

RENSSELAER COUNTY



Have no FEAR, hike in
RENSSELAER!

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Thesis

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





http://andyarthur.org/data/photo_014051_small.jpg

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



<http://3.bp.blogspot.com/-cXJgeKbPWIo/UyoXC1is34I/AAAAAAAAAEBY/CgyFB9Dcmt0/s1600/P3191738.JPG>

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



http://2.bp.blogspot.com/-1SoJCKliw68/Te06C3BHukI/AAAAAAAAALvE/astkSgN2zew/s1600/IMG_1635.jpg

Orange Trail

able to
walk the
trails the
Indians
walked



<https://www.google.com/url?sa=i&rc=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwikk7iK-9HJAhUKNT4KHRepBeQQjRwIBw&url=http%3A%2F%2Fwww.yelp.com%2Fbiz%2Fschodack-island-state-park-schodack-landing&psig=AFQjCNH1Hk1pcNtCax2cXtWtNSh9p0T84w&ust=1449859875693792>



https://www.google.com/url?sa=i&rc=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjUwNzo-9HJAhVEFj4KHSA-AciQjRwIBw&url=http%3A%2F%2Fwww.mountainbiketoursthailand.com%2Fkhao-e-to-jungle-xc-single-track-trail&psig=AFQjCNHCivRBZv26dViXTsJy_0XC6obWfg&ust=1449860074433942

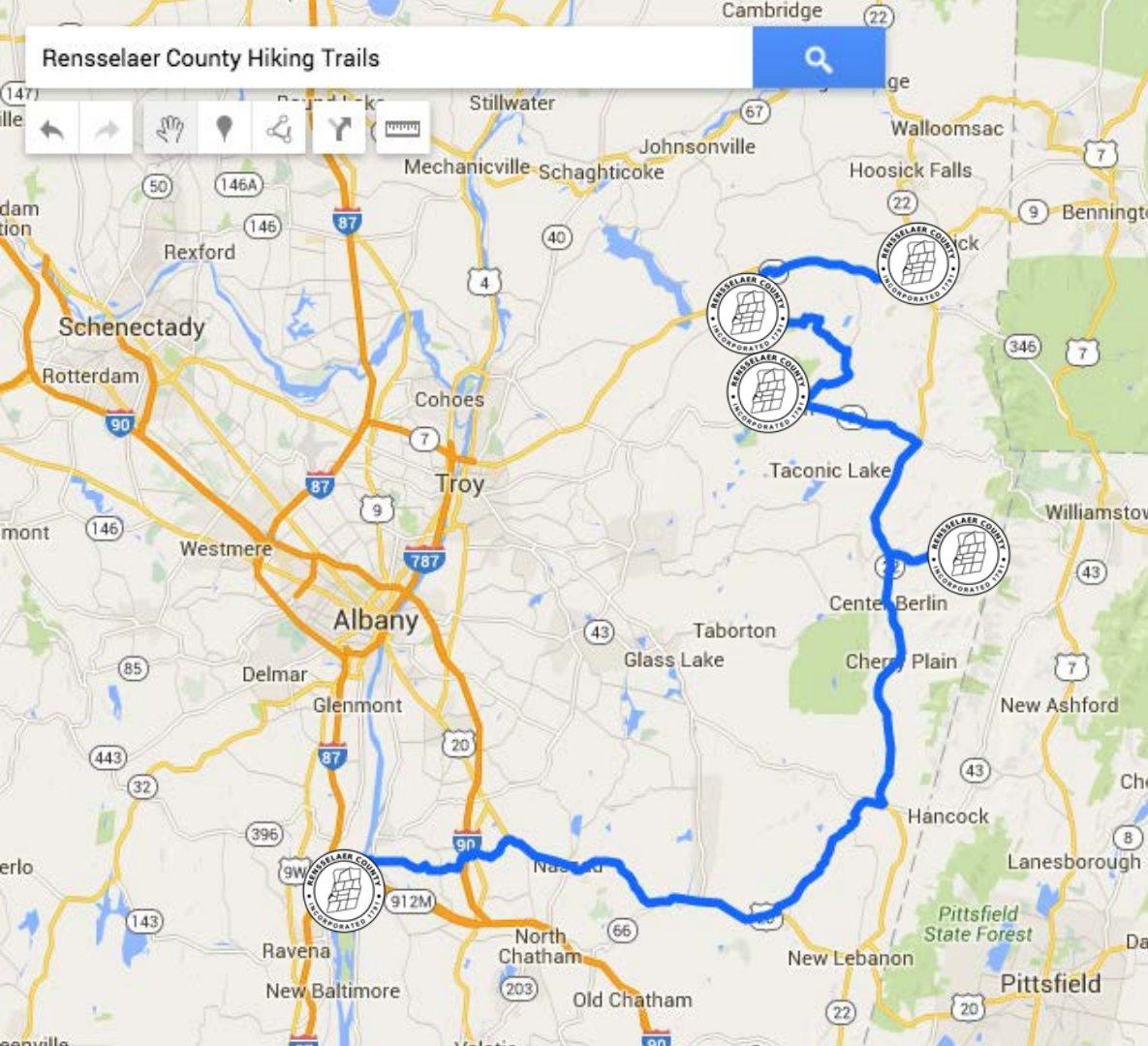
SingleTrack Trail

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

Chet Bell Trail

many streams as well
as an access to a
lake

Midterm Review



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

Schodack Island State Park- Orange Trail

Itinerary: Day 1

10:00am ... Depart from NYC

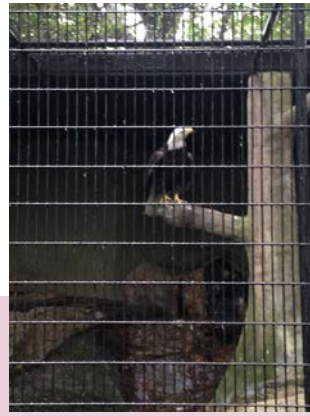
12:30pm ... Arrive at *Yanni Too's Restaurant*

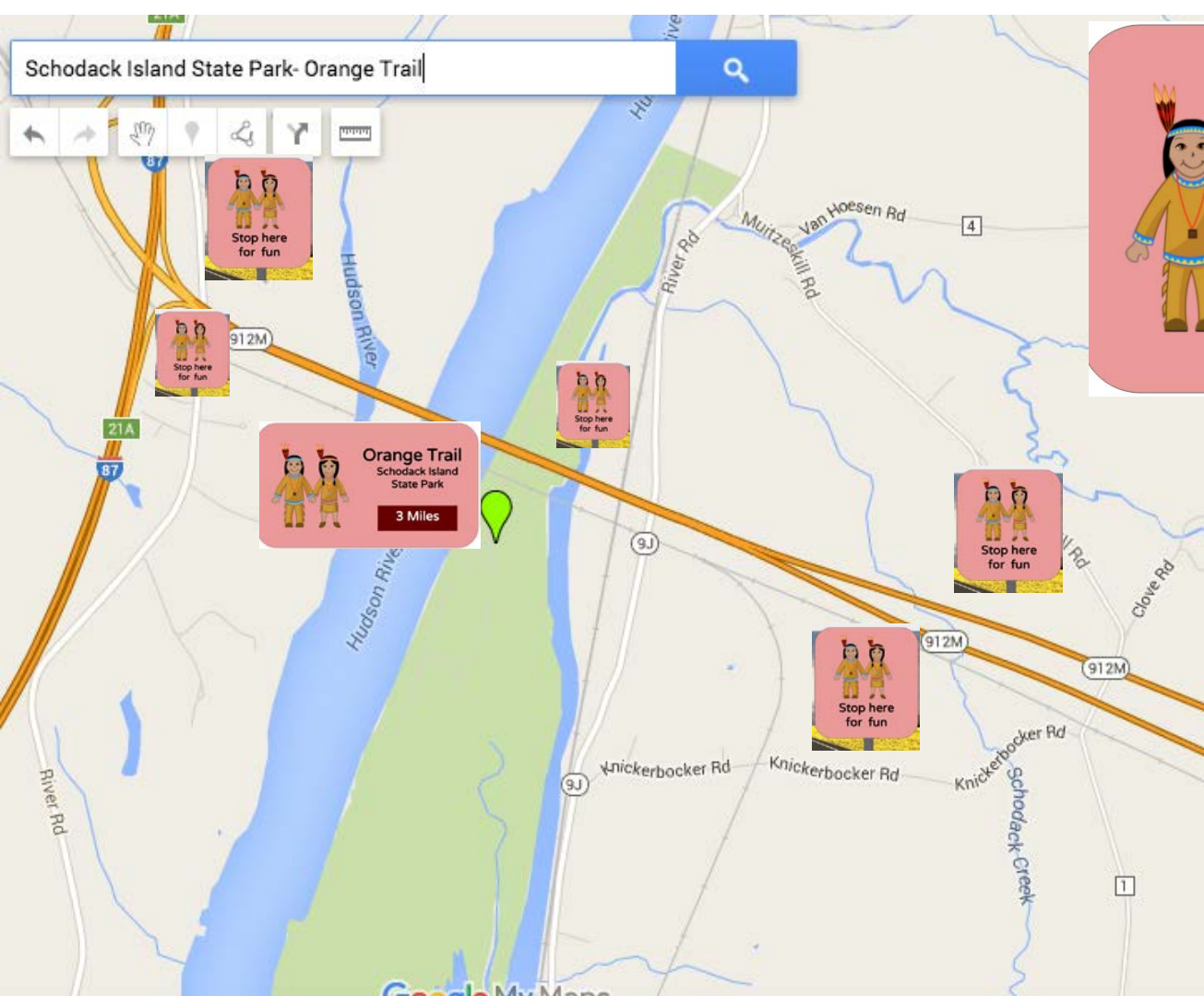
2:30pm ... Schodack Island State Park- Orange Trail

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.



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



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.

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!

Guidebook

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](tel:5187320187)

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.

<https://pixabay.com/en/fig-indians-canoeing-809725/>

Berlin State Forest

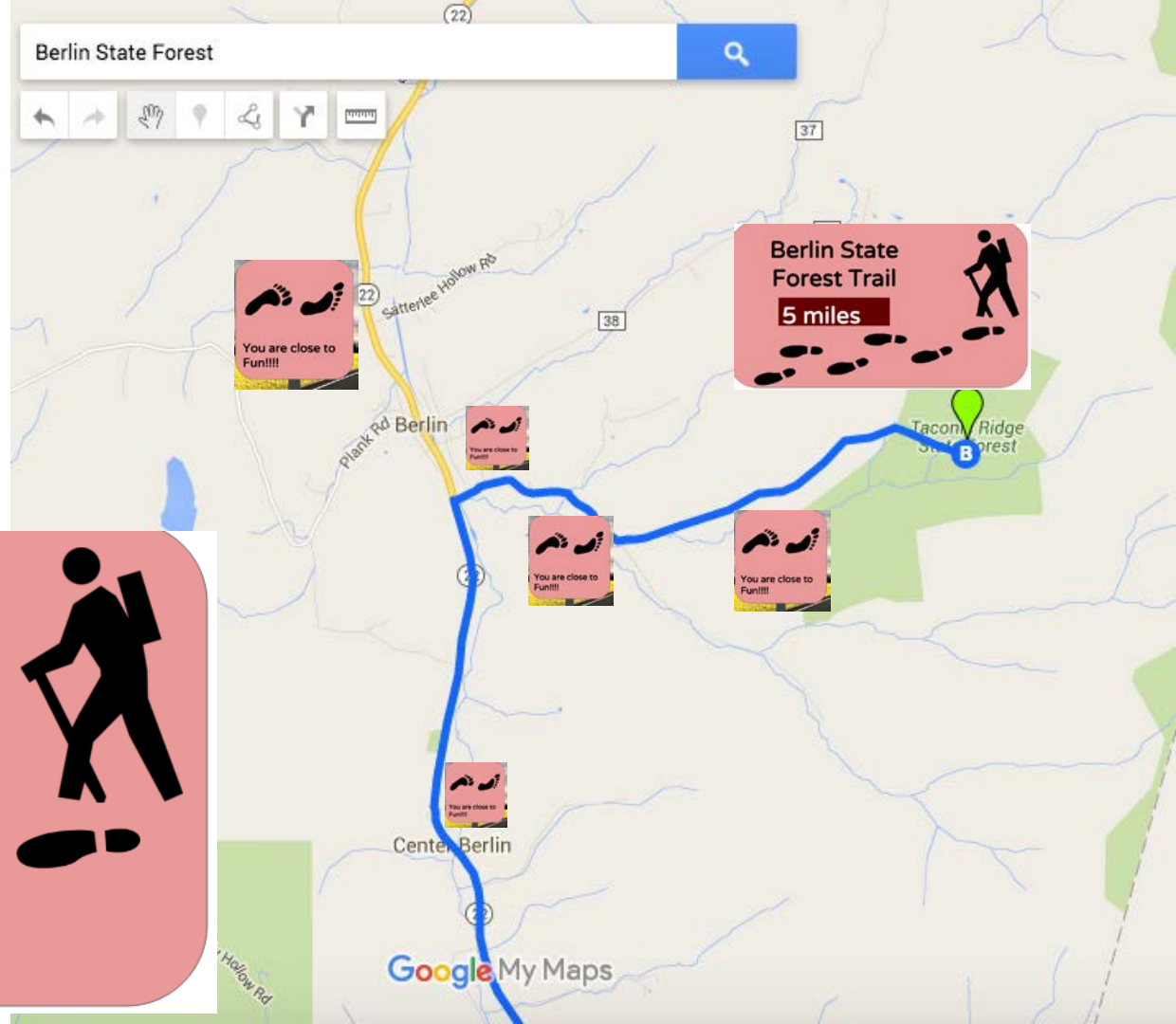


Itinerary: Day 2

— — —



- 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 Engeline Farm
- 4:30pm ... Depart Engeline Farm
- 4:45pm... Children's Museum of Science and Technology





BERLIN STATE FOREST TRAIL

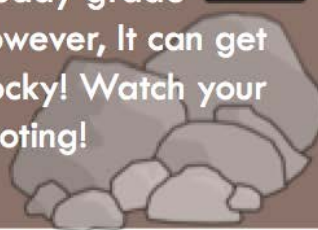


Trail Info:
Distance: 2.2 miles (720 feet)
Difficulty: Easy
Type: loop

Due to the trails easy grade, it is great place to bring your families and your pets too!

The Trail is open year round!

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



Park Activities:

- Hiking
- Snowshoeing
- Dog walking
- Biking



Berlin State Forest is apart of Taconic State Forest!

Berlin state Forest is 678 acres!

All Dogs must be on a leash.



The Forest is located on Cowdry Hollow Road

Guidebook

Berlin State Forest

Address: 1150 N. Westcott Rd. Schenectady, NY 12306

Website: <http://nysparks.com/publications/documents/empire-state-trails/EmpireStateTrailsNorthern.pdf>

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/-wjiIeZwp6fA/U6jGC-a4OOI/AAAAAAAAAHkU/few9kOSGZvE/s1600/June+23+2014+025.JPG>



Lesson Plan

Students will be given a worksheet with a list of 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

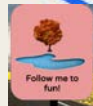
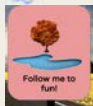
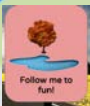


Grafton State Lake Park



Chet Bell Loop Trail
Grafton Lakes State Park
4 Miles

Grafton Lakes State Park



Google My Maps

Chet Bell Loop Trail

Grafton Lakes State Park

4 Miles



Follow me to
fun!



Chet Bell Trail

Welcome to Grafton Lake State Park! This is Chet Bell Trail

You are here

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



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

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

Guidebook

Chet Bell Trail

Website: http://www.localhikes.com/Hikes/Grafton_Chets_0160.asp and
<http://nysparks.com/inside-our-agency/documents/MasterPlans/GraftonLakesStatePark/GLStateParkDMP-FEIS.pdf>
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/-oPzx00QopU/UgU4fWNAZ5I/AAAAAAAAAGkQ/I9nW7DrLsYM/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

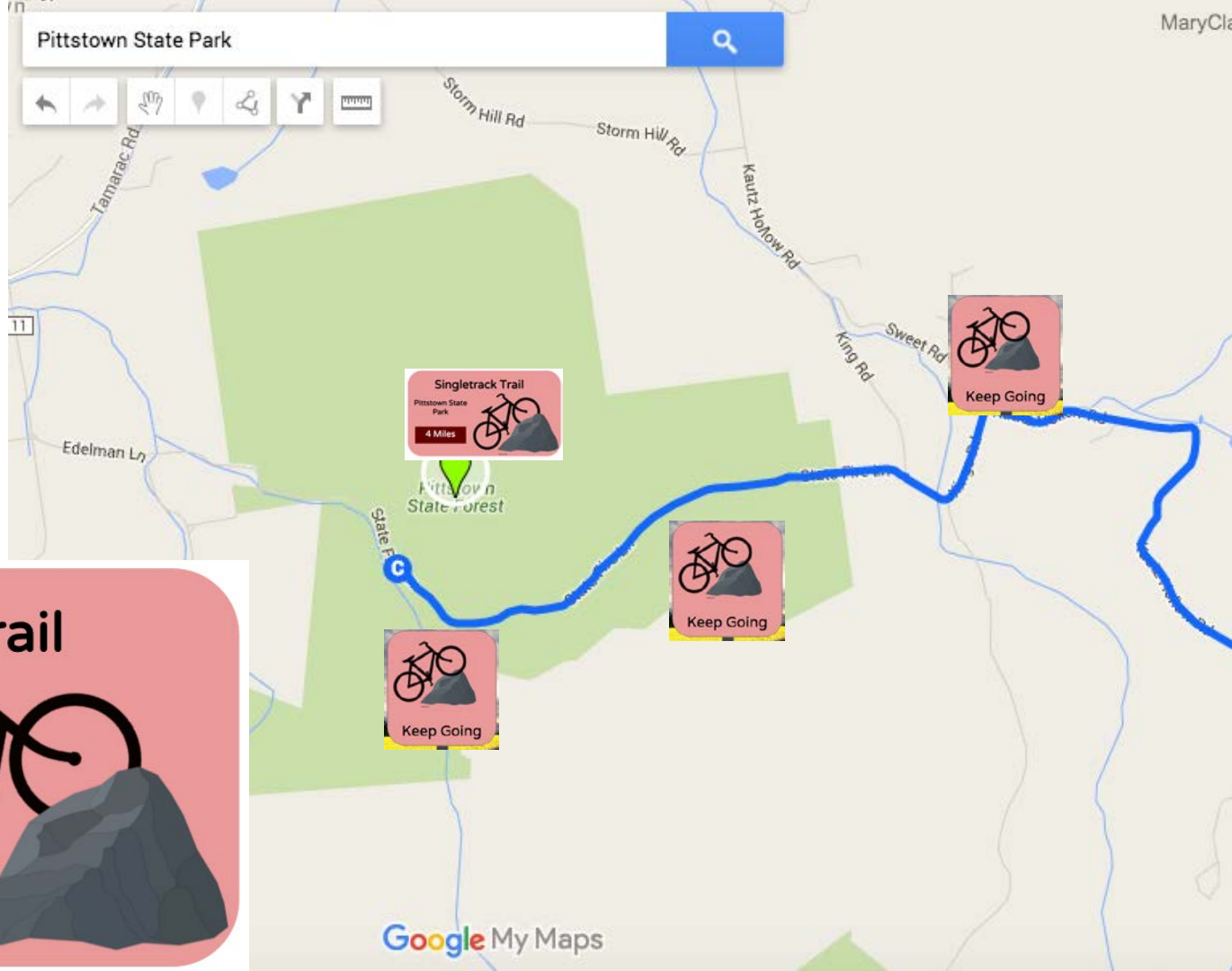
Some students will be asked to share their entry if they feel comfortable when we get back on the bus



<https://pixabay.com/en/in-love-thinking-poetry-poet-652485/>

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 Clun 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.



Trail info:

Difficulty:

Intermediate to
advanced

Length: 5 miles



What to Expect on the trail:

- ~rock wall crossings
- ~logs
- ~ramps
- ~rock outcropping drop ins
- ~switchbacked turns
- ~short and steep climbs

Pittstown State
forest is situated at
the base of the
Rensselaer Plateau,
giving the land a lot
of elevation changes
and diverse terrain.

Guidebook

Pittstown State Forest

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

Website: http://trails.mtbr.com/cat/united-states-trails/trails-new-york/trail/pittstown-state-forest-singletrack/prd_169350_4566crx.aspx

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 trails 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

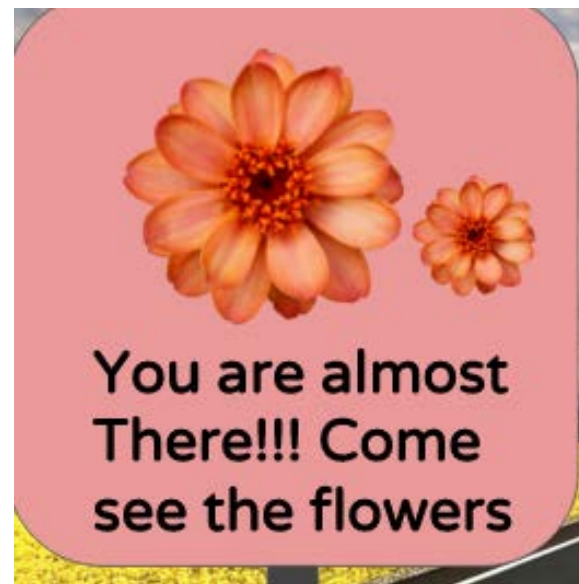
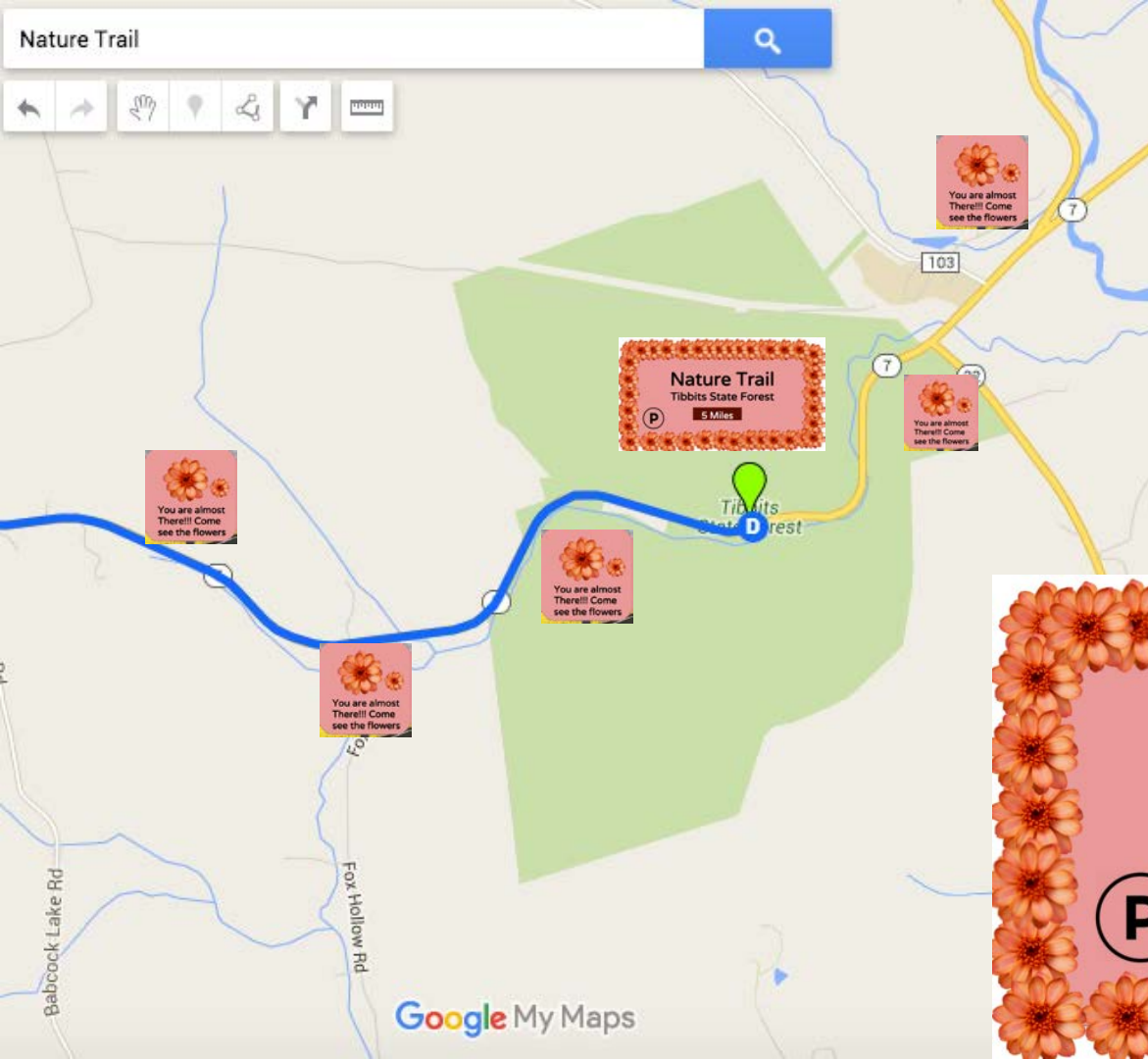
When back on the bus, those who are willing to share with the class will do so



<https://pixabay.com/en/path-forest-woods-trees-autumn-1030970/>

Tibbits State Forest-Nature Trail







The Nature Trail

Tibbitts State Forest

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



These trails lend themselves to:

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



Hiking
Fishing
Hunting
Cross Country Skiing



Ferns and Wildflowers are here too!



About the Trail:

Total Length: 1.5 miles

Difficulty: Easy

Time: About an hour

Tibbitts 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.

Guidebook

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

https://www.google.com/search?q=dogs&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ved=0ahUKEwjYvuaJudDJAhVJqB4KHwi6AzsQ_AUIBygB&biw=1280&bih=607#tbn=isch&q=dogs+clip+art&imgsrc=KqQMWvAoNS_i-M%3A This link was used for the picture of the dog on the Berlin Wayside Exhibit

https://www.google.com/search?q=waysides&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ved=0ahUKEwj-4azttDJAhUEKB4KHV3kAqEQ_AUICCGC&biw=1280&bih=607&dpr=2#tbn=isch&q=snowshoeing+clipart&imgsrc=4om2kwAyU74GIM%3A This link was used to get the picture of snowshoeing on the Berlin Wayside Exhibit

https://www.google.com/search?q=waysides&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ved=0ahUKEwj-4azttDJAhUEKB4KHV3kAqEQ_AUICCGC&biw=1280&bih=607&dpr=2#tbn=isch&q=rocks+clipart&imgsrc=mE2xnfDqnx9HJM%3A This link was used for the picture of the rocks Berlin Wayside Exhibit

https://www.google.com/search?q=waysides&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ved=0ahUKEwj-4azttDJAhUEKB4KHV3kAqEQ_AUICCGC&biw=1280&bih=607&dpr=2#tbn=isch&q=bicycle+clipart&imgdii=s28MVMXf5eyeCM%3A%3Bs28MVMXf5eyeCM%3A%3B33uwqc7nVVT1YM%3A&imgsrc=s28MVMXf5eyeCM%3A This link was used to get a picture of the bicycle on the Berlin Wayside Exhibit

https://www.google.com/search?q=berlin+state+forest&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ved=0ahUKEwiaqenQkdLJAhWKbT4KHQxnDB4Q_AUICCGC&biw=1280&bih=626#imgsrc=kGT-X388cwVjAM%3A this link was used to get a picture of the map berlin state forest on the Berlin Wayside Exhibit

https://www.google.com/search?q=caution+sign&client=safari&rls=en&source=lnms&tbn=isch&sa=X&ved=0ahUKEwiui7eK1NfJAhXJ7SYKHfEsCjUQ_AUIBygB&biw=1280&bih=604#imgsrc=MgJkO60jAAP6GM%3A This link was used for the caution sign on the Berlin Wayside Exhibit

<http://www.clipartpanda.com/categories/pine-tree-clipart-> [This link was used to get a picture of the three pine trees on the berlin wyaisde exhibit](#)

Annotated Bibliography Continued

- <https://pixabay.com/en/fig-indians-canoeing-809725/> -Picture for Schodack Island State Park Lesson Plan
- <https://pixabay.com/en/green-fern-leaf-natural-715535/> -Picture for Berlin State Forest Lesson Plan
- <https://pixabay.com/en/in-love-thinking-poetry-poet-652485/> -Picture for Grafton State Park Lesson Plan
- <https://pixabay.com/en/path-forest-woods-trees-autumn-1030970/> - Picture for Pittsown State Forest Lesson Plan
- <https://www.pinterest.com/pin/259942209718700664/> - Picture for Tibbits State Forest Lesson Plan
- <http://gif-favicon.com/birds/bird-small-brown-transparent-background-10033.php>- Picture of bird on Orange trail wayside
- <http://www.portablepaddler.com/pakboats-pakcanoe-150t-folding-canoe/>- picture of canoe on orange trail wayside
- <https://www.pinterest.com/hownow00/volleyball/>- picture of volleyball on orange trail wayside
- <http://www.mentermon.com/red-squirrels.htm>- picture of red squirrel on the cet bell wayside
- <http://weknowyourdreams.com/hawk.html>- picture of a hawk on the cet bell wayside
- <http://parks.ny.gov/parks/attachments/GraftonLakesTrailMap.pdf>- picture of map on chet bell trail
- <http://www.freestockphotos.biz/stockphoto/15685>- picture of car on the pittstown singletrack wayside
- http://vector.me/browse/201141/steren_bike_rider_clip_art- picture of biker on the pittstown singletrack wayside
- <http://icons.mysitemyway.com/legacy-icon-tags/hiking/page/4/>- picture of hikers in black circle on the pittstown singletrack wayside
- <http://www.fs.usda.gov/activity/superior/recreation/bicycling/?recid=36905&actid=24>- picture of bikers in forest on the pittstown singletrack wayside
- http://all-free-download.com/free-vector/download/hiker_hiking_clip_art_15667.html- picture of hiker on the nature trail wayside
- <http://cliparts.co/free-hunting-clipart>- picture of hunting on the nature trail wayside
- <http://cliparts.co/free-skiing-clipart>- picture of skiing on the nature trail wayside
- <http://www.clipartpanda.com/categories/woman-fishing-clipart>- pictuer of fishing on the nature trail wayside