



CAB TRAILS AND MARKERS

In 1992, volunteers marked the internal trails at Camp Addisone Boyce with 3" round aluminum disks embossed with the stylized figure of a hiker. Where needed, markers with a directional arrow were also used. Each of the trails is marked with disks on ONE of the following colors: Green, Orange, Blue, Red, or Yellow

GREEN *The AB Trail*, which makes a loop around our camp; from a point 460' on the west side of the path by the Ranger's house to a point 300' west of the Infirmary. From the AB Trail you can access the Gateway Trail, Robin's Garden, Covered Wagons, a gravel road into main camp, the Red Cross Trail, the Mt. Marines unit, and another trail into main camp. The AB Trail has been marked as a teaching trail and can be easily followed by the most inexperienced hikers. If you walk the entire length of the trail and return to your starting point, the distance covered will be 1 mile.

ORANGE *The trail between main camp and Beaver Meadow*, from a point 100' northeast of the main entrance of CAB to a point 50' in from the entrance gate at Beaver Meadow.

BLUE *The A-K Trail* marks the route among each of the old Challenge Course elements, from a point 350' on the east side of the road by the Ranger's house, up to the ridge, then down to the base of the hill where it joins the trail to Beaver Meadow (Orange markers), over to B.M. and through the permanent elements there. All but 2 of the elements were moved to B.M. in 2008.

RED *The trail to the Timp* beginning by the Ranger's house and continuing to the top of the Timp. Most of the trail is in the PIP and our red hiker markers are "unofficial". You can also look for red TT markers.

YELLOW Internal camp trails are designated with yellow markers.
Gateway Trail from its marked entrance to the east of the bridge over the first stream in main camp to its joining with the AB Trail just east of Robin's Garden and 425' west of the start of the AB Trail by the Ranger's house.

Nature Trail in Beaver Meadow from its start at the marked entrance below the Fishkin shelter to its end at the the far edge of the pond. It used to go all the way around and end at Betty Parker Lodge.

Beaver Meadow-Timp Trail connects Beaver Meadow with the Timp Trail and is marked with yellow markers on a red background. The starting/ending points are 225' from the beginning of the Nature Trail walkway to shortly before the Timp Trail crosses the old Blue Dot Trail.

STAY FOUND - FOLLOW THE MARKERS !

TRAIL ETIQUETTE:

Respect wildlife when hiking through the woods. You are a visitor entering the homes of many animals. Try to be aware of their needs and minimize disruption of their lives by learning about the animals found in the area. Your knowledge will then give you a chance to observe wildlife more often without disturbing them. Travel quietly and you'll be more aware of your environment. Carry pocket books of nature and animals in order to share information with the girls.

Do not litter - if you carry it in, then carry it out. Pick up litter left by others - this allows a sense of discovery by leaving a place free of litter.

Do not pick flowers or break branches or carve on tree trunks - it damages the environment. In addition, there are some flowers and trees that have been protected by NY State law. Enjoy what you see and leave it for the next hiker.

SANITATION:

Urinate at least 200' from any water source. This prevents water pollution and the spread of disease. Solid waste may either be buried in a "cat hole" 6 inches deep or spread out to maximize exposure to the sun and air. Pack out used TP.

SAFETY AND EMERGENCY PLANNING:

Prepare and leave a "trip plan" with the contact person. Be sure to include:

- names of leaders and participants
- destination
- planned time of departure and return route to be taken
- access points for emergency communications
- names of persons to be notified if return is delayed
- names of persons to be notified when the whole group has returned and the trip ended

Carry a First Aid Kit and know how to use it.

Stay on the trail and follow the markers. Most trails have color-coded trail markers. Bushwacking is only for the most experienced hiker who knows the terrain.

If you realize you are lost;

1. Stop, sit down, rest, have a bite to eat. Think calmly. Stay in a group.
2. Mark your location. Chances are the trail is not far off. Conduct short walks in all directions, returning to the marked spot.
3. Shout - and listen for answering shouts. If you have a whistle - 3 blasts at a time is a universal signal of distress.
4. Prepare for night well in advance. Conserve strength; seek shelter and build a fire for warmth and as a signal.

If first efforts to find your way fail, stay in one place and wait to be found.

TAKE YOUR TIME:

Fatigue from rushing on the trail can cause considerable discomfort - pace yourself. Plan for periodic rest stops and enjoy the view

