



## Hudson-Fulton-Champlain Quadricentennial



# The Grand Walkabout in the Hudson Valley

In celebration of  
Four Hundred Years  
Four Hundred Miles of Trails  
Four Counties

Dutchess, Orange, Putnam, Ulster

Trail Resource Directory  
September 2009

[www.grandwalkabout.com/](http://www.grandwalkabout.com/)



## Introduction to the Resource Directory

Following are definitions used in the Trail Resource Directory. We have provided websites and phone numbers for you to inquire about the particular places you would like to explore. In addition, many of the guidebooks and map sets listed also provide information about accessibility, parking, hours and what you can expect to see.

### **SP State Parks/State Forests**

New York State maintains an exemplary system of state parks, preserves and forests for public enjoyment. The Office of Parks, Recreation and Historic Preservation and the Department of Environmental Conservation are the key state agencies responsible for protecting these lands.

The four counties featured in this Grand WalkAbout are home to several state parks, each with many miles of hiking trails. These trails pass through deep woods, across rocky outcroppings, skirt lakes and ponds, and attain significant elevations with views of the Hudson River as well as distant mountains. The variety of landscapes makes for an endless variety of hiking experiences. Hiking the trails in state parks and forests requires planning and caution. The hikes are almost always listed as Difficult because of changing elevations, long distances and few amenities along the way if the weather changes.

### **PP Other Parks and Preserves**

In addition to state lands, many private organizations, foundations, land trusts and local entities have protected significant natural lands as well. Thousands of acres of sensitive and scenic forests and majestic viewpoints can be explored. We have included in this directory only those parks and preserves that have marked trails open to the general public. As with state parks hiking in many of these lands is serious business, so be adequately prepared when you choose to hike the difficult trails. In other cases, short scenic loops can be found highlighting the unique features of these lands and are usually listed as moderately difficult.

### **LDT Long Distance Trails**

Many trail systems are linear in nature extending for many miles and encompassing even greater variety of hiking experiences. The four counties contain several important long distance trails, the best known being the Appalachian National Scenic Trail. In addition, there are the Long Path, the Highlands Trail and the Shawangunk Ridge Trail. These trails can be hiked in day-long segments or in longer stretches as backpacking trips. Consult the appropriate Guidebooks for trail details and parking locations so you can plan your hikes effectively.

### **UT Urban Trails**

Municipalities are increasingly encouraging their residents to walk - for pleasure, for health, and for reconnecting with local history. These tend to be on sidewalks and along roads and are classified as easy. We have included only those localities where routes have been described, mileages calculated and brochures are available to describe the historical and scenic features along the route.

### **HS Historic Sites**

New York State is rich in history dating to the earliest days of the nation's settlement and many significant historic sites have been protected by the National Park Service as well as NYS OPRHP, counties and towns. As a matter of fact, the entire Hudson River Valley is a National Heritage Area. While there are a large number of such sites, we have included only those that have marked trails where mileages have been calculated and maps are available to guide the walks.



## **RT Rail Trails (including Canal Towpaths)**

The history of transportation in America is written in bold letters in the four counties, where some of the most daring canal and railroad projects dating from the early to late 1800's were situated. The abandoned rights of way have in many cases been preserved for pedestrian use and several are featured in this resource guide. With the opening of the Walkway Over the Hudson (Poughkeepsie Railroad Bridge), these opportunities are likely to expand to highlight their regional and national significance; some extensions of existing rail trails are currently in progress. As these linear parks are level they have been classified as easy and are often handicap accessible.

- E Easy** – these trails are level, often paved, and are most suitable for beginners, families with young children and those in less than ideal health. They pass through a variety of built environments, historic settings and scenic points offering both healthful recreation and a connection with features of local and regional importance.
- M Moderate** – these trails are either dirt roads or hiking trails and will generally feature some elevation change or require walking for longer distances. Many small local park preserves have short trails that require some exertion to attain settings of unique scenic value.
- D Difficult** – these trails are not for everyone. These are what most people consider traditional hiking trails and are narrow with uneven surfaces, sometimes great elevation gains and rugged terrain. They provide the greatest rewards but require the most care and preparation. It is recommended that hikers on these trails go with others, such as a hiking club, to maximize the experience.

### **Accessibility**

Only a few of the places we included are known to be accessible to people with mobility handicaps, and we were not able to assess the remainder. Their websites should provide this information. National historic sites are generally mandated to be accessible, as are many of the state historic properties. In addition, urban trails following streets are likely to be accessible. Sometimes portions of trails are fully accessible, such as paved rail trails, but are not always so identified.

### **Fees**

Parking fees may be charged in many of the listed places (sometimes only in the summer months). We have noted those where individuals must pay an entrance fee to use the trails.

## **The Grand Walkabout in the Hudson Valley**

A committee was formed in 2007 to promote walking and hiking to enhance a healthful appreciation of the natural and historic features of the four counties - Dutchess, Orange, Putnam and Ulster - situated in the rugged heart of the Hudson River Valley as a part of the 2009 Hudson-Fulton-Champlain Quadricentennial celebration.

### **Acknowledgements**

**Committee Members:** Kathleen Davis, Salley Decker, Donna Deeprise (chair), Ruth Elwell, Tim Englert, Gary Haugland, Steffen Kraehmer, Betsy McKean, Paula Repka, Vivian Wadlin, Georgette Weir. Webmaster: Kathen Cowan; Publicity: Rafael Diaz

**Partners:** Adirondack Mountain Club (ADK) Mid-Hudson Chapter, Catskill 3500 Club, Hudson Valley Rail Trail, Hudson River Valley Greenway, Hyde Park Heritage Greenway Trail, New York-New Jersey Trail Conference, Newburgh Beacon Bay 2009 Committee, Palisades Interstate Park Commission, Palisades Park Conservancy, Wallkill Valley Rail Trail

**Sponsors:** Hudson-Fulton-Champlain Quadricentennial Commission, Town of Lloyd, Town of Marlborough, The Knickerbocker Bench Project, Dressel Farms, Dutchess County Health Department, Hannaford Supermarkets, Highland Rotary Club, Kingston-Sunrise Rotary Club, Liberty Orchard, M&T Bank - Highland Branch, McCadam Cheese, ShopRite Supermarket - New Paltz, Stop & Shop Supermarket - New Paltz



## DUTCHESS COUNTY TRAILS

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TYPE	NAME		ADDITIONAL INFORMATION
PP	Madam Brett Park Scenic Hudson	Beacon 845-831-6533	Easy 1 mi. Fishkill Creek; waterfall, tidal marsh <a href="http://www.scenichudson.org">www.scenichudson.org</a>
PP	Stony Kill Farm NYS DEC	Wappingers Falls	Easy 8.5 mi. Working Farm; woods, meadows, ADA <a href="http://www.dec.ny.gov/education/1833.html">http://www.dec.ny.gov/education/1833.html</a>
PP	Bowdoin Park Dutchess County Parks	Wappingers	3 Easy trails, 7 mi. <a href="http://www.dutchessny.gov/CountyGov/Departments/DPW-Parks/PPbowdoin.htm">http://www.dutchessny.gov/CountyGov/Departments/DPW-Parks/PPbowdoin.htm</a>
PP	Poet's Walk Park Scenic Hudson	Red Hook 845-473-4440	Easy 1.5 mi. Landscape park: woods, fields, river views <a href="http://www.scenichudson.org/">http://www.scenichudson.org/</a>
PP	Burger Hill Park Scenic Hudson; Winnakee Land Trust	Rhinebeck	Moderate 0.5 mi offers panoramic views <a href="http://www.scenichudson.org/whatyoucando/visitourparks/burgerhill">http://www.scenichudson.org/whatyoucando/visitourparks/burgerhill</a>
PP	Tivoli Bays	Annandale	4 easy marked trails, 3.5 mi. <a href="http://inside.bard.edu/archaeology/tivolibays/map_large.html">http://inside.bard.edu/archaeology/tivolibays/map_large.html</a>
PP	Vassar College Farm Vassar College	Pougkeepsie	500 acre Farm, easy 2.5 mi. <a href="http://adminstaff.vassar.edu/lohorst/index.html">http://adminstaff.vassar.edu/lohorst/index.html</a>
PP	Reese Sanctuary Putnam Highlands Audubon Society	New Hamburg	easy trails
PP	Reese Park	Town of Wappinger	845-297-7026
PP	Ferncliff Forest Preserve	Rhinebeck 845-876-3196	192 acres; old growth forest, firetower <a href="http://ferncliff_forest.villageofrhinebeck.info/">http://ferncliff_forest.villageofrhinebeck.info/</a>
PP	Manitou Point Preserve Scenic Hudson/OSI	Manitou 845-473-4440	Easy, 1.5 mi.
PP	Thomas J. Boyce Park Town of Dover	Wingdale 845-832-9168	Moderate, 3.0 mi.
PP	Nellie Hill Nature Preserve Nature Conservancy	Dover	Easy 1.3 mi 144 acres; woodlands and pocket meadows <a href="http://www.nature.org/wherewework/northamerica/states/newyork/preserves/art12203.html">http://www.nature.org/wherewework/northamerica/states/newyork/preserves/art12203.html</a>
PP	Wappingers Greenway Trail Scenic Hudson	Wappingers 845-473-4440	Moderate 10.7 mi figure-8 loop along Creek <a href="http://www.scenichudson.org/whatyoucando/visitourparks">http://www.scenichudson.org/whatyoucando/visitourparks</a>
PP	Wappingers Creek Trail	LaGrange	Easy 1.0 mi along Wappingers Creek
PP	Cary Institute of Ecosystem Studies Cary Institute of Ecosystem Studies	Millbrook	Easy 2.5 mi: woods, meadows, along Wappingers Creek <a href="http://www.ecostudies.org/hiking-trails.html">http://www.ecostudies.org/hiking-trails.html</a>
PP	Buttercup Farm Sanctuary Audubon	Stanford 518-325-5203	Easy 6 mi, in 500 diverse acres <a href="http://ny.audubon.org/CentersEdu_RheinstromHill.html">http://ny.audubon.org/CentersEdu_RheinstromHill.html</a>
PP	Stissing Mountain Forest Preserve Nature Conservancy; NYS DEC		Pine Plains Difficult 2.7 mi; 3 trails; firetower at summit <a href="http://www.nature.org/wherewework/northamerica/states/newyork/contact/">http://www.nature.org/wherewework/northamerica/states/newyork/contact/</a>
PP	Thompson Pond Nature Conservancy	Pine Plains	Easy 2.7 mi 2 marked trails <a href="http://www.nature.org/wherewework/northamerica/states/newyork/contact/">http://www.nature.org/wherewework/northamerica/states/newyork/contact/</a>
PP	Wilcox Park Dutchess County Parks	Pine Plains	Moderate, 5.7 mi. 5 trails
PP	Winnakee Nature Preserve Winnakee Nature Preserve Hyde Park Trails	Hyde Park	5 easy marked trails, 2 miles <a href="http://www.winnakeeland.org/">http://www.winnakeeland.org/</a> <a href="http://www.hydeparkny.us/recreation/trails/TrailsWinakee.shtml">http://www.hydeparkny.us/recreation/trails/TrailsWinakee.shtml</a>
PP	Town of LaGrange Freedom Park Town of LaGrange	LaGrange	Easy 1 mi. <a href="http://www.lagrangeny.org/freedom_park.cfm">http://www.lagrangeny.org/freedom_park.cfm</a>



## DUTCHESS COUNTY TRAILS

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TYPE	NAME	LOCATION
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**PP FISHKILL RIDGE Beacon**

At 1,900 acres this is the largest property preserved by Scenic Hudson, protecting natural treasures sometimes hidden in the Hudson River Valley

CONTACT	PHONE	WEBSITE
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**Scenic Hudson** 845-473-4440 <http://www.scenichudson.org/search/node/fishkill+ridge>  
**Trails on the Fishkill Ridge**

TRAIL NAME	DIFFICULTY	MILEAGE
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Mount Beacon Trail	D	1.0
Fishkill Ridge Trail	D	11.5
Overlook Trail	D	1.7

**MAPS** East Hudson Trails Three-Map Set - May 2008 8th ed.

**OTHER RESOURCES** New York Walk Book

**PP PAWLING NATURE RESERVE Pawling; direct RR access**

The preserve is a microcosm of diverse natural communities with stunning views of Great Swamp and Harlem Valley.

CONTACT	PHONE
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**Nature Conservancy** 914-244-3271  
<http://www.nature.org/wherewework/northamerica/states/newyork/contact/>

**Trails in Pawling Preserve; total 7 miles**

TRAIL NAME	DIFFICULTY	MILEAGE
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Blue Trail	M	2.0
Green Trail	M	0.6
Yellow Trail (A)	M	0.6
Yellow Trail (B)	M	0.7
Orange Trail	M	0.7
Red Trail	M	2.4

**OTHER RESOURCES** New York Walk Book; Weekend Walks

**PP Innisfree Garden Millbrook 150-acre public garden; easy 2.5 mi.**

Innisfree Garden 845-677-8000 [www.innisfreegarden.org](http://www.innisfreegarden.org)

**PP Hyde Park Trail Hyde Park Moderate, 10 mi., 9 marked trails**

Hyde Park Recreation Dept <http://www.hydeparkny.us/recreation/trails>

TYPE	NAME	ADDITIONAL INFORMATION
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**RT HARLEM VALLEY RAIL TRAIL** **Wassaic to Millerton; Easy 10.8 paved**

HVRT Association 518-789-9591 <http://www.hvrt.org/>

**RT DUTCHESS COUNTY RAIL TRAIL** **Poughkeepsie 12 miles; partially open in spring 2008**

Dutchess County <http://www.dutchesscountytrails.com/>

TYPE	NAME	ADDITIONAL INFORMATION
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**LDT APPALACHIAN TRAIL** **East Fishkill to Dover Difficult 28.9 mi**

Appalachian Trail Conservancy [www.appalachiantrail.org/](http://www.appalachiantrail.org/)

Appalachian Trail Guide to New York - New Jersey (w/4 maps) 16th ed. 2007 ATC  
 50 Hikes in Lower Hudson Valley



## DUTCHESS COUNTY TRAILS

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TYPE	NAME	LOCATION
<b>SP</b>	<b>HUDSON HIGHLANDS STATE PARK</b>	<b>Fishkill Rugged, challenging trails</b>
	The park's trails lead along the river and to the interior of the Highlands	
	<b>CONTACT</b>	<b>PHONE WEBSITE</b>
	<b>NYS OPRHP</b>	914-244-3271 <a href="http://nysparks.state.ny.us/parks/info.asp?parkID=130">http://nysparks.state.ny.us/parks/info.asp?parkID=130</a>
	<b>Trails in Hudson Highlands State Park</b>	
	<b>TRAIL NAME</b>	<b>DIFFICULTY MILEAGE</b>
	Breakneck Bypass Trail	D 0.8
	Notch Trail	D 1.5
	Wilkinson Memorial Trail	D 9.5
	Denning's Point	E 1.2
	<a href="http://www.nysparks.state.ny.us/parks/info.asp?parkID=130">http://www.nysparks.state.ny.us/parks/info.asp?parkID=130</a> 845-831 66 acre park along Hudson River	
	<a href="#">East Hudson Trails Three-Map Set - May 2008 8th ed.</a>	
	<b>MAPS</b>	
	<b>OTHER RESOURCES</b>	New York Walk Book
<b>SP</b>	<b>TACONIC STATE PARK</b>	<b>Copake Falls</b>
	<b>CONTACT</b>	<b>PHONE WEBSITE</b>
	NY OPRHP Taconic Region	518-329-3993 <a href="http://nysparks.state.ny.us/parks/info.asp?parkID=137">http://nysparks.state.ny.us/parks/info.asp?parkID=137</a>
	South Taconic Trail	Difficult 2 mi. to Brace Mountain (Highest Point in Dutchess County)
	<b>MAPS</b>	<a href="#">South Taconic Trails One Map - May 2006. 2nd ed.</a>
<b>SP</b>	<b>MILLS NORRIE STATE PARK</b>	Staatsburg Easy 10.0 mi.
	NYS OPRHP	
<b>SP</b>	<b>JAMES BAIRD STATE PARK</b>	LaGrange Moderate, 7 mi. wooded trails
	NY OPRHP Taconic region	845-889-4646 <a href="http://www.nysparks.com/parks/info.asp?parkID=133">http://www.nysparks.com/parks/info.asp?parkID=133</a>

TYPE	NAME	ADDITIONAL INFORMATION
<b>HS</b>	Locust Grove	Poughkeepsie Easy 3 mi.
	Samuel Morse Historic Site	845-454-4500 <a href="http://www.lgny.org/">http://www.lgny.org/</a>
<b>HS</b>	FDR National Historic Site	Hyde Park Moderate 3 mi.
	NPS	845-454-4500 <a href="http://www.nps.gov/hofr/">http://www.nps.gov/hofr/</a>
<b>HS</b>	Val-Kill Historic Site	Hyde Park Easy 2 mi., 2 woods trails
	NPS	800-337-8474 <a href="http://www.nps.gov/elro/">http://www.nps.gov/elro/</a>
<b>HS</b>	Vanderbilt Mansion	Hyde Park Easy 2.8 mi.
	NPS	845-229-9115 <a href="http://www.nps.gov/vama/">http://www.nps.gov/vama/</a>
<b>HS</b>	Montgomery Place	Annandale Easy 0.9 mi, gardens, river view
	Historic Hudson Valley	845-758-5264 <a href="http://www.hudsonvalley.org/content/view/16/46/">http://www.hudsonvalley.org/content/view/16/46/</a>

TYPE	NAME	LOCATION
<b>UP</b>	Poughkeepsie Rural Cemetery	Poughkeepsie
		Easy 1 mile urban walk; Hudson River views



## ORANGE COUNTY TRAILS

1

TYPE	NAME	LOCATION
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**PP BLACK ROCK FOREST PRESERVE** **Cornwall**

This 3,800-acre preserve is a working research forest. Its extensive trail network is open to the public and provides a varied sampling of forest communities, peaceful reservoir settings surrounded by rugged terrain and abundant wildlife.

CONTACT	PHONE	WEBSITE
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Science and Education Center	845-534-4517	<a href="http://www.blackrockforest.org/">http://www.blackrockforest.org/</a>
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Trails in Black Rock Forest: total miles 22.9;  
there are also many miles of unmarked woods roads

TRAIL NAME	DIFFICULTY	MILEAGE
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Arthur Trail	M	0.7
Black Rock Hollow Trail	D	1.5
Chatfield Trail	D	0.7
Compartment Trail	D	1.1
Duggan Trail	D	0.4
Eagle Cliff Trail	D	0.1
Hill of Pines Trail	D	0.6
Ledge Trail	D	0.3
Mine Hill Trail	D	0.2
Reservoir Trail	M	0.5
Rut Trail	D	0.2
Ryersen Trail	D	0.3
Scenic/Highlands Trail	D	5.9
Secor Trail	M	0.3
Shortcut Trail	M	0.4
Split Rock Trail	M	0.4
Spy Rock Trail	M	0.2
Stillman/Highlands Trail	D	5.3
Stopel Trail	M	0.2
Swamp Trail	M	0.5
Tower Vue Trail	D	0.7
White Oak Trail	D	1.2

**MAPS** <http://www.blackrockforest.org/html-files/imagemap.html>

[West Hudson Trails Two-Map - May 2006 4th ed.](#)

**OTHER RESOURCES** New York Walk Book

TYPE	NAME	LOCATION
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**SP SCHUNNEMUNK MOUNTAIN STATE PARK**

Cornwall/ Woodbury/Monroe/Blooming Grove

CONTACT	PHONE	WEBSITE
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PIPC	845-786-2701	<a href="http://nysparks.state.ny.us/parks/info.asp?parkId=55">http://nysparks.state.ny.us/parks/info.asp?parkId=55</a>
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Trails on Schunnemunk Mountain: total miles 26.2

Barton Swamp Trail	M	2.1
Dark Hollow Trail	D	1.6
Jessup/Highlands Trail	D	8.6
Long Path	D	6.9
Otterkill Trail	M	2.2
Trestle Trail	D	1.4
Sweet Clover Trail	D	2.8



## ORANGE COUNTY TRAILS

### SCHUNNEMUNK MOUNTAIN STATE PARK (continued)

Western Ridge Trail      D      0.6

**MAPS** [West Hudson Trails Two-Map - May 2006 4th ed.](#)  
**OTHER RESOURCES** New York Walk Book

TYPE	NAME	LOCATION
<b>SP</b>	<b>STORM KING STATE PARK</b>	Cornwall, Cornwall-on-Hudson

**very rugged trails, Hudson River views**

CONTACT	PHONE	WEBSITE
<b>PIPC/NY-NJ TC</b>	845-786-2701	<a href="http://nysparks.state.ny.us/parks/info.asp?parkId=65">http://nysparks.state.ny.us/parks/info.asp?parkId=65</a>

**Trails in Storm King Mountain: total miles 10.4**

TRAIL NAME	DIFFICULTY	MILEAGE
Bluebird Trail	D	0.6
Bobcat Trail	D	0.4
By-Pass Trail	D	0.4
Howell Trail	D	3.6
Stillman/Highlands Trail	D	3.3
Stillman Springs Trail	D	0.7
Highlands Trail	D	1.4

**MAPS** [West Hudson Trails Two-Map - May 2006 4th ed.](#)  
**OTHER RESOURCES** New York Walk Book

TYPE	NAME	LOCATION
<b>SP</b>	<b>STERLING FOREST® STATE PARK</b>	<b>Tuxedo NY</b>

Historic mining region with rugged landscapes and varied ecosystems

CONTACT	PHONE	WEBSITE
<b>PIPC</b>	845-786-2701	<a href="http://nysparks.state.ny.us/parks/info.asp?parkId=81">http://nysparks.state.ny.us/parks/info.asp?parkId=81</a>

**Trails in Sterling Forest. Total miles 45.1**

TRAIL NAME	DIFFICULTY	MILEAGE
Allis/Highlands Trail	D	4.1
Fire Tower Trail	D	5.5
Furnace Loop	M	1.6
Indian Hill Trail	D	3.6
Sterling Ridge/Highlands Trail	D	8.6
Lakeville Iron Trail	M	2.0
Long Meadow Trail	M	1.7
Sapphire Trail	M	2.6
Lake to Lake Trail	D	5.1
West Valley Trail	M	2.6
Sterling Lake Loop	E	4.2
Wildcat Mountain Trail	M	3.5

**MAPS** Sterling Forest Trails One-Map - June 2005 3rd ed.  
**OTHER RESOURCES** New York Walk Book



## ORANGE COUNTY TRAILS

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TYPE	NAME	LOCATION
SP	<b>GOOSE POND MOUNTAIN STATE</b>	Chester
Mostly unmarked trails used by equestrians and mountain bikes		
CONTACT	PHONE	WEBSITE
PIPC	845-786-2701	<a href="http://nysparks.state.ny.us/parks/info.asp?parkId=56">http://nysparks.state.ny.us/parks/info.asp?parkId=56</a>
TRAIL NAME	DIFFICULTY	MILEAGE
Highlands Trail	E	1.6
Goose Pond Mountain Wetlands	E	0.3
OTHER RESOURCES		New York Walk Book

TYPE	NAME	LOCATION
SP	Highlands Lakes SP	Wawayanda PIPC 4.1 miles of the Long Path
Guide to the Long Path. May 2002. 5th ed. Revised 2005. Herb Chong TC		

TYPE	NAME	LOCATION
SP	<b>BEAR MOUNTAIN/HARRIMAN STATE PARK</b>	<b>Bear Mountain, Tuxedo, Arden</b>
One of the most popular of the state parks, it features rugged terrain, many viewpoints, lakes, mines, and its many trails offer great variety for hiking experiences and abilities		
CONTACT	PHONE	WEBSITE
PIPC/NY-NJ TC	845-786-2701	<a href="http://nysparks.state.ny.us/parks/info.asp?parkId=143">http://nysparks.state.ny.us/parks/info.asp?parkId=143</a>
<b>Trails in Bear Mountain/Harriman; total miles 63.0</b>		
TRAIL NAME	DIFFICULTY	MILEAGE
Anthony Wayne Trail	D	2.8
Dunning Trail	D	3.8
Major Welch Trail	D	2.6
Menomie Trail	D	2.9
Nurian Trail	M	3.4
Popolopen Gorge Trail	D	4.5
Arden Surebridge Trail	D	6.3
1777 Trail (pt)	D	5.3
1779 Trail (pt)	D	4.3
Blue Disc Trail (pt)	D	1.4
Ramapo-Dunderberg Trail (pt)	D	11.0
Red Cross Trail (pt)	D	2.6
Timp-Torne Trail (pt)	D	5.6
Triangle Trail (pt)	D	2.7
White Bar Trail (pt)	D	3.8
MAPS	Harriman-Bear Mountain Trails Two-Map Set - 2007 11th ed.	
OTHER RESOURCES	New York Walk Book; Harriman Trails	

TYPE	NAME	LOCATION
LDT	Appalachian Trail	Bear Mountain to Greenwood Lake; difficult 36.5 miles
CONTACT	WEBSITE	
ATC/NY-NJ TC	<a href="http://www.appalachiantrail.org/">www.appalachiantrail.org/</a>	
Appalachian Trail Guide to New York - New Jersey (w/4 maps) 16th ed. 2007		

TYPE	NAME	LOCATION
LDT	Long Path	Harriman SP to Shawangunk Kill; Difficult 27.5 miles
CONTACT	PHONE	WEBSITE
NY-NJ TC	201-512-9348	<a href="http://www.nynjtc.org/">www.nynjtc.org/</a>



## ORANGE COUNTY TRAILS

4

TYPE	NAME	LOCATION	
LDT	Highlands Trail	Sterling Forest to Cornv	Difficult 44.6 miles
	<b>CONTACT</b>	<b>PHONE</b>	<b>WEBSITE</b>
	NY-NJ TC	201-512-9348	<a href="http://www.nynjtc.org/trails/highlands/hi-lands.html">http://www.nynjtc.org/trails/highlands/hi-lands.html</a>
TYPE	NAME	LOCATION	
LDT	Shawangunk Ridge Trail	Port Jervis to Otisville, 14.5 mi., Huckleberry State Forest, abandoned RR	
	<b>CONTACT</b>	<b>PHONE</b>	<b>WEBSITE</b>
	NY-NJ TC	201-512-9348	<a href="http://www.nynjtc.org/">www.nynjtc.org/</a>
	<b>MAPS</b>	<a href="http://nynjtc.org/news/2008/srtmap.html">http://nynjtc.org/news/2008/srtmap.html</a>	
	<b>OTHER RESOURCES</b>	Long Path Guide	
RT	Orange Heritage Trail	Monroe to Goshen	Easy 11.5 miles, paved and accessible
	<b>CONTACT</b>	<b>PHONE</b>	<b>WEBSITE</b>
	Orange County Parks Parks and Trails New York	845-457-4900	<a href="http://www.orangecountygov.com/orgmain.asp?storyID=2709">http://www.orangecountygov.com/orgmain.asp?storyID=2709</a> <a href="http://www.ptny.org/newtrailfinder/orangetrailmain.html">http://www.ptny.org/newtrailfinder/orangetrailmain.html</a>
RT	Delaware and Hudson Canal Towpath	Cuddebackville	Easy 2.5 miles; highlights operating canal features
	<b>CONTACT</b>	<b>PHONE</b>	<b>WEBSITE</b>
	Orange County Parks	845-754-7000	<a href="http://www.minisink.org/past.html">http://www.minisink.org/past.html</a>
TYPE	NAME	LOCATION	
UT	Newburgh Walking Tours	City of Newburgh	<a href="http://www.cityofnewburgh-ny.gov">www.cityofnewburgh-ny.gov</a> 845-569-7300
	<b>TRAIL NAME</b>	<b>DIFFICULTY</b>	<b>MILEAGE</b>
	Monumental Newburgh Trail	E	5.0
	Frederick Douglass Trail	E	3.0
	Colonial Terraces Walking Tour	E	1.0
	<b>TRAIL NAME</b>	<b>DIFFICULTY</b>	<b>MILEAGE</b>
UT	Trail of Two Cities 4 mile loop historic district	Newburgh E	HRV Greenway Conservancy 518-473-3835 <a href="http://www.hudsongreenway.state.ny.us/">http://www.hudsongreenway.state.ny.us/</a> 7.9
UT	Delaware River Heritage Trail Erie RR/historic district	Port Jervis E	Minisink Valley Historical Soci 845/856-2375 <a href="http://portjervisny.org/ariverru.htm">http://portjervisny.org/ariverru.htm</a> 6.0
UT	Highland Falls Greenway Trail	Highlands Falls E	HRV Greenway Conservancy 518-473-3835 <a href="http://www.hudsongreenway.state.ny.us/">http://www.hudsongreenway.state.ny.us/</a> 2.0
TYPE	NAME	LOCATION	
HS	Knox Headquarters NYS OPRHP	Vails Gate 845-561-5498	Moderate 0.5 mile <a href="http://nysparks.state.ny.us/sites/info.asp?siteID=18">http://nysparks.state.ny.us/sites/info.asp?siteID=18</a>
HS	New Windsor Cantonement NYS OPRHP	New Windsor 845-561-1765	Easy 0.5 mile <a href="http://nysparks.state.ny.us/sites/info.asp?siteID=20">http://nysparks.state.ny.us/sites/info.asp?siteID=20</a>
HS	Last Encampment of the Continental Army New Windsor Historic Society		New Windsor Easy 9.5 mile, lookout platform 845-561-5073
HS	Fort Montgomery Greenway Trail HRV Greenway Conservancy		Fort Montgomery Easy 2.3 mile <a href="http://www.hudsongreenway.state.ny.us/">http://www.hudsongreenway.state.ny.us/</a> 518-473-3835
HS	West Point Greenway Trail HRV Greenway Conservancy	West Point 518-473-3835	Easy 6.0 mile <a href="http://www.hudsongreenway.state.ny.us/">http://www.hudsongreenway.state.ny.us/</a>

SP=State Parklands; HS=Historic Site; RT=Rail Trail; UT=Urban Trails; PP=Park Preserve; LDT=Long Distance Trail



## ORANGE COUNTY TRAILS

5

TYPE	NAME	LOCATION
PP	Kowawese Unique Area Orange County Parks/NYS DEC <a href="http://orangecountygov.entrex.com/orgMain.asp?orgid=107&amp;slD=&amp;storyID=978">http://orangecountygov.entrex.com/orgMain.asp?orgid=107&amp;slD=&amp;storyID=978</a>	New Windsor Easy loop trail 1.8 miles 845-569-0963
PP	Lenape Ledge Trail NY-NJ Trail Conference	Port Jervis Moderate loop trail, 4.0 miles 201-512-9348 <a href="http://www.nynjtc.org/">www.nynjtc.org/</a>
MAPS		<a href="http://nynjtc.org/news/2008/srtmap.html">http://nynjtc.org/news/2008/srtmap.html</a>



## PUTNAM COUNTY TRAILS

1

TYPE	NAME	LOCATION
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<b>SP</b>	<b>CLARENCE FAHNESTOCK SP</b>	Rte 301 Carmel
14,000 acre all-season park featuring hiking, show-shoeing, and cross-country skiing. Situated in the Highlands inland from the Hudson River the terrain is not as steep.		

CONTACT	PHONE	WEBSITE
NYSOPRHP -Taconic Region	845-225-7207	<a href="http://nysparks.state.ny.us/parks/info.asp?parkId=129">http://nysparks.state.ny.us/parks/info.asp?parkId=129</a>

**Trails in Fahnestock SP: Total miles 38.1**

TRAIL NAME	DIFFICULTY	MILEAGE
Cabot Trail	D	1.0
Candlewood Hill	D	2.1
Catfish Loop	D	3.6
Cedar Ridge Trail	D	0.8
Charcoal Burner's Trail	D	3.3
East Mountain Trail	D	1.5
Fahnestock Trail	D	7.3
Old Mine RR Trail	M	2.2
Pelton Pond Nature Trail	E	1.5
Perkins Trail	D	4.0
School Mountain Trail	D	4.1
Three Lakes Trail	D	4.8
Wiccopee Trail	D	1.9

<b>MAPS</b>	East Hudson Trails Three-Map Set - May 2008 8th ed.
<b>OTHER RESOURCES</b>	NY Walk Book

TYPE	NAME	LOCATION
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<b>SP</b>	<b>HUDSON HIGHLANDS SP</b>	Rte 9D Cold Spring
6,000 acres of parklands featuring some of the most challenging hikes in the region. Transcendent views of the Hudson River where is a fjord carved by glaciers.		

CONTACT	PHONE	WEBSITE
NYSOPRHP Taconic Region	845-225-7207	<a href="http://www.stateparks.com/hudson_highlands.html">http://www.stateparks.com/hudson_highlands.html</a>

**Trails in Hudson Highlands State Park**

TRAIL NAME	DIFFICULTY	MILEAGE
Breakneck Ridge Trail	D	4.6
Brook Trail	D	0.9
Cornish Trail	D	1.0
Crossover Trail	D	0.3
Fishkill Ridge Trail	D	4.9
Lone Star Trail	D	1.0
Nelsonville Trail	D	2.6
Curry Pond	M	0.6
Overlook Trail	D	1.7
Split Rock Trail	D	0.3
Undercliff Trail	D	4.0
Washburn Trail	D	2.3
Sugarloaf Trail	D	1.6
Carriage Connector Trail	M	0.9
Osborn Loop	D	3.4
Arden Point	E	1.2

<b>MAPS</b>	East Hudson Trails Three-Map Set - May 2008 8th ed.
<b>OTHER RESOURCES</b>	NY Walk Book



## PUTNAM COUNTY TRAILS

2

TYPE	NAME	LOCATION
SP	<b>Wonder Lake State Park</b> NYSOPRHP Taconic Region	Town of Kent Moderate 5 miles of trails/woods roads 845-225-7207
	<b>MAPS</b>	<a href="http://www.nynjtc.org/">www.nynjtc.org/</a>

TYPE	NAME	LOCATION
SP	<b>Ninham Mountain SF</b> NYS DEC	Carmel Moderate, 0.5 mi to firetower 845-256-3000 <a href="http://www.dec.ny.gov/lands/34773.html">http://www.dec.ny.gov/lands/34773.html</a>

TYPE	NAME	LOCATION
HS	Constitution Marsh Audubon Society	Cold Spring Easy 2 mile boardwalk 845-265-2601 <a href="http://www.constitutionmarsh.org/">http://www.constitutionmarsh.org/</a>
HS	West Point Foundry Preserve Scenic Hudson	Cold Spring Easy 1 mile 845-473-4440 <a href="http://www.scenichudson.org/">http://www.scenichudson.org/</a>
HS	North Redoubt	Garrison Moderate 0.3 mile <a href="http://www.dmna.state.ny.us/forts/fortsM_P/northRedoubt.htm">http://www.dmna.state.ny.us/forts/fortsM_P/northRedoubt.htm</a>

TYPE	NAME	LOCATION
PP	<b>Michael Ciaiola Conservation Area</b>	Haviland Hollow Rd, Patterson
	At 800 acres this is Putnam County's largest park; a popular destination is the great gorge waterfall.	
	<b>CONTACT</b>	<b>PHONE WEBSITE</b>
	Putnam County Parks	845-225-3650 <a href="http://www.putnamcountyny.com/parks/area/michaelcca.htm">http://www.putnamcountyny.com/parks/area/michaelcca.htm</a>

### Trails in Michael Ciaiola County Park; total 11.8 miles

TRAIL NAME	DIFFICULTY	MILEAGE
Orange Trail	D	3.5
Red Trail	M	1.5
Blue Trail	D	1.0
Green Trail	M	1.5
Yellow Trail	M	1.5
Red White Triangle	M	0.5
Blue White Triange	M	0.3
Green White Triangle	M	0.5
Orange White Triange	M	1.0
Yellow White Triange	M	0.5

**OTHER RESOURCES** Weekend Walks; NY Walk Book

PP	Little Stony Point Little Stony Point Citizen's Assoc	Cold Spring Easy, 1 mile loop trail 845-265-7815 <a href="http://hvgateway.com/STONYPT.HTM">http://hvgateway.com/STONYPT.HTM</a>
PP	Manitou Point Scenic Hudson/Open Space Institute	Garrison Easy, 3. Weekend Walks; NY Walk Book 845-473-4440 <a href="http://www.scenichudson.org/">www.scenichudson.org/</a>
PP	Bog Brook Unique Area	Southeast East 0.4 to overlook <a href="http://nynjctbotany.org/lgtofc/nybgbrk.html">http://nynjctbotany.org/lgtofc/nybgbrk.html</a>
PP	Philipstown Park Town of Philipstown	Philipstown Easy, 0.5 mi. <a href="http://www.philipstown.com/22.pdf">http://www.philipstown.com/22.pdf</a>
PP	Manitoga Russel Wright Design Center	Garrison Moderate, 5 miles. Fee. NY Walk Book 845-424-3812 <a href="http://www.russelwrightcenter.org/">http://www.russelwrightcenter.org/</a>



## PUTNAM COUNTY TRAILS

3

TYPE	NAME	LOCATION
HS	Boscobel Boscobel Restoration, Inc.	Garrison Easy, 1 mile walk in woodland. Fee. 845-265-3638 <a href="http://www.boscobel.org/main.html">http://www.boscobel.org/main.html</a>
TYPE	NAME	LOCATION
LDT	Appalachian Trail NY-NJ Trail Conference	Bear Mt Bridge to Horto Difficult, 22.8 mile segment of famed trail 201-512-9348 <a href="http://www.nynjtc.org/">www.nynjtc.org/</a> NY Walk Book
TYPE	NAME	LOCATION
RT	Putnam Trailway Putnam County Department of Planning	Mahopac to Southeast Easy, 11 miles mostly paved 845-878-3480 <a href="http://www.putnamcountyny.com/planning/files/Putnam%20Bike%20path%20brochure%20&amp;%20map.pdf">http://www.putnamcountyny.com/planning/files/Putnam%20Bike%20path%20brochure%20&amp;%20map.pdf</a>



## ULSTER COUNTY TRAILS

1

TYPE	NAME	LOCATION
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**SP MINNEWASKA STATE PARK PRESERVE** Kerhonkson

**Note: There are many carriageways in the park. While easy to walk they are often very long, and as they are popular with mountain bikers, caution and distance give them a rating of Medium**

CONTACT	PHONE	WEBSITE
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NYS OPRHP 845-256-0579  
<http://nysparks.state.ny.us/parks/info.asp?parkId=78>

### Trails in Minnewaska. Total miles 25.9

TRAIL NAME	DIFFICULTY	MILEAGE
Beacon Hill Trail	D	0.8
Blueberry Run	D	2.2
Castle Point Carriageway	M	4.3
Gertrude's Nose Trail	D	3.4
Hamilton Point Carriageway	M	4.0
High Peterskill Trail	D	3.5
Lower Awosting Carriageway	M	3.0
Millbrook Mountain Trail	D	1.2
Upper Awosting Carriageway	M	3.5
Long Path	D	10.5

**MAPS** Shawangunk Trails Three-Map Set - January 2008 7th ed.  
<http://nynjtc.org/news/2008/srtmap.html>  
**OTHER RESOURCES** NY Walk Book; Scenes and Walks in the Northern Shawangunks

TYPE	NAME	LOCATION
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**PP MOHONK PRESERVE** New Paltz

CONTACT	PHONE	WEBSITE
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Mohonk Preserve 845-255-0919 <http://www.mohonkpreserve.org/>

### Trails In Mohonk: 16.2 miles, plus many miles of carriageways, Fee

TRAIL NAME	DIFFICULTY	MILEAGE
Bonticou Crag	D	1.8
Millbrook Ridge	D	3.0
Overcliff Trail	D	5.4
Eagle Cliff Trail	D	1.7
Humpty Dumpty Rd	M	1.9
Labarynth	D	0.5
Sky Top Path	M	0.4
Sky Top Rd	M	1.5

**MAPS** Shawangunk Trails Three-Map Set - January 2008 7th ed.  
**OTHER RESOURCES** <http://www.mohonkpreserve.org/index.php?hike>  
 Scenes & Walks in the Northern Shawangunks 2006. 3rd ed. Jack Fagan TC  
 New York Walk Book 2005, 7th ed. Revised. Dan Chazin, Ed. TC

TYPE	NAME	LOCATION
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**LDT Long Path** Ellenville into Catskills Difficult 72.3 miles

NYNJ Trail Conference 201-512-9348 [nynjtc.org](http://nynjtc.org)

**MAPS** Catskill Trails Map Set Five-Map Set - 2005 8th ed.

**OTHER RESOURCES** Guide to the Long Path. May 2002. 5th ed. Revised 2005. Herb Chong TC



## ULSTER COUNTY TRAILS

2

TYPE	NAME	LOCATION
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### SP CATSKILL FOREST PRESERVE

**Note: While listed separately, many of these trails can only be accessed by hiking on other trails. Hikers should consult maps or guidebooks before attempting these trails. In some cases, mileages are to county lines and may not reflect the total mileages of the trails.**

CONTACT	WEBSITE
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NYS DEC <http://nysparks.state.ny.us/regions/catskill.asp>

### Trails in the Catskills: 94.4 very difficult miles

TRAIL NAME	DIFFICULTY	MILEAGE
Overlook Spur Trail	D	2.4
Overlook Trail	D	1.4
Echo Lake Trail	D	0.7
Mink Hollow Trail	D	2.9
Phoenicia Trail	D	3.1
Warner Creek Trail	D	4.3
Willow Trail	D	2.6
Phoenicia East Branch Trail	D	9.8
Grand Ledge-Panther Mtn Trail	D	7.5
Peekamoose-Table Mtn Trail	D	7.5
Curtis Ormsbee	D	1.7
Wittenburg-Cornell-Slide Trail	D	9.1
Terrace Mtn Trail	D	0.9
Pine Hill-West Branch Trail	D	5.8
Seager-Big Indian Trail	D	3.0
Mine Hollow Trail	D	1.0
Lost Clove Trail	D	2.7
Dry Brook Ridge Trail	D	7.6
Neversink-Hardenberg Trail	D	4.9
Mill Brook Ridge Trail	D	5.9
Cathedral Glen Trail	D	1.7
Balsam Lake Mtn Trail	D	1.6
Ashokan High Point Trail	D	7.1
Long Path (Rigglesville to Mt. Tremper)	D	37.0

**MAPS** Catskill Trails Map Set Five-Map Set - 2005 8th ed.

**OTHER RESOURCES** NY Walk Book; Catskill Day Hikes for All Seasons; Catskill Trails

[http://www.catskillguide.com/;](http://www.catskillguide.com/)

<http://www.catskillcenter.org/>

<http://www.adk.org/>

<http://carolwhite.org>

Guide to the Long Path. May 2002. 5th ed. Revised 2005. Herb Chong TC

TYPE	NAME	LOCATION
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**RT Hudson Valley Rail Trail** Lloyd Easy 5.0 mi.  
 Hudson Valley Rail Trail Association 845-691-2144  
[http://www.roberts-1.com/bikehudson/r/west/lh\\_rt/index.htm](http://www.roberts-1.com/bikehudson/r/west/lh_rt/index.htm)

**RT Wallkill Valley Rail Trail** Gardiner to New Paltz Easy 12.2 mi.  
 Wallkill Valley Rail Rail Assoc <http://gorailtrail.org/>



## ULSTER COUNTY TRAILS

3

TYPE	NAME	LOCATION
UT	Kingston Community Heart Health Coalition	Kingston numerous street combinations 845-331-3131x3252

TRAIL NAME	DIFFICULTY	MILEAGE
Golden Hill	E	1.5
Dietz-Memorial Stadium	E	0.3
Manor Avenue	E	3.0
Hasbrouck Park	E	0.4
Kingston Hospital	E	3.1
Historic uptown	E	2.3
Forsyth Park	E	1.5
Benedictine Hospital	E	3.1
The Strand	E	1.8

TYPE	NAME	LOCATION
UT	Huguenot Trail	New Paltz Easy 1 mile historic walk

TYPE	NAME	LOCATION
PP	<b>Black Creek Preserve</b> Scenic Hudson	Esopus Moderate 2 mi, 2 trails 845-473-4440 <a href="http://www.scenichudson.org/oldsite/parks/shparks/blackcreek/blackcreek_trail.pdf">http://www.scenichudson.org/oldsite/parks/shparks/blackcreek/blackcreek_trail.pdf</a>
PP	<b>SHAUPENEAK RIDGE</b> Scenic Hudson	<b>Esopus</b> 3.5 miles of trail 845-473-4440 <a href="http://www.scenichudson.org/">http://www.scenichudson.org/</a>

TYPE	NAME	LOCATION
PP	<b>SAM'S POINT DWARF PITCH PINE PRESERVE</b>	Ellenville

CONTACT	PHONE
Nature Conservancy	845-647-7989
<a href="http://www.nature.org/wherewework/northamerica/states/newyork/preserves/art12207.html">http://www.nature.org/wherewework/northamerica/states/newyork/preserves/art12207.html</a>	

TRAIL NAME	DIFFICULTY	MILEAGE
High Point Rd	M	2.9
High Point Trail	D	2.3
South Gulley Trail	D	4.0
Long Path	D	3.2

**MAPS** <http://nynjtc.org/news/2008/srtmap.html>

### OTHER RESOURCES

Scenes & Walks in the Northern Shawangunks 2006. 3rd ed. Jack Fagan TC  
New York Walk Book 2005, 7th ed. Revised. Dan Chazin, Ed. TC



## **Books and Maps (not an exhaustive list)**

### **Books**

- Appalachian Trail Guide to New York - New Jersey (w/4 maps) 16<sup>th</sup> ed. 2007 ATC
- Chazin, Daniel (Ed). New York Walk Book 2005, 7<sup>th</sup> ed. Revised. NYNJTC
- Chong, Herb. Guide to the Long Path. May 2002. 5<sup>th</sup> ed. Revised 2005. NYNJTC
- Fagan, Jack. Scenes & Walks in the Northern Shawangunks 2006. 3<sup>rd</sup> ed. NYNJTC
- Green, Stella and Zimmerman, H. Neil. 50 Hikes in the Lower Hudson Valley. 2008, 2<sup>nd</sup> ed. Backcountry Press
- Kick, Peter. Catskill Mountain Guide. 2002 1<sup>st</sup> ed. AMC
- Kraehmer, Steffen T. 100 Great Places . . . Just North of New York City. 2009.  
Available from TWS Resources, PO Box 409, Medona, NY 12548
- Lewis, Cynthia and Lewis, Thomas. Best Hikes with Children in the Catskills and Hudson River Valley. 2002.  
2nd ed. The Mountaineers Press
- Myles, William. Harriman Trails: A Guide & History. 1999. 2<sup>nd</sup> ed. NYNJTC
- Turco, Peggy. Weekend Walks in Westchester & Putnam Counties, 2<sup>nd</sup> Edition 2005.  
Countryman Press, Woodstock VT
- White, Carol and White, David. Catskill Day Hikes for All Seasons. 2002, 1<sup>st</sup> ed. ADK Press
- White, Carol, White, David and Burdick, Neal (Eds). Catskill Trails Book. 2005, 3<sup>rd</sup> ed. ADK Press

### **Maps**

- Catskill Trails Five Map Set - 2005, 8th ed. NYNJTC
- East Hudson Trails Three Map Set - 2008, 8th ed. NYNJTC
- Harriman-Bear Mountain Trails Two Map Set - 2008, 12th ed. NYNJTC
- Shawangunk Trails Three Map Set - 2008, 7th ed. NYNJTC
- South Taconic Trails One Map - 2006, 2nd ed. NYNJTC
- Sterling Forest Trails One Map - 2008, 4th ed. NYNJTC
- West Hudson Trails Two Map Set - 2006, 4th ed. NYNJTC