



The Pathfinder



Summer 2024

Blazes, finding your way on our trails

Blazes are trail signs posted for hikers to follow. Blazes installed by the Southampton Trails Preservation Society are generally 3 inch square plastic, attached to a tree or post.

Blazes with an owl picture are most common. The various different colors indicate different trails. These colors are also shown as a small colored rectangle on the town geographic information maps, available at town hall clerks office or online.



<https://gis.southamptontownny.gov/info/center/>

The green “hamlet to hamlet” blazes indicate two longer trails. One trail connects Bridgehampton to Sag Harbor.



The other trail connects North Sea to Sag Harbor.

A painted white vertical rectangle blaze indicates the Paumanok Path, a trail which stretches one hundred and twenty-five miles from Rocky Point to Montauk Point.



In Southampton this trail is fully mapped on the town maps, but there are some gaps without any blazes.

You will also note some blazed and un-blazed sections of Paumanok go alongside roadways rather than through the woods.

The Nature Conservancy:

Trails in their preserves are blazed in a distinct color and a distinct shape. When a preserve has more than two distinct trails, each trail is blazed in a different shape as well as color.



Blazes are usually on your right-hand side walking down the trail. Two blazes, one over the other, indicate a turn: a left if the top blaze is above to the left, and right if the top blaze is on the right side.



Be assured, whenever you see these official blazes, you are on a public trail. You will also come across un-blazed trails. Many of these un-blazed trails are on public land, but some un-blazed trails go onto private property.

Happy Trails!

Southampton Trails Preservation Society is a nonprofit volunteer organization whose purpose is to advocate for and assist in the development of nature and recreational trails, advance the preservation of natural open space and encourage public use in the Town of Southampton.

STPS leads free hikes and kayak trips in the Town of Southampton Saturdays and Sundays all year long.

STPS originated and annually participates in The Great East End Cleanup and organizes community activities on National Trails Day (in June) and South Fork Trails Day weekend (in October).

STPS also includes Horses on Trails (HOT) which encourages recreational horseback trail riding.

Who you going to call???

Call 911 for trail emergencies such as Fire, Medical, Police and other life safety issues.

Southampton Town Police also advise us to use 911 when reporting illegal use of the trails such as ATV's. or dirt bikes, but the police may not be able to respond depending on the specific situation or location. The police department's main number can also be used, 631-728-3400.

The Southampton Town Parks Department also recommends the Southampton Online Services website. [SOS \(southamptontownny.gov\)](https://www.southamptontownny.gov) You can file an online complaint including Illegal Dumping, Bay Constable, Code Violations, Street Light Outages, broken fences or signs, neighbor infringements, etc. Complaints will be directed to the correct department. Great idea--let us know if you have had success with this new system.

Tick protection

By **Tim Corwin**

There are so many beautiful and peaceful trails on eastern Long Island. Southampton Town alone has over 300 miles of well-marked trails. Unfortunately, we share the trails with several species of ticks which carry diseases such as Lyme, ehrlichiosis, and babesiosis. You do not want to catch these dreaded ailments. Fortunately, it is not hard to hike tick free. I am a trail leader for Southampton Trails Preservation Society and spend many hours in the woods. I have not found a single tick on me for years. I hike safely by following these 4 important rules:

Rule # 1 - wear clothing that is treated with Permethrin. Purchase permanently treated clothing from Insectshield.com which is effective for up to 70 washes. Or buy a spray bottle of Permethrin at the hardware store or online and spray your own clothes. Each spray treatment is good for six weeks and you can wash the clothes up to four times.

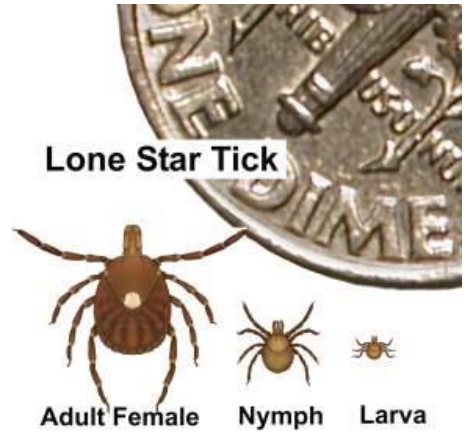
Rule # 2 - never hike in sandals. Wear your socks over your pant cuffs. Socks should be treated with Permethrin, and before each hike also spray your socks with bug spray containing picaridin or DEET. This is to prevent exposure to tick larvae on your ankles or legs. Although Permethrin is effective against adult ticks it is not as good against the practically invisible tick larvae which cause itchy “chigger-like” symptoms. I find this combination works very well!

Rule # 3 - hike only well cleared trails and try to stay to the middle. Avoid long grass and loose leaf litter which is where the ticks live. If you have any questions about which trails are cleared call one of the hike leaders listed in the hike descriptions on the events section of the Southampton Trails website. Note also in the winter

the ticks are very much less active and the trails generally clearer.

Rule # 4 - when you return from hiking look carefully all over your body for ticks, and shower thoroughly. For more information about ticks go to cdc.gov/ticks.

Rule # 5 - Enjoy your hikes.



Witches Coven

by **Tim Corwin**

This “witches coven” can be seen alongside a trail in the Nature Conservancy’s Big Woods Preserve near Big Fresh Pond. It is a fairly common phenomenon among American Beech trees. Beech trees reproduce sexually through beech nuts every few years, but more commonly, the mother tree produces offspring by cloning through her root system. As her sapling “babies” grow, the mother tree nourishes them. Also, the larger trees create soil conditions that prevent the growth of brush that might compete with her “family.” As her “children” grow, the mother tree shades them to prevent them from growing too fast or too large. Eventually, at a ripe old age of maybe 200-300 years, the mother tree succumbs to age or disease and her “family” will begin growing at an increased rate. The trees in this coven are probably 60 to 70 years old.



[Southampton Town Geographic Information Division, digital trail map:](https://gis.southamptontownny.gov/infocenter/)



This web address or QR code takes you to the town of Southampton Info Center. Click the “trail” drop downs on the side to turn on the trail layers. With some devices you can also press the ☀ button to show your current location on the map.

Large paper trail maps are available at the Southampton Town Hall clerk’s office.

Remembering Tony Garro

June 18, 1938 - February 19, 2024

Tony Garro was an active Southampton Trails Preservation Society Board member for many years. He is best remembered by his fellow Board members for his friendliness and great sense of humor. Hikers also knew him as a knowledgeable trail hike leader for the STPS and for Friends of the Long Pond Greenbelt. More uniquely, Tony led historical tours in Sag Harbor where he and his wife Joan lived. He was a former high school history teacher, and his tours were as informative as they were entertaining.

One of Tony's continuing contributions to our trail users is the Hamlet-to-Hamlet trail system. That was Tony's brainchild, inspired by his experience in England where he and some trails friends hiked from one village to the next.

Tony's activities included routinely working with his STPS colleagues during trail maintenance weekdays. During those work sessions, Tony would regale his friends with lively stories about his high school football career and his employment at a Brooklyn delicatessen. There was never a dull moment when you were in Tony's company.

Finally, we have included a photo of Tony taken by his friend Bob Wolfram. Tony was always thinking about history, and, as is evident from the photo, he was delighted to find a broken piece of headstone, often used in the past, to mark property boundaries. The Board members of the Trails Society hereby honor his life and his contributions to the trails.



STPS website: www.southamptontrails.org

- Monthly Events Schedule
- Descriptions of favorite hikes
- Online maps of favorite hikes
- Horses on Trails
- Hiking Tips
- More



STPS Board of Directors

- Mark Potter** – *President, retiring*
- Marilyn Kirkbright** – *Vice President*
- Dai Dayton** – *Secretary, VP/ Event Planning & Scheduling*
- Tim Ferguson** – *Treasurer*
- Debbie Neuman & Valerie Frederick** – *VP/ Horses on Trails (HOT)*
- Vince Scerbinski** – *VP/ Membership*
- Tim Corwin** – *VP Trail Planning and Maintenance*
- Chip Dineen** – *VP Community Relations, Communications, and Education*
- Liz Karpin, Howard Reisman, Eric Woodward, and Kate Rummel** – *Board Members at large*

YES, I/We would like to be a member of the Southampton Trails Preservation Society and want S.T.P.S. to continue to lead hikes; plan monthly hiking schedules; newsletter; cut, blaze and maintain trails; relocate signage and maps; educate the public about recreational accessibility and usage; and work with government officials and other organizations to protect our open space.

Go online southamptontrails.org to pay membership directly, or send a check for annual membership dues,

Southampton Trails Preservation Society

P. O. Box 1171, Bridgehampton, NY 11932

Name

Address

City/State/Zip

Phonee-mail..... Date.....

- I am interested in: Cutting and Maintaining Trails; Helping with Fundraising; Leading Hikes; Horses on Trails (HOT); Helping with Newsletter; Helping with Mailings; Other

Individual:	
___ Student	\$10
___ Annual	\$20
___ Three-year	\$50
___ Lifetime	\$250
Household/Family:	
___ Annual	\$35
___ Three-year	\$95
___ Lifetime	\$450
___ New member, or	
___ Renewal	

Wanted — Trail maintenance volunteers – call Tim at 631-204-7821

Wanted -- Trail hike leaders – call Dai at 631-745-0689



Southampton Trails Preservation Society
P. O. Box 1171
Bridgehampton, NY 11932

