

April 2018



THE KEYSTONE HIKER

Preserving Pennsylvania's Footpaths since 1956

Contact us: 46 E Main St, Mechanicsburg, PA 17055 / 717-766-9690 / info@kta-hike.org

MEMBER CORNER

Welcome to KTA's Newest Members: March

KTA is a membership-based organization. Since 1956, we have depended on contributions from hikers and hiking trail advocates like you to help us achieve our mission of providing, preserving, protecting, and promoting recreational hiking trails and hiking opportunities in Pennsylvania.

This year, we will be trying something new. Each month we will recognize the newest members of KTA in The Keystone Hiker.

In March, KTA welcomed 22 members and families to our hiking family:

Ken Allen (Family)
Mary Atchley
Linda Castrine (Family)
Stephanie J. Crumbling
Helen Dempsey
Keri Lynn Fox
Michael Gair
Sherry Goldwein

Christie Gulden-Swengel
Jill Hallam-Miller
Robertq Hanson
Leonard Huber
Michael Jehn
Norm Kievit
Doug Lenker
Sara Mooney

Cathi Morris
Beverly Munchel-Kievit
Matthew Shaw
Bob Spoljaric
Amy M. Zimmerman
Wendy Zimmerman

KTA Hiking Weekend to Begin on PA's 2018 Trail of the Year

KTA will host PHILADELPHIA: An Upscale Urban Hiking Weekend on June 1-3, 2018. We will kick-start this sure-to-be memorable weekend by hiking the Forbidden Drive Trail, PA's 2018 Trail of the Year.

For more information on this incredible weekend, go to <https://www.kta-hike.org/philadelphia.html>.

See the DCNR News Release below:

Pennsylvania Names Philadelphia's Forbidden Drive as 2018 Trail of the Year

Harrisburg, PA – Today, Department of Conservation and Natural Resources (DCNR) Secretary Cindy Adams Dunn announced that Forbidden Drive located in Wissahickon Valley Park, has been named 2018 Trail of the Year.

“This trail truly is among so many Fairmount Park gems, and one that shines brightest for the thousands of hikers, bikers, anglers and others who travel it each year,” Dunn said.

“For decades, Friends of the Wissahickon has been working hard to make a great trail even better. It’s all here. Quality, benefits to the region, and a strong volunteer network and multitude of partnerships qualify Forbidden Drive to be singled out in this fifth year of very special recognition.”

Also known as Wissahickon Valley Park Trail, Forbidden Drive stretches five miles along Wissahickon and through Wissahickon Valley Park, passing the Thomas Mill Covered Bridge, Valley Green Inn and other numerous landmarks. Runners, bikers, and equestrians all frequently share the trail.

"We're thrilled that the beautiful and historic Forbidden Drive has been named Trail of the Year," said Maura McCarthy, executive director of Friends of the Wissahickon. "The name belies this urban oasis that welcomes visitors of all ages on foot, bikes, or horseback to enjoy the wonders of nature that Friends of the Wissahickon work to conserve."

Pennsylvania is a leader in trail development, providing its citizens and visitors with more than 11,000 miles of trails across the commonwealth to enjoy, from gentle pathways threading through miles of preserved greenways, to remote, rugged trails scaling the state’s magnificent mountains.

Each year, the Pennsylvania Trails Advisory Committee designates a Trail of the Year to help build enthusiasm and support for both large and small trails, and raise public awareness about the value of Pennsylvania’s trail network.

Designated a National Recreation Trail in 1975, Forbidden Trail connects users with a rich history through many historic landmarks, 50 miles of natural surface trails, and a regional trail network that takes them into Pennsylvania’s countryside on the Schuylkill River Trail (with access to state parks), and The Circuit (with a link to the East Coast Greenway).

The Wissahickon Valley once served as the hunting and fishing grounds of the Lenni Lenape. It later became the site of more than 25 mills that were built along its banks in the 1800s, and numerous taverns and roadhouses were built along the Wissahickon Turnpike, now known as Forbidden Drive.

The Wissahickon Valley Park has been celebrated in poetry and in paintings. In 1868, Fairmount Park acquired the 1,800 acres of the Wissahickon Valley to preserve the purity of a then-city water supply. Mills and taverns were demolished, but the dams remain, telling the story of the industry that was once there.

Register Now For These Events

Go to the links listed to check out these fantastic programs:

Spring Hiking Weekend, April 13-15: <https://www.kta-hike.org/spring-hiking-weekend-2018.html>

PHILADELPHIA, June 1-3: <https://www.kta-hike.org/philadelphia.html>

Prowl the Sproul, July 27-29: <https://www.kta-hike.org/2018-prowl-the-sproul.html>

KTA Trail Challenge, September 8: <https://www.kta-hike.org/kta-trail-challenge.html>

West Highland Way, Scotland, September 16-28: <https://www.kta-hike.org/west-highland-way-scotland.html>

Quehanna Elk Quest, September 28-30: <https://www.kta-hike.org/2018-qeq.html>

Join or Renew Your KTA Membership Today and Get Six Months Free!

Memberships will extend to September 30, 2019. Most memberships expire 9/30/2018. Get it out of the way today! Renew online and save a trip to the post office or mail this form to our office.

ADVISOR: Mountain Club of Maryland Member Has Passed Away

"Arthur Cohen, 83, died January 26, 2018, at Holy Cross Hospital... He was an avid hiker with Mountain Club of Maryland and Sierra Club."

YOUR HIKING ADVOCATE

KTA Asks International Mountain Biking Association (IMBA) for Assistance

After receiving a request from the Alpine Club of Williamsport, KTA Executive Director Joe Neville sent an email to the International Mountain Biking Association (IMBA). Based on correspondence (see below) the club is having issues with potential mountain bike usage of the Loyalsock Trail.

KTA's email:

Good Morning Anthony,

I'm not sure if you're still the IMBA representative for Pennsylvania, but I thought since we've communicated in the past, I'd start with you.

One of our clubs, the Alpine Club of Williamsport, has been having some difficulty with an issue involving mountain bikes and the Loyalsock Trail. See attachments.

As you know, DCNR does not permit bikes on "designated hiking trails" which would include the Loyalsock trail.

I would respectfully ask that IMBA intercede if possible in this issue to reduce any potential animosity or conflict between Pennsylvania's hikers and bikers.

There are plenty of areas in our state to accommodate all of the multiple forms of recreation we enjoy.

Thank you for your assistance.

A quick Google search of "Mountain bikes Loyalsock Trail" resulted in this article (<http://mountainbikediaries.com/loyalsock-trail-montoursville-pa-2015/>), demonstrating this issue.

The club's correspondence:



THE ALPINE CLUB OF WILLIAMSPORT

P.O. Box 501 Williamsport, PA 17703

"The Loyalsock Trail"

March 20, 2018

Mr. Craig Shambaugh
2104 Market Street
Camp Hill, PA 17011

Dear Mr. Shambaugh:

The Loyalsock Trail has been designated as a State Forest Hiking Trail by the Bureau of Forestry. Because of this, State regulations prohibit all forms of bicycles on the Trail.

On two separate occasions you asked the Chairperson of the Loyalsock Trail Committee to give you verbal permission to use bicycles on the Trail. Both times your request for permission has been denied.

The State policy prohibits bicycles on State Forest Hiking Trails. In addition, the Alpine Club's policy concerning bicycles on the Loyalsock Trail is simple. We adamantly oppose and will never permit nor support bicycles of any type on the Trail.

Sincerely,

A handwritten signature in cursive script that reads "David L. Dahl".

David L. Dahl, President

A handwritten signature in cursive script that reads "Daniel E. Wolfe".

Daniel E. Wolfe, V.P./Treasurer

A handwritten signature in cursive script that reads "James R. Bobak".

James R. Bobak, Secretary

A handwritten signature in cursive script that reads "Ruth N. Rode".

Ruth N. Rode, Chairperson Loyalsock Trail Com.

CC:

Rich Glinski, District Forester, Loyalsock Forest
Jason Hall, Section Chief, Recreation Section, DCNR, Bureau of Forestry
William Kocher, Manager, Worlds End State Park
Nate Fice, Assistant District Forester, Loyalsock Forest
Joseph Neville, Executive Director, Keystone Trails Assoc.



THE ALPINE CLUB OF WILLIAMSPORT

P.O. Box 501 Williamsport, PA 17703

"The Loyalsock Trail"

March 20, 2018

Mr. Jason Hall, Section Chief, Recreation Section
DCNR, Bureau of Forestry
Sixth Floor, RCSOB
P.O. Box 8552
Harrisburg, PA, 17105-8552

Dear Mr. Hall:

Enclosed is a copy of the letter the Alpine Club of Williamsport sent to Mr. Craig Shambaugh concerning mountain bikes on the Loyalsock Trail. As you may know, Mr. Shambaugh is an entrepreneur who would like to establish mountain bike trails utilizing substantial sections of the Trail.

It is our understanding that on several occasions Mr. Shambaugh has stated or strongly implied that the Alpine Club of Williamsport supports or favors the use of mountain bikes on the Trail. This is totally false. We are writing this letter to correct any misconceptions about our position.

The Alpine Club of Williamsport is adamantly opposed to bicycles of any type on the Trail. We have never and we will never support the use of bikes on the Loyalsock Trail!

Thank you.

Sincerely,

A handwritten signature in cursive that reads "David L. Dahl".

David L. Dahl, President

A handwritten signature in cursive that reads "Daniel E. Wolfe".

Daniel E. Wolfe, Vice President/Treasurer

A handwritten signature in cursive that reads "James R. Bobak".

James R. Bobak, Secretary

A handwritten signature in cursive that reads "Ruth N. Rode".

Ruth N. Rode, Chairperson Loyalsock Trail Committee

VOLUNTEER / MAINTAINER'S CORNER

The Yellow Cabin

By Ed Lawrence, Volunteer Trail Care Coordinator

Early in March, Catherine and I got restless and made a trip out to walk the Cherry Run Rail Trail near Weikert in central Pennsylvania. The rail trail doubles as part of the Mid State Trail and, on the western end, passes through the Poe Paddy train tunnel and crosses Penns Creek. We were not the only ones out enjoying the brisk day; we crossed paths with 2 other walkers (including one who, like us, was out with their dog), 2 fellows fishing, 2 bike riders, and—surprisingly—2 guys in wetsuits carrying their kayaks through the tunnel for their second run around the oxbow. Options abound.

We also stopped by the cabin—really a house, with yellow vinyl siding—where we will stay for the first Trail Care of the year: April 5-8. It's very easy to find—located on Weikert Road between Laurelton and Weikert (map and travel directions are posted on the Trail Care schedule).

I'll arrive Thursday evening, and the house will be open on Thursday for earlier arrivals. The house has 2 bedrooms and a pullout couch, plus floor space for pads and sleeping bags; however, I suggest bringing a tent just in case the inside beds are filled or if you want more privacy. There is a full kitchen, so I plan on making breakfast for volunteers all weekend. Bring your own lunch supplies.

I also want to thank Kelsey Myers, the Sawyer product representative for the Northeast based here in Pennsylvania. Kelsey will provide some of Sawyer's quality tick repellent products at a discounted price to this year's Trail Care Program. She is familiar with the good work that KTA does on behalf of the hiking community in PA and, when I last spoke with her, was herself getting ready to head out for a weekend backpack on the Appalachian Trail. I hope we see her at one of our KTA events this year.

NPS Winter Storm Damage and Recovery Update

From the Delaware Water Gap NRA News Release - March 27, 2018

Bushkill, PA - Employees at Delaware Water Gap National Recreation Area continue to inventory damage and assess needed repairs from two back-to-back winter storms that hit the region earlier this month. Most of the snow is gone, but thousands of fallen trees remain strewn throughout the park.

Read more at this link: <https://www.kta-hike.org/trail-alerts.html>

HIKER'S CORNER

Jeff's Jaunts: Schrader Creek Valley Vistas-SGL 36

by Jeff Mitchell

The Schrader Creek Valley is one of PA's best kept secrets. Here you will find towering waterfalls, gorges, huge rocks, Class III+ whitewater, ponds, rock climbing, vistas, and fascinating historical remnants from the coal and lumber eras. I recently went out to explore SGL 36 and find a vista overlooking the valley.

I drove down Falls Creek Road and pulled off along the road (41.655855, -76.608576) before it became rutted and muddy. I then just walked down the road to a forest of pine trees, where I turned off the road followed a grade to the right (41.650738, -76.608228). This grade became a jeep or ATV trail as it followed the perimeter of a field with pine trees. In summer expect to see wildflowers.

At the southern point of this field (41.645908, -76.611961), I followed a faint footpath that went southeast. This faint path went through laurel thickets and may be difficult to follow in summer as it is overgrown in places. This path is not blazed, but with some effort I was able to follow it through the laurel. The path went through open hardwoods, but then went through the laurel again, making a slight climb. I soon reached the edge of the plateau at some cliffs, where the path turned right (41.641404, -76.606739).

This dramatic cliff line featured tremendous views over the wooded, isolated Schrader Creek Valley. Some views were 180 degrees, offering views up and down the valley. I enjoyed the rolling ridgelines and tiers of mountains between the glens and streams. The view of the valley to the southwest was particularly beautiful. I could clearly hear the roar of Schrader Creek's rapids from hundreds of feet below. I could also clearly see the incline plane that once transported coal from Barclay to the valley below. Be careful along the cliffs as a fall would be fatal.

I continued west and went off any trail, exploring massive boulders below the cliffs and ledges. I went through an open hardwood forest with some giant oak trees and soon reached the mountain laurel again. I made my way through the laurel and soon reached another cliff line, with more views and overhangs (41.641693, -76.613212). This cliff line was just as impressive with chasms and excellent vistas from exposed ledges. I was surprised by the extent of the cliffs and the high number of views. Someday, I'd like to explore these cliffs from the bottom.

I found a trail that was used and cleared by people, not bears, which made the hiking easier. This trail dropped down and then climbed up, following a series of small cairns. This trail was in much better shape than the one to the first cliff. This trail brought me back to the same field I had left earlier (41.645564, -76.616109). I walked the jeep/ATV trail back to Falls Creek Road and my car.

This is a truly beautiful hike with tremendous views. I was there in midday, so the bright sun washed out the features of the views. In the morning or evening I'm sure these views would be stunning. I hope to return in October for the autumn colors. I'm not sure if my route was the best. If I returned, I would follow the faint trail to the first cliff and vistas, retrace my steps, and then take the second trail to the second cliff line and vistas, and retrace my steps back to the field (the orange routes in the map below), avoiding the bushwhack in between. To view pictures from the trip, go <https://endlessmountains.wordpress.com/2018/03/22/schrader-creek-valley-vistas-sgl-36/>

Walk with Gantz: The Bucktail Path

by Dave Gantz, KTA Board of Directors

The Bucktail Path is a rather unknown backpacking route that is well-suited for experienced hikers. This end-to-end path leads from Sizerville State Park (near Emporium) to Sinnemahoning for 33.5 miles. Although this path mainly follows old railroad grades to climb and descend the mountains with relative ease, it gets little use and can be difficult to follow. Highlights include the Brooks Run Fire Tower, beautiful mountain streams, solitude, and a plethora of wildlife (this is elk country!).

The first and most important lesson for the Bucktail Path: Mind the blazes! At times, the trail relies solely on orange blazes and signs, rather than a defined tread way. This can make the hiking taxing. Navigation can be challenging, especially during the summer months. Luckily Keystone Trails Association volunteers and Elk State Forest have been working on this trail. Currently, trail blazes are frequent and bright. This trail quickly becomes overgrown in the summer months, so wear pants and long sleeves! Also beware that it is very difficult to night hike along the Bucktail Path.

Lesson Two: Although this area seems very remote, there are plenty of well-worn forest roads that cross the Bucktail Path. Section hike options do exist. Most hikers who tackle the entire 33.5-mile route set aside 3-4 days for this trail. Generally speaking, an experienced hiker who can hike 10-15 miles per day will have an enjoyable 3-day weekend on the Bucktail Path. A 4-day hike is an option, but beware that there is no water for the southern 10 miles of trail. A 1 or 2 day journey of the whole Bucktail Path is possible, but daunting.

Lesson three of this path is to expect primitive campsites. While there are a small number of well-used campsites located throughout this path, there are less established sites here than most other trails in PA. You may need to make your own campsite, so keep an eye out for flat spots to sleep!

Lesson Four: Wildlife! Most animals in this forest fear humans. With that said, there are bigger and badder animals out here than some hikers realize. Real animals that may be seen in this area include: coyotes, black bear, fisher, elk, rattlesnakes, and many other less terrifying species. Generally speaking, these animals will not bother you as long as you don't startle, touch, or step on them! Please treat these creatures of the forest with the utmost respect. Hikers should assume that ticks are all along the BP most times of the year. Ticks are nasty little creatures that transmit several diseases to humans. It is suggested that all hikers check their whole body at the end of every day of hiking.

Lesson five: side trails! There are several miles of side trails in Elk State Forest. Square Timber Wild Area is just west of the BP. This area is very close to the West Branch of the Susquehanna River and Bucktail State Park Natural Area, and is known for its very steep ridges. Johnson Run Natural Area is at the southern end of the BP and is composed of old growth hemlock and hardwood trees. To the east lies the Pepper Hill Trail System and the Brooks Run Division of Elk State Forest. Some of these side trails offer alternative backpacking options and/or bail-out options from the Bucktail Path.

To view pictures from the trip, go to <https://www.walkwithgantz.com/bucktail-path.html>

Clear Creek State Park

by Gerry Rowan

Spring had been slow to start and was both wetter and colder than usual. More snow, more ice, and much less sun than last spring. It was mid-April in Pennsylvania, and trout season was about to start. That meant our annual pilgrimage to the north-central part of the state for some camping, hiking, and fly-fishing. We chose Clear Creek State Park, in Jefferson County, and selected a campsite right on the Clarion River. Located just south of Allegheny National Forest and featuring many streams cascading down the Allegheny Front, the park and surrounding area are ideal for both hiking and fishing.

As is the tradition in Pennsylvania, the opening day of trout season was on a Saturday. Our plan was to avoid the opening-day crowds and use Sunday as a travel day, spend the weekdays fishing and hiking in camp, and return home on Friday. We could enjoy the woods, streams, water, and sky at our choosing.

We pitched a 6-man dome tent, along with an E-Z Up canopy to shelter the tent opening from any storms. The tent seemed overly spacious for 2 guys, but it provided a lot of space to store gear and dry out wet clothing. We certainly were comfortable, with 2 folding cots containing inflatable mattresses, along with zero-degree sleeping bags and even a small, portable propane heater for warming the tent to allow our waders and other gear to dry. We also packed a Coleman camp stove so we could cook in the vestibule of the tent if it rained. Life has certainly evolved since the days of backpacking and sleeping on the ground.

When I was in my 20s and 30s, I swore I would never car-camp. I was a diehard backpacker. Somewhere in my 40s, I bought a 4-man tent, transitioned to car-camping, and even bought folding cots. Along the way I upsized the tent to a 6-man dome tent and increased the amount of gear. Sometime in my late 50s, I replaced the tent with a travel trailer. With age, sleeping on the ground was no longer possible, and a travel trailer didn't seem to be a luxury.

After years of hiking, camping, and fishing, we were well equipped and provisioned. Since we were car-camping, we could include luxury items like a small, stove-top smoker. With hot showers available at the campground's shower house and a week's worth of provisions, we were living high and easy.

This was in the years before we decided to be catch-and-release fishermen. We would grill, fry, or smoke trout virtually every day. For breakfast, we usually included bacon and used the bacon fat to fry potatoes and trout. One of our favorite breakfasts was smoked trout, scrambled eggs, and buttermilk biscuits, slathered with butter and washed down with hot coffee. This was the kind of breakfast you'd expect fishermen and campers to eat—an image right out of a vintage Outdoor Life magazine. Those were also the days before I drank only decaf and when calories were not as important.

We day-hiked and fished our way through the week, sometimes hiking to remote spots. Each morning over coffee, we'd decide what to do that day. On days when the wind and cold rain made fishing and casting difficult, we'd find a hike that was protected by a dense pine or hemlock forest.

No trip to the Clear Creek State Park area would be complete without a side trip to the Forest Cathedral Natural Area of Cook Forest State Park. You stand in awe before a remnant of what Pennsylvania forests were once like: quiet, serene, majestic. God's handiwork displayed in these silent, tall trees that swish in the wind. A place to smell the pine in the air and walk with a cushion of needles underfoot. For me, hiking among these trees has always a spiritual experience; no matter how many times I've been there.

Now, at 75, the wear of age has caught up with me. I don't do long hikes anymore, and I appreciate the luxury of a travel trailer and a real mattress. I still camp, day-hike, and fly-fish every summer. Conveniences allow me to do what I love—being in nature whenever possible. An old-timer once told me that the secret was to keep moving. I'm looking forward to another season of exploring places where I've never been before. There is always another secret place to discover.

Recipes

Pancakes are an ideal food for camping and backpacking. The dry ingredients can be assembled at home, and the on-the-trail prep time is short. An endless number of good recipes are readily available. Pancakes can be made savory or sweet and eaten for breakfast, dinner, or dessert.

Camp Whole Grain Pancakes

1 cup whole wheat flour
½ cup rolled oats
¼ cup cornmeal
3 tablespoons flax seed
3 tablespoons brown sugar
1 tablespoon wheat germ
1 teaspoon baking powder
½ teaspoon baking soda
1 egg, beaten
2 cups buttermilk
Cooking spray

At home, add all the dry ingredients to a 2-quart ziplock bag. In camp, beat the egg and buttermilk together and add into the ziplock bag. Close the bag and work the mixture into a batter. Heat a large skillet or griddle over medium heat and coat with cooking spray. Clip a corner of the bag, drop about 4 to 6 tablespoons of batter onto the griddle, and cook until bubbles form and the edges dry. Flip; then cook until browned on the other side. Repeat with the remaining batter. Serve with butter and buttermilk, as well as honey, pancake syrup, or maple syrup.

Substitutions: Unbleached all-purpose flour for the whole wheat flour (makes lighter pancakes); ½ cup sweet cream buttermilk powder and 2 cups water for the buttermilk.

Additions: Blueberries, sliced bananas, strawberries, apples, dates, or figs sprinkled on top of the raw batter in the skillet; chopped nuts added as with the fruit; dried cranberries, cherries, or raisins; 1½ teaspoons pumpkin pie spice.

Pie Iron Cakes

Batter from the Camp Whole Gain Pancakes recipe

Crispy bacon strips

Cooking spray

Build a fire and allow it to burn down into glowing coals. Make the pancake batter according to the Camp Whole Gain Pancakes recipe. Lightly spray the pie iron with cooking spray. Tear a strip of bacon in half and lay the pieces onto the pie iron. Squeeze about 3 to 4 tablespoons of batter over the bacon and close the iron. Place the pie iron about 6 to 8 inches over the hot coals and cook for about 3 minutes. Turn and repeat on the other side. Check the pancake for doneness; cook longer if necessary. Serve with butter and buttermilk, as well as honey, pancake syrup, or maple syrup.

Savory Version: Omit the sugar from the Camp Whole Gain Pancakes recipe.

Additions: 4 to 6 slices crumbled crispy bacon or ⅔ cup cooked whole corn kernels, shredded sweet potato, chopped ham, smoked turkey, smoked chicken, Spam, smoked salmon, smoked haddock, cooked sausage, smoked kielbasa, corned beef, cheddar cheese, shredded mozzarella or Swiss cheese, or chorizo; ¼ cup chopped chives; 1 jalapeño pepper, cored, seeded and finely chopped; one 4-ounce can roasted chilies, drained; 2 to 3 chopped green onions; ⅔ cup drained black beans; 1 teaspoon ground cumin.

The following recipe is for a syrup that started as a way of not wasting buttermilk but quickly became our favorite. Try over bread pudding or waffles; drizzle over fresh fruit.

Buttermilk Syrup

1½ cup white sugar
¾ cup buttermilk
½ cup butter
2 tablespoons dark corn syrup
1 teaspoon baking soda
2 teaspoons vanilla

In a saucepan, stir together the sugar, buttermilk, butter, corn syrup, and baking soda. Bring to a boil and cook for 7 minutes. Remove from heat; stir in the vanilla. Serve warm. Make at home and reheat before serving.

Substitutions: $\frac{3}{4}$ cup brown sugar for the white sugar.

Additions: 2 to 3 tablespoons dark rum, bourbon, brandy, or Irish whisky.

Pancake Syrup

1 cup packed brown sugar

1 cup white sugar

1 cup water

1 teaspoon maple flavoring

1 teaspoon vanilla

At home, measure out both sugars and add to a ziplock sandwich bag. In a small saucepan, combine both sugars and the water. Bring to a boil; cook and stir for 2 minutes. Remove from heat; stir in maple flavoring and vanilla. Makes 2 cups.

Additions: 2 tablespoons molasses; 3 tablespoons dark corn syrup; 2 to 3 tablespoons honey; $\frac{1}{2}$ cup butter (add after the syrup has fully cooked and is still hot; stir well).

Falls & Views Hike: Exploring the Wildness of Loyalsock State Forest and Worlds End State Park

by David Kowalewski, Ashley Kowalewski, and Ruth Rode

Looking for an upcoming, unique, and challenging Pennsylvania hike? The unofficial Falls & Views Hike (not endorsed by any group or state agency) is a 75-mile loop, passing over 30 waterfalls with 15 views.

Additionally, you'll pass through remote and scenic areas, infrequently visited by the casual hiker.

Divided into four sections with a detailed guide, maps, and sketch maps, it utilizes portions of the Loyalsock Trail, Link Trail, state park and state forest trails, abandoned and unmaintained trails, and requires some bushwhacking.

Nearing completion, if you're interested, have questions, or just want to stay updated, contact Dave and Ashley at fallsandviews@gmail.com or Ruth at 570-322-5878.

CLUB CONNECTION

8th Annual Iron Run Half-Marathon & Charcoal Challenge 5k Run/Walk

Saturday, June 9, 2018

The Friends of Pine Grove Furnace State Park will hold these two races starting at 7:30 and 8:30 a.m.

Click below for more information:

Iron Run Half-Marathon: <https://www.runreg.com/7757>

Charcoal Challenge 5k Run/Walk: <https://www.runreg.com/7758>

The Longest Day: Hike for a Cause!

June 21, 2018

On the summer solstice, The Longest Day of the year, people across the world will do what they love—or what those affected by Alzheimer's disease love to do. Hiking is among the most popular of The Longest Day activities! Teams have rallied to climb a favorite mountain, adopted local trails and "named" them for The Longest Day, and challenged one another by scheduling multiple individual hikes or climbs at the same time.

Alzheimer's disease is a global health crisis. Worldwide, there are an estimated 47 million people living with Alzheimer's and other forms of dementia, including 5.5 million in the United States and 400,000 here in Pennsylvania.

On The Longest Day, creativity is welcome as we work together to raise funds and awareness for the care and support of people with Alzheimer's, while advancing research toward finding the first survivor of the disease.

For more information or to register, visit www.alz.org/thelongestday.

Questions? If you live in southeastern Pennsylvania, including Berks County and the Lehigh Valley, contact Sue Wronsky of the Delaware Valley Chapter of the Alzheimer's Association at 1-800-272-3900 or swronsky@alz.org. If you live elsewhere in Pennsylvania, contact Sara Giammarise of the Greater Pennsylvania Chapter of the Alzheimer's Association at 1-800-272-3900 or sgiammarise@alz.org.

Want your event featured on the community calendar?

KTA will promote your club/organization's major events through The Keystone Hiker, Facebook, and our website. It's a perk of membership!

Just submit a list with date, time, location, and link to web page for only those events that the public should see, to info@kta-hike.org.

2018 UPCOMING EVENTS

To learn more about each event, visit our home page to explore event listings, or the Trail Care and Crew page for the full schedule and more information. Thank you!

April 5-8: Trail Care BTM - White Mt. Ridge/Reeds Gap Spur

April 13-15: Spring Hiking Weekend, Jim Thorpe, PA

April 26-29: Trail Care BTM - Pinchot Trail

May 3-6: Trail Care BTM - Chuck Keiper Trail

May 12: Code Orange 1 Day - Hickory Run State Park

May 11-14: Black Forest Trail Slackpack

May 17-20: Trail Care BTM - Black Forest Trail

May 31 - June 3: Trail Care BTM - Donut Hole Trail

June 1-3: Philadelphia: An Upscale Urban Hiking Experience, Philadelphia, PA

June 9: Friends of Pine Grove Furnace State Park's Annual Iron Run Half-Marathon & 5k run/walk

June 12-17: Trail Crew Week - Mid State Trail, Everett Region

June 21-24: Trail Care BTM - Mid State Trail, Tioga Region

June 26 - July 1: Trail Crew Week - Baker Trail

July 12-15: Trail Care BTM - Tracy Ridge Trail System

July 26-29: Trail Care BTM - North Country Trail, Butler County

July 27-29: 15th Annual Prowl the Sproul, Renovo, PA

August 2-5: Trail Care BTM - Pinchot Trail

August 23-26: Trail Care BTM - Thunder Swamp Trail System

September 8: 10th Annual KTA Trail Challenge, Lancaster & York Counties

September 13-16: Trail Care BTM - Tuscarora Trail

September 16-28: Treks & Trails International Hiking Trip: West Highland Way, Scotland

September 28-30: Quehanna Elk Quest, St. Marys, PA

October 6: Code Orange 1 Day - Gifford Pinchot State Park

October 12-14: Fall Hiking Weekend, Williamsport, PA

October 25-28: Trail Care LTD - Joe Gmitter Trail

October 26-29: Black Forest Trail Slackpack

November 1-4: Trail Care LTD - Bucktail Path

November 2-4: Gettysburg Hiking Weekend, Gettysburg, PA

KTA's Bookstore

Nicer weather is just around the corner. Time to stock up on items for this season's adventures! Look no further than KTA's Bookstore: your one-stop shop for trail guides, maps, apparel, patches, and more!

This just in: Bald Eagle Purple Lizard Maps 2nd Edition!

Check it out at <http://www.kta-hike.org/ktas-bookstore.html>

Exclusive KTA Membership Perks

Keystone Trails Association Members now enjoy a 10% Discount when they shop at Appalachian Outdoors in State College.

Hyke & Byke is working to help eliminate poverty through interest-free microloans and we love giving back to the community and promoting the outdoors. KTA members use coupon code TAKE20OFF to get \$20 off any purchase of a Hyke & Byke product from their website: www.Hykeandbyke.com

Use promo code KTA10 to receive 10% off your order and FREE shipping when you shop at Out Gear Recreation.

Support KTA!

Here are just a few ways to give back to the organization dedicated to preserving your hiking experience:

AmazonSmile: Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support **Keystone Trails Association** by starting your shopping at smile.amazon.com

KTA Brokerage Account: Donating long-term appreciated securities directly to KTA — rather than selling the assets and donating the cash proceeds — may be one of the best and easiest ways to give more. By taking advantage of the applicable tax incentives, you can significantly increase the amount of funds available for our trail care, advocacy, and hiking promotion efforts.

Keep Trails Alive: The Keystone Trails Association's KTA-Keep Trails Alive monthly donor program helps sustain our work of preserving Pennsylvania's footpaths. We are a small organization with a big mission; as such, we need to find trail people who will commit themselves to giving a regular, once-a-month contribution to put KTA on a stable and sustainable financial foundation.

For more information, please contact KTA at info@kta-hike.org or call 717-766-9690.

Do You Care About Trails?

Dear Fellow Hiker,

If you're reading this, odds are you've experienced some of your greatest days while hiking Pennsylvania's trails. Think about one of those times. Think about how it broadened and enriched your world, how it changed you. Now imagine that it never happened.

If that alarms you, good. It's time to act.

Winter is hard on our trails. Storms cause everything from blowdowns to ruts to washed-out bridges to silt-filled water bars to leaning signposts. Every year we go through the cycle of maintaining our magnificent trail system only to see Mother Nature return it to a state of chaos.

Each spring, KTA trail crews and individual maintainers cut out the logs that have blown down, rebuild the washed-out trails, note the bridges that must be rebuilt, and perform the mandatory maintenance our trails need. Will you help KTA today?

We're asking for your help. A monetary gift of any amount will be greatly appreciated, or you can gift your time and give back to our trails by volunteering for trail care. Either way, your generosity will help KTA rebuild and rejuvenate our trails for the 2018 hiking season and beyond.

Sincerely,

Joe Neville, Executive Director

Newsletter Submissions

This newsletter is published monthly by Keystone Trails Association. Submissions are accepted on a rolling basis. Opinions expressed are those of the listed authors. The Editor encourages submissions reflecting all viewpoints, but reserves the right to edit material. You are encouraged to submit material (even just a trail closing or care alert!) to the Program Administrator, Brynn Furnace, at bfurnace@kta-hike.org. The deadline for newsletter submissions is the 15th of the prior month. Submissions received after that time will be considered for the next month.