

HUDSON RIVER VALLEY & MOHONK MTN. HOUSE ITINERARY

4 days/4 nights

Following is a tentative schedule for your hiking tour in the Hudson River Valley. It may change depending on trail conditions, time of year, weather, group needs or other unforeseen circumstances.

Arrival Day/Night

Complimentary airport pick-up (Albany, NY) scheduled for 4 PM. Alternative pick up location under Travel (see below). For those driving standard check in is 4 p.m. on. Orientation at 6-6:30 p.m. at Mohonk Mountain House followed by dinner at 7 p.m.

SOME OF THE HIKES

Day One: -

We begin our journey on the scenic trails of Mohonk preserve and Mohonk Mountain House property.

Mohonk preserve is New York's largest non-profit natural land preserve who's mission is "To protect the Shawangunk Mountains of New York by inspiring people to care for, enjoy, and explore the natural world", a mission true to our heart. The preserve encompasses 7,000 acres of mountain ridges, forests, fields, streams, ponds, and other unique and beautiful places, offering us bountiful walking and hiking options. We first stretch our legs on the Bonticou Crag hike a moderate 3 mile loop which finds us walking through open fields, woods and to the top of a prominent, stark-white crag overlooking the valley. While visiting the preserve we will stroll along one of the many Trapps carriage roads encircling the Trapps cliffs that make up the famous Shawangunk or "Gunks" rock climbing area of upstate New York. A complex system of trails that wind throughout the Mohonk preserve leading us back onto Mohonk Mountain House property and 85 miles of trails and carriageways ideal for all levels of hiking/walking. Maybe Eagle Cliff Road a loop hike on a carriage road that offers a great variety of scenery in a relatively short and easy walk is the perfect way to end you first day. Or rather you would choose the Sky Top Path one of the most popular hikes at Mohonk leading to Sky Top, a prominent cliff whose stone tower, the Albert K. Smiley Memorial Tower, is easily visible from as far as the New York State Thruway.

Day 2:-

Minnewaska State Park Preserve is a 21,106 acre preserve located on the Shawangunk Ridge with outstanding views of the nearby Catskill Mountains. Three crystal clear sky lakes are within the Park Preserve: Lake Minnewaska, Lake Awosting, and Mud Pond.

Nearby the adjoining Mohonk State Park Preserve, Mohonk Mountain House

property and Sam's Point Dwarf Pine Ridge Preserve have amongst them over a hundred miles of trail for every level of hiking. Perhaps a hike to Gertrude's Nose along the Millbrook Mountain Loop is right for you, a challenging eight mile round trip that affords sweeping views of the Catskills and the Hudson Valley. Or maybe a stroll along some of the 35 miles of old carriage roads is more your pace. Scenic spots include Hamilton Point, Castle Point, Murray Hill, Litchfield Ledge, High Peters Kill cliffs, Awosting Falls, and many spectacular fall are included in the park. Options are numerous and there is something for everyone.

Day 3:-

Morning hikes at Mills-Norrie State Park.

The Mills Mansion (an elegant example of the great estates built by America's financial and industrial leaders during the Gilded Age) offers one of the best views in the entire Hudson River Valley. A serene wooded area with numerous options that thread through the grounds of both Mill and Norrie State Parks ideal for hiking/walking with fabulous views of the Hudson River which runs directly along the parks' western boundaries.

Afternoon options include the Vanderbilt Loop, Poets' walk, Franklin D. Roosevelt museum and several miles of carriage roads leading to Eleanor Roosevelt's N. H.S.

Val-Kill. The Vanderbilt Loop is designated as a moderate hike/walk and is part of the Hyde Park system, ten miles of trails and walkways that connect the National Parks site with other parks and nature preserves.

Poets' walk with its magnificent view and breathtaking landscape that inspired 19th-century writers and continues today to cast a romantic spell on those that visit. It features a series of outdoor "rooms" each intended to elicit a distinct emotional reaction. Whether admired from the rustic Overlook Pavilion or along the windswept meadow trail, the views remain breathtaking, with the wall of blue-green peaks serving as a backdrop for the majestic Hudson River.

Other options include a trail that follows an old farm road through the woods, skirting a dramatic ravine and crossing a stone bridge. Wherever you roam, bring binoculars — the woods and fields are full of wildlife.

Time permitting perhaps you'd also enjoy a visit to the Franklin D. Roosevelt museum or the Eleanor Roosevelt's Val-Kill.

Day 4:-

Our last morning we will either head up into the "Gunks" once more or perhaps for a gentler option, we may explore the recently built walkway over the Hudson to Franny Reese State Park, dedicated on October 16th, 2009 in memory of Frances "Franny" Reese (1917 - 2003) a Scenic Hudson founder and guiding spirit. This new park features 249 acres of impressive ridgeline with dramatic

views of the Mid-Hudson Bridge and the new Walkway Over the Hudson. The land boasts a broad array of tree species and features carriage trails and stone walls that crisscross the acreage.

TRAVEL:-

Arrivals:-

Complimentary airport pick up at Albany, NY Airport 4:00 PM. Your guides will be waiting for you at the Delta ticket counter.

If the scheduled pick-up time does not work for your flight, you will need to rent a car and drive to the Mohonk Mountain House.

If you are planning to use our airport shuttle and are going to be delayed, please call our office at 1-800-869-0949 and leave a message. On the arrival day we will be in and out of the office in the morning checking messages and available by phone an hour prior to pick up.

If arriving by private car, the check-in time is 4:00 PM at Mohonk Mountain House.

Directions can be found below or by visiting www.mohonk.com (see lodging information below).

Departures:-

Departure by car: approx. 2 PM

Departure by air: Our complimentary drop-off at Albany Airport is at 3:00 PM.

Bus and Train Travel:-

Bus service is available on Adirondack Trailways to the New Paltz Bus Station. (Please be sure to get off the bus at the New Paltz Bus Station in the middle of town, *not* at the Park and Ride by the Thruway.) Service departs from Port Authority in New York City, Albany Trailways terminal (360 Broadway), Route 17 in Ridgewood, New Jersey, and locations in southern New York and Long Island. Trailways can be reached at (800) 858-8555 and online at www.trailwaysny.com.

(You may call the Mohonk Transportation Department at (845) 256-2016 as they offer complimentary bus service. Please make your reservation at least 24 hours in advance).

Train service is available via Metro North and Amtrak trains to the Poughkeepsie Train Station, approximately 45 minutes away from Mohonk Mountain House. From New York City, Metro North leaves from Grand Central and Amtrak leaves from Pennsylvania Station. Information is available at www.mta.info for Metro North, and www.amtrak.com for Amtrak trains. (We offer complimentary pick up at 4:30 p.m. and Mohonk Trans. Dept. (see above) can

pick up at other times for a \$65 p.p. fee).

4-NIGHTS LODGING:-

Mohonk Mountain House
1000 Mountain Rest Road
New Paltz, New York 12561
1-800-772-6646 or 1-845-255-1000
Check-in time is 4:00 PM.

Amenities include:

The Spa at Mohonk Mountain House with 16 treatment rooms, a solarium with stone fireplace, outdoor heated mineral pool, indoor heated swimming pool, comprehensive fitness center and yoga/motion room.

Sport enthusiasts will love the challenging 9-hole Scottish-design golf course, along with two red clay and four Har-Tru tennis courts.

Tour the grounds on horseback or by carriage, watch blacksmithing demonstrations at the Barn Museum or stop by the old fashion soda fountain for an ice-cream float.

For quiet contemplation take a moment on one of the many comfortable rockers overlooking the Hudson River, or steal away to a garden bench with your favorite book.

Further information is available at <http://www.mohonk.com>

Packing Information:-

For weather. We have chosen to run this tour during the months of June, September and October, to take advantage of the best hiking weather in the Northeast.

For our June departure, summers are generally warm with daytime temperatures ranging from the upper 70s to the low 80s (24-29 C).

For our September departure it is best to say weather is not an absolute. Normally, daytime temperatures are only three to five degrees colder than June. Still with the end of summer fast approaching evening temperatures can start to drop into the low 50s creating cool mornings with the higher elevations perhaps dipping into the 40s.

With the onset of October comes cooler temperatures and a kaleidoscope of color. From the predominant green landscape of September, over a short period of weeks we are treated to a Technicolor display. Beginning with the September scarlet flashes of sumac and Virginia creeper, the color show continues with the lemon-yellow of the elms, the bronzed to eggplant purple of the white ash, the brilliant red of the soft maples, the yellow of the birches, the golden orange of the sugar maples and finally with the crimson, maroon and burgundy oak leaves that hang on till they turn a warm, leathery brown.

October temperatures range from the low 40s at night at the month's start to just below 30F at the end of the month. Daytime temperatures are cool and crisp usually ranging between mid 50s to mid 60s. Topography allows for a warmer Hudson River Valley climate than that of the neighboring Catskills.

Suggested Equipment & Clothing List:-

Water bottle or hydration system – Minimum 2-quart capacity
VERY IMPORTANT!!!

Day pack - large enough to carry personal items, such as extra clothes & water.
Footwear - hiking boots. Please do not plan to hike in tennis shoes. Breaking in newer footwear prior to your trip will make your trip more enjoyable.

Rain gear - lightweight and waterproof jacket for carrying on the trail. Pants are optional, but are often nice to have to put over your shorts if it is chilly.

Jacket - For summer tour light weight fleece, and or layers are an option for those choosing to do summits with higher elevation. Autumn tour heavy fleece or other warm parka and our layers are recommended for colder morning and days, summits, and nights.

Dinner evening wear - Jackets are suggested for gentlemen and ladies should dress accordingly. Nice pants and collared shirts are great for men and women alike. Neat sports attire is appropriate during the day.

Hiking attire - t-shirts, shorts, pants, sportswear and seasonal layers, warm hat and gloves for autumn tour.

Socks - Enough pairs to keep your feet dry. Ones that wick away moisture (those made with a good percentage of nylon, wool, or polypropylene) are best.

Sun hat, caps or visor

Sunglasses - Should have UV protective lenses

Toiletries – Include plenty of high-SPF sunscreen and lip balm

Optional Miscellaneous Personal Items: -

Medications

Bathing suit

Camera, film

Hiking poles

Binoculars

Insect Repellent – Occasionally needed (Summer tour)

DRIVING DIRECTIONS:-

Mohonk Mountain House is within easy driving distance from anywhere on the North Eastern Seaboard.

Coming from New York City

Go north on the NYS Thruway (I-87 north) to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street.

Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse. (NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from Southern New York

Follow main highways to Route I-84 (west). Follow Route I-84 to NYS Thruway (north). Go north on the NYS Thruway (I-87 north) one exit to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street. Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse. (NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from Northern New England

Follow main highways to Albany, NY. Go south on the NYS Thruway (I-87 south) to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street. Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse. (NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from Albany & Northern Catskills

Go south on the NYS Thruway (I-87 south) to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto State Route 299/Main Street. Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse. (NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from New Jersey

Follow State Route 17 (north) or Garden State Parkway (north) to NYS Thruway north (Route I-87). Take NYS Thruway to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street. Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse. (NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from Long Island & Connecticut

Follow New England Thruway Route I-95 (west) to Cross-Westchester

Expressway Route I-287. Continue to NYS Thruway (I-87 north). Go north on the NYS Thruway to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street. Follow Main Street through New Paltz.

Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse. (NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from Boston & Vicinity

Follow Massachusetts Turnpike Route I-90 (west) to NYS Thruway south. Go south on Thruway (Route I-87) to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street. Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign). After 1/4 mile bear left at the fork and follow Mountain Rest Road and Mohonk signs to the Gatehouse.

(NOTE: The Mohonk Gatehouse is located about six miles west of the Thruway Exit.)

Coming from Pennsylvania & Delaware

From the Wilmington, Delaware area use Interchange No. 1 of the New Jersey Turnpike. From the Philadelphia area, follow routes to Interchange No. 4 of the New Jersey Turnpike, near Camden. **From areas outside of Philadelphia**, take Pennsylvania Turnpike to New Jersey Turnpike Interchange No. 6. Continue north on the New Jersey Turnpike to the Garden State Parkway. Drive north on Garden State Parkway to the NYS Thruway (I-87 north) to Exit 18, New Paltz. After leaving the NYS Thruway at Exit 18, turn left at the traffic light onto Route 299/Main Street. Follow Main Street through New Paltz. Immediately after crossing the bridge over the Wallkill River, turn right (follow "MOHONK" sign).