

Hyde Park Trails Newsletter

Hyde Park, NY Issue #13 Summer, 2013



Upcoming (free) Trail Events

- **Bird Hike at Eleanor Roosevelt's Val-Kill**

A one-mile, early morning bird watching hike with a National Park Ranger. Bring binoculars.

Date: Saturday, September 14, 2013

Time: 6:30am - 8:00am

Place: Meet at the Val-Kill Visitor Center.

Get more info and register at:

<http://rooseveltvanerbilthikes.eventbrite.com/>

- **200 Years of Landscape History at Hyde Park (Vanderbilt NHS)**

An easy one-hour, one-mile walk with a National Park Ranger, followed by an optional 30-minute guided garden tour.

Date: Sunday, September 15, 2013

Time: 2:00pm - 3:00pm

Place: Park at the Vanderbilt parking lot, and meet the ranger at the famous "Overlook" north of the Visitor Center.

Get more info and register at:

<http://rooseveltvanerbilthikes.eventbrite.com/>

- **National Public Lands Day / Seth Lyon Trail Volunteer Day**

Join us for a rewarding trail work party at the Home of Franklin D. Roosevelt NHS

Date: Saturday, September 28, 2013

Time: 10:00am - 4:00pm

(join us for the morning or a full day)

Place: Park at the Wallace Center at the

Franklin D. Roosevelt National Historic Site.

- **Hyde Park Rec Fall Fest - Guinea Community Trail Hike**

A one-mile hike including podcast stories of this remarkable historic area

Date: Saturday, September 28, 2013

Time: 4:00pm

Place: Meet at the trailhead kiosk near the outdoor pavilion, Hackett Hill Town Park.

Summer Sounds

If you stepped outside recently you may have been surprised to hear ordinary sounds – birds, traffic, neighbors – instead of the booming thrum of periodical cicadas. The latest visit from Brood II of the 17-year cicadas is wrapping up and won't be seen again until the year 2030.



What prompted the massive crush of cicadas in the first place? Safety in numbers. Periodical cicadas are big, helpless snacks singing out their location to birds, rodents, dogs, spiders, raccoons, and many other predators. The sheer density of cicadas – by some estimates several million per acre – means that predators eat their fill and still barely put a dent in the cicada population.

The only signs now of Brood II are cicada carcasses and trees covered in dead twigs. Known as "flagging," branch tips are killed when dozens of small cuts are made by female cicadas inserting eggs under the bark. Flagging causes no lasting harm to mature trees, and by next summer there will be **no** indication that periodical cicadas were ever here.

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Did You Know?

There are over 300 miles of trails in Dutchess County

A brand new webpage on Dutchess County's website dutchessny.gov helps connect County residents and visitors with information about the nearly 70 trail systems in Dutchess County. The new **Healthy Communities Trail Map Series** was launched jointly by the Dutchess County Department of Health and the Department of Planning & Development earlier this spring, to help you explore your community and enjoy the benefits of walking.



WHY Walk?

Walking is one of the easiest ways for you to be physically active. Walking is inexpensive, and you can walk almost anywhere and at any time. And all you need is a good pair of sneakers.

Walking may:

- Help you feel good and reduce symptoms of stress and anxiety
- Give you more energy and stamina, and improve your mood
- Build and maintain healthy bones and joints to aid in daily tasks, and tone muscles
- Increase the number of calories your body uses and control your weight
- Reduce the risk of developing certain cancers
- Lower your risk of developing health problems such as high blood pressure, high cholesterol, and type 2 diabetes
- Help you to sleep better
- Give you a chance to actively socialize with friends and family.

As you enjoy your walk, don't forget a few important tips:

- Bring a water bottle to keep hydrated.
- Use sunscreen to protect yourself
- Wear the appropriated clothes, and
- Check yourself for ticks.

Enjoy safe walking this summer. To find a trail in your community, check out Dutchess County's new

Healthy Communities Trail Map Series:

www.dutchessny.gov/CountyGov/Departments/DPW-Parks/21338.htm

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Meet Hank Osborn, New Program Coordinator for NY/NJ Trail Conference

Hank Osborn, an avid outdoor athlete, educator and advocate, has joined the New York-New Jersey Trail Conference as program coordinator for the East Hudson region. The position focuses on developing and promoting public access to and enjoyment of nature in Westchester, Putnam, and Dutchess Counties, and New York City.



Hank Osborn, cont'd.

NY/NJ Trail Conference programs include recruiting, training, and supporting volunteers for outdoor community trails projects in state and local parks and preserves; providing information such as maps, books, and web-based hike descriptions to help people enjoy outdoor recreation; and protecting open space.

Hank comes to his new position with a long history and deep passion for the outdoors. Presently, he chairs the Garrison School Forest Committee (since 2006); is a board member of the NY State Greenway Committee, Philipstown (since 2006); and leads hikes for the Hudson Highlands Land Trust (since 2006).

Hank has taught science at the Tabor Academy in Massachusetts, served as assistant professor of physical education and rowing coach at Columbia University, snowboard instructor at West Point Military Academy, and general manager of environmental preservation for Oslands Inc, in Garrison, NY.

Hank graduated from Rutgers University and lives in Beacon, NY. In 2011, he completed the educator course (rock climbing and wilderness) at the National Outdoor Leadership School.

Since 1920, the New York-New Jersey Trail Conference has partnered with park and open space managers to create, protect, and promote a network of 2,000 miles of public trails in the New York-New Jersey metropolitan region. We offer volunteer opportunities for people who love the outdoors.

Learn more about the Trail Conference at:

www.nynjtc.org

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Hyde Park Trails is (or are) social!



www.facebook.com/HydeParkTrail

The Hyde Park Patch-in-a-Day Hike, Take 3: May 18, 2013

By Mike Cunningham

Hikers: *Roger Hibbert, Russ Charest, Liz Lunn, Dorothy Halligan, Bill Smith, Christine Wohlfahrt, Pat Lund, Scott Wooley, Erika Wooley, Kate Zaber, Carol Gray.*

Hike Leader: *Mike Cunningham*

What is better than a trail patch that you have to hike 20 or 50 miles to earn & then pay for? How about a trail patch that you can earn in 6.1 miles & get for free? The official requirement is that you need to hike five different trails, but they can be done minimally in 6.1 miles. They can also be done as longer hikes and for those of you who live closer to Hyde Park than I do, I strongly recommend including the White Trail in Mills-Norrie State Park as one of your five hikes. I have hiked that two or three times and cannot believe how scenic it is.

Anyway, I live in Connecticut, as do my hiking buddies. It is about 50 miles one way for me and about 90 miles one way for the one who lives the farthest. Hyde Park has this great program, designed to promote physical fitness, where if you hike five of the eleven trails in town, you can get a free patch. We have hiked all of the trails in various seasons and each has its merits. But four are loops and one is a one mile out which can be combined with one of the loops and leads to a scenic overlook. This is a no brainer. This was now the third time I have led this hike.



Photo: Russ Charest

Patch in a Day, cont'd

Eleven brave souls showed up. Two dropped out after three hikes but we did see them completing their fourth. The day was sunny and bright. The hiking was great: we had wildlife sightings; it was amazing how a red fox posed for us; and we went slightly off course to visit Gorilla Rock. If you have never seen this you will really go ape when you do (no apologies for bad puns).

We ended at Val-Kill & by special arrangement (thanks, Karl Beard) we picked up our patches.

(Editor's note: Congratulations to the hearty crew who earned Hyde Park Trail Walkabout patches in a single day! We hope you'll come back many times. Since the Val-Kill visitor center is a designated station for Walkabout patches, the only special arrangement was really to make sure we had enough for everyone!)

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Heard on the Trail:

What do people think about Hyde Park Trails? Here are some notes collected from Walkabout checklists. We always love hearing from you, and some of your notes really help us make improvements -- so please keep them coming!

“Some paths hard to find!”

- Kate B.

(Editor's note: Thanks for the feedback! We know of problem s in some places, and we suspect others. To anyone who finds trouble spots: please help us focus-in on them by providing as many specifics as you can.)

“Funtastic”

- Blake T.

“Awesome”

- Bonnie

“Love the trails!”

- Dan D

“1st time visitor to Hyde Park area. Enjoyed the hikes very much.”

- Paul

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Geocaching a Success on Roosevelt-Vanderbilt Trails

Geocaching is the modern day equivalent of a treasure hunt, using satellite technology to locate hidden containers. It is a new thing in the National Parks, and since NPS regulations are geared toward protecting fragile environments, as well as historical and cultural resources, we have to be very careful about what we do -- and where -- in the parks.

So far, so good. The eleven geocaches at the Roosevelt-Vanderbilt NHS went live at the end of May, and by the first week of August, people had logged over 300 finds. People come from all over, and the feedback is good. What is not to like? In addition to the usual challenges (and trinkets) of geocaching, and being guided to interesting places -- *(Please stay on the trails! Remember that part about protecting our resources!)* -- each cache includes some interesting information that you might not find out during your standard tour or the National Parks. And it's all right there, right along the trail.



Every geocache contains a logbook to sign.

Many thanks go to the volunteers who have helped put together and maintain these geocaches, and to the Roosevelt-Vanderbilt National Historic Sites for hosting them. Geocaching adds a fun new dimension to the already-rich experiences of Hyde Park Trails.

What do you need to start geocaching? The only real necessities are a GPS device or a GPS-enabled smartphone -- plus the interest and ability to get outdoors. To learn more about geocaching, visit www.Geocaching.com

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Winnakee Nature Preserve Trailhead Improved

In preparation for the upcoming debut of the new self-guided educational arboretum tour at the Winnakee Nature Preserve, Winnakee Land Trust is redesigning the Preserve entrance at Van Dam Road.

Phase one required the removal of years of accumulated storm debris from the area around the trailhead. It took volunteers from Daytop Village – with assistance from the Hyde Park Recreation Department and National Park Service – two days to clear nearly 20 tons of woody debris. The Town of Hyde Park Highway Department has generously donated fill material to grade the cleared area.



Daytop volunteers helped with cleanup of the Winnakee Preserve entrance

Thanks to the tremendous effort of volunteers, partners and staff, Winnakee is closer to opening a greatly improved new resource to the community!

What exactly is Winnakee’s arboretum tour?
It is a self-guided tour that will lead visitors on a 1.1-mile loop through the historic forest. An app-based guide for the tour will be available for download from the Winnakee Land Trust website (www.winnakeeland.org).

The guide includes lots of pictures, plus tips for identifying trees and shrubs, interesting facts about their history and uses, and stories illustrating the evolution of forest management in the Hudson Valley.

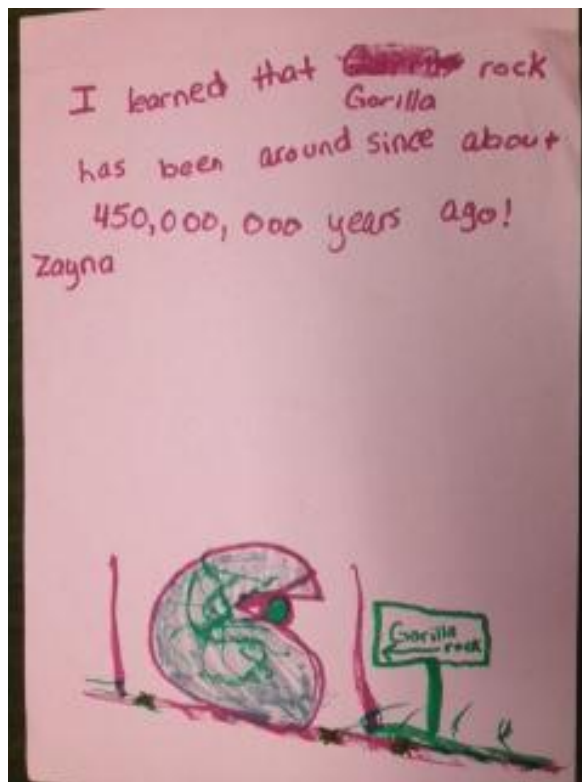
For information on opening events and guided tours, find Winnakee on Facebook: www.facebook.com/winnakeeland

Share photos of yourself, friends and family out in the forest!

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More Trailside News:

Exciting findings were reported this summer by youth from the Hyde Park Recreation Dept’s Adventure Day Camp



Be the Life of the (Hiking) Party!

-- with your own Hyde Park Trails T-shirt featuring Hyde Park Trailblazer, Col. Archibald Rogers



Here is what you can do:

- 1) **Notice** the stylish historic photo of the dashing young Col. Rogers.
- 2) **Imagine** how cool you will be in one of these all-cotton T-shirts.
- 3) **Buy one** at the Hyde Park Recreation office for \$15.00 each.
- 4) **Wear it in pride**, knowing that all proceeds support Hyde Park Trails

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Time to Become Smarter About Ticks

Ticks are out in numbers this year, and new estimates released in August by the Centers for Disease Control and Prevention (CDC) suggest that 300,000 Americans are diagnosed with Lyme Disease each year -- about 10 times the number previously thought. This kind of news may not be surprising to us here in Dutchess County, since the Hudson Valley region has long led the nation in the incidence and also awareness of Lyme Disease and other tick-borne illnesses.

The recent local emergence of Powassan virus, a rare but dangerous tick-borne disease, underlines the importance of something we have known for a long time: we must learn as much as we can about these diseases, and also

take the recommended precautions against them, whether out on the trails or in our own backyards.

How can we become smarter?

There are excellent resources online. Locally, the **Dutchess County Health Department** website has information about tick-borne diseases and their prevention, how to manage your property to reduce the number of ticks, and much more. Check it out at:

www.co.dutchess.ny.us/CountyGov/Departments/Health/18160.htm

At the national level, the **CDC** web pages about tick-borne diseases and Lyme disease contain a comprehensive wealth of resources and links: www.cdc.gov/ticks/diseases/ and www.cdc.gov/lyme/

The world-renowned **Cary Institute of Ecosystem Studies** is also located in Dutchess County. IES conducts research on ticks, and their website provides a regular supply of important information about this and other ecosystem research: www.caryinstitute.org

Trails and hiking are supposed to be fun and interesting for all ages, and good for our health.

Let's do what we can to keep them that way!



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Why not get involved in Hyde Park Trails?

Contribute articles, poems, photos or artwork. Join a trail work party, make a trail sign, or adopt a trail or trailhead kiosk. Or offer your own ideas, We need your interest and talent. Call or email Kathleen Davis at Hyde Park Recreation: **845-229-8086** or **recdirector@hydeparkny.us**