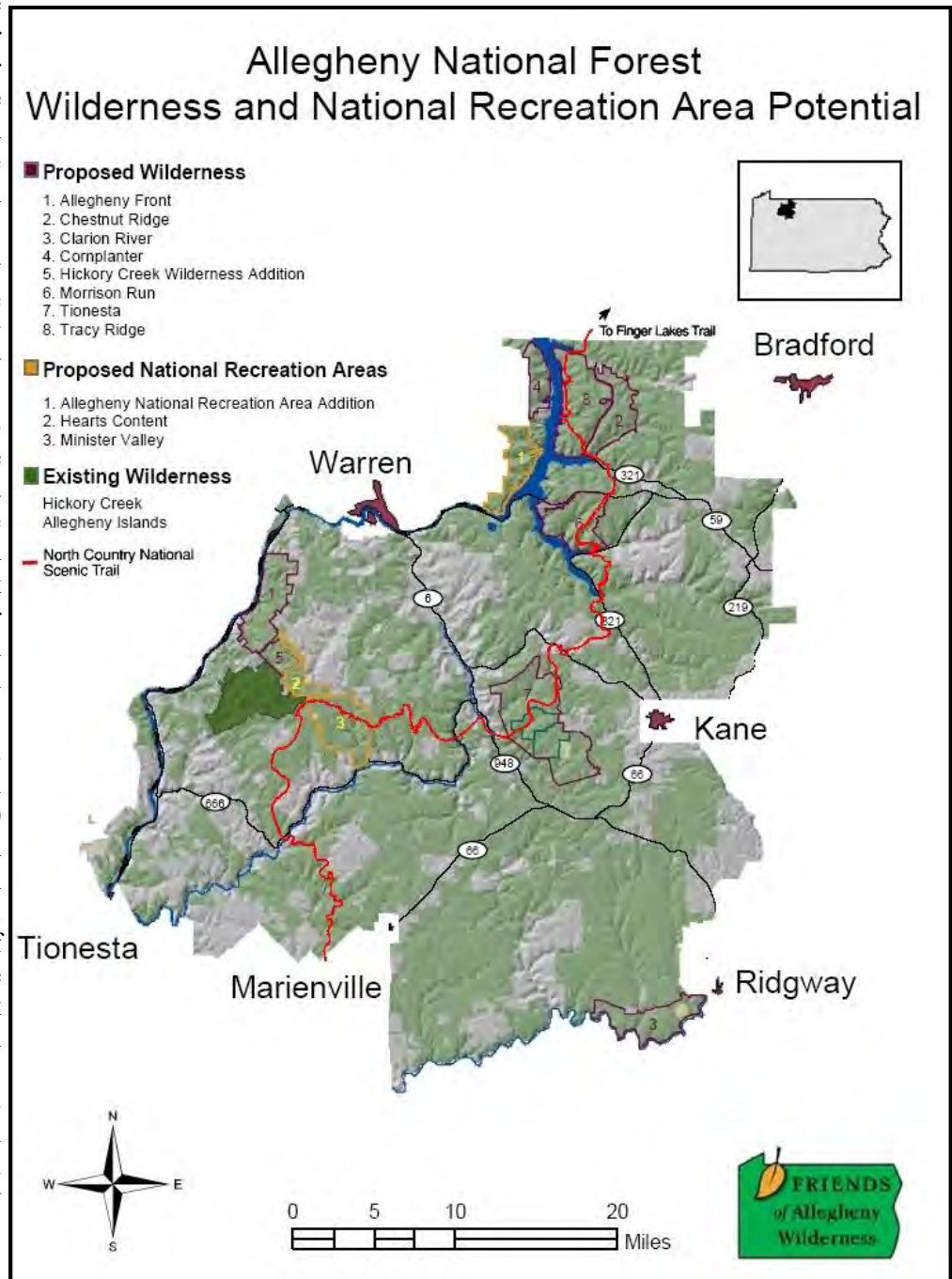
As we crunched through last year's leaves littering the old railroad bed, we could hear the faint murmur of the creek as it gently flowed down the valley, green with summer's growth, towards the junction where we would make camp later that afternoon. Beaver dams, some old, some active, occasionally pushed us off the track into the woods of oak, hickory and beech.

It had only been a few hours since we left the blazed trail with its few day hikers from the nearby Forest Service campground. That night, our tents set up under the hemlocks, we could hear an owl cry in a lonely voice, and in the morning, which emerged bright and clear, a black bear wandered into our camp, only to snort and lumber off when he found the spot occupied.

This seemed like wilderness and indeed it was, although it encompassed a mere 20 square miles of protected woods and streams, open valleys and gentle hills, ringed by roads, most of them gravel or one-lane asphalt. The Hickory Creek Wilderness had been created late in 1984. Twenty years later, it was still one of only two small wilderness areas in Pennsylvania's Allegheny National Forest (ANF), comprising less than two per cent of the forest's land.

This year, with the

celebration of the 40th anniversary of the historic Wilderness Act, a citizens' group headquartered in the gateway town of Warren, Pennsylvania, is trying to change that. The Friends of the Allegheny Wilderness



Map reprinted from *A Citizens' Wilderness Proposal for Pennsylvania's Allegheny National Forest*, Copyright © Friends of Allegheny Wilderness, 2003, with permission. North County National Scenic Trail superimposed in red.

(FAW) has issued a comprehensive citizens' proposal to add eight additional wilderness areas as well as three National Recreation Areas to the ANF, an ambitious but eminently doable plan.

The ANF, Pennsylvania's only national forest, lies within a day's drive of half of the nation's population, less than two hours from Buffalo, three from Rochester, four from Albany. It is the next stop on the western march of the North Country Trail after it leaves the Finger Lakes Trail at the Pennsylvania border.

Nationally, 18 per cent of Forest Service land is wilderness; even in the crowded urban east, where pressures on recreational land are at their highest, about 11 per cent of Forest Service land is protected as wilderness. By any standards, the ANF's meager allocation is inadequate.

That's not news. The 1975 Eastern Wilderness Act observed that "there is an urgent need to identify...and preserve areas for addition to the National Wilderness Preservation System." And in 1986, the ANF's own forest plan noted that "the demand for wilderness...is high, and the available supply...is low." That has only gotten worse. Today, the eastern United States contains some 60 percent of the nation's population, but only four per cent of its wilderness.

And the pressures to develop potential wilderness are strong. The Roadless Area Conservation Rule, enacted with overwhelming public support during the Clinton administration to protect prospective wilderness areas until their fates could be decided, has been under constant attack both within and from outside the government (though it is now likely that Pennsylvania Governor Ed Rendell will petition the Bush administration to uphold the Roadless Rule for the ANF).

In light of the need, FAW's proposal ultimately can be seen as a modest one. Though it encourages the purchase of in-holdings and mineral rights, it mostly rests on land already owned by the Forest Service. It recognizes the ongoing multi-use nature of the ANF and would have little effect on timbering, oil and gas development, or even ATV use on designated trails.

The Citizens' Proposal, a beautiful document that details the areas recommended for protection with maps, evocative photographs, and fascinating text, is essential not only to understanding the scope of the proposal, but also to appreciate the careful thought that went into it, including contributions from the

Sierra Club and the Wilderness Society.

For example, the Hickory Creek Wilderness, where we were hiking that summer afternoon, would be extended to include the Hickory Creek Wilderness Addition and the Allegheny Front Wilderness, encompassing roadless land that includes the route of the Tanbark Trail as it meanders through fern swales and imposing rock formations towards the Allegheny River.

Flanking that addition to the southeast would be two of the proposed National Recreation Areas, Heart's Content NRA and Minister Valley NRA, where wilderness restrictions are relaxed, but protection for the recreational and natural values of the land would still exist. Minister Valley, with its scenic novice backpacking loop, has been the first outing for many an overnight hiker.



Allegheny Reservoir shoreline within FAW's proposed Cornplanter Wilderness Area.

Many readers of the *Finger Lakes Trail News* have probably hiked the proposed Tracy Ridge and Morrison Run wilderness areas, both traversed by delightful overnight backpacking loops, perfect for a quick weekend getaway, and offering stunning views of the Allegheny Reservoir at their midpoints. Both areas also contain long stretches of the developing North Country Trail. With less fondness, some hikers may also remember the disruption to the Morrison Run trail when portions were logged in past years.

Adjacent to what could become the Tracy Ridge Wilderness is the proposed Chestnut Ridge Wilderness, largely trailless, but with a highly scenic branch of Sugar Run that invites casual exploration. Also

(Continued on page 10)

Allegheny National Forest...

(Continued from page 9)

trailless is the proposed Cornplanter Wilderness, across the reservoir from Tracy Ridge.

The proposal of a Tionesta Wilderness would significantly expand the awe-inspiring Tionesta Scenic and Research Natural areas, with their 40-inch-diameter, 500-year-old hemlocks. Again, the North Country Trail traverses the area. While the proposed wilderness does contain some very low-level, unpaved forest roads, they are eminently amenable to reforestation.

Many FLTC members may be familiar with the last of the proposed wilderness additions, though more likely from a canoe than on foot. The Clarion River Wilderness, home to a profusion of songbirds, follows the shore of this prime paddling route as it heads west from the Ridgeway Country Club down to the ghost town of Arroyo.



Kirk Johnson

Hector's Falls, north of the Tionesta Scenic Area, within FAW's proposed Tionesta Wilderness Area.

All told, the FAW proposes the inclusion of some 54,460 additional acres of the ANF (about 11%) in America's National Wilderness Preservation System, as well as 14,477 acres that could be designated as National Recreation Areas. The urgency to act on this proposal is not simply in commemoration of the Wilderness Act anniversary. Allegheny National Forest is in the midst of revising its 15-year Forest Management Plan, offering a special opportunity to get additional wilderness considered. That's the first step. Then Congress must agree as well, with the

support of the state's federal legislators critical. That has not been easy.

Back in 1974, some 30,000 acres of the ANF were proposed for wilderness status and strongly supported by Pennsylvania Senators Hugh Scott and Richard Schweiker. But in the House the late Congressman Albert Johnston, whose district included the ANF, dismissed the need for wilderness, and the proposal failed.

There is a sort of sad irony here: the late Howard Zahniser, who was executive director of the Wilderness Society and drafted the legislation that became the 1964 Wilderness Act, grew up on the southwestern edge of the ANF in the tiny town of Tionesta, where he is now buried and where a state historical marker commemorates his tireless efforts on behalf of wilderness. The man who ultimately gave this nation over 100 million acres of protected land lies only a few miles from a forest where fewer than 9,000 acres are similarly preserved.

As desirable as the FAW proposal may sound, it is not without controversy. And surprisingly, some of that controversy comes from within the hiking community. Most of the concern focuses on a recent Forest Service policy in some of its regions, notably the Mid-West and Northeast.

In these areas, the Forest Service has taken the position that wilderness areas are incompatible with trail blazing, signing and all but the most rudimentary maintenance, even if such work is done by volunteers. This would mean that the sections of the North Country Trail that pass through new ANF wilderness areas would be allowed to deteriorate to a more "natural" state.

In fact, it would mean that trails in new ANF wildernesses, where plant growth is rapid and land is crisscrossed by old logging roads, would quickly become unusable to all but the most skilled and determined. Individuals and families who might become the next stewards of our wilderness lands would be turned away, if indeed they could even find the start of a trail.

FLTC President Irene Szabo experienced the problem first hand when she and some fellow North Country Trail Association members, seasoned hikers all, attempted to walk the unblazed NCT through the McCormick Wilderness Area in Michigan's Upper Peninsula. Within two miles they lost the trail.

Perversely, that appears to be the way at least some in the Forest Service want it. Managers in Michigan's

Hiawatha National Forest have taken the position that a trail like the NCT would unacceptably elevate wilderness use, as if non-use was a virtue. Other backcountry rangers feel that wilderness “should be a place of mental and physical challenge.”



Kirk Johnson

Crane Run, a Pennsylvania state-designated Wilderness Trout Stream within FAW's proposed Tionesta Wilderness Area.

But even its fellow agency, the National Park Service, sponsor of the NCT, finds some of this hard to accept. Nor does the Forest Service apply this policy uniformly. The Appalachian Trail is blazed when it passes through many of the wilderness areas along its route, and out west many trails in Forest Service wilderness areas are routinely axe blazed. “That’s the dumbest thing I’ve ever heard of,” said one Montana ranger when told about the no-blaze policy.

So what’s a wilderness-loving hiker, fearful of the encroachment of development on roadless land, to do? Kirk Johnson, executive director of the Friends of Allegheny Wilderness, thinks the two issues need to be separated. While the trail blazing policy can be revisited and changed, as indeed it was to get to the current controversial position, wilderness, meanwhile, can be lost forever. “I am hopeful that [the policy] will not turn the hiking clubs against wilderness designations,” he has written.

And indeed, the proposed Tionesta Wilderness, which contains the largest intact stand of old-growth forest in the east between the Great Smoky Mountains and the Adirondacks, was recently named one of America's "Twelve Troubled Treasures," according to the report "Wild.... for How Long?" released by the national group Campaign for America's Wilderness, which sees threats to this area from oil and gas development

as well as from logging.

There’s clearly more to be said about the issue, and FLTC members who want to learn more about the FAW Citizens’ Proposal can write for a copy to 220 Center Street, Warren, PA 16365 (alleghenyfriends@earthlink.net) or log on to the group’s website at www.pawild.org. Those who feel ready to comment on the Forest Plan revision can write the ANF at Forest Plan Revision, Allegheny National Forest, P. O. Box 36, Warren, PA 16365.

At the very least, the issues deserve the attention of the hiking community in New York State. Hiking trails on unprotected land, whether it be public or private, are ephemeral things, and once lost, may be lost forever. □

State Employees Federated Appeal

At the urging of some of our members who work for New York State, the FLTC applied last year for inclusion in the SEFA donation recipient list. SEFA operates much like United Way for state employees, providing them with payroll deductions earmarked for the charity of their choice. During our first year on the list, we received \$500 in donations, for which generosity we thank you.

Several state employees worried, however, that they couldn’t find us in the list, and that’s because, due to the rules of the system, we must necessarily be registered in the Greater Rochester area booklet, but are still visible if one is willing to search the statewide list or online.

To make it easier for you to check off the FLTC as a recipient of your payroll donations, please note that our number is 96-0901 in the statewide directory. No, we are not part of the Earth Share subgroup, despite the seeming shared values with similar organizations, simply because at least 10% of your donation would not come to us.

Also find us in the website (www.SEFA.state.ny.us) under “campaign information,” and don’t forget that our office is in Livingston County. The campaign runs from September through November, so there is still time to pick your hiking trail organization, #96-0901, for deductions.



Walking Through Time in New York: #6 in a series

The Water Level Route by Irene Szabo

The primary rail corridor in New York since the 1830's has been the same concentrated transportation route we all still use for water, highway, and rail even now, north up the Hudson from New York City toward Albany, then west to Buffalo, and the dominant railroad for more than a century was the mighty New York Central. The NY Central grew into a monstrous company, inhaling its competitors and putting together mergers until it controlled an immense portion of the traffic from New York to Chicago. In its heyday, there were four NY Central high-speed east-west rails along the busy corridor from Albany to Buffalo, two for freight, two for passengers. No waiting around on sidings for them!

Obviously this busy rail route and the east-west part of the Thruway are following the same approximate route as the original Erie Canal, but why was THAT particular path chosen to open up the rest of New York? Two reasons: grooves and goop. The groove through the Appalachian hump cut by the Mohawk River offered the only water route westward from any of the original coastal colonies, and once the summit of the Mohawk is reached, there is a distinct line continuing westward in our state that is fairly level but mostly soggy. The goop line exists along an exposed rock layer that is softer, where water tends to gather with no good outlet, creating memorable swamps like Montezuma, Bergen, and Iroquois National Wildlife Refuge. So the Erie Canal followed the most level line that afforded enough water supply, even though digging a ditch through swamps proved challenging, and the canal's phenomenal success (it paid for itself after only nine years!) created a frenzy of yearning along every other potential water route. When an oxcart over muddy ruts was the only way to "ship" lumber or grain, a canal seemed like heaven.

We will linger over three north-south canals (none of which ever made a penny) in future articles, canals our trail crosses or walks along. But the earliest railroads followed the Erie Canal's success in jealous greed even faster. At first legislators tried to stymie

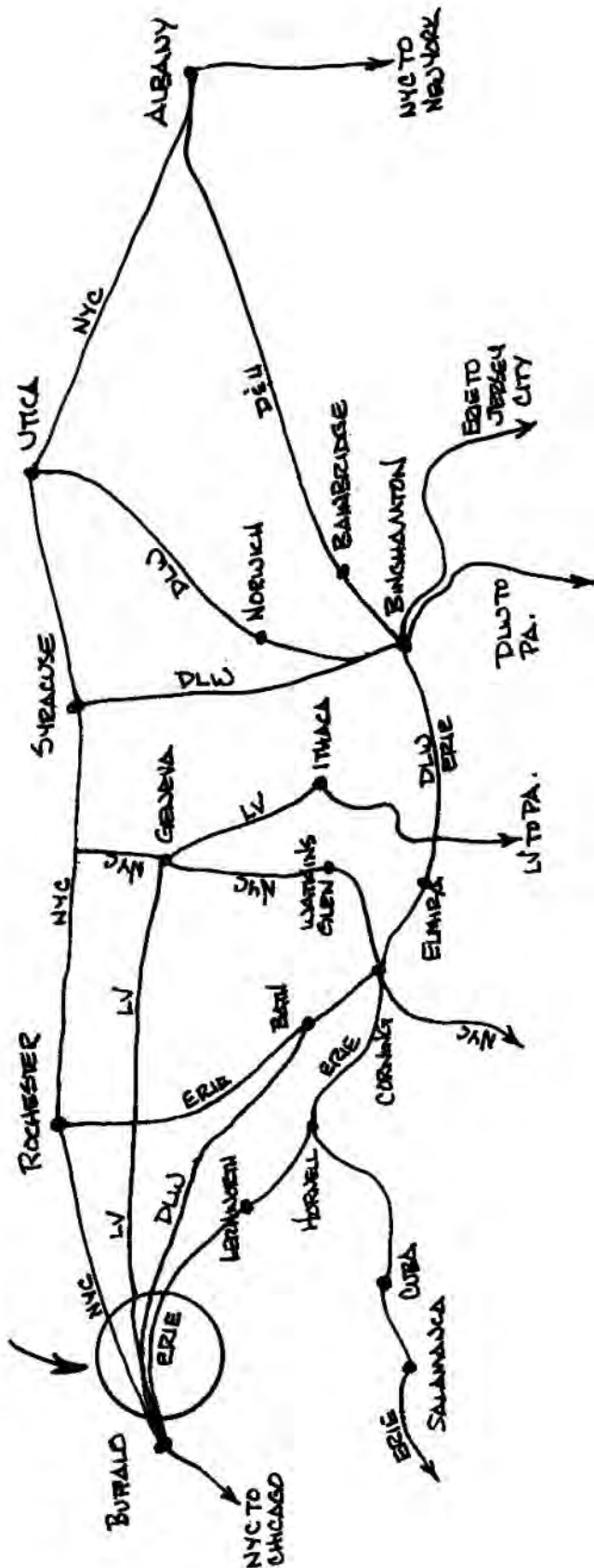
competition to the canal, forcing the railroads to pay a toll for freight they took away from the canal! Nonetheless, the year-round usefulness of the earliest rails (after all, the canal freezes in winter) began to make a dent, giving birth to the earliest versions of what would become the mighty New York Central.

The pattern then repeated itself: if the east-west rails were making money, then there had to be money in them there hills, too: north-south lines began to pop up, like the 1830's inclined plane climbing out of Ithaca in Tim's last article, because little towns along the Finger Lakes and river valleys south of the gilded east-west success corridor wanted some way to get in on all the business, too.

The principle bears repeating: the first step up from subsistence farming is the production of excess goods (wood, grain, hides, salted meat, or that more portable version of grain, whiskey) but without transportation to a market bigger than your three neighbors, there's no point in production of excess; thus, the inspiration for having a canal or a railroad to help a fledgling community make something of itself.

Almost every railway or canal our trail touches will be among those north-south contenders for the scraps the NY Central didn't gobble, but in one short FLT map, our trail does cross four major east-west lines including the remains of the queen of railroads herself, all in a half-day's hike. Map CT-8 on the Conservation Trail, the orange-blazed branch that travels from near Ellicottville in Cattaraugus County to Niagara Falls, covers a north-south 14-mile walk in Genesee County that ends on its north edge at the Thruway. Between access points 2 and 6, in 8 miles of hiking, four of the biggest historic rail lines in NY history are crossed, and two of them are still very active, but not, alas, under their original flags. In other words, here our trail crosses the crowded historic travel corridor, absent only the Erie Canal which was routed to the north in this area so won't be touched until map CT-11. All these paralleling lines are headed for the huge switching yards southeast of Buffalo, where freight cars are sorted.

South to north: between Mammoth Rd. and US 20, the



MAJOR NY RAILROADS C. 1900

trail crosses a shiny single set of tracks that may feature more than a half-dozen long freight trains per day. Currently operated by Norfolk & Southern, this was historically the Erie Railroad, probably the most frequently crossed rail line along the western third of the FLT. It will take a future article to explain how this southern tier railroad kept Trying Harder to rival the New York Central and ended up along THE corridor only in westernmost New York. For now, keep in mind that these are the same tracks and trains that cross Letchworth gorge on the spectacular High Bridge, an awesome sight above the Letchworth Branch of the FLT. When your Board of Managers has their retreat weekend in January, we can see the bridge in the distance, and trains pass ... slowly ... over the high iron bridge every few hours, so cross this railway with caution, please! They won't be moving so slowly by the time they are in flat western Genesee County, and the trail route crosses unguarded tracks in the middle of bushy nowhere. *[Hike 1 of the Reeks' "Special Places" article on the back cover of this issue ends underneath the High Bridge, which is just barely visible in their photo.]*

For those interested in more historic moments, just east of this trail crossing, stop in Darien Center on NY 77, where our map says "Erie Rd." to gawk at the old station that still sports two original Erie RR logos that date from before 1960 when a last-ditch merger created the Erie-Lackawanna. [See picture on the next page.] In fact, the next railroad our trail crosses three miles to the north, just above Sumner Rd., was the Delaware Lackawanna & Western, a longtime rival that the struggling Erie finally merged with to form the short-lived Erie-Lackawanna.

Their merger resulted in the abandonment of one of their two competing parallel tracks in a sensible bout of economy. So our trail crossing just north of Sumner Rd. is a peaceful skinny dirt lane, with just a few big ballast rocks (3-4" across) scattered about to raise a rail-sniffer's suspicions. Most hikers will miss its previous identity completely, which is very different from the first time I crossed it in March 1989. Then the ground was obviously old railbed, and I was astounded to look east and see an

(Continued on page 14)

The Water Level Route...

(Continued from page 13)

immense industrial iron webwork rising into the distant sky, with a curious curved shape. Only after I left the trail did I realize I had been looking at an amusement park's huge roller coaster! Now, however, aspen trees have obscured the view to the east entirely and are erasing the straight sides of the corridor. Farewell, DLW.

Our encounter two miles further, north of Reynolds Rd., is only slightly more clearly an old railbed. Here we cross a wide dead-level dirt farm lane: again, occasional ballast stone plus black dirt along the sides (cinders from coal-burning steam engines) are clues to its previous life. Travel by wide tractors tending the corn fields on one side keeps it wider than the DLW. This one is the abandoned bed of the Lehigh Valley, yet another plucky rival dragging Pennsylvania coal into our state, whom we have met before near Ithaca, and will meet again along several of its north-south routes paralleling Finger Lakes hills and valleys. Even this classic north-south line just HAD to turn west and join the crowd in THE corridor, heading for Buffalo.

Even though each of these lines was still operational back when our trail system was first begun in the early 1960's, the Conservation Trail's southern end was created first. This northern half wasn't built until the 1980's, long after the demise of the Erie, the DL&W, and the Lehigh Valley, so we can't even ask older Foothills Trail Club railfans what the trail was like when all four sets of tracks were active. Can you imagine the number of train whistles heard daily on these farms a century ago?

A half-mile north of the old grade of the Lehigh Valley through corn and cow manure we come to the

very busy double tracks currently operated by CSX. This at last is the route of the NY Central, the spot where once four sets of tracks hosted two dozen trains a day and more, some of them famous express passenger trains bent on traveling between New York City and Chicago in sixteen hours along the touted "water level route" that faced no mountains and sped nearly straight between cities that grew with the railroad, Albany, Syracuse, Rochester, Buffalo. Right HERE, past this farm driveway along the trail, traveled the famous Twentieth Century Limited, a luxurious and streamlined steam engine that captured both speed records and the public's imagination during the 1930's. The expression "red carpet service" comes from rugs put down in each station for the Limited's pampered passengers. Those were the days of Pullman car travel, with sleeper berths, private cabins, invariably black porters in crisp white jackets, dining cars with elegant tableware and menus. Today's few passengers must use Amtrak trains of highly variable scheduling and cleanliness on this very line.

The tiny town of Corfu, immediately east of this trail crossing on NY 33, doesn't show much to the world these days, but agricultural products certainly made some rail stops worthwhile, both then and now, and on the Lehigh Valley there was once a Corfu station for passengers, too. I'll bet anyone who wanted to ride an express NY Central flyer probably had to do what I've read about in other small towns along the main line: an engineer would be signaled to slow down at town X, not a scheduled stop for an express, and when he did, several locals would toss the traveler like a sack into the open door of a baggage car as the train trundled slowly past before it resumed speed.

On this hiking day in 2004, 8 long trains passed in two short hours. No gates or lights protect, but this flat part of Genesee County permits us to see a long way in each direction, and the train horns sound as they approach the lane crossing. One carried double-decked containers, another truck trailers on flat beds, while one triple-height car carrier sped empty back toward Detroit for more. There was even a slower train pulling full coal hoppers like I'd seen the week before in Ohio, heading toward Rochester while scores of swallows swooped maniacally in front of great growling diesels because the flies were out. As each car passed there was a squeaky *twinngG*, the Doppler effect of steel wheels rolling tons along the rails. □



Irene Szabo

Old Erie Station in Darien Center on NY 77 just east of the Conservation Trail and south of US 20, where our map CT-8 says "Erie Rd."

Wildflowers along the Trail : Propagation

RW/W Taylor

You may well have seen the pale-yellow blooms of wild radish (*Raphanus raphanistrum*) crowding country roadsides in mid-summer. As with all members of the mustard family, each flower is divided into four parts. The purple-veined petals and curiously-knobbed seedpods make identification a snap from close range. Perhaps you have seen similar flowers in your own garden after letting a planting of table radishes (*Raphanus sativa*) go to seed.

Other members of the mustard family might be found growing in kitchen gardens or farm fields, too – from turnips to kale to cabbages to cauliflower to kohlrabi, and many another familiar or less familiar vegetable along the way. Any of these plants will readily go to seed too as the summer moves along, for they are all annuals — their basic propagation strategy is to sprout in the spring and rapidly produce seed which, whether captured to be sold in packets to next year's gardeners or allowed to disperse itself in search of a congenial wintering-over spot, carries the hopes and aspirations of the species for survival into the future.

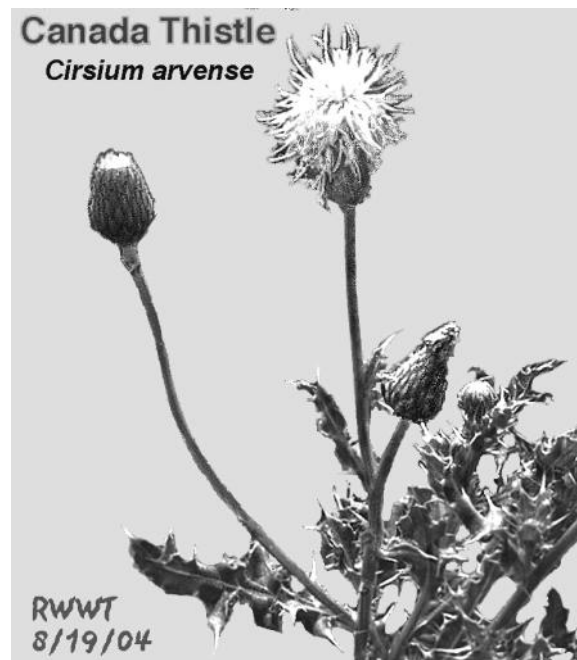
This is also the propagation strategy of many of the wildflowers to be found along woodland trails. The great banks of jewelweed (*Impatiens*), both the spotted (orange) and pale (yellow) varieties, that line midsummer trailsides in damp locations with arrays of delicate blooms and clusters of explosive seedpods are all destined to die away when the snows fly, leaving just their seeds to sleep in the soil through the winter. But they will be there again next year, never fear!

However, this year-by-year turnover strategy is not the only one available in the botanical repertoire. Free from the need to supply regular yearly sustenance to cultivators, wild plants have evolved many a clever trick to continue thriving through the years in their chosen habitats. Another common plan, for instance, is to take a biennial approach. The first growing season is spent developing a sturdy root system and storing up energy. Typically the only visible above-ground growth may be a “rosette” of low-lying leaves. The plant has to tough it out through the coming winter, but after the snow melts again it is all set for a more extravagant period of growth. This is when flowers appear, perhaps high up in the air on an impressive stalk the plant can now afford to send up.

An example of a biennial wildflower is common mullein (*Verbascum thapsus*) whose tall stalks bearing spikes of yellow flowers atop rosettes of flannelly gray-green leaves are a frequent summer sight in our area. The next time you notice mullein in bloom see if you can also spot non-blooming rosettes of leaves that are getting ready to do their stuff the following year.

But why be bound to a one-year or two-year cycle? Some plants arrange to just go on and on, blooming away every year while they are left undisturbed. These are the perennials. A good example here is the common Canada goldenrod (*Solidago canadense*). Once established in a favorable location, the plant spreads by sending out creeping stems (rhizomes). The next year new stalks, genetically identical to the original plant, spring up nearby. Colonies of Canada goldenrod thirty feet in diameter, estimated to be over a hundred years old, have been reported.

A similar habit of growth is followed by that persistent pasture pest, Canada thistle (*Cirsium arvense*). Spreading by sending out underground stems in all directions year by year, a seedling will eventually produce a large, nearly impassable tangle of growth. Thistles are composites, with flower heads that consist entirely of disk flowers. An interesting point is that the many flowers produced by a particular colony of Canada thistle will either all be male or all female, so that two colonies growing in reasonable proximity are necessary in order for pollination to occur. If you have noticed this in the past, you have sharp eyes! □



Article redacted at the request of the author

EMS Discounts

Beginning October 6, EMS stores are replacing their twice a year Club Day Discount Program with a 15% discount to qualified club members every day. This only applies to in-store purchases and is available at all EMS stores. Contact your local store for details. This is another benefit of maintaining your FLTC membership. Just show them your membership card.

Trail Topics

by Howard S. Beye , Chair
Trail Management Committee

What Is New Along the FLT System

New Privies

During this summer, two new handicapped-accessible privies were installed at the Cold Spring and Dry Brook Lean-tos. These lean-tos are located on map M-27 on either side of NY Route 8 about six miles south of Masonville in Delaware County. The installation of the privies was a joint project of the Headwaters Youth Conservation Corps (HYCC), the Department of Environmental Conservation (DEC) and the Finger Lakes Trail Conference (FLTC).

Forester Ben Peters of the DEC Region 4 office in Stamford, NY secured the lumber, had it cut to fit into a kit form, and delivered it to the nearest trailhead to the lean-to sites. The FLTC, through its Section Coordinator Jim DeWan, worked with the DEC and HYCC to ensure everything went smoothly. The HYCC trail crew, under the direction of Field Director Darius Talandis, spent two days moving the material from the nearest trailheads to the lean-to sites. Then they dug the pits and put together the privy kits. Hikers on the FLT now have two very nice privies on this section of trail on map M-27 through the cooperative efforts of all involved.

Replacement Bridge

In late May of 2004, a 24-foot replacement bridge was constructed to cross Trout Brook on Map 20, near Solon, NY in Cortland County. The project was funded by the National Park Service under the Cyclic Maintenance Program. The bridge was designed by Steve Brown, the owner of the property on which the bridge is located. Steve is also



on the staff of the Cortland Alternative High School. The Senior Class each year plans and completes a project to help some group in the community.

The crew consisted of 10 students and two staff members. They spent 2 ½ days putting in 143 hours to remove the 18-year-old bridge which had seen better days. The new bridge is of the truss design, four feet wide, and meets the handicapped-accessible guidelines. I am

sure everyone who uses the new bridge will appreciate all the work which went into this project by the students and staff of the Cortland Alternative High School.

Shindagin Hollow State Forest Projects

On August 20th the replacement Shindagin Hollow Lean-to was completed by the second Alley Cat Trail Crew of 2004. The original Shindagin Lean-to was scheduled to be replaced in 2004. This decision was helped along during the winter when a large 24-inch-diameter tree fell across the top. It surprisingly only made the lean-to a little shorter, probably helped by the compression of the rotting bottom layer of logs. Not bad for a shelter built in the early 1960's. The new 12 by 8 foot shelter is supported by a pressure-

treated foundation and is topped off with a green metal roof. The roof has a two-foot overhang on the three milled-log sides to protect them as much as possible from rain and snow.

This lean-to site is located about an equal distance from the ends of the trail between Shindagin Hollow Road and South Road in Cortland County on map M-18, about 13 miles southeast of Ithaca. The

Department of Environmental Conservation's Cortland office provided the logs milled on two sides and rough-cut roof boards. To move these to the site the DEC used a log skidder which made about an



Steve Brown

Community service project by some of the senior graduating students from the Cortland Alternative High School.

eight-foot-wide pathway, mostly over an old log skid road. After the DEC moved their material, the FLTC, with Bob Emerson's six-wheel ATV and our NovaJack trailer, moved all the other materials and tools to the site. The materials purchased by the FLTC were funded by the National Park Service through another Cyclic Maintenance project.

Meanwhile, our campsite and cooking area was being established along Shindagin Hollow Road at a point



New Shindagin Hollow Lean-to. Part of trail crew: Bob Schmidt, Bob Emerson, Joe Dabes, Ken Reek, Kristin Schafer, Tony Rodriguez, Ray Kuzia. Missing: Darius Talandis, Bob Kremens, Howard Beye, Jack VanDerzee, David Lee, Jerry Wright.

south of the trail bridge where the trail leaves the road going to the west. In addition to the lean-to replacement project we had been asked by the Cayuga Trails Club if we thought we could repair the severely eroded upstream side of the approach to the bridge crib foundation on the trail bridge just off Shindagin Hollow Road. The FLTC was able on short notice to secure two 12-foot sections of wire gabion baskets from our trail friends at the Iroquois Trail Council, Camp Sam Wood.

The trail crew consisted of 13 volunteers, nine of whom worked the entire week. We split the crew into two groups every day but Monday and Friday afternoon. Bob Schmidt, Ken Reek, Bob Emerson, Tony Rodriguez, Ray Kuzia, Darius Talandis, Bob Kremens, David Lee, and Joe Dabes worked primarily on the lean-to. Those working primarily on the bridge gabion project were Jack VanDerzee, Kristin Schafer, Jerry Wright and Howard Beye. We finished both projects shortly after noon on Friday. Then we started the process of moving

all the tools, the surplus material and some waste shingles and other material from the old lean-to, which had been torn down about two weeks earlier by the Cayuga Trails Club.

A new steel fire ring and grate on a concrete pad were installed at the lean-to, as well as a standard picnic table and a circular table top about eight feet in diameter lagged to a four foot diameter tree stump. The tree had been removed because it was hazardous to the lean-to. The crew also constructed seven log benches from surplus milled logs. Two of these were placed near the lean-to and the rest at a tenting site away from the shelter. Another steel fire ring and grate on a concrete pad was installed in the tenting area.

Prior to the Alley Cat Trail Crew work the Cayuga Trails Club sponsored a National Trails Day event with Eastern Mountain Sports to build a handicapped accessible privy at the lean-to site.

The gabion basket project was completed by digging into the bank about three feet to hold one end stable while the other end was placed against the outside corner of the foundation crib structure. It was estimated that approximately seven tons of rock are in the gabion baskets. We hope this will give several more years of life to the bridge by preventing water from cutting behind the foundation crib. In the

last few years the bridge has been ravaged by two very serious floods which have torn away several hundred feet of upstream bank by about eight to ten feet from

(Continued on page 20)



Bridge in Shindagin Hollow State Forest after gabions (rock-filled wire baskets) were installed on August 20.

Trail Topics...

(Continued from page 19)

where the banks were when the bridge was built in 1993.

Closing the Owego-Onondaga Indian Trail

Discussions between the Mike TenKate family (current Trail Sponsor), Joe Dabes (Trail Section Coordinator), and Tom Reimers (Trail Chair of the Cayuga Trails Club) led to a decision to close the Owego-Onondaga Indian Trail. The trail is getting very little use, most of it is on-road, and there are much better trails available in the Hammond Hill State Forest. Therefore we will be taking the Owego-Onondaga Indian Trail off map M-18 and removing it from our list of loop trails. Maps of the State Forest are available from the DEC office in Cortland.

2004 Hunting Season Dates

The New York State big game hunting seasons along the Finger Lakes Trail System are as follows:

Archery	Oct. 15 - Nov. 21	Deer and Bear
Shotgun	Nov. 22 - Dec. 14	Deer
Shotgun	Nov. 29 - Dec. 14	Bear
Archery	Dec. 15 - Dec. 19	Deer and Bear
Black Powder	Dec. 15 - Dec. 21	Deer and Bear

The response of most hikers to the hunting season is to leave the woods and fields to the hunters. Some sections of the FLT System are closed during part or all of the fall big game hunting seasons. Most of these sections are indicated on the FLTC trail maps and also in most cases with signs at trailheads listing the closed period. Either method of notification must be observed by hikers.

On most state forest and wildlife management area land, hiking is not prohibited during the hunting season, but the FLTC does not recommend being out on the trail during this period for two reasons: first, your safety, and second, you may disrupt a quiet area and spook wildlife away from hunters.

Some State Parks do not allow hunting, while others have

portions of the state land open to hunting. It is best to check with the park before starting a hike on state park land.

Be aware that because land on which the trail is located is posted by the landowner, it **does not** mean hunting is prohibited. The owner or his invited guests may be hunting the land.

If you must be out in the woods during hunting season, be sure to make yourself very visible by wearing a blaze orange vest and hat, and heed the information above.

Tri-Town Hikers from the Bainbridge Area

After 16 years the Tri-Town Hikers have asked to be relieved of their Trail Sponsorship of six miles of the FLT on map M-27 between Getter Hill Road and Shears Road. Sadly they kept losing members and those remaining were getting along in age so that they could not muster a viable group of trail maintainers. The Conference extends a hearty "well done" to all from the Tri-Town Hikers who have done such a marvelous job all these years. Jim DeWan, Catskill West Trail Section Coordinator, is in the process of locating replacement Trail Sponsors for the Tri-Town Hikers' section. Persons interested in being considered for assignment to any of this six-mile section are advised to contact Jim DeWan at 607/775-3001 or goshawhbait@aol.com

Food Purchaser for Alley Cat Trail Crews

The Trail Management Committee is looking for an individual or two who would like to take on the food purchasing operation for our three yearly Conference-sponsored Alley Cat Trail Crews. Menus with food purchase lists will be provided, as will plastic bins for transporting and storing food and an ice chest to hold perishable items. Persons taking on this project will be notified about two weeks before food is needed and told how many will be eating. They will need to purchase food a couple days before it is to be picked up from them and taken to the project site. The basic schedule is the middle weeks of



Jim DeWan

Dry Brook Lean-to and new privy

June, August and September. Volunteers will be reimbursed within two weeks.

From the standpoint of picking up the crew food and returning unused nonperishable food to those performing the task, it would be best if they lived somewhere in the middle of the cross-state trail, approximately between the Rochester area and Syracuse/Ithaca area. Nonperishable food returned will be kept for use at the next scheduled trail crew session or held, if possible, until next year.

If you are interested in finding out more about this job or would like to volunteer to take it over, please contact Howard Beye at 585/288-7191 or fltc@frontiernet.net

Trail Design and Construction Workshop

The Conference is pleased to be able to offer, once again, a very educational and practical workshop on the basics of trail design and how to go about building the trail with hand tools. This workshop is good for both building brand new trail and for moving trail to provide a better trail route.

The workshop will be held on Saturday, October 16, 2004, at the DEC Lands & Forests office, 7291 Coon Road, Bath, NY. It is open to anyone from the FLTC, members of our Trail Sponsor organizations, and any agency personnel from the DEC or OPRHP. It will run from 9:00 a.m. to 4:30 p.m. There is no charge for participation in the workshop. Be sure to bring a lunch and water bottle and to dress for field work and the weather. A pair of work gloves and a day pack are good things to bring.

The workshop will be conducted by Bill Menke, Trail Foreman of the North Country Trail Association and retired National Park Service Manager of the North Country National Scenic Trail. It will start at the DEC office and then move to a suitable field location for the practical phase.

Those who plan to attend, please contact Howard Beye at 585/288-7191 or fltc@frontiernet.net so we will know how many to expect. We will send you a map of the area with the DEC office location.

Queen Catherine Marsh Trail

Over the last two years we have been struggling to find people who would be willing to assist the Friends of the Queen Catherine Marsh in taking care of the 7.3 mile Queen Catherine Loop Trail located between Watkins Glen and Montour Falls. If we are unable to solve this problem by this coming fall, we will be forced to close the trail and remove it from the FLT System. This is really a shame as it soon will connect to the Catherine Valley Trail, which when completed will run close to

Horseheads following the route of the old canal and later the railroad.

Is there anyone in the area who would like to get actively involved with bringing this loop trail back to life? If so, please contact Joe Dabes, the Watkins Glen East Trail Section Coordinator, who is trying to save the trail. Joe can be reached at 607/844-3872 or kabjnd@msn.com. □

Surprise Equipment Donation!

Marty Bentley, owner of Professional Landscape Maintenance in Ellicottville, surprised the Trail Committee with a major donation. Because the focus of his business has changed, he no longer needed some of his heavier maintenance equipment, so donated to the FLTC a DR brush mower, two string-trimmer weed whackers, and a roto-tiller. Howard Beye will distribute these gifts around the state where they are needed most, because it's already clear that several groups are "fighting" over those incredibly useful DR mowers that we already have from the National Park Service for use on the North Country Trail. Marty said that he has walked all of our trail in that Cattaraugus County neighborhood, so thought of us as perfect recipients for his unneeded machines. We are grateful indeed.

The roto-tiller will be offered for sale to any member to raise money for trail projects. First \$150 takes it; contact Howard at 585/288-7191 or fltc@frontiernet.net

Paid Advertisement

TRAIL PROPERTY FOR SALE

19 acre upland east of Hammondsport, Map M-12, frontage on two roads, includes bivouac area, mowed trails, and trail easements protecting route but permitting one house on each road. See now at its best: goldenrod blooming amid magenta dogwood bushes, and fast-growing red maple aglow above lowbush blueberry carpets. Big oaks and white pines at the back edge. \$18,000

Irene Szabo 585/658-4321 treeweenie@aol.com

North Country Trail Sampler: Southeast Ohio

by Irene Szabo

Fifteen Yorkers attended the North Country Trail Association annual bash in Marietta, Ohio, in the corner diagonally opposite from the open flatlands described in my last “sampler” and a world apart. Even our drives down there were laced with geographic surprises. While I had a vague notion that southern Ohio was lumpier and greener than the northwest, I was astounded at the four- and five-hundred foot cliffs crowding the Ohio River soon after its departure from Pennsylvania, where it divides that skinny spit of West Virginia from Ohio. My first clue, in the railroad atlas, had been that some of the rails that cross the river immediately enter tunnels on the west side!

Four-lane Ohio 7 offers wonderful views of the panorama of river, cliffs, occasional crowded mill towns, huge power plants, and some functioning steel mills. Often the highway is nicked into the base of the steepened cliffs which have been sheered off by unimaginable machines, and “Falling Rock” signs plus VW-sized peachy-colored cliff-calves crushing the guardrail make the drive a bit of a gamble: a mere car roof would not suffice. Frequent bridges of every architectural stripe crossed the river between West Virginia and Ohio, some of them beautiful to behold. For those of us accustomed to electricity from water power or very occasional nuclear or coal-fired plants, the frequency of immense coal-fired plants along the river was a surprise: each featured one or two tall stacks furiously emitting nearly white smoke and condensate after scrubbers had done their work, and several squat wasp-waisted cooling towers. While the latter remind us of Three Mile Island pictures and nuclear plants, they are merely cooling the water used in the production of steam before it is returned to river.

Besides the river itself, coal feeds almost every activity packed into the brief flat spots along this stretch. Railroads line both banks with long trains of coal hopper cars bringing the stuff from inland mines in West Virginia to feed both the power plants and the steel mills. Barge traffic on the river is also a constant: single tugs push tightly lashed rafts of as many as fifteen huge shallow barges, three across and five long, many of them heaped with coal, some with scrap iron.

This river is a giant monument to the ambitious

activities of the Army Corps of Engineers. Like our own Genesee River, historically the upper Ohio would dry up in summer to something that could be waded, not navigated, so a series of twenty dams maintains miles-long “lakes” from Pittsburgh along the Ohio to the Mississippi River that permit year-round navigation despite the 460-foot drop in overall river elevation. These adjustable dams are not intended for flood control, only for regulating the level of water, but each one requires a lock to permit the barges passage around. Nor do these locks look like those we’re used to seeing on our Erie Canal, a mere 328 feet long and 45 wide, but offer a pair of side-by-side locks, each 110 feet wide, one of them 600 ft long, the other 1200 feet! I watched one lock passage from an observation platform, where a tug with six barges, three long by two wide, used the 600 foot lock to drop 21 feet. Before the water level was dropped, however, the crew, maybe a half-dozen men, started leaving with luggage in hand, while a replacement crew started carrying on cartons of groceries. They said they spend two weeks on the river per tour.

By the time I reached Marietta, the cliffs had dwindled to forested hills, but “civilization” had dwindled, too, so the town itself was a genuine surprise. As the earliest permanent white intruder settlement in Ohio and site of a fort in the late 1700’s, this big little town at the junction of the Ohio and the Muskingum, Ohio’s largest inland river system, has antique grace by the yard. Gorgeous old homes line treed streets, many of them paved in brick, several good museums depict local and river history, and spectacular gardens are the norm. Some streets were lined with dogwood trees; oh, to be here in April!

NCTA weekend registrants were treated to a supper ride on the Valley Gem, a diesel-powered (not steam, alas) stern paddle-wheeler docked on the Muskingum. Had we gone up that river we could have encountered the last hand-operated wooden-gated locks in operation in the U.S., but instead we traveled several miles upriver on the Ohio, passing barges, a long mid-river island, and distant people swimming or boating along the West Virginia shore before returning into the sunset.

It is indeed worth noting what Marietta is like, because it is now the centerpiece of a new section of planned route for the North Country Trail. On the east

side of Marietta is an extensive segment of the Wayne National Forest which hosts miles of NCT, but the long private area west of the NF had remained a future mystery route, until, that is, local enthusiasts, including the mayor, welcomed the trail to come right into town. During the weekend a route with great views of both rivers was plotted, and two brand new NCTA chapters were chartered, the Ohio Valley Chapter centered in Marietta and another for Adams County to the southwest, so progress on the connections is anticipated.

Our hikes within “the Wayne” taught me some of the significant differences between glaciated landscape and that which has never endured the grinding weight of a mile-thick sheet of patient ice biding its sweet time. Here in the southernmost reaches of the NCT, every little drainage stream that felt like meandering toward the Ohio carved its own little gully erratically and whimsically downward from the hills, so the ups and downs aren’t organized and streamlined by glacial action into nice distinct vicious climbs like we face from, say, Hammondsport’s 750-foot elevation up to the top of Mt. Washington at 1800 feet within one quick mile! Instead the topography is much busier, with more frequent bumps and dips in the trail, sometimes several hundred feet at a time. The forest changes frequently with elevation, too: heights are covered with oak, maple, and hickory, much like our woods, while each drop into a stream valley features a lot of trees like tulip and sycamore that we see infrequently here. Plus several new trees were pointed out to visitors from the north by our U.S. Forest Service hiking hosts: paw paw has huge oblong leaves and a bulbous “custard apple” fruit, persimmon twists its gnarly-barked trunk tall into the overstory in its quest for light, and, yes, we saw Ohio Buckeye, much like the horse chestnut. Only Virginia and pitch pine, however, are native to the area, so none of our typical northern evergreens was seen except a few imported white pines. Another surprise: box turtles were common enough along the trail that we even learned to tell boys from girls.

A trail crew from the Buckeye Trail Association had preceded us by a few weeks, so the trails were in good shape. The only sad note was our occasional intersection with illegal ATV trails, and even one place where full-sized trucks drove right through what should have been a sweet little stream and had chewed the bank into deep ruts. Naturally, there is approximately one USFS enforcement person per bazillion square miles of forest. Sigh...

A Special Deal for FLTC Members!

Now you can join the North Country Trail Association for just \$16 per year! You'll get a subscription to North Star magazine, and the satisfaction of helping develop the North Country National Scenic Trail. To join, send this coupon to: NCTA, 229 E. Main St., Lowell, MI 49331 or call 888-454-6282

Name(s):
Address:
City, St Zip:
Phone (optional):
E-mail (optional):
<input type="checkbox"/> I'm enclosing a check for \$16 payable to NCTA <input type="checkbox"/> Please charge my credit card (MasterCard, VISA or AmEx only) Card #: _____ Exp. Date: _____ Name as it appears on card: _____ Signature: _____

The most prominent plant life appeared to be poison ivy, alas, apparently encouraged no end by the longer growing season down here. This is where we should do our winter hikes! On the way home I took a walk along the Ohio and Erie Canal towpath trail southeast of Canton, another section of both the Buckeye Trail and the NCT. Here the Tuscarawas River is visible and audible nearby, and a clear culprit during spring floods, for there was still a muddiness up to head-high even along the elevated towpath, soiling the solid green tube socks of poison ivy that cover every tree trunk and sometimes send woody tendrils out into the pathway, also about face-high.

This was another walk through history. Excellent historical signs along the walkway explained the visible remnants of locks and a mill, and even the mysterious concrete dividers in the middle of what should have been open canal passage: after a disastrous flood in 1913 wrecked the canal (first stories in downtown Marietta were under water), the state turned part of the waterway into a fish hatchery for a time. Nearby was the delicious restored village of Zoar, filled with artfully restored homes from the early 1800's, part of a self-sufficient settlement of German immigrants who dug their part of the canal by hand.

Best of all, despite warnings to all who signed up to expect heat and humidity, the weather was perfect for hiking: low seventies, low humidity, and cool evenings. What a treat! □

Summertime on the County Hiking Series

by Sigrid Connors,
Tompkins Hike Series Coordinator

Photos by Jim Connors

One thing is certain, the Hike Across Tompkins County is all about having fun, especially with our hike leader coordinator Jack VanDerzee's monthly command of "you must have fun" as the prime objective. The series has maintained a high participation rate to the point that the school busses still had only a handful of empty seats on the July and August hikes. Of course it doesn't hurt to have great weather. The April through August hikes are now four for four with low humidity, mostly blue skies, white puffy clouds and moderately warm temperatures.



Hike series coordinator Sigrid Connors with clip board in hand to make sure everyone is accounted for.



Sigrid Connors and Jack VanDerzee giving instructions to the hikers before the first hike in April.

The July 10 hike's two busses left Comfort Road promptly at 9:30, leaving 59 cars to wait patiently for their owners. By 9:50 a.m. the hikers were on the trail. They began with a quick crossing of Rt. 96B followed by a healthy 500-foot climb. They were rewarded with a lovely soft-footed trail through a larch plantation. Larch trees are evergreens that defy that name by losing their green each winter. I didn't know that while growing up on Larchwood Avenue in West Philadelphia because no larch trees were to be found. The 79 folks on the 8.1-mile trail hiked past the Tamarack and the Chestnut Lean-tos, down to Miller

Creek and Michigan Hollow and past the lovely Abbott Loop trail. Well, Clainie Lashley makes it 80 on the trail, but this little toddler is going for the achievement of completing the hike series enjoying the ride in her parents' backpack. Sarah Gordon finished the hike in 2 hours and 45 minutes and then turned around to catch up with her ride home back in the middle of the pack! And all five hiking groups were in by 5 hours and 41 minutes.

In July we experimented with an FLT mini-store selling caps and maps and offered a "delayed gratification" store by taking clothing orders for retrieval at the August hike. This was just to keep me busy and distract me from the usual worry of wanting everyone to get through safely, a sentiment that I'm sure Marie Inglee, the Chenango and Cortland hike series organizer, understands well!

On August 14 we managed to find the bright and shining moments between the aftermath of tropical storm Bonnie and the drizzles of hurricane Charlie. Erharts' Propane and Gas Company graciously allowed us to park our 52 cars on their grassy land. Jim Connors did a great job of brush-hogging and grass-whipping the new parking area after receiving safety instructions from CTC Trails Chair Tom Reimers.

As the busses groaned their way up the steep hills to Comfort Road many were thankful that our 9.4-mile hike would be a steady downhill instead of the other way around. By 10 a.m. everyone had started on one of the several road stretches that day. These dirt roads are



Barham and Mary Lashley with 19-month-old Clainie, gearing up for the hike.

normally quite dusty, but the recent rains left them nicely damped down.

Although I lived in Newfield for over 20 years and greatly appreciated the beautiful hills and valleys, I never knew about the Finger Lakes Trail or other nature hikes that surrounded me. So I was pleased to have 80 folks on the trail that day to experience the magnificent Lick Brook section and the Sweedler and Cornell Plantations Nature Preserves.

Many of our 73 registrants, family guests, and worker bees remarked on the well-kept trail. The trail adopters are to be congratulated for their efforts to spruce up the blazes and brush aside the brambles and weeds. Ed Hart sprinted to a finish in 3 hours and 10 minutes while the rest of the bunch, including nine-year-old

Peter Newman, were all back within 5 hours and 20 minutes.

The sag wagons enjoyed dispensing cold water, Gatorade, pretzels and apples and cheering the hikers onward. Surely this helped, because all of the registrants completed the hike.

Our enthusiastic and energetic worker bees for the 3rd and 4th hikes included Marsha Zgola, Jack VanDerzee, Joe "Java Joe" Dabes, Jennifer Wilson, Larry "The Eternally Nice Guy" Blumberg, Don French, Tom "The Mushroom Man" Homa, Keith Eggleston, Jay Zitter, Deb Patterson, John Andersson, Phil Dankert, Warren "Traildawg" Johnsen, Barbara Morley, Jack Sexton, Sue Collier, and Keith Eggleston. □

Erv Markert Hike

by Mary Domanski

Sun, sun, glorious sun cast its joy upon the participants of the day's festivities. August 14, 2004 was a wonderful summer day which was much appreciated by the approximately thirty people who came to the dedication ceremonies.

The Erv Markert Hike is one of the few annually scheduled hikes of the Finger Lakes Conference. Erv, whom the hike is named for, served as the Trail Committee Chair of the FLTC for nearly twenty years. During that time he also served on several state and national committees and organizations involved with trails and hiking. He is also remembered as someone who was able to interact easily with others.

This hike was used as an opportunity to honor a former long time member of the FLTC and Foothills Trail Club, Evart 'Ev' Hittle. A section of trail in western New York, between Brennan Road and Rt. 240 east of Ellicottville (map M4/CT4), was dedicated to his memory. Hand-carved signs have been placed at each end to designate the section.

The dedication ceremony took place on route 240. Scouts from troop 1776 (maintainers of a section of the Conservation Trail) were the honor guard for the



Ethyl Hittle unveils new trail dedication sign.

program. Everyone was welcomed by Mary Domanski. Ev's son and daughter-in-law, Mark and Susan Hittle, spoke on behalf of the family. Mark revealed that this section could very well have been one that his father negotiated and/or laid out the plans for. Susan pointed out that Ev was a modest man and would have been very surprised at having a dedication, and that he, like Erv Markert, was able to interact easily with others.

Ethyl Hittle, Ev's wife, then unveiled the sign. Charlie Coolidge, Mayor of Ellicottville, and Irene Szabo, president of the FLTC, also spoke.

Bob Schmidt led the hike. The early hikers completed the 1.7 miles from Brennan Road to Rt. 240 before the dedication. After the program more hikers joined the group and the hike continued on to the shelter on map CT-4 between Canada Hill Road and Roszyk Hill Road. At the shelter hikers were able to rest in the shade, marvel at the views, and enjoy a bowl of chili.

If you are in the area, be sure to stop by and see the new signs, and if you have a favorite hiking spot to suggest for a future FLTC annual hike, please call the FLT Service Center (585/658-9320) with your idea. □

End-to-End Update

by Edward J. Sidote
FLT End-to-End Coordinator

End-to-End Hikers

As of August 4th the following hikers have completed the trail since my last update:

#172 Kurt Ramig, New York City
#173 Ray Ward, Waynesboro VA
#174 Michele Gonzalez, Dryden
#175 Alex Gonzalez, Dryden
#176 Robert Bell, Binghamton
#177 Patricia M. Shores, Binghamton
#178 Jacqui Wensich, Pittsford
#179 Ruth Dorrough, Canandaigua
#180 Daniel Dorrough, Canandaigua
#181 Maria Perkins, Ithaca

End-to-end aspirants added to my list are:

Deb Hammond, Olean
Kathy Woznek, Olean
Guy Ostertag, Philadelphia PA
June Granz, Norwich
John D. Connolly, Norwich
Lee Douglas, Endicott
Phil Metzger, Norwich

I received progress reports from the following hikers on my end-to-end list:

Bill & Kristen Allen, Arkport	Deborah Patterson, Fulton
Debbie Barnell, Yorkville	Kathy Perry, Cortland
Bob Bell, Binghamton	Patricia Shores, Binghamton
Joe Dabes, Dryden	Jo Taylor, Rochester
Ruth & Daniel Dorrough, Canandaigua	
Kathy Eisele, Syracuse	Georgeanne Vyverberg, Naples
Carrie French, Avoca	Carol Watts, Rochester
Joan Jedele, Freeville	Jacqui Wensich, Pittsford
Jennifer Madrid, Binghamton	Michael Whelsky, Fulton

Car Spotters

There have been three additions to the list of car spotters:

Carrie & Flenn French, Avoca (Maps M-7 through M-14)
Tim Davis, Cincinnatus (Maps M-21, 22)
Maria & Julie Perkins, Ithaca (Maps M-15 through M-18)

I have email addresses for the above, available on request. Please volunteer to become a Car Spotter (Trail Angel) as we need replacements for a few who are no longer able to assist end-to-enders.

Dog Dazer

The DeVal Safety Store in Buffalo has decided not to handle Dog Dazers any longer. You can purchase them on the Web by looking up Dog Dazer at www.tesco-shopping.com/dazer.htm. I ordered one from Dr. Leonard's mail order catalog. It cost \$22.00 including

S&H and sales tax. Their toll-free number is: 800/455-1918. The item is #77016 and it is called "PET TRAINER". The 9v. battery is NOT included.

Bears

At the Delaware County Fair a resident of Dry Brook Rd. on Map-27 informed me that bears are often sighted there about a quarter mile north of the Dry Brook Rd. trailhead. The same person claimed they saw bears out during the winter months this year.

According to a resident on Denning Rd., Claryville, bears have been sighted along our trail route on map M-32, between Claryville and the DEC parking lot, .

I received an email from Gail Opanhoski, ADK-Onondaga, informing me that bear canisters can be purchased from Campmor and Sierra Trading Post or rented from the ADK's High Peaks Information Center near Lake Placid.

In May I picked up a Bear Bomb from Al's Sport Shop in Downsville. It's a spray complete with nozzle and carrying case. It cost approximately \$25.00 plus S&H. Al's address is Al's Sport Shop P.O. Box L, Rtes. 30 & 206, Downsville, NY 13755, 607/363-7740, email: alsport@catskill.net. Tell him you got the above information from me, as this is a discounted price for FLTC members.

End-to-End News

Phil Lund, End-to-End #164, sent me a postcard from California where he is hiking the Pacific Crest Trail. At that time he had hiked 1100 miles and had 1500 more to go. The trail ends in Canada.

Don Beattie, a hiker from Michigan mentioned in previous Updates, has now completed hiking all the North Country Trail in New York State. He is getting close to finishing the NCT and plans to complete the rest of the FLT after finishing the NCT.

Mary Domanaski, End-to-End #83, has been hiking the Appalachian Trail when she is not busy looking up landowners for the Conservation Trail.

Fred Gee, End-to-End #148, is also hiking the Appalachian Trail in sections, and the Long Path whenever he gets engagements near either trail.

Warren Johnsen, End-to-End #141, has been climbing fire towers all over the state.

(Continued on page 27)

Sidote, End-to-End Update...

(Continued from page 26)

David and Michael Marchner, End-to-Enders #146 and 147, are hiking the Branch Trails of the FLT system.

If you let me know where you are hiking or backpacking, I will write it up in my update.

Trail Register Notebooks

This summer I have been mailing trail register notebooks to my end-to-enders so that when they find a notebook completely full they can replace it with a new one and then mail the old book to me. I read them and respond to any questions in them. Or if there is a complete address in the notebook, I mail them additional FLT information. These notebooks are important because if I have to contact a backpacker due to a family emergency the only way I can do it is by contacting car spotters and having them check the closest trail register to where they live.



Edward J. Sidote

Delaware County Fair



Edward J. Sidote

Garden Club Exhibit at the Chenango County Fair. This year's theme was "Trails".

FLT a-fair



Mary Coffin

FLT "lean-to" at the NY State Fair

From the Ludlow Creek State Forest Trail Register:

08-01-2004: I love to take in the beauty, fresh air, songs of the birds, and wonderful all around nature; I deeply appreciate how, when I visit this area, my spirit, mind, and body are refreshed and uplifted. Jodie Lynn Beach, "Butterfly"

Happy Hiking!

Edward J. Sidote

5 Clinton St., Norwich, 13815-1903

607/334-3872

New email address: ejsidote@ghsfcu.net

(I have a computer in my home now.)



Mary Coffin

This is the DEC log cabin at the State Fair with a "nature trail" simulation going behind it. That's where the FLT lean-to in the photo below was located.

End-to-End Album

I am a long-distance hiker. On a visit a few years ago to my grandmother, Mary Ward, in Bradford, PA, I had hiked to the western PA/NY FLT terminus, and knew then that I had to hike this trail. I have a history in New York, having been born in Rochester, though I moved out of state when I was seven, and then coming back to go to college at Alfred University, where I once spent a night in a FLT lean-to (studying?). Being out of school since 1990, it was time to really see New York again—the FLT way. Contacting Mr. Ed Sidote at the turn of the New Year, I got an immediate response to my queries and was hooked.

Got the maps, got the bus ticket, took a leave of absence for two months, and I was in Claryville on May 11, 2004, exactly one year from when I started last year's thru-hike along the Allegheny Trail in West Virginia. This time, though, I had a sunny start along the FLT down Denning Road. I was out of shape for the Catskills, but what a beautiful start. The leaves were not out yet at the higher elevations, but turning to light green and then a darker shade as the hike progressed.

I didn't meet any hikers at the start; in fact, I didn't meet anyone on the trail until outside of Cortland. I guess my early start and rain and mud-slick trails kept most away. Then all at once I met a dozen Adirondack Club hikers out for a day hike. (Marilyn Breakey "St. George", you made me feel welcome.) Memorial Day brought others out as well. I crossed paths for the evening at Burt Hill Lean-to with eastbound thru-hikers Bob "Pay Day" and Patricia "Cat-eye" Bell. I did meet many friendly and supportive landowners and townsfolk during the whole trip. Sometimes I just enjoyed the FLT solitude.

I went from forestland to some road walking mixed

Hike to Gram's

by Ray Ward, End-to-End Hiker #173



Ray Ward

with farmers' fields. The tall grass would sometimes cut into my legs, or water would get onto my legs and trickle down into my boots, but I met Mr. Howard Beye out with a crew mowing a path — thanks.

I spent some nights at bivouac sites in my tent and some in lean-tos; the towns were great for showers, meals, and connecting my journal to a website (search for "Sparrowhawk" on trailjournals.com). I spent a few nights with Mr. Sidote in Norwich and with Trail Angels Bob and Carol Dickey in Hornell. The Dickeys were very generous and let me borrow their truck to visit Alfred and gave me a day of slackpacking (22 miles). A treat which I don't usually get on a hike was a great family dinner that included Bob's sister-in-law, Alma (an end-to-ender, as is Bob).

I saw the Southern Tier in a totally new way. The FLT hike also gave me time to get away and enjoy nature. There were a lot of rolling hills in beautiful country. Watkins Glen gorge was flowing strong and quite spectacular. I saw deer nearly every day, and even got a quick photo of a new-born fawn. Turkeys, geese, groundhogs, and toads were also fairly abundant. I felt renewed upon my return home.

My aunt, Linda Woodley, and cousin and sometimes past hiking partner, Debbie Woodley, drove up from Bradford, PA to Bath and treated me to an AYCE (All You Can Eat). It only took them an hour and a half to drive on route 86, which would take me a week plus to walk on the FLT. They met me again in Ellicottville. I worked out a plan with Debbie and Gram to day hike the last five days, as I needed to switch to sneakers because of ill-fitting hiking boots. Gram, Linda, Debbie, and my family in Virginia and Arizona were big supporters, as always. (Dad, thanks for updating my journal.)

I have to sincerely thank Mr. Ed Sidote, with whom I kept in contact via phone and email the whole trip and afterwards. Having my patch and card at completion was nice. It was a real nice treat to meet Mr. Jim DeWan in Bainbridge. I thought it was room cleaning knocking on the door at 7:00 a.m. (Thanks for breakfast!) To the FLT Conference, landowners, and stewards: you are the ones who make it possible for me and others to fulfill their dreams. I have found that those connected with the FLT treasure and take care of it and show an interest and concern for those who walk it.

I hugged the terminus border tree with the sign on it, where I had not been since that day a few years ago. I finished on June 25, 2004, and averaged about fourteen miles per day. I feel a sense of accomplishment. It was fun walking to Gram's, where I then spent the week after the trip visiting and working on her to-do list. Then it was back home to Virginia and the swimming pool that I had hallucinated about on more than one occasion. I am back to work, and I sometimes flash back to the good memories of the FLT. I am #173. □

A Report from End-to-End Hiker #178

by Jacqui Wensich

May 5, 2003 started off perfectly, low fifties, partly sunny on a pretty section of M-18. The front came in several hours earlier than predicted; the temperature fell with the rain.

Many raindrops later, including much boot-sucking mud, high water and yes, sunshine and beautiful scenery, I finished my 562-mile 'Walk across New York State', on August 1, 2004 at 12:40 p.m. in Bowman State Park. (Kris Dressen wrote a very nice article entitled "A Walk across..." about my 2003 FLT hikes that appeared in various Messenger Post newspapers in the Rochester area in June 2004.) I was met by the intrepid Ed Sidote ready to bestow my two patches. Heidi Bellinger (#168) and Jay Zitter (#169) also hiked with me and Mina, my faithful German shepherd.

Heidi and I met on an ADK hike in 2002. Her father has a camp near the FLT. Heidi had hiked on it without realizing the extent of the FLT. Through Heidi, I met Jay and the three amigos hiked many miles together in 2003. The time always passed more quickly when we hiked together. We discussed literature, wildflowers, birds, and cooking. We made up silly hiking songs by changing the lyrics of



Jacqui Wensich and Mina

common songs and singing them at the top of our lungs. Sometimes we were just quiet, enjoying nature. (Sometimes they played tricks on me, making "birdsong" and getting me to try to identify the bird. Of course, I never played any tricks on them.)

Heidi hiked with me in 2004 as much as her work schedule would allow. (Retirement is a wonderful thing. I retired from the City School District of Rochester administration in 2002.) Heidi's mother Diane, a photographer of note, joined us for a hike early in the year. Heidi hiked with Mina and me on the last 34-mile segment of my FLT journey. On two of the last three days of this final segment, we experienced a skunk encounter of the minor kind, three

gigantic bulls that luckily wanted to avoid us, four hours of soaking rain and, for the first time, running out of water. (A kind home owner refilled several bottles for us.) On the final day of our hike we were joined by Jay who brought perfect weather with her.

I want to mention and thank all the car spotters who helped me complete my hike:

2003 - Nancy Adams (I stayed at her very nice B&B), Joyce Starr and Walter Woefel

(Continued on page 32)

The Best Vacation

by Ruth Dorrough, #179

I love to travel. The broadened perspective and sense of myself in a foreign setting is enlivening. It nurtures the part of me that keeps me well. Our end-to-end quest revealed to me that it isn't necessary to travel halfway around the world to have a respite from the ordinary. Walking the hills, dining and resting in little out-of-the-way towns has given me a new awareness of the special area in which we live. I was surprised and delighted to learn that after a long walk, a simple thing like stopping for ice cream in a place I never heard of can bring the same sense of fun and adventure I have experienced in our foreign trips.

I learned that the world doesn't stop if I don't spend the weekends cleaning and doing errands. A little mini-vacation every weekend has me in a much better frame of mind for the week to come. Walking the Finger Lakes Trail was a six-year vacation savored in bits and pieces. It rates at the top of all the trips I have ever taken.

One night we stayed at a farm B&B. As she served us breakfast the next morning, the outspoken owner made it clear that she didn't have much use for hikers. She talked about an old railroad bed that ran through their property. She described her passionate resistance to the local rail-to-trail organizing effort. Clearly our view of the land and walking were different from hers. In her hard-working world one walked to the back forty to see if the fence was intact. I suspect that to her our description of walking for recreation seemed frivolous. She moved on in her monologue to tell us a story about berry picking with her mother and daughter.

"No money in it. We just do it for fun." She stopped suddenly. Looking straight at me she said, "That's

why you do it. That's why you walk—to keep your mind off the things that aren't right!"

Twisting her revelation a bit I can say that I walk to keep my mind on the things that are right. The Finger Lakes Trail is one of those things. My gratitude is extended to landowners, trail stewards, and all those behind the scenes who made this enriching experience possible.

Accidental End-to-Enders

by Dan Dorrough, #180

We didn't start out to become FLT End-to-Enders. We were just looking for a nice place to walk.

We have always done a lot of walking. Every day we walk a couple of miles around the block in Canandaigua. Before that, when we lived in Penn Yan, we walked around there. We've walked a lot of loop trails in various local and state parks. We've done a lot of

walking on the Erie Canal Trail which is flat and easy.

On the Sunday that we started, Ruth said that there was supposed to be a trail at Ontario County Park so we went there. We found a trail starting at the "Jump Off" and followed it for a couple of hours. We did not reach the end. We went back the next weekend and followed it for a couple more hours. We still hadn't reached the end. After a few months of weekend hikes we finally reached a place where the trail that we were following dead ended into another trail. Ruth had somehow determined that we had been hiking the Bristol Hills branch of the FLT and that we had reached the Main Trail. Apparently we weren't finished yet.

We just do day hikes. We drive someplace, park the car, follow the trail out for an hour or two and turn around and walk back. That's the only way that we did it for the first three or four years. One time when I

Edward J. Sidote



Ruth and Dan Dorrough, 08-02-04

was away on a trip, Ruth and Ben, our teenage son, joined an FLT group hike of about ten miles. Ruth said she had trouble keeping up with the slow group. She said that by the time the slow group reached the first road, the fast group had already reached the end of the hike and were passing them in their cars. Ruth also said that the hike (or maybe it was the slow group) was being led by a memorable woman named Irene Szabo. That was the first time that I had heard of group hikes. The concept didn't appeal to me much. I like the solitude of walking with Ruth. I'm pretty solitary and I couldn't imagine walking with a bunch or other people that I probably wouldn't like.

Although Ruth and I didn't yet consider ourselves to have end-to-ender potential, we were walking more and more of the trail. We did this simply because the FLT provided a huge source of new hikes. I like each walk to be different and I don't like walking in the same place every time. We were keeping track of when and where we walked, but only so as to not repeat the same segment. Our record keeping was simple. We simply marked each segment on the FLT map after we walked it, and dated it. I also take a lot of digital photos as we walk and the camera kindly notes the date and time that the photo was taken. I organize the photos on my computer by FLT map number and sometimes by the name of the road where we parked.

By this time we had joined the Finger Lakes Trail Conference. We did this primarily to get access to the FLT maps. It was also nice to get the FLT newsletter every few months to learn of new developments, and to get access to the FLT newsgroup so that we might learn of trail closings, re-routings, etc.

We still didn't consider ourselves end-to-enders although we had undoubtedly begun to consider the possibility. We still hiked on lots of other trails with the main criterion being driving distance.

Although I still wasn't enthusiastic about group hikes, I had begun to consider them as a possibly useful tool. They promised the possibility of only having to hike a segment in one direction rather than out and back. We went to several trail conferences. We went to the NCT conference in Cazenovia and to the FLT conference at Camp Amahami. At one of the conferences (I don't remember which), Ed Sidote was giving us a ride back from a hike. He said: "Are you hiking end-to-end?" At that moment I had to decide whether I considered

myself as an end-to-ender or not. I said yes.

Incidentally, I also discovered on the group hikes that I liked most of the other hikers. Most of them were friendly, not pretentious, and easy to get along with.

After that we became more focused. We began to plan multi-day hiking trips on the FLT. We would stay at bed-and-breakfasts so that we didn't have to do so much driving. We spent a week in the Catskills last year so that we could get in as much hiking as possible. We finished most of the Catskills that week. Ruth's married daughter Katherine and her husband Chris and their son Jacob and two dogs shared a house with us and helped us out with spotting and cars. Through the FLT newsgroup, we contacted Lyn Jacobs who was working on her own end-to-end. We drove two cars and would spot each other. We finished the Catskills; Lyn finished her end-to-end.

For our final segment, Ed Sidote arranged to meet us on Tower Road near Bowman State Park, and drove us to the start about five miles away. Ed met us at every road crossing and cheered us on saying things like "It's only one mile to the next road" and "It's all downhill from here". At the end, near the tower, Ed cheered us and waved an FLT flag as we walked down the road to meet him at the end.

It took us six years to do the Main Trail. Last week we went to the North Country Scenic Trail Conference in Marietta, Ohio and hiked a segment of the NCT near Marietta. We also hiked a couple of segments near Yellow Springs, Ohio. Maybe this is the start of something else.

Special thanks to Lyn Jacobs whose help was critical. Without her we would still have a long way to go. Thanks to Jean Bubb who also has hiked with Lyn and us several times and assisted with the driving. Thanks to Roger and Dawn Ashworth who interrupted their wedding anniversary celebration and spotted us for a segment near Bainbridge. Dawn took a wonderful photo of the two of us. None of the previous photos that we had taken included both of us. Thanks to the owners of the Black Dog Lodge Bed and Breakfast near Ellicottville who spotted us a segment after we spent the night there. Also thanks to Irene Szabo and Gene Bavis and Howard Beye and all of the other volunteers who keep the Conference running and the trails clear and well marked. And special thanks to Ed Sidote who has been encouraging and helpful and who provided us our very own cheering section at the end.

□

End-to-End Album

Wensich, #178...

(Continued from page 29)

2004 - Charlie Mowatt, Peter Johnstone, Joe Vieira, Ray Zinn, Ted and Win Anderson, Phil Dankert, Gary Klee, Bill Allen, Ed Hart, and Carrie and Glenn French. I also hired Fireman Ed Bailey for the long drives between trailheads on M-32 in the Catskills. My husband also spotted me on occasion. My father, who recently celebrated his 80th birthday, spotted me two days on M-22. He and his brothers had logged this area over fifty years ago.

Jen Madrid hiked with me several times this year. I met her through the FLT yahoo group. We did the Balsam Lake Mountain trail in the Catskills which really felt more like a high peak in the Adirondacks. Jen really does know how to identify many birds by their songs. I could have used her last year.

Mina has hiked with me for all of 2004. I adopted her last May from Lollypop Farm. She has completed close to 500 miles of the trail. I never have to worry about dogs because she greets them or chases them off if necessary. (The dreaded rottweilers were no problem at all.)

Along the way, I met several landowners and trail maintainers. Farmer John (M-11) enjoys reading the trail journals. He stopped to chat with me on my way past his land and to invite me to his annual BBQ. He retired from trucking to follow his life's ambition to buy a farm and raise beef cattle and horses. We met Mike Prichett who maintains his trails really well (M-23). I spent a pleasant half-hour reminiscing with Win Anderson on her porch while waiting for Heidi to arrive to finish M-6. We also met the landowner near the famous blue maple syrup lines on M-6. Tom Reimers guided me through a problematic

section of his domain while we spoke on our cell phones.

I have spoken to many interesting and knowledgeable people including FLT board members and officers. I am greatly impressed by their devotion to the Finger Lakes Trail Conference. I appreciate all the hard work they have done over the years to make the FLT such a well-maintained, beautiful trail. I hope I can contribute in some small way to the continuance of the FLT through my photography and assisting Ed Sidote and the FLT office. □

Name That Map!



How many of these scenes along the trail can you place? Send your guesses to Jacqui Wensich at namethatmap@fingerlakestrail.org. The answers will appear in the next issue of the *News* along with the names of those who sent in correct answers.

Photos by Jacqui Wensich

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Finger Lakes Trail Conference, Inc. Calendar of Events

- October 2.....Trail Maintainers Area 1 Meeting, Springville, St. Paul's Episcopal Church 10:00 am.
- October 10.....Fall Hike in Steuben County (M-10). Please contact Kim Meacham at 607/324-0374 or meach@infoblvd.net. See inside front cover for more details.
- October 16.....Trail Design and Construction Workshop, DEC office Bath, 9:00 am. See page Trail Topics, page 18.
- Oct 15 – Dec 19**Big game hunting season** along the FLT. See Trail Topics, page 18. Hikers, please take appropriate safety precautions.
- October 17.....Trail Maintainers Area 3 Meeting, Hammondsport, St. James Episcopal Church 1:00 pm.
- October 30.....Trail Maintainers Area 5 Meeting, Bainbridge, Boy Scout Building, 10:00 am.
- November 5.....Deadline for submitting material for winter issue of *Finger Lakes Trail News*. See box on page 1 for instructions.
- November 20.....Board Meeting, 10 am. Geneva Chamber of Commerce Bldg.
- January 21- 23FLTC Board of Managers, officers, and committee chairs retreat.
- October 14-16, 2005 ..FLT Fall Campout 2005** hosted by Foothills Trail Club at Camp Turner, Allegany State Park, Salamanca NY. **Save the date.**

JOIN THE FINGER LAKES TRAIL CONFERENCE

Name _____

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Phone (____) _____ Email _____

Make your check payable to the Finger Lakes Trail Conference and mail to 6111 Visitor Center Rd., Mt. Morris, NY 14510 along with this application.

Annual dues (Membership year runs from April 1 to March 1. Dues paid after December 31 will be applied to the next membership year.)

Individual.....\$25 Contributing: receives enamel pin

Family\$30 designating contributing level

Student (full-time; give Pathfinder (emerald) \$45

permanent address).....\$15 Trailblazer (ruby) \$75

Youth organization\$15 Guide (diamond) \$100

Adult organization\$35 Life (individual) \$350 (family) \$500

Business/Commercial (includes a listing on the FLTC website) \$75

Special Places on the Finger Lakes Trail

The Falls at Letchworth State Park

by Margaret and Ken Reek

The Genesee River Gorge in Letchworth State Park has been dubbed the "Grand Canyon of the East", and the Letchworth Branch of the Finger Lakes Trail runs for 26 miles along the east side of the gorge. The two hikes featured in this column follow just a small portion of the Trail, and will reward you with views of the three main waterfalls and some seasonal side falls. The park is spectacular any time of year, but is especially so during the fall foliage season. An added bonus is that this side of the park is largely undeveloped, uncrowded, and free.

Both hikes originate in the Parade Grounds area at the south east end of the park, 4.5 miles west of Nunda on Rt. 436. The Parade Grounds entrance is free, but not open in winter – so be prepared for an additional two mile hike if you come then. There are no guard rails, so be sure to keep an eye on little ones and pets, as the trail goes close to the edge of the gorge in places.

The first hike is 2.5 miles round trip and takes you past the Middle and Upper Falls; it can easily be linked to the second hike for a 4.5 mile loop. The hike starts where the FLT crosses the road that leads to Cabin Area E, about .2 miles beyond the picnic area. It can be reached by parking in the Parade Grounds picnic area and hiking a short distance down the road, or driving down the road and parking by the trail crossing; the parking is limited and may not be advisable in wet conditions. Turn west onto the trail following the yellow blazes.

The trail is wide and level on the three-quarter mile hike to the 100 foot tall Middle Falls. There are several nice overlooks off short side trails about a half mile from the starting point. You will get good views of the Middle Falls and the smaller falls on the opposite side of the gorge, along with glimpses of the Upper Falls. Be aware that this area is still actively eroding, so don't get too close to the edge; a tree we leaned on last year to take pictures is now dangling precariously over the side!

In another quarter mile you will come to a large "Danger Slide Area" sign; the trail beyond this point takes on a different character, and while not difficult, good footwear is advised. The main trail turns left, but you will see a "herd path" to the right; it is closed before you get to the gorge and the views from there were not good anyway, so stay away. The FLT continues on to the Upper Falls in less than half a mile. Some days you can feel the mist that the falls generates, and we've seen some beautiful rainbows in this area. As an added bonus, we found lots of jack-in-the-pulpit, jewelweed, thimbleberries and other wildflowers on our most recent trip. Once you've reached the Upper Falls you can turn around



and head back. Take a moment to notice the high iron railroad bridge towering over the head of the falls.

The second hike is a half-mile round trip to the Lower Falls. This hike isn't on the FLT, but is included as it completes the waterfall series. Follow the signs to Cabin Area E by turning right, away from the picnic grounds. In about one mile there will be parking area for 10 or more cars on the left; park here, even though there is no trailhead sign. The trail itself is quite obvious and is marked with yellow blazes. The trail follows a little creek down to the gorge, and you will get nice views of the Lower Falls from the stone bridge crossing the river. You can extend this hike by crossing over to the other side of the park and hiking on the Gorge Trail.

The area is very pretty in winter also. The Upper Falls creates its own "fall-effect" snow, huge icicles hang from the canyon walls, and the side falls cascade in and out of ice tubes. In late winter you can often hear the ice cracking in the river, or breaking off the walls of the gorge with loud booms. The Lower Falls hike may not be open due to ice danger; so you might want to contact the park office to check on its status ahead of time. Snowshoes or ice walkers are recommended in winter. The Parade Ground entrance is closed during winter, but there is parking in front of the gate.

Letchworth State Park offers hiking, swimming, white-water rafting, cross country skiing, camping, cabins and many other activities to make this a great getaway for a day or a week.

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