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GUIDE

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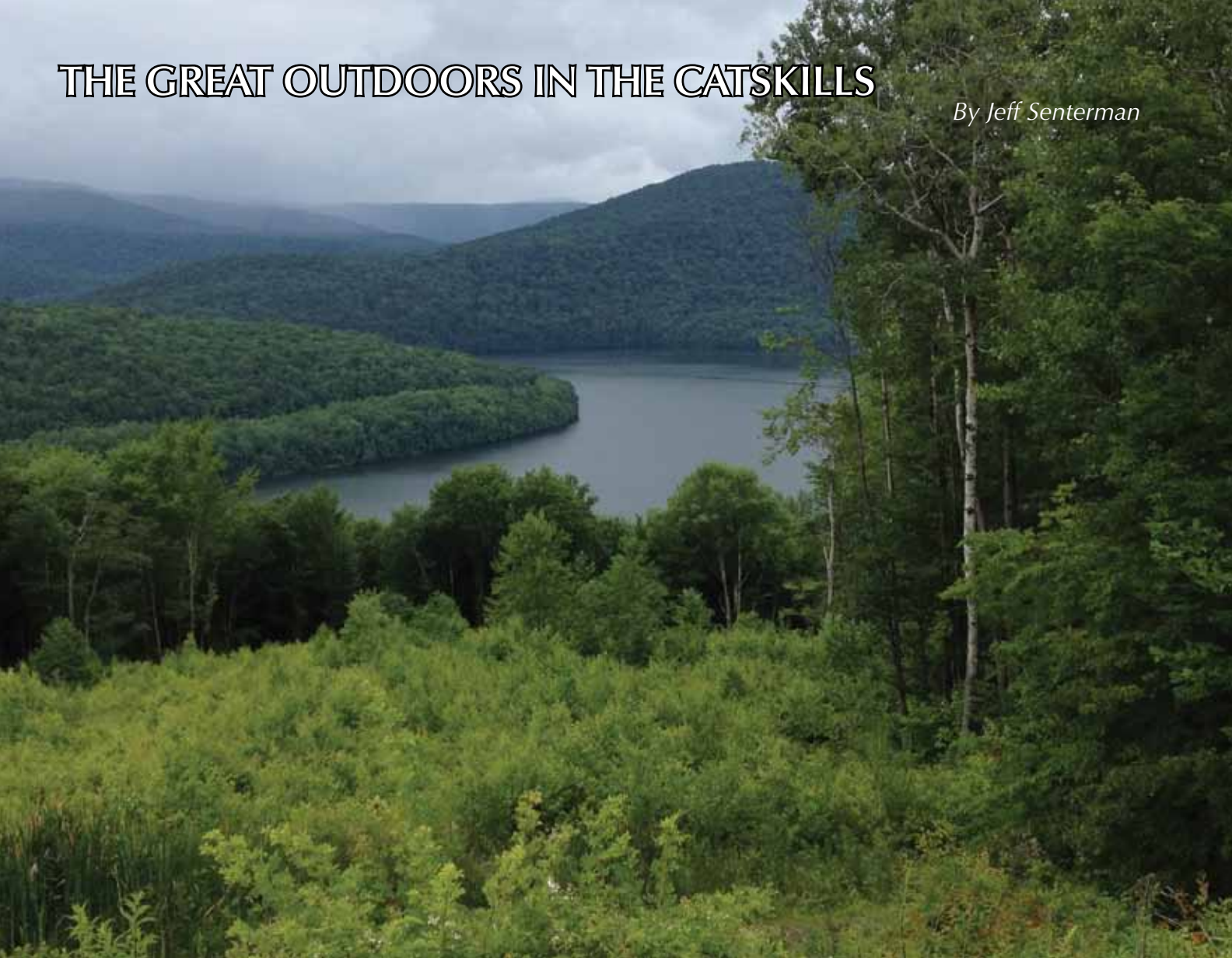


On the cover: Jazz pianist and Artistic Director of the Catskill Jazz Factory Aaron Diehl will perform this October with legendary saxophonist Lew Tabackin. For more information about the concert, please see the article on page 8. Photo by John Abbott

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CATSKILL MOUNTAIN FOUNDATION

THE GREAT OUTDOORS IN THE CATSKILLS

By Jeff Senterman



Shavertown trail. Photo by Ann Roberti

Lace up those boots, bring your camera and get out enjoy nature's fireworks as the trees of the Catskill Mountains change from green to bright oranges, reds and yellows.

The 10th Anniversary of Lark in the Park!

The 10th Annual Lark in the Park is offering exciting hiking, paddling, cycling, fishing, nature walks and lectures as well as cultural events throughout the entire Catskill Mountain Region this October. From October 5 through October 14 you will be able to enjoy over 50 outdoor activities during the 10-day "Lark" celebration, sponsored by The Catskill Mountain Club (CMC), New York-New Jersey Trail Conference (Trail Conference), and The Catskill Center.

Celebrating the creation of the Catskill Park, you can help us mark the anniversary by hiking to a Catskills fire tower, paddling the Pepacton Reservoir, cycling on the Catskill Scenic Trail, learning about the region's ecology, and much more. Lark in the Park group activities are typically free of charge—everyone is welcome

and they are a great opportunity to meet like minded outdoor enthusiasts and lovers of the Catskill Mountains!

The entire schedule of activities for the 10-day Lark in the Park is available online at www.catskillslark.org. Events continue to be added to the on-line schedule right up to the start of the festivities, so be sure to check back frequently.

For more information on Lark in the Park, call the Catskill Center at 845 586 2611, e-mail cccd@catskillcenter.org, or follow the Lark on Facebook (www.facebook.com/CatskillsLarkinThePark).

New Shavertown Trail Opens

This September marked the official opening of another beautiful trail in the town of Andes. The Shavertown Trail was built by the Catskill Mountain Club on land owned by the New York City Department of Environmental Protection (DEP), with the assistance of the Town of Andes and support from the Trail Conference.

The Shavertown Trail offers families and novice hikers a unique opportunity in the Catskills—a spectacular view after only one moderately strenuous mile, followed by a fairly level mile and a half through beautiful rock ledges and wonderful forest to explore.

Be ready to break a sweat as you climb 520 feet in that first mile, but it is so worth it. Wander past a lovely pond, complete with pink and white water lilies in season, and enjoy the spectacular view of the Pepacton Reservoir. Visitors can walk around the pond and head back or continue on. The next mile and a half of trail winds around craggy boulders adorned with a variety of lichens. Much of the trail before and after the pond is on an old access road which passes through some overgrown pastures filled with wildflowers. Parts of the steeper first section have stone steps to ease the climb. The second mile and a half of trail only gains 240 feet of elevation over that distance, making it a pleasant stroll for most hikers, young and old. The trail is 5.3 miles round trip. The Shavertown Trail begins across the street from the parking area for the DEP Shavertown Boat Launch on the Pepacton Reservoir.

Running the Long Path for a Good Cause

Runner Kenneth Posner recently announced the successful completion of his quest to set a new fastest known time for the Long Path, a 350-mile scenic hiking trail that stretches from New York City to Albany (and includes over 100 miles in the Catskill Mountains). Posner started his thru-run at 7:14 AM on Sunday, August 25 and reached the finish on Tuesday, September 3, at 10:20 AM, for a total time of 9 days, 3 hours, and 6 minutes. Of the 119 known end-to-end thru-hikers of the Long Path, the prior fastest known time was 12 days.

“Running the Long Path was an incredible adventure,” Posner commented. “I was floored by the scenic vistas as the trail wound its way through many of New York’s most beautiful state parks and preserve. I am deeply appreciative to the Trail Conference and volunteers for their meticulous work blazing, maintaining, and providing online notes for the trail. I encourage ultra-runners and thru-hikers to take a shot at setting a faster record and other people to pick one of the many beautiful sections of the Long Path for a day hike.” In connection with his hike, Posner has so far raised approximately \$10,000 for New York Road Runners’ (NYRR) youth fitness programs which provide free resources to children with little or no access to physical activity in underserved areas in New York and across the USA.

Take a Hike!

If you are looking to get out on the trails, but are looking for some guided hikes to help you get your bearings on Catskill Mountain trails, the region has several different groups that lead guided hikes. The Catskill Mountain Club (CMC) offers members and non-members the opportunity to go hiking, paddling, biking and skiing throughout the Catskills. More information on



Shavertown trail. Photo by Ann Roberti

the CMC and schedules of their activities can be found at www.catskillmountainclub.org. The Catskill 3500 Club leads hikes up the 35 peaks in the Catskills that reach above 3500 feet in elevation. Visit the 3500 Club’s website at www.catskill-3500-club.org for information on their activities. The Rip Van Winkle Hikers also lead hikes throughout the region and you can find out more information about the club check out their website at www.newyorkheritage.com/rvw.

Outdoor News, Events and Updates

Five Restored Fire Towers in Catskill Park Are Focus of Hiking Brochures and Maps

To help visitors find their way to the fire towers and understand their history, the Trail Conference developed a trail map and brochure for each of the restored Fire Towers of the Catskill Park: the Balsam Lake Mountain Fire Tower; the Hunter Mountain Fire Tower; the Overlook Mountain Fire Tower; the Red Hill Fire Tower; and the Tremper Mountain Fire Tower. Each brochure includes a map of the area surrounding the fire tower and a description of the most direct hike to the fire tower. They are available on the Trail Conference’s website as free downloads, in both black-and-white and color. All five brochures and maps are available at www.nynjtc.org/news/catskill-fire-tower-brochures.

Miller’s Harvest Festival & Folkways Fair

On Sunday October 13, from 10 am to 5pm, Hanford Mills Museum in East Meredith will hold the Miller’s Harvest Festival & Folkways Fair, a day of hands-on history and fall fun. At the Festival, you can enjoy activities such as a farmers’ market, artisans demonstrating and selling traditional crafts, music and entertainment, and horse-drawn wagon rides. The Festival includes kids’ activities, like traditional children’s games and making corn-husk dolls. Visitors can also try shelling and grinding corn using our historic hand-operated equipment.

Woodland Valley/Romer Mountain Long Path Relocation

Throughout this summer volunteers have been working on what will be over 9 miles of new backcountry hiking trail in the

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Catskill Mountains between the village of Phoenicia and the existing Burroughs Range Trail. If you are interested in joining a trail crew to work on this trail (no experience is necessary—the crew provides the tools and the training), want to learn how you can support this program or just want more information about the work that is being done, please visit <http://nynjtc.org/content/new-long-path-construction-catskill-mountains>.

Getting Involved

If you are interested in learning more about hiking the Catskill Mountains, joining a trail crew, adopting a trail for maintenance, or just finding out more information about stewardship of our recreational facilities in the Catskill Mountains, please contact the Trail Conference at 518 628 4243 or via e-mail at catskills@nynjtc.org.

Jeff Senterman was formerly an Assistant Forest Ranger for the DEC in Greene County, graduated with a degree in Environmental Science from Lyndon State College, has worked in the Environmental Planning field, is currently the Catskill Region Program Coordinator for the New York-New Jersey Trail Conference and is a member of the Board of Directors for the Catskill Mountain Club and the Friends of the Catskill Interpretive Center.

The New York-New Jersey Trail Conference partners with parks to create, protect, and promote a network of 2,000 miles of public trails, including 29 lean-tos and over 200 miles of trails in the Catskill Mountain region. We offer volunteer opportunities for people who love the outdoors, as well as publishing detailed hiking maps for the Catskill Mountain Region, along with a number of other regions. For more information on our maps and our Catskill Community Trails program please visit us on the web at www.nynjtc.org/catskills and follow us on Facebook at www.facebook.com/NYNJTC.CatskillRegion.



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