



*The
Army
Brats*

Richelle, Michael, Lauren, Lauren

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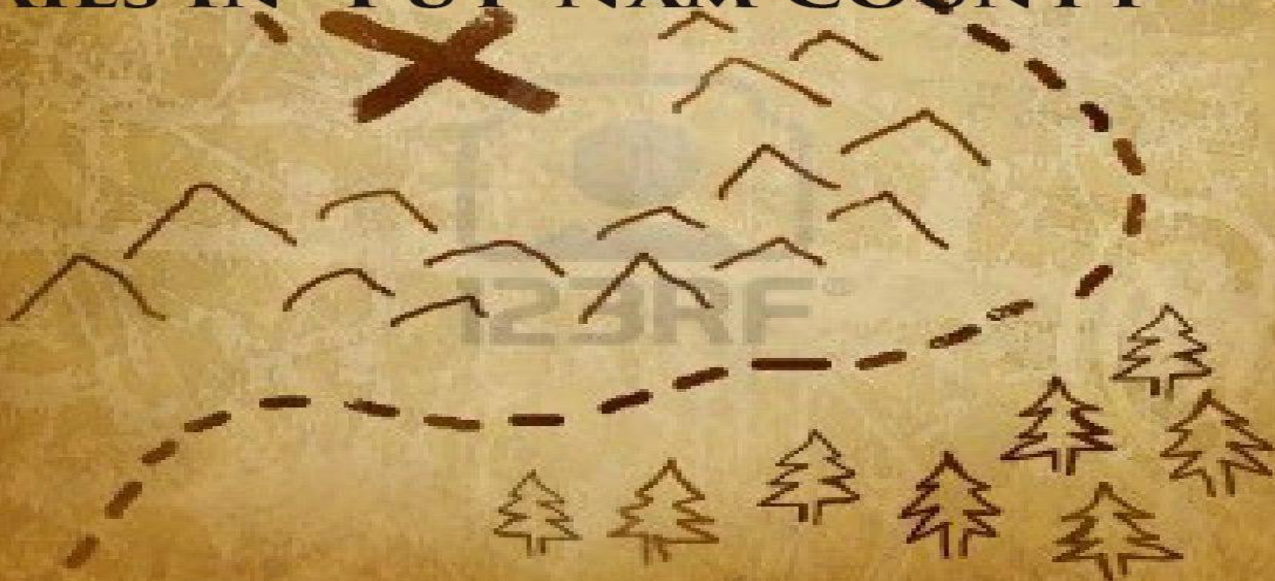
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Itinerary/ Lesson Plans Putnam County

**Richelle Pointer, Lauren
Aliberti, Lauren O'Reilly
and Michael Woodley**

**“PUT” YOURSELF ON THE
TRAILS IN “PUT”NAM COUNTY**





THESIS:



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!

36 Hour Itinerary

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

20 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

328 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

↶ Turn left onto Fishkill Rd

2.3 mi

↶ Turn left onto Lake Surprise Rd

⚠️ Partial restricted usage road

i Destination will be on the left

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

i Destination will be on the right

1.1 mi

124 Main St

Cold Spring, NY 10516



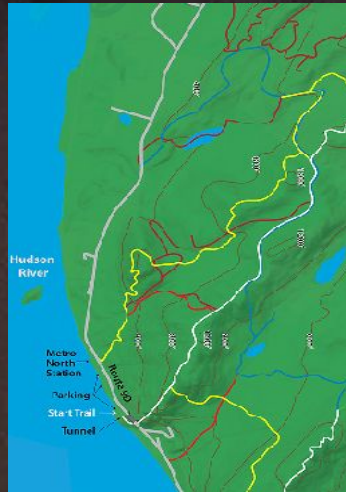
<http://www.nynjtc.org/hike/breakneck-ridge-trail>

Breakneck Ridge



NEXT EXIT

Breakneck Ridge



-View of the Hudson River and the Newburgh-Beacon Bridge.

-City of New York Catskill water supply 1912

Time: 3.5 hours

Difficulty:

Strenuous

Length: 2.8 miles

Route Type:

Circuit

Dogs: Allowed on leash

Features: Views, Transportation

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, 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

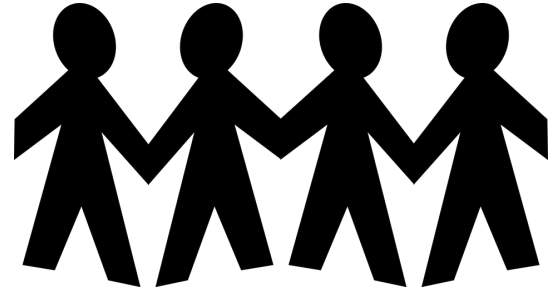
<http://nynjtc.org/hike/breakneck-ridge-trail>

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.

Directions

17 min (10.0 miles)

via NY-9D S

15 min without traffic

 This route has tolls.



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

11 min (6.2 miles)

via US-202 W/US-9W S

9 min without traffic



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

⤴ Sharp right onto US-202 W/US-9W S

 Destination will be on the right

6.0 mi

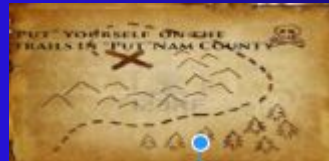
337 N Liberty Dr

Tomkins Cove, NY 10986



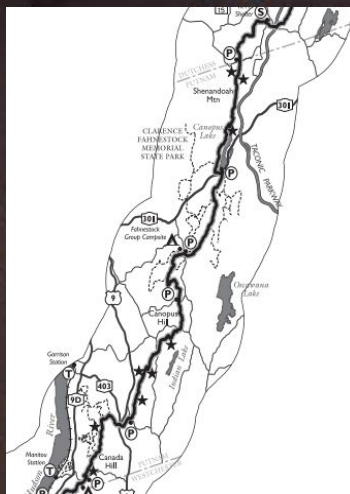
<http://blog-tw.nynjtc.org/jolly-rovers-crew-finishes-steps-on-appalachian-trail-at-fitzgerald-falls/>

Appalachian Trail Putnam County New York



NEXT EXIT

Appalachian Trail



Features:

- One of the Nation's oldest unpaved roads
- ruins of smallpox inoculation center
- New Hampshire village: amber

Length: 4.8 miles

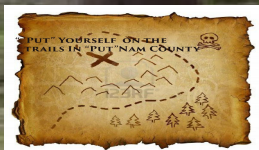
Difficulty:

Strenuous

Time: 4 hours

Route type:
circuit

1921: Benton MacKaye goes public with his proposal for "An Appalachian Trail: A Project in Regional Planning."



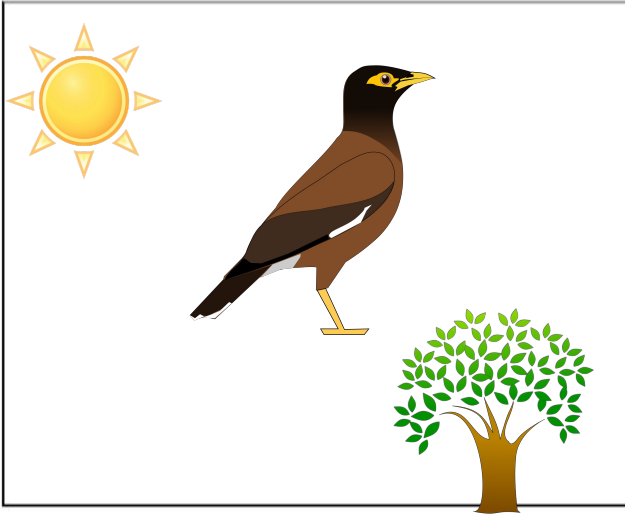
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Appalachian Trail (Nature Journal)

NATURE JOURNAL

Date _____
Season _____
Weather _____

Location _____
Time of Day _____



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>

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)



via US-202 W/US-9W S

9 min without traffic

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

➤ Sharp right onto US-202 W/US-9W S

i Destination will be on the right

6.0 mi

337 N Liberty Dr

Tomkins Cove, NY 10986

28 min (16.3 miles)



via US-202 E/US-9W N and NY-9D N

25 min without traffic

⚠ This route has tolls.

337 N Liberty Dr

Tomkins Cove, NY 10986

↑ Head north on US-202 E/US-9W N toward James St

6.4 mi

📍 At the traffic circle, take the 1st exit onto US-202 E/US-6 E

⚠ Partial toll road

0.6 mi

↶ Slight left onto NY-9D N

8.6 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

i Destination will be on the right

328 ft

2 Main St

Saturday Morning



Left: Chocolate Babka French Toast
from Hudson Hil's Cafe and Market
Right: Owner pictured at opening



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.hudsonhills.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

328 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

865 New York 301

Cold Spring, NY 10516

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



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

Round Hill East Mountain Loop



NEXT EXIT

Round Hill



Features:

Streams
Stone Walls
Agricultural
artifacts

Length: 7.5
miles
Difficulty:
moderate
Time: 4.5 hours
Route type:
Circuit



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Round Hill East (Tree/Leaf Scavenger Hunt)

NATURE JOURNAL

Date _____
Season _____
Weather _____

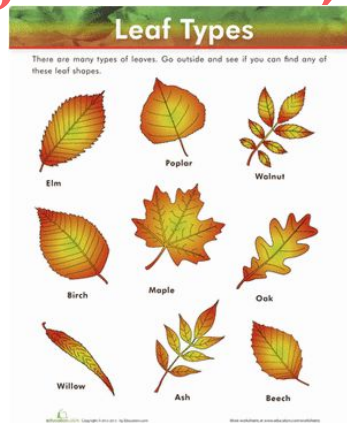
Location _____
Time of Day _____





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

Destination will be on the left

3.9 mi

334 New York 9D

Garrison, NY 10524

14 min (7.8 miles)



via NY-9D N

13 min without traffic

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



<http://www.nynjtc.org/park/manitou-point-nature-preserve>

Manitou Point Preserve



NEXT EXIT

Manitou Point Preserve



Features:

- Rock Outcrops
- Steep sided ravine
- Manitou Marsh
- Rocky Bluffs along the River

Length: 3.5 miles
Difficulty: easy to moderate
Time: 2 hours
Route type: circuit
Scenery: cliffs

This trail was formerly known as Mystery Point.



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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://www.formerchef.com/2010/02/04/goat-cheese-and-spinach-ravioli-with-creamy-mixed-mushrooms/>



Directions

31 min (19.4 miles)

via NY-301 E

29 min without traffic

2 Main St

Cold Spring, NY 10516

↑

Head northeast on Main St toward North St

328 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

17.8 mi

↘

Turn right onto Gleneida Ave

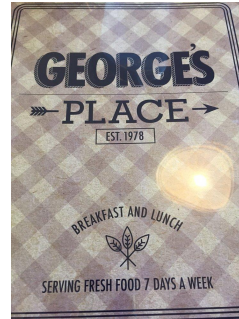
Destination will be on the left

184 ft

36 Gleneida Ave

Carmel, NY 10512

Sunday Morning



George's Place Menu

<http://www.georgesplaceny.com/menu.html>

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

44 70 101 147 193 239 285 331 377 423 469 515 561 607 653 699 745 791 837 883 929 975 1021 1067 1113 1159 1205 1251 1297 1343 1389 1435 1481 1527 1573 1619 1665 1711 1757 1803 1849 1895 1941 1987 2033 2079 2125 2171 2217 2263 2309 2355 2401 2447 2493 2539 2585 2631 2677 2723 2769 2815 2861 2907 2953 2999 3045 3091 3137 3183 3229 3275 3321 3367 3413 3459 3505 3551 3597 3643 3689 3735 3781 3827 3873 3919 3965 4011 4057 4103 4149 4195 4241 4287 4333 4379 4425 4471 4517 4563 4609 4655 4701 4747 4793 4839 4885 4931 4977 5023 5069 5115 5161 5207 5253 5299 5345 5391 5437 5483 5529 5575 5621 5667 5713 5759 5805 5851 5897 5943 5989 6035 6081 6127 6173 6219 6265 6311 6357 6403 6449 6495 6541 6587 6633 6679 6725 6771 6817 6863 6909 6955 7001 7047 7093 7139 7185 7231 7277 7323 7369 7415 7461 7507 7553 7599 7645 7691 7737 7783 7829 7875 7921 7967 8013 8059 8105 8151 8197 8243 8289 8335 8381 8427 8473 8519 8565 8611 8657 8703 8749 8795 8841 8887 8933 8979 9025 9071 9117 9163 9209 9255 9301 9347 9393 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Wonder Lake State Park



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



NEXT EXIT

Wonder Lake State Park

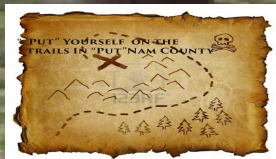


Features:

- Wonder Lake
- Laurel Pond
- Mountain Laurel
- Eastern Hemlock

Length: about
5.1 miles
Difficulty: Easy
to moderate
Time: 3.5 hours
Scenery: Around
a lake shore

1998- NYS Office of Parks,
Recreation and Historic
Preservation added
Wonder Lake State Park



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.



A piece of the Wonder
Lake Trail in Putnam
County

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

Wonder Lake State Park (Use Your Senses)

Use Your Senses

Name _____

Part 1: What do you see?

Part 2: What do you hear?



Part 3: What do you feel?

Part 4: What do you smell?

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

Materials:
worksheet, pen &
pencil

As your classmates share their observations, cross off any that are similar.
You earn 1 point for each item left! How many points did you earn?

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/1I76hRO6Yj_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!

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