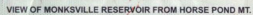


encompasses nearly two million acres in Pennsylvania, New Jersey, New York, and Connecticut and forms a vital habitat link between the larger wildlands of Northern New England and the Central Appalachian Mountains. The Highlands lie within two hours travel of 20 million people and provide clean drinking water to over 11 million residents of the region. The lands and waters of the Highlands are home to significant wildlife populations. Over 140 species of birds nest in the region, and tens of thousands of raptors migrate yearly along forested ridges. Large mammals including bobcat, black bear and river otter, as well as wild native trout make the forests of the region their home. The Highlands also provide abundant recreational opportunities, such as hiking, biking, canoeing, birding and fishing. Less than 20 percent of the Highlands is protected from development, and unbridled sprawl is threatening the forests, waters, wildlife and recreational resources of this nationally significant region. To ensure that the Highlands remains a region of outstanding beauty, water and life for present and future generations, additional priority lands must be publicly



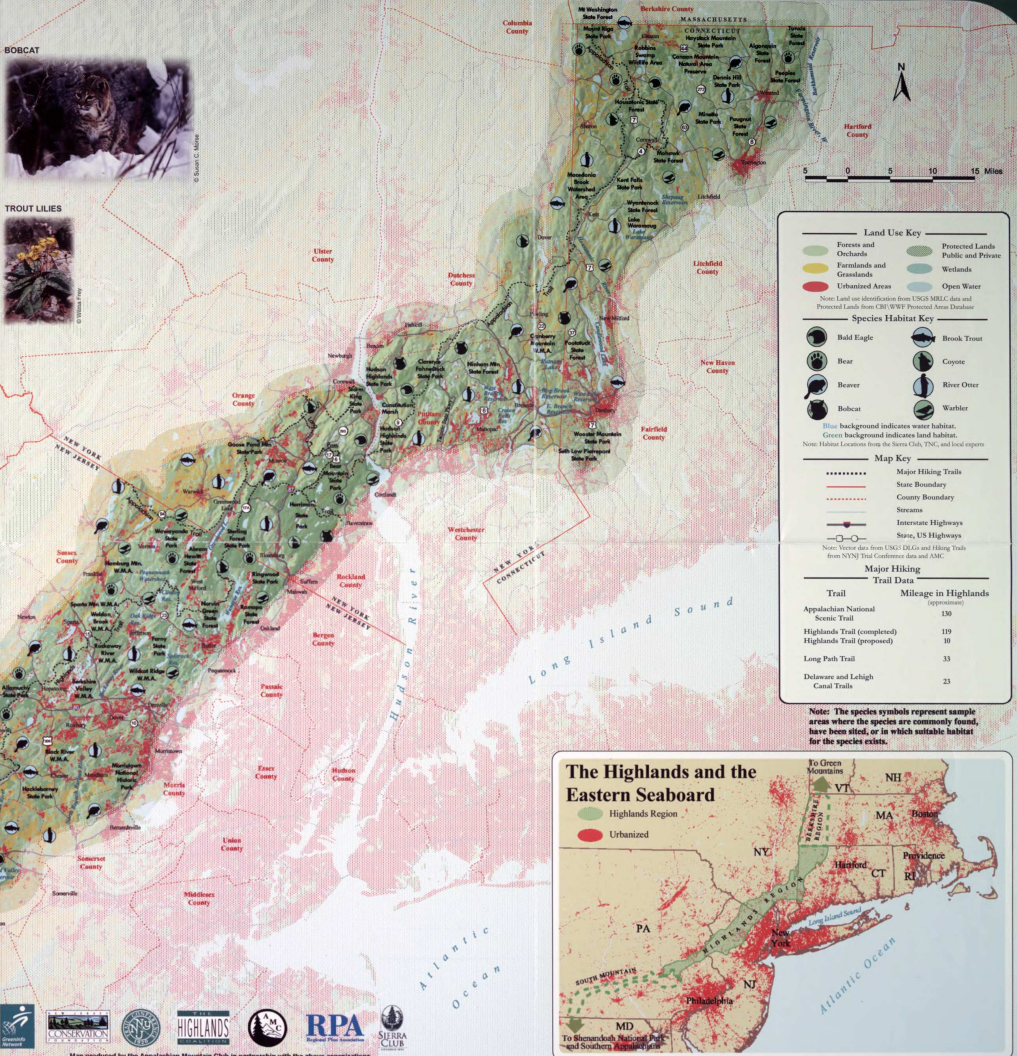
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For more trail information, contact NY - NJ Trail Conference. Ph: (201) 512-9348 or www.nynjpc.org



The Highlands and the Eastern Seaboard

