

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)



Thesis

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

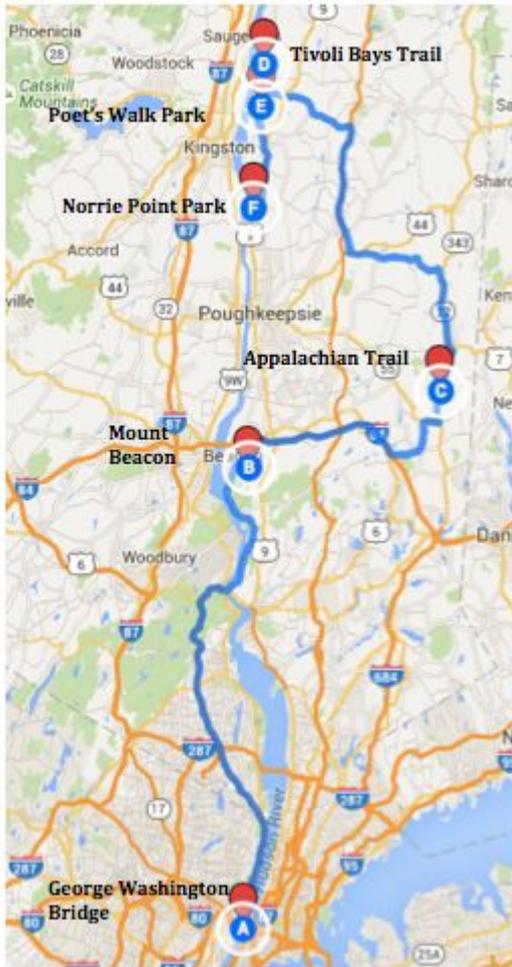


Tivoli Bays Trail



The Appalachian Trail

Highway Route Map



Day 1-

- Begins at the George Washington Bridge
- Mount Beacon

Day 2-

- Appalachian Trail
- Tivoli Bays

Day 3-

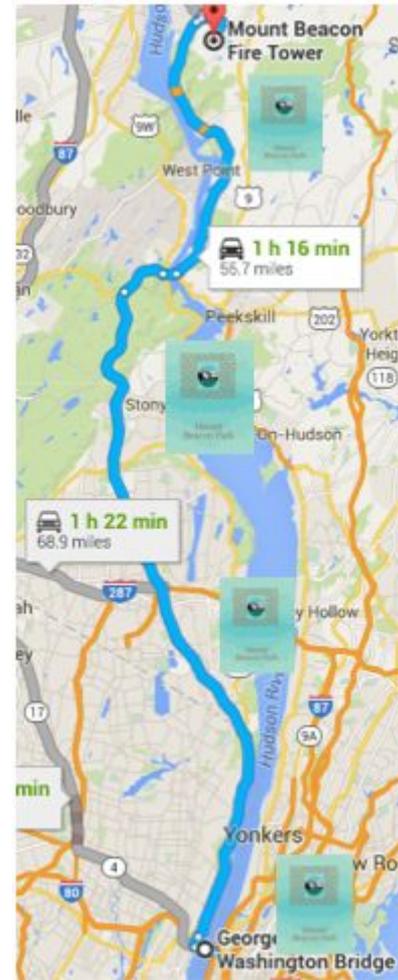
- Poet's Walk
- Norrie Point Park

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



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



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.

Park Features:

- ❖ Bird watching
- ❖ Dog walking (on leash)
- ❖ Hiking
- ❖ Picnicking
- ❖ Portable toilet

Park is open all year from dawn to dusk.



Mount Beacon Park



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



Map of the states that the Appalachian Trail runs through.

One of Dutchess Counties largest parks

THE APPALACHIAN TRAIL



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 Cat Rocks (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

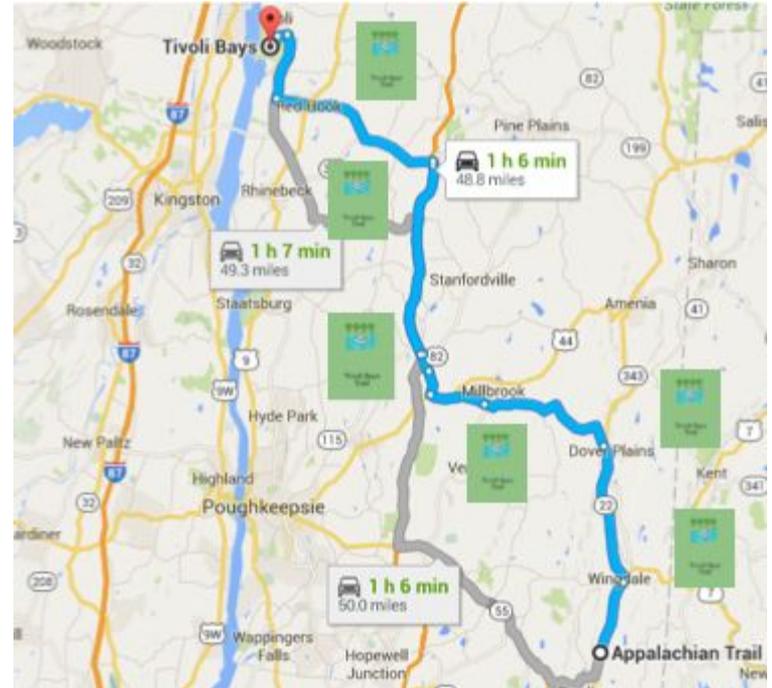


- Discuss how this trail is owned by the National Park Service, and what that means, and then we would have the students do a scavenger hunt to look for the deer, amphibians, reptiles, wild turkeys, and occasionally coyotes, bobcats and beavers that are said to live in the reserve



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.

Tivoli Bays



Things to Do at Tivoli Bays

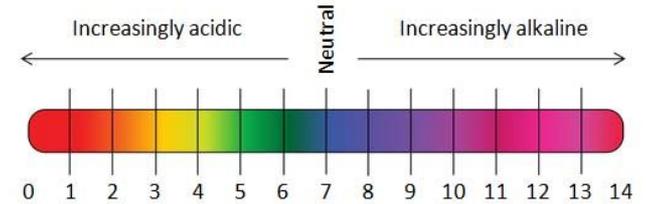
- ❖ Explore the Bays
- ❖ Canoe the Marsh
- ❖ View North Bay
- ❖ Bicycle
- ❖ Observe Wildlife
- ❖ Hike the Trails

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.



Tivoli Bays



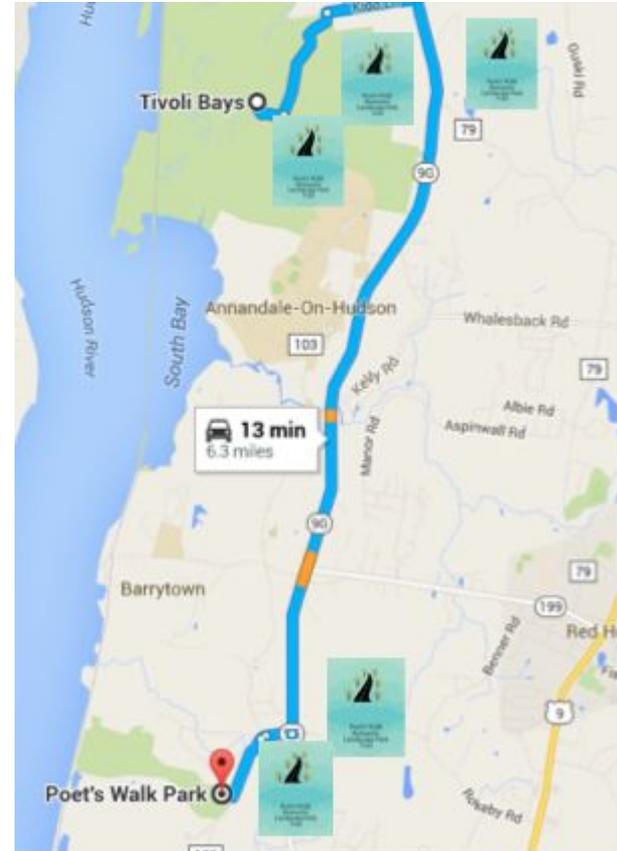
Canoeing and pH Level Testing



- 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 along

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

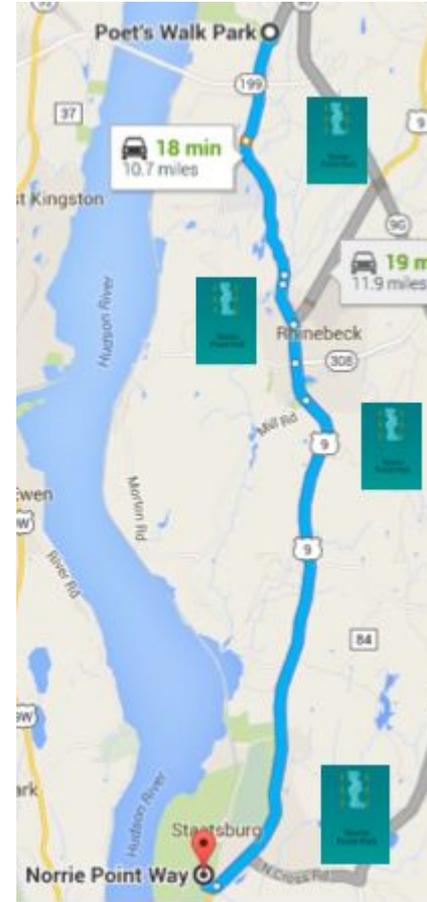
Bird Watching Activity



- 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

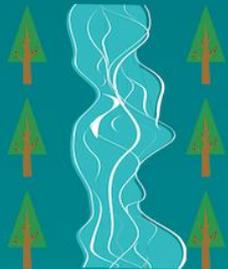
1. Keep left Mt Rutsen Rd
2. Merge onto Old Post Road
3. Continue onto U.S. 9 S
4. Slight right onto Margaret
Norrie State Park





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.



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

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

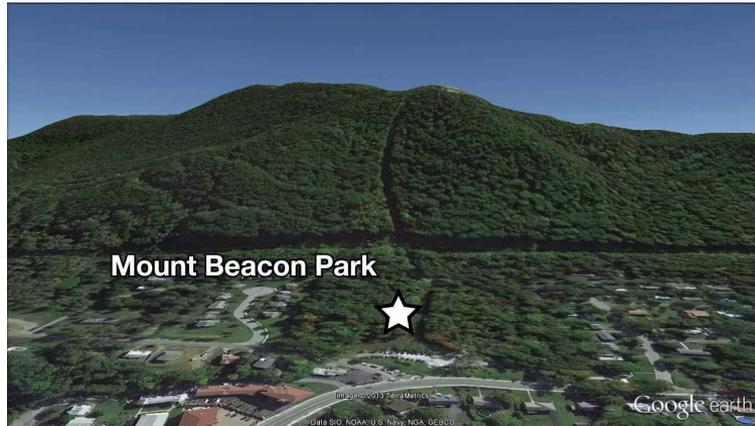
***Are prompted to arrive 15 minutes prior (11:45 A.M.)

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



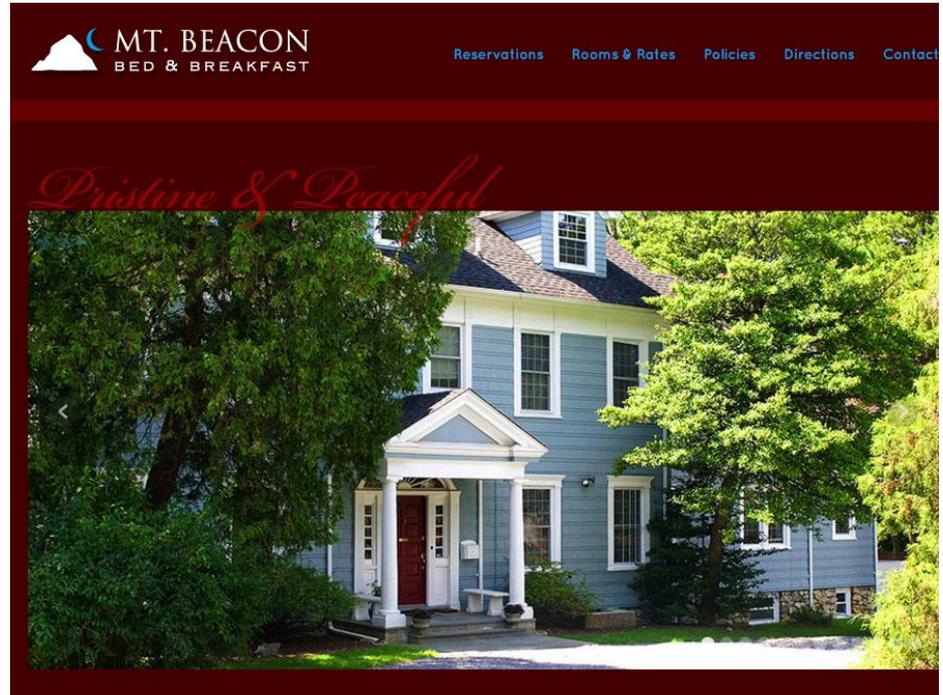
See the
fire tower

Itinerary -Day 1 Continued

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



Place to Sleep: Mt. Beacon Bed and Breakfast



Itinerary -Day 2

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](tel:8455181915)

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](tel:(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 cafe 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 Margaret 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 trails.
- We were able to use 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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