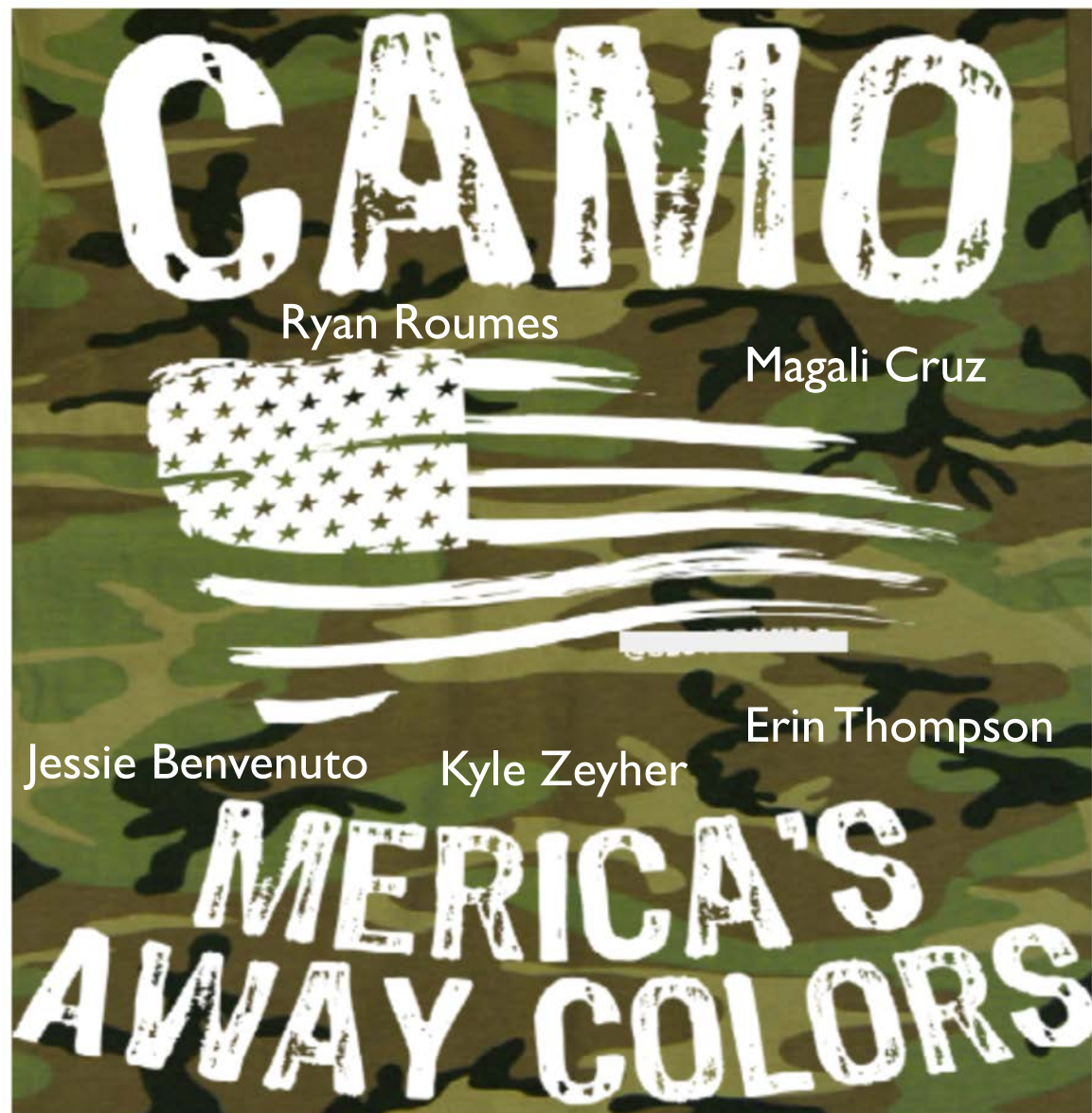
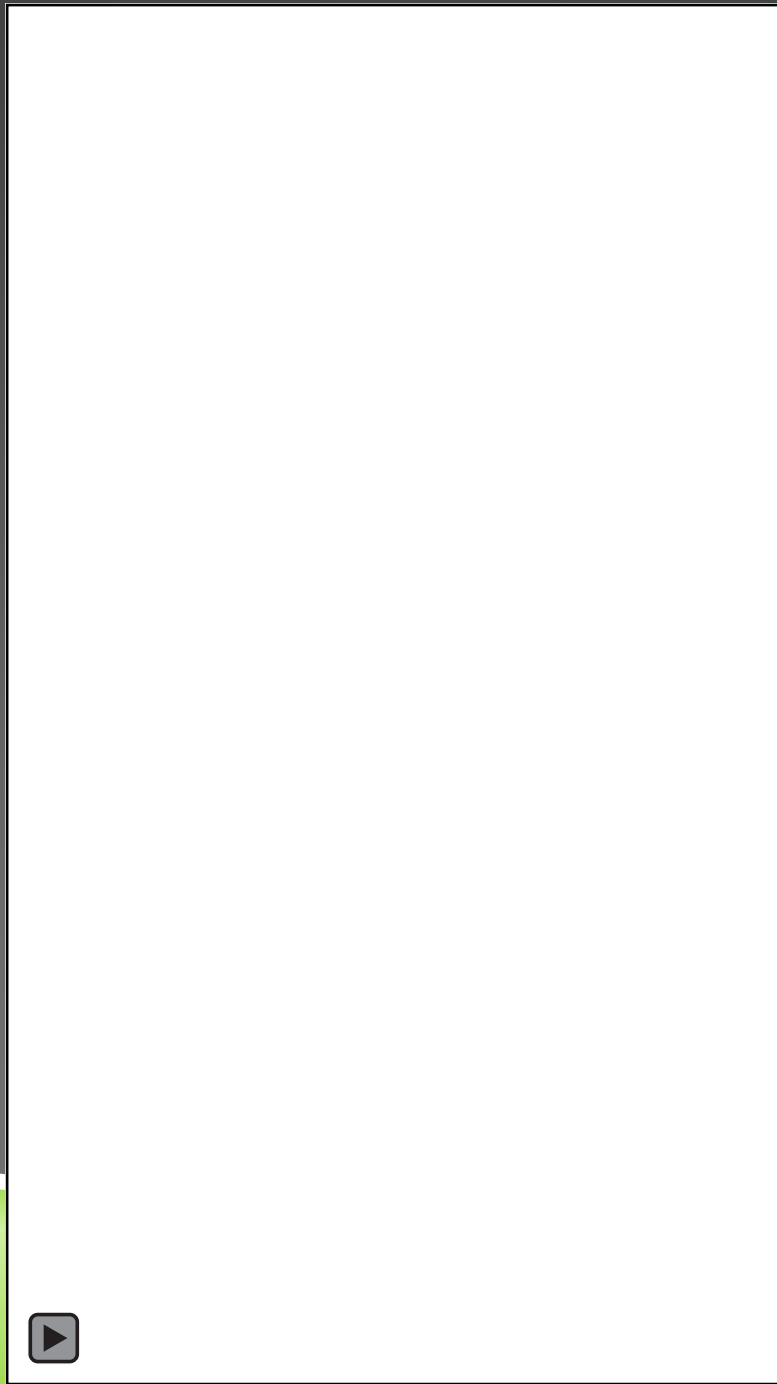


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ROCKLAND COUNTY



ROCKLAND

A World Away, In Your Own Backyard

www.rocktourism.com

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THESIS

- ▶ Rockland County is a wondrous area in the southern part of New York that has a rich history including current and past attractions. This County offers some key recreational sites both inside and outside. This includes the Bear Mountain State Park, The Palisades Center, Sports-O-Rama, Sports Place and The Palisades Climb Adventure.

SUMMARY OF MIDTERM

- ▶ Early recreational sites in Rockland County were mainly outdoors to enjoy the beautiful scenery the Hudson River Valley has to offer
- ▶ One of the earliest recreational sites was Harriman State Park: July 5, 1913
 - ◆ Transportation
 - ◆ Very accessible
 - ◆ Steamboats
 - ◆ Orange, Flying Dutchman
 - ◆ North Steamboat
 - ◆ Stagecoaches traveled to Nyack or Suffern on frozen Hudson
- ▶ Key recreational sites:
 - ▶ <http://www.palisadescenter.com>
 - ▶ <http://www.palisadesclimb.com>
 - ▶ <http://www.sportorama.com>
 - ▶ <http://nysparks.com/parks/13/details.aspx>

How can the County further its tourism strategies?

- ▶ Since this is a technologically advanced world, advertisement on the internet is key.
 - ▶ Instagram
 - ▶ Twitter
 - ▶ Facebook
 - ▶ rocktourism.com
- ▶ Incorporate themselves into more social networking sites
 - ▶ Use these to their advantage, the more they post status updates and pictures the more people will hear about the County and all of the activities they have to offer tourists.
- ▶ Offer special promotions and discounts for local businesses and attractions
- ▶ Advertise in:
 - ▶ Magazines
 - ▶ Local newspapers
 - ▶ Billboards
 - ▶ Near by colleges

Bear Mountain State Park

Bear Mountain State Park is 5,067-acre that opened on July 5, 1913. This park offers biking, hiking, boating, picnicking, swimming, cross-country skiing, cross-country running, sledding and ice skating.

It has facilities such as the Perkins Memorial Tower, the Trailside Museum and Zoo, the Bear Mountain Inn, a carousel, pool and skating rink.

It is managed by the Palisades Interstate Park Commission.

During the Revolutionary War era when the control of the Hudson River was viewed by the British as strategic to dominating the American territories. The American Industrial Revolution was supplied, in part, from local forests and iron mines, and the fisheries of the Hudson River.

Local efforts to preserve the landscape failed until New York attempted to relocate Sing Sing Prison to Bear Mountain. This act precipitated the events that led to the establish Bear Mountain/Harriman State Park.



ROCKLAND COUNTY

Rockland County is the best spot to find all sorts of activities to do during your spare time. Once you see the beauty nature has given this county you will never want to leave. If your looking for an adventure you came to the right place.

Highway Route Markers

- I. Bear Mountain State Park- For this location the major roads that the historical signs will be posted on 9W, 303(County Ridge road), and 87 (NY State Thruway). A total of five signs will be strategically located on roads that contain heavy traffic.





Bear Mountain Lesson Plan

Procedure

1. Students will take a field trip to Bear Mountain Zoo
2. Students will be given an overview by the teacher about what the assignment is.
3. Students will be expected to take notes about the Bear Mountain Zoo and about the nature within the hike.
4. Students will be asked to draw a picture based on the nature they have seen throughout the trip on the hike or the zoo.
5. Students will share their picture and brief description about what they choose to draw.

Overview: Students will observe the Bear Mountain Zoo. They will take notes of the factual signs about each animal. Also we will take a hike on a couple of trails. The students will be asked to take notes about the different aspects of nature they appreciated. This will help the students to learn and gain knowledge about wildlife and nature. Based on their notes they will draw an image of what mainly stood out the most.

Models Being Used:

- Direct Instructions
- Discovery Learning

Learning Styles:

- Visual: observing what each factual sign states.
- Kinesthetic: walking on the Mid-Hudson Bridge and taking in the site. Understanding the information that they are learning.
- Auditory: through listening to the discussion leaders and the teacher.

Students Will:

- Observe the site of the Bear Mountain Zoo
- Explore the trails of Bear Mountain
- Observe the factual signs about the animals
- Write notes throughout the trip

Materials:

- Colored pencils
- Paper
- Notebook



Standards:

➤ *English Language Arts Standards:*

Students will listen, speak, read and write for critical analysis and evaluation. As Speakers and writers, they will use oral and written language that follows the accepted conventions of the English language to present, from a variety of perspectives, their opinions and judgments on experiences, ideas, information and issues.

➤ *Science Standards:*

Analysis, Inquiry, and Design Scientific Inquiry. The central purpose of scientific inquiry is to develop explanations of natural phenomena in a continuing, creative process.

S1.3 Develop relationships among observations to construct descriptions of objects and events and to form their own tentative explanations of what they have observed.

➤ *Art Standards:*

Creating, Performing and Participating in the Arts

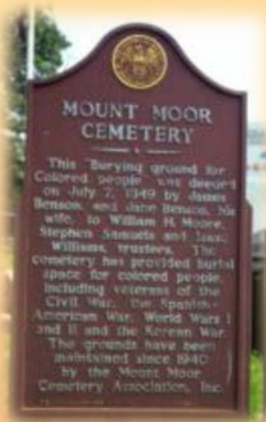
Teacher's Resources:

- Notes on Bear Mountain
- Bear Mountain Zoo packet
- Museum





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The Palisades Center

The Palisades Center also known as the Palisaded Mall is the 10th largest shopping mall in the world. Opened in March of 1998.

The center was created by The Pyramid Companies, the owners and operators of the center. It was built around Mount Moor Cemetery, a 150-year-old cemetery. A final resting place for "colored people," including Native Americans and African Americans who were veterans of United States wars from the Civil War to the Korean War. This center is four stories high and features sixteen anchor stores, 400 retail stores, a dining establishment, and entertainment facilities.

The third floor food court is built around a Ferris wheel and a carousel.

People can spend time skating on the ice rink located on the fourth floor above Macy's, or enjoy a movie or show at the AMC or IMAX theaters.



Palisades Climb Adventure Ropes Course

The Palisades Climb Adventure Ropes Course is located in the Palisades Center on level four.

It is an 85-foot tall climbing obstacle course created by WonderWorks.

It was designed for different levels of physical fitness experience and has several levels of difficulty.

It contains 75 different challenge elements, including a tremor bridge, tension traverse, a vertical rope ladder, a quarter cargo net, a two line rope bridge, an alternating spaghetti hand line and a three line lumber rope bridge.

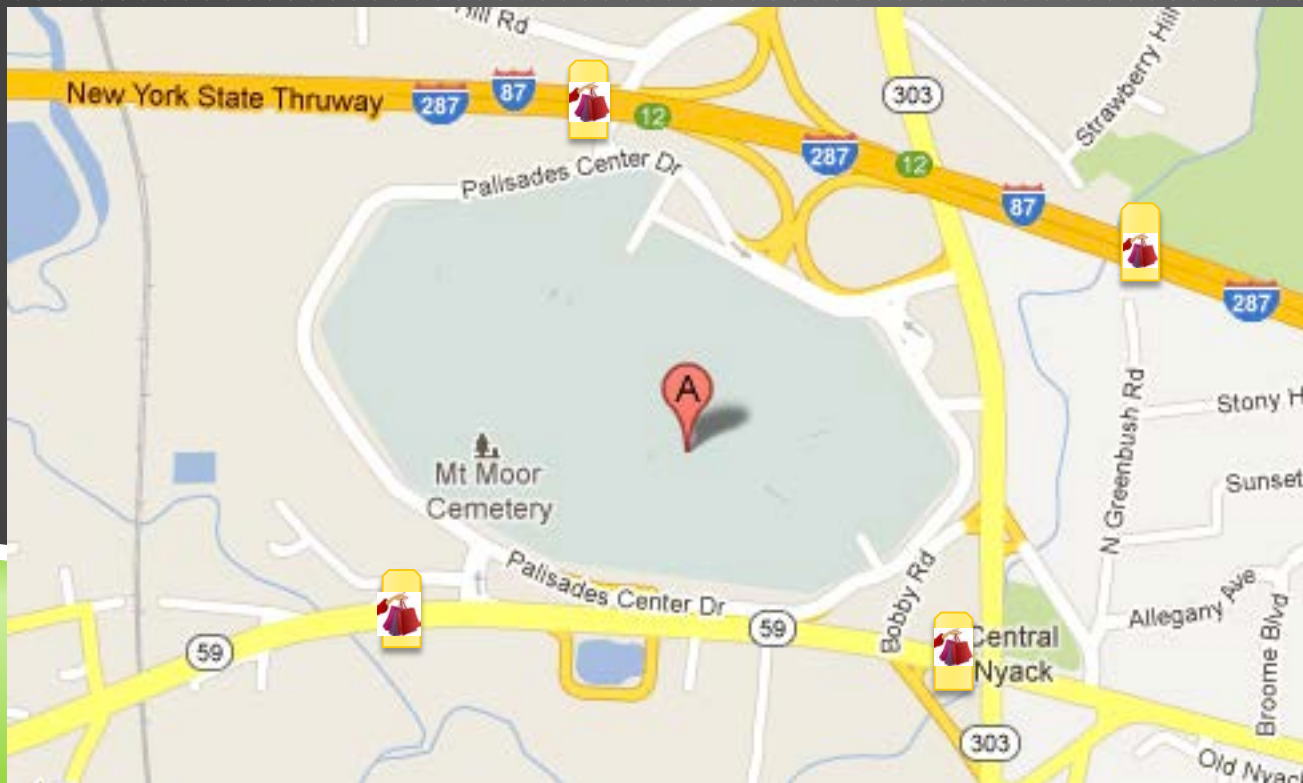


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Highway Route Markers

- ▶ 2. Palisades Climb Adventure Ropes Course/ The Palisades Center - The historical site signs for this location will be on 87 (NY State Thruway), 81 (County road). This location does not require more than four signs given its unique location right off of the Thruway.



Palisades Ropes & Shopping Center



Palisades Climb Adventure Ropes Course; Palisades Park



1. Students will arrive at the Palisades Ropes Course.
2. Students will be broken up into four groups with five students to a group.
3. Students will be given safety tips and directions about how to complete the task.
4. Students will be expected to complete the task.
5. Lastly students will finish up with a worksheet.
6. Students will share tips and how they were able to complete or why they were unable to complete the task.

Overview:

Students will be split up into four groups of five. Students will be asked to figure out a way to complete all four of the course levels. Each group will start on a different level. This will make sure that the students do not collaborate ideas with outside members of different groups. The challenge is for each group to complete the course which contains tremor Bridge, tension traverse, a vertical rope ladder, two line rope bridge etc. Each student must get involved within their team in order to collect as many flags they can get within 20 minutes. The rope instructor will have each group complete certain tasks. This lesson will force students to learn to work together. Teamwork is a important part of the working culture for inside and outside of the classroom rather it be needed for a job or working together to win the championship soccer game. Members will work interdependently and work towards both personal and team goals. They must understand these goals are accomplished best by mutual support. At the end of completing the ropes courses, each team will fill out a group worksheet explaining what they learning about themselves and how important it is to work as a whole.

Models Being Used:

- Direct Instructions
- Cooperative Learning
- Discovery Learning
- Teamwork

Learning Styles:

- **Kinesthetic:** walking on the Mid-Hudson Bridge and taking in the site. Understanding the information that they are learning.
- **Auditory:** through listening to the discussion leaders and the teacher.

Students Will:

- Students will work together as a team to complete tasks on the rope course
- Fill out the team building worksheet
- Observe team building skills

Materials:

- Worksheet
- Writing utensil

Teacher's Resources:

- Worksheet answer sheet
- Book about teamwork



Sport-O-Rama Ice Rink

Sport-O-Rama is a multi-purpose indoor ice rink.

It has two rinks and in 2012 rink 2 was renamed the Major Thomas E. Kennedy Memorial Rink in 2012 in honor of him fighting in the war as an Army soldier.

It is known for its Figure Skating but also for Hockey.

It is home to the Ramapo Saints Hockey Team, The Ramapo Synchronettes figure skating team, Spring League Hockey, and other hockey clinics and camps.

Next to the rink is a fitness center called Lifplex, where it has a glice practice center, mini track and exercise room, studios, a pool, and tennis courts.

Every summer Lifplex serves as a Jewish summer camp.

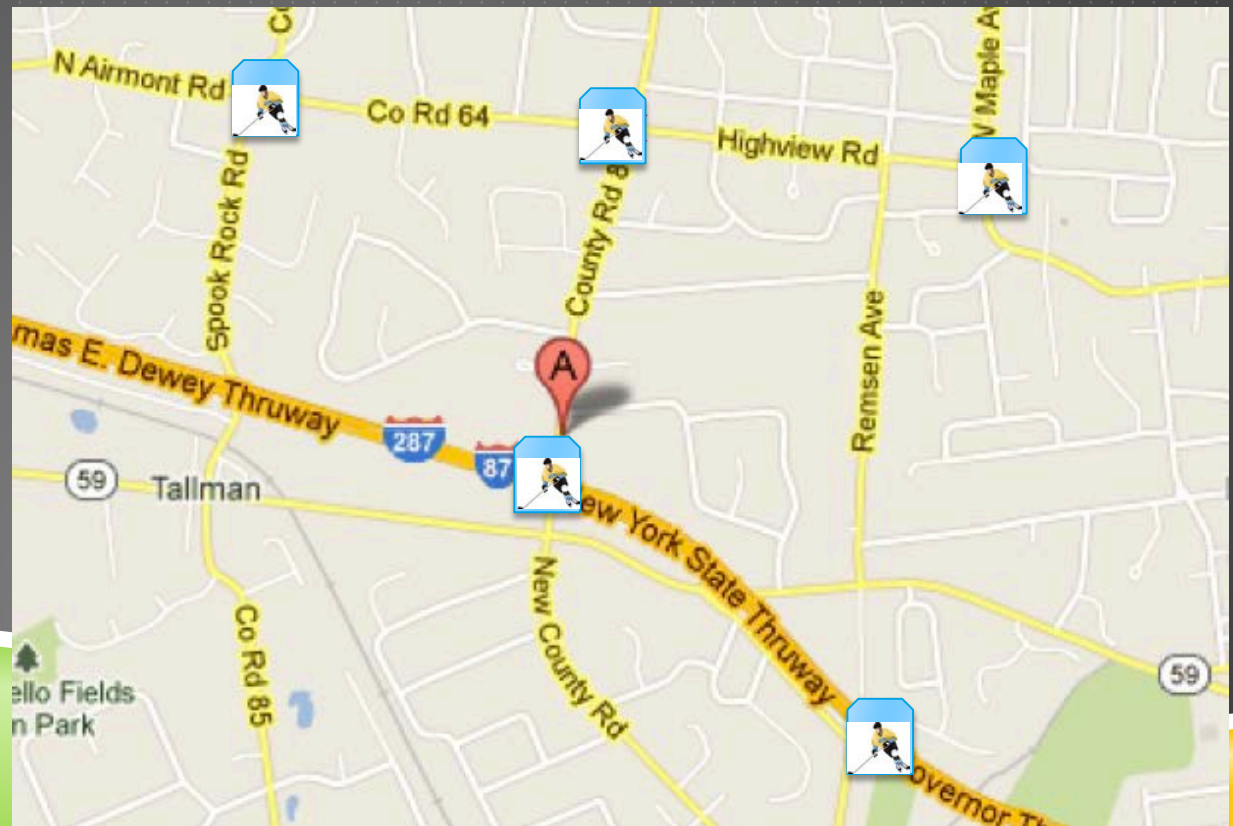


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Highway Route Markers


- ▶ 3. Sport-O-Rama Ice Rinks "Ice Skating & Hockey" - This location seems to be surrounded by space, which leads the placement of the signs to be more distant from the location than previous sites. 287(State Thruway), Palisade's Thruway, and 303(County Road) are the locations that the markers will be placed. Five signs were used for this site because of the distance between the heavy traffic roads.





Sport-O-Rama Lesson Plan

PROCEDURE:

1. Students will take a trip to Spot-O-Rama
 2. Student will watch a show by the Ice Skaters and a quick game from Hockey Players.
 3. Students will have a lesson on skating.
 4. Students will get a set of Ice Skaters and Hockey Players.
 5. Having read the story of Sleepy Hollow students will be split into two groups and create a show/play.
 6. Students will receive props and costumes to use.
 7. Lastly students will present there show.
- 

Overview: Students will observe a show by talented ice skaters. After students will learn how to ice skate by receiving lessons on ice-skating. The students will then be split up into groups and given props and costumes. Due to their previous assignment this week they were asked to read the Legend of Sleep Hollow. Students will use the props and costumes and be creative by putting on a show intimating the Legend of Sleepy Hollow.

Models Being Used:

Direct Instructions

Cooperative learning

Learning Intelligences Used:

Auditory

Kinesthetic,

Visual learning

Standards:

General Standard: ELA-Literacy RH 11-12.7 – Integrate and evaluate multiple sources of information presented in diverse formats and media (e.g., visually, quantitatively, as well as in words) in order to address a question or solve a problem.

Performance Indicators: Students will work together to successfully put on a play. They will be able to successfully retell the story and decide what outcome they believe it.

Students Will:

- Watch ice skaters skate
- Receive ice skating lessons
- Read Legend of Sleepy Hollow
- Create a play on ice with group

Materials:

- Capes
- Pumpkin
- Chalkboard
- Scripts

Teacher Resources:

- The Legend of Sleepy Hollow by Washington Irving
- Scripts

- THE SPORTS PLACE -

THE SPORTS PLACE HAS
18-HOLE MINIATURE GOLF
COURSE THAT GLOWS IN
THE DARK.

IT HAS AN ARCADE FOR ALL
AGES.

COMPLETE WITH A GYM
FOR ACTIVITIES AND SHOPS
FILLED WITH SPORTS
MEMORABILIA.

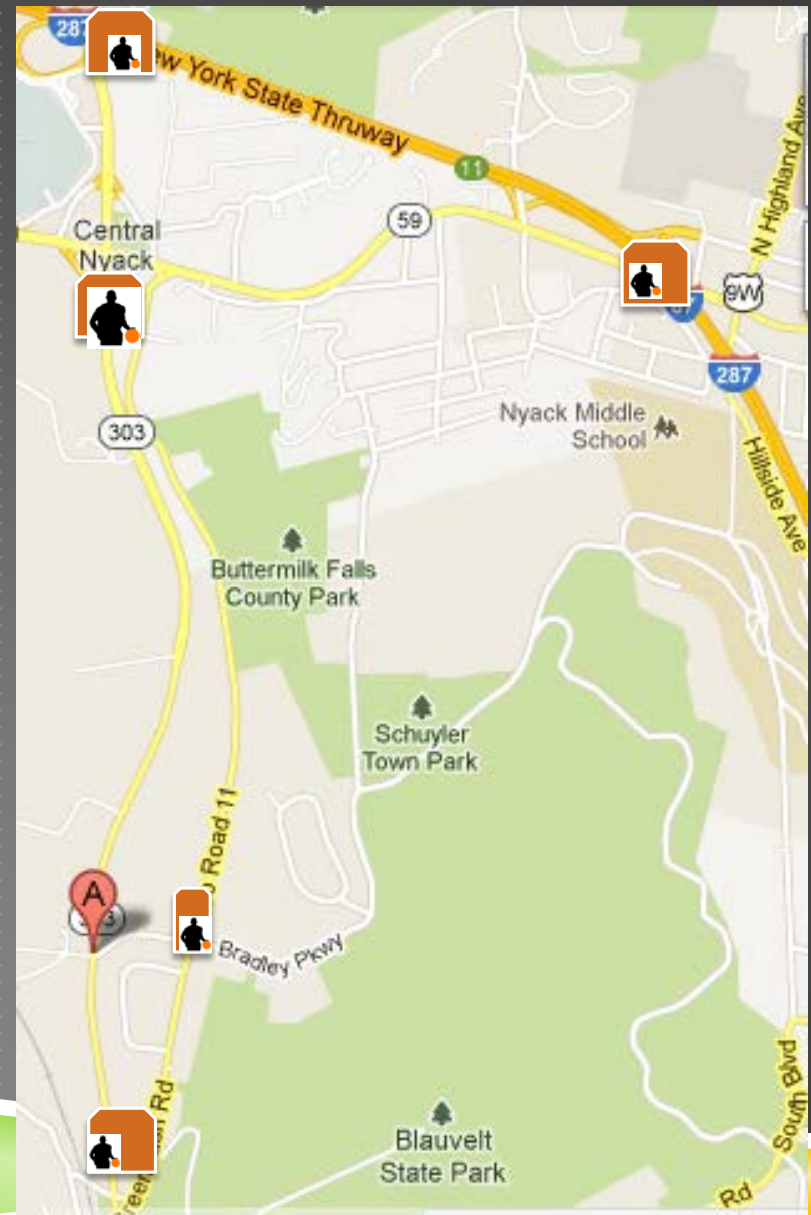
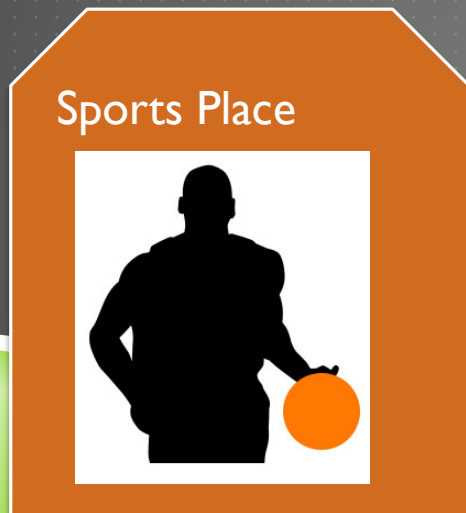


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Highway Route Markers

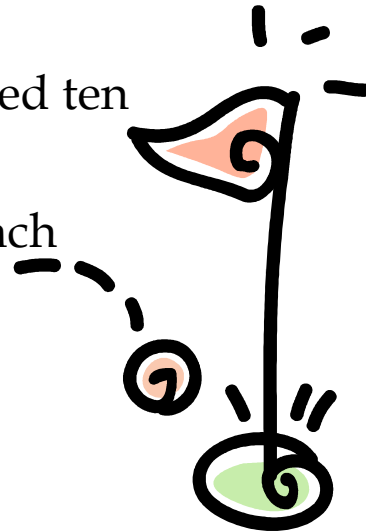
- ▶ 4. The Sports Place - 87(NY State Thruway), 303(County Road), 59(County Road) are all fairly high traffic roads, which allows the sports complex to be in a prime location.



The Sports Place

PROCEDURE:

1. Students will take a field trip to The Sports Place.
2. Each student will be placed in a group of four
3. Students will be asked to look over their notes one more time about the upcoming test topic about the French and Indian War.
4. Each group will receive a golf club, and piece of paper so they can write down their question and correct answers.
5. One student in each group will pick a mystery question out of a hat.
6. Each student will get a turn to putt and receive a hint about their mystery question.
7. Students will have completed the lesson after they have answered ten questions successfully.
8. Lastly as a class each group will give us the correct answer to each question as a review for the upcoming test.



Overview: Students will go to the Sports Place. Students will be broken up into five groups of four. Since we have already talked in class about the French and Indian War and they notes about each place the student will be asked to putt one time in order to receive a little piece of information or hint regarding the question they picked out of a hat. Each group will have to answer ten questions in order to have successfully completed the lesson. The student will continue to putt in order to receive more information. Each group will have to keep putting until they answer the question based on The French and Indian War. If the group guesses incorrectly they will receive an extra stroke to their putt. At the end of class each group will tally up their points and we will go over each answer. The group with the less points wins. In the end everyone will receive the same prize but not the bonus point each member of the winning group will receive.

Models Being Used:

- Discovery learning

Learning Styles:

- Kinesthetic
- Auditory



Standards:

➤ *English Language Arts Standards:*

Students will listen, speak, read and write for critical analysis and evaluation. As Speakers and writers, they will use oral and written language that follows the accepted conventions of the English language to present, from a variety of perspectives, their opinions and judgments on experiences, ideas, information and issues.

Students Will:

- Go to the Sports Place
- Be broken up into groups of four
- Review their notes on the French and Indian War
- Receive one golf club per group
- Receive information regarding the mystery question they have chosen out of a hat.
- Answer the question correctly.
- Go over each question and answer at the end of class

Materials:

- Golf club
- Question sheet
- Pencil

Teacher's Resources:

- Notes on the French and Indian War
- Questions
- Review sheet for upcoming test

Guidebook & Itinerary: Rockland County

Day 1/ Night 1

The Palisades Center

<http://www.palisadescenter.com/>

1000 Palisades Center Drive
West Nyack, NY 10994

Phone: 845-348-1000

Hours: Mon-Sat | 10am - 9:30pm
Sunday | 11am - 7pm

Historical Description: The center was created by The Pyramid Companies, the owners and operators of the center. It was built around Mount Moor Cemetery, a 150-year-old cemetery. A final resting place for "colored people," including Native Americans and African Americans who were veterans of United States wars from the Civil War to the Korean War.

The Site: The Palisades Center is the second largest indoor shopping mall in the United States. With four floors of shopping and fun, it is a great place for everybody. It is complete with an ice rink, Ferris wheel, carousel, bowling alley, and even has its own Dave and Busters, IMAX and AMC movie theaters. When it comes time to eat after all of the activities are done, there are 15 different restaurants with full service dining! Places like Joe's Crab Shack, The Outback, and Buffalo Wild Wings are all located inside of the mall. (Not to mention the full food court.)

Palisades Climb Adventure Ropes Course

<http://www.palisadesclimb.com/>

(Located at Palisades Center!)
4590 Palisades Center Drive, West Nyack, NY 10994
Phone: 845-727-3500



Hours: Mon - Fri: 2:00PM - 10:00PM
Sat - Sun: 11:00AM - 10:00PM

Ticket Pricing: Child (4-12) & Senior (55+) ---\$16.99
Adults---\$16.99

Historical Description: It is an 85-foot tall climbing obstacle course created by WonderWorks. It was designed for different levels of physical fitness experience and has several levels of difficulty. It contains 75 different challenge elements, including a tremor bridge, tension traverse, a vertical rope ladder, a quarter cargo net, a two line rope bridge, an alternating spaghetti hand line and a three line lumber rope bridge.

The Site: During this adventure, participants will find the world's tallest indoor ropes course that stands 85 feet tall. Along with all of the many different challenge elements listed above, this adventure has simple or difficult challenges for all ages. It will challenge families physically while having a great time!

Driving directions
from George
Washington Bridge
to Palisades Center

Time: 31 min
Distance: 22.64
miles

- | | | |
|-----------------------------------|---|---------|
| 1 | Start out going north on Fort Washington Ave toward W 175th St. | 0.2 mi |
| Zoom to this Step | | |
| 2 | Merge onto I-95 S/US-9 S/US-1 S via the ramp on the left toward George Washington Bridge/New Jersey (Crossing into New Jersey).
* If you reach W 180th St you've gone a little too far | 1.2 mi |
| 3 | Take EXIT 74 toward Palisades Parkway. | 0.5 mi |
| 4 | Merge onto Palisades Interstate Pky N (Crossing into New York). | 18.3 mi |
| 5 | Merge onto I-87 S/I-287 E/New York State Thruway S via EXIT 9E toward White Plains. | 2.0 mi |
| 6 | Take EXIT 12 toward Palisades Ctr Dr/RT-303/West Nyack. | 0.1 mi |
| 7 | Keep right to take the Palisades Ctr Dr ramp. | 0.05 mi |
| 8 | Turn slight right onto Palisades Center Dr.
* Wetzel's Pretzels is on the corner | 0.2 mi |
| 9 | 1000 PALISADES CENTER DR.
* Your destination is just past N Palisades Center Dr
* If you reach Cemetery Ln you've gone about 0.5 miles too far | |

Palisades Center

- Begin the day at 10:00 o'clock.
- Arrive at around 10:40 (given time for traffic)
- Do the Rope Climbing course first
- Then do some shopping and exploring around the four floors
- Eat lunch in the food court around 12 o'clock
- Shop and explore some more, participate in such activities as Dave & Busters, bowling alley, ice skating rink, etc.
- Eat dinner around 6 o'clock in one of the many restaurants that this mall has to offer
- Leave around 8 o'clock for the Bear Mountain Inn

Bear Mountain

<http://nysparks.com/parks/13>

PO Box 427 3006 Seven Lakes Drive
Bear Mountain, NY 10911

Phone: (845) 786-2701

Hours: 8 A.M.-Sunset

Historical Description: Bear Mountain State Park is 5,067-acre that opened on July 5, 1913. During the Revolutionary War era when the control of the Hudson River was viewed by the British as strategic to dominating the American territories. The American Industrial Revolution was supplied, in part, from local forests and iron mines, and the fisheries of the Hudson River. Local efforts to preserve the landscape failed until New York attempted to relocate Sing Sing Prison to Bear Mountain. This act precipitated the events that led to the establishment of Bear Mountain/Harriman State Park.

The Site: Bear Mountain State Park is the best spot to go year round! This beautiful park offers a large playing field, shaded picnic groves, lake and river fishing access, a swimming pool, Trailside Museums and Zoo, hiking, biking and cross-country ski trails. You can also check out the Perkins Memorial Tower atop Bear Mountain which has a incredible view of the Hudson Highlands and Harriman State Park. It is open April through November.



Palisades to Bear Mountain
Time: 19 min
Distance: 16.54 miles

1	Start out going east on Palisades Center Dr toward N Palisades Center Dr.	0.01 mi
2	Take the 1st left onto N Palisades Center Dr. <i>* Saladworks is on the corner</i> <i>* If you reach RT-303 you've gone about 0.3 miles too far</i>	0.2 mi
3	Merge onto I-87 N/I-287 W/New York State Thruway N. <i>* If you reach RT-303 S you've gone about 0.1 miles too far</i>	1.8 mi
4	Take the Palisades Pkwy North exit, EXIT 13N, toward Bear Mtn.	0.5 mi
5	Merge onto Palisades Interstate Pky N.	14.1 mi
6	Welcome to BEAR MOUNTAIN, NY 10911.	

Day 2/Night 2

Spend the day exploring Bear Mountain

- You will spend the entire day at the historic Bear Mountain
- There are eating facilities on the site to accommodate everyone for all meals
- You can choose to go hiking, go on a picnic, biking, season activities, etc.
- At the end of the day you will stay at the Bear Mountain Inn again

Day 3/Night 3

- Leave the Bear Mountain Inn at 10 o'clock in the morning and eat breakfast at Ralphie's Diner at 8 Remsen Ave. Monsey, NY 10952
- After breakfast you will go to sport-o-rama ice rink and enjoy all of the facilities that they have to offer

Sport-O-Rama Ice Rink



http://www.sportorama.com/sportorama_9054.html

20 College Road
Monsey, NY 10952








Phone: (845) 356-3919

Hours: (Call for main office for specific open skate times)

Historical Description: It has two rinks and in 2012 rink 2 was renamed the Major Thomas E. Kennedy Memorial Rink in 2012 in honor of him fighting in the war as an Army soldier. It is known for its Figure Skating but also for Hockey. It is home to the Ramapo Saints Hockey Team, The Ramapo Synchronettes figure skating team, Spring League Hockey, and other hockey clinics and camps.

The Site: These rinks are open year-round and are always a fun time. They are open to the public for simple skating, skating lessons, or even playing hockey. Families are able to skate freely on the ice and get great exercise without even knowing it!

Bear Mountain to Sport-O-Rama
Time: 29 min
Distance: 19.37 miles

- 1 Start out going **north** on **US-202 N/US-9W N** 0.4 mi
toward **US-9W S/US-202 S**.
-  2 Enter next roundabout and take the 3rd exit 0.3 mi
onto **US-6 W/Palisades Interstate Pky S**.
-  3 Stay **straight** to go onto **US-6 W/Palisades** 11.5 mi
Interstate Pky S. Continue to follow
Palisades Interstate Pky S.
-  4 Merge onto **US-202 W** via **EXIT 13** toward 3.0 mi
Suffern/Pomona.
-  5 Turn **left** onto **Wilder Rd**. 1.2 mi
• Wilder Rd is just past Prosperity Dr
• If you reach Spook Rock Rd you've gone about 0.7 miles too far
-  6 Wilder Rd becomes **Forshay Rd**. 1.3 mi
-  7 Forshay Rd becomes **College Rd**. 1.7 mi
-  8 **20 COLLEGE RD** is on the **left**.
• Your destination is just past Horton Dr
• If you reach RT-59 you've gone about 0.1 miles too far

- Next go to the Sports Place

The Sports Place








600 Bradley Pkwy
Blauvelt, NY 10913

Phone: (845) 358-4263

Hours: (Call or see Facebook page for birthday specials)

Historical Description: The Sports Place is a sports themed indoor place of fun! It has many different attractions for children of all ages.

The Site: This mini golf course is not your average course. This 18-hole miniature golf course is glow in the dark and has six motorized obstacles. This unique course will have kids' faces glowing as they play all 18 holes. When they are done, there are also video games for all ages, a gym for floor hockey and other activities as well. There are also shops in The Sports Place with tons of sports memorabilia and sporting goods.

- 1 Start out going **southeast** on **Bradley** 0.3 mi
toward **Bradley Hill Rd** toward **RT-303**.
-  2 Take the 1st **left** onto **RT-303 N**. 1.9 mi
• If you reach Whittier Rd you've gone a little too far
-  3 Turn **left** onto **N Palisades Center Dr**. 0.1 mi
• N Palisades Center Dr is just past N Greenbush Rd
• If you reach Strawberry Hill Rd N you've gone a little too far
-  4 Merge onto **I-87 N/I-287 W/New York State** 3.7 mi
Thruway N via the ramp on the **left**.
• If you reach Snake Hill Rd you've gone a little too far
-  5 Take the **RT-59** exit, **EXIT 14**, toward **Spring** 0.4 mi
Valley/Nanuet.
-  6 Turn **right** onto **RT-59 W**. 3.3 mi
• If you are on Forman Dr and reach Pascack Rd you've gone about 0.1 miles too far
-  7 Turn **right** onto **College Rd**. 0.2 mi
• College Rd is 0.2 miles past Monsey Heights Rd
• Chase Bank is on the corner
• If you reach Spook Rock Rd you've gone about 0.5 miles too far
-  8 **20 COLLEGE RD** is on the **right**.
• If you reach Horton Dr you've gone a little too far



Sports-O-Rama to the Sports Place
Time: 17 min
Distance: 9.86

CONCLUSION

- ▶ Rockland County has many attractions, particularly parks, which attract visitors looking to enjoy the true value of nature. Rockland County is seen as a place to spend some quality time with your family and friends, taking part in any recreation one may enjoy. Not only does Rockland County offer many attractions, but it is also a relaxing break on the weekends from the struggles and stress life can sometimes cause.

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► Highway Route Markers

- Google Maps, 2013 represents the location of Bear Mountain State park
- Google Maps, 2013 represents the location of The Palisades Center and Palisades Climb Adventure Ropes Course
- Google Maps, 2013 represents the location of Sports-O-Rama
- Google Maps, 2013 represents the location of The Sports Place