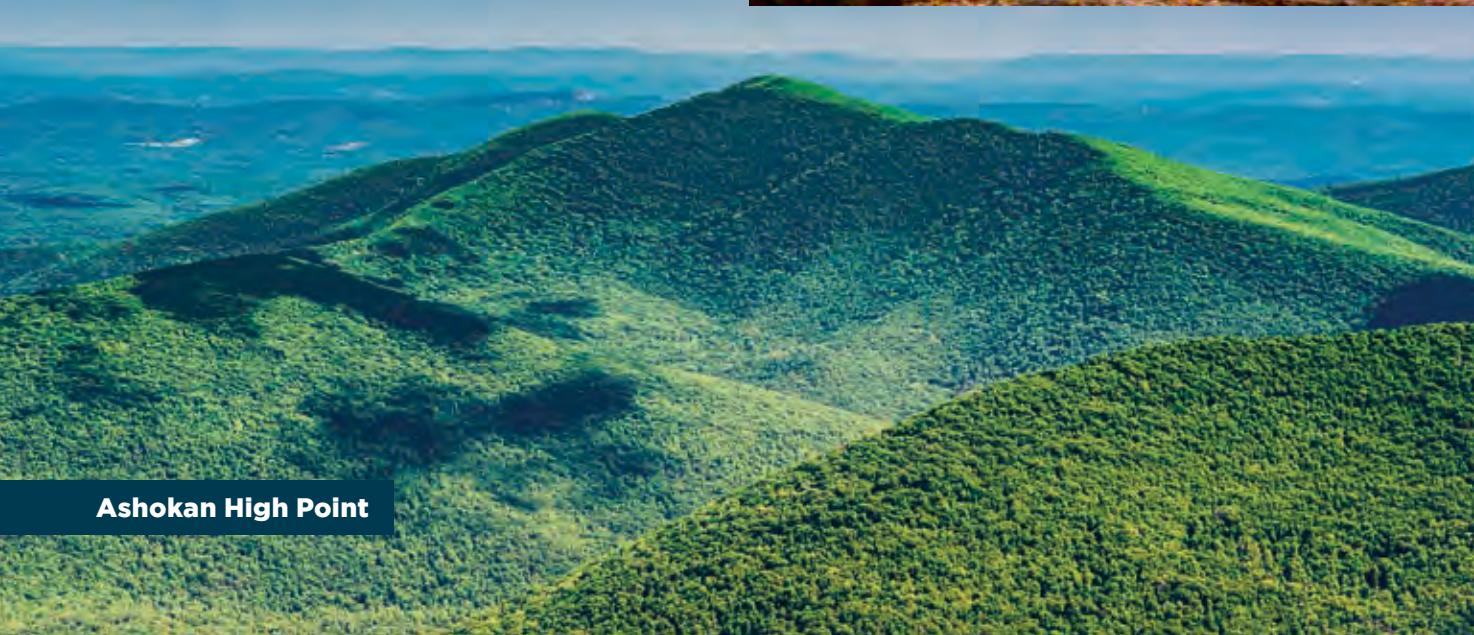




Hudson Valley Rail Trail



Walkway Over the Hudson



Ashokan High Point



Ashokan Rail Trail



Mohonk Preserve



SEEK
& FOR
YOURSELF
FIND
YOUR TRAIL

ulstercountyalive.com

Your guide to the scenic hiking
and biking trails of Ulster County.

HUDSON RIVER TOWNS & CITIES

1 Walkway Over the Hudson (Town of Lloyd)

The Walkway Over the Hudson (Walkway), the longest-elevated pedestrian walkway in the world, spans the Hudson River between Poughkeepsie and Highland and is now part of the 750-mile Empire State Trail. Connected to the Poughkeepsie Train Station by an elevator and fully accessible, the Walkway has become one of the most popular destinations in the Hudson Valley for walkers, cyclists and in-line skaters. walkway.org

2 Hudson Valley Rail Trail/Empire State Trail (Towns of Lloyd and New Paltz)

The Empire State Trail (EST)/ Hudson Valley Rail Trail (HVRT) extends from the Walkway to the Wallkill Valley Rail Trail in New Paltz (approximately eight miles). This segment is part of the 750-mile EST running from New York City to the Canadian border and from Albany to Buffalo. The EST/HVRT has public restrooms at the Walkway, at the HVRT Depot/Rotary Park in Highland and Tony Williams Park. hudsonvalleyrailtrail.net & ny.gov/programs/empire-state-trail

3 Franny Reese State Park (Hamlet of Highland, Town of Lloyd)

Overlooking the Hudson River just south of the Walkway and HVRT, this 251-acre New York State park offers 2.5 miles of trails, including an historic carriage road that passes the ruins of a 19th-century estate. The trails provide superb views of the Franklin D. Roosevelt Mid-Hudson Bridge. scenicudson.org/parks/frannyreese

4 Black Creek Preserve (Town of Esopus)

The 130-acre Black Creek Preserve is a great destination for a family-friendly hike. Kids love crossing the dramatic suspension bridge that spans the Black Creek Hike as well as exploring the Hudson River shoreline. Two miles of trails pass through rolling forest while heading to the Pitch Pine Overlook on the Hudson River near the inlet of the Black Creek. scenicudson.org/parks/blackcreek

5 John Burroughs Nature Sanctuary (Town of Esopus)

The Burroughs Sanctuary is a pristine and rugged 200-acre retreat where literary naturalist John Burroughs built his rustic cabin retreat, Slabsides, in 1895. The Preserve offers a 4.5-mile network of trails, rated easy to moderate, which wind through rocky ridges, deep forests, and onto a peninsula in a stunning two-acre pond enabling you to experience the same forest, geologic formations, waterfalls, fern valleys, wildflowers, birds and wildlife that Burroughs reveled in over a hundred years ago. Trail features include a 55-step stone stairway, boardwalks (one through Burroughs' former celery swamp) and a ladder up a cliff. johnburroughsassociation.org

6 Shaupeneak Ridge (Town of Esopus)

Located on the slopes and top of Shaupeneak Ridge, the 936-acre preserve offers wildflower-filled grasslands, a waterfall, pond, stunning rock formations, scenic viewpoints and an abundance of wildlife. Nearly nine miles of trails of varying difficulty and length allow exploration of the preserve's myriad natural and scenic treasures. The 0.1-mile Purple Trail (off of the White Trail) leads to a scenic waterfall. The easy 1.2-mile Blue Trail encircles Louisa Pond and adjacent wetlands. The moderate 1.25-mile Red Trail is distinguished by its two scenic overlooks of the Hudson and Catskills. scenicudson.org/parks/shaupeneakridge

7 Kingston Point Rail Trail (City of Kingston)

The Kingston Point Rail Trail partially opened in 2019 connecting Midtown Kingston to the City's waterfront on the Rondout Creek. This 1.2-mile paved trail/linear park is fully accessible and will eventually be extended along the waterfront to Kingston Point, which offers scenic views of the Rondout Creek and Hudson River. trailink.com/trail/kingston-point-rail-trail

8 Falling Waters Preserve (Town of Saugerties)

Approximately two miles of varied trails exist on this 149-acre preserve. The trails are an excellent place to explore the rugged beauty of the Hudson River, while hiking atop rock ledges that slant precipitously into the water. The 0.65-mile white-blazed Riverside Trail hugs the river and offers great views. The 0.9-mile red-blazed Upland Trail affords views of the Catskills and a picturesque waterfall. scenicudson.org/parks/fallingwaters

9 Saugerties Lighthouse Trail (Village of Saugerties)

Located along the Hudson River at the confluence of the Esopus Creek, the land surrounding the trail to the lighthouse consists of 17 acres of wooded grounds and tidal wetland flats. The scenic half-mile trail to the 19th century lighthouse and its surrounding public decks, as well as a forked trail to a beachside picnic area on the Hudson, offer a family-friendly and enjoyable hike for kids and a preferred spot for bird watching and a boat launch. saugertieslighthouse.com

RONDOUT VALLEY REGION

10 O&W Rail Trail (Towns of Hurley, Marbletown, Rochester and Wawarsing)

The O&W Rail Trail is a multi-segment, 27-mile shared-use trail open for walking, running, bicycling, horseback riding, inline skating (northern section only), cross-country skiing and snowshoeing. The O&W Rail Trail is partially-completed and will eventually run from Kingston to Ellenville. The northern section, also known as the "Hurley Rail Trail," includes two miles of accessible, asphalt-paved trail that connects to a naturally surfaced trail running 11 miles southward. The trail picks up again to the south in the hamlet of Accord, offering a three-mile dirt/gravel trail to the hamlet of Kerhonkson. An additional 1.3-mile section is located north of Ellenville and runs along the Rondout Creek. theoandwtrailrail.org

11 Lippman Memorial Park (Village of Ellenville, Town of Wawarsing)

Located in the valley between the scenic Shawangunk and Catskill Mountains, Lippman Park has become one of the most popular destinations in the region for mountain biking. Offering approximately 15 miles of single-track trails ranging from beginner to expert, the trails were developed by the Renegades Mountain Bike Club to offer fun and exciting rides for all skill levels. The park also includes a playground, ball fields, and walking trails. townofwawarsing.net

12 Vernooy Kill State Forest/Sundown Wild Forest (Towns of Rochester and Wawarsing)

New York State's 30,000-acre Sundown Wild Forest and adjacent Vernooy Kill State Forest, which includes the former 5,000-acre Lundy estate, connect the Shawangunk Mountains to the southernmost part of the Catskills and the State Forest Preserve. These forever-wild forest lands are open for hikers, cyclists, equestrians and other pursuits. A moderate 11.2-mile loop trail passes over the Vernooy Kill and Balsam Swamp and leads to scenic Vernooy Falls, a spectacular 60-foot waterfall series. dec.ny.gov/lands/106434.html

13 Minnewaska State Park Preserve/Sam's Point Area (Town of Wawarsing)

The Minnewaska State Park Preserve is a 22,275-acre preserve located on the dramatic Shawangunk Mountain Ridge which rises more than 2,000 feet above sea level and is surrounded by rugged, rocky terrain. The park features numerous waterfalls, three crystalline sky lakes, dense hardwood forests, incising sheer cliffs and ledges opening to beautiful views, clear streams cut into valleys, 35 miles of carriage roads and 50 miles of footpaths on which to bike, walk, hike and simply enjoy. The park also includes Sam's Point Preserve, the highest section of the Shawangunk Mountains, which features Ice Caves, a waterfall and dwarf pine forests. Day use fee required. parks.ny.gov/parks/127

14 Mohonk Preserve (Towns of Rochester, Rosendale and Marbletown)

Located just north of Minnewaska Park, Mohonk Preserve is New York State's largest visitor- and member-supported nature preserve with 165,000 annual visitors and 8,000 protected acres of cliffs, forests, fields, ponds and streams. Named one of the five best city escapes nationwide by Outside magazine, Mohonk Preserve maintains over 70 miles of carriage roads and 40 miles of trails for hiking, cycling, trail running, cross-country skiing, snowshoeing and horseback riding along the Shawangunk Mountains. It is also a major destination for rock climbers, hosting 50,000 climbers each year. Day use fee or membership required. mohonkpreserve.org

15 WALLKILL VALLEY REGION

Wallkill Valley Rail Trail/Empire State Rail Trail (Towns of Gardiner, New Paltz, Rosendale and Ulster)

This flat, naturally surfaced rail trail welcomes hikers, joggers, bicycle riders, equestrians, dog walkers and cross-country skiers. The 22-mile linear park passes historic districts, downtown areas, woodlands, stunning mountain views, orchards, cement mines/caverns and waterways and traverses the historic Rosendale Trestle, a magnificent 940-foot long bridge spanning the Rondout Creek. The trail is primarily hard-packed dirt and gravel. wallkillvalleyit.org/wvrt

16 River-to-Ridge Trail (Town of New Paltz)

This six-mile loop trail connects the Wallkill Valley Rail Trail/ Empire State Trail in the Village of New Paltz to the carriage roads and footpaths of the Shawangunk Ridge. The River-to-Ridge Trail starts at the Wallkill River, winds through active farmland, and ascends into the incredibly scenic foothills of the Shawangunk Ridge. opensepaceinstitute.org/places/river-to-ridge-trail

17 Minnewaska State Park Preserve/Sam's Point Area (Towns of New Paltz, Gardiner and Shawangunk)

The Minnewaska State Park Preserve is a 22,275-acre preserve located on the dramatic Shawangunk Mountain Ridge which rises more than 2,000 feet above sea level and is surrounded by rugged, rocky terrain. The park features numerous waterfalls, three crystalline sky lakes, dense hardwood forests, incising sheer cliffs and ledges opening to beautiful views, clear streams cut into valleys, 35 miles of carriage roads and 50 miles of footpaths on which to bike, walk, hike and simply enjoy. The park also includes Sam's Point Preserve, the highest section of the Shawangunk Mountains, which features Ice Caves, a waterfall and dwarf pine forests. Day use fee required. nysparks.com/parks/127/details.aspx

18 Mohonk Preserve (Towns of New Paltz and Gardiner)

Located just north of Minnewaska Park, Mohonk Preserve is New York State's largest visitor- and member-supported nature preserve with 165,000 annual visitors and 8,000 protected acres of cliffs, forests, fields, ponds and streams. Named one of the five best city escapes nationwide by Outside magazine, Mohonk Preserve maintains over 70 miles of carriage roads and 40 miles of trails for hiking, cycling, trail running, cross-country skiing, snowshoeing and horseback riding along the Shawangunk Mountains. It is also a major destination for rock climbers, hosting 50,000 climbers each year. Day use fee or membership required. mohonkpreserve.org

19 Shawangunk Grasslands National Wildlife Refuge (Town of Shawangunk)

The Shawangunk Grasslands Refuge offers two interconnected natural trail loops extending 3.6 miles. The Refuge trail runs through open grassland offering great birdwatching opportunities and impressive views of the Shawangunk Ridge. The Refuge is open dawn to dusk and dogs are not allowed. fws.gov/refuge/shawangunk_grasslands

CATSKILL MOUNTAIN REGION

20 Ashokan Rail Trail
(Towns of Hurley and Olive)

 Opened in 2019, the Ashokan Rail Trail (ART) is an 11.5-mile recreational trail running along the northern shore of the Ashokan Reservoir. The highly compacted crushed stone trail is fully accessible to persons with disabilities and is open for hiking, cycling, running, dog walking and winter activities (the ART is not plowed in the winter.) Open year round from dawn to dusk, the ART has three public trailheads and offers scenic views of Ashokan Reservoir and the Catskill Peaks. ashokanrailtrail.com






21 Ashokan Reservoir Day Use Area
(Town of Olive)


 This recreational area, also known as the Promenade, is located on the southern shore of New York City's Ashokan Reservoir and offers a paved walkway with panoramic views of the Catskill Mountains. Open for cyclists, walkers, runners, in-line skaters, and nature enthusiasts, the handicapped-accessible walkway (2.75 miles) offers a flat area to view the Catskill high peaks and area wildlife, including bald eagles. Dogs are not allowed on this trail. Additionally, a picnic area nearby (seen on map) contains a 0.5-mile, flat, paved path around the picturesque "aerator" (water fountain), where dogs are allowed. trailink.com/trail/ashokan-reservoir-promenade







22 Maurice D. Hinchey Catskills Visitor Center
(Town of Shandaken)

 Located conveniently off Route 28 in Mount Tremper in the Catskill Park, the Center is the gateway for exploring the Catskills where detailed brochures and maps for regional trails and area attractions are available. The Center offers a flat half-mile loop trail that is fully-accessible and interpretive signage. There is also a half-mile nature trail leading uphill to a picnic area and scenic overlook and a newly restored 80-foot fire tower. catskillsvisitorcenter.org







23 Slide Mountain Wilderness
(Towns of Shandaken, Olive and Denning)


 The largest and most popular wilderness area in the Catskill Forest Preserve, the Slide Mountain Wilderness encompasses more than 47,500 acres and offers more than 35 miles of rugged trail for moderate to challenging hiking. The well-marked trail network includes the Burroughs Range Trail, which ascends Slide Mountain (the highest peak in the Catskills), the Giant Ledge Trail, the Peekamoose Table Trail and others that wind through remote forest land. They offer spectacular mountain views and opportunities for primitive back country camping. A portion of the 357-mile Long Path also passes through this wilderness area. dec.ny.gov/lands/9150.html

24 Phoenicia-Mt. Tobias Wild Forest
(Town of Shandaken)


 This 7,300-acre Wild Forest offers several scenic day hikes, including a 5.8-mile, strenuous, roundtrip hike to the historic Mt. Tremper Fire Tower. The rocky trail hike leads to the top of Mt. Tremper (elevation 2,740 feet), which has a panoramic view of the surrounding Catskill peaks and valleys. The fire tower is open and staffed with local interpreters from Memorial Day to Columbus Day each year. dec.ny.gov/lands/79221.html

25 Overlook Mountain Wild Forest
(Town of Woodstock)

 One of the top three most visited locations in the Catskill Forest Preserve, the Overlook Mountain Wild Forest offers a unique combination of history and scenic beauty. Featuring a 60-foot historic fire tower (open weekends from Memorial Day through Columbus Day staffed by interpreters), mountain house ruins and impressive views of the Hudson River Valley and the central Catskills, the five-mile, moderate to difficult roundtrip hike along an old carriage road, just outside Woodstock, has become a favorite for locals and visitors. A spur trail offers an additional four-mile roundtrip hike down to Echo Lake. dec.ny.gov/lands/73982.html



26 Big Indian Wilderness Area
(Towns of Shandaken, Denning and Hardenburgh)

 The 52-square-mile Big Indian Wilderness Area contains the longest stretch of hiking trails through uninterrupted virgin forest in the Catskill Mountains. The 30 miles of trail traverse a rugged, mountainous landscape offering numerous opportunities for solitude and abundant back country camping opportunities. The wilderness is host to eight prominent peaks including Balsam, Fir, Haynes and Eagle, as well as several unnamed mountaintops. Elevations range from 1,500-3,860 feet. dec.ny.gov/lands/9151.html

27 Balsam Lake Mountain Wild Forest
(Town of Hardenburgh)

 Comprising 13,500 acres of "forever wild" Forest Preserve, this area offers a variety of trails for hiking, mountain biking, cross-country skiing and snowshoeing that range from easy to challenging. The Alder Lake Area includes a flat 1.5-mile loop trail as well as accessible picnic area, parking and seasonal sanitary facilities. The area also offers a more challenging six-mile round trip hike/bike trail to the summit of Balsam Lake Mountain (3,723 feet), where a 47-foot fire tower is staffed by interpreters on weekends from Memorial Day through Columbus Day. dec.ny.gov/lands/9152.html





28 Shandaken Wild Forest
(Town of Shandaken)

 The Shandaken Wild Forest contains four different parcels, each with its own distinctive character. The many remnants of past industries - farms, sawmills, bluestone mining and tanneries - will intrigue those interested in Catskill history. The Rochester Hollow area contains ruins of a former estate and a spruce plantation (John Burroughs Memorial Forest) and offers three marked trails (five miles) open for moderate hiking and biking. Additional parcels near Belleayre Ski Center offer accessible camping opportunities and short hiking trails. dec.ny.gov/lands/75328.html






29 Bluestone Wild Forest/Onteora Lake
(Towns of Hurley, Kingston and Ulster)


 The 3,000-acre Bluestone Wild Forest is located at one of the most popular gateways to the Catskill Forest Preserve - just off Route 28 three miles west of Kingston. This popular preserve offers something for everyone, including hiking trail loops from two trailheads totaling more than 10 miles which wind along 17-acre Onteora Lake and traverse through beautiful forest lands. Mountain biking on most of the main trails is permitted, including a recent 1.5-mile connector trail over to the eastern portion of the preserve (Jockey Hill) and 17 miles of challenging single-track mountain biking trails. There is also a fully accessible trail section leading to a picnic area and lake overlook. dec.ny.gov/lands/75323.html





30 Sundown Wild Forest
(Towns of Denning and Olive)

 The 30,100-acre Sundown Wild Forest covers a large swath of the southeast Catskills, including several ridges and 10 mountains over 2,000 feet. This preserve hosts an impressive mix of natural features - mountains, waterfalls, valleys and rivers - all rich with trout streams, hiking, camping, and biking opportunities. In the western portion, a short, moderate 1.2-mile hike to Red Hill fire tower provides unsurpassed views of the Catskill high peaks and Rondout Reservoir. On the eastern end, a moderate to difficult seven-mile roundtrip hike or ride on the Ashokan High Point Trail along the Kanape Brook offers plenty of waterfalls and a summit view of nearby high peaks. dec.ny.gov/lands/75346.html



ULSTER COUNTY HIKING & BIKING TRAILS

