

## Directions

**THE NYS THRUWAY** links Rockland with Westchester County on the east, with New York City via the Tappan Zee Bridge on the south, with Albany and Canada to the north, and the rest of New York State to the west.

**THE PALISADES INTERSTATE PARKWAY** cuts through Rockland County (Exits 4 thru 15), providing access from New York City via the George Washington Bridge. It passes through and near the Palisades, offering a spectacular scenic drive.

**THE GARDEN STATE PARKWAY** also links Rockland with New Jersey and points south.

**WALKING** is divided into three main speeds:

- strolling- 20 minutes per mile, low intensity exercise;
- brisk walking- 15 minute per mile, the pace of most exercise walkers;
- aerobic walking- 12 minute per mile, the pace of an advanced walker.

**HIKING** usually refers to extended walks on trails in mountains or wilderness.

- day hikes- usually easy, close to home, requiring little equipment;
- extended, overnight hikes- sometimes called backpacking, require more experience and specialized equipment for camping, cooking, etc.

**TAKE ALONG** food, water, map or guide, a compass, a small first aid kit, pocket knife, matches, toilet paper, a flashlight, sunglasses, sunscreen and appropriate clothing for all weather possibilities.

**NEVER LITTER!** Trails are maintained by volunteers. Give them a hand by carrying your trash to a waste receptacle.

**HIKING TRAILS** are not meant for bikes. Keep your bike on the paved roads and marked bike trails.

### IN EMERGENCY

Police, Fire & Ambulance . . . . . 911

Poison Control Center . . . . . 845.634.4275

Rabies Information . . . . . 845.364.2594 or 364.2656

US Coast Guard . . . . . 1.718.354-4003

### HOSPITAL:

Good Samaritan . . . . . 845.368.5000

Nyack Hospital . . . . . 845.348.2000

## NYS Bike Route 9

Bike Route 9 starts in NYC, crosses the GW Bridge and goes north along the Hudson River, crossing back over the river at the Bear Mountain Bridge. Bike Route 9 is part of the Hudson Valley Greenway.

## The Long Path

Long Path starts at the foot of the NJ side of the GW Bridge, then follows the Palisades north along the Hudson, turning west toward High Tor, continuing west and then north into upstate NY.

**The Hudson Valley Greenway's** goal is to promote and preserve the Hudson Valley's natural, cultural, historic, scenic and agricultural resources through carefully planned trail linkages and access points.



We appreciate the assistance of

- The Hudson Valley Greenway
- The NY-NJ Trail Conference
- Palisades Interstate Park Conference
- Rockland County Dept. of Planning - GIS and for their help in creating the reference map



Guide Design by Universal Marketing, LLC



**Tourism Office**  
18 New Hempstead Rd., New City, NY 10956  
1.800.295.5723  
www.rockland.org

**HIKING**  
**BIKING**  
**WALKING**  
**TALKING**



**IN**  
**ROCKLAND COUNTY,**  
**NEW YORK**



Nyack Beach

# Discover Rockland!

Here's a partial sampling of popular Trails and Parks. Please consult the map for additional listings.

## Rockland County Greenway Trails

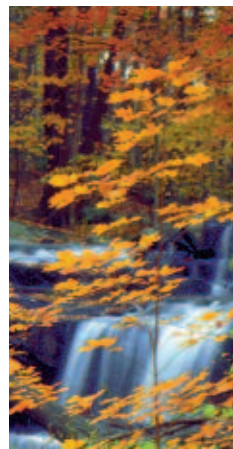
- 2 Hook Mountain / Nyack Beach Bikeway. 4.91 mi**  
Access from North Broadway, Nyack. Hiking & biking.
- 3 Jones Point Path. 1.91 mi**  
Off Route 9W at Old Ayers Rd. Hiking & biking.
- 5 NYS Bike Route 9**  
Access from many points along Route 9W. Biking.
- 6 R.G. Esposito Trail. 1 mile**  
Off South Broadway, South Nyack. Hiking
- 7 Stony Point Historic Site .44 mi**  
Off Route 9W at Park Road. Hiking.
- 8 Tallman Mountain State Park Bike Path. 2.13 mi**  
Off Rte. 9W, Sparkill. Biking, Tallman Bike Path. Hiking Long Path.



Bend in the Hudson River from Bike Route 9

## Rockland County Parks

- 15 Buttermilk Fall Park, West Nyack**  
From Route 59, take Greenbush Road south to park entrance. Hiking trail to falls.
- 16 Clausland Mountain Park, Orangeburg**  
From Route 59, take Route 303 south to Clausland Mountain Road; Hiking, Long Path.
- 17 Dater Mountain Nature Park, Sloatsburg**  
Enter Kakiat Trail off Johnson Town Rd, Sloatsburg. Hiking.
- 18 Demarest Kill Park, New City**  
New Hempstead Road, east intersection of Little Tor Road.
- 19 Dutch Garden Park, New City**  
South of the County Courthouse.
- 20 Eleanor Burlingham Memorial Park, Sloatsburg**  
From Route 17, turn onto Seven Lake Drive. Turn onto Waldron Terrace. Hiking, passive park.
- 21 Gurnee Park, Mount Ivy**  
Traveling north on Route 45, entrance is 800 feet before intersection of Route 202. Hiking
- 24 H. Pierson Mapes Flat Rock Park**  
Torne Valley Road, Suffern; encompasses rock outcrop in the Ramapo River. Fishing, canoeing and wildlife preservation.
- 25 \*Kakiat Park, Viola**  
Entrance opposite Viola Elementary School off Rte. 202 east. Parking for 50 cars. Hiking, passive park.
- 26 \*Kennedy Dells, New City**  
Main Street, New City, 1 mile North of County Court House. Hiking, Fitness Trail.
- 27 Lillian G. & Frank J. Schwartz Memorial Park, Monsey**  
Nature preserve off Monsey Height Road



Autumn Foliage

- 29 Monsey Glen, Monsey**  
500 feet from Rte. 59; parking is on west side of Saddle River Rd. Nature Trail, ancient Native American habitation.
- 30 Mountainview Nature Park, West Nyack Beach Bikeway. 4.91 mi**  
From Route 303, take North Greenbush Road, follow to Strawberry Hill Lane. Hiking, nature studies.
- 32 Samuel G. Fisher Mount Ivy Park, Mount Ivy**  
Off Route 202, adjacent to Palisades Parkway overpass. Hiking, wetland preservation.
- 34 South Mountain Park, Garnerville**  
At east end of Central Highway, west of Rte. 45. Hiking, Long Path.



View of the Bear Mountain Bridge from the Palisades

## State Parks:

- 36 \*Anthony Wayne Recreation area, Bear Mt., NY**
- 37 \*Bear Mountain State Park (1777 E Trail) Bear Mt., NY**
- 43 \*Nyack Beach State Park, Nyack, NY**
- 46 \*Rockland Lake State Park, Congers, NY**

\*Parks that allow Cross Country Skiing

## Rockland County Greenway Trails

- 1 Hader (Grandview) Park Trail ●
- 2 Hook Mountain / Nyack Beach Bikeway ● ●
- 3 Jones Point Trail ●
- 4 Joseph B. Clarke Rail-Trail ●
- 5 NYS Bike Route 9 ●
- 6 R.G. Esposito Trail ●
- 7 Stony Point State Historic Site ●
- 8 Tallman Mountain State Park Bike Path ● ●
- 9 Upper Nyack Greenway Trail ● ●

## NY-NJ Trail Conference

- 10 Appalachian Trail ●
- 11 Long Path ●
- 12 Suffern Bear Mountain Trail ●

## Rockland County Parks

- 13 Andre Monument ●
- 14 Ash Street Station Park ●
- 15 Buttermilk Falls Park, West Nyack ●
- 16 Clausland Mountain Park, Upper Grandview ●
- 17 Dater Mountain Nature Park, Slootsburg ●
- 18 Demarest Kill Park, New City ●
- 19 Dutch Garden, New City ●
- 20 Eleanor Burlingham Memorial Park, Slootsburg ●
- 21 Gurnee Park & Amphitheater, Pomona ●
- 22 Haverstraw Bay Park, Haverstraw ●
- 23 Hillburn Parkland ●
- 24 H. Pierson Mapes / Flat Rock Park ●
- 25 Kakiat Park, Montebello ● ●
- 26 Kennedy Dells Park, New City ●
- 27 Frank J. & Lillian G. Schwartz Memorial Park, Monsey ● ●
- 28 Minisceongo Creek County Park ●
- 29 Monsey Glen, Monsey ●
- 30 Mountainview Nature Park, Central Nyack ●
- 31 Pete Erickson County Park ●
- 32 Samuel G. Fisher Mt. Ivy Environmental Park, Pomona ●
- 33 Sean Hunter Ryan Memorial Park, West Nyack ●
- 34 South Mountain Park, Garnerville ●
- 35 Stony Point Marsh, Stony Point ●

## State Parks:

- 36 Anthony Wayne Recreation Area, Bear Mt., NY ● ● ●
- 37 Bear Mountain State Park (1777 E Trail) Bear Mt., NY ● ● ● (Ice skating)
- 38 Blauvelt State Park ●
- 39 Harriman State Park ● ● ●
- 40 High Tor State Park ●
- 41 Hook Mountain State Park ●
- 42 New York State Triangle Park ●
- 43 Nyack Beach State Park, Nyack, NY ● ● ●
- 44 Palisades State Park ●
- 45 Rockland Lake State Park, Congers, NY ● ● ●
- 7 Stony Point Battlefield State Historic Site ●
- 46 Tallman Mountain State Park ● ● ●

## Heritage Trails:

- 47 DeWint House ●
- 48 Fort Montgomery State Historic Site ●
- 7 Stony Point Battlefield State Historic Site ●

## Activity Symbols:

- Bicycle Path
- Hiking Trail
- Cross Country Skiing

Every reasonable effort was made to assure the accuracy of this map. Rockland County does not assume any liability arising from use of this map. This map is not to be used for surveying, engineering or conveyance purposes.



## Legend

- County Boundary
- Park Features**
- Park/Hiking Trail Label
- Heritage Trail Label
- Parking Lot
- Scenic Overlook
- Visitor Center
- Sebago Cabin Camp
- Beaver Pond Campground
- Trails**
- Marked Hiking/Biker
- Appalachian Trail
- Long Path Trail
- NYS Bike Route 9
- Natural Areas**
- State Park
- County Park
- Water Body
- Roads**
- Interstate Highway
- State Highway
- County Highway
- Railroad Tracks
- Exit
- Park & Ride Lot
- Railroad Station
- Ferry

## For detailed maps of Rockland County

**Hudson Palisades detailed contour maps:**  
 New York — New Jersey Trail Conference  
 156 Ramapo Valley Road, Route 202  
 Mahwah, NJ 07430  
 Phone: 201.512.9348 • e-mail: info@nytc.org • www.nyntjc.org

**Harriman / Bear Mt. / Rockland /Nyack State Parks Visitor's Center**  
 (Located btw. Exits 16 and 17 on the Palisades Parkway)  
 Bear Mountain, NY 10911-0427  
 Phone: 845.786.2701

**Rockland County maps and information:**  
 Rockland Parks Commission  
 50 Sanatorium Road, Building P  
 Pomona, NY 10970  
 Phone: 845.364.2670 • www.co.rockland.ny.us/enviro/county/parks.htm

**Rockland County Department of Public Transportation:**  
 Yaeger Health Care - Building T  
 Pomona, NY 10970  
 Phone: 845.364.3333 • www.co.rockland.ny.us (click on the green bus)

**ROCKLAND**  
*Traditionally, something more*

**I ♥ NY**

G.W. Bridge to N.Y.C.