

Finger Lakes Trail NEWS

Spring 2018



Inside...

- * *Spring Weekend Program and Hikes*
- * *Earthworms Featured*
- * *The FLT in the Halls of Congress*



FINGER LAKES TRAIL NEWS

Volume 57 Number 1

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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!

COLUMNS

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COVER: On Map M13, there is a great view from the Six Nations Cemetery, just off the trail, looking north at Lamoka and Waneta Lakes. Photo by Vinnie Collins

THIS PAGE: On the same wintry day Vinnie Collins took our cover photo, he captured the nearby sign post on the trail pointing out this viewpoint. **INSET:** Vinnie returned in summer to the Six Nations Cemetery.

President's Message

Pat Monahan

Winter is slowly losing its grip on us as we aim our sights toward spring. It was a mild winter for me in Corning with some snow on the ground. It never required me to break out the snowshoes. {Whew! Were we all in the same state? Tons of snow elsewhere and brutal cold. Editor.} Now it is time to get out the high-top hiking boots and gaiters so I can go out and enjoy the rebirth in the woods. I hope you were able to enjoy winter with or without snow, warm or cold and are ready to move into spring.

As promised, I want to give you a summary of our Board retreat that was held on November 17-19 at Watson Homestead Conference and Retreat Center in Painted Post (Steuben County). The weekend retreat provided the Board an opportunity to think and act strategically on behalf of the FLT members. As a side note, our quarterly business meetings held across the state never have enough time to spend a few hours on a specific topic. The annual retreat gives the Board time for deeper discussions. Here is a summary of the 2017 retreat:

- Reviewed and approved a 2018 budget noting that there may be an operating expense shortfall (as expected) as a result of hiring a full time executive director
- Explored strategies to close the expected financial gap (see above)
- Continued the discussion that was started in 2016 to reorganize the Board structure. The Board will recommend to the membership to eliminate the Vice President of Mapping as a Board officer and keep the function under the title of Director of Mapping at the June 9, 2018, annual meeting. This recommendation aligns with the general membership's 2017 approval to eliminate the Vice President of Crews and Construction and keep the function as Director of Crews and Construction.
- Affirmed that the Finger Lakes Trail Conference is not a club or a business but rather a hybrid of the two. The Board will review its organizational behavior to reflect this on a regular basis. For example, the Board is no longer spending time discussing the color of blazes but rather pursuing opportunities to protect the trail through trail easements and land transactions.
- Began to learn about effective marketing strategies based on data through a presentation from our Vice President of Membership and Marketing, Steve Czajkowski. This is a first step in the process to use data driven marketing strategies.
- Listened to a discussion by Kevin Costello, president of the Steuben County Visitor and Conference Bureau, about "Trail Days in the Finger Lakes," an event/fund raiser located in Bath to promote tourism and raise awareness about the FLT. NOTE: This event has been postponed because a key grant was not approved.
- Reviewed the role and responsibility of a non-profit Board and its members from a book entitled *Board Member Ori-*

entation: The Concise and Complete Guide to Non-Profit Board Service

- Reviewed the FLT long range planning document. This topic will be continued at the March Board meeting

This was a very productive Board retreat. I commend the 20+ Board members who spent the weekend together to lead the FLT forward into the future. Thank you. I can never say it enough to all of the volunteers who make the FLT a great organization.

During the month of March, we begin our annual membership drive. I hope you join us again to build, protect, enhance and promote a continuous footpath across New York State. Forever. Your membership is important to us. Your membership helps support the numerous projects across the trail system. It also gives you the right to vote on the new slate of candidates for the Board of Managers (See page 24 for brief candidate descriptions) and the proposed bylaw changes at the annual meeting held during the Spring Conference at Camp Badger in Spencer on June 9.

Finally, we are a non-profit organization that relies on volunteers to accomplish the mission. I don't know what you have decided to do to support the FLT but I do know that you care. You may volunteer to cook for a work crew, make a donation to support the finances, attend monthly teleconference committee meetings, plan for events, lead hikes, distribute rack cards across the state, send photos to our Facebook page, plant flowers around the office or even tell a friend about a great hike you took on the FLT. Your time and effort makes us who we are. Thank you. Your contribution, small or large, is appreciated.

In your spare time, I am going to tell you again in case you have forgotten. "Go take a hike!!" 🍁



Larry Blumberg

Thank You

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

Go West and North, Old Man

Joe Baldino

My End to End Backpacking Experiences on the Finger Lakes Trail System and the Long Path

By “Backwards” Joe Baldino Finger Lakes Trail #405, Finger Lakes Trail Branch Trails #103 and Long Path #153

Stories like mine all start out the same way. A person hears about this great trail, they do some research and preparation, fill their backpack with essential items and set off on a challenging and life changing experience. My story follows the same general path although mine is a hiking trilogy of end to end hikes that started on the main Finger Lakes Trail, followed by the Branch Trails and ended with the Long Path.

I got the idea to hike the Finger Lakes Trail in 2013 when my cousin Teresa gave me a membership. Although I did communicate with my good friend Jacqui Wensich about hiking the FLT, I went very light on the research and preparation. Despite her repeated warnings that I was not prepared for it, I decided to start my first end to end journey in July 2015. I ordered a set of maps, contacted a car spotter and filled my pack with enough food, water and gear for a family of four. I did not check for any website trail condition updates even though Jacqui kept reminding me that I needed to. In my naivete, I thought to myself, “Who needs them? I have my maps and my keen instincts.”

Faster than you can say Bill Bryson I headed to Claryville to begin the first weekend of my end to end backpacking journey on the Finger Lakes Trail. My thought was that I live in Rochester so I would be walking towards home and I had heard that the Catskills were supposed to be the hardest part; I figured I would get those hard miles out of the way early in the process. I became known as “Backwards Joe” and I proudly took on that name. I became adept at reversing the west-to-east directions on the map notes, though I admit I got lost a few times.



Bob Baldino

Joe with his parents.

My daughter Chelsea joined me for 5 days and by Labor Day I had made it past the Cannonsville Reservoir. I was really hitting my stride. My son Tyler joined me for a few days around Thanksgiving and with a very warm fall I made it through Map M10 by December. By this time I was addicted to the hiking. Much has been made in these pages about the incredible pull of the trail on us and the spiritual nature of backpacking your way along

I want to add that I camped in some challenging places, but I never camped on private land without the permission of the land owner. It is very important that we maintain strong relationships with the landowners who grant us access to their land.

the trail. On some of my longer trips time was suspended for me and I lost track of what day it was. I went to bed when it was dark and got up with first light. I was in the natural state for humans.

I got a late start in the spring of 2016 and by July I made it to the Pennsylvania border. I ran into two people starting their end to end journey going the usual way as I finished my end to end hike. I took a short break and then started the second part of my trilogy on the branch trails. It was another unforgettable experience. The branch trails were as spectacular as the main trail. The jump off spots on the Onondaga and Bristol Hills Trails were two of my favorites. On some of the trails, particularly the Conservation Trail, it was harder to find places to camp, but with the help of car spotters I made it work.

A significant feature of my journey was that I camped at least one night on each outing. I want to add that I camped in some challenging places, but I never camped on private land without the permission of the land owner. It is very important that we maintain strong relationships with the landowners who grant us access to their land. By the end of November I was set to cross the first bridge to Grand Island and finish my last piece of the Conservation Trail, but inclement weather forced the closure of the sidewalk on the bridge. I did not end up finishing that trail and the branch trails until April 2017. It was a good reminder that sometimes there are variables that you cannot control when you are hiking.

The trilogy ends with the Long Path that I started in November 2017. This spectacular, awe-inspiring and very challenging trail begins on 175th street in Manhattan, crosses over the George Washington Bridge into the Palisades Park and ends at the trailhead for the Northville Placid Trail. The Finger Lakes Trail will always be my first love, but I see the Long Path as her sister engaged in a healthy sibling rivalry.

Just when you are getting your legs under you the full brunt of the Catskills looms in your future. The 94 miles of the Long Path that go through the heart of the Catskills, starting with the north side of Slide Mtn. through the Devil's Path, is the most aggressive backpacking experience I have ever had. After struggling down

Slide I considered ending my journey, but reflecting on my situation I realized that I could continue if I slowed down and was more careful. Tyler joined me on the Devil's Path portion at the request of my sister Mary Ann, who was worried about my safety, due to its reputation as one of the most treacherous trails in the country. I finished my official end to end hike at John Boyd Thacher Park on November 5th and carried on to the aforementioned Northville Placid trailhead (future official end of the Long Path). After I complete this trail my hiking will be connected from Manhattan to Lake Placid.

One of the more exciting days on the Long Path occurred when I reached the eastern terminus of the Finger Lakes Trail. I had connected my hiking from Manhattan to Niagara Falls in one direction and the Pennsylvania border in the other. I also experienced Slide Mountain for the first time and it led me to support moving the eastern terminus of the Finger Lakes Trail to Slide Mountain. My rationale includes that I found the section of the LP trail to the summit of Slide challenging, but reasonable. It is very similar to other Finger Lakes Trail Catskills sections. It was exciting to stand on the top of the highest peak in the Catskills.

Slide Mountain would make a very fitting end, or beginning, to a Finger Lakes Trail end to end hike. I recommend that, similar to the northern terminus of the Long Trail in Vermont, a monument be placed on the top of Slide. It could honor the founder of the Finger Lakes Trail system Ed Sidote. There is a moderately challenging access trail that goes to a parking lot, which would afford family and friends reasonable access to the summit to meet west to east finishers. It also would be a good warm up for an east to west hiker like me.

My end to end hiking trilogy of over 1300 miles would not have been possible without the help of trail angels too numerous to mention who provided me with water, fresh watermelon, an adult beverage at the end of long day, a willingness to share their campsite, a last minute ride, timely directions and many other things. Most important were the car spotters, starting with the FLT main trail Tom who car spotted for me from Maps M33 to M21, Phil, MJ and Chuck, Tom, Joyce, Teresa, Mary Ann, Chelsea and Tyler. On the Branch Trails I was aided by Chelsea, Mary Ann, Tyler, John and Ken. I camped two nights on Ken's deck in downtown Buffalo to fulfill my desire to camp each time that I hiked. And finally, on the Long Path I had to be more creative to find rides though I want to thank Tyler again as well as Ed and Eudora, Allison, Catskills Tom, Rhonda, Zach and Cindy who picked me up in the pitch dark at the Northville Placid Trailhead. They are the unsung heroes of my end to end trilogy.

Happy Trails, "Backwards" Joe Baldino 🍁



Joe Baldino

The view from Holimont at the far western end of the FLT.



Tyler Baldino

Joe finishes the Long Path.

Editor's Note: While it might seem as if Ed Sidote was around since before New York's hills rose from the sea, he was a relative whippersnapper who came upon the FLT over ten years after its beginning in 1962 by Wally Wood. Relative newcomer Backwards Joe also doesn't know that Jim DeWan wrote a small book some years back called Go West, Old Man about his own FLT hike. Jim will be pleased to read that yet another person tormented himself reading all those directions on the backs of maps in reverse!

Executive Director Report

Quinn Wright

Happy almost Spring! If you are not a winter hiker, then it is almost time to get back on the trail. The FLTC has just concluded its annual financial audit and I am happy to report that it received glowing comments about how well managed the FLTC is. The FLTC has very generous members who keep the trail in tip top shape and have developed a sizeable war chest of money that can be used only for trail protection, specific restricted purposes, or endowment. However, none of this generosity has any direct impact on the FLTC annual operating budget unless the budget includes things that can be funded by the restricted funds. **For the past four years our expenses have exceeded our income!** That situation is alarming.

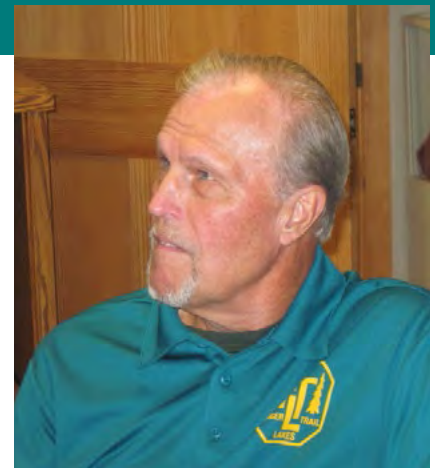
The primary cause of this shortfall is directly related to the number of members who pay either membership dues or simply make donations. Too many think that the trail is just there. The FLTC does not and could not charge a usage fee like State and Federal parks do. But the users should be encouraged either to join or donate to the FLTC. It costs the FLTC a great deal of money to fund trail development work, maintain relationships with affiliates and various levels of government, and communicate with its landowners, members, and the public. While our paying base is generous, it continues to shrink. So the question is "What can be done about that condition?"

- First, the perception among many of the members of the affiliate clubs needs to include membership in the FLTC as well as their club membership.
- Second, our membership needs to promote the FLT and its usage to people outside of the regular hiking community that populates the FLTC and its affiliates. Bring guests on hikes.
- Third, if each member (about 1200) were to bring in one new dues paying or donation paying member, then the operating budget deficit would be eliminated.
- Fourth, find more volunteers to maintain the trail.

The FLTC can do more as well:

- First, the FLTC can create some new events to attract new members. The FLTC was trying to do that in partnership with Steuben County's Tourism Department by running Trail Days in the Finger Lakes this coming July. But the event has been postponed until 2019 because the two funding sources that were sought did not materialize. We will be seeking again the necessary \$50,000 to fund the event.
- Second, the FLTC can promote its current activities more effectively to the general public and not just to its member base.
- Third, the FLTC can promote the trail to the general public and educate people about the health and social benefits that are open to the public at no charge.

If you do nothing else beyond what you already do for the FLTC, please find at least **ONE** new dues or donating member. Since membership costs only \$40 then that is less than two cups of coffee per month bought at Tim Horton's or Dunkin' Donuts! Please. 🍁



Kathy Eisele

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THEY WANT TO GIVE US MONEY!

Steuben County Public Health is celebrating its 100 anniversary this year, so is holding an event on June 8th, from 6-9 p.m., at the Finger Lakes Boating Museum at 8231 Pleasant Valley Rd., Hammondsport. There will be tastings, music, a silent auction, displays, and hors d'oeuvres. Letters are going out to area businesses, asking them to donate items for the auction, and their goal in holding an auction is to **RAISE MONEY FOR THE FINGER LAKES TRAIL!**

Steuben County has miles of Main, the Bristol Hills, and the Crystal Hills Trails, so the Public Health department knows that good trails are a valuable resource for healthful activities for county residents; hence, their decision to use their centennial anniversary as an opportunity to raise money for the FLT. Sounds wonderful, and we will contribute to displays at the Museum. This event is open to the public, so we hope many of you will come. Tickets \$15 to cover beverages and snacks. Ticket information will be available on the Public Health website at www.steubencony.org/publichealth.

Trail Topics: The Value of the Hiking Experience

Lynda Rummel, Vice President of Trail Quality and Regional Trail Coordinator

If I remember correctly, the great naturalist, E. O. Wilson, called it “biophilia,” the universal and profound appreciation for the elements of nature that seems to be in (almost?) all of us. In one early academic study cited by Wilson (I wish I could remember where), people from very different geographic areas around the earth all preferred images of leafy trees, flowing water, green grasses, and forests over other landscapes, *even if* those other landscapes were their own home lands to which they were emotionally attached. It seems to be innate to our senses, especially a *visual* thing, with blue and green landscapes being especially pleasing.

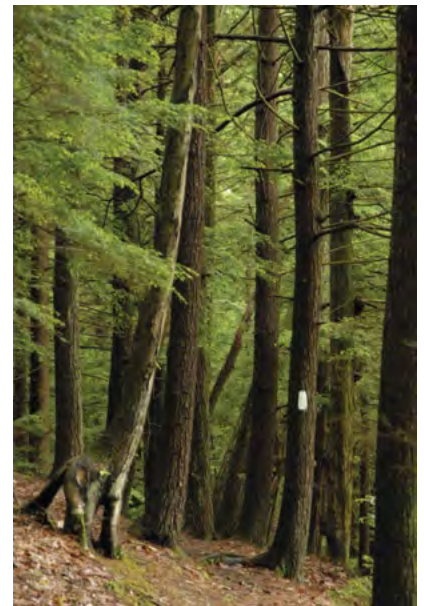
More recent investigations have found great benefits of nature on (to borrow the cover line from Selhub and Logan’s book, *Your Brain On Nature*) “your health, happiness and vitality.” As I deepen my own knowledge of the mental and physical health benefits of hiking, I intend to share what I learn in another Trail Topics column.

A couple of years ago, I was contacted by Schuyler County Public Health which wanted to include nearby sections of the Finger Lakes Trail in a booklet aimed at promoting activities that would reduce childhood obesity. In the Watkins Glen area, as I trust you already know, parts of the Queen Catharine Marsh Trail allow walkers to get up close and personal with vegetation, and the Buck Settlement Passport Loop Hike allows real exploration of both natural and human history. Of course we gave the SCPH the track of the trail to include in their materials so they could provide directions to the trail heads and descriptions of the trail segments, as well as maps. We would like to see similar arrangements made with other counties through which the FLT System passes, since the trail is for all to use, for free, and to enjoy, without requiring any expensive equipment. It’s probably one of those best kept secrets that the near-by hiking trail can improve overall community well-being as well as personal health.

Of course, to walk is one of the most basic of all human instincts. It is important to recognize the obvious: Walking – hiking – gets us closest to the earth, at a pace that allows us to see and feel what’s around us. There is now solid scientific evidence that it calms us down, lowers our blood pressure, and rejuvenates our spirits. Think about the fact that except for the soles of our sandals, shoes, or boots, there is nothing between us and the earth. *This is profoundly different from riding a bike or a horse, even though those pastimes can be most enjoyable and exhilarating* (on their own trails, of course!); and, obviously, it’s hugely different from riding a motorized vehicle. Walking connects us to our ancestors, too, because all of them walked, and some of them may have even walked the same paths that we now explore when we find an old foundation or settlement road or the edge of an old plowed field that includes an occasional arrowhead. To make these connections is what we call “the hiking experience,” and our Finger Lakes Trail System tries to provide the highest *quality* hiking experience that we can.

To take it in through our senses, slowly, to investigate it, smell it, and touch it: all seem to improve our health. Since time immemorial, we humans have walked, and for eons, we did not have to worry about the sudden appearance of a mountain bike rider cresting the hill just ahead of us or a group of relentless horseback riders coming along the narrow trail behind us. To have to be vigilant against such events today while hiking the trail is very tiring and counter to the basic benefits of and reasons for hiking. The profundity of this is sometimes lost on policy makers, who argue that bike riding is better (rather than merely different) and single-track bike trails are really multiple use, or horses and bikes should be allowed on single-tread, primitive footpaths. All very bad ideas! As we focus more on the health benefits of walking and hiking, we hope policy makers will be sensitive to our need for safety and being able to feel safe from intrusion, and our need to have the time to go at our own pace along a narrow footpath, exploring it with our senses as we go.

It is in part because of our own “biophilia,” our own love of nature, that we try to keep the Finger Lakes Trail System as much in the woods and open spaces as we possibly can. We strive hardest to get and keep the trail off-road and onto real dirt, on a skinny footpath that usually has rocks, roots, and the inevitable encroaching vegetation. Of course we try to make it so water will drain off of it and leave a dry tread (which is one of the other reasons why we don’t want bikes and horses on the trail, since bike tires leave ruts running with the trail and horses’ hooves make depressions and holes that collect water), and why we put puncheon or boardwalk over wet areas. Even though those “facilities” separate our feet from the ground, it’s only the contemporary materials that make it any different from what our ancestors did when they threw logs across a creek or put a bunch of branches into a muddy spot. 🍁



Vinnie Collins

The Trail just west of Hammondsport, Map M12, along beautiful Mitchellsville gorge.

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Foothills Trail Club's Hike Series to Celebrate Town Bicentennials

Mike Schlicht and Ellen Banks

The towns of Aurora, Holland and Wales, in the hills of southern Erie County, are all celebrating their 200th anniversaries in 2018, with a full calendar of festivities including parades, beard and bonnet contests, historic building tours, and many other events. Two of these towns, Holland and Wales, are home to about 30 miles of the Conservation Trail, a 182-mile branch trail of the FLT that extends from Niagara Falls to the Pennsylvania border. The Foothills Trail Club is joining the bicentennial celebrations by offering a free hike series through Wales and Holland, sections that are among the most popular and scenic parts of the Conservation Trail. We staff a table at the annual Holland Tulip Festival, where we meet landowners as well as friends and relatives of the Conservation Trails' founding families, many of whom hike the trail sections near their homes. The Foothills Trail Club hopes that these hikes will introduce more people to this beautiful, ravine-rich section of Western New York. Please note that dogs will not be permitted on any of the hikes in this series.

Hike 1, May 5, 3.6 miles, starts at noon (the late start of this hike is due to turkey hunting season.) Meeting spot is Hunters Creek Parking lot on Hunters Creek Rd. Starting point will be Bear Road. We will divide into groups to accommodate hikes of different speeds. The hike is all downhill or flat for all but the last quarter mile, which is an uphill road walk on Hunters Creek Road. Along the way there will be views of the Wyoming County wind farms to the east.

Hike 2, May 19, 4.3 miles, will meet at 9:30 AM at the Hunters Creek lot on Hunters Creek Road and carpool to the Warner Hill/Vermont Hill intersection, hiking back into Hunters Creek Park, a passive Erie County park (no picnic areas or playgrounds, just trails) on a mostly level trail along the creek in a high ravine. Hikers will see the work of our volunteer trail workers in the puncheons, boardwalk-like structures which were made off-site in 2010 and carried by volunteers up to a half mile along the trail. At 200 to 300 pounds each, it took a minimum of four people to carry each puncheon. This hike is one of the twelve Passport series of short hikes in the region, a family-friendly introduction to hiking that is a joint venture of the Finger Lakes Trail Conference and Wegmans supermarkets. Each of the Passport series hikes ends at a marker with a plaque where one may take a rubbing in a Passport booklet; hikers who complete four Passport hikes earn a patch. Bicentennial Series hikers will receive Passport booklets. (As FLT members know, there are also Passport series for Central and Eastern New York.)

Hike 3, June 9 at 9:30 AM--4.3 miles; Parking in a small lot and along the road on Humphries Road near a Christmas tree farm. The hike begins at the Warner Hill Road-Vermont Hill Road intersection.

After some road walking, we enter the woods to the Holland Ravines. The first ravine, and the deepest of the 33 we will hike across in this hike and the next two, is known as Big Daddy.

Stairs were installed in 2007 by the intrepid trail workers of the Foothills Trail Club and the Finger Lakes Trail Conference. These improvements were made possible by landowners' giving permission to cross their property to carry in the materials. A second Passport rubbing is available at the end of this hike.

Hike 4, June 23, 2018 9:30 AM-- 5 Miles, meets at the same location as Hike 3 and carpools to Vermont Hill Road. This hike is all trail walk, and the longest and most strenuous of the series, traversing most of the 33 Holland Ravines along the contour of the Holland Ridge. Elevation gains and losses of 100 feet or more are typical of this section. Our hike will take us through other



Annette Brzezicki

Foothills Trail Club members carrying a puncheon section down the trail, Holland Ravines, Conservation Trail.



Annette Brzezicki

Foothills Trail Club members planning placement of staircase on Big Daddy Ravine, Conservation Trail, Holland, NY.

named ravines such as Marshall and Verbeck ravines, named for landowners who allowed the Conservation Trail to get its start in the 1960s. Many trail enhancements were built by our volunteers in 2007, including staircases that allow hikers to go up and down the ravines on their feet rather than sliding down and crawling up. These structures are designed to have a natural appearance that does not mar the natural beauty of the forest. We will also see some damage from the Holland tornado of 2017. Early in the hike we will take a short detour to the Becker Pond loop trail where, in June 2017, a plaque was unveiled that was dedicated to the founding members of the Conservation Trail and the Foothills Trail Club in 1962. This was the first section of the Conservation Trail.

Hike 5: July 14 @ 9:30 AM-- 4.3 miles, meets at the Holland Speedway entrance near the intersection of Warner Hill and Holland-Glenwood Roads (The Speedway has given special permission to park there for this hike series only); carpool to the parking lot near the trailhead on Vermont Hill Road. After a short hike uphill to the trailhead, this hike is all downhill for the first few miles and then mildly uphill and downhill over the next two miles with elevation gains and losses of about 50 feet. After carefully crossing busy Route 16, we will cross a field where the puncheon was specially designed with ramps for the landowner's tractor. This design enabled him to traverse a wet area and in turn, hikers often have a nice mowed path across the adjacent field. After another short road walk, the trail shares a snowmobile trail where there are awesome views to the northeast of the hills around Holland.

Hike 6: July 28, 2018 @ 9:30AM -- 4.5 miles, again meets at the Holland Speedway entrance with carpool to Allen Road near a radio tower. This hike starts within a few hundred feet of the highest point within Erie County, and after the first half-mile it is all downhill to Warner Gulf Road, where a steep road walk becomes level near the end. Again, the best views are to the northeast.

Hike 7: August 11, 2018 @ 9:30 AM -- 4.2 miles, meets at Middle Road trailhead a quarter mile east of Van Slyke Road; carpool to Allen Road near a radio tower. This section is all downhill and is the third Passport hike of this series, so if hikers complete these three hikes they will need only one more to earn a patch. Part of the trail here is shared with a horse trail.

The Foothills Trail Club hopes that new and experienced hikers will enjoy this series and come away with increased awareness and appreciation of the beauty of our region as well as the contributions of volunteer trail workers and private and public landowners to create and preserve the Conservation Trail. For more information about the hike series, send questions to <FoothillsTrailClub@yahoo.com> and to learn more about the Bicentennials, <http://www.townofhollandny.com> and click on the "200 years" tab.

No registration is necessary; just show up prepared to hike, with lots of water and snacks. 🍕



This obviously older black and white picture from 1962 was taken by a Buffalo News reporter and features an introductory hike upon opening the first part of the Conservation Trail, appropriately led by Mabel James. Since people are carrying tools, apparently work is expected of the walkers. Some of those little Boy Scouts are over sixty now!

New FLT Members

Susan Acker	Arcade
James Burke	Grand Island
Dixie Coe	Leesburg
Suzanne Curran	Hammondsport
David DeLeon	New Woodstock
Dan Eckstrom	Ithaca
Ann Furze	Syracuse
Mark Hopkins	Wayland
Rosemary Jacobs	Carleton, MI
Yossi Katz	Elmira
Brian Markham	Honeyoe Falls
Polley McClure	Spencer
Thomasina McIntyre	Groton
William Moon	Penfield
Amy Moritz	Olcott
J Emory Morris	Brockport
Penn Yan Academy Outdoor Adventure Club	Penn Yan
Richard Porterfield	Binghamton
Gary Pullis	Vestal
Daniel Ragland	Corning
Lisa Saether	Penn Yan
Michael Samson	Penn Yan
Adam Tobey, Danielle Pocta	Rensselaer

Our Experiences on the Finger Lakes Trail in WNY

Colette Lulay-Pound

Every year we put the names of all those who have completed a Passport booklet into a hat, then draw one to win extra Wegmans coupons and treats. Colette is this year's winner.

Getting out and hiking the Finger Lakes Trail system in western New York has been a great experience that has created many wonderful memories for my husband and me. We have enjoyed the trail all year long, finding joy in the various expressions of nature during all four of the seasons we get to enjoy here. We actually stumbled

across one of the Wegmans / FLT passport program Trail Register Boxes while geocaching on State Forest lands. We were in luck as the Register Box had a Passport booklet explaining what the Trail Register Box was and how to participate in the Wegman's Passport program as we were not familiar with how to participate in the program, even though we had come across the bright yellow trail head signs on previous geocache expeditions.

We were instantaneously in love with the idea and on a mission to complete all 12 of the hikes described in the Passport booklet. On some outings we even combined the Finger Lakes Trail hike with geocaching, being the over achievers that we are! As we started obtaining more information on the Finger Lakes Trail system the more we became increasingly impressed with the length and extent of the trails. We are so grateful and appreciative that we have this trail system available to us. A heartfelt thank you to all the members, volunteers and private land owners of the Finger Lakes Trail. Please know that your hard work, dedication and generosity are very much appreciated.

The various sections of the FLT system in our area that we have hiked on have all been well maintained and clearly marked. None of the trails has been overly strenuous or required exceptional physical fitness. We have come across other hikers in age ranges from 20 years younger to 20 years older than ourselves. We have found walking the FLT to be a great low to medium impact exercise program to help us stay in shape, although I would caution new walkers to start on shorter hikes and work their way up to longer hikes so as to not risk injury. We also walk for exercise around town during the week to keep in shape but also to help prevent injury during our longer walks on the trails.



Colette Lulay-Pound at Boyce Hill State Forest Lean-to.

Walking has become a passion for me after growing up with a diabetic mother who was chronically ill during most of her life. I found early on in my younger years that walking was an easy, low cost form of exercise and helped in maintaining a healthy weight. Statistics seem to indicate that it is better to be active in some form of regular exercise at any weight than to be sedentary.

The picture included with this article shows me taking a rest stop at the Boyce Hill State Forest Lean-to which comes with

an air-conditioned loo too! For our rest stops we often pack a lunch or snacks to enjoy and refuel on our hikes. Sometimes we go healthy and pack sliced fresh veggies, fresh fruit, nuts, cheese and whole grain crackers etc. Other times we pack "treats" (chocolate is my favorite thing on the trail) that are better eaten during an active session of hiking.

Your great generosity has made us feel so very blessed four times over – blessed by the wonderful trail system and the gifts that came with participation in the passport program. We loved getting our FLT patch, Wegmans re-usable shopping bag and now the Wegman's gift card. Thank you to the Finger Lakes Trail Conference and Wegmans for this wonderful passport program. 🍁



Send **address changes** to
Finger Lakes Trail Conference
6111 Visitor Center Rd.
Mt. Morris, NY 14510
or FLTinfo@FingerLakesTrail.org

2018 Cross County Hike Series

62 Miles on the Finger Lakes Trail in Delaware County

Looking for a few great hikes? Thinking about hiking part or all of the Finger Lakes Trail? Looking to do some day hikes without worrying about transportation logistics? If this sounds interesting join us for the 2018 Cross County Hike Series.

Each year the FLT leads a series of hikes along the Finger Lakes Trail named after the county you are mainly hiking through. Each series continues where the previous series ended. In eight years all of the Main FLT is covered.

Hikers split into groups according to hiking pace. Each group has an experienced hike leader and a sweep. Hikers should be able to hike 10 miles over varied terrain, including up and down plenty of hills.

This year we will be hiking in Delaware County. Highlights include crossing over the East Branch of the Delaware River via a covered bridge, hiking through Bear Spring Wildlife Management area where you may spot a bear track, hiking along stretches of the old O&W railroad bed, including switchbacks and a scenic rock cut, enjoying beautiful views of the Cannonsville Reservoir, and a steep climb to a yet to be renovated fire tower.

The 2018 series consists of six hikes covering 62 miles hiking east to west on the FLT in Delaware County. All of FLT maps M29, M28, and M27 will be covered with a couple of miles on M26. We will end at the Delaware/Chenango County border.



Jacqui Wensich

Some people have utilized the county series to enable them to walk the whole main trail. #439 Carol Tota and 438 JL Freitag celebrate finishing their own end-to-end.

The hikes are the third Saturday of the month starting in April and ending in September. The dates are April 21st, May 19th, June 16th, July 14th, August 18th, and September 15th.

Registration fee covers transportation by bus that will shuttle hikers from their cars placed at the end point of each hike to the beginning of each hike. The series will end with a celebration picnic. Those who complete the hike series will receive a patch.

You can [Register On-Line](#) anytime and pay securely via PayPal using a PayPal account or a credit card.

<http://www.fltconference.org/trail/whats-happening/hike-programs/cross-county-series/>

Registration must be received by April 7, 2018

If you have any questions, or wish to register after the deadline please contact hike coordinator, Donna Coon at coledonnarn@yahoo.com 🍁



Jacqui Wensich

A challenging stream crossing deep in the Catskills during last year's county hike series.

Gift In Memory of

Myron Egtvedt

from

Winifred Balz

Trail Topics: Regional Trail Coordinator News

Once again, this space is packed with news from multiple contributors, collected by your editor, in the absence of a Vice President of Trail Maintenance. Please, somebody volunteer!

Chain Sawyer Training

Please let me know if you would like to attend one of these two FLT chainsaw training weekends.

May 5 & 6

May 19 & 20

Both trainings will be held at the Birdseye Hollow State Forest location. The nearby Scout House in Hammondsport will also be available for lodging. I like to give preference to the recertifiers when I can, but if you know someone who would like to take this training please have them contact me. I have only ten roster slots available for each class so it's good to get in your request early. Please let me know your preferred weekend.

Thanks,

Marty Howden [585-567-8589](tel:585-567-8589) howser51@yahoo.com

Crystal Hills Trail

Thanks go out to trail maintainer Tom O'Brien who took care of the McCarthy Hill State Forest and Pinnacle State Park section on the Crystal Hills Trail, Maps CH2 and CH3. He has been the trail maintainer for this section since its inception over 7 years ago. I appreciate the time and effort he has given. It has now been adopted by Daniel Ragland from Corning. The trail has been completely rehabilitated from clearing downed trees and mowing to repainting every blaze along the trail. *Pat Monahan*

Catskill West

I am looking for a maintainer for a section of trail on Map M26, east from Bainbridge to Neff Hill Rd. It is a little over 3 miles with about 1 mile of it on N.Y. 206.

There are some nice views along and across the valley to the west and northwest from the power line road. The trail then enters the woods heading southeast toward Neff Hill Rd. There is a short section that needs to be rerouted to get around an area that has been washed out over the years. The trail then continues along a woods road to Neff Hill Rd. There is no mowing involved. *Don Sutherland* donsutherlandny@aol.com

Triple Cities Hiking Club

This year we focused on a section of trail that runs across two permanent easements from N.Y. Route 12 to Buckley Hollow Road on M25. This section had a major logging operation last winter that obliterated the trail's tread. Many days were spent rerouting the trail and making sure that it stayed "walkable" when all the spring growth matured.

This section had half of it protected by one of the first trail easements back in the 1990s and recently a second easement from the Williams family secured the entire section. Although the trail has an easement there is nothing to prevent the landowner from logging the land. After much deliberation we decided to relocate a 1/2 mile section of trail to higher ground away from the muddy mess created by the logging. This took quite a bit of manpower and constant monitoring but we feel it was a success and the trail is now "back in excellent form."

We have 9 designated sections that individual maintainers look after. We are very lucky to have a group of 11 folks who split the chores into manageable pieces. As of now all sections are tended to but if anyone is looking for the opportunity to adopt a section close to home in the Broome/Chenango area please contact Roy Dando at 607-785-3141 or rdando@frontier.com.

Our current trail stewards are Jeff Oliveri, Luanne Vallesse, Roy and Laurie Dando, Karen Goodman, Kevin Normile, Chris Snow, Julian Shepherd, Sharon Blabac, and Don, June and Chris Rounds.

This upcoming year we will be building a new shelter in the Basswood State Forest to help create a string of shelters that can be used by long distance hikers and weekend hikers alike. The goal is to have them located every 10 miles or so. This new structure is about 10 trail miles from the Ludlow Lean-to and about 10 miles from the town of Bainbridge. Anyone interested in helping out with this new structure should refer to the article written by Mike Schlicht regarding upcoming Alley Cat projects or contact Roy Dando.

Bristol Hills Trail

After several years as the sponsor of Map B2 access points 8 to 9 (7 miles, mostly in the Italy Hill State Forest plus some rural dirt road walk) Dave Drum retired as trail maintainer. He is the area traveling DR Mower man and he is also a sawyer. Gail and Jim Davis of Geneva are the welcome new sponsors of that section of trail.

Also on Map B2 Bill Gaske retired as the sponsor of access point 9 to Wetmore Road, a little more than a mile, and since Scott Magee and Jeff Darling have the next section south, they agreed to become the sponsors from access point 9 to Ford Road. They are trail runners from the Rochester area.

I have a section of trail Map B3, access point 14 to .5 mile north of access point 16, that is up for adoption. It's 3.3 miles, walks through the Wagon Wheel Campground, and crosses the famous section of many bridges over a complex of stream crossings.

Donna Noteware noteware@empacc.net

Letchworth Trail News

Open for adoption: On Map M7 and M6, there is a mile and a quarter of the Genesee Valley Greenway railbed/canal towpath shared with our trail, from Whiskey Bridge south to where the FLT turns west toward NY 19A. Paul Hoffman had been tending this for several years now, including giving it extra mowings between those done by State Parks, but wishes to be relieved of the job now. Reblazed just over a year ago, it needs clipping and tidying, but it's all wooded and level until a short rise at either end. Contact RTC Irene Szabo to volunteer. This is a good beginner section to see how you like trail work.

Thanks to Eric Szuchs for tending the long middle section from access points E to F of the Letchworth Trail, but now Donnie and Shareen Graham have the north half and Eric and Sheila Eagan have the south half to and including the side trail at Owl Forks Ravine. Eric Eagan is a trail runner who contributed an article in our last issue.

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

Watkins Glen - East

Currently the Cayuga Trails Club is maintaining roughly 100 miles of trail divided into 52 segments, most of which have adopters. There are a couple road segments that don't need anyone and several of the sections have teams of two who share the responsibility. We have had a few people leave the program in the last year. Cayuga Trail adopters John and Kathy Ludders moved to the west coast and their section was taken over by Jim and Sigrid Connors. A long section of the FLT between Robinson Hollow and the Harford-Slaterville Road has been adopted by Lucy Gagliardo who also adopted another short section of the FLT nearby. Penny Ciccone has also adopted a section in the eastern part of the territory. In recent weeks three new adopters have been assigned trail sections. Mark Humphrey has taken over a section in the area near Texas Hollow, Cindy Massicci has adopted part of the FLT near the Chestnut Lean-to in Danby, and Max Heitner has adopted the trail in the northern part of Tremans State Park. We thank the new adopters for dedicating their time and energy to our trails. There may be additional sections opening up in the next year or so. I like to keep a list of potential adopters so if anyone in the region is interested please let me know.

David Priester david.priester@twcny.rr.com.

Watkins Glen - West

Looking for a co-sponsor for the section between Access 3, Aulls Rd., and Access 4, the hamlet of South Bradford, on Map M13, to work singly or together with another individual who has expressed interest in maintaining the section but likely cannot do it all alone. Requires coordinating work and assuming varying levels of responsibility depending on each other's schedules and abilities. This lovely section is 5.4 miles total, with about 4.4 miles off-road on level or gently climbing state forest (Birdseye Hollow State Forest) or rural wooded lands or abandoned old dirt roadway. About 1/2 mile is on seasonal road, and 1/2 mile is on paved highway that requires only minimal blazing. All is on the route of the NCNST. The easily accessible section is



Gary Mallow

Cayuga Trails Club members working to reclaim trail from the jungle.

15 minutes east of Hammondsport, on both sides of NYS 226, north of Savona and NY 17/I-86. The north end of the section is about 1/2 mile south of Steuben County's Birdseye Hollow Day Park. Please contact Regional Trail Coordinator *Lynda Rummel* at ljrassoc@roadrunner.com.

Genesee East

Again we ask for a volunteer to take over the Cobb property east of Ellicottville. Help! Other than monitoring an adjacent road walk, most of the work here is nearly two miles on one property that we own, all forested except the road frontage mowed field path, and that is tended by another person. It's a big hill but the trail is nice woods. Please contact Irene Szabo for details and training in the special details of this lovely property. treeweenie@aol.com, 585/ 658-4321 🍁



Debbie Hunt

This winter Debbie caught this eagle outside our office

Trail Topics: Trail Preservation

Dave Newman, Vice President of Trail Preservation

A LOT OF GOOD NEWS!

It comes up more often than I would have expected. A landowner who has hosted the trail on his or her property for decades, when asked if they would consider granting FLTC a permanent easement, says “No, my will gives the property to the kids and it will be up to them.” I’ve learned that, once those words are spoken, it isn’t worth spending any more time on the topic. It will just make the landowner, who has never had any issue with the trail, frustrated if we push harder. It won’t help to reiterate that we make the process easy, that there is no cost, or any impassioned plea of how incredibly helpful it is to FLTC to have this permanent trail position.

So, it was a really pleasant surprise in December when a Schuyler County, Town of Orange landowner on map M13’s Switzer Hill Road responded to the end of year financial appeal letter sent out by our Executive Director Quinn Wright with this note: “Dear Sir; I am a 92 year vet of WWII with 5 bronze battle stars on my ribbons, and living at Appleridge Senior Living, that costs me more than my income is. So I don’t have a donation to send you. I might consider a permanent easement across my land. Yours truly, Donald VanSile.”

Trail steward Paul Good provided this history: “I met Donald VanSile a few years ago after he agreed to allow the Finger Lakes Trail to cross his property. I was a new trail sponsor at the time, and this was my first time asking a landowner to consider an easement. We had a good conversation but at that time he wanted to defer an easement to his heirs. Fast forward a few years, he decided to protect the trail forever for others to enjoy. Mr. VanSile is a decorated World War II veteran, retired pipefitter, and has traveled across country with his fifth wheel camper multiple times. The property was his father’s and four generations have hunted the area. He used his woodworking skills to make furniture from logs that he harvested from the land. Mr. VanSile, now 92 years young, still drives his own car and lives in a senior housing community.”

We really do make the paperwork pretty easy, and it helped that there was a Notary in the office of his Appleridge Senior Living Community so he didn’t even have to go over to the Town Clerk or his bank to sign the paperwork. We had it to him in about a week, he mailed it back to us a few days later, the FLTC Executive Committee held a special teleconference vote to accept the easement and it was filed the first week in January. Thank you, Donald VanSile, for supporting the trail, and for saving your heirs the (minor) hassle at some future date.

We’ve closed on four other easements since my last report: Wendy Campbell heard my presentation on the value of easements at our Chataqua Fall Weekend and has now given us one on her Cattaraugus County, Town of Ashford property on map CT4, Riceville Road. In addition to granting permission for the trail

where it is currently located along the “back” side of the property, this easement also provides the option that FLTC can route along the northern property border and out to the roadway. We have quite a few easements now with similar options in them, which can provide maintainers a way to access the trail from the road when there is a long stretch located back in the woods, and would also provide an alternative route if permission across neighboring property was ever lost. Thank you,, Wendy, for the easement ... and for including this helpful option.

Annette Brzezicki of Foothills Trail Club worked with Michael Kasprzyk of INEX, Inc. to get an easement on Inex’s Erie County, Town of Holland property on map CT6. This one, across INEX’s commercial property, connects from Olean Road eastward to an active railroad right of way and the Erie County Forest on the other side of it. While all easements are valuable to FLTC, ones like this that protect permanent links from the highway into publicly owned property are especially helpful in insuring connection to the trails on the public property. Thank you, INEX. (And Annette!)

Bob Plaskov, from Bath, longtime member and provider of legal advice to FLTC, is a member of a hunting group located just west of CR13, Mitchellsville Rd., in Steuben County’s Town of Wheeler (map B3). Bob worked with his hunting buddies Dennis O’Connor and Lee Westbrook of Hammondsport to grant an easement on this hilly parcel between CR13 and the Lake David parcel. As part of this plan, the trail will eventually be rerouted from its current location, which crosses two other private parcels before crossing the easement parcel, to a location totally on easement. A short road walk will be added, but the result is a permanently protected trail corridor. Thank you, Bob, Dennis and Lee.

And finally, we reported in prior editions of FLT News on FLTC’s loan of funds to Finger Lakes Land Trust so they could purchase the Vaeth parcel on Heisey Road, map M18, Tompkins County, Town of Danby. This one took some doing, as FLLT plans to resell the property to NYS DEC for addition to Danby State Forest. NYS is very particular about purchasing parcels with easements on them, but after a lot of work by DEC Forester Dan Little, FLLT, and all the way up the NYS DEC chain of command and to the NYS Attorney General’s office, the exact language of the easement from FLLT to FLTC was agreed upon and the easement filed. It’s actually a “big deal” to FLTC because we have four other parcels we’re working on with plans to sell them to NYS DEC and we want to make sure when we do that the trail will stay. So, having FLLT and DEC’s help in creating language acceptable to all of us should facilitate those future deals. And, in the unlikely event that FLLT can’t eventually sell the property to DEC, the easement protects the trail even if the parcel has to be resold to someone else.



Irene Szabo

Circling back to the top: if there are any other landowners out there who, like Donald VanSile, were planning to leave the easement paperwork to the heirs, we'd be glad to help you take care of it now and save the kids the future decision. And, other than making you find a Notary to sign the document, we will do our best to make it about as easy a process as any legal contract can possibly be. Give me or your trail maintainer a call if you'd like to talk. 🍁

See the property map for this spot in Greg Farnham's mapping article on page 17.

Lake David at dawn, where we do have a permanent easement already, on Bristol Hills Map B3 near Hammondsport. Now the approach to Lake David is also protected by the easement with Plaskov, O'Connor, and Westbrook.

Contact: Dave Newman
danewman@rochester.rr.com
585/582-2725

Timber Framing Workshops

Rob Hughes

The Finger Lakes Museum and Big Beams Timber Frames will be running two Timber Framing Workshops this summer at the Museum in Branchport. I mentioned last year's workshop through this group (late) and more than half of our students ended up being FLTC members, plus several folks who wished I had mentioned it sooner so I am sharing the info plenty early. The first workshop is Introduction to Timber Framing and will run from July 23-27. Cost is \$300 and includes lunch. In that workshop, we will build a mirror image of last year's barn addition, this time for the south side. No experience or tools are necessary and students will receive considerable individual instruction as we limit the number of students to 10.

The second workshop is a 6-day, Advanced Timber Framing course. This course is mainly for students who have taken either

last year's or this year's Intro class or at least have solid layout and building skills. The frame for this workshop will be an 18' Octagon Pavilion for the Museum's Wetland Trail System and will involve compound roof joinery. Cost for the Advanced Workshop is \$350. I can offer free lodging (limited space in my cabin, plus plenty of tent camping) about 40 miles from the museum and I suspect folks who consider this option would car-pool to the museum daily. Registration can be done through the museum's website at www.fingerlakesmuseum.org. I can also be contacted with any questions bigbeamsrob@gmail.com. Please feel free to share. If you've ever spent time in one of the FLT's timber frame lean-tos and wondered how it was made, this is your chance. 🍁

Trail Topics: Alley Cat Project Update for 2018

Mike Schlicht, Director of Crews & Construction

Basswood State Forest lean-to (Map M25)

In December a donation was made to the FLTC for another lean-to that will be built in Basswood State Forest (Map M25) northeast of Bainbridge. This is exciting news as we work to continue the master plan to have a lean-to every 10-15 miles along the trail. Roy Dando has taken the role of Project Manager and Rick Roberts that of Construction Manager and is joined by an ambitious team made up of Chris Rounds, Larry Blumberg and Don Sutherland. The team was busy on the weekend of January 27 scouting sites in Basswood and Wiley Brook State Forests and is working with the DEC to confirm the site selection within Basswood State Forest. Work on the lean-to will begin May 18-20th, after a one-day effort on April 28th to bring in materials and establish the building foundation. Volunteers are asked to contact Roy via email at rdando@frontier.net to volunteer for the project.

As I begin my first year in confirming crews, food, camping arrangements and all the fine details that are needed to make an Alley Cat successful, I have been able to confirm the following project and/or construction managers for our other projects this year

Darien Lake State Park Lean-to (CT8)

Dave Potzler has confirmed as the project manager that the build date of the lean-to will be the weekend of May 11-13th. Volunteers are to contact Dave via email at dpotz73@gmail.com

South Bradford State Forest Trail Improvement Project (M13)

The dates for the Bradford State Forest Alley Cat have not been set yet, but Bill Meehan, the project manager is planning for this project to be completed over several weekends with Lynda Rummel as the construction manager. The work will involve building a series of switchbacks along the east side of Dennis Road and clearing trail along the switchbacks east of Corbett Hollow Road. Volunteers are asked to contact Bill via email at bmeehan@frontiernet.net

Durfee Hill Road Trail Improvement Project (M17)

The dates for the Durfee Hill Road Alley Cat have also not been set, but Construction Manager Matt Branneman has confirmed that the challenging hillside work will be done over several weekends. Landowner permissions for the project have been secured that will make it possible for the trail to avoid the steep climb up Heisey Road. Volunteers should contact Matt at mattbranneman@gmail.com

Robinson State Forest "Kimmee" Lean-To (M18)

Roger Hopkins, Lucy Gagliardo and Max Heitner are teaming up to be the Project Managers along with Mike Ogden as Construction Manager for the Kimmee lean-to. The existing lean-to will be taken down by the Cayuga Trail Club as the site is wet and not suitable for a rebuild at that location, but at a separate time. The construction date has not been set at this time, but volunteers are asked to contact Mike at mogden317@gmail.com

For future updates on these projects and whom to contact, please refer to the Alley Cat page at:

<http://www.flconference.org/trail/members1/volunteer-trail-workers/alley-cat-crew/> 🍁



Irene Szabo

All three shelters this year will be post-and beam, our faster, safer way to frame a building in mere days. Here is the new one going up last May in Bucktooth State Forest.

Contact: Mike Schlicht
716/ 316-4388
pageazi@yahoo.com

New Life Members

Steven & Beth Czajkowski
Lane & Edith Hemaspaandra
David Sadler

Springville
Rochester
Clockville

Trail Topics: Map Updates

Greg Farnham, VP of Mapping

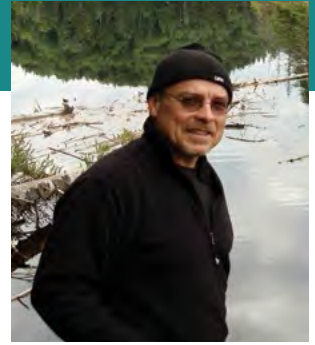
Last time, I said I'd have the pleasure of telling you all what we do after we get the breadcrumbs in order to update a map. I wrote all that out, and then was told it was as boring as a GIS PhD doctoral dissertation and I should use it to apply for a degree but not subject loyal *News* readers to it. Instead I'm going to tell you what's been going on in the mapping wing of the FLT Office high-rise superstructure.

Over the last few months of 2017, Jo Taylor took on ALL the actual map updates (listed below), while I spent some time making what we call tax maps. These are maps at a much higher magnification than our hiking maps, with all the tax parcel boundaries overlaid on the hiking trail. These maps allow us to know who owns the land we hike on. The maps are presumably used by trail sponsors, maintainers and coordinators in order to plan re-routes and thank our hosting landowners. They are also used by our vast Trail Preservation organization (Dave Newman, himself) to figure out how to protect the trail, forever. It takes 370 of these maps to cover the length of all 60 of our hiking maps of the trails, so we don't update these maps often.

I got started on this effort because a good friend needed a slew of maps in order to find a new path to the proposed new eastern terminus of the FLT. As you probably know, the FLT's eastern terminus is at the point where it meets up with the Long Path. This terminus is 2.2 miles from the nearest parking, and requires a 4.4 mile round trip out and back hike to reach it. In the middle of nowhere, some say. So, we are hoping to extend the FLT to the summit of Slide Mountain, the highest peak in the Catskills, which is, some say, somewhere.

As I started cranking out tax maps for Rick, I realized how easy it was for me to go fast, as long as I stayed within a county border. Crossing borders means bringing in a new set of tax parcels boundaries, as well as additional hydrology and topology data. Hydrology data makes the blue lines that show rivers, streams and lakes on our hiking maps. Topology data makes the yellowish contour lines that show the rise and fall of elevation, and can

indicate the steepness of a hike if you look at them a certain way. As long as I was careful at each county or town border to bring in the new data, everything clicked along pretty well. I decided to keep going all the way across the state. When I finished the FLT, I began the Conservation, and was able to finish the tax maps for all of the trails before the end of the year.



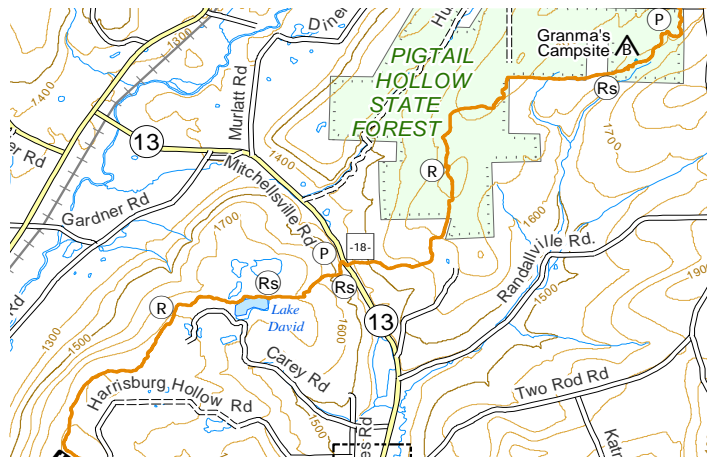
Map Updates:

M11 was updated to reflect a reroute on Gay Gulf Road. At mile 5.0 the trail now follows Gay Gulf Road for 0.4 miles before leaving the road on the right and ascending through woods to an open field, then following the edge of the field to Robinson Road. The new Rev Date is 11/10/2017.

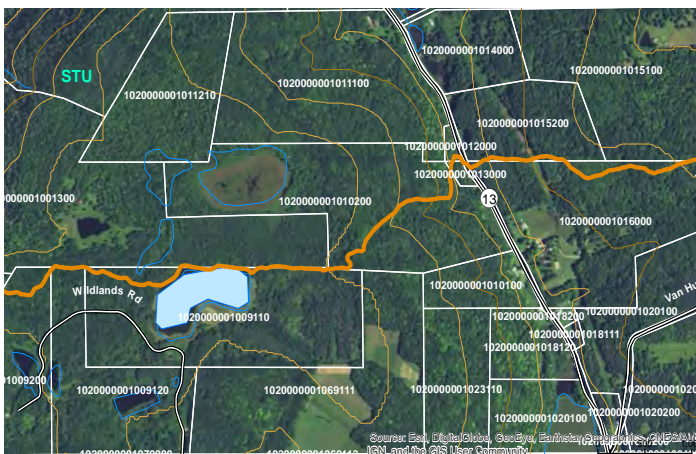
There is a new GPX file for M15. The only thing changed was the addition of a waypoint at the junction with the Interloken Trail. The Rev Date has not changed.

In addition, the Rev Date for I1 was corrected to 11/15 on the Trail Conditions Notice and the interactive map. The map had the correct date and has not been changed.

Maps B2, B3, M02, M13, CH2, CH3, L1, L2, M19 and SpL were updated with editorial changes to correct sponsor names. No revisions dates were changed. 🍁



Above is a small piece of Map B3 of the Bristol Hills Trail, northwest of Hammondsport, showing trail approaching and bordering Lake David. On the left is the matching property map showing the easement-protected Cranch property (Lake David) and the two properties north and east of the lake, ones whose owners just granted us an easement for the trail, Plaskov, Westbrook, and O'Connor. See Newman's Preservation article on page 15.



A Naturalist's View

D. Randy Weidner

Like many men my age, my interest in Nature began with participation in hunting and fishing. As a boy, every spring in anticipation of trout fishing season, I spent damp, rainy nights roaming the backyard with a flashlight in search of night-crawlers for bait. This was almost as much fun as fishing. You had to be quick to grab worms lying there stretched out on the grass, tail ends firmly anchored in their holes. The worms quickly retracted if you carelessly stepped too close causing a vibration, and also at the slightest touch. When you did grab one, there ensued a tug of war, which needed to be carefully waged. Pull too hard and you tear the worm, but let go and you lose him. With steady pressure the worm eventually became exhausted and he was yours. I was always happy to see a good population of worms back then, but now, not so much. If you hope to see ephemeral spring wildflowers and enjoy a healthy forest as you hike the Finger Lakes Trail, the earthworm is not your friend.

Soil is the foundation of all plant life in the forest. Healthy soil in a deciduous woods has a thick, spongy feel, a difference you can detect by stepping on it. If you were to cut through this soil, down about a foot, and look at the cut sample on edge, ideally it would have the appearance of a parfait. On top are the last leaves to have fallen, and below are successive layers of partially digested and decomposed organic matter. Carefully pull apart these layers and you will see the fine white filaments of forest soil fungi responsible for this decomposition, along with unseen soil bacteria. These vital organisms are critical for proper nutrient recycling in the entire forest.

The Finger Lakes Trail largely runs through a part of New York State that had been run over by the last continental glacier, which retreated about 12,000 years ago. It is assumed that the glacier laid bare the over-ridden territory, wiping out nearly all plant and animal life. Since then, through a succession of climate-dictated ecosystems, whereby tundra was replaced by boreal forest, and that was in turn replaced by mixed deciduous-conifer forest, we arrived at our present forest ecosystem. These were fully functioning systems, a balance of producers (plants), consumers (animals), and decomposers (fungi and bacteria). From their refuges farther south, these ecosystems gradually spread north as the glacier retreated. Some organisms moved faster than others.

There have always been native North American worms, which have been calculated to move a maximum of 33 feet/year, a rate impossible for them to have reached New York from their assumed refuge since the glacial retreat. But as we know, our region does have worms. So from where have these worms come? Beginning with European contact, coming in ship's ballast, the bedding of animals, and root balls of plants, European lumbricids (night-crawler earthworms), totaling over 40 species, were introduced to North America. That's right; earthworms are an invasive species!

In a vegetable garden, or in a grassland, these earthworms are indeed beneficial animals, and as such were properly promoted

by agriculturalists. Charles Darwin studied the earthworms' contributions to tilling the soil, feeding on decaying matter, and opening holes to permit air and water to penetrate the soil, all great for compacted gardens and pastures. But their presence in hardwood dominated forests is quite another matter. These forests evolved to be maximally healthy when fungi and bacteria were the sole decomposers and recyclers. It was not until the 1960s that foresters realized these earthworms were unequivocally detrimental to a healthy forest.

Just what do these small, w r i g g l y invertebrates do that is so awful? Chewing their way from the surface leaf litter to deep in the soil, earthworms eat everything in between. Within this layer of organic matter are sprouting seeds,

seedling roots, decomposer fungi, and the homes of countless native animals from insects to vertebrates, all negatively impacted by the worms. The seeds of many of our favorite spring ephemeral wildflowers, like Trillium, Violets, Bloodroot, Spring Beauty, and Hepatica, have evolved fleshy appendages (elaiosomes) to attract ants, which are critical helpers in the plants' dispersal. These forest wildflowers, along with Wild ginger, Large-flowered Bellwort, Canada Mayflower, and the young sprouts of forest trees are all drastically diminished in earthworm infested soil. And not just ants, but other forest animals including other insects, spiders, other invertebrates, Blue-spotted Salamanders, Wood Frogs, shrews, and voles are less common where there are worms. Ornithologists have registered declines in Ovenbirds and Wood Thrush in these areas, possibly an effect of food chain disruption, or loss of necessary plant habitats for these ground-nesting birds. The reduction of these selected animals allows proliferation of others, like Deermice, the hosts of potentially disease-carrying ticks.

Where the earthworms consume the organic layer of soil, these areas become compacted. A Wisconsin study of worm-infested forest soil showed the organic layer was 1 ½ inches thick and weighed a calculated 393 pounds per acre. In stark contrast, a worm-free section of the same forest had an organic layer three times as thick, weighing 3,530 pounds per acre! Denser, worm-compacted soil, which a hiker can feel by stepping on it, results in less soil percolation and more run-off after a rain, leaving the woods more susceptible to drought and more prone to erosion



Nightcrawler

Wikipedia



Emily Stone

from its roots. I once heard a Cornell professor offer \$1000.00 to anyone who could show him a patch of invasive Garlic Mustard where there were not also earthworms! And do not think those European lumbricids are the worst. New York DEC has issued an alert for Asian jumping worms (*Amyntas* and *Metaphire* spp.), worms with a metallic sheen to their bodies, a cloudy-white or gray clitellum (the smooth band around the body of a worm), and the tendency to thrash and jump wildly when handled. These Asian aliens grow twice as fast, and devour organic matter more rapidly than the European lumbricids.

The more we learn, the more we realize that any invasive species is a potential hazard to established ecosystems. Some, like these earthworms, have no chance for remediation. They are part of our Nature now, for better or worse. The best we can hope for is to do no more harm. 🍁

when it does rain. This effect is opposite of that in worm-infested gardens and pastures.

It should be apparent by now that earthworms have a profound influence on the balance of life, and hence the nutrient recycling that has evolved since glaciation. Such a situation is ripe for invasion of other non-native organisms that may find these conditions more to their liking. One such plant is Garlic Mustard, which further inhibits maple and ash germination with excretions



DEC

Hike the Hill

Michael Bodhi Rogers, FLT Board Member

Every year during budgetary dancing among various appropriation committees in Washington, D.C., the halls of the House and the Senate are crawling with citizens dedicated to pitching their various causes. Naturally, advocates of the various national trails are there, too, and of interest to us is the annual lobbying trip on behalf of the allotment that the National Park Service can spend on the North Country National Scenic Trail. Two of our FLT members participated in "Hike the Hill" this winter:

Quinn Wright and I attended the Hike the Hill event representing the FLTC. We spent Monday and Tuesday (Feb. 12-13) visiting the offices of nine congressional representatives from New York to advocate for support of hiking trails. In particular we thanked those congress folks who are already co-sponsors of HR1026 / S363, which is a bill addressing the North Country National Scenic Trail's desire to re-route the Congressionally-approved trail around extensive wetlands in Minnesota onto mostly existing trails, to extend the trail from the eastern border of New York into Vermont to connect with the Appalachian National Scenic Trail, and to adjust the official mileage of the trail to reflect the actual mileage. We discussed strategies with various congressional reps on how to encourage reps who are not yet co-sponsors to become supporters.



Michael Bodhi Rogers

We also delivered FLTC letters of support to the offices of key sponsors of the bill and members of the House of Representatives Natural Resources Committee. During these visits to Capitol Hill you normally meet with the staffer who handles your type of request, in this case the natural resources staffer. Our final meeting on the Hill was in Rep. Collins' (27th district) office to thank him for being a co-sponsor of the bill. He happened to be in his office during our meeting time and wanted to meet with us directly, which was a pleasant surprise. We ended our time on Capitol Hill with optimism that we will have additional New York co-sponsors and that the bill may finally make it out of committee in the coming months. It was a busy, but very engaging trip to Capitol Hill to advocate for support of hiking trails. Along with our advocacy work our walking the halls of Capitol Hill and around D.C. had us logging 8-10 miles each day! 🍁

End-to-End Update

Jacqui Wensich, End-to-End Coordinator

Branch Trails: No new completions.

Main Trail:

Debra Nero, Ithaca

#346- 8/31/2012, #386 - 5/8/2015, #443-11/16/2017

Laurie Ondrejka, Avon

#347- 8/31/2012, #387 - 5/8/2015, #444- 11/16/2017

Updates:

Julie Buerkle and two friends have begun their main trail hike starting in the ASP. Aurora Smedley, California, plans a fast-thru hike in October. Factoring in trail changes in length, weather conditions, closures, it is impossible to fix the true "fastest" thru-hike but all of those in the "fastest" category are currently men. Take photos if you encounter her on the trail. Note: Joe Dabes has the current record when he was combining trail running with thru hiking. Chris Van Veghten and Gail Tremblay will complete their main trail hike this year via the county hike series. Both have done all of the trail that way!

Eva M. Capobianco will also use the series to assist in her main trail hike, and Nick Vermeulen will be asking for car spotter assistance with his September main trail hike. Joseph Hirsch of Avon plans to start his main trail hike in May. He is currently attending college so must fit his hikes into the weekends.

Mark Field (#424) and Dave Fish (#418) have just 60 miles of the Conservation Trail to finish their branch trails.

Comments: Deb and Laurie and dog friends have completed the main trail three times and wonder what to hike next? Joe D did it 10 times....

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 in full resolution 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). Let me know if phone numbers/emails are incorrect or no longer working. Do not ask spotters to take long trips. Ask other spotters according to the maps listed on the car spotter list. 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.

Car Spotters News:

Long time car spotters, Candy (#282) and Bob Dietrich have modified their list to include Maps M9-M15, CH1-2 and B1-2. We thank them for their continuing assistance to hikers and for adding the Crystal and Bristol Hills Branch Trails to their list.

REMEMBER to send in car spotters photos to me like the one by Eva Capobianco of Ithaca. Phil Dankert has been a car spotter since recruited by Ed Sidote. He spotted me and my dog Mina in 2004 where we first met.

Email jwensich@rochester.rr.com to apply for end-to-end status or use the form directly from the website. This includes the Branch Trails. The car spotter list is also available from me. 🍁

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



Eva Capobianco

Phil Dankert has been a helpful car spotter for Eva Capobianco.

2018 NCTA Extended Outing

2018 NCTA Extended Outing: Hiking in N.Y.'s Allegany State Park & Penna.'s Allegheny National Forest 23-29 September 2018

The 2018 North Country Trail Association Extended Outing will feature sections of the NCT in New York's Allegany State Park (ASP) and Pennsylvania's Allegheny National Forest (ANF), with a day's outing to Letchworth State Park (LSP), voted the best park in the USA in 2015. This outing includes three day-hiking adventures, where you'll trek 6 to 10 miles per day. You will also backpack two days, covering 7.5 to 9 miles each day, with one overnight camping at an NCT lean-to. If you enjoy hiking in the pristine woods, observing waterfalls and wildlife, rustic cabin living, wilderness camping and want to walk a few more miles on the NCT, this is the Extended Outing for you.

All three places have a rich diversity of plant life, wildflowers, hardwood trees and an abundance of wildlife, such as bobcats and black bears. There are many species of birds, including bald eagles, osprey and great blue herons. Letchworth State Park offers spectacular scenic overlooks of the Genesee River Gorge and its three breathtaking waterfalls.

The hikes are on remote trails and the topography is mostly rolling hills. The elevations are around 1300 to 2250 feet. You'll know you're hiking during the fall season when you observe the vibrant colors. You will be shuttled to and from the trailheads and



Allison Powell

stay in two rustic cabins within Allegany State Park (a step above tent camping). Depending on enrollment, there will be four to five participants per cabin and occupancy will be co-ed.

Contact guide for detailed itinerary and application packet.
Guide: Allison Powell, NYS Licensed & Insured Guide
Hikeyourownhike1@gmail.com 602-451-1269
NCTA membership required 🍁

Gifts In Memory of

Kalista Lehr

from

**Ethyl Hittle
Lisa Walsh**

Doggie Shelter Gift In Memory of

Lou Lou

from

Thom R. & Mary Lou Belasky

Gift In Memory of

Pete Mitchell

from

Bill Mitchell

Gift In Memory of

Ken Bremer

from

**Mom
Pamela A. McCarrick**

Gift In Memory of

Ted & Margaret Markham

from

Eric Helsabeck

Gift In Memory of

WT Young

from

**Mom
Donna Noteware**

Update on Kanakadea County Park Re-Route

Peter Wybron

After a year of negotiations with the US Army Corps of Engineers and the Steuben County DPW, the FLTC has been granted permission to route the trail through the Steuben County Park/Campgrounds located on the Army Corps of Engineers property at the Almond Dam on FLT Map M9.

Last year the trail was rerouted back into the county park on the north side of Interstate 86 on newly granted trail easements on the McIntosh and Isham properties, thanks to the work of David Newman. This allowed the trail to re-connect to the Kanakadea Lean-to located in the county park. However, a group of lost permissions has long prevented us from heading east from the County forest north of the Interstate without a long roadwalk. But, there is a nearly hidden tunnel UNDER the Interstate connecting the County forest on the north side and their campgrounds and park land on the south side, a tunnel tall enough to ride a horse through!

At the same time Steve Catherman, FLT volunteer and Steuben County DPW, and I were negotiating with the Corps to continue the re-route through the tunnel under I-86 and then follow existing trails through the Steuben County Campgrounds. The trail would then exit the Corps property on Webbs Crossing Road (CR66) and after a ½ mile road walk would rejoin the existing route of the FLT at the intersection of Webbs Crossing Rd and Doorley Road.

The new route should be completed this spring, due to the fact that most of the route will follow existing county park trails. After the route is blazed, signed and GPSed, map M9 will be revised to show the new route.

This two year reroute project could not have happened without the help of many volunteers. Dave Newman, Steve Catherman and Larry Telle helped with the layout and GPSing of the new route and many volunteers from the ADK – Genesee Valley Chapter and FLT worked last year on National Trails Day to build new trail into the county forest on the north side of the Interstate.

So watch for the Map M9 update this spring and go take a hike on this new section of the FLT. I believe this is the first and only “tunnel” on the FLT. Well, we do follow an under-road culvert to walk Enfield Creek out of Robert Treman State Park, but this one is WAY bigger. 🍁



Dave Newman

Laurel Newman walks the tunnel, made of corrugated galvanized pipe, under the interstate highway. Caution: in the winter seepage downhill leaves a path of solid wet ice so it may be unwalkable then.

Join the FLT 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 850 people) to communicate information to each other pertaining to FLT hikes and other FLT 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), Scott Geiger (scott.geiger@gmail.com) and Roger Hopkins (roger@natural-highs.net)

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

Chasing Demons

A video review - Irene Szabo

Despite the title of this DVD, Chasing Demons, a lot of this video shows one man's journey through several seasons over the main Finger Lakes Trail. Long distance hikers tend to THINK about things more than most of us can afford to do during the daily maelstrom that is our normal lives, and on these several hikes taken two years ago, Lynne Whelden finally dealt with the fact that he quit medical school in his fourth year, to his relatives' consternation, forty years earlier.

Lynne is an experienced video-maker, and some of his titles are probably familiar to many of you. *Five Million Steps, the Appalachian Trail*, or *Amazing Grace*, his video of blind Bill Irwin's trip on the Appalachian Trail with his seeing-eye dog, are among the most famous.

Now it's obvious that poor Lynne, just to capture a segment of video, frequently placed his camera so that it would capture him approaching a shelter or walking past an interesting spot, so he probably walked a lot of little stretches three times, but it's generally a fun romp for many of us who remember large portions of the trail to revisit cherished stretches of trail. For that reason alone, it's worth owning this one.

However, he will infuriate trail sponsors at two places. Once, he walked right past a brand new sign that the FLTC had put up for a landowner who was on the brink of throwing us out, trying



Lynne Whelden

Battling head-high raspberry pricklers.

Those of us in cardiac arrest during this brief episode just want to holler at Lynne to **plan ahead**. He had to know he'd get there at the end of the day!

We quickly lost the battle with the woman who was on the brink anyway, and no longer walk there, losing decades' worth of trail there with previous owners. So far, we haven't been thrown off the latter quarter-mile property. Habitual long-distance hikers too often just don't understand what we trail caretakers go through trying to keep permissions intact or how betrayed landowners feel when our agreements with them are trampled by an inconsiderate hiker.

Anyway, it's still a worthwhile romp over the FLT. He runs into Pete and Colleen Stapleton working on trail, and meets up with a pair of black labs who have been featured in this magazine. And by the end, you're just as glad he quit medical school, and are pretty mad at his relatives, too. Nobody knew much about learning disabilities forty years ago, but Lynne loves making movies.

For your copy of this disc, go to lwgear.com, where you can order it for \$25, with free shipping. 🍁



Lynne Whelden

What dehydration looks like.

to keep us off her land during hunting season. The closure was so new that it wasn't on Lynne's map yet, but there WAS a bright new sign. Even worse, later he intentionally walked a quarter mile that was clearly marked on the map as closed for hunting season, just because he was at the end of the day and couldn't face the long road walk that respect for the landowner would have necessitated. For those of us who have worked long and hard with landowners for their permissions, this was infuriating. We know from bitter experience how this quick walk could have ruined a permission had it been discovered.

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.

Invitation to the Annual Meeting

All members of the FLT are invited to the Annual Business Meeting of the Finger Lakes Trail Conference, Inc., on Saturday, June 9th, at 4 p.m. at Camp Badger, Spencer, N.Y.. Members will vote on the nominees, listed below, for the Board of Managers. Other nominations may be made in accordance with our bylaws. A proxy form for those unable to attend will be mailed in March. Further information may be requested from the FLT Service Center at 585/658-9320.

Nominees for the Class of 2021 Board of Managers.

Ann Bayley

Richard W. Breslin

Scott Brooks

Anna Keeton

Ann Bayley

I started hiking when I was a teenager with Genesee Valley Hiking Club; left it when I married and had children and returned to it in 2001 when I retired. Hiking has helped to keep me healthy physically and emotionally for many years.



James Moody

I am a retired teacher of mathematics and science who continues to work in the classroom with young children in Rochester. I work with kindergarteners and second graders with literacy. I'm also discovering the challenges of developing and presenting science lessons that are consistent with the curriculum, are 30 minutes long, are appropriate for poor readers but are interesting and engaging to 4th graders, a really big challenge but when it works, it is great.

I have two children, one of whom is severely disabled with cerebral palsy. He is in a motorized wheelchair and actually enjoys going out on the trail. He has been to Ontario County Park and on the Lehigh Valley Trail. He now lives in Florida and I hope to find places there where he can comfortably "hike" in his chair. I am always pleased to find pieces of trails that are ADA compliant.

I became interested in the FLT years ago but just began hiking it seriously 6 years ago at the age of 71. This *might* be a little late to start an E2E effort, but maybe better late than never. My partner, Jim Moody, and I have hiked at many FLT conferences and are hiking the trail from west to east 5 – 6 miles at a time. This is slow but a great adventure for us.

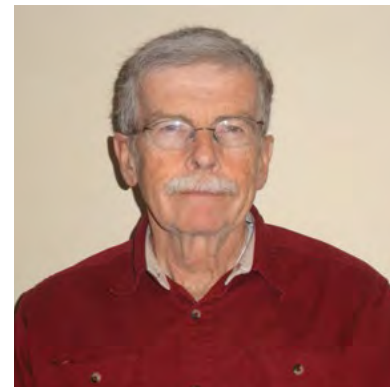
I am interested in becoming an outreach agent in the urban communities of N.Y. to tell both adults and young people about the benefits of hiking and about the beautiful Finger Lakes Trail.

This could be done, for example, through adult and teen education programs at local libraries. I imagine "Youth Days" on the trail when transportation might be available with many volunteers to hike with inexperienced youth.

I want to be useful to the FLT Conference and enable more people to know about the Trail and to use it.

Richard W. Breslin

Born in Queens N.Y. in 1949, I moved to Chenango County in upstate New York in 1975 and have lived here ever since, and in the Town of Greene since 1985. I am a retired attorney having practiced municipal law for 30+ years. My hiking began about 2004 when I joined the Bullthistle Hiking Club



Chris Breslin

which had just been founded by Ed Sidote. I was immediately captured by the joy of hiking the FLT and with the persistent encouragement of Ed, I participated in several Cross County Hike series and completed my End to End of the Main Trail in 2006. I've been a trail maintainer on a section of the FLT under the Bullthistle Hiking Club since the mid 2000s and enjoy doing my little part to keep the trail for current and future hikers.

I was fortunate to serve on the FLT Board of Managers in the late 2000s, meeting new and dedicated fellow hikers but time constraints of work and family prevented service for more than a few years. In 2011, I finished my Branch Trail goal with my friend Phil Dankert whom I had met while on the Board. Having retired at the end of 2011, I have the time to do what I can to help the FLTC organization promote and preserve the FLT so that others can obtain the same enjoyment experiencing the Finger Lakes Trail as I have been able to do.

Scott Brooks

I grew up in Rockland County, N.Y., and had the good fortune of living right next to Harriman and Bear Mountain State Parks. I hiked in these parks regularly and grew to love hiking. When I came to Rochester in 1995 to attend Rochester Institute of Technology, I found that I missed hiking. I walked on the Erie Canalway Trail, but that didn't provide the woodland hiking experience that I was looking for. I stumbled upon the Finger Lakes Trail while walking the Genesee Valley Greenway end-to-end and found what I was looking for! I have since completed my main and branch trail end-to-ends and I'm working on my second main trail E2E. I am also an aspiring Adirondack 46er, and I plan on completing



Janet Bernecky

my 46 before the end of the year. I work as a test engineer for a company that builds signal and control systems for trains (both mainline railroads and transit systems). The FLT gives me the chance to unplug and de-stress. Since my job often intrudes on my weekends, I like to go hiking every chance I get. I have taken much

enjoyment from the Finger Lakes Trail. I was appointed to the Board of Managers to fill a vacancy and would like to continue in this role. I am also a trail steward for 10 miles of trail on maps M7, M8 and L2.

Anna Keeton

Anna Keeton has served on the FLTC Board of Managers since November 2016 as a mid-term replacement. She is on the Nature Appreciation Sub-Committee of the Membership & Marketing Committee, the Trail Days in the Finger Lakes Committee, and assisted with the 2017 purchase and caretaking of the FLTC-owned parcel on White Church Road in the Town of Caroline in Tompkins County. She had a lot of fun helping with the sag wagon snack stations for the 2017 FLTC Cross County Hike Series.



Bohdi Rogers

Anna lived in Colorado, Wyoming, and Oregon before moving to Ithaca, N.Y., in 2003. She is a Finger Lakes Main Trail End-to-ender, is working on becoming a Branch Trail End-to-ender, and started hiking the Catskill 3500 peaks. She and her husband are Lifetime members of the Finger Lakes Trail Conference and Ithaca's Cayuga Trails Club. She was part of the Cayuga Trails Club Fall 2017 Officer Nominating Committee, and previously served the CTC as a Board Member at Large and the CTC Newsletter Editor.

Anna's educational background includes a Bachelor of Science in Anthropology with emphasis in Archaeology from Oregon State University, and Foundations in Financial Planning for Registered ParaplannerSM from the College for Financial Planning. She is employed as a Photographer of cuneiform tablets through Cornell University, has her own sewing business, and sews a large portion of her own clothing. 🍁

FLT NAMED HIKE EVENT

Saturday, April 28, 2018

*2018 Wally Wood Memorial Spring Hike
Tompkins County FLT Map M16*

Location: Stevenson Forest Preserve (starting at Trumble Road, hiking to parking area outside of Robert Treman State Park). FLT Map M16 rev. 10/1/16 & Map M17 rev. 7/29/17 (latter map for meeting location).

Hike Leaders: Theresa and Jay Evans – tj_evans@verizon.net; home# 315-414-0431; Theresa's cell# 315-480-0022; Jay's cell# 315-708-3246.

Hike Description: We will be hiking from Stevenson Forest Preserve to and through Robert H. Treman State Park. **Distance 8.8 miles (there will be no shorter hike offered).** We start the hike along the Stevenson Forest Preserve for about .5 mile and then have an early road walk with an uphill on Porter Hill Road. Overall, we will be going on a descending plane on the hike. Poles are recommended. On the way, we will have an option of going through the Bock-Harvey Preserve and will pass nearby the Pinecreek Campground. We will enter the State Park at Woodard Road. The trail parallels the Enfield Creek. Please come out and join your fellow hikers to get those legs moving on our spring hike in honor of Wally Wood.

Meeting Time: 9:30 a.m. Please try to be there and ready to go at this time

(Note: this is a joint hike with the ADK Onondaga Chapter, who will be leaving Syracuse at 7:45 a.m. – meeting spot Green Hills Plaza for ADK).

Meeting Location: Parking area on Rt. 13/34/96—918-998 W. Danby Rd., Ithaca, NY 14850 – coordinates 42.3982,-76-5426 or N 42.23.8934 W76 32.7699, which is outside of Robert H. Treman State Park (eastern end) .

Directions To Meeting Location: From Rt. 81 N/S take Exit 12 onto Rt. 281 to Rt. 13, continuing on thru Dryden, then to Ithaca. Continue on Rt. 13 past entrance to Robert Treman State Park. You then bear to left lane onto Rts. 34/96 and left again (circle around), parking area is the 2nd right (comes up quickly) – Google the FLT interactive map if not familiar with this area.

(NOTE: there will be a car pool shuttle (about 10 minutes) to the start of the hike at Stevenson Forest Preserve (on Trumble Corners Road).

Letchworth Trail Update

Irene Szabo

While it seems forever since the south end of our Letchworth Trail has been legal to use under the new railroad bridge construction, 2018 may indeed be the magic year. In early December the new single-arch bridge was completed, and after some quick early morning track rearranging to bring trains to the NEW one, the first train crossed. Since then the old bridge has already had one segment removed and carried away by crane. By the time you read this, the old bridge may well be nearly gone.



Gin Shear

The irritating job site fence surrounding the upper falls has been removed, and already walkers on the west side of the gorge can climb stairs ALMOST to the bridge level. However, until the old bridge is entirely removed, our trail on the east side remains closed.

A view from the north, looking up at the same Upper Falls, with the old bridge in the foreground.

John Kucko, a TV newscaster out of Rochester, provided the wonderful shot taken from a drone above the bridges as the first train crossed. His shot looks northward, and sees the river drop away from view over the upper falls. See the bare snowy line under the right edge of the bridges? That is our trail.

Gin Shear took the other picture from below the pair of bridges, looking south and upward toward the upper falls. The new bridge is a single arch, behind the spindly but rectangular old bridge. Next time we publish news about this bridge, we'll hope for a nice picture of just the new one. 🍁



John Kucko

A view from the south, taken obviously by a camera on a flight drone, looking down over the falls just past the old bridge. By late February, much of the old bridge is already gone.

Map M6 Eagle Scout Project

Michael McDonald

As part of an Eagle Scout project Michael did some improvements to the trail just to the east of Wiscoy Rd. After the first bridge there was an area where the trail had slid and was always wet. The Scouts cleaned this up and did some other trail improvements. Some of the improvements I requested were cleaning up the blazes that were sooooo confusing. Hopefully this will inspire the troop to do trail maintenance more often, but this is a good start. Regional Trail Coordinator Marty Howden

My name is Michael McDonald from Warsaw Boy Scout Troop 4033. My troop takes care of a ten mile section of trail between Wiscoy and Portageville and for years we've hiked it and done some minor conservation work but several large issues went unaddressed for a while as we simply didn't have enough manpower. As a Boy Scout, I want to become an Eagle Scout for which I have to do a service project. My first thought was our little section of trail.

On this section, and in particular one spot, there is a raised wooden walkway that was unfinished, a bridge that had a mud problem on one side and a switchback that was in a state of disrepair. In order to rectify this, I and a group of volunteers did extensive restoration of this section on September 23rd. We finished the wooden walkway across a low lying spot until dry ground, and we installed stone steps at the other end of the bridge to alleviate a mud pit that had formed. In order to fix the switchback, we leveled it out and then installed some footholds in order to make it easier to traverse and once you get up that, there is another hill that we also made footholds in as well. On top of all this, we did some general tidying of the trail area, cleared any fallen limbs from the trail and reblazed about a two mile section.

I hope that these improvements will be useful for all of you and as always, happy hiking! 🍁



Michael McDonald

Nicolas McGwire shows off the rock armoring done to stabilize the trail.

SUPPORT THE NORTH COUNTRY TRAIL AND GET A FREE MEMBERSHIP

For **first time supporters** of the North Country Trail we have a special program. Make a gift of \$20 or more to the North Country Trail Association and you will automatically receive full member benefits for one year. Benefits include a subscription to the full color *North Star* magazine, discounts in the NCTA Trail Shop, email updates about special events on the trail in your area and more. You can also join a local NCTA chapter if you wish and receive updates about their activities.



To make your donation, please complete this form and send it with a check for \$20 or more to:
North Country Trail Association
229 East Main Street
Lowell, MI 49331

You can also join online at: northcountrytrail.org

Name(s) of New Member(s)	_____
Address Line 1	_____
Address Line 2	_____
City/State/Zip	_____
Phone (____) _____	Email _____
Please Choose a Chapter Affiliation if You Wish (Check One)	
<input type="checkbox"/> Chapter Name _____	
<input type="checkbox"/> Assign Me to My Closest Chapter	
<input type="checkbox"/> Member-at-Large (Not Affiliated with a Chapter)	
<input type="checkbox"/> Make Me Paperless! Send Correspondence and Magazine to Email Address	
Comments _____	

The NCTA is a 501(c)3 nonprofit organization and all donations are tax deductible to the fullest extent allowed by the law. Thank You for Your Support.

Finger Lakes Trail Conference

Proposed Bylaws change for membership approval
2018 Annual meeting (June 9, 2018 at Camp Badger, Spencer, N.Y.)

The Finger Lakes Trail Conference membership in good standing is asked to consider the following changes to the Finger Lakes Trail Conference Bylaws:

Current:

Article VII – OFFICERS

Section 1. Officers:

The officers of the FLTC shall be President, Executive Vice President, Vice President of Finance, Vice President of Membership and Marketing, Vice President of Trail Maintenance, Vice President of Trail Quality, Vice President of Trail Preservation, Vice President of Mapping, and Secretary.

Proposal 1:

The officers of the FLTC shall be President, Executive Vice President, Vice President of Finance, Vice President of Membership and Marketing, Vice President of Trail Maintenance, Vice President of Trail Quality, Vice President of Trail Preservation, and Secretary.

Rationale: The Board of Managers continues to restructure the Board of Managers to reflect an effective Board focused on governance. Over the last three years the Board has added an executive vice president position as well as eliminated the Treasurer (function remains without board responsibility as Treasurer) and Vice President of Crews and Construction (function remains without board responsibility as Director of Crews and Construction) from the Board of Managers. The mapping function will remain without board responsibility as Director of Mapping. This proposal helps to realign the Board closer to a governance model.

The Board of Managers recommends the membership approve Proposal 1 to remove the Vice President of Mapping as an officer.

Current:

Article XII—Board of Managers

Section 1.4—Voting and Quorum

The purchase, sale, mortgage or lease of real property shall require approval of two-thirds (2/3) of the entire Board including officers.

Proposal 2: The purchase, sale, mortgage or lease of real property shall require approval of a majority of those present at a Board meeting which meets the quorum requirement of Article XII Section 1.1 with the exception that the sale, mortgage or lease of substantially all the real property assets of the Corporation is subject to the requirements of Article XVII Dissolution

Rationale: The 2/3 majority is outdated. This proposal realigns the bylaws to the 2013 NYS Non Profit Revitalization Act.

The Board of Managers recommends the membership approve Proposal 2 to update the bylaws to current NYS Non Profit Revitalization Act regulations.

NEW

Article XII Section 1.5

Proposal 3: The majority of a quorum of the Executive Committee may authorize the acquisition of any real property interest where no funds other than filing, survey and legal fees are to be expended.

Rationale: The full Board of Managers meets on a quarterly basis and in one case, there is a 4-month gap between meetings. Some opportunities for real property transactions occur between meetings and require immediate attention in order to close the deal. This proposal will allow the Finger Lakes Trail Conference to act in a timely manner.

The Board of Managers recommends this addition to the by laws.

SURPRISE DONOR

The upcoming project to build a lean-to within Basswood State Forest in May has been funded by a \$4000 donation from Winnie Balz of Schenectady, to honor her friend Myron D. Egtvedt, 1930-2017, who lived on the west shore of Skaneateles Lake. Apparently years ago he worked on the building of the early miles of the Finger Lakes Trail, even though he doesn't show up in our membership rolls. Myron left the money to Winnie with instructions to donate it to something worthy on the trail. Thanks to both of you!



Irene Szabo

Make It A Great Hiking Weekend in the Finger Lakes

Gary Mallow

The greatest selling point for any hiking weekend sponsored by the Finger Lakes Trail Conference is the camaraderie you'll experience on the trail. The people you hike with love doing what you love doing, they generally share similar values, they have a deep appreciation for the outdoors. There really is no way to describe that experience unless you've been out there with friends, and that's exactly what the FLTC and Cayuga Trails Club are offering this spring as the club hosts the Spring 2018 Conference.

Join us and you'll have plenty of opportunity to do miles on the trail, share a cabin, eat together and listen to speakers along with other hikers who, like you, value the outdoor experience and savor a good workout that challenges the legs and the lungs, or simply a moderate, quiet walk in the woods. If you love hiking, adventure, good food and interesting speakers, then the Spring Conference is for you. The dates: June 8th through the 10th. The place: Tompkins County, headquarters at Lions Camp Badger, a short drive from Ithaca, NY. Weekend Chair is Robin Carlisle Peck.

Ithaca is known for its gorges. There are dozens in the area, but five of the best known are within a short drive of the City of Ithaca, and they are easily accessible. Taughannock Falls, Buttermilk Falls, Ithaca Falls, Cascadilla Creek and Lucifer Falls are a short walk from their respective parking and are favored by thousands of tourists who flock to Ithaca every summer. The town is also home to Cornell University. The gorges, university, the accessibility of Cayuga Lake, Ithaca's large and extensive Farmer's Market, local music, local theater, local wine and beer, and other attractions make this college town a vacation destination. They are all worth a visit. But if you're interested in taking the path less traveled, you'll discover less well known gorges, ravines, small waterfalls, old growth forest, meadows and landscapes along the Finger Lakes Trail and the Cayuga Trail. Many of our hikes will take you to these beautiful, quiet and usually remote spots.

You will have no fewer than 22 interesting and challenging hikes and two bike tours to choose from. You can join the 12.5 mile march with Marsha Zgola and Dick Frio through New York's one and only National Forest, or do a nature hike around the Von Engeln Preserve with Bob Beck, guaranteed to be a fascinating tour and less than three miles of hiking. And everything in between. Most hikers who make their way to this part of the Finger Lakes region go home with a memory of hiking the Abbott Loop, one of the most popular hikes in Cayuga Trails Club territory. The Loop features lovely woods and creek crossings, a variety of wildflowers, and The Pinnacles, which provide a panoramic view of the West Danby valley. The entire loop covers 8.8 miles and it's worth the effort. But if that's a little long for you, try the moderate or

shorter hikes. Whatever hikes you choose, you'll encounter hills and valleys typical of the Finger Lakes Trail; some of the hills are steep and challenging.


For the most basic and least expensive overnight housing, reserve a room at Lions Camp Badger, where most hikers will stay. The Lions Camp features rustic cabins with older, small, spare rooms in a dorm-like setting. This is not the Trump International Hotel, but for most hikers, it beats a tent, provides basic accommodation, is comfortable and conveniently located just a short walk to the dining hall. RV sites are available right at the camp, or you can choose any number of local hotels and motels. Tent sites at Lions Camp Badger are also available.

Our Friday speaker is Philip Terrie, Professor Emeritus from Bowling Green State University. Phil will speak to us on the tensions between the constitutionally guaranteed protection of the Adirondack Park as "forever wild," and the perennial development pressures to create a more prosperous north country economy. Our Saturday speaker is Brittany Rogers, SUNY ESF Research Assistant "Mapping Invasive Species".

Great food will be waiting for you at Lions Camp Badger when you come back hot, sweaty and hungry from your hike. A couple of well known caterers will be ready to serve you something great for breakfast and dinner. Bag lunches for your backpack are available to order in advance.

Want a break from the trail to bring home a souvenir of your weekend? The Finger Lakes are known for their award-winning white wines, and local wineries offer tours just up the road. A short drive up either Route 89 or Route 414 will bring you to your choice of dozens of wineries. In addition to the wineries, several local breweries now offer locally brewed craft beers, and there are even a couple of cideries that have opened for business. At this writing, the plan is to invite a brewery and a winery to provide on-site tastings at Lions Club Badger. Their wares should be available for purchase.

Finally, the program for the weekend includes the Annual Meeting of the Finger Lakes Trail Conference. You will have the opportunity to participate in this exercise in grass roots democracy, hearing reports and electing the leadership of your trail conference for the coming year.

Most of all, the Spring Conference offers an opportunity to hike and catch up with friends, both old friends and new faces that you'll meet on the trail. Join us for a weekend of great hiking, good food, interesting speakers and camaraderie! 

Finger Lakes Trail Conference – 2018 Annual Meeting

June 08 to June 10, 2018 – Hosted by the Cayuga Trails Club

Lions Camp Badger, 725 LaRue Road, Spencer, NY 14883

Schedule of Events-Registrations accepted up to May 26th!

Friday, June 17

Lions Camp Badger –Collins Conroy Lodge

12:00 – 5:00 PM	Registration
12:00 – 2:00 PM	Gather for Scheduled Hikes
4:00 – 5:30 PM	Social Hour - Liquid State Brewery, Ithaca
5:30 – 6:15 PM	Buffet Dinner
7:00 PM	Special Presentation - Philip Terrie, Professor Emeritus, Bowling Green State University "Contested Terrain: Conservation, Policy, and Conflict in the Adirondack Park"

Saturday, June 18

Lions Camp Badger

7:00 – 7:45 AM	Buffet Breakfast
7:45 AM	Yoga with Daniel Kaiya
8:15 – 9:00 AM	Registration
8:00 AM	Pick up Trail Lunches
9:00 – 9:30 AM	Gather for Scheduled Hikes
4:00 – 4:45 PM	FLTC Annual Membership Meeting, election of Board Members
4:00 – 5:30 PM	Social Hour
5:30 – 6:15 PM	Buffet Dinner
7:00 PM	Awards and Presentations
7:30 PM	Special Presentation - Brittany Rogers, SUNY ESF Research Assistant "Mapping Invasive Species"

Sunday, June 19

Lions Camp Badger

7:00 – 7:45 AM	Buffet Breakfast
7:45 AM	Yoga with Daniel Kaiya
8:00 AM	All Guests at the camp must be checked OUT at this time
8:00 AM	Pick up Trail Lunches
8:15 – 8:45 AM	Gather for Scheduled Hikes
10:00 – 11:30 AM	FLTC Board of Managers Meeting

Directions – www.lionscb.org/directions-to-camp.html. NOTE: If you must use a GPS, enter “29 Fisher Settlement Rd, Spencer, NY 14883” (Hollybrook Golf Club) as your destination. Once there, enter “725 La Rue Rd, Spencer.” This will help you avoid several seasonal roads!

From the North (Ithaca/Syracuse), From Ithaca, travel south on Rte 13/34/96. Follow the signs for Rte 34/96 South to Spencer. Travel approximately 17 miles. Shortly after the “Welcome to Spencer” sign, take next left (sharp) onto Fisher Settlement Road. The camp is located 4 miles on the right.

From the South/East (Binghamton), From the Binghamton area and points east/southeast: follow Rte 17/Interstate 86 to Exit 64 “Rte 96/Owego/Ithaca,” and follow signs for Rte 96 North towards Ithaca. In Candor, follow Rte 96 north (NOT 96B!) to Spencer. At the traffic light in Spencer, make a right onto Routes 34/96 north. Travel one mile and make a right onto Fisher Settlement Rd. The camp is located 4 miles on the right.

From the West/Northwest (Buffalo/Rochester), From Rochester/Buffalo, travel east on Interstate 90/NYS Thruway to Exit 42 Geneva/Rte 14. Follow Rte 14 south for about 40 miles through Watkins Glen. Turn left onto Rte 224 south (in town of Montour Falls). Follow Rte 224 south about 20 miles. In the town of VanEtten, Rte 224 will turn into Rte 34N. Follow Rte 34N to Spencer. At the traffic light in Spencer, turn left onto Rte 34/96 north. Travel one mile and make a right onto Fisher Settlement Rd. The camp is located 4 miles on the right.

From the West/Southwest (Elmira/Corning) From the Elmira area and points west: from Interstate 86/Rte 17, take Exit 54 “Rte 13N Ithaca.” In Alpine Junction, turn right on Rte 224. In the town of VanEtten, Rte 224 will turn into Rte 34N. Follow Rte 34N to Spencer. At the traffic light in Spencer, turn left onto Rte 34/96 north. Travel one mile and make a right onto Fisher Settlement Rd. The camp is located 4 miles on the right.

Parking: Follow signs to the registration area. You may park at your assigned cabin/camping area.

Questions? Robin Carlisle Peck, 607-227-7413, email rjcp019@aol.com

FLTC Spring 2018 Annual Meeting – Hike Schedule

All hikes meet and return to Lions Camp Badger. Look for hike leader holding a numbered sign.

Friday, June 8th Trips A1 – A7

A 1. Danby State Forest (NY 96B) to Shindagin Hollow State Forest. NCT/FLT Maps M17/M18, strenuous, 7.6 miles, **John Andersson.** Starting from Durfee Hill Road and after having mastered a steep uphill on Heisey Road you will hike on a new trail section built by CTC volunteers in 2017 and made possible by joint efforts of the FLTC, FLLT, DEC and CTC. Continuous with hike B1 and C1 to cover the eastern section of Tompkins County to complete M18. 25-minute drive. **12:00 pm.**

A 2. From Watkins Glen (Clute Park) to Logan Rd. (Schuyler County). NCT/FLT Map M15, strenuous, 8.1 miles, **Kenny Fellers.** This hike features the beautiful Excelsior Glen and many spectacular views across Seneca Lake and the surrounding hills. Continuous with hike B2 & C2 to complete M15 and the western part of Map M16. 45-minute drive. **12:00 pm.**

A 3. Rieman Woods, Bock Harvey Preserve and Upper Treman State Park (From Porter Hill). NCT/FLT M16, moderate, 5.3 miles, **Gary Mallow.** This hike starts in two Forest Preserves owned by the FLTC and includes a loop in the Bock Harvey Preserve. Continuous with hike B3 and C3. 30-minute drive. **1 pm.**

A 4. Abbott Loop (with Pinnacles) Western Part. F L T Map M17 or Special Abbott Loop FLTC map, strenuous, 4.8 miles, **Larry and Susan Blumberg.** We will start at Diane's Crossing, just off Michigan Hollow Rd., hiking a steep 400-foot incline on our way to The Pinnacles, which features a beautiful panoramic view to the north and west. Then it's downhill through a pine plantation, mixed hardwoods, and back to Michigan Creek and another pine plantation. This hike is not a loop. We will park cars where the Abbott Loop crosses Michigan Hollow Rd. (south crossing) and shuttle to Diane's Crossing. 12-minute drive. **1:15 pm.**

A 5. Tanglewood Nature Center, Elmira,

moderate, about 6 miles, **Gary Brouse and Sigi Schwing.** The Tanglewood Nature Center in Elmira offers 9 miles in this trail system that passes over the Chemung valley.

We will start from the parking lot of the Nature Center at 443 Coleman Avenue and hike on a trail with vertical drop offs and partially rocky terrain over old logging roads. The trails offer spectacular views high over the winding Chemung River. You can test your knowledge about trees on the tree identification trail. 50-minute drive. **12:30 pm.**

A 6. Treman Park Loop Hike FLTC Map M16 and park trails, steep terrain, 3.5 miles, **Carol Mallison.** This hike illustrates



Spotted Salamander Hike

Tom Reimers



Tom Reimers

Lucifer Falls in Enfield Creek

why locals say "Ithaca is gorgeous" and newcomers to the Upper Treman gorge have described its dramatic geography as spectacular and breathtaking. Similar in geology to Watkins Glen, one impressive feature is Lucifer Falls, which cascades for 115 feet through a sandstone and shale gorge carved out by Enfield Creek. Treman Park has its own charm, enhanced by original stonework completed by the Civilian Conservation Corps in the 1930s. Following severe storm damage, it has been repaired and supplemented many times by masons of the park staff. This relatively short hike includes several steep pitches and steep stone stairways. 25-minute drive. **12:30 pm**

A 7. Logan Hill Nature Preserve in Candor. Easy to moderate, 3 miles, **Roger Hopkins and Jason Gorman.** Come enjoy a beautiful hiking trail at the Logan Hill Nature Preserve just outside of the village of Candor, Tioga County. Opened to the public in 2016, Logan Hill is one of over 30 nature preserves owned and protected by the Finger Lakes Land Trust forever. This hike will take us through several different habitats including young and old forests, meadows, and wetlands. Gradual 450 feet of elevation change. 20-minute drive. **1 pm.**

Saturday, June 18th Trips B1 – B9

B 1. Shindagin Hollow and Potato Hill State Forests. NCT/FLT M18, moderate, 9.2 miles, **Larry and Susan Blumberg.** This hike will be from Shindagin Hollow Road to Rt. 79 passing the Shindagin Hollow Lean-To and a recently reopened trail section on privately owned land and in Potato Hill State Forest. Continuous with hikes A1 & C1 to complete Map M18 and the eastern part of Tompkins County during the weekend. 30-minute drive. **9:00 am.**

B 2. Finger Lakes National Forest and Texas Hollow State Forest. NCT/FLT Map M15, very strenuous, 12.5 miles, **Marsha Zgola and Richard Frio.** This hike starts from Logan Road, passes the Dunham Lean-To and the Rogers Hill Lean-To and brings us to Gulf Rd. It has plenty of scenic views from Rogers Hill. Continuous with A2 (covers entire Map M15) and C2. 40-minute drive. **9:00 am.**

B 3. Treman State Park and Sweedler Nature Preserve NCT/FLT M16 & M17 moderate, 6.8 miles, **Gary Mallow and Sigi Schwing.** Thousands of tourists visit Treman Park every year,

but few take the time to get away from the crowd to see the old growth oaks and hemlocks high above the falls on the FLT. We'll start from Woodard Road and spend most of our time on the FLT but will take a short diversion off trail to see dramatic Lucifer Falls, the highlight of the park. The hike will end at Layen Road and includes about a mile of road walk on a paved town road that is regularly used by residents before we'll be rewarded with beautiful views to the west of Cayuga Inlet Valley at the end of the hike. Continuous with A3 & C3. 20-minute drive. **9:15 am.**



Tom Reimers

Lick Brook

B 4. Abbott Loop in Danby State Forest. NCT/FLT M17 or Special Abbott Loop FLTC map, strenuous, 8.8 miles, **Anna Keeton and Kenny Fellers.** Built and maintained by the Cayuga Trails Club, the Abbott Loop encompasses some of the most beautiful scenery in Danby State Forest. Hike will start at the north crossing of the Finger Lakes Trail on Michigan Hollow Road close to Diane's crossing. Expect some rugged climbs, steep descents and brook crossings. Thatcher's Pinnacles provide a scenic overlook of West Danby, the Lindsay-Parsons Biodiversity Preserve and the forested hills beyond. 12-minute drive, **9:30 a.m.**

B 5. Cayuga Trail Loop Hike. CTC Cayuga Trail Map, 4.4 miles. Moderate in rugged steep terrain.

Sigrid and Jim Connors. The hike begins at the Community Gardens off Freese Road and will take hikers along the high banks of and water's edge of Fall Creek, through hardwood forests and pine plantations. Breathtaking vistas, interesting geological features and the beauty of wild sections of Fall Creek and Cornell's off-campus natural areas will greet you on this hike. This hike includes a relatively new section built by the Cayuga Trails Club in 2016. 30-minute drive. **9:45 am.**

B 6. Three Preserve Hike in Connecticut Hill. NCT/FLT M16, 3 or 6 miles, easy/moderate, **Wendy Stevenson and Dave Bock.** We will hike on three nature preserves in the Town of Enfield, Tompkins County. The three preserves carry parts of the Finger Lakes Trail/North Country National Scenic Trail and are protected by the Finger Lakes Trail Conference in partnership with the Cayuga Trails Club and the Finger Lakes Land Trust. Dave Bock was instrumental in protecting and establishing the Bock-Harvey Preserve a couple of years ago. The 3-mile hike will start at the Rockwell Rd. trailhead and hike the Bock-Harvey Preserve Loop, the FLT in the preserve including a visit to the Locust Lean-to and Rieman Woods. It will return to the start point on a short road walk on Rockwell Rd. The 6-mile hike will be the same but will

proceed upon exiting Rieman Woods on a half mile road walk to the Stevenson Preserve including the spur to the Stevenson Vista. Dave and Wendy will share some Harvey-Stevenson family stories about the histories of these preserves. 40-minute drive. **9:15 am.**

B 7. Roy H. Park Nature Preserve. easy, 4 miles, **Tom Reimers and Roger Hopkins.** This is a short easy meander for nature-appreciative hikers. The Finger Lakes Land Trust protects almost 19,000 acres including more than 30 nature preserves. This is one of the best! We will first stop at the north entrance to see the handicapped accessible boardwalk overlooking a huge complex of beaver dams and ponds and take a short walk in the adjacent Hammond Hill State Forest. We will then drive to the south entrance where a two-mile system of hiking trails will take us to the lean-to shelter at Six-Mile Creek and the beautiful confluence of Six Mile and Dusenberry Creeks. The preserve is a hot spot for spring birding. Tom and Roger know this preserve very well and will have some interesting things to share. 45-minute drive. **9:45 am.**

B 8. Taughannock Falls State Park, Rim Trails and Gorge Trails. 4.2 miles, easy with stair climbs, **Judy Austic.** On this hike you will explore Taughannock Falls State Park which boasts spectacular overlooks. The upper falls has a drop of 215 feet and is one of the highest east of Rocky Mountains. Hike will start at the Falls Overlook parking area on Taughannock Park Road. After enjoying the view of the falls, you will head west on the North Rim trail to where it intersects the South Rim trail. From there you will hike east to the Gorge and hike into the falls basin and back. A short walk north on NYS Route 89 will take you to the North Rim trail head and back up to the Falls Overlook parking area. 40-minute drive.

10 a.m.

B 9: Bicycle Tour - Loop Tour from Spencer to Brooktondale. 42 miles, 1892.0 ft. elevation gain. **Kristin Schafer and Jack Cheney: 9:30 am.**

Sunday, June 9th Trips C1 – C8

C 1. Robinson Hollow and Hammond Hill State Forests. NCT/FLT Map M18, moderate, 7.7 miles, **Larry and Susan Blumberg.** This hike will be from Rt. 79 to Rt. 38/Purvis Road. Continuous with hikes A1 & B1 to complete M18 and the eastern part of Tompkins County and a small section of Tioga County during the weekend. 35-minute drive. **8:15 am.**

C 2. Connecticut Hill Wildlife Management Area. NCT/FLT M16, strenuous, 8.9 miles, **June Meyer and Lincoln Brown.** We'll hike from Gulf Road to Tower Road through a remote section of Connecticut Hill Wildlife Area. Continuous with hike A2 & B2. 40-minute drive. **8:15 am.**

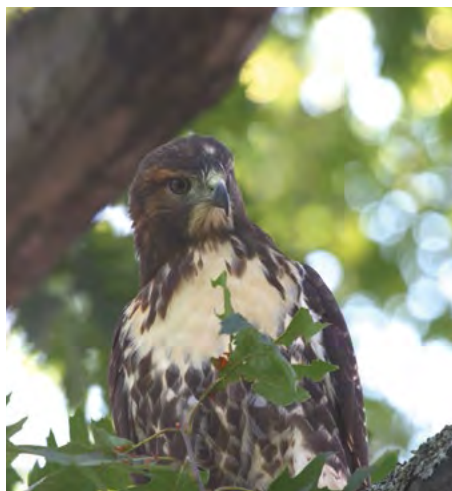
C 3. From Layen Road to Comfort Road. NCT/FLT M17, moderate, 4.1 miles, **Gary Mallow.** On this short, moderate hike, we'll stay on high ground east of the West Danby Valley. Good views of the rural landscape looking west are a bonus of this hike along with several dramatic ravines we'll cross. Continuous with A3 & B3. 15-minute drive. **8:15 am.**

C 4. Arnot Forest Hike. easy, 4.5 miles, **Sigrid Connors.** "The Arnot" in Townships of Newfield & VanEtten is a research and teaching forest located in the hilly forested Southern Tier that is owned by Cornell University and managed by their Department of Natural Resources in the College of Agriculture and Life Sciences. Mature forests, grasslands, softwood plantations, 400

species of vascular plants, 135 species of birds, numerous amphibians, reptiles, mammals, and other wildlife inhabit “The Arnot.” Hike will start at the north gate and end at the south gate. 20-minute drive. **8:30 am.**

C 5. O.D. Von Engeln Preserve in Malloryville. easy, 1- 2.5 miles, **Bob Beck and Sigi Schwing.**

Naturalist Bob Beck will lead a tour of the amazing O.D. Von Engeln Preserve. This wetland preserve includes several post-glacial features such as eskers (river beds that ran through glaciers), wooded swamps, bogs, fens, marshes, and springs. These unusual features provide habitats for a variety of uncommon plants such as northern pitcher plants, highbush blueberries, water arum, and sundew. The preserve is owned by The Nature Conservancy; Bob Beck was instrumental in protecting and establishing this preserve in the 1980s and 1990s. He will tell captivating stories about the natural and human history of the preserve as we hike easy trails including the Bog Loop Trail, the Esker Trail, and an eco-friendly boardwalk built with recycled plastic composite lumber. For those wanting a longer hike, Bob will take us to see additional interesting glacial features and Fall Creek in the northeastern part of the preserve, not normally seen by visitors. Please, no pets. 40-minute drive. **8:30 am.**



Redtail Hawk

C 6. Cayuga Waterfront Trail. Easy, 4 - 5.5 miles. **Carol Mallison.** Walk on the Cayuga Waterfront Trail from the Ithaca/Tompkins Visitor's Center to Ithaca's Farmers Market. This loop hike is on a paved trail and is a great place to walk while providing views of Cayuga Lake. It passes through Stewart Park and part of the Fuentes Bird Sanctuary on its way to the Farmers Market. 30-minute drive. **8:30 a.m.**

Tom Reimers

C7. Cornell Botanic Gardens, Cascadilla Gorge Trail, Beebe Lake and the Western Part of the Cayuga Trail, easy/moderate, about 5 miles, **Barbara Nussbaum.** This hike will bring us through Cornell Botanic Gardens including parts of the Arboretum, the Wild Flower Garden, Herb Garden and Rhododendron Garden, through parts of Cornell Campus and up the short but beautiful Cascadilla Gorge Trail with many waterfalls, around Beebe Lake and includes an ice-cream option on Cornell Campus. 30-minute drive, **8:45 am.**

C 8. Bicycle Tour from Spencer to Dean Creek Road, 23 miles, total ascent is 1418.8 ft. **Kristin Schafer and Jack Cheney. 8:15 am.**

Malloryville Bog



Tom Reimers

Meals – Catering onsite provided by Stacey Weeks from “Pure Mind Food and Body.” Stacey is also a Wellness Coach and specializes in healthy, nutritious foods for all. She has been alerted to some of our unique dietary needs and allergies. All meals will be served buffet style in the Conroy Collins Lodge. All meals will include vegetarian options. Iced water, coffee, and tea will be provided at all meals. *Don't miss a meal; buffet service starts and ends on time!*

Friday Buffet dinner – Soups – Vegan, Vegetarian, Meat options, mixed greens salad, crusty bread with butter and earth balance, assorted cookies for dessert.

Breakfast – Egg Bakes with meat or veggies, fresh fruit, yogurt and homemade granola, cold cereal and milk, bagels and cream cheese, orange juice.

Saturday Trail bag lunches – Ham-Swiss, lettuce, apple, red onion; Turkey-cheddar, lettuce, cucumber, shredded carrots; Veggie-hummus, spinach, shredded carrots, cucumber; fresh fruit – apples, bananas, oranges; homemade granola bars (gluten free available). Collard greens available as alternative to wrap.

Lodging - Check out at the camp is 8 AM for all cabins, tent/ RV sites.

The cabins- all guests need to bring bedding and towels/washcloths.

- Single beds in women's rooms, with nearby bathroom/shower facilities
- Single beds in men's dorm rooms, with nearby bathroom/shower facilities
- There are limited amounts of double suites with shared bathroom for couples
- Tent and 6 RV sites with electric, there are no water or sewer hookups.
- **All accommodations are reserved first-come, first-serve.**

Miscellaneous information regarding Lions Camp Badger

- There is a pond located at the camp for kayaking.
- The camp has trails that we are welcome to explore.
- The campfire pit is ours to use.
- There is little to no cell phone or Wi-Fi coverage in this area.

Saturday dinner – Roasted rosemary chicken thighs, Tofu Khan Brown rice pilaf, roasted root vegetables, mixed greens salad, fruit crisp for dessert.

Sunday Breakfast – Overnight French-toast bake, Sausage – pork or turkey, Overnight Oats in a Jar with dried fruit and yogurt, bagels and cream cheese, fresh fruit, orange juice

Sunday Trail Bag lunches – Turkey Banh Mi Wrap, Tofu Banh Mi Wrap, Ham, Swiss, lettuce, tomato; Fresh Fruit – apples, bananas, oranges; homemade granola Bars (gf available). Collard leaf available for gluten-free option.

Social Hour – All are welcome to bring wine, beer, etc., consumption to be limited to the lodge/pavilion and recreation hall areas. Local brewers and wineries will be onsite to provide tasting/purchases. Light snacks will be provided.

Yoga – Daniel Kaiya will be returning to run Yoga sessions for stretching each morning, fee is \$5/session.

Other Local Accommodations:

Spencer – within 15 minutes of camp

- **A Slice of Home Bed & Breakfast**, www.sliceofhome.com, 178 N. Main St, Spencer 607-589-6073
- **Humble Hill Farm & Lodge**, www.humblehill.com, 467 Tallow Hill Rd, Spencer
- **Aspen Family Campground**, www.aspenfamilycampground.com, 217 Tuttle Hill Road, Candor 607-659-7865

Newfield and Ithaca – within 30 minutes of camp

- **Pine Creek Campground**, www.pinecreekcampground.com, 28 Rockwell Road, Ithaca 607-273-1974
- **Buttermilk Falls State Park**, www.reserveamerica.com, NYS Route 13, Ithaca
- **Robert F. Treman State Park**, www.reserveamerica.com, NYS Route 327, Ithaca

For alternative options please visit www.tompkinschamber.org for Tompkins County, or www.tiogachamber.com for Tioga County.

FLTC 2018 Annual Meeting – Registration Form

June 8, 9, and 10 – Spencer, New York-

Registration form also available at www.cayugatrailclub.org or www.fingerlakestrail.org

Name(s) _____

Address _____

City/Town _____ State _____ Zip Code _____ County _____

Phone(s) _____

Email(s) _____

In case of emergency notify: Name _____ Relationship _____

Phone(s) _____

Local Hiking Club/Affiliation _____

End to End Badge # _____ Any special needs we should be aware of? _____

REGISTRATION FEE - non-refundable and required for any part of the weekend.

FLTC member _____ x \$30.00 = \$ _____

Non-member _____ x \$40.00 = \$ _____

MEALS & LODGING - non-refundable after May 26th

Meals & Lodging all-inclusive: 2 nights and 6 meals.

Choose RESIDENTIAL or COMMUTER

COMMUTER – Meals only (6 meals) for Friday thru Sunday _____ x \$95.00 = \$ _____

RESIDENTIAL

RESIDENTIAL – Dorm room single beds with nearby facilities and 6 meals for Friday thru Sunday

Names you would like to room with: _____ x \$145.00 = \$ _____

CAMPING – RV _____ or Tent Site _____ x \$145.00 = \$ _____

YOGA - Daniel Kaiya session 7:45 AM each morning Sat. _____ Sun. _____ x \$5.00 = \$ _____

INDICATE ANY FOOD ALLERGIES, CONCERNS HERE

Total (Check enclosed) \$ _____

FRIDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER

Soup - Meat **OR** Vegetarian **OR** Vegan

Please CIRCLE your hike choice A1 A2 A3 A4 A5 A6 A7

SATURDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER AND TRAIL LUNCH

Trail Lunch Veggie **OR** Ham **OR** Turkey

Buffet Dinner - Meat **OR** Vegetarian

Please CIRCLE your hike choice B1 B2 B3 B4 B5 B6 B7 B8 B9

SUNDAY – PLEASE CIRCLE ONE CHOICE FOR TRAIL LUNCH

Trail Lunch Veggie **OR** Ham **OR** Turkey

Please CIRCLE your hike choice C1 C2 C3 C4 C5 C6 C7 C8

Mail form & check payable to Cayuga Trails Club, c/o R Carlisle Peck, PO Box 244, Interlaken, NY 14847

Please read and Sign the following:

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well- being, or, for the well- being of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities. I have read the ALCOHOL use guidelines and agree to abide by them.

Print Name _____ **Signature** _____ **Date** _____

Print Name _____ **Signature** _____ **Date** _____

PASSAGES

Kalista Lehrer

Kalista Lehrer, longtime member of the Buffalo area Foothills Trail Club, the Finger Lakes Trail, and the North Country Trail Association, who walked a total of 6979 miles with her local club (records are kept for their annual Bunion Badges), died unexpectedly November 29, 2017. She was last featured in the *FLT News* two years ago for donating several two-man crosscut saws that she and husband John had used in their own trail work years ago, saws he owned from 1930s CCC camp. Kalista had been an NCTA member since 1982, so even with a six year lapse in membership, she was a 29 year member.



Tony Rodriguez

Kalista working one of the crosscut saws she donated, during a workshop in 2015 near Greek Peak when the FLT hosted the North Country Trail annual event.

Locally she was active in many nature and church groups, edited her hiking club newsletter, and was a well known nature educator. With her husband she maintained a section of western N.Y.'s Conservation Trail, from Warner Hill to Humphreys Roads on Map CT6, and then after his death, she maintained the north end in Niagara Falls, from Grand Island Bridge to the Rainbow Bridge.

FELLOW DOG OWNERS

Jacqui Wensich

Fellow dog owners and hikers, you may still add the name of your beloved pet to the now existing Dog Memorial Shelter (Moss Hill). Contact the office for details or me at jwensich@rochester.rr.com

Once we have a total of ten donors another plaque will be posted inside the shelter.

Check out this terrific story by Thom and Mary Lou Belasky, now living in Nevada. They were long time trail maintainers in Birdseye Hollow near Bradford.

In their own words:

One day we set out to do some trail work we debated where we should start. We changed locations three different times. It was on our third and final move that out of nowhere came this little puppy. It was as if we were on a course to find her.

Lou Lou ended up with us for fourteen years and touched our lives in a most glorious way. She traveled with us to many places and has crossed the U.S. several times. She left footprints on Mt. Charleston, the Valley of Fire and Red Rock Canyon in Nevada. She walked many miles on the FLT. She was a joy to have. We thank the Finger Lakes Trail for that glorious find. The trail work we did paid us in a most beautiful way. We will never forget her.



Thom Belasky

WINTER BOATING ON THE GREENWAY TRAIL IN NORWICH

Don Windsor

NEW YEAR'S DAY – Mon 1 Jan 2018

A very frigid morning but a pleasant sunny one had 6 hikers on the Norwich Greenway: Anne Altshuler, Stan Benedict, John Carhart, Warren Johnsen, Art Sandberg, and Don Windsor. We hiked about 2 miles in 1.8 hours for a speed of 1.1 miles per hour.

We parked in the lot by Greenway Park (River and Rexford streets) and walked west on Rexford to the former O&W railroad corridor then took it northerly, crossing Borden Avenue, and on to the Greenway northerly to the NYS&W railway. See group photo. Art is on the left and note how effectively his camouflaged jacket blends in. It was about -11 degrees at our start and about +9 degrees when we finished.

We saw two City police vehicles as we entered the industrial area. On the trail we encountered three policemen returning from



Warren Johnsen

the City Wells area. They were checking on homeless persons who might be camping. We followed their good advice as they recommended that we be careful. We did not find any campers but did see a lot of large footprints.

ANOTHER DOG STORY

Peg Fuller

This is Lola Francis (owners David and Sarah Francis) hiking on Jan 28th on the spur trail near Perkins Lean-to. She was put to work doing trail maintenance. The Bullthistle Hiking Club hiked 5.2 miles. Lola is a highly trained search and rescue dog. She can track live or dead people or animals. It was her first hike with us. She found three deer carcasses while we hiked, but only one had been visible to me.





Answers to the Winter 2017 "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 Picture:



Mike Schlicht

No one correctly identified the "big foot" crossing sign location.

It is very noticeable if you have hiked the O2 map.

You can see the Cuyler Village sign in the background.

O2 Cuyler NY by Mike Schlicht

New Picture:



Jack Vanderzee

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 31. Dues paid after Dec. 31 will be applied to the next membership year.)

Youth (under 17)	\$15	Sustaining:	
Student (under 24)	\$15	Pathfinder (Bronze)	\$100
Limited Income	\$30	Trail Blazer (Silver)	\$250
Adult	\$40	Trail Builder (Gold)	\$251-\$500
Family	\$60	Trail Guide (Diamond)	\$501-\$1000
Youth Organization	\$30	Trail Patron (Platinum)	over \$1000
Lifetime (Individual)	\$600	Lifetime (Family)	\$900
Business/Corporate:			
Bronze	\$100	Diamond	\$1000
Silver	\$250	Platinum	\$2500
Gold	\$500		

Gift In Honor of

Donna Noteware

from

Lorraine Manelis

Gift In Honor of

Donna Noteware

&

Gift In Memory of

Tom Noteware

from

Anne & John Keddy

Finger Lakes Trail 2018 Calendar of Events

March 10 Board of Managers, meeting at Mt. Morris
 April 28 Wally Wood Hike, (pg. 31)
 May 1 Deadline, *FLT News*
 June 8-10 Spring Weekend, Camp Badger, Spencer, N.Y.
 June 10 Board of Managers Meeting at Camp Badger
 August 1 Deadline, *FLT News*
 November 16-18 Annual Board Retreat, Letchworth

FINGER LAKES TRAIL CONFERENCE

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• 585/669-9953 • wstevens@frontiernet.net

Finger Lakes Trail Conference, Inc.
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Mt. Morris, NY 14510

Katy Currier took this closeup of frost heave ice in the ground in Boyce Hill State Forest, Map M4. We all know that water expands as it freezes, but to see it CURL as it expands out of the ground is surprising. These tiny icicles in the ground make for hellacious walking, each step crunching on 3-4" of unstable mess.

