Trails of Dutchess County
Final Project

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Table of Contents

● Thesis (All)
● Trails (All)
● Wayside Exhibit (Gloria)
● Maps and Highway Markers (Siobhan)
● Lesson Plan (Marlena)
● Itinerary and Guidebook Pages (Gloria, Devin, Nicole)
● Overall Reflection of Changes from Midterm (All)
● Conclusion (All)
● Bibliography (All)
Picture yourself in the heart of the picturesque Hudson Valley in the beautiful Dutchess County! We offer a variety of trails with historic and modern aspects along with various scenic and picturesque views of the Hudson River Valley that can be visited year long by both experienced and inexperienced hikers and the common adventurer. Therefore, the Dutchess County is the quintessential place to visit, hike, and enjoy.
Trails

Poets’ Walk Romantic Landscape Park Trail

Mount Beacon Park

Norrie Point Trail

Tivoli Bays Trail

The Appalachian Trail
Highway Route Map

Day 1-
● Begins at the George Washington Bridge
● Mount Beacon

Day 2-
● Appalachian Trail
● Tivoli Bays

Day 3-
● Poet’s Walk
● Norrie Point Park

Day 4-
● Back to the George Washington Bridge
George Washington Bridge to Mount Beacon Park

1. Take Exit 74
2. Continue onto Palisades Interstate Pkwy N
3. Continue onto US-6 E
   Palisades Interstate Pkwy N
4. Take NY 9D N to Mount Beacon Monument Rd
Mount Beacon Park

Park Features:
- Bird watching
- Dog walking (on leash)
- Hiking
- Picnicking
- Portable toilet

Park is open all year from dawn to dusk.

Mount Beacon Trails:
- Casino Trail: 1 mile, follow the red markers on the trees.
- Yellow Trail: .8 miles, follow the yellow markers on the trees.

There are three summits when hiking the trails:
- 1st Summit: Views of the Bear Mountain Bridge, the Hudson River, and the Beacon Reservoir.
- 2nd Summit: Limited view but leads to the third summit.
- 3rd Summit: A Panoramic east-facing view, and from there hikers can start the descent to the bottom.

Above is the Mount Beacon Fire Tower one of many attractions on the trail. To the left is one summit.
Mount Beacon Park

Act it out!

- Students will act out what it would be like to work in the fire tower and the railway machinery and think about what their job would entail
- Once we are done, each student will go and put a stone on the wish stone towers
Mount Beacon Park to Appalachian Trail

1. Get on I-84 E
2. Take Exit 17 from I-84 E
3. Take a left onto Mooney Hill Rd
4. Turn right onto NY-55 E in Pawling
5. Drive to NY-22/NY-55 E
Appalachian Trail

One of Dutchess Counties largest parks

Map of the states that the Appalachian Trail runs through.

Known as a National Scenic Trail, the trail runs through Georgia, North Carolina, Tennessee, Virginia, West Virginia, Maryland, Pennsylvania, New Jersey, New York, Connecticut, Massachusetts, Vermont, New Hampshire, and Maine.

Starting Points for the Trail

- Metro-North train station to Catskills (round-trip): 7.2 miles.
- Appalachian trail route through Pawling Nature Preserve: 5 miles.
- Dover Oak to Route 22: 3.2 miles.

Hiking the Appalachian Trail FAQs for safe hiking:

- Always check for Ticks
- Make sure to be cautious and hang food in bear bags.
- Absolutely NO motorized vehicles, hike is for walking only.
- Bring clothes for a variety of weather changes.
- Remember to leave the trail as you found it, take out trash, and stay on the paths to minimize damage to the environment.
Appalachian Trail at the Pawling Nature Reserve

Scavenger Hunt Lesson

- Discuss how this trail is owned by the National Park Service, and what that means, and then we would have the students do a scavenger hunt to look for the deer, amphibians, reptiles, wild turkeys, and occasionally coyotes, bobcats and beavers that are said to live in the reserve.
Appalachian Trail to Tivoli Bays Trail

1. Take NY-22 N
2. Turn left onto NY-343 E
3. Take Exit NY-199 W to Red Hook
4. Turn right onto NY-9G N
5. Turn left onto Kidd Rd to Access Rd
Tivoli Bays Trail

Tivoli Bays is 2 miles on the East Shore of the Hudson River. The Trail is made up of 9 different trails that make their way around the Bays. Along the Trails you can find various things to stay active.

FAQs and Rules
- Please respect the land, and throw away all trash.
- No Trespassing on railroad tracks or bridges.
- Please respect our no camping, swimming, fires, or the removal of artifacts that are of historical background.

Things to Do at Tivoli Bays
- Explore the Bays
- Canoe the Marsh
- View North Bay
- Bicycle
- Observe Wildlife
- Hike the Trails
Tivoli Bays

Canoeing and pH Level Testing

- Have the students test the pH level in the water, then we will take the kids canoeing
Tivoli Bays Trail to Poet’s Walk Park

1. Head southwest on Access Rd
2. Turn right onto Kidd Ln
3. Turn right onto NY-9G S
4. Turn right onto Rokeby Ext
5. Turn left onto River Rd
Poet's Walk
Romantic Landscape Park Trail

Park Features:
- Views of the Hudson River
- Hiking
- Picnicking
- Dog Walking

The trail opens at 8:30am. Closing times are seasonal. For the October month the park closes at 7:30pm.

Poets’ Walk

Poets Walk Trail is 2.4 miles long
- Parking area to overlook pavilion: .66 miles
- Overlook Pavilion to Summerhouse: .25 miles
- Overlook Pavilion to Flagpole Lot: .5 miles

Legend has it...
- Writer Washington Irving is said to have thought of the story of Rip Van Winkle while walking at Poets Walk.
- Poets Walk was named because so many poets walked the trail.
Poet’s Walk - Lesson Plan Activity

Bird Watching Activity

- Students will appreciate wildlife through a bird watching activity and then complete a scavenger hunt to find some of the different types of trees, birds, and landscapes.
Poet’s Walk Park to Norrie Point Park

1. Keep left Mt Rutsen Rd
2. Merge onto Old Post Road
3. Continue onto U.S. 9 S
4. Slight right onto Margaret Norrie State Park
Norrie Point Park

Norrie Point Environmental Education Center.
- Learn how to be environmentally conscious Saturday Mornings, and over the summer.
- Great for any professional workers who want to become ecologically aware.
- Caters to students and teachers. The Center offers different interactive activities that touch on environmental topics specific to the Hudson River Valley.

Mills Norrie State Park

Camping and Boating at Norrie State Park
- 46 Tent Sites
- 10 cabins available for rental
- There is river access at our Marina where you can dock and launch your boats.

Things to do...
- Jogging
- Walking
- Biking
- Hiking
- Cross Country Skiing
- Kayaking (KAYak rentals are available at Atlantic Kayak Tours)
Norrie Point

Living in the Past and Appreciating the Present

- Students will tour Mills Mansion, and participate in several activities that the tour guides have planned for kids of this age group (optional depending on status and the age of the class).
- We can also take part in one of the many programs that NYS DEC Norrie Point Environmental Education Center offers for students.
Itinerary - Day 1

Driving Directions from George Washington Bridge

1. Head west on U.S. 9 S
2. Use the right 2 lanes to take exit 74 toward Palisades Parkway
3. Continue onto Palisades Interstate Pkwy N for 34 miles
4. Continue onto US-6 E/Palisades Interstate Pkwy N
5. At the traffic circle, take the 2nd exit onto US-202 E/US-6 E
6. Slight left onto NY-9D N
7. Turn right onto Howland Ave and your destination should be on the right

***Are prompted to arrive 15 minutes prior (11:45 A.M.)***

Mount Beacon Trail Hike (12:00 pm scheduled departure)

Time: 5.5 hours
Length: 7 miles (Out and back)
Features: Scenic Views, Historical Ruins
Itinerary - Day 1 (Continued)

Approximately 2:00pm
Explore the casino ruins and old railway machinery!

Approximately 2:45
Wish on the “wish stones”!

Approximately 3:15
See the fire tower
Itinerary - Day 1 Continued

Good Places for lunch in Beacon:
Poppy's Burgers and Fries

Place to Sleep: Mt. Beacon Bed and Breakfast
**Stop 1-**  
Duration: 4 hours  
Length: 5 mile loop  
Features: Views, Sightseeing, Nature Reserve  
Guided tour with Sue Mackson on the Appalachian Trail Route 22 through Pawling Nature Preserve. Lollipop Loop, approximately 5 miles. The trail rises through meadow, over stiles, to the Hammersley Ridge bordering the Harlem Valley. Once getting familiar with the wildlife there will be a scavenger hunt to partake in to enjoy and observe the variety of wildlife! Departure will be at 12 noon.  
Contact Sue at (845) 471-9892

**Stop 2- Lunch at The Enchanted Cafe**  
7484 S. Broadway, Red Hook, NY 12571  
(845) 518-1915  
Arrive: 1pm  
Duration: 1.5 hours  
Take a break from the morning’s activities and stop at The Enchanted Cafe in Red Hook for an alternative dining experience. They offer a variety of sandwiches, soups and salads with organic, gluten free and vegan options! Also, on premise they have psychics if you are intrigued to hear about your near future of fun in the Dutchess County, the heart of the Hudson Valley. Departure will be at 2:30pm.  
Affordable prices ranging from $8-$15
Itinerary - Day 2

Stop 3- Tivoli Bays Tivoli, NY
Arrive: 2:45pm  Duration: 3 hours  Length: 1.1 mile trail
Features: Views, Beautiful scenery,
Visitors will wind down their day with a scenic 1.1 mile hike on the Overlook Trail around the Tivoli Bays. The trail begins from 9G parking lot a 1.1 mile trail from the 9G parking lot through rolling woods and fields to a superb view of Tivoli North Bay and the Catskill Mountains. Once the hike is complete visitors are able to go canoeing in the bays and watch the sun go down. For those who prefer staying on land they will be able to participate in an experiment and test the pH levels of the bay to determine its acidity. Additionally, this stop is a great place to take photos and enjoy the views of the beautiful Dutchess County. Departure from Tivoli Bays will be at 5:45pm.

Stop 4- Beekman Arm’s Inn
6387 Mill Street, Rhinebeck, NY 12572
(845) 876-7077
Check into one of the 23 quaint rooms at the “Oldest Functioning Inn in America”. Located in the heart of Rhinebeck which allows guests to walk to many shops and restaurants.
Rooms range from $85 to $180 per night

Walk down Montgomery Street .1 miles and on your right to a unique and delicious dinner at Zagat-rated Terrapin a self proclaimed, "Former church turned New American restaurant with a main dining room & more casual bistro side.” Prices ranging from $13 to $33 a plate excluding beverages ($$)
Itinerary - Day 3 Morning

8am-9am Breakfast Continental included at Beekman’s Inn stay

9:20 leave Beekman’s Inn.

Stop 1: Poet’s Walk

Driving Directions from Beekman’s Inn to Poet’s Walk:

- Head North on Mill St. Toward E. Market St.
- Continue onto Montgomery St.
- Turn left to stay on Montgomery St.
- Continue onto Old Post Rd.
- Continue straight onto Mt. Rutsen Rd
- Slight right to stay on Mt. Rutsen Rd.
- Slight right onto River Rd.
- Poet’s Walk will be on the left.

- Duration: 2 hours
- Length: 1.41 mi.
- Features: Overlook Pavilion, Summerhouse, Views of the Hudson

Start out on the Blue Trail to the Overlook Pavilion. Views of the Hudson are spectacular from the wooden pavilion. Spend some time taking pictures, and enjoying the scenic views.

Continue onto the Summerhouse. Follow the yellow trail from the Overlook Pavilion, enjoying the woodsy calm feel and clean river air. Follow the red trail to loop back around to the Overlook Pavilion.

Visitors will depart for lunch at Matchbox Cafe at 11:45am.
Itinerary Day 3 Afternoon

Stop 2- Lunch

Matchbox Cafe: Located in Rhinebeck NY, 6242 U.S. 9, Rhinebeck, NY 12572
Known for their hamburgers, Matchbox Cafe offers hand-cut french fries, and other delicious lunch foods. Visitors will enjoy the wonderful service, and fuel up before heading to Norrie Point Park!
Departure: 2:15pm
Directions to Norrie Point Park from Matchbox Cafe:
● Take a slight right turn onto Old Post Rd.
● Continue onto Margaret Norrie State Park
● Turn left into Margaret Norrie State Park

Stop 3- Norrie Point Park

Arrive around: 2:40pm
Begin Trail at 3:00pm
Kayak Tour (optional): 4:00pm
Arrive at Campsite at 5:00pm
Dinner at 8:45pm

Visitors will spend 1 hour walking on the Blue trail which starts at the Historic Site Entrance. Visitors will pass the Ruth and Ogden Mills Mansion, and will make their way to Hoyt House Barn Complex. From there, they will make their way to the White trail which will lead them to the campsite. Visitors will get a chance to either continue on the trails, or go for a kayaking tour around the marina. At around 5:00 pm, visitors will set up their campsite. Dinner will be a bonfire at the campsite, with s’mores to follow as a treat on their last night.
Itinerary Day 4: Morning

Final Day

Wake up: 9:20am
Depart Norrie Point Park: 9:40am,
Directions to Cafe:
  ● Take a slight right onto Maragaret Norrie State Park
  ● Keep right (.4mi)
  ● At the end of the road, turn right onto Margaret Norrie State Park (.4mi)
  ● Take slight right (495ft.)
  ● Turn right onto Old Post Rd. (125ft)
  ● Continue onto Route 9 (285ft)
  ● Turn right onto West Market St.

First Stop: Breakfast: Cranberry’s Cafe
Visitors will enjoy homemade muffins, and breakfast sandwiches. Chaperones will have the option to enjoy a delicious hot chocolate with the students, or choose from a variety of different coffees. After breakfast, visitors will enjoy a stroll around FDR Mansion in Hyde Park, located only 5 minutes from the cafe. Visitors will enjoy their last views of the Hudson River Valley before heading home.
Lesson Reflection on Changes from Midterm

- On the Midterm we had started to think about what we would do if we had the opportunity to take our classes to any of these 5 trials.
- We were able to used some of the “Tourism” aspects to determine some of the activities that we would do with our students.
- Additionally, we were also able to use the history portions from the midterm to use throughout the lesson plan. We used the history information to figure out ways to make these trails more relatable to the students.
- For the midterm we created highway signs for five trails in Dutchess County.
- For the final we placed markers on a google map to represent the location of the trails.
Conclusion

Overall, Dutchess County has an extensive list of trails that offer historic, and modern aspects, and various scenic and picturesque views of the Hudson River Valley that can be visited all year long. The trails are appreciated by both experienced and inexperienced hikers and the common adventurer, not to mention perfect for families of all kinds. Dutchess County also offers unique lodging, dining, attractions and indulging opportunities which makes it the perfect place for anyone to visit. With all of these aspects, Dutchess County is the quintessential place to learn new things and have fun here in the Hudson River Valley!
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http://www.beekmandelamaterinn.com/ (Lodging Information in Rhinebeck)

http://theenchantedcafe.com/ (Used for cafe information for lunch on day 2)

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http://www.appalachiantrail.org/home/about-us/history - this site helped me better understand more about the Appalachian trail and its history.
http://nynjctbotany.org/lgtofc/norriesp.html - this site gave me an in-depth history of the history of this park, and how it took shape to what we know it to be today.
http://nynjctbotany.org/lgtofc/tivoli.html - This site gave me more insight and knowledge into the history of the Tivoli Bays trail.
http://www.scenichudson.org/parks/poetswalk - This site helped me with the pictures and statistics of the trail.
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