The
Army
Brats

Richelle, Michael, Lauren, Lauren
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Itinerary/
Lesson Plans
Putnam
County
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and Michael Woodley
“Put” Yourself on the trails in “Put” Nam County
The Putnam County Trails are a great tourist attraction because of the beautiful & picturesque scenery such as marshes, rocky bluffs, ravines, & streams that allow you to absorb New York State’s deep history!
This weekend, enjoy a stay in Putnam county. Throughout this trip, you will visit the towns of Carmel, Cold Spring, Philipstown and more! This weekend will be filled with quality meals, exciting hikes, and fun-filled lessons and activities. After reading this overview, we hope you decide to stay, and put yourself in “Put”nam county!
Lesson Plan Objectives

It is important to be prepared before hiking. A successful hiker will know where he/she is going, how long it will take, what equipment will be needed, the layout, the dangers and safety precautions to take. Practicing hiking etiquette shows respect for wildlife and other hikers, and it is essential to keeping trails natural and open.

1. Share some memories of hiking and allow two or three participants to share theirs.

2. Discuss some benefits of nature hiking. (It's healthy. It can reduce stress. Enjoy new sights, particularly those that cannot be reached by a vehicle.)

3. Discuss hiking etiquette and safe hiking tips including:
   - Tote your trash; keep it until you find a trash can.
   - Keep it down; you will see wildlife if the animals don’t hear you coming.
   - Stay on the path; you could damage habitat or get into poison ivy.
   - Take only memories (or photos), leave only footprints; please do not pick flowers or remove plants or animals from the trail.
   - Give wild animals plenty of space; use binoculars.
   - Drink plenty of water and use sunscreen.

4. Display a trail map and designate the route.

5. Encourage the participants to ask questions or point out interesting sights.

6. Allow participants to discuss the experience. What did they learn? What did they like or dislike?
NY Common Core Standards

Model being used: Discovery Model

Learning Intelligences: Visual-spatial, Bodily-kinesthetic, interpersonal, linguistic Standards:

Standard 1: Students will use a variety of intellectual skills to demonstrate their understanding of major ideas, eras, themes, developments, and turning points in the history of the United States and New York.

Students will read, write, listen, and speak for critical analysis and evaluation. As listeners and readers, students will analyze experiences, ideas, information, and issues presented by others using a variety of established criteria. As speakers and writers, they will present, in oral and written language and from a variety of perspectives, their opinions and judgments on experiences, ideas, information and issues.

Students will read, write, listen, and speak for information and understanding. As listeners and readers, students will collect data, facts, and ideas; discover relationships, concepts, and generalizations; and use knowledge generated from oral, written, and electronically produced texts. As speakers and writers, they will use oral and written language to acquire, interpret, apply, and transmit information.

Objectives: Students will be able to work collaboratively in groups to discover the information needed to complete the worksheet/journal or activity. After completing the worksheet, journal or activity, students will be able to identify key features and facts about the trails and the environment around it. Students will be able to use the key facts they find on the scavenger hunt to describe the trails importance to the Hudson River Valley.
Friday Morning

9:30am: Check into the **Hudson House Inn** in Cold Spring, NY. This small, family-run inn has 11 rooms and a restaurant. The lowest cost for a room is a standard room, $180 a night, Friday through Sunday. This room may be a good choice because there will not be much time spent in the room. On the other hand, there are also suites and rooms with balconies, ranging from $195 to $250 a night.

10:00am-1:30pm: After unpacking at the **Hudson House Inn**, drive 20 minutes to **Breakneck Ridge**. This trail is a strenuous 2.8 mile circuit, taking approximately 3.5 hours. At this trail, students can participate in a nature lesson.
Directions

21 min (6.4 miles)
via Fishkill Rd and Lake Surprise Rd
26 min without traffic
⚠ This route has restricted usage or private roads.

2 Main St
Cold Spring, NY 10516

 ↑ Head northeast on Main St toward North St
3.2 mi

 ↑ Turn right at the 1st cross street onto Market St
0.1 mi

 ↑ Turn left onto Lunn Terrace
0.1 mi

 ↑ Turn right onto Main St
1.3 mi

 ↑ Turn left onto Fishkill Rd
2.3 mi

 ↑ Turn left onto Lake Surprise Rd
⚠ Partial restricted usage road
2.5 mi

18 min (5.9 miles)
via Lake Surprise Rd and Fishkill Rd
18 min without traffic
⚠ This route has restricted usage or private roads.

392 Lake Surprise Rd
Cold Spring, NY 10516

 ↑ Head northeast on Lake Surprise Rd
⚠ Partial restricted usage road
2.5 mi

 ↑ Turn right onto Fishkill Rd
2.3 mi

 ↑ Turn right onto Main St
1.1 mi

124 Main St
Cold Spring, NY 10516

 ↑ Destination will be on the right
1.1 mi
Breakneck Ridge

http://www.nynjtc.org/hike/breakneck-ridge-trail
The Putnam County Trails are a great tourist attraction because of the beautiful & picturesque scenery such as marshes, rocky bluffs, ravines, & streams that allow you to absorb New York State’s deep history!

Breakneck Ridge

Time: 3.5 hours
Difficulty: Strenuous
Length: 2.8 miles
Route Type: Circuit
Dogs: Allowed on leash
Features: Views, Transportation

- View of the Hudson River and the Newburgh-Beacon Bridge.
- City of New York Catskill water supply 1912
Breakneck Ridge

Time: 3.5 hours
Difficulty: Strenuous
Length: 2.8 miles
Route Type: Circuit
Dogs: Allowed on leash
Features: Views, Public Transportation
Breakneck Features

- Scenic Views
- American and POW/MIA flag.
- Rock outcrop
Breakneck Ridge History

- The ridge faces on Breakneck Ridge were granite blasted
- Granite was harvested from the cliffs and were used to help build
- Brooklyn Bridge
- West Point
- Steps of the capitol building in Albany
- Lenape Folk Tale (Nyah-Gwaheh)
- Farmer Folk Tale (Errant Bull)

Steep rocky slope hikers often traverse on Breakneck Ridge Loop

http://nynjtc.org/hike/breakneck-ridge-trail
Breakneck Ridge (Shelter Making)

**Objective:** Students will use materials collected along the trail to create nature forts with their team members.

**Materials:** Students may use only materials collected by their team members along the trail to create their shelter.
Friday Afternoon

2:00-3:00pm: After the activity at Breakneck Ridge, drive 18 minutes to the Silver Spoon Cafe. There is a children’s menu, with items such as chicken fingers, mozzarella sticks, and grilled cheese, for $5.50 each. The grilled chicken wrap with pesto and red peppers is a restaurant favorite, costing only $12.00. Another popular entree is the grilled flat iron steak for $20.00.

Link to the menu: http://www.silverspooncafe.com/restaurant-menu.html

The Silver Spoon Cafe located in Coldspring, NY.
Friday Afternoon (Continued)

3:00pm-7:30pm: After lunch, drive 16 minutes to the Appalachian Trail. The trail is not as difficult as the morning, and the 4.8 mile circuit should only take approximately 4 hours. With the activity, this hike will end around 7:30pm, so it is important to do this trail in the spring or summer hours.
124 Main St
Cold Spring, NY 10516

Head northeast on Main St toward Church St 43 s (0.2 mi)

Take NY-9D S to Seven Lakes Drive in Stony Point 15 min (9.7 mi)

Continue on Seven Lakes Drive to your destination 38 s (0.1 mi)

3020 Seven Lakes Dr
Bear Mountain, NY 10911

Head south toward Service Rd 79 ft

Turn left onto Service Rd 174 ft

Turn left onto Seven Lakes Drive 0.1 mi


337 N Liberty Dr
Tomkins Cove, NY 10986
Appalachian Trail
Putnam County
New York

http://blog-tw.nyjlc.org/jolly-rovers-crew-finishes-steps-on-appalachian-trail-at-fitzgerald-falls/
The Putnam County Trails are a great tourist attraction because of the beautiful & picturesque scenery such as marshes, rocky bluffs, ravines, & streams that allow you to absorb New York State’s deep history!
Objective: Students will use this worksheet to draw the scene and write a journal entry about their observations using all of their senses and descriptive vocabulary.

Materials: Pen/pencil, & Worksheet
Friday Night

8:00pm-10:00pm: After the hike and activity at the Appalachian Trail, it is time to eat! Drive 8 minutes to Sheeran’s Restaurant and Pub in Tomkins Cove. This restaurant has been family-run for 3 generations. Many of the recipes are from family ancestors in Ireland. Their “famous” meals include rack of lamb and corned beef and cabbage. All children’s meals, such as grilled cheese, hamburgers, and cheeseburgers cost $7.00. Link to the menu: [http://www.sheeransrestaurantandpub.com/our-menus.html](http://www.sheeransrestaurantandpub.com/our-menus.html)

10:00-10:30pm: Drive 30 minutes back to the Hudson House Inn for a good night of sleep!

Oyster seafood platter from Sheeran’s Restaurant and Pub
Directions

11 min (6.2 miles)
9 min without traffic

3020 Seven Lakes Dr
Bear Mountain, NY 10911

1. Head south toward Service Rd
   79 ft

2. Turn left onto Service Rd
   124 ft

3. Turn left onto Seven Lakes Drive
   0.1 mi


   Destination will be on the right
   6.0 mi

337 N Liberty Dr
Tomkins Cove, NY 10986

28 min (16.3 miles)
25 min without traffic

⚠ This route has tolls.

   6.4 mi

2. At the traffic circle, take the 1st exit onto US-202 E/US-6 E
   Partial toll road
   0.6 mi

3. Slight left onto NY-9D N
   8.6 mi

4. Turn left onto Main St
   0.3 mi

5. Turn left onto Lunn Terrace
   0.1 mi

6. Turn right onto Market St
   0.1 mi

7. Turn left onto Main St

   Destination will be on the right
   328 ft
Saturday Morning

7:30am: Wake up and drive 2 minutes to have breakfast at Hudson Hil’s Cafe and Market.

8:00-8:45am: Have a nice breakfast at Hudson Hil’s Cafe and Market. There are a variety of egg meals, including Steak and Eggs for $14.75 and Eggs Benedict for $11.00. Another popular meal is the Chocolate Babka French Toast for $11.75. A specialty of this cafe is customers can order real maple syrup from Crown Maple, Dutchess County, for an additional $2.75. Link to the menu: http://www.hudsonhils.com/breakfast-menu.html
Saturday Morning (Continued)

8:45-9:00am: Drive 15 minutes from Hudson Hil’s Cafe and Market to Round Hill East Mountain in Carmel, NY.

9:00am-1:30pm: This 7.5 mile trail at Round Hill East Mountain will take around 4 hours to complete. During this hike, the students can complete a tree and leaf scavenger hunt.

Round Hill East Mountain Loop

http://www.nynjtc.org/hike/round-hilleast-mountain-loop
Directions

12 min (5.7 miles)
via NY-301 E
11 min without traffic

2 Main St
cold spring, NY 10516

Head northeast on Main St toward North St
320 ft

Turn right at the 1st cross street onto Market St
0.1 mi

Turn left onto Lunn Terrace
0.1 mi

Turn right onto Main St
1.3 mi

Continue onto NY-301 E/Cold Spring-Carmel Rd
Continue to follow NY-301 E
Destination will be on the left
4.1 mi

5 min (3.1 miles)
via NY-301 W
4 min without traffic

865 New York 301
cold spring, NY 10516

Head southwest on NY-301 W/Cold Spring Turnpike toward Dennytown Rd
Continue to follow NY-301 W
2.7 mi

Turn left onto U.S. 9 S
Destination will be on the right
0.5 mi

2741 U.S. 9
cold spring, NY 10516
Round Hill East Mountain Loop

http://www.nynjtc.org/hike/round-hilleast-mountain-loop
The Putnam County Trails are a great tourist attraction because of the beautiful & picturesque scenery such as marshes, rocky bluffs, ravines, & streams that allow you to absorb New York State’s deep history!
Objective: Students will glue leaves or draw trees in the boxes on this worksheet and then write a description of the leaf or tree type.

Materials: pen/pencil, worksheet, leaf guide, tree guide, glue sticks
Saturday Afternoon

1:45-3:00pm: Drive 7 minutes to eat lunch at The Roundup Smoked Texas BBQ House in Cold Spring, NY. This restaurant has a variety of ways to eat ribs, chicken, and sausage! The top entree here is the Dino Short Rib with a choice of 2 sides for $14.99. These side dishes include mac and cheese, coleslaw, potato salad, chips, and more! Link to full menu: http://www.rounduptxbbq.com/-..php

3:30-6:00pm: After an 18 minute drive from The Roundup Smoked Texas BBQ House, arrive to hike at Manitou Point Preserve. This trail is a less strenuous 3.5 miles, and should take around 2 hours to complete. At some point along the trail, the students will complete a painting activity that will take around 30 minutes.
Directions

14 min (9.3 miles)
via U.S. 9 S and NY-9D S
13 min without traffic

2741 U.S. 9
Cold Spring, NY 10516

Head south on U.S. 9 S toward Lane Gate Rd
3.6 mi

Turn right onto Snake Hill Rd
1.1 mi

Turn left to stay on Snake Hill Rd
0.7 mi

Turn left onto NY-9D S
3.9 mi

334 New York 9D
Garrison, NY 10524

Head northeast on NY-9D N toward Mary's Way
7.2 mi

Turn left onto Main St
0.3 mi

Turn left onto Lunn Terrace
0.1 mi

Turn right onto Market St
0.1 mi

Turn left onto Main St
Destination will be on the right
328 ft

2 Main St
Cold Spring, NY 10516
The Putnam County Trails are a great tourist attraction because of the beautiful & picturesque scenery such as marshes, rocky bluffs, ravines, & streams that allow you to absorb New York State’s deep history!
Manitou Point  (Painting)

**Objective:** Students will use watercolors to paint the scene at a certain point along the way.

**Materials:** paint, water, cups, brushes, paper
Saturday Night

6:30-8:00pm: Drive 10 minutes back to the **Hudson House Inn**. Inside the inn is a restaurant, **The Tavern**. The menu is filled with different steaks and specialities. The Spinach Ravioli is topped with lobster meat and toasted almonds, and costs $25.00. A second popular entree is the Surf and Turf, which includes a broiled lobster tail on top of an 8 ounce sirloin. Link to the rest of the menu: [http://hudsonhouseinn.com/dinner.htm](http://hudsonhouseinn.com/dinner.htm)

**Directions**

**31 min** (19.4 miles)
via NY-301 E
29 min without traffic.

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**36 Gleneida Ave**
Carmel, NY 10512
Sunday Morning

8:00am: Wake up, pack and check out of the inn. Drive 30 minutes to breakfast.

9:00-10:00am: Eat breakfast at George's Place in Carmel, NY. This restaurant has been family run since 1978, and solely serves breakfast and lunch. Some popular breakfast items are the bacon, egg, and cheese sandwich, french toast, and waffles. The Caramel Big Apple waffle comes with whip cream and a choice of a side, and costs $5.75.

The Caramel Big Apple Waffle
http://www.yelp.com/biz/georges-place-carmel
Directions

20 min (13.7 miles)
via NY-301 W
18 min without traffic

36 Gleneida Ave
Carmel, NY 10512

Head north on Gleneida Ave toward NY-301 W
184 ft

Turn left onto NY-301 W
Destination will be on the left
13.7 mi

868 New York 301
Cold Spring, NY 10516
Wonder Lake State Park

http://www.nynjtc.org/hike/wonder-lake-figureeight-loop
The Putnam County Trails are a great tourist attraction because of the beautiful & picturesque scenery such as marshes, rocky bluffs, ravines, & streams that allow you to absorb New York State's deep history!
Sunday Morning/Afternoon

10:00-10:20am: Drive 17 minutes from George’s Place to Wonder Lake Trail.

10:30-2:00pm: Wonder Lake Trail is a 5.1 circuit that should take around 3.5 hours to complete. Here the students will be completing an activity involving their senses.

http://www.nynjtc.org/hike/wonder-lake-figureeight-loop

A piece of the Wonder Lake Trail in Putnam County
Wonder Lake State Park (Use Your Senses)

Objective: Students will use this worksheet to complete the “Use your senses” activity along the trail.

Materials: worksheet, pen & pencil
Guidebook

Please use the following link to access our guidebook that flows with the 36 hour itinerary and lesson plan!

Link: https://docs.google.com/document/d/1l76hRO6Yj_wUQPZKAsgo_h5nC0BtXbAbwhWBeKs5POU/edit
Conclusion

If you’re looking to immerse yourself in the history of New York State, “Put” yourself on the trails in “Put”nam county. It is here where you will be able to absorb cultural history while enjoying the picturesque and beautiful scenes that surround you!
Bibliography

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http://www.audubon.org/field-guide/bird/barred-owl (Barred Owl Picture)
http://www.nynjtc.org/hike/wonder-lake-figureeight-loop (Picture of wonder Lake)
http://www.carolinanature.com/trees/tsca.html (Picture of Eastern Hemlock)
http://www.nynjtc.org/hike/round-hilleast-mountain-loop (picture of view from Round Hill East Trail)
http://swcountry.com/wagonwheel.htm (Picture of rusted wagon wheel)
http://www.comicvine.com/benedict-arnold/4005-36038/ (Picture of benedict Arnold)
https://headlesshorsemmanblog.wordpress.com/2012/03/23/andres-tree-the-vanished-landmark-4-2/ (Picture of maj. )
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http://www.nynjtc.org/park/manitou-point-nature-preserve (Picture of rock formation)
http://www.scenichudson.org/parks/manitoupoint (Picture of the view form Manitou Trail)
http://alexanderhamiltonhouse.com/category/seasonal-guide/winter/’ (Picture of weir chamber)
http://crotonhistory.org/2013/07/20/celebrating-ossinings-double-arch/ (Picture of Double arch)
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http://putnam.sdgnys.com/index.aspx (county symbol)
http://www.pointofinterestroadsigns.com/wyoming/taggartlaketrailhead.html (trailhead sign)
http://www.planputnam.org/highlands/tourism/recreation.htm (Wonder Lake map)
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http://www.planputnam.org/highlands/tourism/recreation.htm (Wonder Lake map)

http://www.planputnam.org/highlands/tourism/hikes/round_hill.htm (Round Hill map)


https://www.google.com/maps/place/Manitou,+NY+10524/@41.3362922,-73.9756534,4011m/data=!3m1!1e3!4m2!3m1!1s0x89c2ce99c24edced:0x120ddb6c92f1c3ef (Manitou map)


http://www.nycgovparks.org/park-features/virtual-tours/old-croton-aqueduct-trail (NYC Parks and Recreation)

http://www.nynjtc.org/ (Facebook, blogs, twitter for New York-New Jersey Trail Conference)

http://www.ptny.org/ (Parks and Trails of NY)

http://www.traillink.com/imagehandler.ashx?t=md&id=80432 (Maitou Point image)
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