

Friedenswald Trail Guide

Instructions and Guidelines:

1. Keep On Designated Trails
2. No bikes or motor vehicles on trails
3. Do not pick anything living (including flowers)
4. Remain on Camp Property

Trail Clothes:

Be prepared for cold rain and wind. In spring and autumn, long loose pants and a long-sleeved shirt will make your exploration more enjoyable. Depending on the temperature, a jacket may be advisable.

This is also satisfactory attire for summer. Shorts and a short-sleeved shirt may be worn in hot weather. Insect repellent is recommended to ward off mosquitoes and deer flies. Closed shoes and socks are recommended any season. In winter, it is best to wear “layered” clothing, with the outer layer being waterproof. When there is snow on the ground, please keep hiking to a minimum to keep trails in good condition for cross-country skiing.

Trail Maintenance:

Please inform us of any trail maintenance needs: trees across trail, washed out trails, missing signs, etc. Also help us keep the trails clean by picking up trash, disposing of it in an appropriate container at the main camp and cleaning up your campsite.

Be Aware Of ...

Poison Ivy is a climbing plant, but the young shoot may look like a regular plant. Watch for shiny compound leaves with three leaflets. Also, during the summer season, you may see some clusters of berries on it, which are light green, almost white. It is prevalent along the marsh trail and in the meadow.

Poison Oak is a variety of poison ivy. It is identical to poison ivy except its leaves have wavier edges.

Poison Sumac: This tree belongs in the same family as the staghorn sumac. The main differences are that poison sumac branches lack hairs and have gray clusters of berries. The staghorn sumac, which is not poisonous, has fuzzy branches and red cones made up of fuzzy, pepper-sized seeds.

Exposure: Some people may not react initially to these plants, but the more often one is exposed to them; the more sensitivity builds up in the body. Once enough sensitivity has built up, the next exposure will result in a reaction.

Symptoms: The major symptom is an itchy rash that develops into blisters and usually shows up several days after exposure. Severe reactions consist of swelling, fever, widespread rash and blisters, itching and general misery.

Remedies: Calamine lotion helps relieve the itching. A severe reaction may need more advance medical attention. To avoid continued exposure, wash, with soap, anything that may have some in contact with the plant.

Camp Friedenswald

HIKING TRAILS

Trail Ethics

Take Home Memories

Kill Only Time

Leave Only Footprints