

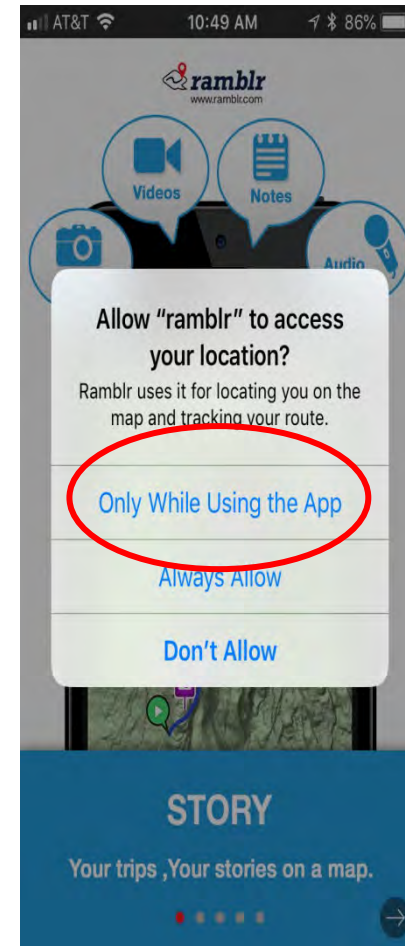
Trail Manager Training



4/13/2024

Download the Ramblr App

- Download Ramblr App
 - Sign up with Facebook/Google **OR** by creating a username
 - **Allow Ramblr to access your location!**



Thank you!

- 475 hours or almost 6 weeks of monitoring
- 264 reports
- Invaluable work!



Safety

- Let someone know where you're going/time of return
- Hike with a partner when possible
- Be bear aware
 - Bring a whistle
 - Make noise
 - Consider buying bear spray
- Check for ticks
 - Permethrin

Be Bear Aware!



When visiting this area:

- Make noise while hiking
- Hike in groups
- Leash dogs

If the bear does not leave:

- Back away slowly
- Never run or climb a tree

If you see a bear:

- Make enough noise so the bear is aware of your presence
- Never approach a bear

If the bear approaches be offensive:

- Make more noise, wave your arms, and throw objects at the bear
- Black bears rarely attack humans. If you are attacked, do not play dead. Fight back with anything available.

Check out CT DEEP for more info!



Monitoring and Maintenance

- Assess your trail once a month, or after major storms
 - Report observations to Merlin
(Trails@steeprocksassoc.org)
- Perform trail maintenance on your trail
 - Prune encroaching vegetation
 - Clear drainage features



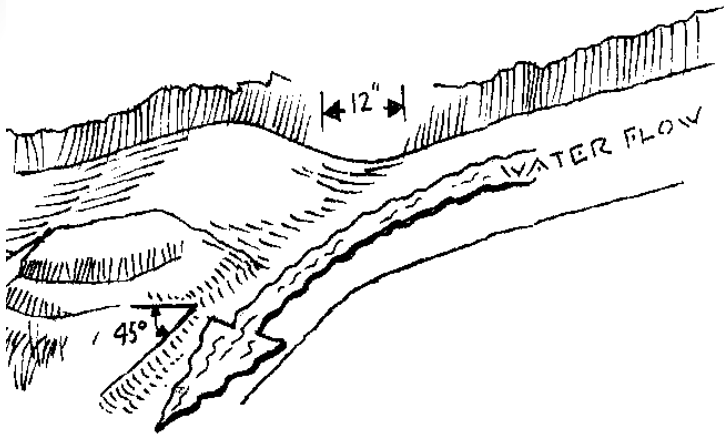
Downed/Dangerous Trees



- **Trees blocking the trail (or parking lots)**
- **Dead trees leaning over the trail**
- **Large branches or tops of trees that are hung up above the trail**



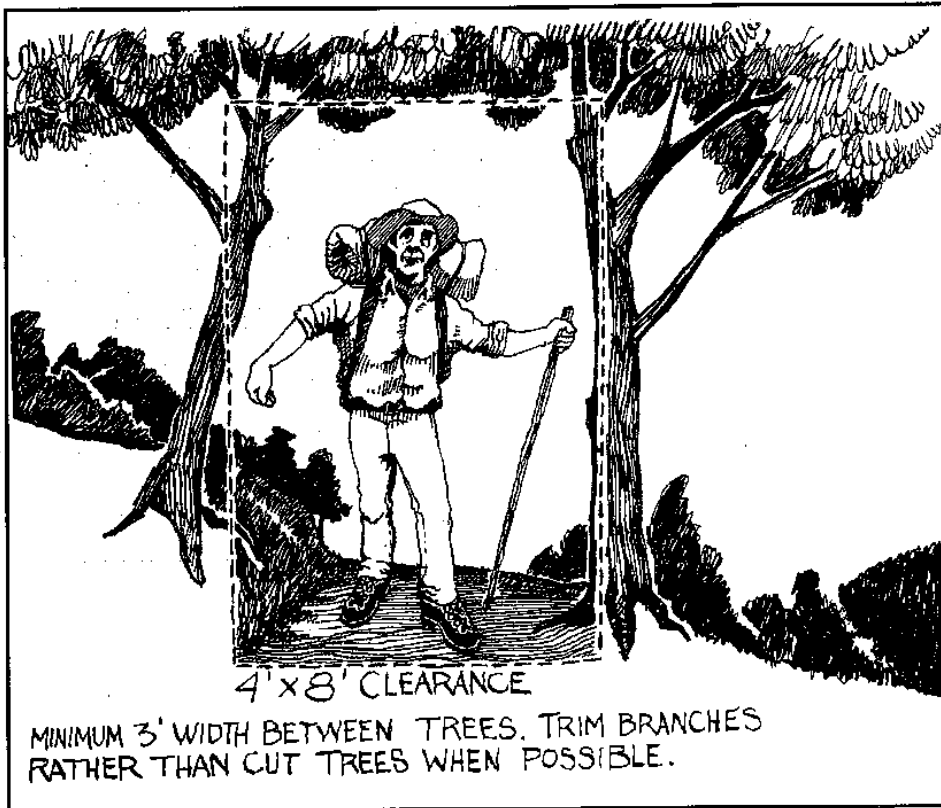
Drainage



- **Waterbars** – constructed with logs, rock, or dirt to direct water off trail
 - Should be clear of debris
- **Culverts** – should be clear of debris.
 - Check upstream side
- **Erosion** – look for rutting or mounding of leaves
- **Muddy/Wet spots** that persist



Vegetation



- **Doorway Technique**
- **Corridor Width:**
Minimum 3 feet
- **Height:**
 - Hiking trails 8 feet
 - Equestrian trails 10-12
- **Low vegetation** reaching in from the side of the trail
- **Grass is tall enough that's its difficult to walk through**

Trail Maintenance Schedule

Spring

- Clear waterbars/drains/culverts
- Pick up/clear debris on trail

Winter

- Pick up/clear debris on trail

Summer

- Prune encroaching vegetation
- Pick up/clear debris on trails

- Clear drains, culverts, and water bars of leaves/debris
- Prune encroaching vegetation
- Pick up/clear debris on trail

Autumn

Directional Blazes/Signs



- **Painted blazes/signs**
 - Reassurance
 - Navigation
 - Pay special attention in summer/winter
- **Should be clear and unobstructed**





Signs

- Be sure “No Horse” and “No Biking” signs are at the beginning of designated trails
- “Leash Your Dog” signs should be posted and visible at trailheads



Owl Boxes

- Position marked on maps
- Check for/report activity (i.e. owls, squirrels, etc.)



Other Issues to Report

- **Boardwalks/Bridges** – loose or rotting boards, nails/screws popping out
- **Misuse of Trails** – bikes/horses using trails, bootleg trails, motorized vehicles
- **Garbage/dog waste bags**
- **Dog waste stations**



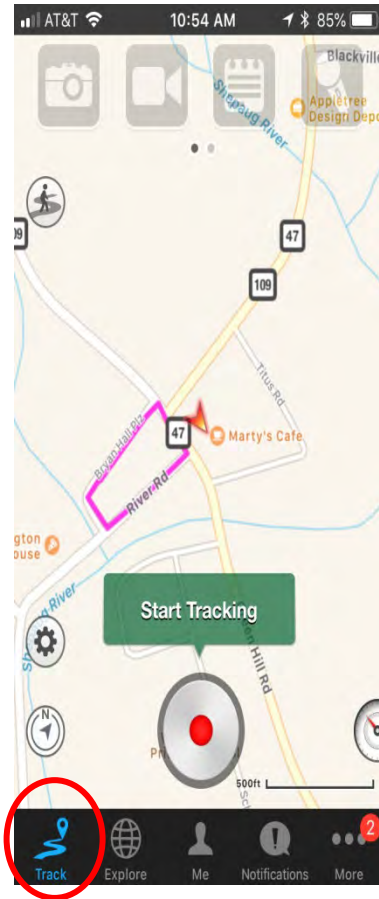
Reporting after Your Visit

- **Always report your visit, even if there's nothing to report!**
- Three ways to report:
 - **Ramblr (Preferred)**
 - Paper Report Form
 - Google Form on Website

Using Ramblr During the Hike

- Use Ramblr to track location, take photos and notes
- Hit the Track button on the bottom panel to return to map, and the red record button to begin tracking

Return to
Map

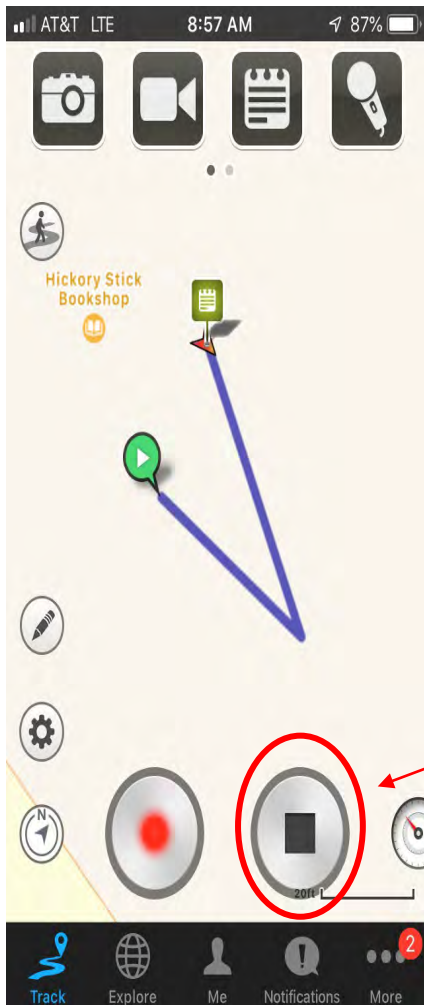


During the Hike

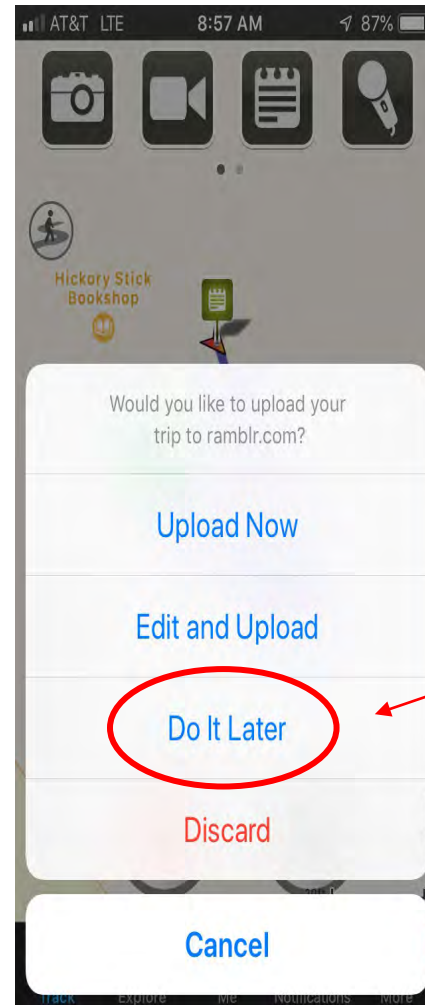
- Blinking arrow = your location
- Blue line = where you have been
- Take notes and photos as you walk
 - Click the photo icon to take a photograph
 - Caption your photo by writing a note immediately after
 - All photos and notes are geo-tagged, meaning the exact location is saved in your track
- When you are done with your hike, slide the pause button



At the End of the Hike

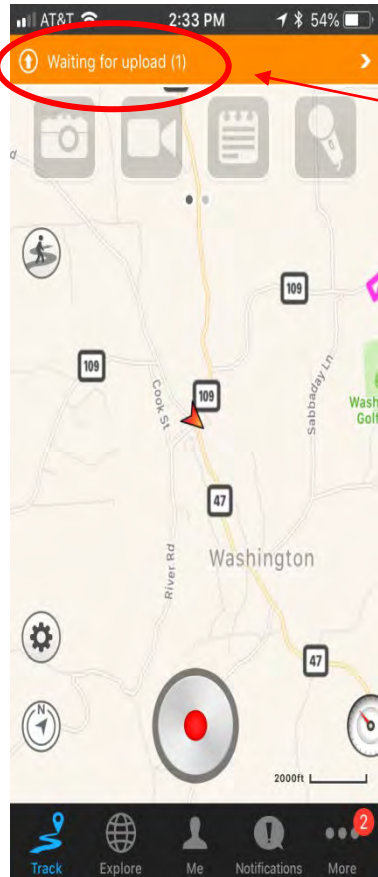


After sliding to pause the track, hit the Stop Button

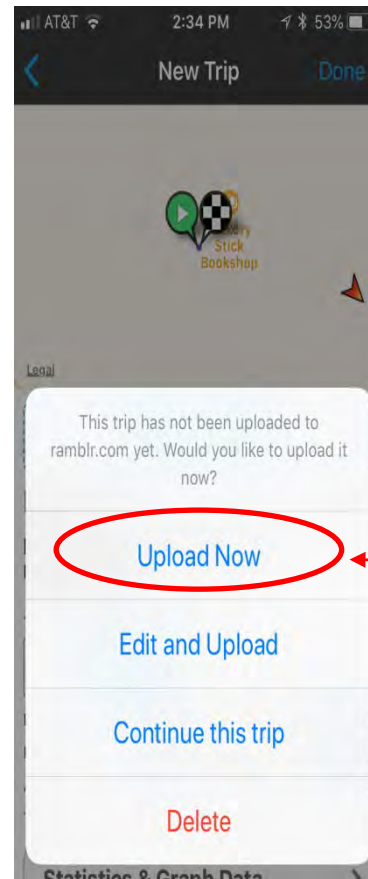


Select to upload your trip later. It takes data to upload the trip, so best to do it when you have Wifi

Next time you have wifi, open the app...

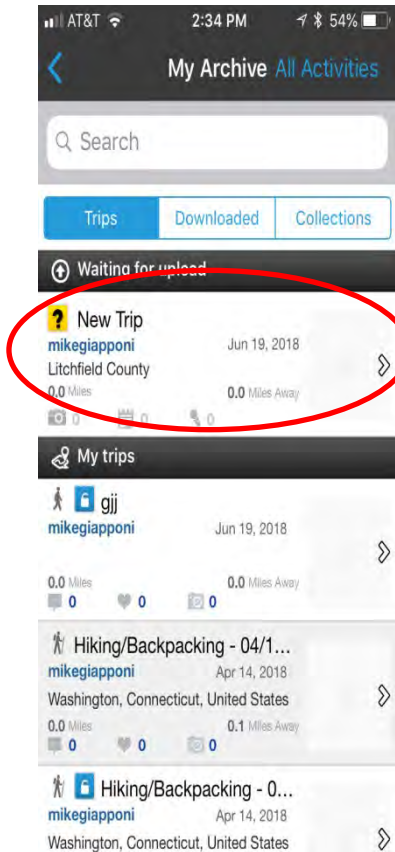


Click on the orange bar, marked "Waiting for Upload"

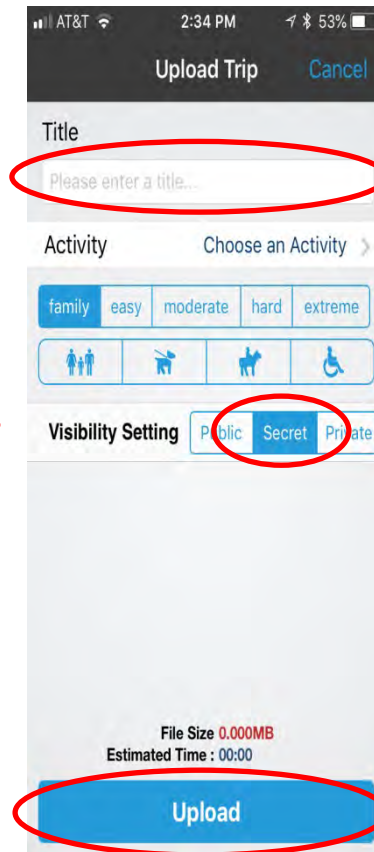


Select the "Upload Now" Button

Uploading your trip



Click on
"New Trip,"
under
"Waiting for
Upload" tab

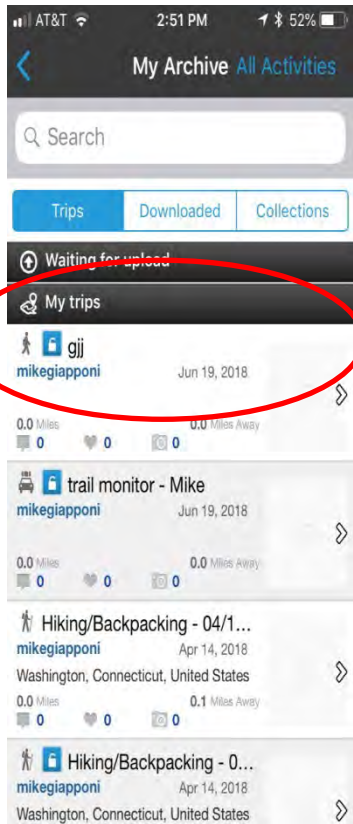


Title your trip
with your name,
trail, and the
date

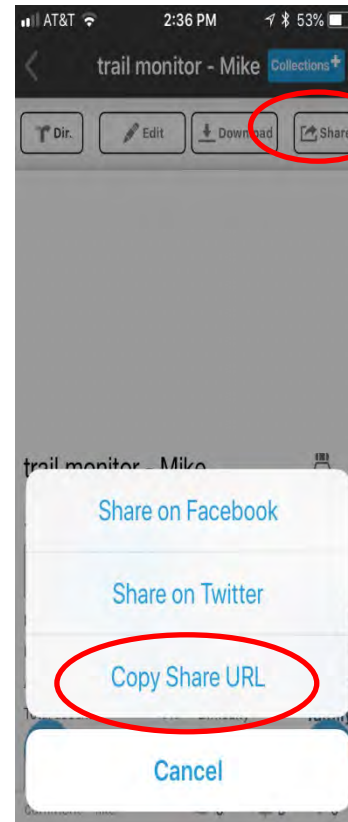
Set visibility to
"secret"

Click "Upload" button
at bottom. You may be
prompted to choose a
descriptive activity.
Choose any activity
you wish.

After the visit



Click on your newly created trip under the "My Trips" tab.



Click the "Share" button

Copy the "Share URL" and paste in an e-mail to Merlin

Trails E-mail:

trails@steeproccassoc.org

Reporting Form

Trail Monitoring

Fill out the monitoring form on your monthly inspection. In addition, walk your assigned trail after storms to report on fallen trees or water damage.

Email me with any questions or concerns.
denise.arturi@steeprockassoc.org

Preserve: _____ Date: _____

General Trail Condition: *(Please use your preserve reference map to show locations.)*

Downed Trees: _____

Drainage (waterbars, erosion, maddy): _____

Vegetation (clipping, weed whacking or mowing) _____

Signage (poor/missing): _____

Boardwalks/Bridges: _____

Abuse of Trail: _____

Garbage on Trail: _____

Other Observations: _____

Non Native, invasive plants:

Barberry _____	Winged Euonymus _____	Multi-Flora Rose _____
Garlic Mustard _____	Japanese Knotweed _____	Japanese Honeyuckle _____
Bittersweet _____	Purple Loosestrife _____	Other _____

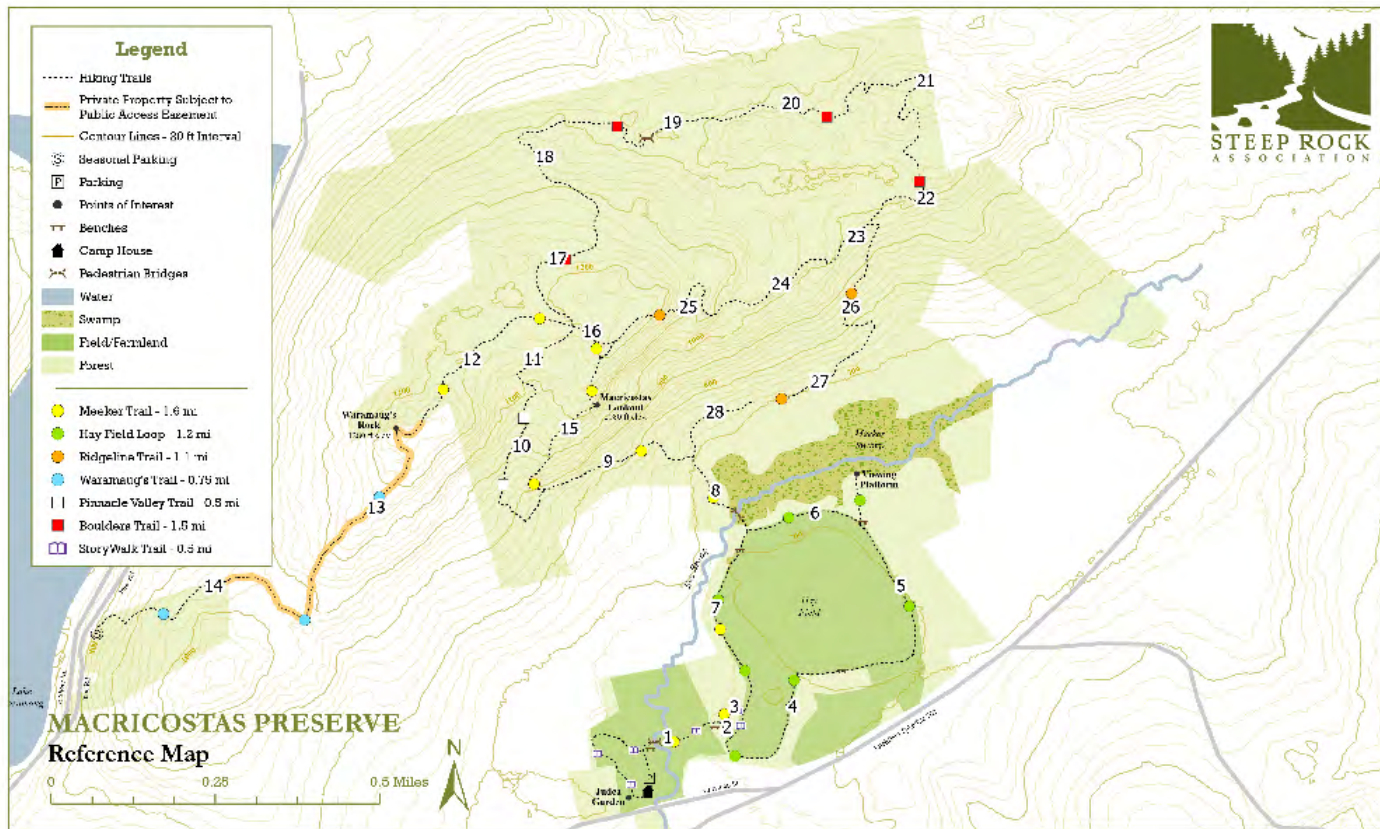
Hemlock Woolly Adelgid _____

Flora/Fauna (wildflowers, wildlife sightings etc.)

Comments: _____

I can help out with work needed

Reference Map



Reporting on Website

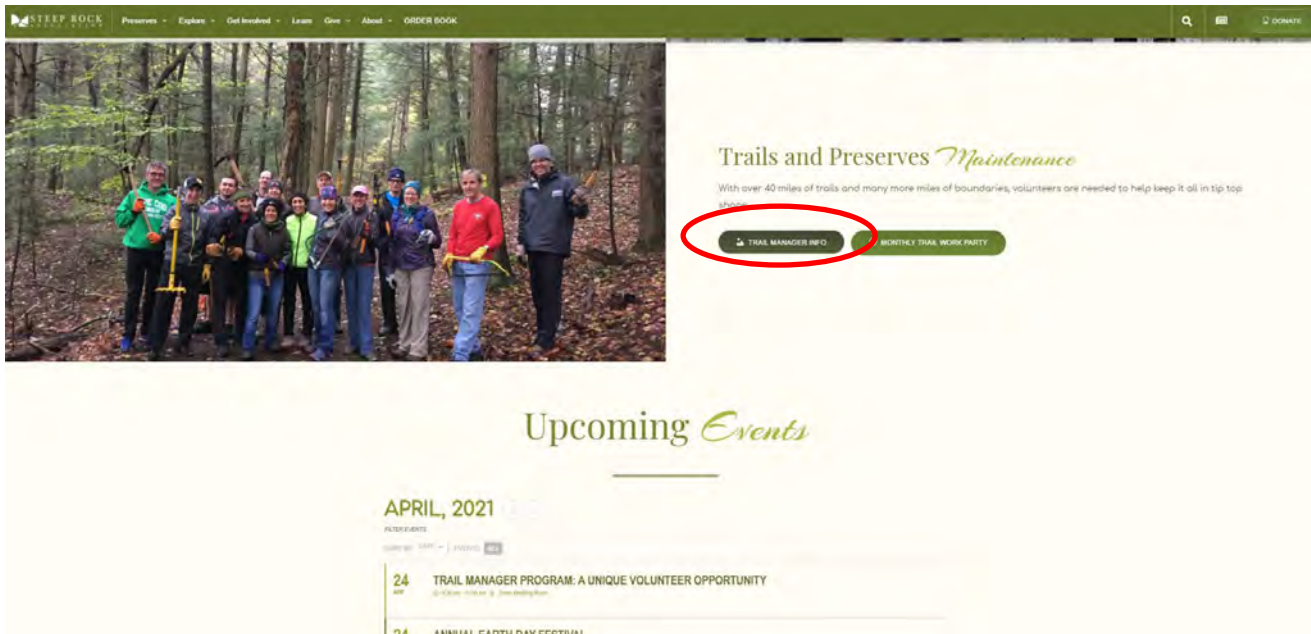
www.steeprocksassoc.org

The screenshot shows a web browser window displaying the homepage of the Steep Rock Association. The browser's address bar shows the URL <https://steeprocksassoc.org>. The website's navigation menu includes 'Preserves', 'Explore', 'Get Involved', 'Learn', 'Give', and 'About'. The 'Get Involved' menu item is circled in red. Below the navigation, there are three main content sections:

- VOLUNTEERS**: Accompanied by an icon of two people walking. The text reads: "Join us as we work to keep Steep Rock a treasure for generations to come...". A button labeled "Give Your Time" is circled in red.
- EVENTS & PROGRAMS**: Accompanied by an icon of trees and a campfire. The text reads: "We offer many programs and events such as morning yoga and hayrides at Macricostas...". A button labeled "Engage in Activities" is present.
- CHALLENGES**: Accompanied by an icon of a mountain range. The text reads: "Are you ready for a **NEW** hiking challenge. Well you've come to the right place...". A button labeled "Challenge Yourself" is present.

At the bottom of the page, there is a large image of a forest with two buttons: "Volunteer" and "Explore Preserves". The Windows taskbar at the bottom shows the system time as 10:44 AM on 3/15/2019.

Reporting on Website



The screenshot shows the Steep Rock website's "Trails and Preserves Maintenance" page. The page features a header with navigation links: "Preserves", "Explore", "Get Involved", "Learn", "Give", "About", and "ORDER BOOK". A search icon and a "DONATE" button are also visible in the top right. The main content area includes a large photograph of a group of volunteers in a forest. Below the photo, the text reads: "Trails and Preserves *Maintenance*" and "With over 40 miles of trails and many more miles of boundaries, volunteers are needed to help keep it all in tip-top shape." Two buttons are present: "TRAIL MANAGER INFO" (circled in red) and "MONTHLY TRAIL WORK PARTY". Below this is the "Upcoming *Events*" section, which is filtered for "APRIL, 2021". The event list shows "24 TRAIL MANAGER PROGRAM: A UNIQUE VOLUNTEER OPPORTUNITY" and "24 ANNUAL BIRTHDAY FESTIVAL".

- Scroll to bottom of Volunteer Page and select “Trail Manager Info”

Reporting on Website

The screenshot displays the Steep Rock Association website. The top navigation bar includes links for Preserves, Explore, Get Involved, Learn, Give, About, and ORDER BOOK. The main content area is titled "Trail Manager Info" and contains a paragraph about the role of Trail Managers. Below this is a section for "Information for current trail managers" with a thank-you message and instructions. A menu of buttons is shown, with "TRAIL MANAGER REPORT FORM" circled in red and labeled "Google Form". Below it is a "Maps" section with five buttons: "MACRICO STA'S REFERENCE MAP", "STEEP ROCK REFERENCE MAP", "HIDDEN VALLEY REFERENCE MAP", "JOHNSON FARM REFERENCE MAP", and "MAPS WITH ASSIGNED TRAILS". The last two buttons are circled in red and labeled "Reference Maps/Assigned Trails". The right sidebar features contact information for Steep Rock Preserve, including a phone number (860) 868-9131, address, and email. A "GIVE LOCAL" button and a "Thank You For Your Support" message are also present.

TRAIL MANAGER REPORT FORM ← Google Form

MAPS WITH ASSIGNED TRAILS ← Reference Maps/
Assigned Trails

Tool Caches

- **Tool shed behind Steep Rock Office**
- 116 Christian St. New Preston, CT
 - Only take trail volunteer tools!



Tool Caches



Tool Rules

- Fill out the volunteer tool log
- Return all equipment within one week
- Scrub off dirt from tools before returning them
- If a tool is damaged or otherwise non-functional, mark it with red tape and contact Merlin Ennis at merlin@steeprocksoc.org or by phone at (860) 868-9131 x 105.

Other Volunteer Opportunities

- Check the SRA website for schedule
<https://steeprocksassoc.org/events-programs/>



Monthly Trail Work Party



- Third Saturday of every month, 10:00 a.m. – 12:30 p.m. from April-November
- You will receive an email with location and project details a day before the work party
<https://steeprocksoc.org/events-programs/>

Invasive Task Force

- Year-long program overviewing invasive ID, mapping, and management



Preserve Monitoring



- Help monitor Preserve boundaries in the Fall

Trail Work Group Chat

- Weekday trail work
- Urgent/ last minute help



Even More Opportunities

- Water Bars
- Trail Blazing
- Carpentry Crew



Steep Rockers- Rock Crew



- Trained in rock work including:
 - Building steps and crib walls
 - Cutting and moving large stones
 - Sustainable trail planning and erosion prevention

Sign Up Form

- Click on the link to access the [2024 Trail Manager Trail Selection Form](#)
- Use the sign-up form to select your preferred trail choices and select any additional volunteer opportunities that you are interested in