Have no FEAR, hike in RENSSELAER!
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The hiking trails in Rensselaer County are tourist and family friendly because of the diverse possibilities for relaxation, education, and discovery. The trails provide places for scavenger hunts and nature writing that will enhance student learning, as well as an opportunity to experience the landmarks and landscape of Rensselaer County.
Midterm Highlights

- We are the highest ranking team at this point
- We grabbed the audience's attention with our catchy slogan!
Midterm Review

Nature Trail
Easy hike, suitable for all ages lined with flowers and trees

Berlin State Forest
Easy loop, open year long, fun for all

Chet Bell Trail
Many streams as well as an access to a lake

Orange Trail
able to walk the trails the Indians walked

SingleTrack Trail
due to the include and the rocks, this trail is for expert hikers and bikers
Itinerary

Map

A. Schodack Island State Park- Orange Trail

A. Berlin State Forest

A. Grafton State Park- Chet Bell Trail

A. Pittstown State Forest- Singletrack

A. Tibbits State Forest- Nature Trail
Itinerary: Day 1

10:00am … Depart from NYC
12:30pm … Arrive at Yanni Too’s Restaurant
2:30pm … Schodack Island State Park- Orange Trail
7:00pm … Depart from Schodack Island State Park
7:30pm … Arrive at Boathouse Grille for Dinner
9:40pm … Arrive at Best Western New Baltimore Inn
The Orange trail

Schodack Island State Park

Fun Fact: Schodack State Park was formerly known as Castleton State Park

The park offers activities such as has: bike trails, volleyball nets, horseshoe and a kayak/canoe launch site.

Basic trail info:
Distance: .79 miles
Difficulty: easy/intermediate

The park has been designated a State Estuary

Areas beyond the gate at the end of the trail may be seasonally closed.

Check out our bird conservation area! You may see some bald eagles cerulean warblers and blue herons that nest in the cottonwood trees.

If you are planning an event and would like to use the park as a location for your party, picnic tables and grills area available to groups by reservation. Call for free today!
Schodack Island State Park

Address: 1 Schodack Island Way, Schodack Landing, NY 12156
Website: http://nysparks.com/parks/146/details.aspx
Phone: (518) 732-0187

Historical Description:
- Schodack Island State Park was fertile and ideal for agriculture.
- Although most likely occupied before recorded history, the first contact with Native Americans in this area occurred in 1609.
- Over time, deeds to the Schodack Islands were collected by Dutch settlers from the Mohican Indians.
- Mohicans sold land and mill sites in 1648, 1650 and 1663

The Site:
- Schodack Island State Park lies along the east shore of the Hudson River.
- Today, Schodack State Park is home to a Bird Conservation Area home to a variety of birds and has a designated a State Estuary.
- Home to Bald Eagles, Cerulean Warblers and Blue Herons that nest in the cottonwood trees. The beautiful creatures can be found on the eight miles of multi-use trails.

Directions:
Take U.S. 9 N. Take a slight right onto NY-23/NY-9H N. Continue straight onto NY-9H N for about 15 miles. At the traffic circle continue straight onto U.S. 9 N. Turn left onto Schodack Landing Rd. Turn right onto Muitzeskill Rd. Take a sharp left onto NY-9J S.

Picture: http://ww1.hdnux.com/photos/13/55/36/3069884/3/628x471.jpg
Lesson Plan

Students will have learned previously in class—about the different Indian Tribes that resided in the Hudson River Valley many, many years ago such as the Mohawks and the Lenni Lenapes.

The students will participate in an Indian-inspired canoe building activity, where they will be asked to build their own canoe with materials they find along the trail.

The teams will congregate at the Hudson River riverfront to do the “float test”. Whichever teams creates the canoe that floats the best will win the prize.
Berlin State Forest
Itinerary: Day 2

- 8:30am … Depart from Best Western New Baltimore Inn
- 9:45am … Arrive at Berlin State Forest
- 11:45am … Depart from Berlin State Forest
- 12:45pm… Arrive at Peck’s Arcade
- 2:15pm … Depart Peck’s Arcade
- 2:25pm … Arrive at Engelike Farm
- 4:30pm … Depart Engelike Farm
- 4:45pm… Children’s Museum of Science and Technology
You are close to Fun!!!!

Berlin State Forest Trail
5 miles
BERLIN STATE FOREST TRAIL

Trail Info:
Distance: 2.2 miles (720 feet)
Difficulty: Easy
Type: loop

The trail has a steady grade however, it can get Rocky! Watch your footing!

Park Activities:
- Hiking
- Snowshoeing
- Dog walking
- Biking

Due to the trails easy grade, it is great place to bring your families and your pets too!
The Trail is open year round!

Berlin State Forest is apart of Taconic State Forest!
Berlin state Forest is 678 acres!

The Forest is located on Cowdry Hollow Road

All Dogs must be on a leash.
**Berlin State Forest**

**Address:** 1150 N. Westcott Rd. Schenectady, NY 12306  
**Phone:** (518) 357-2066

**Historical Description:**
- These lands were established in the 1990s and interconnect with lands purchased on adjoining lands to increase the recreational opportunities on the Taconic Ridge.

**The Site:**
- The Berlin State Forest is apart of the Taconic Ridge State Forest.  
- It is located along the borders of New York, Massachusetts and Vermont.  
- The area contains approximately 6,000 acres of State Forest  
- Taconic Ridge State Forest presents picturesque views of the Taconic Range, Mount Greylock, and Berlin Mountain.  
- Berlin State Forest has an endless number of trails on its 634 acres.  
- The summit is the highest point on the trail at 2,798 feet. From the summit, you can see Mount Greylock in Massachusetts.  
- Some areas are washed out and some can get rocky, but the walk down from the summit is effortless.

**Directions:** Take Taconic State Parkway N to Birge Hill Rd in Chatham. Take exit toward NY-295/Chatham. Follow NY-295 turn right onto US-20 E. Continue on NY-22 N. Drive to Cowdry Hollow Rd in Berlin. Turn left onto NY-22 N. Turn right onto SE Hollow Rd. Continue straight to stay on SE Hollow Rd. Turn left onto Cowdry Hollow Rd.

**Picture:** [http://2.bp.blogspot.com/-wjileZwp6fA/U6jGC-a4O0I/AAAAAAAHkU/few9kOSGZvE/s1600/June+23+2014+025.JPG](http://2.bp.blogspot.com/-wjileZwp6fA/U6jGC-a4O0I/AAAAAAAHkU/few9kOSGZvE/s1600/June+23+2014+025.JPG)
Lesson Plan

Students will be given a worksheet with a list if different leaves they will need to find along the trail

The teams will need to collect all of the different types of leaves and put them in the bag and bring their complete bag to the teacher

The team that has all of the leaves in the bag first will win the prize.

Grafton State Park- Chet Bell Trail
Itinerary: Day 3

- 7:30am … Depart from Hotel
- 8:00am … Arrive at Grafton State Park - Chet Bell Trail
- 9:30am … Depart from Grafton State Park
- 10:00am… Arrive at Pittstown State Forest
- 1:00pm … Depart from Pittstown State Forest
- 1:15pm … Arrive at Tibbits State Forest (Having brought a bagged lunch)
- 3:15pm … Depart from Tibbits State Forest
- 3:30pm … Arrive at Bennington Battlefield
Chet Bell Loop Trail
Grafton Lakes State Park
4 Miles

Follow me to fun!
Enjoy this peaceful journey on Chet Bell with breath taking views of the nature that surrounds you!

This trail has Pine, oak and birch trees.

Keep your eyes open for Deer, hawks, red squirrels and chipmunks!

Trail Info:
Total length: 1.5 miles
Estimated hiking time: About 1 hour

While you’re in the area you may want to see the Bird Sanctuary and Peace Pagoda, both located further east on Route 2.

Grafton Lakes State Park is consistently 10-15 degrees cooler than the Hudson Valley Region. Dress appropriately!
Chet Bell Trail


Phone: (518) 279-1155

**Historical Description:**

- Chet Bell Trail, apart of Grafton State Park.
- The land in the park has a long history of recorded human use dating back to the late 18th century.
- Settled soon after the Revolutionary War, the land was extensively timbered and farmed through the 1800’s and was essentially treeless by the 1890’s.
- The park opened in 1971.

**The Site:**

- Chet Bell Trail, is filled with streams and rock formations within a forest of Spruce, Pine, Oak, and Birch.
- Deer, hawks, red squirrels, and chipmunks are likely to be found on the trail 1.5 mile loop-around trail.
- Located on the forested mountain ridge between the Taconic and Hudson Valley, the park includes five ponds and offers activities for fishing, swimming and boating.
- Grafton State Park is steadily 10-15 degrees cooler than the Hudson Valley Region.
- The park itself receives snow earlier in the fall, and it stays longer until the spring.
- Bikers also use this trail, and so do horses.

**Directions:**

Take I-87N to Green Island. Take exit 9E from I-787. Continue on NY-7 E. Turn right onto NY-278 S. Turn left onto NY-2 E. Turn left onto N Long Pond Rd.

**Picture:** [http://3.bp.blogspot.com/-oPzxD0oQopU/UJgU4fWNAZ5I/AAAAAAAAAGkQ/I9nW7DrLsY/s1600/Grafton+Fire+Tower+-+August+6+2013+043.JPG](http://3.bp.blogspot.com/-oPzxD0oQopU/UJgU4fWNAZ5I/AAAAAAAAAGkQ/I9nW7DrLsY/s1600/Grafton+Fire+Tower+-+August+6+2013+043.JPG)
Lesson Plan

- Students will learn about the elements of writing a nature journal on the bus to the trail.

Before we embark on our journey on the trail, the students will be distributed the nature journals.

Students will complete their journal while on the trail when we stop for a break.

Some students will be asked to share their entry if they feel comfortable when we get back on the bus.

Pittstown State Forest-Singletrack
**Singletrack**

Welcome to Pittstown State Forest Singletrack!

This trail has a lot of climbing and long descents so be prepared for a work out!

The Singletrack trail was built and maintained by the Mohawk Hudson Cycling Club and the NYS DEC

The end of the trails leads to Fire lane. Make a right and the path will lead you to your car.

<table>
<thead>
<tr>
<th>Trail info: Difficulty: Intermediate to advanced</th>
<th>What to Expect on the trail: ~rock wall crossings ~logs ~ramps ~rock outcropping drop ins ~switchbacked turns ~short and steep climbs</th>
<th>Pittstown State forest is situated at the base of the Rensselaer Plateau, giving the land a lot of elevation changes and diverse terrain.</th>
</tr>
</thead>
</table>
Pittstown State Forest

Address: Ward Hollow Road, Johnsonville, New York, 12094

Historical Description:
• Pittstown State Forest Singletrack trails were built and continue to be cared for by the Mohawk Hudson Cycling Club and the NYS Department of Environmental Conservation.
• Since 2011, Saratoga Mountain Bike Association now has a volunteer agreement with DEC to build and maintain the trials in Pittstown.

The Site:
• It is at the base of Rensselaer Plateau.
• There are about ten miles of trails.
• Trail levels: Advanced
• There are rock wall crossings, logs, ramps, switchback turns and short steep climbs.

Directions: Take Route 2 East in Troy, NY. At the light (corner of rt 2 and rt 278), take a left and then an immediate right onto Tamarack Rd. Follow Tamarack Road, take a right onto a large dirt road. There's no sign, but it's called Williams Rd. Follow Williams to the next Road, and bear right (now called Edelman rd). Follow this straight and you'll see a sign letting you know that you are now entering the Pittstown State Forest. Park at the first large opening on your left.

Picture: http://www.whitgift.co.uk/images/General/202-MountainBikeClub.jpg
Lesson Plan

Students will learn about writing haiku poems while still in the classroom before the trip.

Teacher will explain the task while they are still on the bus so the students are aware of what needs to be done when they are out on the trail.

After walking down part of the trail, students will stop for a break to write their nature haiku poems.

When back on the bus, those who are willing to share with the class will do so.

You are almost There!!! Come see the flowers

Nature Trail
Tibbits State Forest
5 Miles
Tibbits State Forest was donated to New York State in 1953 by Reverend John K. Tibbits as a memorial to his family who had owned the land for over 150 years.

These trails lend themselves to:

- Hiking
- Fishing
- Hunting
- Cross Country Skiing

You will Pass Shingle Hollow Creek. A great place to Fish! It is a NYS classified trout stream with trout spawning.

About the Trail:
- Total Length: 1.5 miles
- Difficulty: Easy
- Time: About an hour

Tibbits State Forest is 883 Acres! It is under the care of the New York State department of Environmental conservation.

Types of Trees on the trail: Pine, Hemlock and White oak.

Ferns and Wildflowers are here too!
Tibbits State Forest

Address: Tibbits State Forest, Hoosick Falls, NY, 21090
Website: http://www.townofhoosick.org/tibbits.shtml
Phone: (518) 686-5045

Historical Description:
- Tibbits State Forest is 893 acres which was donated by Reverend John K. Tibbits to New York State in 1953 as a memorial to his family who had owned the land for over 150 years.
- Near the Tibbits State Forest is Tibbits Mansion which is now part of Hoosac School.

The Site:
- There are about four miles of hiking and logging trails.
- The forest has Pine, Hemlock, and White Oak trees as well as ferns and wildflowers flourish throughout the trail.
- For hunters, the State Forest offers plenty of opportunities to hunt for a large variety of wildlife.

Directions: Take I-87N. Take exit 23 for interstate 787N toward Troy, NY. Exit at 9E to merge onto NY-7 E toward Troy/Bennington. Drive 20.8 miles, the destination will be on the left.

Picture: http://www.townofhoosick.org/tibbits.shtml
Lesson Plan

- Students will be learning about different elements in nature including the different flora and fauna that live in the forests of New York.

Before starting the scavenger hunt, the students will be asked to raise their hand and name something they know they know that either grows or lives in the forest.

Students will break up into their predetermined teams, given the scavenger hunt sheet, and told to complete it while walking along the trail. The first group to have a completed sheet wins the prize.

When back on the bus they will be asked to share some of the items they found on the trail.
Conclusion

Rensselaer County provides educational opportunities as well as opportunities for discovery and family fun. From historical trails to scenic nature trails, Rensselaer has something for everyone. Have no FEAR, come hike in RENSSELAER.
Annotated Bibliography

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