



Guide to Hiking at TMR



**Ten Mile River Trails Subcommittee
Greater New York Councils, B.S.A.**



The Ten Mile River Trails Subcommittee is glad to bring you this guide to hiking at the Ten Mile River Scout Camps. It is filled with useful information for Unit Leaders planning a hiking trip to TMR.

With over 12,000 acres of lakes and woodlands and more than 60 miles of named hiking trails, The Ten Mile River Scout Camps is ideal for your Troop or Post hike, from a 3-hour day-hike to a 50-mile, 5-day combination hike/canoe trip down the Delaware River.

TMR has the famous 32½ mile Ten Mile River Trail within the camp property. Along the TMR Trail and nearby are eight trail-side lean-to sites, four tent sites and seven electrified Troop cabins available for rental. Scouts and adult leaders hiking at TMR can earn the Ten Mile River Historical Trails Award, the BSA 50-miler Award and the BSA Historic Trails Award. Scouts can complete the hiking requirements for 2nd Class rank, Hiking and Backpacking merit badges at TMR.

See you on the TMR Trails!

Ten Mile River Trails Subcommittee
February, 2020

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General Information for Hikers at TMR

Using Hiking Trails

- All camp trails and roads are on private property and open only to registered members of the Boy Scouts of America and others making advance arrangements with the Greater New York Councils to use the property.
- All camp trails and roads are closed during the New York State Hunting Season from early November - early December.

Using Camp Facilities

- No camping at trailside lean-tos and tent sites or anywhere on camp property without advance reservations.

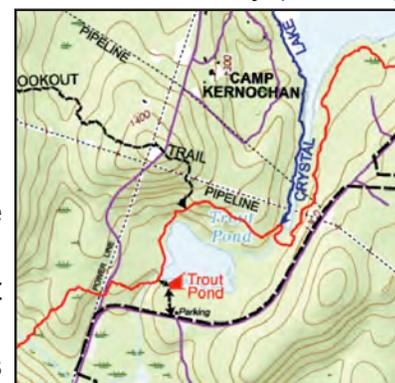
Write a Trip Plan

- We recommend that each hike group write a trip plan and leave it with at least two responsible adults, including the TMR Ranger staff at check-in. The trip plan includes:
 - Date and time of departure.
 - Destination, route followed and distance.
 - Map showing route.
 - Overnight facilities when used.
 - Names of hikers.
 - Cell phone number of hike leader.
 - Purpose of hike.
 - Source of drinking water.
 - Hike menu.
 - Equipment and clothing needed.
 - Estimated date and time of return.



Plan Your Hike

- Your trek should match the maturity and skill level of your hikers.
- Make sure that all hikers are sufficiently fit for your hike - long hikes can be physically demanding, especially for younger Scouts.
- Consider completing some short day-hikes at TMR before your first 10-mile or overnight hike.
- Depending on the skill level of your Scouts, a 10-mile hike might take you most of the day (5-6 hrs.) to complete. Start hiking in the morning for 10-mile hikes.
- Plan on a hike speed of no more than two miles per hour.
- Two adults at least 21 years of age must accompany the hike group.
- Minimum two hikers per group, preferably four.
- All Youth Protection Guidelines must be followed.
- Use a map to plan your trail route, noting trail markers. Not all trails are loops, so do not assume you will wind up where you started.
- For day hikes, give yourself plenty of extra time so that you will get back well before dark.
- Hiking and Backpacking merit badge pamphlets are great resources for your trek.

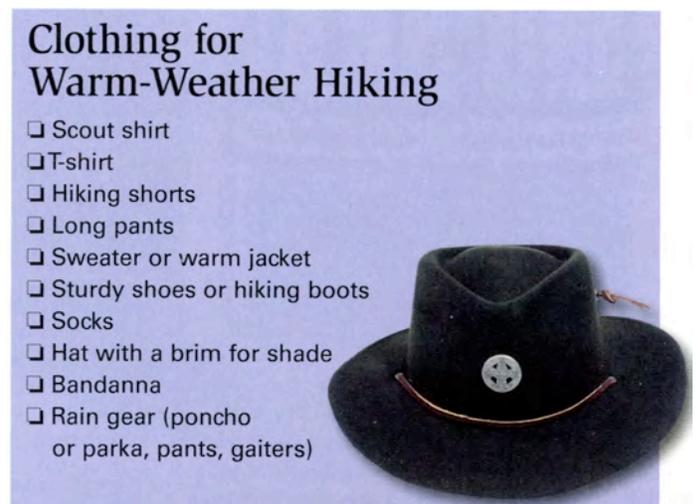
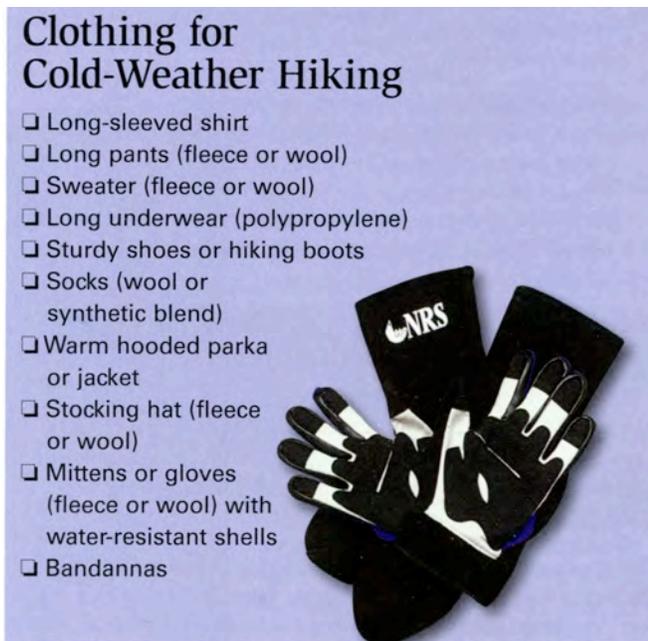


Equipment

- Each hiker should bring the Scout Basic Essentials:



- Bring appropriate clothing for the weather:



- Other recommended equipment:

- Extra socks.
- Two or more liters of water per person per day, high-energy food and extra snacks.
- Insect repellent during warm weather.
- All prescribed medications.
- For day hikes: a fanny pack or daypack. For overnight hikes: a backpack.
- A hiking stick or trekking pole will help each hiker maintain balance.
- If you will treat non-potable water along the trail, bring the necessary filtration equipment.
- Bring a TMR map and compass and know how to use them.
- A GPS receiver or GPS-enabled cell phone can help you find your location.
- Before arriving at TMR, load the Avenza Maps app and georeferenced TMR map onto your cellphone.



Water

- Drinkable (potable) water is available at TMR Headquarters Camp when you check-in.
- Non-potable water requiring treatment is available at multiple locations along the trails. See the current TMR map for locations.



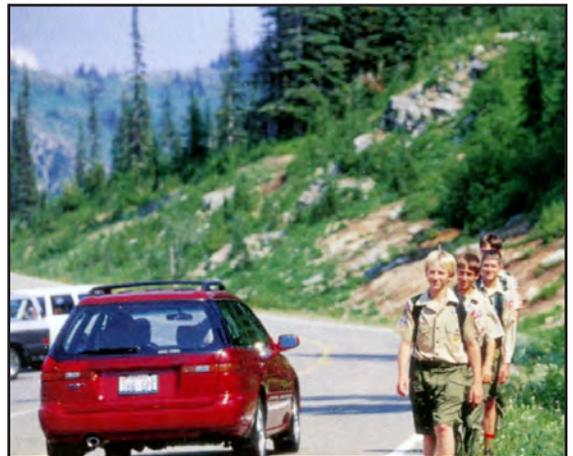
Trail Etiquette

- No motorized vehicles or bicycles.
- Respect local wildlife and vegetation.
- Practice “Leave No Trace” techniques.
- Dispose of waste properly. Carry out what you carry in.
- Use established fire rings and latrines in the trail-side lean-to and tent sites.
- Good Hiking Practices:
 - Walk at a steady pace that is comfortable for the slowest hiker or put the slowest hiker at the front.
 - Leave adequate space between each hiker. Don’t bunch up.
 - Stop for a 5-minute rest break every 30-60 minutes or when needed.
 - If you encounter another group on the trail, step aside and let them pass.
 - Don’t let your group stretch out too much while hiking. Walkie-talkies are useful. Give one to the hike leader and the person bringing up the rear so that the group will stop when needed.



Hiking Safety

- At check-in, tell the TMR Ranger your hike plans, including your anticipated return time.
- Training in wilderness first aid and CPR is recommended.
- Safe Hiking Practices:
 - Stay on designated trails and roads at all times.
 - Walk single file in the middle of the trail.
 - Walk single file on the left shoulder of roads so that you can see oncoming traffic.
 - Wear light-colored and reflective clothing to help drivers notice you.
 - When you want to cross a road, line up alongside one another and have everyone cross at the same time.
 - An adult or senior Scout brings up the rear. Don’t let individuals lag behind your group alone.
- If you can’t find the next trail marker, turn around and you should be able to see the trail markers going in the opposite direction. This should enable you to find the trail.
- Drink plenty of fluids to prevent dehydration, especially during hot weather.
- If you are caught outdoors in a thunderstorm, do not stand in open areas or near lightening targets such as trees, power poles, or wire fences. Remove any metallic frame packs and do not stay near them.



Tick Precautions

- During the late spring and summer follow these precautions to keep ticks away from you:
 - Wear light-colored clothing with a tight weave to spot ticks easily.
 - Wear enclosed shoes, long pants and a long-sleeved shirt. Tuck pant legs into socks or boots and shirt into pants.
 - Check clothes and any exposed skin frequently for ticks while outdoors.
 - Consider using bug repellents that contain DEET for skin and permethrin for clothes.
 - Stay on cleared, well-traveled trails. Walk in the center of trails. Avoid dense woods and bushy areas.
 - Avoid sitting directly on the ground or on stone walls.
 - Bathe or shower as soon as possible after going indoors (preferably within two hours) to wash off and more easily find ticks that may be on you.
 - Do a final, full-body tick check at the end of the day and remove ticks promptly.

If You Encounter a Bear

- Remain calm. Leave an escape route for the bear. Do not run!
- Make the bear aware of your presence by making noise. Make yourself look big by waving your arms. If the bear does not leave, slowly back away.
- If the bear approaches, stand your ground and be assertive. Stay together as a group. Toss rocks or sticks.
- Slowly back away and head for a safe location.
- If a black bear attacks, fight back! Do not play dead.
- Report an aggressive bear to the camp or TMR staff. Never feed a bear. It is dangerous and illegal.

In Case of Serious Injury

- Call 911 and the TMR Rangers 845-252-2011.
- Provide first aid and stay with the victim until evacuated.



Using Trailside Lean-tos and Tent Sites at TMR

The Ten Mile River Scout Camps has a network of lean-to sites and tent sites along the camp trails convenient for Troops on overnight and multi-night treks. Most are along the TMR Trail but there are also some along the Crystal Lake Trail and the Conklin Lookout Trail, both accessible to hikers on the TMR Trail. Each lean-to site has the following facilities:

- 4-person lean-tos with the following capacities:
 - Arch Bridge – 16 persons
 - Conklin Farms – 16 persons
 - Davis Lake South – 16 persons*
 - Trout Pond – 24 persons
 - Headquarters – 28 persons
 - Lakeside – 36 persons
 - Old Spring – 12 persons*
 - Ranger – 12 persons*
- One or more picnic tables
- A metal fire-ring or rock fireplace
- A latrine
- You can also set up tents in your lean-to site and use the lean-tos to store your equipment
- All sites are accessible by vehicles.
 - * 4x4 recommended seasonally



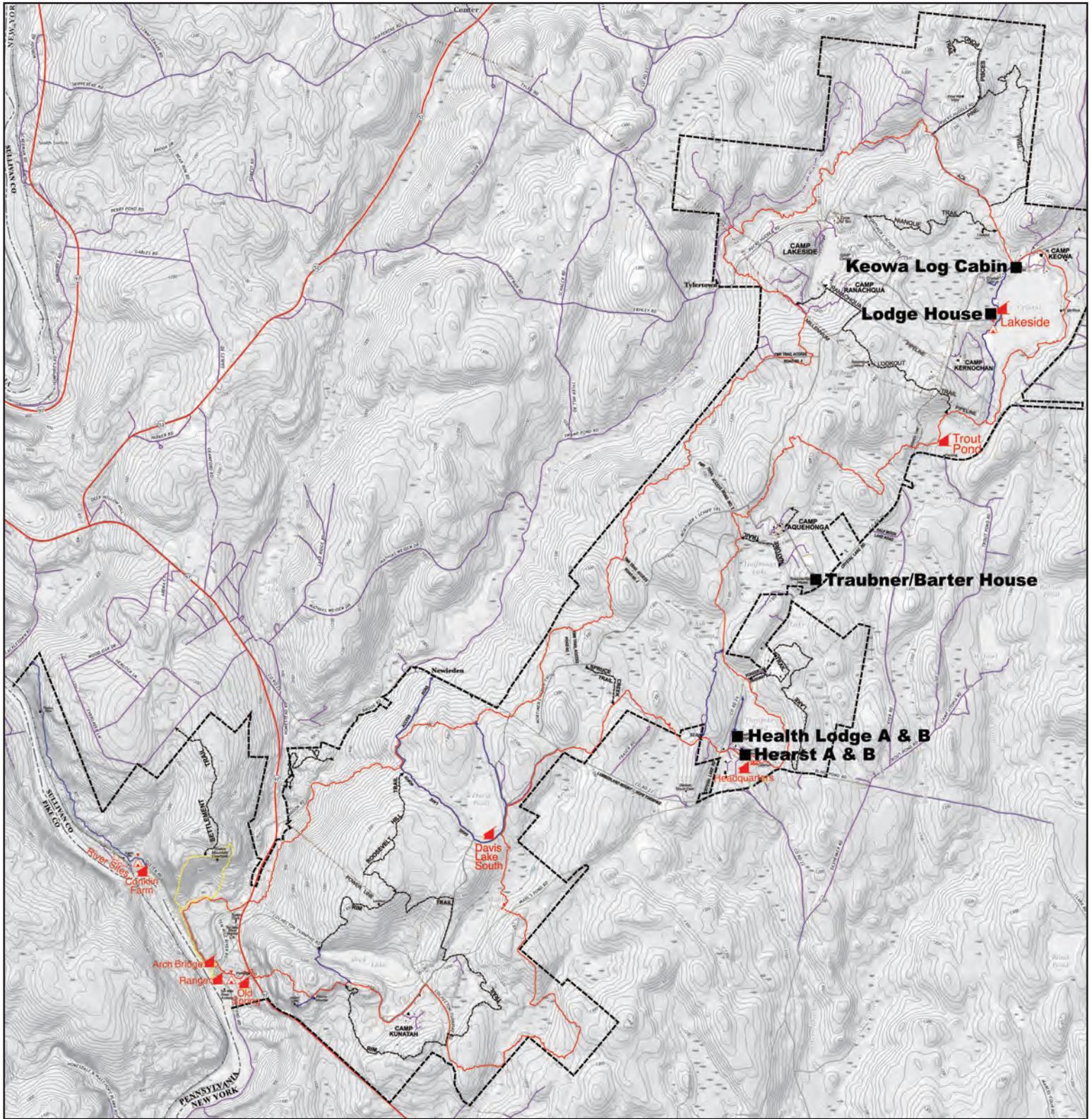
All tent sites have the following facilities:

- Ground space suitable for tenting with the following capacities:
 - Conklin Farms – 20 persons
 - Lakeside A & B – 20 persons each
 - Ranger – 24 persons*
 - River Sites – 10 sites available, 20 persons each*
- One or more picnic tables
- A metal fire-ring or rock fireplace
- A latrine
- All sites are accessible by vehicles
 - * 4x4 recommended seasonally



TMR also has 7 rentable electrified cabins with the following capacities:

- Traubner/Barta House - 20 persons
- Health Lodge A & B - 20 persons each
- Hearst A & B - 20 persons each
- Keowa Log Cabin - 14 persons
- Lodge House - 14 persons



Rentable Troop Cabins, Lean-tos, Tent Sites

Reserving Camp Facilities at TMR

To reserve camp facilities online:

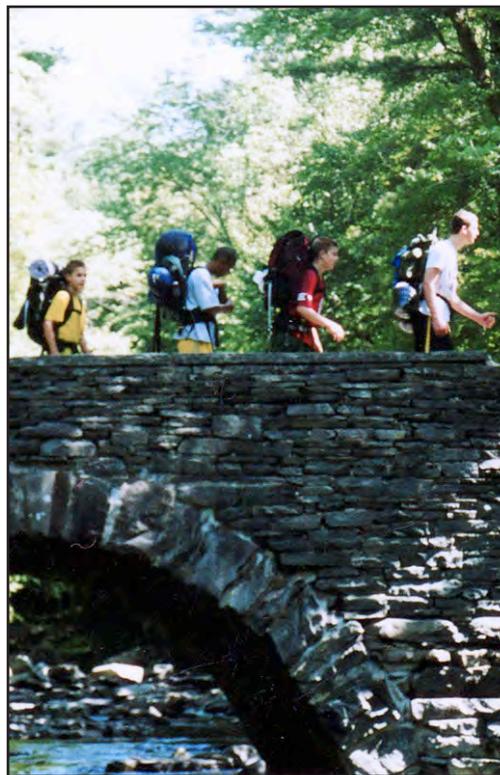
<https://www.tenmileriver.org>

Questions:

Sarah Landsaw, Camping Manager
Sarah.Landsaw@scouting.org
P: (212) 651-3077 & (212) 651-3073

Other Info:

Wayne P. Holmes, Director of Ten Mile River Scout Camps
P 212-651-3076 | M 570-815-6535
Wayne.Holmes@scouting.org
www.tenmileriver.org

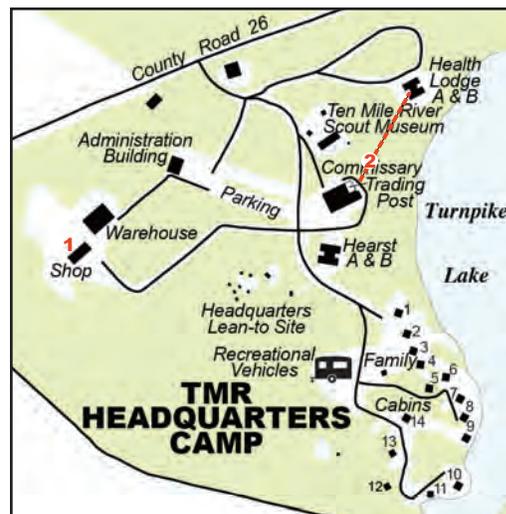


Availability of Drinkable (Potable) Water at TMR from September to May

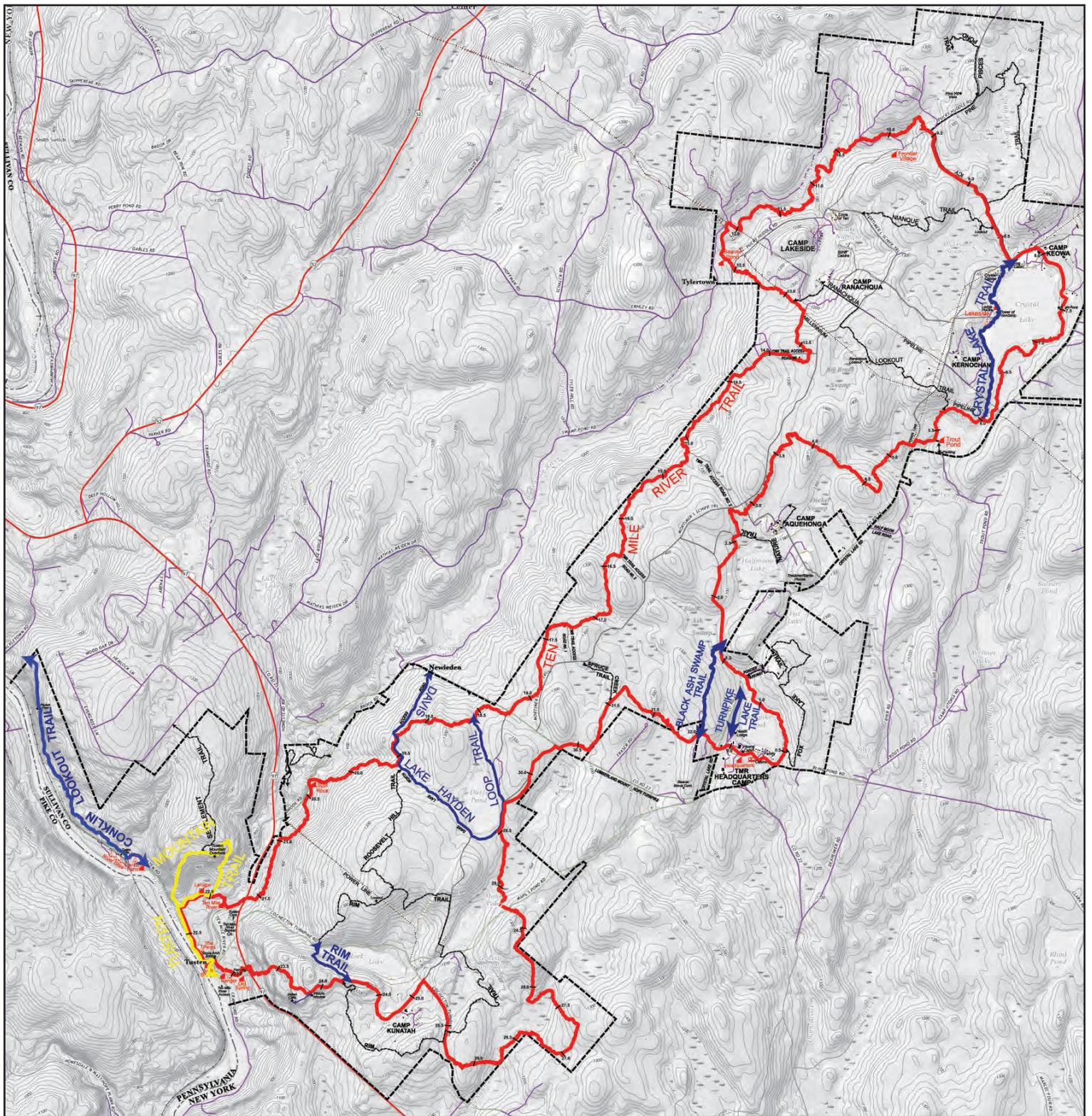
From September to May drinkable (potable) water is available from the following sources for Troops camping at TMR:

- (1) The water pipe behind the Shop at TMR Headquarters Camp.
- (2) The water pipe behind the dumpster/compactor and the Trading Post (between the Trading Post and the Health Lodge).
- Your rented cabin, except for the Lodge House on Crystal Lake.

Troops staying in lean-tos or tent sites usually fill up their water containers at Headquarters Camp after checking-in with the weekend Ranger at the Trading Post.



Non-potable water is available from hand-pumps near Trout Pond Lean-to site, Cold Spring (Beaver Pond Lean-to site) and the Arch Bridge Lean-to site. This water has to be treated before use.



Marked TMR Trails

Ten Mile River Trail - 32.5 mi.
 Crystal Lake Trail - 1.6 mi.
 Davis Lake - Hayden Loop Trail - 2.8 mi.
 Tusten Mountain Trail - 2.8 mi.

Black Ash Swamp Trail - 0.8 mi.
 Conklin Lookout Trail - 2.0 mi.
 Rim Trail - 0.4 mi.

Recommended Short Day Hikes

Troops looking for a good morning or afternoon program can take a variety of short hikes varying in length and difficulty. Six guidebooks illustrate short hikes ranging from 2.91 mi. to 6.42 mi. in length, many starting at rentable cabins. Each guidebook is 10-12 pages long with photos and includes trailhead directions and parking, turn-by-turn hiking instructions, a detailed trail map, hike summary and trail elevations chart. You can obtain the guidebooks from <https://tenmileriver.org/hike>.

No.	Title	Length	Elevation Gain	Type	Time Required	Description
2	Black Ash Swamp Loop	2.91 mi	172 ft.	Easy	2 -3 hrs.	This is a great introductory day hike at Ten Mile River. The hike begins on the main TMR Trail (marked with red markers) at the Ten Mile River Scout Museum in Headquarters and travels around the east side of Turnpike Pond.
3	Crystal Lake Loop	3.97 mi.	370 ft.	Fairly Easy	3.5 – 4.5 hrs.	This is a popular hike not only because of its proximity to Ten Mile River's largest summer camp at Camp Keowa but also because of its spectacular scenery.
4	A Visit to Trout Pond	5.23 mi.	422 ft.	Fairly Easy	3.5 – 4.5 hrs.	This hike is a variation of the "Crystal Lake Loop" hike, in that it includes a visit to Trout Pond. This is a great option for adult leaders wishing to teach and/or supervise the use of map and compass for aspiring 2nd Class scouts, as it will meet that rank's requirement 3(b) -the five mile hike.
5	Hike to Indian Cliffs	3.37 mi.	247 ft.	Fairly Easy	2.5 – 3.0 hrs.	The hike to Indian Cliffs from the Camp Kunatah gate is perhaps one of the most (if not the most) popular segments of the entire TMR Trail. Rather than the usual "out and back" route, this hike has added an additional portion that will walk the length of Rock Lake, creating a loop.
6	Renowip	5.80 mi.	774 ft.	Challenging	4.0 hrs. – 5.0 hrs.	The Renowip loop hike starts and ends at the Barta House and presumably would be of interest to Units renting that facility and perhaps to Units attending summer camp at Camp Aquehonga
7	Delaware	6.42 mi.	665 ft.	Moderate	4.5 – 5.5 hrs.	It is a spectacular 6.4 mile hike starting near Ten Mile River Access, and follows Tusten Road and the Conklin Lookout Trail to the T.M.R. boundary and back again. Lots of great views of the Delaware River!

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WALK TO CRYSTAL LAKE LOOP

Distance: 3.97 mi.
Elevation Gain: 370 ft.
Time Required: 3.5 - 4.5 hours
Difficulty: Fairly Easy

NOTES:
This is a popular hike not only because of its proximity to Ten Mile River's largest summer camp at Camp Keowa but also because of its spectacular scenery. The hike begins on the main TMR Trail (marked with red markers) at the Ten Mile River Scout Museum in Headquarters and travels around the east side of Turnpike Pond. This is a great option for adult leaders wishing to teach and/or supervise the use of map and compass for aspiring 2nd Class scouts, as it will meet that rank's requirement 3(b) -the five mile hike.

TRAILHEAD DIRECTIONS AND PARKING:
The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House. The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House. The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House.



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WALK TO BLACK ASH SWAMP LOOP

Distance: 2.91 mi.
Elevation Gain: 172 ft.
Time Required: 2 - 3 hours
Difficulty: Easy

NOTES:
This is a great introductory day hike at Ten Mile River. The hike begins on the main TMR Trail (marked with red markers) at the Ten Mile River Scout Museum in Headquarters and travels around the east side of Turnpike Pond. This is a great option for adult leaders wishing to teach and/or supervise the use of map and compass for aspiring 2nd Class scouts, as it will meet that rank's requirement 3(b) -the five mile hike.

TRAILHEAD DIRECTIONS AND PARKING:
The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House. The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House.



Greater New York Council, BSA, Ten Mile River Scout Camp

HIKE TO INDIAN CLIFFS

Distance: 3.37 mi.
Elevation Gain: 247 ft.
Time Required: 2.5 - 3.0 hours
Difficulty: Fairly Easy

NOTES:
The hike to Indian Cliffs from the Camp Kunatah gate is perhaps one of the most (if not the most) popular segments of the entire TMR Trail. Rather than the usual "out and back" route, this hike has added an additional portion that will walk the length of Rock Lake, creating a loop.

TRAILHEAD DIRECTIONS AND PARKING:
The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House. The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House.



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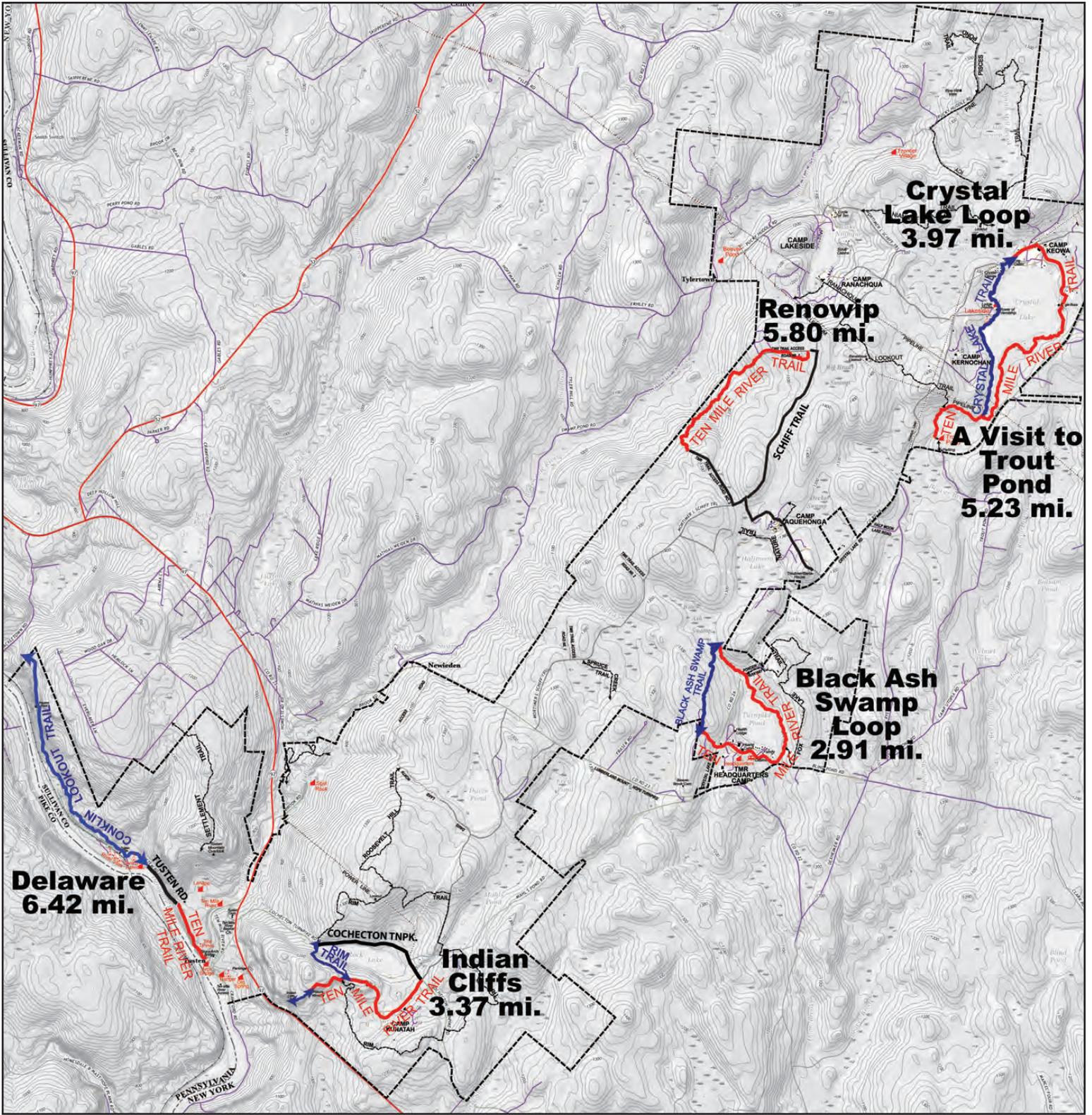
HIKE TO DELAWARE

Distance: 6.42 mi.
Elevation Gain: 665 ft.
Time Required: 4.5 - 5.5 hours
Difficulty: Moderate

NOTES:
It is a spectacular 6.4 mile hike starting near Ten Mile River Access, and follows Tusten Road and the Conklin Lookout Trail to the T.M.R. boundary and back again. Lots of great views of the Delaware River!

TRAILHEAD DIRECTIONS AND PARKING:
The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House. The trailhead is located at the intersection of the main TMR Trail and the Barta House Road. Parking is available at the Barta House.





Recommended Short Day Hikes

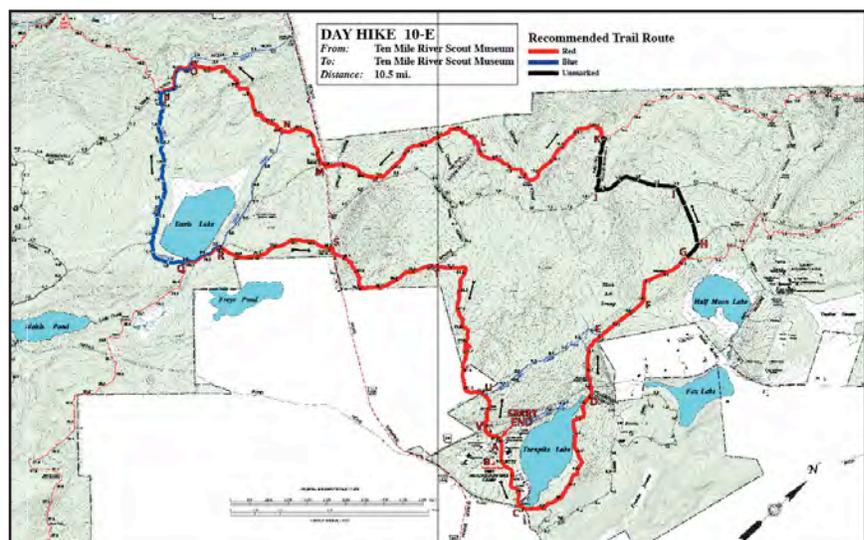
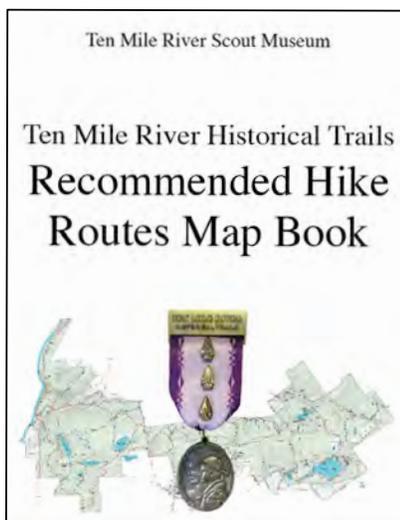
Recommended 10-Mile Day Hikes

(Note: These are full-day hikes.)

Troops desiring a more challenging hike can complete a 10-mile day hike with the option of earning the Ten Mile River Historical Trails Award (medal). The **Recommended Hike Routes Map Book** suggests 10-mile hikes that pass by the Ten Mile River Scout Museum at Headquarters Camp. Turn-by-Turn hiking directions can be found in **Turn-By-Turn Hiking Directions for the Recommended Hike Routes Map Book**. You can obtain both from <https://tenmileriver.org/hike>.

Important: These hikes can take 5 or 6 hours to complete so you should start in the morning, not the afternoon. You should check with the TMR Rangers before starting any of these hikes.

No.	From	To	Length	Description
10-A	Camp Keowa	Headquarters Camp (Museum)	10.6 mi.	Via Beaver Pond and TMR Trail (western route).
10-B	Camp Keowa	Headquarters Camp (Museum)	10.2 mi.	Via Trout Pond and TMR Trail (western route).
10-C	River Tent Sites	Headquarters Camp (Museum)	10.6 mi.	Via Delaware River, Rock Lake and Davis Lake.
10-D	River Tent Sites	Headquarters Camp (Museum)	11.4 mi.	Via Delaware River, TMR Trail (western route), Half Moon Lake and Black Ash Swamp Trail.
10-E	Headquarters Camp (Museum)	Headquarters Camp (Museum)	10.5 mi.	Via Half Moon Lake, TMR Trail (western route), Davis Lake and TMR Trail (eastern route).
10-F	Headquarters Camp (Museum)	Headquarters Camp (Museum)	10.0 mi.	Via Turnpike Lake, Half Moon Lake and TMR Trail (western route).
10-G	Headquarters Camp (Museum)	Headquarters Camp (Museum)	10.4 mi.	Via Turnpike Lake, Davis Lake, TMR Trail (western route), and Half Moon Lake.
10-H	Old Spring Lean-to Site	Headquarters Camp (Museum)	10.4 mi.	Via Davis Lake – Hayden Loop Trail, Davis Lake and Turnpike Lake.
10-I	Camp Ranachqua	Headquarters Camp (Museum)	10.7 mi.	Via TMR Trail (western route), Davis Lake – Hayden Loop Trail and Davis Lake.



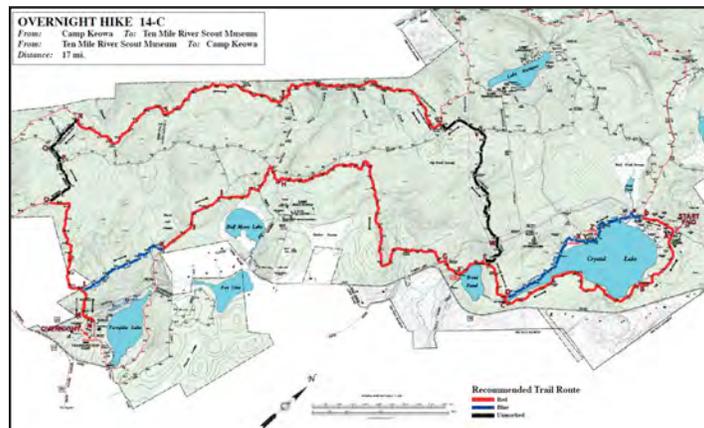
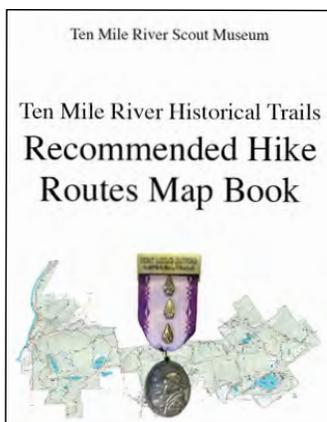
Recommended 14-Mile Overnight Hikes

(Note: These are full-day hikes.)

More advanced hiking Troops can complete a 14-mile overnight hike with the option of earning the Ten Mile River Historical Trails Award (medal) and 14-miler pin. A wide variety of overnight accommodations are available for rental at TMR including 20-person cabins, lean-to sites and tent sites. The **Recommended Hike Routes Map Book** suggests 14-mile overnight hikes that pass by the Ten Mile River Scout Museum at Headquarters Camp. Turn-by-Turn hiking directions can be found in **Turn-By-Turn Hiking Directions for the Recommended Hike Routes Map Book**. You can obtain both from <https://tenmileriver.org/hike>.

Important: Overnight hikes can take 5 or 6 hours each day to complete so you should start in the morning, not the afternoon. You should check with the TMR Rangers before starting any of these hikes.

No.	Length	Day	From	To	Route	Overnight At
14-A	14.0 mi.	1	Camp Ranachqua	Headquarters Camp (Museum)	Via TMR Trail (western route) and Turnpike Lake.	Headquarters Camp
		2	Headquarters Camp (Museum)	Camp Ranachqua	Via Turnpike Lake, Half Moon Lake, Trout Pond and Ranachqua Lookout Trail.	
14-B	14.4 mi.	1	Camp Aquehonga	Headquarters Camp (Museum)	Via TMR Trail (western route), Davis Lake – Hayden Loop Trail and Davis Lake.	Headquarters Camp
		2	Headquarters Camp (Museum)	Camp Aquehonga	Via Turnpike Lake, Half Moon Lake, Schiff Trail, TMR Trail (western route) and TMR Trail Access Road No. 3.	
14-C	17 mi.	1	Camp Keowa	Headquarters Camp (Museum)	Via Crystal Lake, Trout Pond, Half Moon Lake and Black Ash Swamp Trail.	Headquarters Camp
		2	Headquarters Camp (Museum)	Camp Keowa	Via Spruce Creek Trail, TMR Trail Access Road 1, TMR Trail (western route), Ranachqua Lookout Trail, Crystal Lake Trail.	
14-D	14.1 mi.	1	Arch Bridge Lean-to Site	Headquarters Camp (Museum)	Via Rock Lake, Mahls Pond and Davis Lake.	Headquarters Camp
		2	Headquarters Camp (Museum)	Arch Bridge Lean-to Site	Via Spruce Creek Trail, TMR Trail Access Road 1 and TMR Trail (western route).	



Recommended 30-Mile Overnight Hikes

(Note: These are full-day hikes.)

For an amazing hiking experience at TMR, Troops can complete a three-day, 32 1/2-mile hike with the option of earning the Ten Mile River Historical Trails Award (medal) and 30-miler pin. The **Recommended Hike Routes Map Book** suggests a 30-mile overnight hike along the entire TMR Trail that passes by the Ten Mile River Scout Museum (Headquarters Camp). Turn-by-Turn hiking directions can be found in **Turn-By-Turn Hiking Directions for the Recommended Hike Routes Map Book**. You can obtain both from <https://tenmileriver.org/hike>.

Important: Overnight hikes can take 5 or 6 hours each day to complete so you should start in the morning, not the afternoon. You should check with the TMR Rangers before starting any of these hikes.

Title	Length	Day	From	To	Route	Overnight At
30-A	32.2 mi.	1 (12.4 mi.)	Headquarters Camp (Museum)	Beaver Pond Lean-to Site	Via Half Moon Lake, Crystal Lake and Beaver Pond.	Beaver Pond Lean-to Site
		2 (10.3 mi.)	Beaver Pond Lean-to Site	Arch Bridge Lean-to Site	Via TMR Trail (western route).	Arch Bridge Lean-to Site
		3 (9.4 mi)	Arch Bridge Lean-to Site	Headquarters Camp (Museum)	Via Rock Lake, Davis Lake and TMR Trail (eastern route).	



Planning Your Own Hike at TMR

You can plan whatever hike route you prefer along the 60 miles of named TMR Trails. See the TMR map at the end of this guide. Multiple Troop cabins, lean-to sites and tent sites are available for rental. During the canoeing season, you can also combine a hiking trip with a canoe trip down the Delaware River, a real adventure.

Additional TMR maps can be obtained from <https://tenmileriver.org/hike>.



The TMR 50-Mile Trek

The ultimate hiking experience at TMR is the TMR 50-Mile Trek, a five-day customized backpacking trek with camp staff support offered as part of the TMR summer camp operation each July and August.

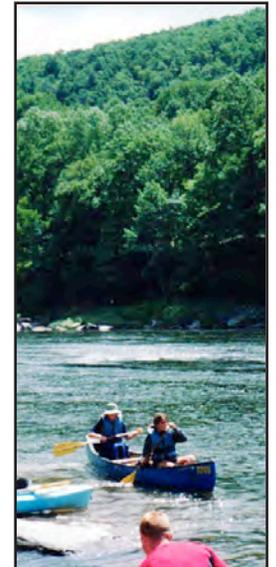
TMR provides the food and Troops bring their own tents, gas stoves and patrol mess kits or use those supplied by TMR.

TMR provides a trained guide or the Troop has the option of hiking on their own. Troops typically hike for four days with a canoe trip down the Delaware River on the fifth day.

Troops usually hike between staffed program outposts, where they camp overnight and can participate in activities including: mountain boarding, tomahawk throwing, fishing, rappelling, paintball target shooting, water sports, ATV and horseback riding (offsite).

Scouts can also earn the Ten Mile River Historical Trails Award with 14-, 30-, 50-miler pins and B.S.A. 50-Miler Award.

Two adult leaders and 5-12 trekkers are required depending upon the type of trek. Participants must be 13 years old by camp, and Scouts must be First Class Rank. There is also a provisional Troop option.



Trek leaders should contact Director of TMR Wayne Holmes at Wayne.Holmes@scouting.org or 845-252-2085 at least two months before coming to camp to book a TMR Trek or if you have any questions.

The Avenza Maps Cell Phone App A TMR Trail Map on your Cell Phone or Tablet

Free georeferenced TMR Trail maps can be stored on your compatible cell phone or tablet using the free Avenza Maps app. The app shows your location anywhere on TMR property within about 20 feet. This is extremely useful if you get off a marked trail or are lost. The app will show where you and the trail are located. It is almost impossible to get lost at TMR using the Avenza Maps app.

The Avenza Maps app does not require cellular phone service in order to operate while hiking at TMR, just GPS service. You will need to load the Avenza Maps app and georeferenced TMR Trail map(s) onto your compatible cell phone or tablet before you start hiking. Please do this before arriving at TMR.



In order to obtain the Avenza Maps app and georeferenced TMR Trail maps, scan the QR code (above) or go to the Avenza Maps Ten Mile River Scout Museum Store:

www.avenzamaps.com/vendor/969/ten-mile-river-scout-museum

Rank Advancement and Merit Badges at TMR

The Ten Mile River Scout Camps is ideal for completing the various hiking requirements for rank advancement, Hiking and Backpacking merit badges:

Second Class Requirement 3b:

Using a compass and map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.



Hiking Merit Badge Requirement 4: Take the five following hikes, each on a different day, and each of continuous miles. The hikes MUST be taken in the following order:

- One (1) 5-mile hike
- Three (3) 10-mile hikes
- One (1) 15-mile hike

You may stop for as many short rest periods as needed, as well as one meal, during each hike, but not for an extended period (example: overnight). Prepare a written hike plan before each hike and share it with your Scoutmaster or their designee. Include map routes, a clothing and equipment list, and a list of items for a trail lunch.



Requirement 5: Take a hike of 20 continuous miles in one day following a hike plan you have prepared. You may stop for as many short rest periods as needed, as well as one meal, but not for an extended period (example: overnight).

Backpacking Merit Badge Requirement 9: a. Write a plan that includes a schedule for a patrol/crew backpacking hike of at least 2 miles.

- e. While using the plan you developed for requirement 9a, carry your fully loaded pack to complete a hike of at least 2 miles.

Requirement 10: Using Leave No Trace principles, participate in at least three backpacking treks of at least three days each and at least 15 miles each, and using at least two different campsites on each trek. Carry everything you will need throughout the trek.



Requirement 11: a. Write a plan for a backpacking trek of at least five days using at least three different campsites and covering at least 30 miles. Your plan must include a description of and route to the trek area, a schedule (including a daily schedule), a list of food and equipment needs, a safety and emergency plan, and a budget.

- b. Using Leave No Trace principles, take the trek you have planned and, while on the trek, complete at least one service project approved by your merit badge counselor.

- c. Keep a daily journal during the trek that includes a day-by-day description of your activities, including notes about what worked well and thoughts about improvements that could be made for the next trek.

Satisfying Rank Service Requirements through Trail-work at TMR

Trail-work at TMR can be used to satisfy service requirements for rank advancement for individual Scouts:

Tenderfoot Requirement 7b:

Participate in a total of one hour of service in one or more service projects approved by your Scoutmaster. Explain how your service to others relates to the Scout slogan and Scout Motto.



Second Class Requirement 8e:

Participate in two hours of service through one or more service projects approved by your Scoutmaster. Tell how your service to others relates to the Scout Oath.



First Class Requirement 9d:

Participate in three hours of service through one or more service projects approved by your Scoutmaster. The project(s) must not be the same service project(s) used for Tenderfoot requirement 7b and Second Class requirement 8e. Tell how your service to others relates to the Scout Law.



Star Rank Requirement 4:

While a First Class Scout, participate in six hours of service through one or more service projects approved by your Scoutmaster. At least three hours of this service must be conservation-minded.



Life Rank Requirement 4:

While a Star Scout, participate in six hours of service through one or more service projects approved by your Scoutmaster.



Arrangements can be made for your Scouts to do trail-work at TMR during your camping trip. To submit a request to do trail-work at TMR, fill out the form at <https://tenmileriver.org/trailwork>. All other questions, email Sean Johnson at sjohnson@americanpool.com.

Earning the BSA 50-miler and BSA Historical Trail Awards at TMR

BSA 50-miler Award

The easiest way to earn the BSA 50-miler award is to complete a TMR 50-Mile Trek during the TMR summer camp operation each July and August. Participants earn the award just by completing the trek.

It is also possible to earn the BSA 50-miler award on your own other times of the year during school breaks (typically in late August). Your Troop would have to provide your own food and transportation. A wide selection of Troop cabins, traiside lean-tos and tent sites are available for rental.



BSA Historical Trail Award

Requirements

To earn the award, members of your unit must plan and participate in a historic activity. A unit historic activity requires members to:

- Locate a historic trail or site and study information relating to it.
- Hike or camp two days and one night along the trail or in the vicinity of the site.
- Cooperate with an adult group such as a historic society to restore and mark all or part of this trail or site. (This may be done during the hike or overnight camp.) Or cooperate with such a group to plan and stage a historic pageant, ceremony, or other public event related to this trail or site—such an event should be large enough to merit coverage by the local press.



Trails at the Ten Mile River Scout Camps are a recognized historical trail by National Council, B.S.A. There are plenty of hiking and camping opportunities at TMR and arrangements can be made to restore and mark trails at TMR.

The Ten Mile River Historical Trails Award

One of the benefits of hiking at TMR is the opportunity to earn the Ten Mile River Historical Trails award. The entire network of trails at the 12,000-acres Ten Mile River Scout Camps has been designated a National Council, B.S.A. approved Historic Trail. The Ten Mile River Scout Museum sponsors the Ten Mile River Historical Trails Award for Troops hiking the TMR Trails. Hiking requirements can be satisfied on trails and roads anywhere within TMR, whenever it is open for Boy Scout camping. Hikers can earn a patch and a beautiful medal with 14-mile, 30-mile and 50-mile arrowhead pins for miles hiked.

In order to earn the trail medal and/or patch, Scouts have to complete a 10-mile hike, visit the Ten Mile River Scout Museum, answer history quiz questions at the Museum and write a 100-word essay on what they learned about history from their hiking experience.

Scouts can also earn 14-mi., 30-mi. and 50-mi. gold arrowhead pins for even longer overnight hikes.

TMR has a tremendous history; both before and after the New York City Boy Scouts purchased the property in 1928. To learn more about it, read **The History of the Upper Delaware Region and the Ten Mile River Scout Camps**.

For further information, go to the Ten Mile River Scout Museum website:

<https://www.tmmuseum.org/tmr-historic-trails-info>



The Ten Mile River Trail-work Pin

The Ten Mile River Scout Museum issues a free trail-work pin for groups performing trail-work at TMR. The pin can be worn on the Ten Mile River Historical Trails Award (medal) ribbon.

Requirements include six hours of dedicated trail-work OR three hours of trail-work while completing a 10+ mi. hike for the trail award medal or arrowhead pins.

Typical projects include: erecting trail markers, removing or cutting downed trees, trimming excessive vegetation & low-hanging branches, removing branches from the trail, filling in or constructing bridges in muddy sections. Picking up litter along the trail is NOT an acceptable project.

For additional information, visit the Ten Mile River Scout Museum website at:

<https://www.tmmuseum.org/tmr-historic-trails-info>



Philmont-Bound Troop Preparatory Hikes

Troops preparing for a rugged trek at Philmont Scout Ranch typically schedule multiple hikes to give their Scouts experience hiking long distances and tent camping overnight. In the northeastern United States, TMR is ideal for this purpose. Here are some advantages to using TMR for your Philmont preparatory hikes:

Like Philmont Scout Ranch, TMR is a 100% B.S.A.-run operation. You won't have to deal with the general public.

Other groups you meet on the trails will be Scout Troops, not the general public.

With over 12,000 acres, a wide variety of hikes are possible at TMR:

- You can plan multiple day and overnight hikes and never repeat the same route twice.
- Unlike the Appalachian Trail and the Long Path, most hikes are loop hikes so you can park your cars once and end your trek back at your cars for the trip home.

A wide variety of overnight accommodations are rentable, all convenient to the hiking trails:

- Facilities include 20-person cabins, 4-person lean-tos and tent sites with capacities of 12+ persons.
- Your Scouts won't have to carry tents with them, unless you want them to want to. For the Appalachian Trail and the Long Path you must carry tents or tarps in case the lean-to(s) you planned to use are occupied when you arrive.
- Once you reserved an overnight facility, you are the sole owner for the night. No camping with the general public. On the Appalachian Trail and the Long Path you will probably be camping near the public at popular campsites during peak seasons.
- You have the option of setting up tents in the lean-to sites.
- All overnight accommodations are accessible by vehicles.



The TMR 50-Miler Trek is patterned after the Philmont treks, with plenty of backpacking and overnight stays at program outposts. You can include a canoe trip down the Delaware River, which is not even feasible at Philmont. Your Troop can schedule a TMR 50-Miler Trek starting early in July and your Philmont trek in late July or August.

Volunteer Trail-Work at TMR

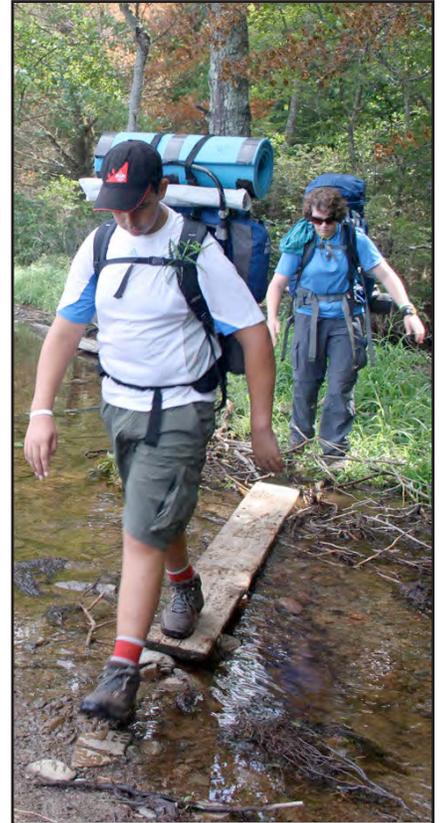
Properly maintaining and improving the 60+ miles of named hiking trails at TMR is a tremendous job and is done almost entirely by volunteers. Troops are needed to erect trail markers, remove or cut downed trees, trim excessive vegetation & low-hanging branches, and remove branches from the trail. All required tools and supplies are provided.

Trail-work at TMR can be used to satisfy service requirements for rank advancement for individual Scouts.

The Ten Mile River Scout Museum issues a free trail-work pin for groups performing trail-work at TMR.

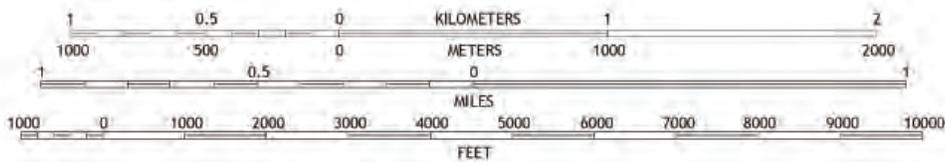
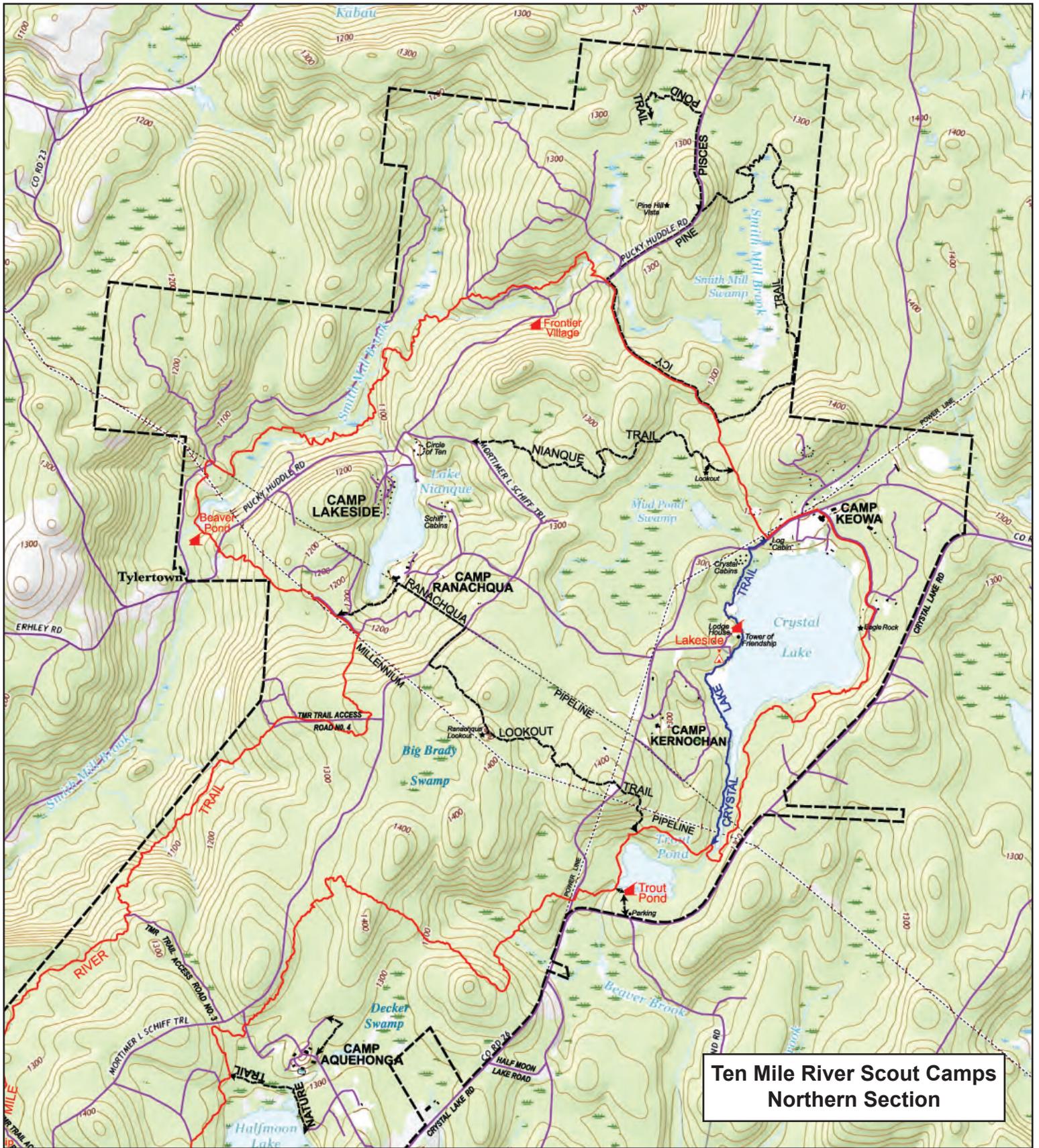
Trail-work at TMR can easily be done as part of a weekend camping trip. Even a few hours of trail-work can make a previously unusable trail usable by hikers for years to come.

To submit a request to do trail-work at TMR, fill out the form at <https://tenmileriver.org/trailwork>. All other questions email Sean Johnson at sjohnson@americanpool.com or contact Wayne Holmes (P 212-651-3076/M 570-815-6535).

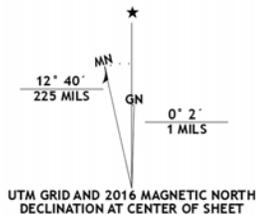


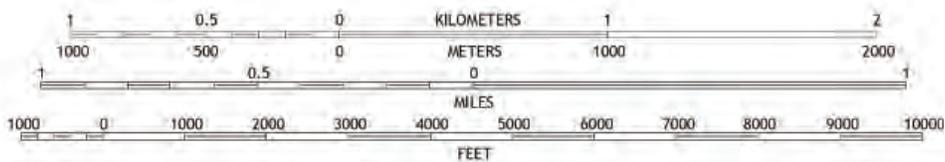
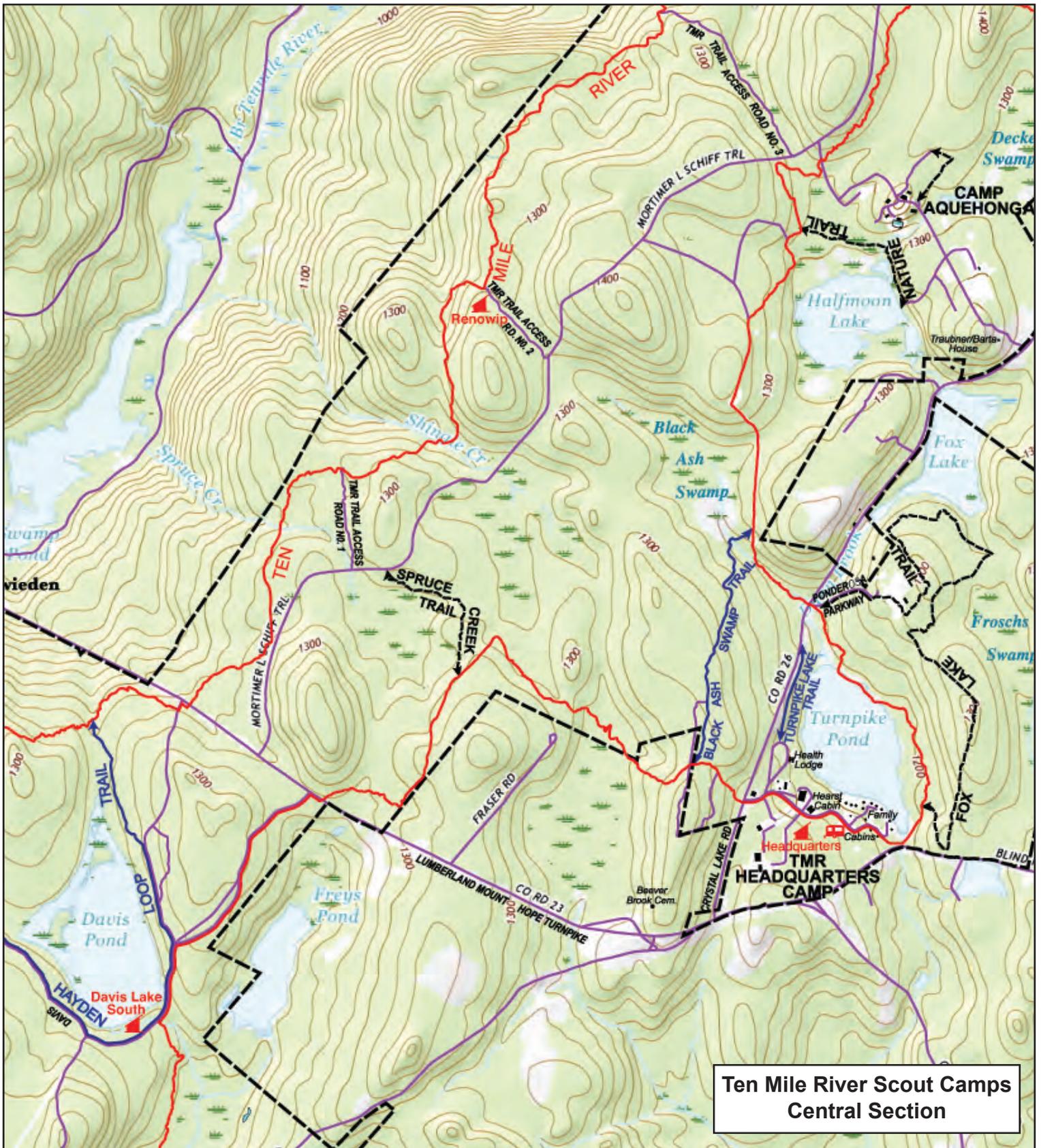
The TMR Trails Subcommittee

The TMR Trails Subcommittee is part of the Greater New York Councils, B.S.A. Camping Committee. Its purpose is to maintain, improve and promote use of the hiking trails at the Ten Mile River Scout Camps.

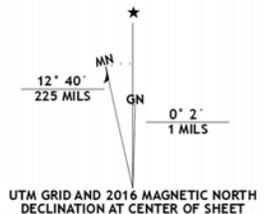


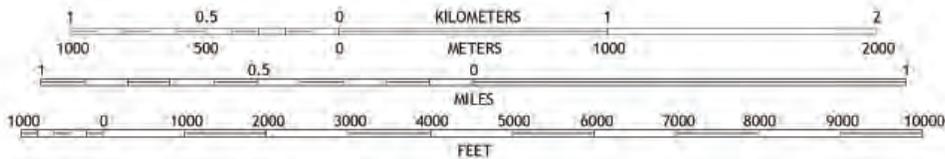
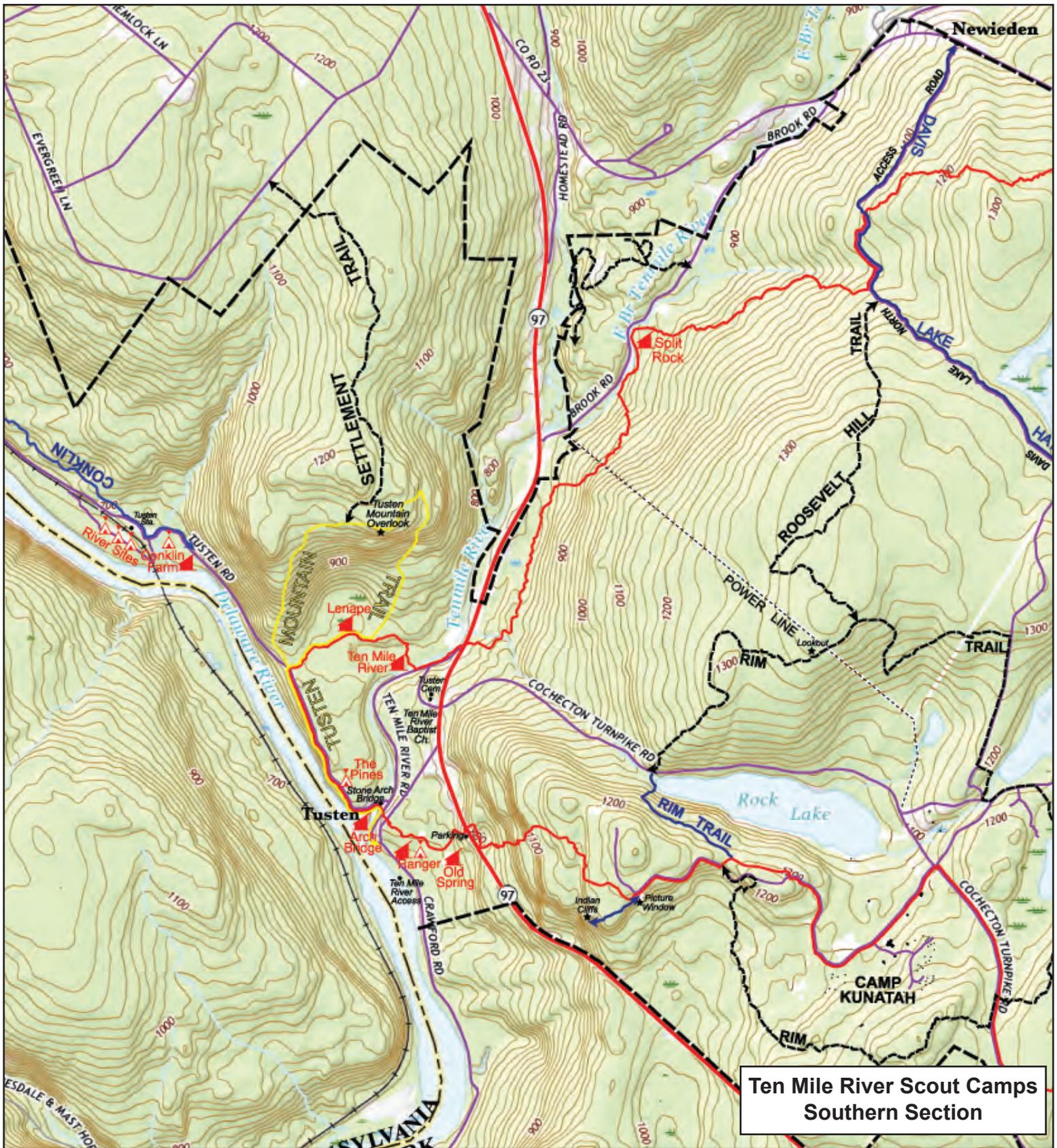
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 NORTH AMERICAN VERTICAL DATUM OF 1988



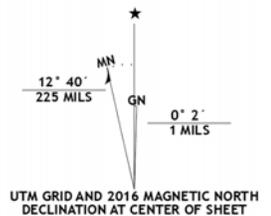


CONTOUR INTERVAL 20 FEET
NORTH AMERICAN VERTICAL DATUM OF 1988





CONTOUR INTERVAL 20 FEET
 NORTH AMERICAN VERTICAL DATUM OF 1988



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