

Finger Lakes Trail NEWS

Winter 2015

Inside...

- ★ *New End-to-End Stories*
- ★ *One Intrepid Hiker Knocks Off ALL the Passport Hikes*
- ★ *More Good Easement News*





WINTER 2015

Mission Statement

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

FINGER LAKES TRAIL NEWS

Volume 54 Number 4

Finger Lakes Trail Service Center
6111 Visitor Center Road
Mt. Morris, NY 14510
(585) 658-9320

Editor

Irene Szabo
6939 Creek Road,
Mt. Morris, NY 14510.
Phone (585) 658-4321
treeweenie@aol.com

Graphic Design

Jennifer Hopper

Proofreader

Jo Taylor

End-to-End Update

Jacqui Wensich

Walking through Time

Irene Szabo, Tim Wilbur

A Naturalist's View

Randy Weidner

A Walk on the Wordy Side

Marla Perkins

FLT Archives

Georgianne Vyverberg

Finger Lakes Trail News is the official publication of the Finger Lakes Trail Conference, Inc., and is published four times a year by the Finger Lakes Trail, 6111 Visitor Center Road, Mt. Morris, NY 14510. Comments and original contributions are welcome and may be submitted to the editor.

Send address changes to :
Finger Lakes Trail Service Center

Copyright © 2015 by Finger Lakes Trail Conference, Inc.

DEPARTMENTS

- 28 Bug Bites
- 33 FLT Named Hike Event
- 34 Name that Map! *Answers to the Fall Quiz*
- 35 Calendar

COLUMNS

- 3 President's Message
- 6 End-to-End Update
- 8 Trail Preservation Report
- 14 A Walk on the Wordy Side
- 16 A Naturalist's View
- 18 Trail Topics, *reports from the trail management directors*

CONTENTS

- 4 The Things We'll Do For A Patch
- 7 End-to-End Squared
- 9 The Adirondack Ranch Grants Us A Permanent Easement
- 10 Finding the FLT
- 12 Alley Cat 3
- 13 New Vision Students Maintain FLT & NCT Near Hoxie Gorge
- 15 Celebrating Ed Sidote and the FLT at "ALDHA" Gathering
- 22 2nd Annual North Country National Scenic Trail Day Celebrations
- 22 Bock-Harvey Hike on September 26th
- 23 Erv Markert Hike Report - Fall 2015
- 24 Confessions of a Mindless Hiker's End-to-End Journey
- 25 Hiking the FLT End-to-End
- 26 New Yorkers Win a Raft of NCTA Awards
- 27 Fall 2016 Campout Weekend - Save the Date!
- 30 Anna Keeton End-to-End
- 31 Michael "Bodhi" Rogers End-to-End
- 32 Your Next Great Adventure: The Adirondack Trail is coming to the Adirondacks!

COVER: Hikers during the fall weekend Rendezvous, when the FLT hosted the North Country Trail gathering in September, climbed this fabulous staircase on Thursday's hike. Local Mike Ogden led them up these stairs, built a few years ago by an Alley Cat crew and the ADK-Onondaga Chapter on the south side of Tinker Falls. Previously, crumbly shale made the climb dangerous. Visitors from all eight states of the North Country Trail, plus a few additional states and one other country, enjoyed the event immensely. Photo by Dove Day, Michigan

THIS PAGE: During the Rendezvous in September, when the FLT hosted the North Country Trail for a long weekend, Lincoln Brown and June Meyer led a hike in Danby State Forest. Here at a rest stop, hikers from Pennsylvania, Minnesota, Wisconsin, New York, and Michigan pause for lunch along the trail. Photo by Kirk Johnson, Pennsylvania

President's Message

Pat Monahan

The Finger Lakes Trail Conference is host to New York's premier footpath. We affectionately call it the FLT. The trail has existed for 53 years and will continue well into the future as a recreational asset for New York State. Our mission statement, "to build, maintain, enhance and promote a continuous footpath across New York State. Forever!" is at the core of our existence. The trail could not exist without the Conference. The Conference would have no reason to exist without the trail. It is just that simple.

The Conference has gone through some interesting times in the last few months from an organizational point of view. I am not sure if it is a teenage growth spurt, a mid-life crisis or a painful broken leg. I am referring to the loss of all our paid employees over a five week span. (Good luck, Dick Hubbard, Jennifer Hopper, and Stephanie Spittal in your coming years.) The Board has also accepted with regrets Peggy Coleman's resignation as Vice President of Membership and Marketing. Good luck in your new career. I view all of this as an opportunity to move the organization forward. Right now, Quinn Wright is our Executive Director.

Let me explain. This series of staffing events has allowed the Board to ask the tough questions about the health and well-being of this organization. How do we promote the FLT as a premier footpath? How do we position the organization to stay true to its mission?

The FLT is now facing internal and external pressures that make it more difficult to attain our mission. Let me give you a few examples.

- Membership--declining membership over a three year period
- Trail--loss of the trail by tax parcels being subdivided, "handshake agreements" not sufficient for trail protection forever, new landowners, identification of key parcels, increase in trail construction and trail maintainer safety course costs
- Marketing--costs related to website upgrade, promotional efforts, FLT Store merchandise selection and pricing
- Operations--staffing levels to meet organizational needs, redefine job descriptions, communication system upgrades, increase in office maintenance expenses

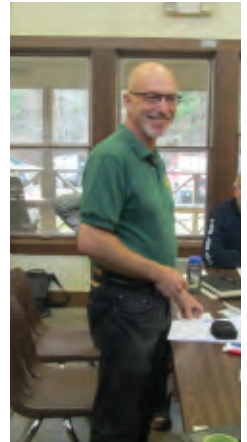
If these (and other) issues are left unattended, it will cause the FLT to remain stagnant. Our efforts must be strategic to remain true to our mission statement.

The Board of Managers held its annual retreat on November 6-8, 2015 at Camp Amahami east of Binghamton to discuss these and other issues. It was a very intense weekend focused on the future direction of the FLT. The Board decisions were strategic to forward our mission in 2016 and beyond. It will require

organizational change to reach beyond some of these pressures noted above. I am sure there will be some organizational growing pains in the process.

Let me highlight some of the Board decisions that focus on moving the FLT forward.

- Hire a full time executive director. The organizational needs and demands have dramatically changed in the last ten years. The focus of this position will be securing funding beyond dues and donations from our membership, advocacy and communication.
- Fully staff the office with two part time employees including additional hours beginning in 2016. The office will manage more of the administrative duties of the organization including extended office hours for customer service, data base management and clerical duties related to the FLT Store.
- Focus our efforts on membership. We are a membership based organization. It is the basis of our revenue in membership fees and donations. We must increase membership by 5% annually. **We need someone skilled in membership growth and retention to lead this effort.**
- Consider an increase in membership dues. The Board will adopt a dues increase for 2016 in order to balance the budget. This requires a \$10 average increase. The fee structure will be determined by the first of the year.
- Increase our marketing efforts. Our Executive Director will invest time and effort in this activity. It is only a portion of the job description. Marketing will increase membership and use of the trail. It is the lifeblood for future growth of the FLT. **We need someone skilled in marketing and sales to lead this effort.**



Pat Monahan

Laurie Ondrejka



Dave Newman, David Priester, and Lynda Rummel, left to right

Pat Monahan

- Increase FLT Store sales. The Store needs to be upgraded and expanded in its online presence, merchandise selection and pricing. Our office staff will provide clerical support to increase sales. **We need someone skilled in sales strategies for the store.**
- Increase our volunteer effort. We need you. We need your skills not only on the trail but specifically in membership and marketing. You can help or lead the effort. **We need your help as a volunteer. We need someone to act as coordinator to lead our volunteer efforts.**
- Continue to keep trail protection as a Board priority. This requires a targeted effort to request landowners permit a trail easement on their property. In addition, the FLT must identify key parcels that are strategic in maintaining a continuous footpath across New York State. Land sales, sub-divisions, changes in land use, and occasional negative landowner attitudes toward the trail are distractions to trail protection. **We need to increase contributions to the Sidote fund to meet the increasing costs of trail protection.**

The Board has acted boldly on behalf of the organization. This plan will ensure that the FLT remains New York's premier



Roger Hopkins, Mike Ogden



Laurie Ondrejka and Cate Concannon, right

Pat Monahan

footpath. It will require further discussion to track its success. I support the Board's actions. It will require you and others to step forward to support this new direction.

Make that phone call or message us to volunteer and then "Go take a hike!!" Call me at 607/936-8312 or email the office at debbieh@fingerlakestrail.org

RECRUITING ITEM: Are you or someone you know a candidate for our next Executive Director? Full-time, with previous experience in fund-raising AND statewide advocacy for our hiking trail. Contact Quinn Wright at the FLT office, 585/658-9320, or email FLTCHumanResources@FingerLakesTrail.org. 🍁

All pictures from the Board retreat in early November.

The Things We'll Do For A Patch

Mike Schlicht

Anyone who sends in their passport number rubbings for at least ten sites is entered into an annual drawing for a prize. Mike not only achieved his full three-part Passport Patch this year, but also was the lucky winner of the drawing, so has received a \$100 gift certificate at Wegmans. Editor:

The Western Passport is the third in a series, this one consisting of twelve hikes on the Finger Lakes Trail or its branches that allow hikers to see attractions in western New York State. Over the years, I've had the opportunity through day hikes, the FLTC county hike series, anniversary hikes, and orienteering to have visited all the locations that the Western passport visits, but it is always nice to have a reason to go back...a patch!. This year was a great hiking year with the Allegany County Hike Series, day hikes along the main FLT with Quinn Wright. Roy Dando, Larry Blumberg among others and I knocked off the Eastern Passport series in July. Somehow I had to squeeze in the Western series and get the last of the three matching patches! The first passport I visited was the one in Isle View Park. I often walk my dog here and had just adopted Betty (a beagle) the day before from a rescue center in Cuba, N.Y., on the drive back from hiking with



Mike Schlicht

Betty and a stone wall at Hoxie Gorge.



Irene Szabo

This Letchworth Trail passport plaque is typical of where one makes rubbings for "proof" that you did the hike. The icy number L1 is slightly raised, so a pencil rubbing is your proof, and each passport hike has a different number. Passport booklets, with directions to hikes for each of the three series, can be obtained from Wegmans markets or the FLT office.

Quinn to the Eastern Terminus of the FLT. Isle View is a great park with views of the Niagara River, boats, and people, and the path you walk upon was once the Erie Canal. Betty was a little confused when I used the post to rub the passport plaque number...and not tinkle on it as she...uhmm...might have done but I take the fifth... as does she on what happened to the post after the rubbing took place. From there, the next passport I caught was on the Allegany County Hike series. I was leading a group through Swift Hill Forest and knew one was going to be located within. As our group approached the passport, it was good to see several other folks were doing their rubbings as well.

Summer went by so fast and with so much to do, I knew I was going to have to double up on my hiking to get everything in before the colder weather set in. On the August hike of the Allegany County Series, after hiking the 10 or so miles for the day, it was only going to be a short drive to some of the southern passports of the series so I decided to take on Boyce Hill, Cobb Hill, and the Canada Hill passports. The Boyce Hill hike is a wonderful and gentle uphill sloped hike to a nice pond, complete with "Patzler Puncheons" (my name for the style of puncheons across western New York built by Dave Potzler and crew) to prevent you from getting your feet wet to/from the pond area and the passport "hidden" somewhere along the trail.

Next was the Cobb Loop passport. This hike starts out flat and leads to a very nice bridge over a beaver dammed creek. After crossing the bridge, the trail starts out along the creek and then heads almost straight uphill. After hiking nearly 15 miles for the day, I was not looking forward to such a climb, but the patch was calling me! Before long, I got to the top of the hill to see a nice picnic table and a beer barrel grill. So downhill on the other side of the loop I went all the way to the bridge and guess what... no passport, damn (and I wasn't talking to the beavers either)! I know I couldn't have missed it but I was burning daylight and wanted to get the Canada Hill passport before dark closed in.

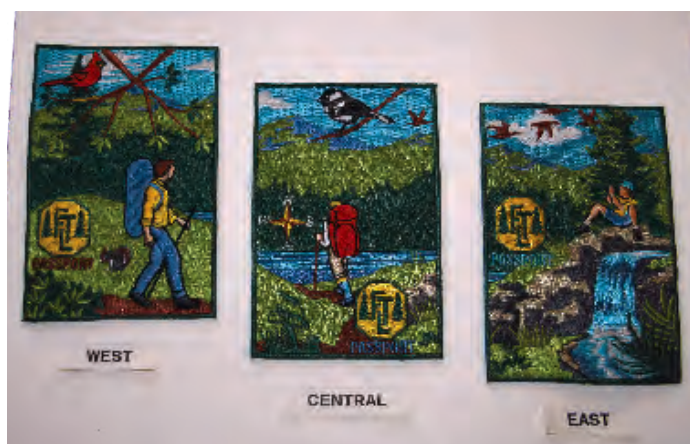
The next day I emailed some folks to find out what happened to the passport and learned that it had been put in place only hours

before I had hiked that day, and that I had walked right past it. Another party had also found out the hard way that the passport was there, but just not in a place you would have known to look for it. Since then, I have been told the passport is more visible but won't give you any hints. If we had to hike the loop, you may have to also!

My next double up was on September 19th, the final day of the Allegany Hike Series so after the hike and the festivities I ran over to the Holiday Valley/Holimont and Rock City passports. I knew where the Rock City passport was as I had hiked by it the year before while leading the 2014 North Country National Scenic Trail Day hike so I knew this would be a quick in and out. Well, someone had moved the passport (Potzler!) from where I had seen it the year before so instead of being a short in and out, it was nearly...possibly...somewhere along the trail between Rock City and the tornado blowdown. I would be more specific, but that would be giving you hints.

Finally, my last double-up was on September 26, the date of the North Country National Scenic Trail Day hike I was leading in Allegany State Park. After leading a group of folks along 10.6 miles of scenic trail with the foliage just starting to change, I was off to catch the two passport hikes in Allegany State Park. For some reason I was thinking the hikes would be a total of 2.2 miles for each passport until I reread the page and realized, each hike was only 2.2 miles to the lean-to. Ugh! All this for a patch! The hike to the Stoney Brook lean-to was flat for the first mile and slightly downhill until you get to the passport. The hike to and from the Beck lean-to is more hilly so you may want to do that one first to get the hard passport of the two out of the way. When I got to the passport near the Beck lean-to, I was so elated I stated loudly that I was all done with the series, not realizing some people were camping nearby. Well, they must have thought I was weird and would have gladly taken the company of a bear had one been nearby instead of this weird hiker, but hiking over 19 miles for the day and driving well over 1500 miles to get all 36 hikes in and knowing my third patch would be on its way soon, I couldn't care what they thought, although they did wave at me as I left.

In 2016 the County Hike Series will be making its way through Cattaraugus County and we'll be passing by five of the six passports located within the county. 🍁



Debbie Hunt

The three-part patch that Mike collected hikes for, all this year!

End-to-End Update

Jacqui Wensich, End-to-End Coordinator

Main Trail:

(17 main trail end-to-enders in 2015 to date) 35 hikers have completed the main trail more than one time. Several have completed it more than twice. New ones since last issue:

395 Kim Meacham 2nd (#149) Hornell, November 2
394 Harold J. Herring, Las Cruces, New Mexico, October 23
393 Terry Meacham 2nd (#150) Hornell, September 27
392 Sigi Schwinger 2nd, East Syracuse, September 19
391 Nicholas Good, Horseheads, September 19
390 Charles Gulp, Penn Yan, September 19
389 Karen Serbonich, Groton, September 19
388 Barb Nussbaum, Ithaca, September 19
387 Laurie Ondrejka 2nd (#347), Avon, September 12
386 Debra Nero 2nd (#346), Ithaca, September 12
385 Jack Sexton 4th (#369, #334, #204), Vestal, September 6
384 Michael "Bodhi" Rogers, Ithaca, September 4
383 Anna Keeton, Ithaca, September 4

Branch Trails:

(10 completions, 8 for the first time in 2015 to date)
New since last issue:

91 John Reign, Rochester, November 3
90 Pat Monahan, Corning, October 11 (#259 Main)
89 Frank Jones, Rochester, October 11 (#353 Main)
88 David Newlun, Horseheads, 12 September (#314, #378 Main)
87 Althea Heider, McGraw, August 23 (#274 Main)

Updates:

Trish Gallagher and Rick Ferry hiked about 100 miles of the main trail this year. John Magnus started hiking again. He is about 75% finished with the main trail. Lynn Anderson has decided to hike the main trail after discovering she has about half of it completed to date. Main trail E2ers, David and Mike Marchner, are working on the Branch Trails. They have only Interloken and Onondaga Trails left to complete. Larry and Sue Blumberg continue on their main trail way and John Andersson is close to finishing his second. Joyce Ermer may have completed her first E2E by the end of November 2015.

Comments:

This season, several hikers have asked car spotters to help them far beyond the maps the spotters agreed upon. Please do not ask spotters to take long trips. Ask other spotters according to the list and maps listed. IF you need a longer ride, join the yahoo group to see if someone is willing if you do not have a friend or family member available.

TIPS for aspiring end-to-enders: 1. Review the End-to-End Hiking section on the FLT website. 2. Join the FLT yahoo group (often find more spotters, specific location hints.) 3. Purchase new MAPS (remember FLT members receive a 20% discount for all purchases). Waypoints are also available. 4. Check trail conditions online frequently. 5. If you are not already a member, join the FLTC. Membership supports this wonderful trail. 6. Let me know about when you plan to complete the main/branch trails to receive the correct number. 7. Email captioned photos as you hike and keep trail notes so you can write your E2E article.

HIKERS-PLEASE ASK FOR THE MOST RECENT CAR SPOTTER LIST TO AVOID PROBLEMS. (Just like our maps, things change).

NOTE: Thanks to those who have become spotters. Car spotting is a great assistance for hikers, so accepting the offered gas money gives hikers a way to thank you back. Hikers, remember to take a photo of your car spotter and send it to me. We love to recognize our spotters.

We ALWAYS need more car spotters, so please email jwensich@rochester.rr.com to apply or use the form directly from the website. This includes the Branch Trails.

Please use the *most recent* car spotter list to avoid disappointment. Please let me know if a number or email is no longer in service. (For a complete list call or email me below.) 🍁



Mark Zaretsky

Contact: Jacqui Wensich
jwensich@rochester.rr.com
585/385-2265

Frank Jones at the moment of finishing his branch trails. Frank is holding the patch in front of himself, while #91 John Reign is holding up the trailhead sign. This was taken just south of Whiskey Bridge where Maps 6 and 7 join, next to the Genesee River.

End-to-End Squared

Teresa Downey Blenis

Let's say this journey did not begin where my first end-to-end ended. It started at the completion of my husband Max's first E2E. While sitting in church one Sunday after he finished his first E2E, he leaned over and whispered to me, "You know, you are halfway to doing the FLT again because you hiked with me." Hmph was my answer and so he made it his project to get me to finish my E2E for the second time. We did it with a combination of the FLT County hike series and hiking the remaining counties by ourselves or with the company of fellow hikers.

I would like to sum up my first and second E2Es with the following axioms:

- Go take a hike
- boot sucking mud
- Dan and Ruth Dorrough never saw a hike they did not like
- the last two miles are the longest
- the last mile is really, really the longest
- you always think you have hiked further than you really have
- 100 yards from the car there is always a mud hole you have to walk through
- you know the month you are hiking by the bugs you encounter: gnats, no -see'ems, punkies, deer flies, horse flies, mosquitoes, ground bees
- the change of seasons in the woods is awesome
- wild flowers are a visual gift for hikers - spring beauties, May flowers, trillium, ferns of every species,
- it's always uphill back to your car
- how many pairs of hiking boots did you go through? (2)
- it's always uphill at the start of the hike
- for every uphill there is a downhill and for every downhill there is an uphill
- nothing worse than 80 degree temperatures in the woods in April
- did you bring enough water?
- Where is that SAG wagon?
- What does SAG stand for - Support and Gear/Grub? {Editor: SAG means exactly that, sag!}
- drive 4 hours to do a 9 mile hike
- June is my most favorite month to hike in because everything is so lush and green
- the sound of Jet's bear bell and his camera clicking
- it never rains in the woods
- wearing a rain poncho is just like being inside a bread wrapper
- always great to be the last group through (muddy trail on wet days)
- "Bug Juice" - drink it or spray?
- Bush breaks
- Where is Waldo?
- Only 200 more yards to go
- Leg cramps at mile 8
- Conversations about leg cramp cures - pickles and pickle juice, pediolite, quince water, sports drinks, switchel
- Like an old cow heading back to the barn at milking time
- Got to love those yellow school buses
- Time to put the feed bag on
- It's always a great day in the woods
- Turtles (nature appreciative group) are awesome



Teresa at the Pennsylvania border, where North Country Trail blue blazes continue southward.

It has been quite the journey both times around but it was so much sweeter this time as my constant hiking companion was my husband, Max. I could not have done this without his encouragement and help. I would also like to thank Ed Sidote for giving me the drive to finish both times. He kept saying, "You know, I won't be around much longer, so you better finish soon." Alas, I missed his presence at my second E2E by one county, but I know he would be pleased to know I've finished the FLT again.

Many thanks to Jon and Kathy Bowen, Jackson and Shirley Thomas, Karen Serbonich, (master hike planners), trail angels Candy Dietrich, Paul Hoffman and Nancy Luger, Gene and Georgia Binder, Donna and Bruce Coon, and all my other fellow hikers. I could not have hiked nor enjoyed this journey without all of your help. Thanks to all. 🍁

Thank You

Landmax Data Systems, Inc.
5919 E. Henrietta Rd. Rush,
NY14543 585/533-9210
www.landmaxdata.com

LANDMAX

Donor of land boundary research and property information for the Finger Lakes Trail and the North Country National Scenic Trail

Trail Preservation Report

Dave Newman, Vice President of Trail Preservation

Exciting Opportunities, but we could use some more money...

Through generous donations from FLTC landowners, including the donation of 12 easements and 2 properties over the last year, FLTC now holds 89 Trail Access Easements, and owns 7 properties. On these 96 of the approximately 700 privately held parcels the trail crosses, the trail may stay, as our Mission Statement says, "Forever!"

As the number of trail parcels covered by easements increases, our work as the volunteers who maintain the Finger Lakes Trail System is significantly reduced. We don't talk about it a lot, but when we need to reroute the trail because a landowner changed and the new one does not want the trail, it is a huge drain on our volunteer resources. Instead of spending volunteer hours maintaining or improving the trail or bridges or lean-tos, our time is spent with trail closure notices, changing the maps, painting out old blazes, installing signage for new road walks, talking to other landowners to try to find a place to reroute the trail, and if that is successful there is flagging, building, marking and mapping the new trail. Each trail parcel protected by an easement is one more where that isn't going to happen. It really helps our volunteers to carry out the Mission to "build, protect, enhance and promote a continuous footpath" when the last word of the Mission, "Forever," is covered by an easement. Just think – even if we could get just half the private parcels under easement – what a huge help that would be.

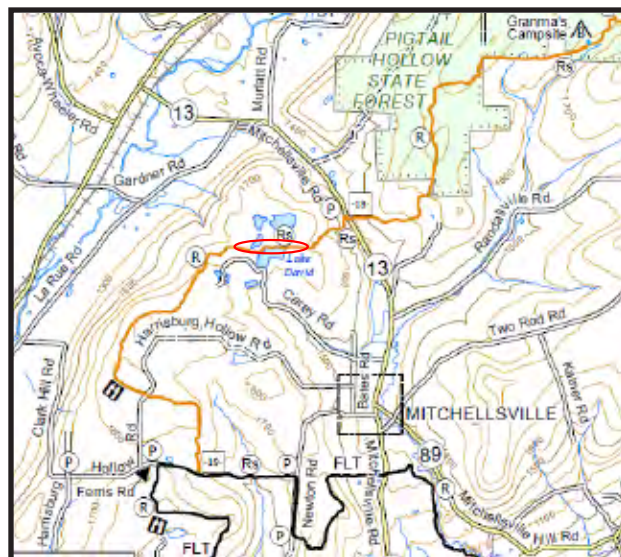
We need to be thoughtful in this discussion. Not all of our landowners will be in a position to want to support a trail across their property – Forever! We surely hope that by being good responsible stewards of the privilege of crossing their property they will at least continue to allow us to do so, and recommend the same to the new owner when they eventually sell their property. Sure, we'll continue to politely ask our landowners if they might consider an easement to protect the trail's ability to cross their property – Forever! Some will be in that position, if not now, maybe in the future. But we also need to be ready to celebrate their generosity of just letting the trail be there for now.

The easements and donations of property to FLTC have not cost our membership much. Filing fees are usually a hundred dollars or so. This year we did have an easement on property that could be zoned commercial, where we needed a survey of the trail location on the property. It cost \$850, but that was an exception. So 96 parcels protected, and roughly \$10,000 spent over the years. A good start... but realize that at this rate it would take around 25 more years to get to 50% of parcels protected. FLTC has about \$250,000 in our endowment fund. The principal may not be spent, but 4% or so is available annually to support the current year budget. We also have \$150,000 in mostly unrestricted cash, not a lot for an organization whose annual budget is around \$200,000. In addition, we have accumulated about \$325,000 in the Sidote Trail Preservation Fund.

Some trail properties are going up for sale that would fit the definition of "key parcel" or "really strategic." An example would be the private parcel carrying the trail from the highway into a long stretch of State Forest land. Until now, FLTC as an organization has crossed our fingers and hoped that the new owner will continue to allow the trail. We're now having vigorous Board discussion considering that to protect key parcels we might just buy them. We would probably then put a trail easement on them, and put them back on the market for resale. Would they resell for what we paid for them and the cost of the transactions? Maybe not, but then, we got the easement we need out of the transaction, so we could think of the "loss," if there were one, as the cost of protecting that key parcel.

That \$325,000 is a lot of money to have invested in the stock market but not really "at work" preserving the trail. So we may decide to use it, to buy something. Then, \$325,000 starts to look like not much. Some of these key parcels have big acreage and two or three such purchases are likely to "tie up" our \$325,000 for a while. We can think of it as a revolving loan preservation fund of sorts, where the eventual resale of the property will return the proceeds back to the fund to be used on the next opportunity. The challenge will be, that to really protect as many of the "key" or "strategic" parcels as may come up for sale, we're likely to need a lot larger revolving fund than \$325,000.

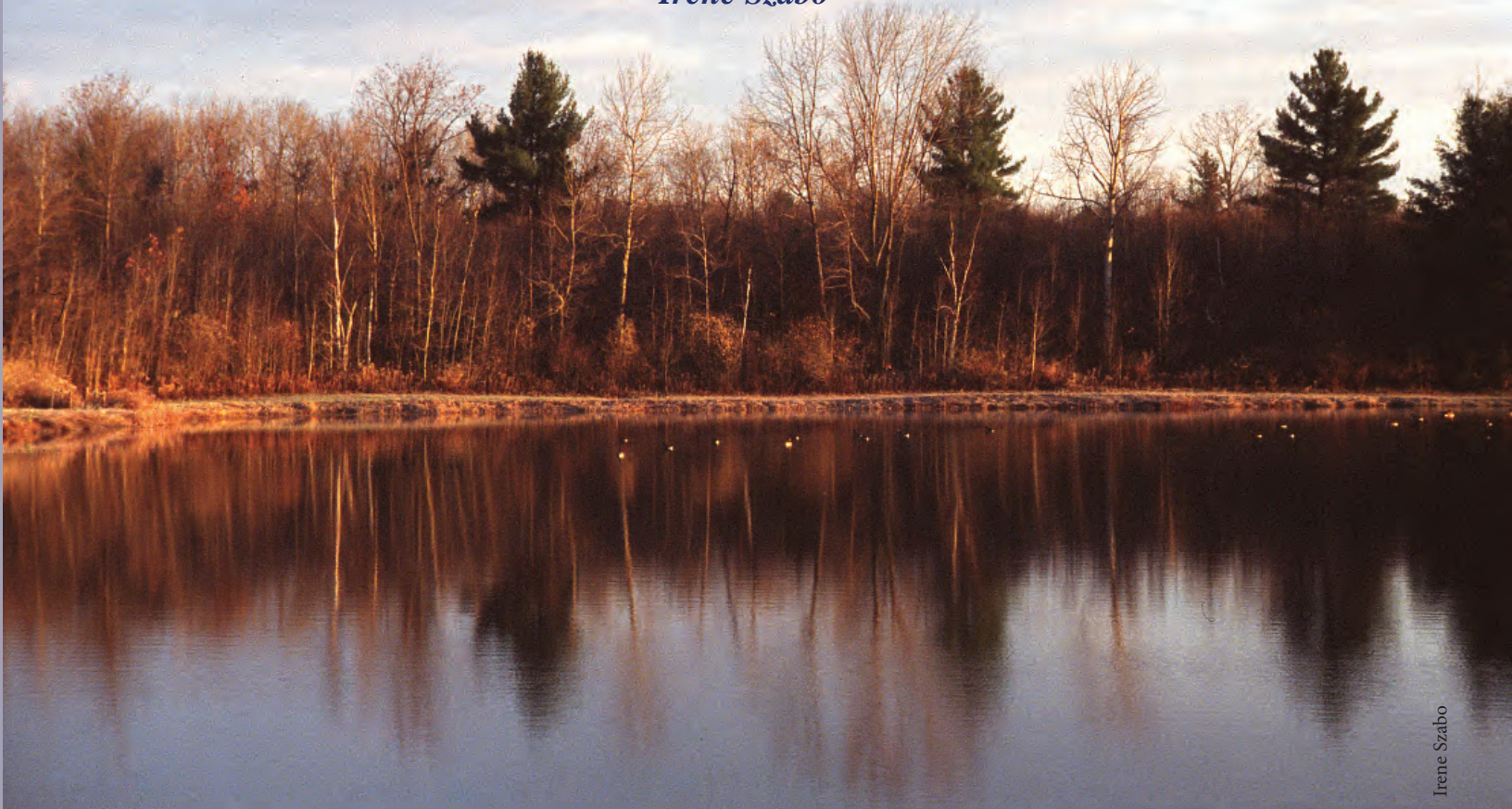
Among our 1,200 member families and the hundreds of landowners who receive *FLT News*, there are many who are passionate about the trail and can donate a few dollars, and almost certainly some who have the financial means to boost substantially that \$325,000 fund. I hope this column gives you some insight into the direction the Board is considering and invite you to join in the conversation and, if the mission makes sense to you, please join in sending some cash or establishing a planned donation in the direction of the Sidote Fund. 🍁



The red oval marks the brand new Cranch easement on Map B3 of the Bristol Hills Trail. See article about it on the next page.

The Cranch Ranch Grants Us A Permanent Easement

Irene Szabo



Irene Szabo

Back in 1987 after my first days of maintenance work on my new-to-me section of the Bristol Hills Trail, friend Pat Baker invited me to visit her during her vacation week at a lovely get-away she often rented from her friend. She was giving me driving directions to get there, to the hills high above Hammondsport, when suddenly I realized I had seen this vacation spot! I asked her if there were orange blazes on trees along the north side of the pond, which there were, so with great delicious irony, she was inviting me to STAY at Lake David on “my” new trail on Map B3. Soon after that I met Jan Cranch, the owner of the property, which began a great friendship centered around this Rochester family’s get-away spot.

Over the intervening years Jan and I have talked about a permanent easement, and her “kids” agreed with the idea, so I wrote one up years ago. Now both of us are terrible procrastinators, so I’ll confess that it took until this fall for Jan and me to sit down in front of a notary public and sign the document, but sign it we did at last! If you haven’t walked the southernmost miles of Map B3, give yourself a treat: from CR 13 climb a fierce hill on an old dug logging lane and then enjoy miles of relatively level woods until the Bristol Hills Trail reaches the main trail. On the Cranch property the path pops out of woods and a bushy old ex-

Dawn at Lake David, where the trail follows the mowed far edge of the pond.

field onto the mowed dike of Lake David, a beautiful pond that features wonderful collections of migrating ducks in early spring. Maturing woods follow beyond the water.

The night sky above Lake David features astounding stars in a thick display against a black sky. You’d think you were in a remote clime, rather than mere miles from Bath, Corning, and Elmira. Yes, hikers may camp on the “north shore” where the trail is, but it is not a privilege guaranteed by the easement, so camp there now, while the property still belongs to the Cranches.

Thank you, Jan. 🍁

Gifts in memory of

Jay Zitter

from

Phil Dankert

Finding The Finger Lakes Trail

Heather Houskeeper

On June 3rd I began my thru-hike of both the main FLT and its 6 branch trails. My trek began with the help of the Finger Lakes Trail community. Maintainer and car-spotter, Gene Cornelius, picked my father and me up next to a monstrosity of a casino in Salamanca and drove us over green rolling hills to the westernmost FLT trailhead located in Allegheny National Forest. Within 1 mile of hiking, we stood beside the modest wooden sign that read “FLT/NCT PA/NY”. My father would join me for the first 3 days, then I would be on my own, hiking across New York State.

This was not my first thru-hike. I’d done the hiker thoroughfare that is the Appalachian Trail and had the very solitary experience of being a hiker along the Mountains to Sea Trail although it travels directly through the center of many towns. However, once I glimpsed the FLT’s remote and rural terrain from the interstate during the 5 hour drive from Milford, Penna., on which the cars became fewer and the spaces between the exits widened, I knew the Finger Lakes Trail would be an experience all its own. I chose this trail to study its plants, specifically the edible and medicinal plants useful to the hiker. However, what I found over the course of 2 months and nearly 900 miles was so much more than that.

I found a trail that is a patchwork of terrain. The Finger Lakes Trail, being at least 50% private property, is not just wooded trail but cornfield, cow pasture, and secondary succession forest. It is logging road and ATV track. It is overgrown railroad tracks,

crumbling abandoned road, and powerline right-of-way. It is seasonal road, country road, and county road...and in New York’s southern tier...these are largely all dirt. The beauty I found here was in the juxtaposition of civilization and wilderness. A rusted out Cadillac now nature’s planter for blackberry brambles, oak saplings, and Joe-Pye weed, and a dilapidated stile now left standing out-of-place in the middle of a woods were windows into both the past and future, and there I was in the middle of its transition. The plants were those that thrived on the edge of civilization...our well known weeds and some of the best wild edibles available. I tossed day lily pods and wild onion with my instant noodles and plucked musk mallow and unfurling grape leaves as I walked the roadsides, not to mention gorging on blackberries and red-flowering raspberries. I cleaned my palette with cultivated mint gone wild. Like the plants, I thrived in the blending of these two seemingly disparate worlds.

However, for its other 50%, it is state park and forest, and even national forest. It is preserves of long-time family-owned property that are now old growth timber. It is hidden woodland ecosystems sheltering glacial ponds, huckleberry bogs, glossy-leaved clintonia, clusters of corpse plant, and peeling yellow birch perched atop moss-covered boulders. It is rocky cliffside, mountaintop meadows, and firetowers overlooking not only the

Me at Balsam Mountain Firetower (photo taken by Tom Rankin, caretaker at Balsam Mountain Cabin and firetower).

region’s farms but its abundance of ponds, swamps, lakes, and streams. It is mile-long corridors of stinging wood nettle and, fortunately, sting-relieving jewelweed. Here I put that wood nettle to good use, blending it with sauteed ramps and couscous. I savored cheese pita stuffed with violet leaves and common wood sorrel. In the chilly evenings I sipped warming Eastern hemlock and partridgeberry tea.

But what granted me access to this wilderness and the opportunity to experience the beauty of this region with relative ease was the trail, crafted and continually managed by members of the Finger Lakes Trail community. Sometimes this trail was as simple as a cleared path and a string of white blazed trees; other times it was graced with stone steps and dry puncheons, sturdy two-by-four bridges or simple log and steel cable crossings. Once I came across John Carhart of the Bullthistle Hiking Club laying woodchips and hand-cut logs across muddy patches and more than once I smiled gladly at the sound of a weedwacker up ahead knowing that the trail would be freshly cleared when I got there. The creativity and craftsmanship poured into the lean-tos was astounding. In all my



Heather Houskeeper

▲ A bagel topped with cream cheese, sundried tomatoes and the young leaves and tendrils of River Grape (*Vitis riparia*) which lend a lemony flavor.



Heather Houskeeper

▼ The fruits of Red Flowering Raspberry (*Rubus odoratus*), very flavorful and sweet but drier than your typical raspberry. These were in full fruit the last couple of weeks in July in the east.

the long hard ones, too. Thank you above all to every generous person who offered their help along the way. This is the Finger Lakes Trail.

So, what's next?

I have already begun writing my book to be titled *The Edible and Medicinal Plants of the Finger Lakes Trail*. This will be a backpacker's practical guide to identifying, harvesting, and utilizing wild edible and medicinal plants found along the Finger Lakes Trail, complete with recipes to transform them into delicious backcountry meals and snacks. I plan to have it

travels never before had I sat in a hand-crafted rocking chair and enjoyed the luxury of a reading table complete with today's local paper that had been thoughtfully tucked in the register box...not to mention some of those privy views...my goodness! Although as hikers we seek wilderness, we must value how both literally and figuratively, it is the people that make the Finger Lakes Trail.

People who hear of my hike often remark on how I hiked the trail solo. However, my hike was far from solo. Now, don't get me wrong, the FLT certainly offered me solitude. Although the FLT community is large, the trail is so accessible throughout its length and during nearly any time of year, that those hiking it are well distributed. We simply didn't cross paths. I encountered a handful of day and section hikers, that is with the exception of Watkins Glen and Robert H. Treman State Parks, and just two other thru-hikers during my entire hike and they weren't even thru-hiking the FLT but rather making their way from Niagara Falls to the Gulf of Mexico. But the FLT members, landowners, and townspeople who live along the trail and offered their assistance were countless.

Folks reached out to me with shuttles to and from the ends of the branch trails, or in and out of towns that were miles from the trail for not only resupply but yet another pair of sneakers (I have never had a trail eat through shoes like the FLT did), or provided me with a meal on or off the trail, or a room in their home for the night and a shower. Some shared their knowledge of the land's history or of the local flora, and others provided company on the trail for a day or two or three of hiking. I wish I could tell of each and every act of trail magic and put names to these acts of kindness but then my word count would be far too high. So I suppose all I'm left to offer is ... thank you.

Thank you, Finger Lakes Trail, for both the well-graded trail and the rocky. Thank you for every little plant that shone its face and offered its nourishment along the way. Thank you even for those 6 weeks of rain that filled the streams and fed the springs and for the brief moments of sweet sunshine. Thank you for the short easy days and

www.FingerLakesTrail.org

finished in time for not only the FLT Spring Campout at which I'll be speaking, but for your warm weather excursions on the trail. I'll also continue to post about my shorter adventures on nearby trails and the useful plants found along them at my blog, www.TheBotanicalHiker.blogspot.com. See you in the spring! 🍁

► Me on
Bristol Hills
Trail some
miles south
of Ontario
County
Park

▼ Boyce Hill
Lean-to on Map
M6, nearer the
west end of the
main trail.



Anita Friday Swett Edgemon



Heather Houskeeper

Alley Cat 3

Tom Bryden

On October 1 and 2, 2015, Alley Cat #3 for 2015 relocated approximately 4.5 miles of main FLT on map M23 in Chenango County. Also short sections of blue (side trails) were changed to take another half mile off road, changing the old "Plymouth Loop Trail" significantly. At this point in time final mapping and GPS readings have not been done yet to make this work "map ready." Several groups have hiked it, seem to approve, and of course the FLT mantra to get more trail "off-road" has been adhered to. Eliminating Grover Brown Rd., NY 23 and portions of Fred Stewart Rd. has taken 3.4 miles of main FLT off-road. Except for very short road walks, the new route is totally on state DEC managed land in Pharsalia Wildlife Management Area and Pharsalia Woods State Forest. (formerly New Michigan State Forest).

This new route has left the old CCC Camp area and twin ponds along Elmer Jackson Rd. as part of the main trail thankfully, for end-to-enders and others to enjoy. From M23, mileage point 5.3, it follows a route more or less north to south along Elmer Jackson Rd., then east into the woods on DEC land and parallels said road for a short distance. It then crosses Elmer Jackson Rd., going west then south crossing Canasawacta Creek just north of NY Rte. 23 (a bridge is being planned here for a 2016 Alley Cat). The new route crosses Rte. 23 heading south to Center Rd., then south and slightly east to intersect the main FLT near M23 at mileage 8.8 at Stewart Rd., approximately 3.7 miles of new trail. A short new re-route also was done on the main trail (still M23), at marker 9.5 taking approximately 0.5 miles of main trail off DEC Nine-Mile Truck Trail and into the woods south of the truck trail.

Thanks to the efforts of 17 volunteers, 200-plus hours were put into this project in two days. Yours truly (the novice Project Manager), was very apprehensive about coordinating such a large work group, keeping all happy, working and getting the tasks accomplished. Foolish me, no worries, what a great crew!! Thanks to DEC Forester Chris Sprague (a Bullthistle Hiker himself) for getting new routes selected and flagged for the project. He worked closely with us for the two days making my job much easier and everyone's work sites more organized. Thanks in addition to Jacqui Wensich, "Alley Cat Chef Extraordinaire," capably assisted by Bullthistle Hiking Club's Teresa Blenis for coordinating nine meals for an exceptionally large group. Norwich YMCA's Camp Thompson served as our dining and meeting venue once again, working well as it was only 15-20 minutes from most work sites.

Working in groups of 2, 3 or at most 4, the BHC member volunteers (plus two), were a smooth functioning machine, digging, cutting, trimming, blazing and chain sawing. Bullthistle Hiking Club members Stan Benedict, Rich Breslin, Tom Bryden, Larry Blumberg, Bruce and Donna Coon, Mike and Peg Fuller, Carol Hart, Warren Johnsen, Art and Sharron Sandberg, Pete Stapleton, Colleen Townsend, and Jim White worked on this project. Special thanks also to Rich and Cathleen Maggi from Athens, Pennsylvania, for joining us for the two days. 🍁



John Carhart

▲ Rich Breslin and Warren Johnson, left, obviously enjoying their work!

◀ Sawyer Mike Fuller clearing the way.



John Carhart

▼ Jacqui Wensich making apple crisp for the returning crew.



Warren Johnsen

▲ New trail near Stewart Rd. on Map M23, including yet another of those typical Chenango County old stone fences deep in state forest. Long ago, this was somebody's pasture edge.



Teresa Blenis

New Vision Students Maintain FLT and NCT near Hoxie Gorge

Mary Coffin

I could not have spent my fall day in any better way than with students in the Cortland BOCES New Visions Environmental Science Careers program. The weather was perfect, a little cool, and sunny when I met with Jay Elko's students at the SUNY Cortland lean-to along the nature trail on the Hoxie Gorge Outdoor Campus. (Map M20, just east of Interstate 81) The New Visions class is composed of high school seniors from a variety of schools in the area who express an interest in careers related to environmental science or outdoor recreation. They must apply and be selected for the program based on career interest and work ethic.

After a brief background on the FLT and North Country Trail and mini workshop discussion on trail maintenance and demonstration of tool use and safety we headed out on the trail. They quickly learned how to read the markers yet we actually missed a turn and walked onto a newly marked trail. After 15 minutes or so their instructor and I looked at each other, took out our compasses, noted the mistake and turned the students around. Back on track we turned north at the washed out junction they missed earlier and hiked a couple of miles to the section they maintain. We took care not to continue past the October 1 hunting closure spot on private land.

Fortunately the trail was in pretty good shape. The students picked up branches, did some side cutting and dug out toe trippers. Along

the way they identified some trees. The fall color was becoming spectacular across the valleys below. Upon returning to the lean-to the students set up tents for the night. They had several more activities identifying trees and a presentation by a forester that afternoon and the following day. They looked well equipped to spend the night.

As a retired biology teacher it was great working with these motivated students and we hope they will have a new respect for foot trails that they will share with friends and carry into their adult lives. They will be back in the spring to clean up what winter has left on the trail. 🍁



Mary Coffin

Join the FLTC Yahoo Groups E-Mail List

The Finger Lakes Trail Conference's e-mail list is a discussion group hosted by yahoo groups.com. Its purpose is to allow the subscribers (approximately 650 people) to communicate information to each other pertaining to FLT hikes and other FLTC activities, and to also allow subscribers to post general hiking-camping-backpacking and/or FLT-related questions that can be answered by any of the other participants.

The co-moderators who will oversee the use of this electronic mailing list and offer help with questions are: Larry Blumberg (lblumberg@stny.rr.com), Jack VanDerzee (vanderze@ithaca.edu) and Roger Hopkins (roger@natural-highs.net)

To join the group, send a blank note to fingerlakestrail-subscribe@yahoo.com and follow the instructions for subscribing. If you have any problems or questions, contact one of the co-moderators.

A Walk on the Wordy Side

Story and Photos by Marla Perkins

A few months ago, I attended a conference where one of the scholars was making a case for the necessity of written language as a tool for the transmission of culture. As someone who does research on a language and culture that is still primarily and preferentially oral, I objected: people can certainly transmit and learn languages and cultures without writing. Writing is a wonderful tool, of course, but it's not the only option.

More recently, I took my niece on her first backpacking trip. On a small scale, I tested the possibility of transmitting hiking culture orally rather than in writing. The orality was not exclusive—I sent a shopping list via email to her mother—but her mother was not the person who was going backpacking, and I did not write anything for my niece. I was not involved in the shopping, so I will skip that part of the acculturation. She showed up at our base in Ithaca with trail mix, non-cotton clothing, a sleeping bag, a backpack, and various other essentials, and that's where my part of the acculturation began.

We first pulled out all of her supplies and all of my supplies and made an enormous mess in the living room. As we repacked, we made sure that we had everything we needed and that her backpack would stay at a reasonable weight. I also used the time to explain some aspects of hiking to her, such as why we do not hike in cotton clothing (we like to give our fabrics a fighting chance of drying out from sweat and/or rain) leave-no-trace potty protocols, electrolyte replacement (which gave me a chance to teach a couple of fun new words:

electrolyte and hyponatremia), the purpose of a sleeping-bag liner, the advantages and disadvantages of liquid vs. stick insect repellants (we're both delicious, as evidenced by the fact that blood-sucking parasites will fly around other people to get to us), why I take a ground sheet (to protect the tent, which provides night-time protection from parasites), etc. The acculturation at this point was entirely oral and not particularly effective; my niece was trying to watch a video at the same time, and as many of you know from observing children, a digital screen conquers all.

We had three nights and four hiking days on the Finger Lakes Trail in the Danby State Forest. Once out on the trail, acculturation went more smoothly. Everything I had told her now had a relevant context. Orality was reinforced by reality. This is part of the strength of an oral culture, that the language that is used on a daily basis is so closely tied to what actually happens on a daily basis, unlike the academic language that writing makes possible. There is an academic world that I live in, but it was not the Danby State Forest this time.

My niece was also able to contribute more to the conversation when we were hiking. She could see and hear and smell and touch and taste the environment as well as I could and often better, so she could ask relevant questions and guide the orally delivered information toward what she was ready to learn and interested in learning. Rather than a passive transmission of the world of backpacking from experienced backpacker to niece, the acculturation became an active process.

One of her goals was to see red newts. We found over ten on our first day out, but I told her that we would see more after some rain. She wanted to know if it was going to rain. We had checked the weather before we left, but the long-term forecasts for upstate New York are not always useful. More useful is noting the changes in clouds (from white and fluffy to flat and gray) as the weather changes and the way the leaves on deciduous trees flip over as the air pressure drops. She had a look around and used the information I had given her to conclude that we probably would not have rain in the next few hours, which would put us after dark. She was right. The acculturation was not just oral, then, but experiential: the information became hers because she used it.

I also explained to her what I look for in a camp site, and she chose where to set up the tent. We preferred to use the tent for the fun of it rather than sleeping inside the shelters. She had to balance a number of different factors and did so, again allowing the information to become hers in a context in which the information was useful.

In the middle of the first night, she woke up a bit freaked out by some of the sounds she was hearing, including the howling of some coyotes. We talked about the ways and reasons night sounds in the forest are different from the night sounds in the house or even in the yard. We got up and put on head lamps to have a look around outside the tent. Having had a couple of experiences in which information that had

Danby State Forest. The yellow "blazes" we see show the border of state forest with private land.



been told to her was found to be accurate, she accepted the explanations I gave her without much information from the context; even with headlamps, we did not see anything much.

We did have rain on the second night and saw more than twice as many red newts the following day. She counted the spots on the backs of all 56 of the newts we found as we were walking along, and we found that the number ranged from two to fifteen and that the size of the newt did not correlate with the number of spots. I had to get some academic language in; even though I was providing oral acculturation, I am an academic so I transmitted some of my academic culture, in addition to the backpacking culture. We also saw some birds, a salamander, several frogs, more toads, and one squirrel.

She demonstrated the success of the process of acculturation in her evaluation of a puncheon bridge: “No walls—that’s awesome!” I take that to be the most concise statement on the joys of backpacking that I have ever heard. 🍁



A red newt or red eft, little wigglers who litter the ground in September.

Celebrating Ed Sidote and the FLT at "ALDHA" Gathering

Marilyn Beckley

The Appalachian Long Distance Hikers Association holds an annual Gathering somewhere along the Appalachian Trail, and this year's October session at Shippensburg University in Pennsylvania was dedicated to Ed Sidote, who used to attend with a display about the Finger Lakes Trail, trying to convince other long distance hikers to try our trail.

At the Opening Session, ALDHA's Bill O'Brien introduced Mary Ann Nissley "M.A. from PA" (FLT #39, 1995), David Gwinn "PereGwinn" (FLT #10, 1992), and me "Amoeba" (FLT #240 2007). All three of us came to the FLT with trail names because each had finished the Appalachian Trail before we walked the FLT, and most AT completers get a trail name conferred on them somewhere along the way.

David addressed the assembled 350 or so ALDHA attendees with wonderful stories of Ed (FLT #3). I followed David and spoke to the group about Ed's contacting me and my FLT hiking partner "Spinner" as soon as he learned that two FLT section hikers (future E2E's #240 and #241) were on the trail. Ed encouraged us to finish with enticements, frequent contact by letter, email and phone, and how Oct 28, 2007, bearing FLT completion certificates and patches, he met "Spinner" and me at Bowman Lake State Park.

Bill introduced Mary Ann and honored her with a certificate from ALDHA for being the first female FLT thru hiker. Mary Ann described Ed, who, concerned that her FLT diet might not contain enough protein, frequently met her at trail crossings, presenting her with hard boiled eggs.

I believe through all these remarks the assembled ALDHA members who had never had the privilege of meeting Ed got a glimpse of his unique character, the persistent doggedness of his devotion to the FLT, and the creative ideas he had to inspire

anyone who had ever set foot on the FLT to finish the whole trail. I set up a table at the Hiker Fair, about 1/3 of which was dedicated to Ed, including Jacqui's PowerPoint presentation which was silently scrolling all the time. Mary Ann and I shared manning the table. Mary Ann contributed a nice photo album of her and Ed and the FLT in 1995 (20 years prior!). We had many visitors to the table. This year only two trails had tables at the Hiker Fair, the FLT and the Florida Trail, so the FLT was spotlighted, a serendipitous occurrence the year Ed was being honored. We passed out a large quantity of the new FLT brochures, and referred many hikers to the website. I had my recently-purchased set of the maps, and many people were impressed by these.

ALDHA members are aging: I don't know the average age, but I would guess it's around 60. As a result, there was perhaps disproportionate interest in how to section hike rather than thru-hike the FLT, and particular interest in the FLT's access points and car spotting program. Many visitors to the table were previously unaware of the FLT's overlap with the NCT. They took all the NCT brochures that I had. There were questions about the NCT through the Adirondacks which I couldn't answer. I referred them to the NCTA.

Heather Houskeeper, "The Botanical Hiker," had a table removed from the area where we were, where she was selling her book on the Mountains To Sea trail. We had prearranged with her to answer questions about the FLT that we couldn't. She was handing out lovely green business cards bearing a photo of a spring violet on the front and on the back "Next in the Series and Coming Soon: A Guide to the Edible and Medicinal Plants of the Finger Lakes Trail www.TheBotanicalHiker.blogspot.com"

Visit www.aldha.org 🍁

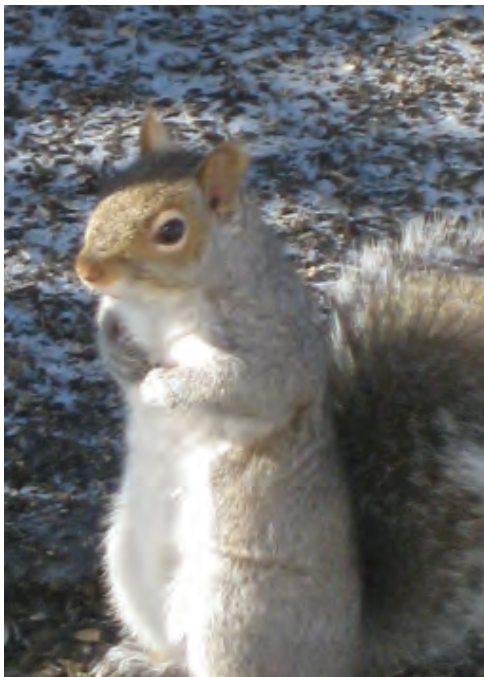
A Naturalist's View

D. Randy Weidner

While each year it seems we recognize another "End to Ender," an individual who has completed the entire length of the Finger Lakes Trail, the majority of trail visitors repeatedly travel the same stretches of trail. Some of them perform the admirable job of trail maintenance in "their" section. But many more hikers simply enjoy the familiarity of a given portion of the Trail. These individuals become attuned to the sometimes subtle, other times obvious, changes in their well-known landscape. There is something comforting in walking a familiar trail, like visiting a familiar restaurant, or going to the same church. In those activities we often encounter familiar faces which enhance the experience. But along the Trail, Nature is always changing. Birds, frogs, flowers, butterflies and other lifeforms are seasonal or regional acquaintances. The hiker sometimes yearns for a familiar face, no matter what the season. No doubt, no matter where your usual length of trail is, there is one species you can encounter on every walk, be it in spring, summer, fall, or winter. That would be the ubiquitous Eastern Gray Squirrel (*Sciurus carolinensis*).

The Eastern Gray Squirrel is so common we take it for granted. But like every other species, there are interesting aspects to its natural history. Adult Gray Squirrels weigh between 1 and 1 1/2 pounds. They are about 18-20 inches long from tip of the nose to the end of the tail, but nearly half that length is tail.

The genus name *Sciurus* is derived from two Greek roots, one meaning "shade" and the other meaning "tail," an obvious reference to how the animal rests with its tail curled up over its back as if it were a parasol. Eastern Gray Squirrels are typically silver-gray above, with white bellies. The "typical" Gray Squirrel sometimes seems rare, because many Gray Squirrels have rusty or brownish hairs low on their sides and on their tails. There are also melanistic, or black phase Gray Squirrels, about which



Randy Weidner

Gray Squirrels gather mast at a feverish pace in fall, carrying it and burying it for future use.

Feverish pace, indeed! I have been asked to drive back out of a garage in the fall when I went in for car service, because the entire engine compartment was filled to the very top with walnuts from my front yard! Editor.

I will say more later. In the western ends of the Finger Lakes Trail one may encounter a truly different species, the Fox Squirrel (*Sciurus niger*), which is a bit larger than the Gray Squirrel, averaging 21 inches and close to 2 pounds. Fox Squirrels characteristically have reddish-gray backs and orange-brown underparts.

Captive Gray Squirrels have been known to live twenty years, but wild squirrels rarely exceed ten years. Gray Squirrel breeding is dependent on food supply. In good years they may bear two litters of 4-5 young, the first from late February to early April, and the

second in June or July. In any given year it is estimated that two-thirds of all females have pups. Gestation is 44 days and pups are weaned after 10 weeks, leaving the nest at 12 weeks, although some late born will stay with their mother through the winter. This degree of fecundity would seem to result in an unacceptably large population, but numbers are tempered by the fact that only one in four Gray Squirrels lives to be one year old, another 55% dying in the second year, and then the yearly mortality rate is 30% until the age of eight, at which time mortality rises sharply. Baby Gray Squirrels are born in dens in tree trunks or branch cavities, or in twig, leaf, and grass nests known as dreys, located in a secure crotch of tree limbs. Males and females may share a den or drey during breeding season; thereafter combinations of males, females or both may share a drey for warmth.

Preferred food for Gray Squirrels varies through the year. In winter they will peel back deciduous tree bark to eat the nutritious cambium layer. You may sometimes see maple trees dripping sap which freezes into "sapsicles" overnight, the result of squirrels gnawing. In spring, maple buds and flowers are utilized. In summer, berries, mushrooms, pine seeds, corn, cherries and other tree fruits are consumed. But by far, the main item on the menu for Gray Squirrels is mast: acorns, hickory nuts, walnuts, and beechnuts. Who has not seen a squirrel coming down a tree headfirst with a nut in his mouth? That ability, to descend headfirst, is facilitated by an adaptation of the squirrels' feet, the ability to turn his feet around backwards so as to hang by his toenails. Gray Squirrels gather mast at a feverish pace in fall, carrying it and burying it for future use. These rodents have a dependable spatial memory, being able to remember general areas, but not specific locations where they have buried their nuts. Later, while moving through their territory, they will remember that they hid a nut somewhere in that locality, but need to hunt around, using their sense of smell, to find exactly where it is.

Perhaps the most interesting behavioral trait of Gray Squirrels is their nut hiding activity. Researchers have seen squirrels, realizing they were being watched by another squirrel, pretend to dig a hole and bury a nut, only to hide the nut in their mouth,

run off to another place, and bury it unobserved! That represents rather high-level mental ability for any animal.

Gray squirrels are not known to be territorial and will readily eat next to one another if there is a good food supply. This amicable interaction is beneficial for this usually wary animal to avoid predation. Targeted by hawks, owls, foxes, coyotes, bobcats, feral cats and dogs, fishers, weasels, raccoons, snakes and men, it helps to have many eyes on watch, especially while on the ground. Gray Squirrels readily sound their barking “chucks” to alert others of their kind of potential danger. Try approaching a lone squirrel on a tree trunk and you will see that they are masters at staying on the side opposite from you.

Many people have told me there seem to be more melanistic, black phase squirrels lately. Historical accounts from early observers suggest the squirrels were mostly all black before European colonization. Geneticists have determined there is a dominant gene for melanism in Gray Squirrels. If an animal has both genes for melanism it is jet black all over. If it has one gene for melanism and one for the gray color, it is dark, but not as black. Lacking the melanism gene they are gray. So what happened? It is thought that in extensive, mature woods, the darker forms had a selective advantage, better to able to conceal themselves from predators. After much of the eastern forest was cut, resulting in more open country, being gray was more advantageous, so the frequency of the melanistic gene decreased. Now, as more



Woods Walks and Wildlife

farms are abandoned and fields revert to more extensive forest in southern New York, the advantage of being black is realized again, and we see more black-phase gray squirrels. So even that familiar section of trail you usually walk may well have surprises among one of its most familiar animal residents. 🍁

FLT Business Members and Sponsors*

Bath Veterinary Hospital

Veterinarian
PO Box 388, Bath, NY
607/776-7685
bathvh@stny.rr.com

Davidson Shoes, Inc.

Shoes
153 S. Main Street, Canandaigua, NY
585/394-5417
sales@shoestoboot.com

Eastern Mountain Sports, Inc.*

Sporting goods stores in
Amherst, Rochester, Syracuse, and Ithaca
PO Box 804
Peterborough, NH
603/924-9572 X502
www.ems.com

Finger Lakes Tourism Alliance

309 Lake St., Penn Yan, NY
315/536-7488
info@fingerlakes.org

Hickory Hill Family Camping Resort*

Camping
7531 Mitchellsville Rd. (CR 13), Bath, NY
800/760-0947
http://www.hickoryhillcampresort.com

Holiday Valley Resort

Camping
PO Box 370, Ellicottville, NY
716/699-2345
www.holidayvalley.com

Monro Muffler Brake*

Automotive Parts & Service
200 Hollender Parkway, Rochester, NY
www.monro.com

Pack Paddle Ski

Experts in Outdoor Adventure
6237 S. Lima Rd., Livonia, NY
585/346-5597
info@packpaddleski.com

Vinehurst Inn & Suites

Range of lodging options
right next to the FLT M12
7988 State Rt 54, PO Box 477,
Hammondsport, NY
607/569-2300
info@vinehurstinn.com

Wegmans*

Groceries
PO Box 30844
Rochester, NY
www.wegmans.com

If you would like to become a business member, please contact the FLT Office at 585/658-9320 or fltinfo@fingerlakestrail.org.

*Sponsors, not Business Members

Trail Topics: New Trail Sponsors

Steve Catherman, Vice President of Trail Maintenance

New Trail Sponsors

Bill Gaske from Canandaigua is the new Sponsor of a mostly wooded mile of the Bristol Hills Trail between Access 9 on County Route 34 and Wetmore Road on Map B2 in Yates County.

Continuing south from Wetmore Road to Ford Road, **Scott Magee** from Victor is the new Sponsor of this nearly three mile section of trail including the infamous cornfield just west of County Route 32. Scott was the event coordinator for the 100K Twisted Branch Trail Run that ran the entire Bristol Hills Trail and part of the main trail from Naples to Hammondsport in August of 2015.

John Greene from Binghamton is now maintaining nearly 8.5 miles of the trail beginning in Downsville on Map M29 and connecting to the Campbell Mountain Trail near its lean-to in the Delaware Wild Forest area of the Catskill Park, before ending at NY 206 on Map M30.

Also in the Catskills, **Paul Shultz** from Livingston Manor has assumed responsibility for 5.7 miles of the Mill Brook Ridge Trail on Map M32 in Balsam Lake Mountain Wild Forest between Alder Lake and the Balsam Lake Mountain Trail. Heading east from the lake, this section of trail climbs from 2250' to 3660', the highest point on the entire Finger Lakes Trail.

Trail Available to Adopt

On Map M4, just east of Ellicottville in Cattaraugus County, the FLT owns a 40+ acre property that has a loop trail on it, in addition to the main trail, totaling 1.7 miles. The 1.3 mile road walk eastward on NY 242 to Bush Hill State Forest is also included in this sponsorship. The field trail from road frontage to the railroad (approx. 0.2 miles) requires about 5 mowings per year, manageable by a home mower, and the balance is nice forest. Contact current Sponsor **Irene Szabo** at treeweenie@aol.com or 585/658-4321 for more information.

Also on Map M4 a little further east near Franklinville, the 3.6 mile section of trail between Access 4 on NY 16 and Access 5 on Kingsbury Hill Road is available to adopt. Regional Trail Coordinator Marty Howden and several other Sponsors have pledged to help the new Sponsor(s) get this section in good shape for the Cattaraugus County hike series in 2016. There has been a lot of logging on this piece of trail over the past several years, but much of that has been cleared and the blazes have been updated. If interested, contact **Marty Howden** at howser51@yahoo.com or (585) 330-1872.

The seven miles of Bristol Hills trail on Map B2 between Access 7 on Brink Hill Road and Access 8 on County Route 18 in Yates County is in need of a new Sponsor. Currently about four miles

of this section is on low volume town roads. The remainder of the trail includes a spectacular view of Italy Valley to the south from the "jump-off," before descending steeply on and off logging roads to the valley floor below. Please contact Regional Trail Coordinator **Donna Noteware** at noteware@empacc.net or 607/868-4614 for more information.

Urbana Trailhead Update

The trailhead at the Town of Urbana new municipal building that was featured in the Summer issue of this magazine has been built. Parking, water, and rest rooms are available during normal business hours, and the trailhead bulletin board has one whole side dedicated to the Finger Lakes and North Country Trails. Roads converge on this spot in Pleasant Valley on N.Y. Rte. 54 south of Hammondsport, where the trail crosses the valley, and connects to several local trails, too. 🍁



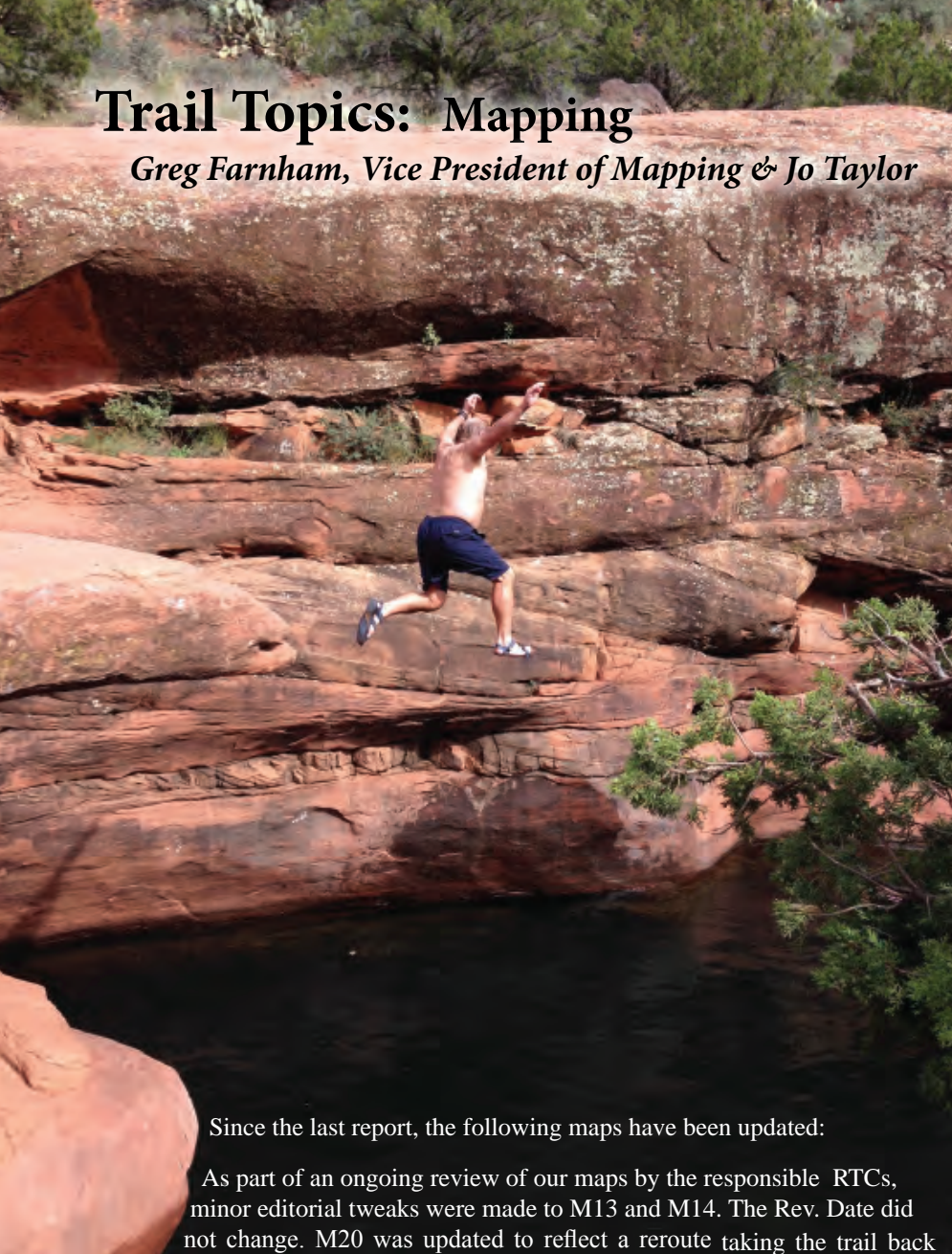
The new trailhead in its prominent position near Hammondsport, with one whole side dedicated to the FLT and NCT. Spring bulbs are already planted around the circular stone patio.

Contact: Steve Catherman
stevec@roadrunner.com
607/569-3453



Trail Topics: Mapping

Greg Farnham, Vice President of Mapping & Jo Taylor



Since the last report, the following maps have been updated:

As part of an ongoing review of our maps by the responsible RTCs, minor editorial tweaks were made to M13 and M14. The Rev. Date did not change. M20 was updated to reflect a reroute taking the trail back through Baker Schoolhouse State Forest, eliminating a long road walk. The Rev. Date was updated to 9/15.

Bristol Hills Branch maps B1 and B2 were updated to reflect the addition of the grape-blazed Grimes Glen Loop in Naples, and to depict the addition of hunting closures and a property loss at the “beginning” of B2 (which also shows at the “end” of the B1 map.) The search is underway to find a suitable off-road route for the resulting road walk.

A new Crystal Hills Map CH1 with Rev. Date 09/15 was published on 10/26 reflecting the new section of trail open on CH1. Hiking north to south from mile point 13.0 out of West Hill State Forest, follow the orange blazes across the gas line directly across West Hill Road to a private lane and walk around the perimeter of an electric fence. Continue to follow the orange blazes along a beautiful creek. Walk across a small field to Bennett Road (now abandoned) and back onto the marked trail on the map.

The original orange blazed route for this section on West Hill Road and Bennett Road is now blazed blue as a high water route around the creek.

The FLTC is in need of volunteers who are interested in walking new and proposed trail re-routes, either with their own GPS unit to record trail changes, or with a



Greg retired to Arizona in 2014 to live nearer to his Dad, who retired to Arizona from western NY in the 1980s.

GPS unit loaned to them by the FLTC. A unit similar to the Garmin Montana series is required, capable of storing tracked points every 15 feet. The FLTC is about to purchase a new, top-end Garmin Montana GPS to loan to volunteers willing to walk new trail section and record the track for updating our maps. The unit will be pre-configured to record data according to our needs, and available to be shipped to the volunteer for use, as designated by a Regional Trail Coordinator (RTC.) Training for conducting the “survey” will accompany the unit, and phone support will be provided. Postage will be provided to ship the GPS unit back to the office. RTCs will be able to record trail changes in their Region and this will enable more timely map updates when the trail changes. This will also reduce our dependence on Trail Conditions postings to document differences between the published map and the blazing on the ground.

Please remember to check Trail Conditions on the web site prior to every hike. 🍁

Contact: Greg Farnham
FLTCmapping@outlook.com

Trail Topics: We Have Fun Training Parties! Y'all Come!

Lynda Rummel, Vice President of Trail Quality

If you want to learn how to use a chainsaw to fell a leaner, or use a crosscut saw to buck up a tree that's down across the trail, or wield a Pulaski to create a switchback leg on a hillside... or how to layout, design or build a section of trail to standards that will allow it to last...or identify invasive honeysuckle or multiflora rose in order to stay away from it while bushwhacking...consider coming to one of our training sessions or ask for us to provide one-on-one training on your section of trail. Following is a quick review of the kinds of activities and resources we include in our Trail Quality "training program."

On September 10, we held a crosscut saw training workshop in Kennedy State Forest about a mile from Greek Peak just off the main (white) FLT, on FLTC map M19, as part of the fall *Rendezvous*. Included in the group was Dave Jaunese, trails coordinator for the Huron-Manistee National Forest in Michigan, Kenny Wawsczyk, the North Country Trail Association Regional Trail Coordinator for Michigan, Ed O'Shay, the trainer, from the Onondaga Chapter of the Adirondack Mountain Club (the club maintains the Onondaga Branch of the FLT), Tony Rodriguez, ADK-ON Trails Chair who assisted Ed, Bill Coffin from the same group, Roger Hopkins from the Cayuga Trails Club, Kalista Lehrer from the Foothills Trail Club, and me, who had lined up Ed to do the training.



Tony Rodriguez

Ed O'Shea, right, led the crosscut saw workshop, while David Jaunese from the Huron-Manistee National Forest in Michigan attended the workshop during Rendezvous.

Tony, Ed and I scouted the site ahead of time so knew there were several blow-downs that would be perfect for the training. September 10th was dry and sunny, a beautiful day to be outside. Ed and Tony showed us how to work the saws and then put us to the task of slicing through tree trunks way too big to be handled with a tree pruning saw. Once I understood that I had only to pull the saw, never push, and work in concert with my partner, it was easy and, well, actually fun. Ed and Tony were great coaches.

And the thrill of observing how quiet and easy it was to buck up a 14" diameter evergreen was surpassed only by watching Kalista, at age 79, take hold of one end of a 2-person saw that her husband had used at a Norwich Civilian Conservation Corps camp in the 1930's and Kenny take the other end, and seeing the 14" diameter round fall to the ground seemingly within seconds.

I later learned that logging competitions include using crosscut saws. I told Kalista we'd enter her in the competition held at Boonville.

The 2-person saw cuts only on the pull, meaning that the person who isn't pulling just holds on to the handle but relaxes and does no work till it's time to pull again. This is a very satisfying rhythm that can be endured for a long time; or the two sawyers can stop for a rest together – whatever, it's a very convivial way to get work done. At the moment the National Park Service, which oversees the 423 miles of NCNST that ride on the FLT, has no certification requirements for crosscut saw use, but a section on crosscut sawing is being added to the FLTC's safety manual and reading it will be highly recommended. The ADK-Onondaga Chapter, although it has several members certified to use chainsaws on the FLT and NCNST, now uses only crosscut saws which, even when wearing a thin wooden strip "guarding" their teeth, weigh very little perched atop one's shoulders.

Our newly acquired and refurbished crosscut saws were highlighted at the Trail Management meetings we held October 18th in Springville and October 31st in Bath, along with other topics particularly relevant to building and maintaining trail and special presentations about nasty invasive species that impact the trail experience negatively. These meetings are held alternate years in the western and eastern parts of the state; the content changes every two years. Organized by Steve Catherman, VP for Trail Maintenance, Dave Newman, VP for Trail Preservation, Irene Szabo, editor of the *FLT News* magazine (and the NCTA *North Star*), Marty Howden, FLTC Western Regional Trail Coordinator and chainsaw training coordinator, and me, VP for Trail Quality, invitees include club trails chairs and our regional trail coordinators, seasoned as well as new maintainers and persons possibly interested in trail maintenance, trail users and hike leaders who would benefit from knowing more about the FLT System, members and non-members who hike the trail and are curious about it, and any and all friends who might wish to tag along.

The training covers the basics of trail design, maintenance, and safety, accomplishments and problems in various areas of the state, and one or more topics that need more in-depth coverage. Sound boring? Well, the mix of skill levels benefits everyone, since newbies often ask questions that oldsters delight in



Rolf Zerges

answering, and there's always new information to pass on to even our most seasoned trail tenders. Warning: there is some networking that takes place at these workshops. They provide opportunities to "pick up" work partners, meet others who like to be out in the woods, and identify the regional coordinator who can help solve a particular problem. And for whatever reason, there are always lots of jokes and laughter.

The workshops are intended to supplement, not replace, the information contained in the FLTC's *Field Maintenance Manual*, *Safety Handbook*, or *Trail Tenders' News*, which are on the FLTC website. The next opportunity to gain more information about the trail will be at the Trail Council meeting, usually held in April in Canandaigua. This meeting is especially for those who are involved in leadership roles related to trail management, but it's open to any folks interested in the FLT System. Marty has announced two chainsaw certification training weekends next spring, April 30 & May 1, and May 14 & 15, to be held in Birdseye Hollow State Forest with our fabulous trainer, Bill Lindloff. If you are interested, contact Marty at howser51@yahoo.com. FLTC crosscut saws may be loaned out from Dave Potzler who lives southeast of Buffalo (dpotz73@gmail.com) and Paul Good in Horseheads (Pago547@aol.com).

If you're in need of help deciding how to address a particular trail situation – such as how to create a dry walkway across a persistently wet area or how to rebuild an old stretch that goes straight up a hillside – don't hesitate to contact me, and I will arrange for training to come to you and your problem stretch of trail. Not only will you get advice and suggestions, you will also get hands-on help. 🍁



Kalista Lehrer zipping through a log with a saw her husband first used at a CCC camp during the Depression. She has donated her husband's two-person saws to the FLTC.

Contact: **Lynda Rummel**
315/536-9484
315/679-2906 (Jan-Mar)
ljrassoc@roadrunner.com

NOMINATIONS SOUGHT FOR 2016 WALLY WOOD AWARD

The Finger Lakes Trail accords its highest honor to one person or pair of people who have contributed to the trail as a whole well above the norm for a long period of time, whether as trail workers, administrative volunteers, hike leaders, event organizers, advocacy volunteers, or outreach specialists, and that award is named for our founder, Wallace Wood. The FLT Recognitions Committee (Mary Zuk Domanski, Steph Spittal, Ron Navik, Donna Coon, and Chair Irene Szabo) solicits members' nominations as soon as possible in order that we might bestow this award at the spring weekend.

Please help us honor a deserving volunteer. Send written nominations with explanation for your choice to Irene Szabo, treeweenie@aol.com, 6939 Creek Rd., Mt. Morris, N.Y. 14510. Deadline 31 December 2015.



Send **address changes** to:
Finger Lakes Trail
Conference
6111 Visitor Center Rd.
Mt. Morris, NY 14510

or
FLTinfo@FingerLakesTrail.org

2nd Annual North Country National Scenic Trail Day Celebrations

Mary Coffin, Volunteer Membership Committee, NCTA

NCTA chapters and affiliates hosted a variety of events along the trail on Sept 26, 2015, to celebrate NCNS Trail Day, the 4th Saturday in September. The purpose of this special day dedicated to NCNST events was to raise the awareness of the trail. Also fall is a great time to be outdoors and to put a cap on the many projects accomplished during the summer. It does appropriately coincide with National Public Lands Day.

This year at least 26 events involving over 400 participants and volunteers were held across the seven NCTA states and included many beautiful fall walks on the trail, and also work trips, trail exhibits, picnics, potluck dinner, speaker presentations, a trail town dedication, new trail construction, and exposure to Adirondack Wildernesses.

The state hosting the most events this year for NCNS Trail Day was New York with 7. Hikes were offered on three sections of the Finger Lakes Trail as well as additional hikes on the new Adirondack route. Thanks to all who planned and led activities to support this NCTA marketing effort in support of the North Country National Scenic Trail.

NY hikers joined leaders, Mary Niemi, Mike Schlicht, Barb Nussbaum, and Donna Flood to hike four sections of the concurrent FLT/NCNST to the Allegany State Park/Pennsylvania border, the Onondaga Trail/CNY Chapter junction, and locations in between to include the Bock-Harvey Locust Lean-to, and a jaunt through Boyce Hill State Forest.

The NCTA CNY Chapter hiked an NCNST section north of Rome along the Black River Canal with Jack Miller, while two ADK Chapters, ADK Onondaga and ADK Schenectady,

led trips on the NCNST Adirondack route. Mary Coffin took a group to Rock Pond and Long Pond in Siamese Ponds Wilderness Area and Mary MacDonald led hikers up Moxham Mt. in Vanderwhacker Wild Forest.

Barb Nussbaum reported on the Cayuga Trails Club hike below.



Mary MacDonald

ADK-Schenectady offered a hike up Moxham Mountain in the Adirondacks, celebrating the newly approved Adirondack route for the North Country Trail.

Bock-Harvey Hike on September 26th

Barb Nussbaum

Eight hikers met today at the Bock-Harvey trailhead on Rockwell Road to celebrate the North Country National Scenic Trail Day by hiking on part of that 4,600 miles long trail through three nearby nature preserves, the Bock-Harvey Forest Preserve, Rieman Woods, and the Stevenson Preserve. One hiker came from as far as Delaware and one hiker from Binghamton. The early fall weather couldn't have been any better for a hike and the many asters along the way were at their best. There were thousands of white wood asters blooming all around the Ponder Log which is located next to a maple grove with many of these trees as old as 300 - 400 years.

The hikers continued west on the FLT and visited the new beautiful Locust Lean-To which was built this June by the FLT Alley Cat crew. We enjoyed the view from there and from the edge of the field next to an old apple tree which provided snacks to everybody. The group continued to the bivouac area in Rieman Woods which is another property owned by the FLTC and ran into

a group of young backpackers from Cornell Outdoor Education on an overnight trip. We continued to our cars on Rockwell Rd.

After having lunch next to the creek in Stevenson Preserve we headed up the hill to the vista on the blue trail and further on at the FLT before returning to our cars. One of the hikers was Wendy Stevenson, who is very familiar with the whole area because it was her great grandfather who owned that property and she was a frequent visitor when she grew up. She told a lot of very fascinating stories about the relationships among local families and how everything looked at that time. We learned from Wendy that the Stevenson, Harvey, and Bock families were all related. They were farmers, but also carpenters who had built their own houses and barns. They kept the forests they owned to have a supply of timber for themselves, but didn't sell their trees to lumber companies, which is why we still have old growth trees on the Bock-Harvey Preserve. 🍁

ERV MARKERT HIKE REPORT - FALL 2015



A view of the Tioughnioga River while crossing the route 392 bridge.

The Finger Lakes Trail's annual "Erv Markert" Hike, named for the 1960's and 1970's FLT Trails Chair, was held on Saturday, October 10, 2015. The FLT sponsors one such hike each season, and this one was held on the FLT in Cortland County's Hoxie Gorge.

Sigi Schwinge, a member of the Finger Lakes Trail Conference from Syracuse, planned and coordinated this hike, which consisted of a short (6 mile) and a long (12 mile) version. Six hikers, led by Sigi, did the shorter route, while the remaining 12 hikers did the long route, led by Larry Blumberg with sweep assistance provided by Tom Formanek.

The hike was on FLT Map M20, on a section of trail relocated just last year to move the trail off of busy US 11 and into Hoxie Gorge State Forest. If you don't have a new map, you deserve one now!

It was a perfect fall day with bright sunshine and even brighter colored leaves. Hikers came from across the state, including nice-sized contingents from the Binghamton-based Triple Cities Hiking Club and Ithaca-based Cayuga Trails Club. Scott Brooks from Rochester wins the coveted "I traveled the furthest to get here award."

And thanks to everyone who participated. Photos have been posted on the Triple Cities Hiking Club's website -- triplecitieshikingclub.org, then click on "photo albums" and scroll down to the Hoxie Gorge / Erv Markert hike album. 🍁

*Larry Blumberg
Coordinator for the FLT's "Named Hikes" series*

www.FingerLakesTrail.org

► White blaze with fairly new DEC footpath only disk, dedicated to the route of the North

Country Trail. Bicyclists, please read and obey!



◄ Scott Brooks, board member who came from the Rochester area to join this hike. His "longest distance" award ALMOST had him coming from California, where his job has had him recently.

Photos by Larry Blumberg

Confessions of a Mindless Hiker's End-to-End Journey

Karen Serbonich #389

Confession - often humorous revelations of a person's private life
Mindless - not thinking of or concerned

Hike - a long walk in the country or wilderness

Yep, that sums up my hiking. Funny thoughts of random subjects while walking on the FLT. As I have been hiking the FLT towards completing my first End-2-End, it is obvious to me that many hikers are tuned in to the natural lands around them. For me, that volume is on mute.

They hear and identify bird song and spot them in the trees. They can identify trees by their bark and leaves and have remarked at surprising discoveries in woods that we pass through. They spot the emergence of spring flowers and call them by their Latin names. They revel in amazing vistas. I often tell myself to remember these tidbits and that I should learn and retain this wealth of knowledge that is being shared but it is most likely that I will return to my inward random thoughts unrelated to hiking.

When I hike, I enter my own little fantasy world where it is very easy to miss a white blaze. I would rather not lead a hike where my focus has to be on keeping the group on the trail. Put me in the middle where I can plod along following another's footsteps like a line of cattle. If someone started to moo, I would join in for the sheer silliness of the act.

No, when I hike, my mind wanders and I'm transported into a fiction novel. I remember a pre hike for one of the county series where I was Dorothy from *The Wizard of Oz* in the poppy fields when I was actually hiking through the most beautiful hillside of white and red trilliums. On a ridge, I was waiting for Daniel Day Lewis in *The Last of the Mohicans* to rescue me, running along the trail with tomahawk poised for destruction wearing clothing from that century.

There was the pine forest of countless dead and downed trees and I expected Gollum to sneak out from behind one asking in his raspy voice for "my precious." There was a field in Tompkins County that opened to a view of the valley and I couldn't help wanting to twirl with arms outstretched singing the "hills are alive with the sound of music."

So goes my hiking on the FLT. Finishing my E2E is anti-climactic except when I think about how all those steps connected from the Catskills to the Pennsylvania border, no short cuts, no broken connections, no undocumented detours just one continuous trek on a trail built and maintained by volunteers through miles of private and state land. This is what impresses me, not my journey but all the intricately woven pieces from unknown faces that make it possible.

But since we are speaking to my journey some highlights from the past five years include losing three toe nails due to improper footwear, hiking one week after breaking my hand so I didn't miss the scheduled hikes, driving off leaving the Waldo money sitting

on the side of the trail when I organized the Tompkins hike series, borderline hypothermia when the weather went from the 70s one day hiking to the 40s and an all day rain the next for 10 miles. Not prepared!

I remember hearing my heart pound on steep inclines, wet, sweaty hiking clothes that I couldn't wait to peel off, three hour drives one way to get a hike in, wine drinking and the recent water gun fight on Red House Lake after hiking. Lastly, I embrace the special friends I have made on this adventure and how our supporting each other made this possible. I raise my glass to all of you. 🍁



Karen Serbonich, left, and Barbara Nussbaum, celebrating the moment of their final steps.

Michael Nussbaum

Hiking the FLT End-to-End

Barbara Nussbaum #388

When Michael and I moved to Ithaca from Berlin, Germany, we were convinced that it would make absolutely no sense to hike the whole Finger Lakes Trail from end to end. We were happy that we had found a lovely place to live, with so many hiking trails nearby: The Finger Lakes Trail, the Cayuga Trail and the many State Parks. We became Cayuga Trails Club and Finger Lakes Trail Conference members as well as trail stewards for the loveliest part of the Abbott Loop right away. Why would we want to spend several hours driving to distant trail heads when we could spend that time hiking on Ithaca's beautiful trails instead? We were sure that it couldn't get any better than it was right here in Ithaca. Through-hiking was never an option for us, either.

But it turned out that these five years of hiking different sections of Finger Lakes Trail were very rewarding in many ways I had not expected when I decided to keep records of my hikes on the FLT. It was Karen Serbonich who started me on that whole End to End hiking and who went through the finish line together with me on September 19th 2015. When she volunteered to organize the Cortland and Tompkins Cross County Hike series I wanted to support her and did most of the scouting hikes with her. Karen kept pushing me and hiked with me when I had missed some of the organized Cross County hikes in summer while I was away with my family in Europe. John Andersson was another frequent co-hiker, especially in Delaware County. I thought I would hate these crowds at the Cross County hikes and sometimes I did, but after a couple of years most of the hikers in my speed group and some others became like a family to me and now I will miss them all winter and I can barely wait until next April when the new hike series starts. I'm especially grateful to my group hike leaders Ron Abraham, Sigi Schwinge and Scott Brooks.

Sometimes we encountered muggy heat, wishing for cooler weather, which we got the next day promptly with high temperatures at 43 degrees and all day rain on trails which were neither marked nor maintained (M5). But, once I was dried out and warmed up, only the good memories remained. The best hikes were certainly in small groups with Karen, John Andersson, Anna Keeton, Bodhi Rogers, Charles Culp, Gary Brouse and Joyce Ermer, who were all part of my End-to-End family.

Nobody knew that I hadn't camped in 40 years when I started organizing a Cayuga Trails Club Camp Out in the Catskills and Allegany State Park to get the hikes at the far ends of the FLT done without driving all the time. I learned how to pitch a tent (Karen), how to get a camping stove going (Iris) and what S'mores are (Karen). I would have never done this without that goal to hike the FLT End to End and would not have known how much fun camping can be.

They are very different things, to read about 576 miles of the main Finger Lakes Trail and to actually hike them and "feel" them under your boots. It makes me proud to be part of the many trail stewards who maintain our beautiful Finger Lakes Trail. I hope it will be accessible for future generations of hikers and that the whole trail will be forever off the roads. My favorite trail sections are in Delaware, Cortland and Chenango Counties. Little Rock City is also very impressive. I'd like to thank Karen, but also my husband Michael and everybody else who helped me by hiking with me, spotting cars, organizing the Cross County hikes and maintaining this beautiful Finger Lakes Trail. 🍁



Debbie Hunt

Show and Tell: this bizarre wasp nest, less than 6" high total, appeared this summer on the office soffit, near the entry way, but nobody ever saw any wasp near it.

www.FingerLakesTrail.org

FLT MEMBERSHIP FORM

Name _____
Address _____
City/State/Zip _____
County _____ Phone (_____) _____
Email _____

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

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

| | | | |
|--|-------|------------------------|-------|
| Individual | \$30 | Contributing: | |
| Family | \$40 | Pathfinder..... | \$50 |
| Student (full-time; give permanent address) .. | \$15 | Trailblazer..... | \$75 |
| Youth organization | \$15 | Guide | \$100 |
| Adult organization | \$50 | Life (individual)..... | \$400 |
| Business/Commercial (includes a listing on the FLT website)..... | \$100 | Life (family)..... | \$600 |

New Yorkers Win A Raft of North Country Trail Association Awards

Pictures by Dove Day

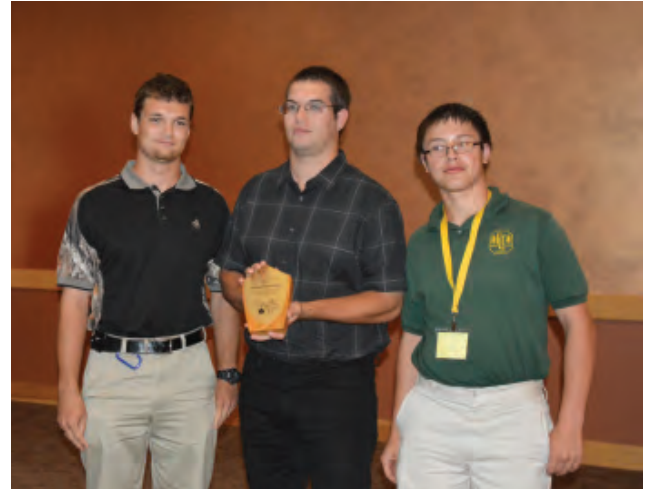
During the evening programs at our fall weekend, the *Rendezvous* at Greek Peak on Map M19 south of Cortland, both the National Park Service and the NCTA handed out annual awards. The NPS gave every attendee a cool bandana plus showered those who reported big volunteer hour totals with various prizes like shirts, vests, even jackets.

Last March the Finger Lakes Trail Board nominated a raft of people for NCTA awards, some of which we “won” and which were presented at *Rendezvous*. **Friend of the Trail** went to **Neil Woodworth**, Executive Director of the Adirondack Mountain Club (ADK) and registered environmental lobbyist, whose advocacy efforts have several times benefitted the FLT and the NCT. He has been instrumental in keeping N.Y.’s public lands free of hydrofracking so far, especially the large Allegany State Park, and went to bat for our interests when the state’s Parks department permitted bulldozing of the Central N.Y. Chapter’s trail to turn it into a snowmobile trail. Neil obtained a stop order, which prevented further damage while solutions were negotiated. Unfortunately Neil was on a previously scheduled trip to Italy, so wasn’t present to accept the award.

Our **Senator Kirsten Gillibrand** received one of the **Vanguard** honors. Senator Gillibrand recognizes the importance of “the other national scenic trail” in the state, thank heavens! She has actively reached out to the Finger Lakes Trail to discern our level of support for the Vermont extension bill, and has, for the second time, signed on to co-sponsor the legislation.

Marty Howden (Trail Builder), **Roger Hopkins (Communicator)**, and **Dave Potzler (Trail Maintainer)** were there to accept their awards, while **Jacqui Wensich (Sweep)** had to turn around on her way due to a sick dog. **Lynda Rummel** accepted **Distinguished Service**, hurray!, **Scott Bowen (Outstanding Landowner)** was unable to attend, as was **Susan Yee (Blue Blazes Benefactor)**, but the most fun acceptance was by the three **Potzler** grandsons who received the **Rising Star Award**. SIX family members accompanied them to the Saturday banquet, giving rousing support to the three boys, **Tim, Dan, and Ryan**, and grandpa Dave.

Among the 80-plus out-of-state NCTA members who came to our event from every state of the seven state (soon to be eight with the addition of Vermont) North Country Trail, Dove Day of Michigan took a bunch of good pictures of awardees receiving their treasures. We are grateful! You can see HER on the cover of the current *North Star*, the NCTA magazine.



▲ *Tim, Dan, and Ryan Potzler, honored with the Rising Star Award.*

► *Roger Hopkins got the Communicator Award for his work on the FLT website and his negotiations with landowners to create the Bock-Harvey Forest Preserve.*



Irene Szabo

Everyone there received this year’s volunteer bandana from our North Country Trail federal partner, the National Park Service. Hiding behind this one is FLT member Marie Altenau.



Dave Potzler, Trail Maintainer, is awarded for all the work he does on the Foothills Club miles and on special construction projects.



Marty Howden, Trail Builder, receives a scary useful tool from NCTA President Tom Moberg of North Dakota



Lynda Rummel receives Distinguished Service.

FALL 2016 CAMPOUT WEEKEND **- SAVE THE DATE ! -**

The annual FLT Fall Campout will be held the weekend of **September 30 to October 2, 2016**. It will be hosted by the Binghamton area-based Triple Cities Hiking Club and held at the General Clinton Park in Bainbridge, N.Y., on Map M26 in eastern Chenango County.

This campground, located just over a mile from the FLT along the Susquehanna River, offers a huge number of tenting spaces along with RV/Camper sites (electric & water hookups), plus a large enclosed picnic pavilion where we'll be serving meals and holding programs. Several motels are nearby as well.

Full-day and half-day hikes will be offered on Friday, Saturday, and Sunday. The campground will be open Thursday night for those coming from a long distance.

Complete details and registration info will be provided in the Summer 2016 edition of the FLT News.

Questions ??? -- Please write to contact@triplecitieshikingclub 🍁

Entrance to General Clinton Park, Bainbridge, NY



JUNE BUG TRAIL

Donna Noteware

The Friends of Hammondsport Area Trails and Parks, Inc. offered their second hike in a series of three on Saturday, October 31st on the June Bug Trail. This spur was the result of three Eagle Scout projects by Nathan Sermonis, Jake Allen, Steve Sabel, and a Girl Scout Silver Award by Mattie Catherman between 2004 and 2007. The “Friends” offered rides UP the dramatically climbing Winding Stairs Road to the main branch of the FLT. Hikers walked about a half mile to the junction of the blue blazed trail to a bivouac area and then 1.2 miles DOWNhill on the June Bug Trail which terminates at the Curtiss Museum. 17 hikers enjoyed a fall foliage walk with views of Keuka Lake. Cider, donuts and hotdogs were served afterwards.

The first hike on the Triad Trail, the Eagle project of David Ridge from Hammondsport, went very well on September 26th. Both of these trails and the FLT between St. Rt. 54 and the Winding Stairs are maintained by either Girl or Boy Scouts from the Hammondsport area.

The third hike in the series will be in April, the Mitchellsville Gorge Hike which is on Map M 12 access point 5, to the Trailhead at the Town of Urbana municipal building on County Rt. 88. Once again hikers will be shuttled up to start the 2.5 mile hike down for the dedication of the Trailhead.



Donna Noteware

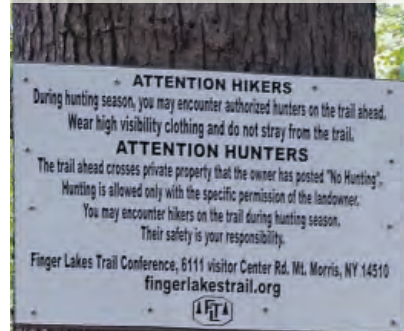
A view of Keuka Lake from the June Bug Trail.

TRAIL CLOSING NOTICE ONE DAY PER YEAR

In the interest of legally protecting those landowners who have permitted us to build our trail across their land, the Finger Lakes Trail System will be closed on all private lands for 24 hours on Monday, 1 February 2016.

OUR TRAIL HAS MANY SIGNS

David Newman, VP of Trail Preservation



One of the stipulations that JP and Kitty Oliver had on the recent easement they granted in Hammondsport was that, while the trail was going to remain open during hunting season as it had been in the past, the property is open to hunting only with their specific approval and hikers need to be aware and follow safety rules. Here is the resulting signage (which FLTC provided and paid for). You'll find other custom signs at many locations along the trail system. Please take the time to read what they say, both for your own safety and to preserve the permission for the trail to exist on private property.

Oliver Easement Boundary Sign

Dave Newman

ANOTHER PERMANENT EASEMENT ON THE BRISTOL HILLS TRAIL!

Donna Noteware

Isaac and Barbara Hostetler, an Amish couple, and their children moved from Pennsylvania to a farm on Tuttle Road near Prattsburgh in December 2014. This is on Map B2, in northern Steuben County. Because my husband Tom and I had tended that trail section for fifteen years until recently, I met them at the end of December to welcome them to the area and to talk a little about the Bristol Hills Trail on their property. They were curious as to why a small section of their trail had recently been rerouted off their property. I told them that their neighbor, Brian Ville, had recently granted the FLTC a permanent easement and we talked about what that meant. I gave them a copy of the *Finger Lakes Trail News* with the article about the easement (pg. 20, Winter 2014).

I went back to visit them in the middle of March and gave them a copy of the Easement Information Sheet prepared by Dave Newman and we talked about how important permanent easements are to the Finger Lakes Trail Conference so we can have a "Forever Trail."

When we talked in April they were ready to sign the necessary papers to grant the FLTC a permanent easement, after living there for only a half year! So, I needed to find a Notary, which took some scrambling! When I learned what the Hostetlers would need to establish their identity, I went back to their farm and we planned to go the following day. Barbara and Isaac signed the permanent easement papers April 16th, 2015, protecting over 1500 feet of trail. We are so grateful.



Donna Noteware

Freshly shorn sheep in their fenced yard, along with honey bee hives, attest to ways the Hostetlers make a living. Firewood is also for sale.

HIKING 101 WEST COMPLETED!

Donna Flood

The Hiking 101 West was a variation on the FLTC Sampler series and was renamed temporarily to describe its location. We started with 27 hikers, and 7 people completed the four hike series through Little Rock City State Forest, Map M2, the center of Allegany State Park, M1, Darien Lake State Park, CT 8, and Boyce Hill State Forest, M4. Those completing the hikes received their first patch at the picnic at Letchworth State Park celebrating the end of the County Hike series. Those completing the hikes were: Andarlene (Andi) Edwards, Nettie and Joe Glaus, Erin Glaus, Noelle and Fletcher Royce, and Ellie Sherman. This was a new event led by Donna Flood and Lois Justice to start new hikers on their way with tips and encouragement.

New Office Hours

Monday-Friday

9:00 to 3:00

585/658-9320

debbieh@fingerlakestrail.org

THANKS TO OUR TRAIL LANDOWNERS

Please accept the appreciation of the Board of Managers of the Finger Lakes Trail Conference and hundreds of hikers for your continuing permission to route the path through your property. Even if your trail's caretaker didn't say so directly yet this year, know that we all are grateful for the privilege of enjoying your back woods, streams, and fields. On behalf of all hikers and FLTC members, we acknowledge that, without your generosity, we would simply never have a continuous trail across upstate New York.

If you would like a copy of our trail map in your property's neighborhood, please ask the FLTC Service Center: FLTinfo@fingerlakestrail.org or 585/658-9320.

Anna Keeton End-to-End

Anna Keeton #383

Wow, I'm finally a Finger Lakes Trail End-to-End. When I signed up for my first Cross-County Hike Series through the Finger Lakes Trail Conference in 2010 for Chenango County, hiking the entire FLT seemed a very distant goal. Now that I've finished hiking the trail, I'd like to start by thanking some of the people who helped to make this possible: everyone past and present who assists with the FLT and FLTC, private land owners who allow the trail on their property, Cross-County Hike Series Coordinators and SAG wagon volunteers, FLTC Car Spotters who helped us a couple of times, and everyone else who adventured along with me on the trail. Some of the hikes were more adventurous than others; those who were there know the mishaps and laughs we shared.

Highlights over the past five and a half years include seeing a pileated woodpecker in Delaware County, seeing several black bears in Ulster County, staying at the Blue Hill Lodge in Claryville and having traditional Russian food there for dinner that was cooked by the owner's mother, a weekend backpacking trip through Allegany State Park, seeing Little Rock City, and finishing my last segment of the FLT while hiking with other Cayuga Trails Club members, including my husband "Bodhi" Michael Rogers, who joined me in 2013 in hiking the entire FLT. Plus, it's fun that my end-to-end number is also a palindrome.

What are some tips I have learned along the way? Using a hydration bladder, such as a 3-liter Camelback, in my backpack is essential for staying hydrated while hiking at a brisk pace and much more convenient than having to stop to get out a water bottle. Adding a bit of fresh-squeezed lemon or lime juice to the water on a hot and humid day makes it more refreshing throughout the hike. But from experience, make sure to wash out the hydration bladder really well right after getting home from the hike to avoid growing a science experiment. *{or freeze the bladder or water bottles. Editor}* Two new favorite trail snacks include a couple of slices of pre-cooked bacon while waiting for the buses or working the car shuttle at the beginning of a hike, and pre-cooked, cold salt potatoes on a day hike. Also, chocolate milk at the end of a vigorous hike is really awesome and is the next best thing to ice cream.

Here are additional suggestions for new hikers or hikers who are new to the FLT.

- Always carry the basic essentials for day hikes, including enough water, snacks, and emergency rain gear. A basic internet search for what the other items are might vary slightly from source to source, but most lists are adequate. Check the weather forecast for several days prior and the morning of the hike, and adjust gear accordingly.
- Check current FLT Trail Conditions on the FLTC website prior to each hike.
- Always keep a Delorme Atlas & Gazetteer map book of the state in the car to be able to identify alternate routes in the event of road and bridge closures or when the GPS is not working.

- Purchase and use current maps and GPS data from the FLTC website.
- Check local news in advance for the destination area of where you'll be, especially if you're staying the night. There might be a fun festival, farmers market, or free concert in the park.
- Leave a small note on the dashboard of your car at the trail head that states you are hiking the FLT on "X" date.
- Coordinating car shuttles for one-way linear trails takes more planning than loop trails, but there are many options:

1. Sign up for the Cross County Series through the Finger Lakes Trail Conference each year.
2. Coordinate with other hikers from your hiking club who are planning for the same trail segment.
3. Rent a car for a day, when an extra is needed for shuttling.
4. Make it a "Hike and Bike" if the terrain and roads allow. First drop off bicycles at the end point, then at the end of the hike, ride the bikes on roads back to the car.
5. Ask for the FLTC Car Spotter list, so you may park your car at the end and get a ride to the start of the hike. Then after you become an end-to-end, volunteer to be on the Car Spotter list.

Happy hiking and see you on the trail! 🍁



John Andersson

Michael "Bodhi" Rogers and Anna Keeton

Michael "Bodhi" Rogers End-to-End

Michael "Bodhi" Rogers #384

My wife Anna Keeton started hiking the Finger Lakes Trail in 2010 as part of the cross county hike series. The series provided her with an excellent way to get out on the trail while I was off in Cyprus during the summer using ground-penetrating radar and magnetometry to map the remains of buried Late Bronze Age cities without excavating. That research kept me busy through 2012, but I managed to fit in a few hikes at the end of the summer to walk with Anna as she completed Delaware County. By the end of 2012 with approximately 46 miles of the trail completed and no major research trips scheduled for 2013 I decided to become an aspiring end-to-ender. In 2013 I had an amazing time hiking approximately 240 miles of the trail, and completed four counties. 2014 was spent finishing up Steuben and Cortland Counties. In 2015 Anna and I participated in the cross county hike series in Allegany County, and finished Cattaraugus County through a series of hikes using a rental car for spotting, trail angels, and hiking with familiar FLT friends.

I hiked the entire trail while carrying a pack filled with most of my multi-night backpacking gear (which weighs about 26 pounds full) just for fun, I went through three pairs of boots, and tried to map the entire trail using my Garmin GPS. I say only "tried" because I had a few unexpected glitches with my Garmin on various hikes, but have nearly all of the trail mapped by taking a reading every second along the trail. It was fun to end each hike by loading my GPS track onto Google Earth and seeing my progress along the trail. Hiking across New York State is an amazing way to see the state; not only do you get to see how the state changes from east to west, you also get to see small towns you may never otherwise find a reason to visit. County by county my fondest memories are:

Ulster County: Car shuttling can take longer than the hike. Staying at the Blue Hill Lodge and Inn turned into a gem of a stay. Not only are the facilities well maintained, Anna and I were there on a night when the owner's mother was visiting from Russia and served us amazing home-cooked Russian dishes. I also had the opportunity to try several beers from Russia that I've never had, which was a fun surprise in the middle of the Catskills. Karen Serbonich, Anna, and I also had the pleasure of a black bear mom and her cub cross the trail in front of us, only to have another mom and two cubs cross the trail just a few miles later.

Delaware County: I was fortunate to hike some of the new routes that have the FLT off road. What an amazing job of keeping the trail the best that it can be. I also did some "fun" bike-in-hikes where I dropped my bike off at the top of the hill, drove to the bottom, parked, hiked to the top, rode my bike to the bottom: not the most scenic hiking, but a good way to get some hilly road walk completed.

Chenango County: This is one of my favorite counties to hike. All of the rolling pastureland helped me understand why this is the yogurt heartland of New York. Part of why this is my favorite county was that I hiked it with a great hiking partner, John Andersson. By the end of the county John and I were in fantastic

hiking shape and we felt like we could bust out miles upon miles with minimal effort.

Cortland County: Cortland County is a blur for me because I was trying to bust out as many miles as I could to catch up to Anna. The hike I did with my research students from Solon Pond Road to Stoney Brook road is one of the most scenic parts of the FLT.

Tompkins County: We live in Tompkins County and we've hiked several of the trail segments in the past decade. I didn't keep records of these hikes so to make my E2E legit I officially re-hiked Tompkins County in 2013. Tompkins County is all about the ups and downs. The hike through Robert H. Treman State Park is always a pleasure.

Schuyler County: This was my first time hiking with the cross county hike series. What an amazing idea for bringing hikers together to walk a long trail. Anna had been hiking with the fast group of the cross county hike series so we started out in this group. After the first hike I decided that I was not a fast group hiker. I spent two years as a U.S. Army Infantry soldier and we frequently hiked at a fast group pace and at least I got paid back then to hike that fast. I could do this pace if I wanted to, but Anna and I decided to form a new group that went nearly as fast as the fast group but absent any running. This was precisely my pace and we found it challenging to name our group. There was already Fast, Medium Fast, Medium, Medium Slow....so were we the Fast Medium group? The Fast Slow group? So we settled on the Spicy Fast group as a play on the use of Medium Spicy as a level of flavor for Buffalo chicken wings. Thus the Spicy Fast group was born.

Steuben County: Over confusion with the Spicy Fast name, Anna and I became the leader and sweep of the Mostly Fast group during the Steuben County cross county hike series. Steuben County has a fair amount of ups and downs, and we enjoyed spending some time after one of our hikes in Hammondsport.

Allegany County: This cross county hike series brought me back to some of my old stomping grounds when I was an undergraduate student at SUNY Geneseo and we used to visit Letchworth State Park. Driving through Nunda, Fillmore, Portageville, and Belfast brought back many memories. Whiskey Bridge and the Greenway are memorable parts of the county.

Cattaraugus County: Some of the most memorable and hardest hikes along the Finger Lakes Trail. Hiking north of Ellicottville provided some of my toughest days on the trail due to the terrain, the length of trail Anna and I decided to hike, and the hot humid days the N.Y. summer delivered to us. In contrast, hiking through Allegany State Park as an overnight backpacking trip was one of our best times on the trail with perfect weather and unplanned sharing of the lean-to with a fun U.S. Coast Guard sailor spending time with his younger brother on the trail. Little Rock City is an amazing part of the trail, and as a photographer since my younger days, I plan on returning to the park to take dozens of photographs. 🍁

Your Next Great Adventure: The CT is coming to the Adirondacks!

NCTA Staff Report

Modified and reprinted from the NCTA magazine, North Star.

On September 25, 2015, the New York State Department of Environmental Conservation (DEC) announced the approval of the Adirondack Park Trail Plan for the North Country National Scenic Trail.

The plan routes the National Scenic Trail through the Adirondack Park and incorporates the North Country National Scenic Trail into the state's Adirondack trail system.

Bruce Matthews, Executive Director for the North Country Trail Association, said, "New York State's Adirondack Park has long been viewed by the North Country Trail community as one of the Trail's crown jewels. Its wilderness areas, rugged and mountainous terrain, deep northwoods character and pristine nature makes hiking in the Adirondack Park a unique experience for North Country Trail users.

We've been trying to obtain final approval for an approved route for well over ten years, and now we finally have one. New Yorkers cherish and protect their Adirondacks, which includes a "Forever Wild" clause in the state constitution. Through the efforts and perseverance of Mary Coffin and her team of scouting and GPSing volunteers, the National Park Service, the NYS Department of Environmental Conservation and the Adirondack Park Agency have finally arrived at agreement on the route, which we'll be able to begin marking this fall."

There's no way ever to offer enough thanks to Mary Coffin and a crew of volunteers who have tirelessly scouted, bushwhacked, and trekked through the area with GPS units to evaluate potential routes. No one knows this new route better than Mary, who estimates she has been on at least 200 backpacking trips over the last few years to investigate alternatives for the route.

She explains what you will see when you hike across this scenic area:

"The route crosses five Wild Forests and four Wilderness Areas in the central Adirondacks and spans 158 miles from North Lake Road via the Stone Dam Lake Trail to Crown Point State Historic Site on Lake Champlain. The next step is to make sure the routes are included in the eight Unit Management Plans (UMP) or amendments to existing UMPs. At the very least we will now be permitted to place NCNST signage at trail heads of existing trails which comprise about 50% of the route.

The route offers the foot traveler some of the best scenery characteristic of the Adirondacks and a National Scenic Trail and the typical Adirondack ambience and wilderness experience. One can plan long distance hikes and backpacks or family day trips. Adirondack communities can provide lodging, camping, food and gas to support hikers. People who walk any part of the Adirondack route can expect to see many lakes, ponds, bogs, beaver ponds, streams and deciduous and coniferous forests, glacial erratic boulders, rocky cliffs, mountains and spectacular views.

Despite the frustrations and patience and persistence required over the years, it has all been fun and challenging except for writing reports for the DEC after each excursion. And it is all outdoors in beautiful serene surroundings, so I have enjoyed it and will continue to do so as we add amendments to each UMP for the units. I believe three of the eight units include a specific NCNST route so we will start in the field with those. We will flag at first and finally construct an environmentally friendly trail in this special area."

DEC Acting Commissioner Marc Gerstman said, "The trail will provide opportunities for families looking for day hikes as well as a route for experienced backpackers looking for a multi-state, long distance challenge." On Mary Coffin's September 26th NCNST Trail Day hike, therefore, they celebrated walking an official segment of our Trail!

Mary Coffin

The 158-mile Adirondack route for the North Country NST intersects eight state management units of the Forest Preserve: Black River Wild Forest, West Canada Lake Wilderness, Moose River Plains Wild Forest, Jessup River Wild Forest, Siamese Ponds Wilderness, Vanderwhacker Mountain Wild Forest, Hoffman Notch Wilderness, and Hammond Pond Wild Forest.

The plan approves using approximately 81 miles of existing foot trail and constructing 39 miles of new trail within the park. It is estimated that 27 miles of temporary connections along roads will be initially used to make connections





Mary Coffin

Today was an historic day for the NCNST in the A'dacks as a DEC planner and forester, Michael Marsh, helped me flag a route in Black River Wild Forest near Little Woodhull Lake. We actually flagged only 1.7 miles but hiked 10 miles to do it. The route is a ways in with many years of blow down. It is a start, and first flags on the route of which I am aware. Mary Coffin

FLT NAMED HIKE EVENT

Saturday, January 9, 2016

2016 Howard Beye Hike

Mitchellsville & Bath Areas

*Maps B3 (rev 3/15) and M12 (rev 10/11)
Mitchellsville & Bath areas 5.7 miles*

Hike Leader

Cate Concannon, catrina616@gmail.com

Hike Description:

Map B3, Access 18 to Map 12, Access 2. This hike will start with a steep uphill at Access 18 off Mitchellsville Road on the Bristol Hills Trail. We will follow the BHT through the forest, past Lake David and through gullies for a total of 3.6 miles, then cross over to the main FLT. We should have some nice views of the area and finish the hike on 2.1 miles of the main trail. A hike encompassing two maps and two different trails – how fun! Perhaps someone will know if this is the first time this has been done on the Named Hike series.

Meeting time:

The hike will be at 10 am, with a departure time of 10:10. We'll need to place cars for the car shuttle.

Location:

We will meet at the Hickory Hill Campground. From there we will drop cars at our end point and proceed to our starting point, Access 18 on Route 13. From exit 38 off I-86 (Route 17), follow signs to Route 54. After following Rt 54 through Bath, including a 90 degree left turn, Route 13/Mitchellsville Road will branch off to the left. There are prominent signs for the campground, which will be on your left off Rt 13 just north of Bath.

along this route. Within the Adirondack Park, the North Country NST will be approximately 158 total miles in length when complete, stretching from the Hamlet of Forestport in Oneida County to the Hamlet of Crown Point on the shore of Lake Champlain.

For more information on the route maps and to view the full plan, visit DEC's website at <http://www.dec.ny.gov/outdoor/39658.html>. Thanks to all our volunteers and donors who make efforts like this possible. Together, we are providing a world-class hiking experience. 🍁

FLT NAMED HIKE EVENT

Saturday, April 30, 2016

Spring Wally Wood Hike

Interloken Trail

Leaders:

Laurie Ondrejka (laurie.ondrejka@ellucian.com)
and Deb Nero (dn13@cornell.edu)

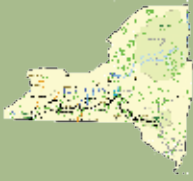
Complete details will be published in the Spring FLT News !

Celebrate the National Park Service centennial birthday with the Hike 100 program on the North Country Trail. Cool patch awarded for hiking any 100 miles on the NCT in 2016, so be an early entrant with these 2.1 miles on January 9th! More in next issue, but see this site for now: <https://northcountrytrail.org/get-involved/special-events/hike-100-challenge/>



Amelia Rhodes

Please dress for the weather, but as a general rule of thumb, dress in layers and bring extra clothes. Waterproof jacket & pants will most likely come in handy, plus hat and gloves. Pack a lunch that can be eaten quickly on the trail, plus lots of water. Be prepared for steep ascents and descents! E-mail hike leader with your interest in joining the hike – carpooling is encouraged and she will help to organize.



Answers to the Fall “Name That Map!” Quiz

So, you hiked the FLT or parts of it. Let's see how observant you were!
Send your guess to: Jacqui at jwensich@rochester.rr.com

Previous Pictures:

1.



Lick Brook M17

Jacqui Wensich

2.



Templar Falls M14

Scott Bahantka

3.



Tinker Falls O1

George Zacharek

Correctly identified the last picture location, waterfalls:

1. Terry McConnell #2, #3
2. Dave Kennedy, San Luis Obispo, CA (Dave is keeping in touch with the FLT.) #1
3. Heidi Bellenger #2, #3 and #1 with a hint from me as we hiked this together in 2004. (JW)

New Picture:



Finger Lakes Trail 2016 Calendar of Events

January 9 Howard Beye Hike (pg. 33)
 February 1 Deadline for *FLT News*.
 March 12 Board of Managers Meeting, Mt. Morris
 April 9 Trail Management Meeting, Canandaigua
 April 16 First hike of Cattaraugus County Series
 April 30 - May 1 Chainsaw training
 April 30 Wally Wood Hike (pg. 33)
 May 7 Board of Managers Meeting, Geneva
 May 14 - 15 Chainsaw training
 June 17 - 19 Spring FLT Weekend, Montour Falls
 June 19 Board of Managers Meeting, Montour Falls
 September 15 - 17 North Country Trail Annual Conference, Fargo, N. Dakota
 Sept. 30 - Oct. 2 Fall FLT Weekend, Bainbridge (pg. 27)

FINGER LAKES TRAIL CONFERENCE

STAFF

Quinn Wright, Executive Director
 • Buff lo • 716/826-1939 • wrightquinn@hotmail.com
Debbie Hunt
 • 585/658-9320 • debbieh@fingerlakestrail.org

OFFICERS

Pat Monahan, President
 • Corning • 607/936-8312 • pmonahan@stny.rr.com
David Newman, VP Trail Preservation
 • Honeoye Falls • 585/582-2725 • danewman@rochester.rr.com
Steve Catherman, VP Trail Maintenance
 • Bath • 607/569-3453 • stevec@roadrunner.com
Lynda Rummel, VP Trail Quality
 • Keuka Park • ljrassoc@roadrunner.com
Charles Schutt, Treasurer and VP Finance
Matt Branneman, VP Crews and Construction
 • Ithaca • 607/220-77812 • mattbranneman@gmail.com
Greg Farnham, VP of Mapping
Roy Dando, Secretary
 • Endwell • 607/785-3141 • rdando@verizon.net

BOARD OF MANAGERS

Terms Expiring 2016

Cate Concannon
David Drum • Hammondsport
 • 607/569-2294 • drumdl@gmail.com
Donna Flood • Clarence
 • 716/759-6442 • dmflod@roadrunner.com
Roger Hopkins • Lansing
 • 607/257-9778 • roger@naturalhighs.net
David Tuttle • Pittsford
 • david_tuttle@pittsfordtrafficandradar.biz

Terms Expiring 2017

Michael Ogden • Baldwinsville
 • 315/418-0083 • mogden1@twcny.rr.com
Debra Nero • Ithaca
 • 607/227-7957 • dn13@cornell.edu
Sigi Schwinge • East Syracuse
 • 315/437-6906 • sigischwinge@aol.com
Wendy Stevenson • Springwater
 • 585/669-9953 • wsteven@frontiernet.net
Neil Yoder • Painted Post • watsonneil@stny.rr.com

Terms Expiring 2018

Scott Brooks • Rochester
 • 585/571-4141 • scottbrooks18@msn.com
Bob Kremens • Pittsford
 • 585/248-5834 • kremens@cis.rit.edu
Terry Meacham • Hornell
 • 607/324-0374 • tjmeach150@yahoo.com
Laurie Ondrejka • Avon
 • 585/865-1989 • laurie.ondrejka@sungardhe.com
David Priester • Ithaca
 • 607/280-5074 • dpriester@ithaca.edu

Finger Lakes Trail Conference, Inc.
6111 Visitor Center Road
Mt. Morris, NY 14510

Address Service Requested

NON-PROFIT ORG.
U.S. POSTAGE
PAID
ROCHESTER, NY
PERMIT #51

October dawn at Lake David, Map B3 on the Bristol Hills Trail, where now the trail route is protected forever.



Irene Szabo