

ADOPT-A-TRAIL PROGRAM

We are looking for people who love nature and who would enjoy helping us keep our trails looking great. We are seeking individuals and groups to make this program work. We will be posting a sign at each park parking lot announcing who has adopted the trails.

Some of the duties of a volunteer are: to walk the trail(s) at least once a month for 10 months of the year, remove all litter from and around the trail, prune back vegetation to ensure that the trail is clear, and remove small trees and branches that are blocking the trail. Volunteers also alert us when large trees are down that need to be cut with a chainsaw.

We have over 25 parks to choose from, some having more than one trail, so picking a trail to adopt is not a problem!

In light of the crazy weather we have had in the last few years, our volunteers are absolutely vital in assisting us by keeping the trails clear and safe so that the public can continue to enjoy their county parks.

So if you love nature and enjoy working outside, then please join the Adopt-a-Trail Program. Everyone is welcome to apply!

To sign up for this program, please contact Patrick Eckard, Recreation Program Coordinator at peckard@co.hunterdon.nj.us or (908) 782-1158. Thank you and hope to see you on the trail!

IN CASE OF EMERGENCY

Know emergency procedures such as the location of the nearest emergency facility, the closest phone, and how to quickly summon the Ranger, Police, or other emergency services. Know where you are on the trail to help direct people to you.

Emergency number: 911.

Non-emergency numbers: Parks office (908) 782-1158, after hours Ranger number (908) 507-5236.

When speaking to the 911 dispatcher the caller should:

- Indicate the type of emergency
- Identify his or herself
- Identify the park
- Identify the trail or site as best possible
- Identify the best access or entry point

- Begin by dressing properly. Your clothing is your most basic form of protection against injury, insects, and ticks. You should wear hiking boots or heavy work boots. Long-sleeved shirts and long comfortable trousers tucked into socks will help protect you from abrasions and keep insects & ticks from your skin. Light-colored clothes make it easier to spot insects and ticks and tend to keep you cooler in warm weather. Heavy, leather-palmed gloves provide hand protection. Insect/tick repellent and a hat help provide additional protection.

Tick Identification

Hikers should carefully examine their body for ticks after working on or walking along any woodland trail. There are two basic types of ticks:

- The Deer Tick, which is the carrier of Lyme Disease.
- The Wood (American Dog) Tick, which is a carrier of Rocky Mountain Spotted Fever in New Jersey; and rarely Lyme.

Early removal is important because many disease organisms are not transferred until the tick has fed for two or more hours. Careful removal is important. The risk of being bitten by the deer tick is greatest in the summer months (especially in June and July) when the nymph stage is active; but in New Jersey be aware that ticks are active 12 months of the year!

Make a habit of thoroughly checking yourself and others for the tiny nymph following outdoor activities.

Proper clothing, frequent checks, and tick repellent can help prevent tick bites.

Know the early signs of Lyme Disease. Symptoms mimic those of many other diseases. About 80% of Lyme Disease victims will develop a rash within 2 days to 4 weeks. If untreated, more severe symptoms may develop – sometimes months to years later.

- Rash starts as a small red area at the site of the bite; may appear a few days or few weeks after the bite.
- Fair skin: The center may be lighter in color and the outer edge red and raised (bull's eye appearance only 40% of the time).
- Dark skin: The area may look black and blue.
- Fever, headache, weakness.
- Flu-like joint and muscle pain (and may have swelling in joints).

IF YOU SUSPECT LYME DISEASE, CONSULT A PHYSICIAN IMMEDIATELY.



Adopt-a-Trail

Hunterdon County Division of Parks & Recreation

www.co.hunterdon.nj.us
(click on "Living" & "Parks & Recreation")

Office Location:

Arboretum, 1020 State Route 31,
Lebanon, NJ, Clinton Township

Mailing Address:

P.O. Box 2900, Flemington, NJ 08822

Office Hours:

Monday to Friday 8:00 am to 4:30 pm

(908) 782-1158



