

April 2017



THE KEYSTONE HIKER

Preserving Pennsylvania's Footpaths since 1956

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

MEMBER CORNER

Registration Closed for KTA's Spring 2017 Hiking and Meeting Weekend



Credit_John Kendlhardt
See you April 7-9

If you can't come for the weekend, come for a day! Pre-registration is not required. Cost is \$10 per person.

Trail Care 101: Workshop

Saturday, April 22, 2017 , 9 am—3 pm
Whipple Dam State Park, Petersburg, PA

Join Keystone Trails Association for Trail Care 101

- Have you wanted to join a Trail Care, Trail Crew, or Code Orange but felt unprepared?
- Are you interested in finding a way to give back to the trails?
- Are you curious about why trails are built and maintained differently, in different places?
- Learn the skills, the lingo, the why and how of trail care, and the safety precautions you need to know to be a Trail Maintainer!



Tentative Trail Workshop Schedule:

9 am—12 pm: "Trail Care 101—The Open Classroom" taught by Ed Lawrence, KTA Trail Care Chair

- What are the projects, duties, and tools you'll encounter at Trail Care, and how to handle them
- Do's and Don'ts: Trail Care Leaders don't all agree, but they can all be right
- What projects are planned for the 2017 Trail Care and Crew Schedule with KTA
- Judgment-Free Q&A

12:30 pm—3 pm: Hike around the lake for hands-on training and discussion of lessons learned.

- Apply what you learned in the morning as you see trails with new eyes, and get answers to all the new questions that arise.

Sign Up by April 14. Lunch included.

Visit our Events Page for the registration form, and mail with payment to KTA. Direct questions to info@kta-hike.org.



Backpacking 101: Workshop

Part 1

Saturday, May 20, 2017

Start Time: 10 AM

Little Buffalo State Park - Recreation Hall

Maybe you've gone hiking on a trail in PA and you've encountered backpackers, folks with larger packs for overnight camping who seem to be having a great time. Maybe you've also thought you might like to try backpacking, but you don't know where to start. KTA is offering just what you're looking for, "Backpacking 101".



"Backpacking 101" is a two part course designed to teach you all the basic skills you need for backpacking in Penn's Woods. Part 1 is a one day class that will cover all of the important issues and skills. We'll cover how to choose your backpack, tent, stove, clothing and other equipment, how to plan a backpacking trip, how to set up camp, the very important "Leave No Trace" skills, choosing and cooking food, staying safe in the woods, etc. Part 2 is an optional, fairly easy, two day, overnight backpacking trip led by experienced leaders.

This course will be led by three experienced backpackers and trip leaders, Dave Gantz, Paul Shaw, and Jim Foster, who are volunteering their time. Dave is a KTA Director, backpacking guidebook author, and outdoor retailer professional - www.walkwithgantz.com. Paul is President of KTA, a lifelong backpacker and owner of Treks & Trails International, a company that leads hiking and backpacking trips all over the world - www.treksandtrailsinternational.com. Jim is Board Secretary of KTA, an Appalachian Trail thru-hiker, and has led several backpacking trips. An additional instructor, a woman with extensive backpacking experience, will share her knowledge from a woman's perspective.

All proceeds will benefit KTA. Part 1 will cost \$50 per person, and will be limited to 40 participants. Thanks to our friends at DCNR, Part 1 will be held on Saturday, May 20 at beautiful Little Buffalo State Park, located near Newport, north of Harrisburg. Part 2 will cost an additional \$50, and will be organized by the leaders at the end of Part 1.

Visit our Events Page for the registration form, and mail with payment to KTA. Direct questions to info@kta-hike.org. We must have your signed application and fee before we can hold a place for you. Should you have questions or need more information, contact Paul Shaw at President@kta-hike.org.

Registration Now Open for 14th Annual Prowl the Sproul: July 28-30



Check out the Events Page for the registration form, and mail payment to KTA or register online. Direct questions to info@kta-hike.org.

Registration Open for the 9th Annual KTA Trail Challenge: September 9, 2017



Go to the Event Page for the registration form and mail payment to KTA or register online through Pretzel City Sports. Act soon to receive a discounted price until July 1. Direct questions to info@kta-hike.org.

Perks of Membership



Keystone Trails Association Members Now Enjoy a 10% Discount when they shop at Appalachian Outdoors in State College

YOUR HIKING ADVOCATE

KTA Lobby Day!

by Joe Neville, KTA Executive Director

Please join KTA staff and board members as we descend upon the Pennsylvania capitol and lobby our legislators to oppose lifting the ban on Sunday hunting.

KTA plans on having a large presence at the capitol on June 6 to convince our elected officials that most Pennsylvanians do not support the recent efforts of the National Rifle Association and Pennsylvania Game Commission to lift the ban on Sunday hunting and take away our 1 day of the week when we can hike in safety and quiet.

Staff will guide you with a planning meeting describing how to meet with legislators. We'll also guide you around the capitol, provide handouts and talking points, and schedule all appointments.

When: Tuesday, June 6, 2017, at 8:30 AM.

Where: Pennsylvania state capitol (meet in the cafeteria).

Sign-Up and Additional Information: E-mail your interest to jneville@kta-hike.org or call 717-766-9690.

Patagonia Grant

by Joe Neville, KTA Executive Director

KTA wants to thank Patagonia and Appalachian Outdoors for their generous support.

Patagonia's Environmental Programs Department has informed us that the Keystone Trails Association has been awarded a \$5,000.00 conservation grant by our friends at Appalachian Outfitters in partnership with Patagonia's wholesale grants program.

Geoff Brugler at Appalachian Outdoors and Chris May at Patagonia, along with KTA Board member Dave Gantz, were particularly helpful and responsible for this incredible grant and we thank them for their support!

Check out:

<http://www.appoutdoors.com/>

www.patagonia.com

Pending Legislation of Interest to KTA

by Joe Neville, KTA Executive Director

SB 453 (Brewster, D – Westmoreland), HB 71 (Godshall, R – Montgomery)

These bills would authorize the Game Commission to allow for hunting on Sundays. Currently this is prohibited by statute, but either piece of legislation will amend the law to allow for the Game Commission to issue regulations allowing for Sunday hunting.

HB 640 (Barrar, R – Chester)

This legislation would combine the Pennsylvania Historical and Museum Commission (PHMC) with the Pennsylvania Department of Conservation and Natural Resources (DCNR). PHMC would be absorbed by DCNR.

HB 754 (Murt, R – Montgomery)

This legislation amends the Conservation and Natural Resources Act to provide a 15% discount on state park activity fees and charges for active duty, retired and disabled military personnel and their immediate family. The legislation would apply to active duty and retired military members and veterans who have a 100% service-related disability, plus their immediate family. Military personnel and veterans who qualify would have to provide identification in order to receive a discount.

HB 723 (Hanna, D – Clinton)

This legislation would allow the Department of Conservation and Natural Resources (DCNR) to enforce Title 75 (Vehicles) provisions related to all-terrain vehicle (ATV) summary offense violations, even if the violation occurs outside of state park and state forest lands.

Anticipated Bill Yet to Be Reintroduced:

Ellis, R – Butler

A proposal that would allow political appointees to make decisions on Public/Private Partnerships such as golf courses, water parks, amusement parks, office buildings and hotels by allowing private sector development in State Parks.

VOLUNTEER / MAINTAINER'S CORNER

It's Here! The 2017 Trail Care and Crew Schedule!

Before you go, please read our Trail Care and Crew page on kta-hike.org for helpful information and applications.

April 28 - 30: Trail Care

Black Forest Trail

Leaders: Jenn Ulmer / Donna Thompson

hawk2373@yahoo.com

570-854-8316

Ruth Will Cabin at Pump Station Fire Tower

Leader: Ed Lawrence

cathyed@frontier.com

570-925-5285

Camp: Colton Point S.P., Group tenting area #1

May 6: Code Orange

Nolde Forest Environmental Education Center

Leader: Lisa Miller, Center Manager

lisamill@pa.gov

610-796-3699

Meet: 9:00 a.m.

Camp: Fri./Sat. at French Creek S.P.

May 30 - June 4: Trail Crew Week #1

North Country Trail in Butler County

Leader: Dave Adams

davenjean@zoominternet.net

724-453-1685

Camp: stay in Davis Hollow Cabin, or camp outside, cabin located in Moraine S.P.

June 6 - June 11: Trail Crew Week #2

Thunder Swamp Trail System

Leader: Ed Lawrence

cathyed@frontier.com

May 19 - 21: Trail Care

West Rim Trail

570-925-5285

Camp: Resica Falls Boy Scout Camp

June 13 - 18: Trail Crew Week #3

Chuck Keiper / Donut Hole Trails

Leader: Tony Robbins

tony.robbins.kta@excellservices.com

570-437-0065

Camp: Western Clinton Sportsmen's Association

June 20 -25: Trail Crew Week #4

Mid State Trail, Everett Region

Leader: Deb Dunkle

dhdunkle@gmail.com

814-652-2227

Camp: Tenley Park, Everett

July 22: Code Orange

Little Buffalo State Park

Leader: Jim foster

jimhfoster@yahoo.com

717-649-5505

Meet at the park office at 9:00 AM

June 27 - July 2: Trail Crew Week #5

The Baker Trail

Leader: Dewaine Beard

dewaineb@gmail.com

412-719-9904

Camp: Creek Bend Campgrounds

July 7 - 9: Trail Care

Mid State Trail, Tioga Region

Leader: Pete Fleszar

tioga@hike-mst.org

717-583-2093

Camp: Hills Creek State Park, Organized group tenting area

August 4 - 6: Trail Care

The Pinchot Trail

Leader: Jeff Mitchell

jmitchmitch@hotmail.com

570-441-2952

Camp: Manny Gordon Picnic Area, Pinchot State Forest

September 15 - 17: Trail Care

Tuscarora Trail

Leader: Ben Auer

auer.ben@gmail.com

608-772-1715

Camp: PATC cabin at Little Cove

September 29 - October 1: Trail Care

Reeds Gap Spur

Leader: Jenn Ulmer / Donna Thompson

hawk2373@yahoo.com

570-854-8316

Camp: Reeds Gap S.P. sites 8 -14

October 7: Code Orange

Gifford Pinchot State Park

W/ Friends of Pinchot S.P.

Leader: Steve Stroman

stevestroman@hotmail.com

717-350-0437

Meet: 8:30 at Quaker Race day use area off Pa. 177

Camping available Fri. & Sat.

Friends Group will host Sat. evening cookout for volunteers

November 3 - 5: Trail Care

Bucktail Path

Leader: Rick Hiemenz

mustardgarlic@hotmail.com

814-706-8218

Camp: Brooks Run Fire Tower Cabin

Trail Care Volunteer Get Set to Spring into Action

by Ed Lawrence, KTA Trail Care Chair

KTA Trail Care will return to the Black Forest Trail (BFT) April 28-30 for the first Trail Care Weekend of 2017. With the passing away of the legendary woodsman Bob Webber, the KTA Trail Care Program, working with Tiadaghton State Forest personnel, has pledged to ensure the BFT continues getting the attention it needs and deserves. This year, volunteers will have the unique opportunity to camp at the Ruth Will Cabin at the Pump Station Fire Tower. The access road to the cabin and tower is on the west side of Pennsylvania Route 44 a

half mile north of where the BFT crosses Route 44 at the Trout Run Road parking area. As usual, KTA signage will be positioned at the turn.

Also keep in mind that the first Code Orange 1-day Trail Care will take place at Nolde Forest Environmental Education Center, south of Reading in Berks County, on Saturday, May 6. The center provides a valuable year-round environmental education program and is visited by many schools. This will be the first time the Trail Care Program has scheduled a volunteer workday at Nolde Forest, and we're excited to be working again with Center Manager Lisa Miller. Code Orange volunteers worked with Lisa when she was park manager at French Creek State Park, so we look forward to helping her improve the trail system at Nolde Forest. Participants in the Code Orange Event will be able to camp at nearby French Creek State Park. See the schedule listing on the KTA website for driving directions and other details.

Volunteers are what make KTA's Trail Care Program the important asset to the hiking community it has become. Please plan on making Trail Care Events part of your hiking schedule this season to see for yourself what a rewarding experience trail care can be.

We Want You!

Volunteers are needed for the 9th Annual Trail Challenge September 9, 2017

Please see the Event Page for the registration form to mail to KTA or sign up online. Volunteers receive the satisfaction of a job well-done, t-shirt, and picnic by Legends Catering.

KTA Seeks Intern

Spring and Summer Internship Positions:

Gain valuable experience with a statewide hiking, trails, advocacy, conservation and outdoor recreation organization.

Description: Assist with and attend hiking programs, facilitate communications, social media, marketing, planning, organizing events, and member relations. Flexible hours and a very casual, relaxed work environment.

Send inquiries to:

Joe Neville, KTA Executive Director

jneville@kta-hike.org

(717)766-9690

HIKER'S CORNER

100-Mile Challenge Profile: Gust Diamantoni

Full name: Gust Stephen Diamantoni

Nickname: Gus

Age: 11

Hometown: Lancaster

How long you've been hiking: 3 years

Earliest memory of hiking or most memorable hiking experience: Meeting lots of new people along the trails.

Why you decided to take the 100-Mile Trail Challenge: For the ice cream reward at the end.

Your #1 favorite hiking trail in Pennsylvania, and why it's your favorite: The Appalachian Trail.

Your favorite thing about hiking: Getting pictures along the way.

Who's sponsoring you so far (friends, family, coworkers, hiking club, etc.): My mom and my Bube so far.

How you heard about or first got involved with KTA: Steve Aldridge

Advice to new hikers: Do a great job.

The one thing you'll never hit the trail without: Morgan, Morgan's dad, my camelback, and snacks.



Morgan and Gust

100-Mile Trail Challenge Profile: Morgan Aldridge

Full name: **Morgan Americus Aldridge**

Nickname: **Pixie**

Age: **10**

Hometown: **Lititz, Lancaster County**

How long you've been hiking: **3 years**

Earliest memory of hiking or most memorable hiking experience: My most memorable hiking experience would be when I found a salamander on the side of the trail.

Why you decided to take the 100-Mile Trail Challenge: Over the course of 3 years I've hiked about 300 miles, and I want to help preserve trails over Pennsylvania.

Some trails you plan to hike to meet this goal: The Appalachian Trail and Horse-Shoe Trail.

Your #1 favorite hiking trail in Pennsylvania, and why it's your favorite: Strawberry Hill Nature Preserve, because I like the name and the beautiful pink house.

Your favorite thing about hiking: I like to see the animals along the way.

Who's sponsoring you so far (friends, family, coworkers, hiking club, etc.): Working on it.

How you heard about or first got involved with KTA: **We won a photo contest for a free membership, and then I won the Young Hiker Award.**

Advice to new hikers: **Just keep hiking, hiking, hiking.**

The one thing you'll never hit the trail without: **Toilet paper, because once my friend had an accident since we didn't have toilet paper (we gave it to someone).**

100-Mile Trail Challenge Profile: Ron Schwartz

Full name: Ronald Schwartz

Nickname: Schwartz

Age: 49

Hometown: Manheim, Lancaster County

How long you've been hiking: Since I was a kid, but I've been backpacking for about 25 years.



Earliest memory of hiking or most memorable hiking experience: My family lived in Clinton County for a period of time during my childhood, and it was during that time that I became fond of hiking. I was allowed to roam the surrounding woods on my own, and I credit those experiences with my ongoing enthusiasm to wilderness hiking.

Why you decided to take the 100-Mile Trail Challenge: It seemed like a simple way to raise awareness and needed funding for something I care deeply about. I appreciate all that KTA does, and it's the least I could do.

Some trails you plan to hike to meet this goal: I'll be hiking the Old Loggers Path and the Quehanna Trail.

Your #1 favorite hiking trail in Pennsylvania, and why it's your favorite: Hands down, my favorite trail is the Quehanna Trail. The terrain and scenery are unmatched, in my opinion, and the amount of wildlife I see while hiking this trail is always refreshing. But most importantly, the remoteness and the wildness of the area are what continue to attract me.

Your favorite thing about hiking: That it's a healthy and relaxing way to escape and be alone with your thoughts. As a solo hiker, the solitude combined with the strenuous exercise manage to both recharge my batteries and put things in perspective. One of my favorite quotes is "You need to get away to get back."

Who's sponsoring you so far (friends, family, coworkers, hiking club, etc.): So far, I'm being sponsored by friends, family, and coworkers.

How you heard about or first got involved with KTA: I don't really recall how I first heard about KTA, but I remember learning that they maintain hiking trails in PA, and I became an instant supporter.

Advice to new hikers: Remember that it's about the journey and that you don't have to hike in exotic places to experience the joys of hiking. Just go out and do it. And boots—get the best boots money can buy.

The one thing you'll never hit the trail without: Good socks—and plenty of them.

Favorite nature/hiking quote (your own or someone else's): I have 2 quotes actually, both displayed in my office:

“You need to get away to get back.”

—Unknown

“In wildness is the preservation of the world.”

—Henry David Thoreau

Anything else you'd like to share: Please keep up the wonderful work that is being done by KTA.

(learn more about the 100-Mile Trail Challenge on our home page, kta-hike.org)

Jeff's Jaunts: Mountain Springs Loop

by Jeff Mitchell

A moderate 7-8 mile loop in Ricketts Glen State Park and SGL 57. An excellent hike that follows established trails and old grades, although some trails do not have blazes or signs.

It features deep hemlock forests, a gorge with a cascading stream, two lakes, and vistas. There are also remnants of the ice industry that once existed in the isolated valley. The towns that once existed are now abandoned.

<https://endlessmountains.wordpress.com/2017/03/03/mountain-springs-loop/>

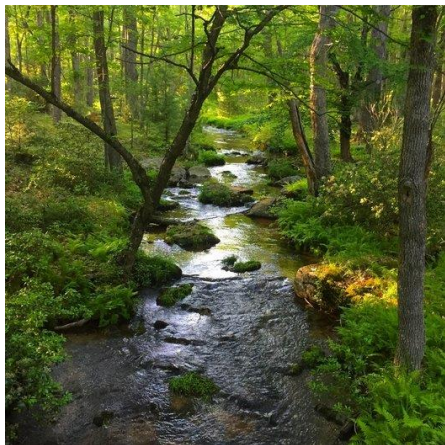


Walk with Gantz: The Chuck Keiper Trail

by Dave Gantz, KTA Board of Directors

Dave recently dedicated himself to writing a monthly column about backpacking trails he's hiked in Pennsylvania.

Photo credit: Ashlee Smith



The Chuck Keiper Trail (CKT) is my favorite backpacking loop in Pennsylvania. This 47.25-mile loop along route 144 between the small towns of Snowshoe and Renovo is remote and rugged. Even though there are several shorter loops in this trail system, the area is still used sporadically by hikers. The first lesson of the CKT: Wild! All sections of the trail are contained within the Sproul State Forest, including two state designated Wild Areas (W.A.) with exceptional value streams: Russell P. Letterman W.A. (formerly Fish Dam W.A.) and Burns Run W.A. These areas are truly wild as the only access is on foot. Yost Run is also listed as Exceptional Quality by the Department of Environmental Protection (DEP). The entire loop requires several thousand feet of climbing and descending.



Photo credit: Eriks Perkons

Trailhead parking for the CKT is rather accessible, but the trail itself is extremely remote. Cell phone coverage is very limited in this area, even on the one paved road (route 144) that intersects the trail. The path does not go near any towns or developed areas. One Easter Sunday, I returned to my car after a weekend of post-holing through the snow to find that my car's battery was dead. Since I had no cell phone coverage (and apparently I'm too intimidating to hitch a ride), I walked a long eleven miles on route 144 before being picked up by some friendly locals. After being driven to a gas station in Snowshoe, I was able to contact a friend who picked me up three hours later. Lesson two: be prepared for anything on the CKT.

Photo credit: Eriks Perkons

Lesson three: ecosystem variety. The southern sections of trail lead along a rather open plateau. This ecology results from tree diseases, a harsh growing environment, and most importantly, an extensive forest fire from 1990. The northern and western sections of trail lead down into and climb straight out of steep mountain ravines. Features here include waterfalls, flowering vegetation and geologic history.



The CKT is marked with orange blazes, indicating a hiking only trail. Other trails may be marked with red, blue, or yellow blazes. Other routes are entirely un-blazed. This leads to lesson four: pay attention and bring maps! The trail is often overgrown, making blazes and maps essential in some areas. PA DCNR maintains the CKT, along with volunteers from the Keystone Trails Association. There have been several relocations and trail updates throughout the years. KTA has built several bridges along the trail, too. NOTE: the free DCNR maps printed in 2015 are dangerously inaccurate. Many parking areas and other notable landmarks are missing from these maps!



Photo credit: Ashlee Smith

The CKT is not only remote; it also boasts some of the best wildlife in Pennsylvania. This leads us to lesson five: Watch your step! The area that incorporates the CKT hosts the densest population of black bear per square mile in PA. I often see bear sign, and sometimes even real live bear while hiking in this area. Hunting is popular here so most bear are timid of humans. Snakes also thrive in this environment. My friend Drew and I spotted four rattlesnakes and two non-venomous snakes within five miles

while scouting for my guidebook. Locals have told me that the Renovo Medical Center stocks more rattlesnake anti-venom than any other center in PA. In addition, elk and coyote also now inhabit this area. Be prepared to see wildlife while hiking in this area! Of course, be sure not to spoke, provoke, or harass any wildlife, because animals will defend themselves, and help can be several hours away. Enjoy your time along the Ckuck Keiper Trail, but also respect the area for what it is: Wild!



Crackers

by Gerry Rowan

Crackers of all kinds are a staple for hikers, backpackers, and trekkers. They are light, keep well, and have a variety of uses—from cheese-and-crackers to omelets. Since crackers are made from a limited number of ingredients, the quality of those ingredients is important. Most of the flavor of crackers comes from the flour used. By making your own crackers, you can control both their flavor and nutritional value.

Sounds crazy, I know. Why would you take the time to make your own crackers? The answer is taste and nutrition. Homemade crackers taste so much better than commercial brands, and with a good choice of flour, they can be very nutritious. Make a big batch and store in an airtight container in a cool, dark place.

Matzo Crackers

4 cups flour (all-purpose, gluten-free, whole wheat, etc.)

1 teaspoon kosher salt

1 to 1-1/4 cup water

3 tablespoons olive or canola oil

Bench flour as needed

Preheat oven to 500°F. Add ingredients to bowl of food processor equipped with a dough blade. Pulse to mix well; then, with processor running, drizzle in water until dough is formed and pulls away from sides of bowl. Turn dough out onto floured surface; cover and let stand for 30 minutes. Divide dough into 6 or 8 pieces; then roll each piece out into flat shapes about 1/8-inch thick. Cut into cracker-sized pieces. Transfer onto cookie sheet; bake until lightly browned. Cool on a wire rack; store in an airtight container. A pasta machine is a great way to roll out cracker dough quickly and uniformly. Pricking the crackers with a fork before baking prevents bubbles from forming; if you like bubbles, don't prick.

Variations: Try reducing flour to three 2/3 cups, then adding 1/3 cup potato starch and 3 tablespoons ground sesame seed. (Pulse them in a spice grinder.) Replace flour with 3 cups all-purpose flour and 1 cup whole wheat, oat, or barley flour.

Additions: 3 tablespoons wheat germ, sesame, or poppy seeds; 1 to 2 teaspoons freshly ground black pepper.

Double Baking: Increase the storage life of your crackers by double baking them. Bake crackers as usual; then reduce oven temperature to 250°F. Place crackers on a wire rack; bake again for 20 to 25 minutes. Allow to cool; then store in an airtight container.

A great trail food. Try crumbling a cracker into boiling soup or stew as a thickener.

Cracker Dumplings

1 cup cracker meal

2 eggs, well beaten

3/4 cup hot water

1/2 teaspoon freshly ground pepper

2 quarts chicken stock

Chopped parsley and parmesan cheese for garnish

Add chicken stock to pot; bring to rolling simmer. Add cracker meal and water to small bowl; then mix. Add eggs; mix again. Put tablespoonfuls of dough into bubbling chicken stock. Cover and cook for 10 minutes.

Ladle into bowl; then garnish and serve.

Substitutions: 2 quarts water and 1/2 cup chicken stock base for the chicken stock.

Additions: 3/4 cup freeze-dried peas added to chicken stock; 6 to 8 ounces shredded, cooked chicken, turkey, or ham.

Cracker Omelet

1 ½ cups broken crackers

2-3 eggs

2-3 tablespoons butter or bacon fat

Add crackers and water; then mix. Heat 2 to 3 tablespoons bacon fat in skillet; then add crackers. Fry crackers until lightly browned; then add eggs. Fry again until eggs are set. Turn omelet over; continue frying until lightly browned. Serve immediately. Great for breakfast with honey, maple, or pancake syrup.

Additions: Add 1 cup shredded sharp cheese after turning omelet; then cover and melt the cheese.

Pasta With Toasted Crackers

1 cup coarse cracker meal 1/2 half stick butter

1/2 teaspoon garlic granules

1/4 cup Parmesan cheese, grated

12 ounces pasta

Cook pasta per package directions; add butter to skillet and heat until butter stops foaming. Drain pasta. Add cracker meal and garlic; then sauté, stirring until mixture is toasted. Add toasted crackers and cheese to pasta; toss well. Serve immediately.

Trail Friendly: Prepare toasted cracker meal at home; add with Parmesan cheese to small ziplock bag.

Spring Gobbler Season Alert!

Wear blaze orange!

April 22: Junior Hunters' Day

April 29-May 13: ½ hour before sunrise until noon

May 15-31: ½ hour before sunrise until ½ hour after sunset

Looking for a Hike Near You?

Please request a copy of the WheresMyHike Schedule for hikes March 25 – April 14 by contacting KTA at info@kta-hike.org.

CLUB CONNECTION

Building the 2017 Club Calendar

Would you like KTA to promote your club/organization's major events with The Keystone Hiker, on Facebook, and on our website? It's a perk of membership. Please submit a list (ideally with date, time, location, link to web page) of only those events that the public should see, to info@kta-hike.org.

Thank you and happy trails!

Book Signing: Jennifer Pharr Davis

Appalachian Outdoors

State College, PA

April 12th 6:30-8:00 PM

PA Hiking Week: May 25- June 2

KTA and DCNR are working diligently to expand the opportunities for the public to participate in Pennsylvania Hiking Week. Can you help us?

If every member club of the Keystone Trails Association, every eligible State Park, and every State Forest, offer just one hike, we will easily have over 100 hikes! Pennsylvanians are hiking in growing numbers. Let's introduce them to the trails we love that get little use. The trails that are over-loved deserve a break.

Please plan with your clubs to offer hikes during PA Hiking Week. You don't have to ask permission or inform anyone. Just follow these simple instructions to enter your hikes into the DCNR Calendar:

How to submit an Explore PA Trails event in the DCNR Calendar of Events

Go to <http://events.dcnr.pa.gov/>

If you're already a DCNR Calendar of Events user, log in.

If you're not yet a DCNR Calendar of Events user, sign up.

How to submit an Explore PA Trails event in the DCNR Calendar of Events

Click the "Me" link at the top of the page and click Submit an Event.

Enter your Event. Include Meeting Place, Difficulty, Length of Hike, and your contact information in the Description.

IMPORTANT! Make sure you select ExplorePATrails as the Category. If you don't, your event will not be displayed at <http://www.explorepatrails.com/calendar.aspx>

If you are entering a Hiking Week and/or National Trails Day event, those categories can be selected under the "Seasonal Event" heading.

Click Add Event.

If your event is not visible on <http://www.explorepatrails.com/calendar.aspx> within five business days, log in again at <http://events.dcnr.pa.gov/> and click the "Me" link at the top of the page.

Open your event and make sure that: 1. Your event has been approved 2. "ExplorePATrails" is listed under Categories

Help us make this slogan possible: "The Best Hikes in PA are the Ones You've Never Heard Of!"

NCTA Allegheny 100

The Allegheny National Forest Chapter of the North Country Trail Association announces the 8th Annual Allegheny 100 Hiking Challenge!

On June 9th - 11th, 2017, come join us for this adventure through the beautiful scenery of the Allegheny National Forest.

The A-100 is an endurance challenge met through unsupported hiking. It is not a race, but an individual challenge of stamina, determination and resilience. Being an unsupported hike, there are no first aid or water

stations. Hikers are responsible for supplying their own food, drinks and equipment. Participants must recognize that cell phone reception is very spotty along the length of the trail.

The adventure covers a 100-mile stretch of the North Country National Scenic Trail in the Allegheny National Forest. Hikers will climb over rolling hills and pass through many beautiful stream valleys. The A-100 challenges hikers to traverse 100 miles, 75 miles, 50 miles or 25 miles in a fifty hour time period. This challenge is for anyone, regardless of skill level, who wants to test him or herself against the trail. Everyone needs to “hike their own hike”, moving at their own pace and resting when necessary.

For the 2017 challenge, hikers will travel north to south, from the Rt 346 trailhead, near Willow Bay to the Rt 66 trailhead, between Marienville and Vowinckel. A shuttle is offered to transport hikers from their finish point (where they've parked) to the joint starting point at the Rt 346 trailhead.

Those who pre-register will receive a membership in the North Country Trail Association, shuttle service to the start of the hike and a T-shirt. **Pre-registration begins on Monday, March 6 and continues to May 12, or when 150 hikers have signed up. Cost is \$55 for non-members and \$32 for members.**

In 2016, a record number of 100 milers, 25, completed their challenge. Perfect weather was a big factor. Four hikers completed 75 miles. Fifty-two hikers reached 50 miles, and another 19 completed at least 25 miles. Many met their personal challenge and many more vowed to be back next year to attempt to achieve their goals after learning so much out on the trail. Everyone enjoyed the beauty of the Allegheny National Forest, the friendships formed on the trail and the hospitality of the area.

For more information or to register, visit the NCTA website at <https://northcountrytrail.org/get-involved/special-events/allegheny-100-hiking-challenge/>, the ANF Chapter Facebook page www.facebook.com/ANFChapterNCT/ or email anf@northcountrytrail.org.

Outdoor Extravaganza 2017

Butler Outdoor Club is celebrating their 21st Outdoor Extravaganza celebration May 26-29. Activities and events galore! Go to their website for more information <http://www.outdoorextravaganza.org/>.

2017 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 7-9: KTA Spring Hiking and Meeting Weekend - Ligonier

April 22: KTA's Trail Care 101 Workshop, Whipple Dam State Park

April 28 - 30: Black Forest Trail Care

April 30: SATC & CPC Present The Ironmaster's Challenge

May 6: Nolde Forest Environmental Education Center, Code Orange

May 19-22: KTA's Black Forest Trail Thruhike Slackpack (SOLD OUT)

May 19 - 21: West Rim Trail Care

May 25 - June 2: PA Hiking Week - cosponsored with DCNR

May 26 - 29: Butler Outdoor Club's Outdoor Extravaganza

May 30 - June 4: North Country Trail in Butler County, Trail Crew Week #1

June 6 - June 11: Thunder Swamp Trail System, Trail Crew Week #2

- June 9-11: ANF Chapter of NCTA's Allegheny 100 Hiking Challenge (A-100)**
June 11: NCTA Butler Chapter's Muddy 5k Race - during the Bantam Jeep Festival
June 13 - 18: Chuck Keiper / Donut Hole Trails, Trail Crew Week #3
June 20 -25: Mid State Trail, Everett Region, Trail Crew Week # 4
July 22: Little Buffalo State Park Code Orange
June 27 - July 2: The Baker Trail, Trail Crew Week #5
July 7 - 9: Mid State Trail, Tioga Region Trail Care
July 28-30: KTA's 14th Annual Prowl the Sproul Hiking Weekend
August 4 - 6: The Pinchot Trail Care
September 9: KTA Trail Challenge 25k and 50k
September 15 - 17: Tuscarora Trail Care
September 29 - October 1: Reeds Gap Spur Trail Care
September 29 - October 1: Quehanna Elk Quest
October 7: Gifford Pinchot State Park Code Orange
November 3 - 5: Bucktail Path Trail Care

Shop the KTA Bookstore

Check out KTA's latest addition: The KTA Embroidered Hat. Now available online or in the office.

KTA publishes and sells maps, guidebooks, and patches related to hiking trails in Pennsylvania. Members receive at least a 10% discount! Click the link to check out our online bookstore.

<http://www.kta-hike.org/ktas-bookstore.html>

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The next time you shop online, use Amazon Smile and choose Keystone Trails Association. It doesn't cost you any extra: Amazon donates 0.5% of the purchase price to Keystone Trails Association.

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.