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NEW YORK STATE PARKS

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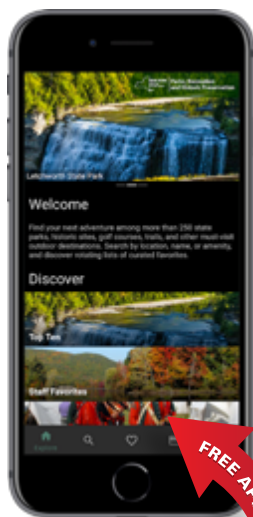
WELCOME



Welcome to **New York State's** great outdoors!

Growing up in Western New York, some of my favorite childhood vacation memories were of my brothers and sister and I piling into our parents' station wagon to drive to nearby parks, lakes, picnic areas, and campgrounds as we sought affordable destinations for our large family. I love looking back on those special times we shared together.

Since then, I've been very fortunate to travel to every corner of our magnificent state. I know the wide array of adventure and the breathtaking scenery that awaits you and your loved ones in our parklands. From Niagara Falls to the Finger Lakes, Long Island, the Thousand Islands to the Hudson Valley and beyond, one-of-a-kind experiences are easily accessible in New York State Parks - whether you're looking for a remote weekend getaway, a daytrip with friends, or a long-planned family vacation.



In the last two years, the outdoors have drawn more people than ever before to discover New York State's beaches, trails, waterways, and green spaces. Plan early for the best chance to secure your favorite campsite or use this helpful guide to explore new campgrounds and make exciting new memories with family and friends.

I love to spend time out in nature and exploring the incredible parks we have right here in New York State. I hope to see you out there!

Sincerely,

Kathy Hochul
Governor



DOWNLOAD FREE NEW YORK STATE APPS

The Parks Explorer app provides visitors on the go with helpful information about the variety of destinations and activities available throughout the Empire State's parks and historic sites. The I Love NY app offers thousands of attractions, events, hotels, campgrounds, restaurants, breweries, wineries and more, just a few taps away.



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Cover: Green Lakes State Park.

WHAT'S NEW!

PARKS UNITE US



"Be kind, for everyone you meet is fighting a great battle."

—Plato

Growing up in an urban environment, the parks I was exposed to as a child were mostly concrete, with swings vs. hiking trails. Everything was familiar and everyone was from the neighborhood. My world was quite small. Things have changed a lot. We're all connected now in ways that would have seemed like science fiction in my childhood. Also, as a New Yorker, I'm exposed (IRL) to the most diverse group of people on earth. Ironically, I experience this same amazing diversity when visiting our nation's parks and public lands.

I remember one of my first business trips to a national park. It was a quick visit, with more time spent traveling than in the park. Fortunately, I set aside two hours to go for a hike. I selected a steep switchback trail for a good workout and great views, and ended up with a whole lot more. About half way up, I passed a small nook in a rock formation, where a group was sitting in the shadows, just a few steps off the trail. As I approached, they waved me over. It was an isolated spot, so I cautiously took a step forward. They asked me if I had water, not because they wanted some but because they hiked there regularly and brought extra. You see, this group knew from experience how easy it was to underestimate the physical demands of the trail and the dangers of becoming dehydrated. They shared that they always stopped to rest in the same shady spot on their way down, to make sure people on their way up had enough water

to continue on safely. I couldn't believe they actually carried extra pounds – literally gallons of water – just to give it away!

I quickly learned to call such people "trail angels," and that angels don't always appear as one might expect. Based on first impressions, this disheveled group, slightly hidden from view in an isolated spot, might seem more threat than salvation. With a snap judgement, it would have been easy to keep on walking, perhaps even quickening my pace. Fortunately, I took a leap of faith and, in return, received a lasting memory and had a valuable lesson reinforced. Simply put, we're all more similar than initially meets the eye. Technology has rendered the world a smaller place, but it also seems to be a more divided one. Parks create common ground, where it's easy to discover hidden powers that unite us. These magical places somehow compel total strangers to graciously share and be kind to others. Let's hold onto that wonderfully positive spirit derived from time spent in nature, and use it when we return home to better help each other, regardless of how different we may appear on the surface. By working together and embracing our differences, we're much better equipped to conquer the universal challenges we all face... together!

Founder & Editor-in-Chief

mark@americanparknetwork.com



Check First. Please be sure to check the park's website, ask a ranger or stop by a visitor center to find out about current conditions and regulations, as well as potential changes in operations.

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AT A GLANCE



NEW YORK STATE PARKS

The New York State park system is one of the state's greatest treasures. Today, the system of state parks and historic sites encompasses 350,000 acres. From the iconic Niagara Falls to the jaw-dropping gorges of the Finger Lakes to the beautiful Thousand Islands region to the oceanfront beaches of Long Island, New York's parks and historic sites provide year-round, affordable outdoor recreation and education to approximately 78 million visitors each year.

The Office of Parks, Recreation and Historic Preservation is responsible for the operation and stewardship of the

state parks system, as well as advancing a statewide parks, historic preservation, recreational and open space mission.

The agency is responsible for operating a network of facilities that includes 250 parks, historic sites, recreational trails, golf courses, boat launches and more, along with over 8,500 campsites, cabins and cottages.

In fact, New York's state park system has long been recognized as one of the best and most diverse in the nation. Among the 50 states, New York ranks first in the number of operating facilities and first in the total number of campsites. The state is fifth in total acreage and second in total annual visitation.



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Please see your park's website before visiting to prepare for operational changes, temporary closures and guidelines at nysparks.com.

CAMPING RESERVATIONS

Plan the perfect camping trip in New York state parks. Enjoy the crackle of the campfire by the St. Lawrence River or book a cabin at Allegany State Park. Whether you want to spend one night, a week, or plan a romantic getaway or a kid-friendly weekend, arranging a stay at a New York state park is easy!

Reservations can be made from one day to nine months in advance by visiting newyorkstateparks.reserveamerica.com or by calling toll free (800) 456-CAMP. Before you go, familiarize yourself with the amenities your campground offers.

ONLINE GOLF RESERVATION

Booking a tee time is easier than ever at

many New York State Park golf courses thanks to the department's online reservation system. It's simple! Just register once to create an account and then login to check availability and make a tee time at any of the 18 participating courses across the state Register now at parks.ny.gov/golf. Hit the links and enjoy!

WHAT'S INSIDE

The guidebook is divided into 13 regions throughout the state so users can easily navigate the parks by area. The 11 park regions are: **Allegany, Niagara, Genesee, Finger Lakes, Central, Thousand Islands, Saratoga-Capital District, Taconic, Palisades, New York City** and **Long Island**.

Additional land areas in the **Adirondacks** and the **Catskills** is overseen by the Department of Environmental Conservation and have separate chapters in this guidebook. For more information, visit www.dec.ny.gov or call (518) 402-9543.



EMPIRE PASS



Introducing the family-friendly Empire Pass Card! The wallet-sized plastic Empire Pass card can be shared within a household is now renewable online! It's a family-friendly alternative to the traditional window decal; not assigned to a specific vehicle and now usable

by parents, grandparents, caregivers and more. The Empire Pass is the key to all-season enjoyment at most New York state parks and sites, and facilities operated by New York State Department of Environmental Conservation. Cardholders can enjoy the forests, beaches, trails, ball fields and more! Several types of Empire Passes are available. Choose from one-year, multi-year, and Lifetime Empire Pass options. Learn more by visiting parks.ny.gov or by calling (518) 474-0458.





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3. Know and follow the Rules of the Road
4. Boat Sober
5. Leave a Float Plan



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Parks, Recreation
and Historic
Preservation

parks.ny.gov

ALLEGANY

Hiking through the Allegheny Plateau, boating across Chautauqua Lake or camping along Lake Erie, the Allegany Region has everything to offer its visitors.

NIAGARA

Anchored by the renowned Niagara Falls State Park, recreation at the region's parks abounds for visitors of all ages and interests. With Lake Erie and Lake Ontario, bodies of water which are home to some of the best recreational opportunities and fishing in the country, these parks put you in the middle of the action.

GENESEE

In addition to the magnificent 14,350-acre Letchworth State Park and its 17-mile Genesee River gorge, the region also features a family-favorite beach along Lake Ontario and several parks and marine parks.

FINGER LAKES

With its scenic waterways, gorges and waterfalls galore, this popular region offers a variety of parks, sites, golf courses and campgrounds that guarantee fun in a beautiful setting.

CENTRAL

As one of the largest regions within the state parks system, the Central Region encompasses a 9,000-square-mile area, from the shores of Lake Ontario in the north, to the Pennsylvania state line in the south.

THOUSAND ISLANDS

Stretching from Lake Ontario north along the St. Lawrence River to Lake Champlain, the Thousand Islands Region includes 30 state parks, one historic site and six boat

launches, as well as thousands of great campsites. Located near the Canadian border, the region offers remote getaways.

SARATOGA-CAPITAL

The landmark Saratoga Spa State Park is the centerpiece of a 10-county region that draws visitors to its remarkably diverse parklands, easy water access, nature programs and notable historic sites.

TACONIC

Beautiful vistas, woodland trails, beaches, campgrounds and wonderful historic sites await you on the east side of the Hudson River.

PALISADES

Bear Mountain State Park, with the Trailside Museums and Zoo, offers miles of biking and hiking trails and great views. At Harriman State Park, visitors can seek solitude along 200 miles of trails, including a key segment of the Appalachian Trail.

NEW YORK CITY

While New York City is famous for its people, Broadway shows, sports and tourist sites, it is also home to several outstanding state parks—at least one in every borough!

LONG ISLAND

From the world-famous Jones Beach to the great golfing at Bethpage State Park, Long Island is gifted with some of the best recreational facilities in the country.

DEC: ADIRONDACKS & CATSKILLS

In two historic and spectacular mountain regions—the Adirondacks and the Catskills—the New York State Department of Environmental Conservation (DEC)

offers 52 public campgrounds with thousands of campsites, miles of hiking and biking trails and streams, and hundreds of fishing sites, boat launches and wildlife viewing areas.

Prepare to get away from the hustle and bustle of everyday life. All of these beautiful natural areas are protected and maintained by DEC and are yours to enjoy all year long!



IMPORTANT NUMBERS

New York State Office of Parks, Recreation and Historic Preservation	(518) 474-0456
New York State Historic Preservation Office	(518) 237-8643
Reserve America	(800) 456-CAMP

REGIONAL OFFICES

Allegany Region	(716) 354-9101
Central Region	(315) 492-1756
Finger Lakes Region	(607) 387-7041
Genesee Region	(585) 493-3600
Long Island Region	(631) 669-1000
New York City Region	(212) 866-3100
Niagara Region	(716) 278-1770
Palisades Region	(845) 786-2701
Saratoga/Capital District Region	(518) 584-2000
Taconic Region	(845) 889-4100
Thousand Islands Region	(315) 482-2593
Department of Environmental Conservation (DEC)	(518) 402-8044

CAMPING RESERVATIONS

New York State Campground Reservations	(800) 456-2267
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BUREAUS & DEPARTMENTS

Empire Pass	(518) 474-0458
Marine Services (Boating)	(518) 474-0445
Park Police	(518) 474-4029
Snowmobiles	(518) 474-0446

PRESERVATION



THE BUREAU OF HISTORIC SITES

New York is rich with history, and New York's Bureau of Historic Sites has a leading role in safeguarding this extraordinary heritage. The Bureau provides technical support to historic sites and parks and develops policy for the preservation and interpretation of state parks' cultural resources.

Situated on Peebles Island in Waterford, the facility includes the Collections Care Center, where the state historic sites collection of 300,000 to 400,000 objects (and more than 1 million archaeological specimens) is curated, conserved and managed.

While the Bureau of Historic Sites serves in-house facilities, New York's State Historic Preservation Office helps communities identify, evaluate, preserve and revitalize their historic, archaeological and cultural resources.

ENVIRONMENTAL MANAGEMENT

The Environmental Management Bureau (EMB) within State Parks consists of dedicated employees who have training and experience in environmental science, natural resource protection and environmental impact analysis.

EMB assists other agency staff and the public in responsible stewardship of natural resources. The bureau assists in protecting outdoor resources such as water and land; plants and animals; the health and safety of patrons and employees; and in ensuring compliance with environmental laws and regulations. State parks are an excellent resource for conducting scientific research. To conduct research in state parks, please complete the application for the Scientific Research Permitting System.

NATURAL HERITAGE TRUST

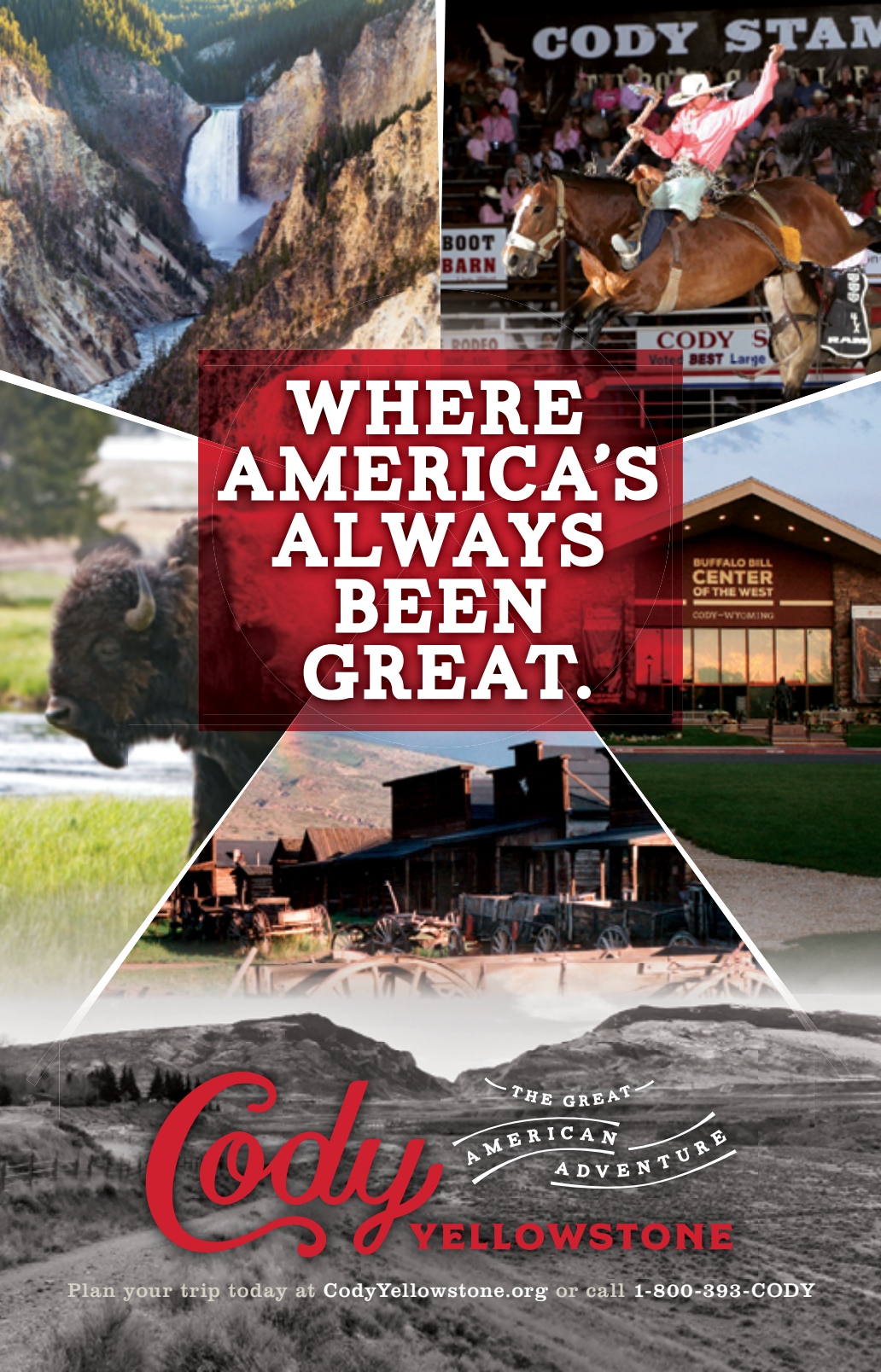
New York is blessed with an abundance of natural, recreational and cultural resources. Now you can help maintain and even strengthen our parklands by donating to your favorite sites through the Natural Heritage Trust (NHT). The NHT was established in 1968 as a public benefit corporation and acts as the official charity of New York State Parks and the Department of Environmental Conservation.

The commitment of donors and friends is invaluable as the state seeks to increase partnerships and private support for these resources. Gifts, grants and contributions raised through the NHT directly support parks, conservation and historic sites throughout the Empire State. From capital projects and site improvements to outdoor

programming, recreational events, land and water conservation, and environmental education, the NHT supports these efforts with contributions of all sizes from individuals, businesses and foundations.

There are many ways to donate and many ways to direct your contributions including: tribute and memorial gifts; employer matching gifts; gifts of stock and securities; and estate gifts. To donate online or to find out more about giving, visit naturalheritagetrust.org or call (518) 474-2997.





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NEW YORK STATE PARKS REDUCE SINGLE-USE PLASTIC



It's been widely recognized that single-use plastics cause environmental harm and are hazards to wild and marine life. To create a healthier, safer and more sustainable parks system, New York State Parks has implemented a new policy to reduce the sale and distribution of single-use plastic in our state parks. The ban includes plastic bags, straws, coffee stirrers and condiment packets, and renews the agency's longstanding prohibition of polystyrene products in its facilities.

The reduction of single-use plastics will help preserve New York's natural areas for future generations and is an important step forward for the environment. The policy applies to vendors, concessioners, and other partners; as a visitor, you're not restricted from bringing single-use plastics into the park, however, it will be great if everyone does their part by choosing reusable products.

Legislation banned the sale of single-use plastic bags in New York, a significant

step to reduce pollution and protect fish and wildlife. Single-use plastic bags do not degrade and often wind up as litter on lands and in waters, harming birds or wildlife that ingest the plastic. It is estimated that New Yorkers use 23 billion plastic bags annually, and nationwide studies show that approximately 50 percent of single-use plastic bags end up as litter. In addition to preventing plastic bag litter in our environment, the ban will also help reduce the greenhouse gas emissions associated with plastic bag production and disposal, from petroleum used to produce the bags to emissions from the transportation of bags to landfills.

The watch words of Reduce, Reuse and Recycle apply whether you're at home, visiting a state park or anywhere you go. Picking up and packing out litter that you see gets you a gold star and sets a great example. Please help protect these special places by saying no to single-use plastic in the parks!

ALLEGANY REGION



FEATURED PARK

ALLEGANY STATE PARK

Allegany State Park, the largest of the state's parks with 65,000 acres, has two developed areas, Red House and Quaker, that offer beaches, picnic areas, museums and miles of multi-use trails.

For lodging, visitors can choose from the park's campsites, cabins (many winterized), cottages and two group camps. Recreation areas include tennis courts, picnic areas, ball fields and playgrounds. Rowboats, paddleboats and bicycles are available to rent.

The network of trails includes 80 miles of hiking, mountain biking, snowshoeing, 5.6 miles of paved bike trails as well as 25 miles of groomed cross-country skiing and 90 miles of groomed snowmobile trails. Activities include guided nature walks and summer recreation programs, bird watching, fishing, hunting, canoeing, kayaking and horseback riding. 2373 ASP, Rte. 1, Suite Three, Salamanca 14779
(716) 354-2182 • 42.03899, -78.84383

IF YOU ONLY HAVE A DAY

Allegany State Park is home to natural rock formations known as Thunder Rocks as well as three fire towers. Hike the five mile trail to the top of Mount Tuscarora to reach the Mount Tuscarora Fire Tower in the Quaker Area.

Another excellent old tower is the Summit Fire Tower. Standing 60 feet tall, this tower has been restored by the state park and is now a popular destination for visitors in the park. Make time to hit the Old Quaker Store Museum. The current museum used

to be a camp store in the 1920s. Inside, you will find a rich history of the area, its founders and artifacts.

AROUND THE AREA

LAKE ERIE STATE PARK

Bluffs overlooking Lake Erie provide a breathtaking view for the visitor to Lake Erie State Park. Whether camping in one of the 99 campsites or one of the 10 cabins offered at this park, the magnificent scenery will capture your attention. Day users can enjoy the picnic areas with shelters, playgrounds and hiking trails. 5838 Rte 5., Brocton 14716
(716) 792-9214 • 42.42094, -79.42861

LONG POINT STATE PARK

Long Point's park and marina are comprised of a day-use area with thickly-wooded areas of beech, maple, spruce, poplar and oak. The park's boat launch offers fishermen easy access to Lake Chautauqua for muskellunge or "muskie" fishing. 4459 Rte. 430, Bemus Point 14712
(716) 386-2722 • 42.17824, -79.40699

MIDWAY STATE PARK

Originally established in 1898 as a trolley park, Midway State Park is one of the oldest continually operating amusement parks in the nation. The park offers a family-friendly atmosphere where visitors can take a nostalgic ride on the vintage carousel, play a game of mini golf, check out the midway, take a spin on the tilt-a-whirl, ride the go-karts and bumper boats or watch their children enjoy themselves on kiddie rides. 4859 Rte. 430, Bemus Point 14712 • **(716) 386-3165**
42.20227, -79.42128

NIAGARA REGION



FEATURED PARK

NIAGARA FALLS STATE PARK

Niagara Falls State Park, the oldest state park in the nation, is where fun is measured in gallons per second. Find out why millions of visitors are drawn to this magnificent natural wonder every year, enjoying access to the heritage, geology and beauty of this special place.

Visitors can witness the intensity of the falls from mere inches away at the Cave of the Winds tour, cruise the powerful churning waters at the base of the falls on a Maid of the Mist boat ride, learn more about the region's history at the World Changed Here Pavilion and, over at the Niagara Gorge Discovery Center (featuring free *Oh, Ranger! Wi-Fi™*), meet the legends and marvel at the myths at the Niagara Adventure Theater. Enjoy jaw-dropping views from the Observation Tower and take a break on the Niagara Scenic Trolley. 332 Prospect St., Niagara Falls 14303 **(716) 278-1796 • 43.08152, -79.06421**



IF YOU ONLY HAVE A DAY

If strolling alongside the falls and hearing the rush of the mighty Niagara River isn't close enough, get face to face at the Cave of the Winds! Stand on the Hurricane Deck and you are within feet of the base of the pounding falls, or, if you choose to stay a little dryer, observe from the series of decks that wind their way around the gorge!

Visitors can journey to the heart of one of North America's most powerful waterfalls and hear crashing waves, see breathtaking views and soak up every drop of powerful spray aboard the iconic Maid of the Mist boat tour. The legendary tour is the only way to experience this amazing natural wonder from here in the United States.

AROUND THE AREA

BEAVER ISLAND STATE PARK

Beaver Island State Park is located along the upper Niagara River. The park has a sandy beach for swimming, adjacent marina, fishing access, multiple canoe/kayak launches, bike and nature trails, nature center, playgrounds, picnic areas, athletic fields, horseshoe pits, an 18-hole championship golf course and an 18-hole championship disc golf course. 2136 West Oakfield Rd., Grand Island 14072 **(716) 404-4214 • 42.96703, -78.95985**

BUFFALO HARBOR STATE PARK

Buffalo Harbor State Park is the first state park in the city of Buffalo. Boasting beautiful views of Lake Erie, the park is home to a 1,100-slip marina, a restaurant, boat

launches, personal watercraft launches, a fish cleaning station, restrooms, and a beach for strolling and sunbathing. 1111 Fuhrmann Blvd., Buffalo, 14203 **(716) 828-0027 • 42.846002, -78.861752**

**DARWIN MARTIN
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HISTORIC SITE**

Completed in 1905, the Darwin D. Martin House Complex is a Frank Lloyd Wright masterpiece. This beautiful seminal Prairie House is a rare Wright design that will leave you with a sense of wonder. Tour the house and complex and learn about the architect, his unique vision and impact on the world of American design. 125 Jewett Pkwy., Buffalo 14214 **(716) 856-3858 • 42.93604, -78.84649**

**EARL W. BRYDGES
ARTPARK**

Earl W. Brydges Artpark presents the finest

in performing and visual arts programs, including Broadway musicals, classical, jazz and pop concerts. There are also art exhibits, workshops, demonstrations and tours of the park's geological and historic sites and nature trails. 450 South 4th St., Lewiston 14092 **(716) 754-7766 • 43.16825, -79.04505**

**FOUR MILE CREEK
STATE PARK**

Four Mile Creek State Park is located just north of the mighty Niagara Falls. The 275 campsites include new yurts and many prime sites located near the shores of Lake Ontario, offering spectacular panoramic views. The park has hiking trails and nearby parks offer a swimming beach and pool. 1055 Lake Rd., Youngstown 14174 **(716) 745-3802 • 43.27195, -78.99618**

GOLDEN HILL STATE PARK

Golden Hill State Park features Thirty Mile



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Lighthouse, available for rental, with stunning views of Lake Ontario. The park has camping, fishing, boating, hiking, picnicking, nature walks and tours of the lighthouse site. 9691 Lower Lake Rd., Barker 14012 **(716) 795-3885 • 43.36603, -78.47310**

OLD FORT NIAGARA STATE HISTORIC SITE

On a bluff above Lake Ontario, Old Fort Niagara has dominated the entrance to the Niagara River since 1726. Over its 300 year

history, the fort played an important role in the control of the Great Lakes Region by France, Canada, Great Britain, the United States and the Iroquois. The site has original military architecture and fortifications from the 18th and 19th centuries, as well as living history events and programs, historical exhibits and collections, archaeology and education. 1 Scott Ave., Youngstown 14174 **(716) 745-7611 • 43.26175, -79.06279**

WHIRLPOOL STATE PARK

Whirlpool State Park has 18 overlooks with spectacular views of the swirling waters of the rapids, the whirlpool and the Niagara River Escarpment. The lower level is accessible by walking the steps that descend into the gorge featuring several nature trails and access for fishing. Niagara Scenic Pkwy. and Findley Blvd., Niagara Falls 14303 **(716) 284-4691 • 43.11964, -79.06230**

MORE PARKS IN THE NIAGARA REGION

Big Six Mile Creek Marina

3219 Whitehaven Rd.
Grand Island 14072
(716) 404-4214
43.02319, -79.01098

Buckhorn Island State Park

East-West Park Rd.
Grand Island 14072
(716) 773-3271
43.05637, -78.98332

De Veaux Woods State Park

3180 De Veaux Woods Drive
Niagara Falls 14305
(716) 284-5778
43.11921, -79.05742

Devil's Hole State Park

Robert Moses Parkway, Niagara Falls 14305
(716) 284-5778
43.133179, -79.046173

Evangola State Park

10191 Old Lake Shore Road,
Irving 14081 •
(716) 549-1802
42.60147, -79.08261

Fort Niagara State Park

Route 18F, Youngstown 14174
(716) 745-7273 •
43.26328, -79.05388

Joseph Davis State Park

4143 Lower River Road,
Lewiston 14092 •
(716) 745-7273
43.20736, -79.03152

Knox Farm State Park

437 Buffalo Road,
East Aurora 14052
(716) 652-0786
42.76859, -78.64953

Reservoir State Park

5777 Witmer Rd, Niagara Falls 14304
(716) 284-5778
43.13003, -79.01091

Wilson-Tuscarora State Park

3371 Lake Road,
Wilson 14172
(716) 751-6361
43.30704, -78.85293

Woodlawn Beach State Park

S-3580 Lakeshore Rd,
Blasdell 14219
(716) 826-1930
42.79015, -78.85025

SEE PARK.NY.GOV FOR SEASONAL OPERATIONS

GENESEE REGION



FEATURED PARK

LETCHWORTH STATE PARK

Letchworth State Park, the “Grand Canyon of the East,” is where a 17-mile stretch of the Genesee River roars through the park’s scenic gorge with three major waterfalls and cliffs as high as 600 feet, surrounded by lush forests.

Recently named Best Attraction in New York State, Letchworth’s new nature center is a must-see. Be sure to check it out! Walk the seven-mile gorge trail with jaw-dropping views at the overlooks or take the trail to the water’s edge. In addition to trails, several hundred campsites and cabins, other amenities and activities include a pool, playground, athletic fields, festivals, cultural events, history and performing

arts programs, guided walks, whitewater rafting, kayaking and hot-air ballooning.

1 Letchworth State Park, Castile 14427 •

(585) 493-3600 • 42.57014, -78.05117

IF YOU ONLY HAVE A DAY

Take one of the best hikes in the park that packs the most punch: the Gorge Trail. Seven miles in length, the trail is an amazing day hike, passing by Upper, Lower and Middle Falls. At times, the trail requires hikers to climb 127 stairs up the gorge. Stop at the Falls Picnic area to eat before powering to the top.

Right above Upper Falls is the Erie Railroad High Bridge, which makes for a great photo of the entire area. At night, Middle Falls is illuminated and a sight not to be missed. It is considered the most impressive of the three falls and has the highest drop at 107 feet.





Letchworth State Park is the perfect getaway at any time of the year. With activities for the whole family, it will be a trip everyone will remember!

AROUND THE AREA

DARIEN LAKES STATE PARK

Darien Lakes State Park's terrain is hilly with woodlands, streams and 12-acre Harlow Lake. The park has 151 campsites, a sandy beach, playgrounds, disc golf, fishing, hiking and horseback riding trails, picnic areas and a rustic bridge over the lake channel to Picnic Island. 10475 Harlow Rd., Darien Center 14040 • **(585) 547-9242 • 42.90313, -78.43293**

HAMLIN BEACH STATE PARK

Hamlin Beach State Park's clear water, sandy beaches and 264 tent and trailer campsites bring thousands of visitors to the park each year. The Yanty Creek Marsh area at the east end of the park has a mile-long, self-guided nature trail.

In addition, there are 10 miles of hiking and biking trails and snowmobile and cross-country skiing trails. Visitors can launch car-top boats, fish for salmon and trout and enjoy the picnic facilities for a nice break during the summertime. 1 Hamlin Beach Blvd. West, Hamlin 14464 **(585) 964-2462 • 43.35523, -77.94675**

MORE PARKS IN THE GENESEE REGION

Conesus Lake Boat Launch

5030 E Lake Rd., Livonia
14487
(585) 493-3600
42.77572, -77.71082

Irondequoit Bay State Marine Park

Culver Rd or Rte. 590 North,
Irondequoit 14622
(585) 336-6070
43.23423, -77.53733

Genesee Valley Greenway

1 Letchworth State Park
Castile 14427
(585) 493-3614
42.740181,
-77.882413

Lakeside Beach State Park

Rte. 18, Waterport 14571
(585) 682-4888
43.36465, -78.23471

Oak Orchard State Marine Park

NY Rte. 18, Carlton 14571
(585) 682-4888
43.36823, -78.19581

Silver Lake State Park

4229 W Lake Rd.,
Castile 14427
(585) 493-3600
42.68357, -78.05249

FINGER LAKES REGION



FEATURED PARK

ROBERT H. TREMAN STATE PARK

Situated just outside of Ithaca in the stunning Finger Lakes Region, Robert H. Treman State Park captures the beauty of the region. Refresh yourself with a jump into the water and take some time to soak in the scenery.

The park features a rugged gorge called Enfield Glen. Winding trails follow the wooded gorge past 12 waterfalls, including the 115-foot Lucifer Falls, where visitors can see a mile-and-a-half down the gorge as it winds its way to the lower park. If you decide to spend the night, choose from tent or RV sites or cabins. Enjoy nine miles of hiking trails, or swim in a stream-fed pool beneath a waterfall. 105 Enfield Falls Rd., Ithaca 14850 **(607) 273-3440 • 42.40264, -76.54808**

IF YOU ONLY HAVE A DAY

Don't miss the Enfield Glen and the hiking trails. If you're there in summer, enjoy swimming right near the falls. Jump off the diving board and enjoy the cool water. If you hit the park after peak summer season, you'll enjoy the amazing fall foliage during mid to late October.

AROUND THE AREA

BUTTERMILK FALLS STATE PARK

A natural, foaming cascade formed by Buttermilk Creek winds its way down the valley side toward Cayuga Lake. The park is divided into two main areas. The upper

park woodland area has a small lake, hiking trails along the gorge and picnicking. The lower park includes a campground, cabins, swimming in a stream-fed natural pool, picnic areas, ball fields and a playground. The two areas are connected by Buttermilk Gorge and by trails both through the gorge and along its rims. 112 East Buttermilk Falls Rd., Ithaca 14850 **(607) 273-5761 • 42.41776, -76.52342**

FAIR HAVEN BEACH STATE PARK

Fair Haven Beach State Park, located on Lake Ontario, has one of the finest public shorefronts in upstate New York, with towering bluffs, sandy beaches and adjoining hilly woodlands.

Visitors here also enjoy swimming and diving boards, biking, hiking, picnicking and camping. Take the whole family along for a fun getaway. 14985 State Park Rd., Fair Haven 13064 • **(315) 947-5205 43.32997, -76.69701**

GANONDAGAN STATE HISTORIC SITE

Visit this site where thousands of Seneca lived 300 years ago. Tour a full-size replica of a 17th-century Seneca Bark Longhouse and walk miles of self-guided trails. The site's new Seneca Art & Culture Center is now open, telling the story of Iroquois contributions to art, culture and society for more than 2,000 years through specially designed interactive exhibits and historical artifacts. Spectacular annual events, like the Indigenous Music & Arts Festival in July, are not to be missed. 7000 County Rd. 41, Victor 14564 **(585) 924-5848 • 42.96111, -77.41324**



SAMPSON STATE PARK

Encompassing just over 2,000 acres on the eastern shore of Seneca Lake, Sampson State Park is primarily known for its camping and boating. Facilities include courts for tennis, horseshoes, basketball and volleyball, a swimming beach with nearby playground, a low impact fitness circuit and a scenic lake trail. 6096 Rte. 96A, Romulus 14541 • **(315) 585-6392 • 42.72914, -76.89172**

SONNENBERG GARDENS & MANSION STATE HISTORIC PARK

Sonnenberg Gardens & Mansion is one of the nation's most extensively preserved country estates from the Victorian era. This 50-acre site features beautiful formal and informal gardens, a historic mansion and a greenhouse complex. The surrounding gardens reflect a variety of styles, including Victorian, Italian, Colonial and

Japanese influences. 151 Charlotte St., Canandaigua 14424 • **(585) 394-4922 • 42.89820, -77.27215**

TAUGHANNOCK FALLS STATE PARK

Plunging 215 feet, Taughannock Falls State Park's namesake waterfall is one of the most outstanding natural attractions of the Northeast. Campsites and cabins overlook Cayuga Lake, with a marina, boat launch and beach nearby. The park offers tours through the Taughannock Gorge and summer concerts along the lakefront. 1740 Taughannock Blvd., Trumansburg 14886 • **(607) 387-6739 42.53318, -76.61640**

WATKINS GLEN STATE PARK

Watkins Glen State Park is the oldest and most famous of the Finger Lakes State Parks, with a reputation for spellbinding visitors. Glen Creek has poured down

the glacially steepened valley side for 12,000 years. Descending 400 feet past 200-foot cliffs, it creates 19 glistening waterfalls, some of which visitors can walk behind on the gorge trail. The park boasts beautiful wooded campsites with one loop offering 54 electric sites and three loops with playgrounds. Enjoy a dip in the Olympic-sized pool. The nearby

lakes and creeks are ideal for fishing. Catherine Creek is renowned for the annual spring run of rainbow trout. Hikers can walk the winding paths of the gorge on the 3-mile Watkins Glen Gorge Trail and Indian Trail Loop, or explore the nearby Catharine Valley Trail by bicycle. 1009 N Franklin St., Watkins Glen 14891
(607) 535-4511 • 42.37589, -76.87107

MORE PARKS IN THE FINGER LAKES REGION

Allan H. Treman State Marine Park

805 Taughannock Blvd.
Ithaca 14850
(607) 272-1460
42.44505, -76.51415

Bonavista State Park Golf Course

7194 Country Rd. 132, Ovid
14521
(607) 869-5482
42.67319, -76.86772

Canandaigua Lake State Marine Park

620 South Main St.
Canandaigua 14424
(585) 394-9420
42.87738, -77.27408

Catharine Valley Trail

c/o Watkins Glen State Park
P.O. Box 304, Watkins Glen
14891
(607) 535-4511
42.28659, -76.84575

Cayuga Lake State Park

2678 Lower Lake Rd.
Seneca Falls 13148
(315) 568-5163
42.89608, -76.75336

Chimney Bluffs State Park

7700 Garner Rd., Wolcott 14590
(315) 947-5205
43.28001, -76.92251

Deans Cove Boat Launch

2678 Lower Lake Rd.
Seneca Falls 13148
(315) 568-5163
42.74374, -76.76995

Fillmore Glen State Park

1686 St. Rte. 38, Moravia 13118
(315) 497-0130
42.70013, -76.42016

Harriet Hollister Spencer State Recreation Area

6775 Canadice Hill Rd.,
Springwater 14560
(585) 335-8111
42.69442, -77.52579

Honeoye Lake Boat Launch State Park

6150 East Lake Rd., Honeoye
14471
(585) 335-8111
42.7255, -77.50164

Indian Hills Golf Course

1959 Indian Hills Rd.
Painted Post 14870
(607) 523-8060
42.09524, -77.15061

Keuka Lake State Park

3560 Pepper Rd., Bluff Point
14478
(315) 536-3666
42.59058, -77.13028

Lodi Point State Park

Lower Lake Rd., Lodi 14860
(315) 585-6392
42.61879, -76.87521

Long Point State Park

2063 Lake Rd., Aurora 13026
(315) 497-0130
42.71654, -76.70702

Newtown Battlefield State Park

2346 Co. Rte. 60
Elmira 14901
(607) 732-6067
42.05086, -76.74697

Seneca Lake State Park

1 Lakefront Dr.
Geneva 14456
(315) 789-2331
42.87558, -76.96353

Soaring Eagles State Park Golf Course

201 Middle Rd.
Horseheads, NY 14845
(607) 739-0551
42.207, -76.825

Springbrook Greens Golf Course

817 Old State Rd.
Sterling 13156
(315) 947-6115
43.32143, -76.67612

Stony Brook State Park

10820 Rte. 36 South
Dansville 14437
(585) 335-8111
42.52641, -77.69653

Two Rivers State Park Recreation Area

West Pine/Banzhoff Rd.
Waverly 14892
(607) 732-6287
42.02014, -76.54347

CENTRAL REGION



FEATURED PARK

GREEN LAKES STATE PARK

Green Lakes State Park has two beautiful glacial lakes dating back to the Ice Age. The lakes are surrounded by campsites and cabins situated in the lush forests, for maximum privacy.

The park has over 20 miles of prized hiking trails that circle the lakes, where you can stop for a quiet picnic, and the bathhouse offers multiple amenities adjacent to the popular beach.

There is also an interpretive nature center that provides educational programs during the season, as well as a new year-round educational center.

For golf enthusiasts, there is a scenic (and challenging) 18-hole Robert Trent Jones championship golf course.

Following a round of golf or a hike, enjoy lunch on the clubhouse terrace overlooking the lakes and course. 7900 Green Lakes Rd., Fayetteville 13066 **(315) 637-6111 • 43.03923, -75.96618**

IF YOU ONLY HAVE A DAY

If you are taking a day trip, be sure to explore Green Lake and Round Lake. Although Green Lake offers a vibrant color for which it gets its name, the body of water has a secret below the surface. Green Lake is one of the most unique lakes in the world because it is meromictic, which means there is no seasonal mixing of the lake.



Don't miss the Green Lake and Round Lake trails, which loop around the shores of both lakes. To get a closer look, hike over to the sandy Dead Man's Point. Observe the calcium reefs and dramatic drop off into the lake. Visitors can rent boats to get an even better look at the rest of the park from out on the lake's waters. Swimming is permitted on the beach in the summer.

AROUND THE AREA

CHENANGO VALLEY STATE PARK

Chenango Valley State Park's two kettle lakes, Lily and Chenango, were created when the last glacier retreated, and are now enjoyed by birdwatchers and fishermen. Campers can choose from among 184 campsites and 24 cabins and golfers will appreciate the 18-hole golf course. 153 State Park Rd., Chenango Forks 13746 **(607) 648-5251 • 42.21403, -75.82874**

CHITTENANGO FALLS STATE PARK

Hike to the top of this park's 167-foot waterfall, which cascades over 40 million year-old bedrock into the Chittenango Creek. Another winding trail leads into the gorge below, where the falls can be viewed from a footbridge. Nature lovers will discover an interesting variety of plants and wildlife along the park's hiking trails. 2300 Rathbun Rd., Cazenovia 13035 **(315) 492-1756 • 42.97799, -75.84456**

GLIMMERGLASS STATE PARK

Located near the charming village of Cooperstown, this park overlooks Otsego Lake, the "Glimmerglass" of James Fenimore Co-



per's Leatherstocking Tales. The lakefront property offers extensive camping options, and is a short distance to Hyde Hall Mansion State Historic Site, Covered Bridge and the Beaver Pond Nature Trail. 1527 Co. Hwy. 31, Cooperstown 13326 **(607) 547-8662 • 42.78557, -74.86157**

LORENZO STATE HISTORIC SITE

Majestically overlooking Cazenovia Lake, the neo-classical Lorenzo State Historic Site offers an opportunity to discover the imprint of five generations of the Lincklaen/Ledyard family. Lorenzo is the jewel of Cazenovia, a village renowned today for its picturesque landscapes, quiet inns, fine restaurants, cultural attractions and unique shops. 17 Rippleton Rd., Cazenovia 13035 • **(315) 655-3200 42.92420, -75.86061**

SANDY ISLAND BEACH STATE PARK

This 13-acre stretch of shoreline along the eastern point of the Great Lakes is like no other. The area's rare freshwater dune site provides a habitat for several species of migratory birds and waterfowl. Recreational activities include swimming, picnicking and bird watching. 3387 Co.

Rte. 15, Pulaski 13142 • **(315) 387-2657**
43.63089, -76.19410

SELKIRK SHORES STATE PARK

Selkirk Shores State Park's campsites overlook a bluff on Lake Ontario. In addition to spectacular sunsets over one of the Great Lakes, visitors can enjoy outstanding fishing and bird-watching along this migratory route, as well as hiking and biking trails that lead through meadows and woodlands. 7101 State Rte. 3, Pulaski 13142
(315) 298-5737 • 43.54593, -76.19121

VERONA BEACH STATE PARK

Verona Beach State Park, located on the eastern shore of Oneida Lake, is a picnicker's and camper's delight. The campground and shaded picnic areas are adjacent to the beach with an excellent view of the water. The winter season offers a variety of activities for snow lovers. The park hosts snowmobilers, cross-country skiers and ice fishermen. 6541 Lakeshore Rd. South Verona Beach 13162 **(315) 762-4463**
• 43.17626, -75.72805

MORE PARKS IN THE CENTRAL REGION

Battle Island State Park

2150 State Rte. 48, Fulton 13069
(315) 593-3408 • 43.363537,
-76.44281

Betty & Wilbur Davis State Park

133 Davis Rd., Schenectady 12155
(607) 547-8662
42.66375, -74.83318

Bowman Lakes State Park

745 Bliven Sherman Rd.
Oxford 13830
(607) 334-2718
42.51640, -75.67761

Clark Reservation State Park

6105 East Seneca Tpk.
Jamesville 13078
(315) 492-1756
42.99295, -76.09473

Delta Lake State Park

8797 State Rte. 46, Rome 13440
(315) 337-4670
43.29013, -75.41511

Fort Ontario State Historic Site

1 East Fourth St., Oswego 13126
(315) 343-4711
43.46343, -76.50702

Gilbert Lake State Park

18 CCC Rd., Laurens 13796
(607) 432-2114
42.57277, -75.12807

Herkimer Home State Historic Site

200 State Rte. 169
Little Falls 13365
(315) 823-0398
43.02549, -74.82048

Hyde Hall State Historic Site

267 Glimmerglass State Park Rd.
Cooperstown 13326
(607) 547-5098
42.79231, -74.87513
Temporarily closed until May 29,
2021.

Mexico Point Boat Launch

County Rte. 40
Mexico 13114
(315) 298-5737

Old Erie Canal State Historic Park

Dewitt/Rome 13214
(315) 510-3421
43.09606, -75.82950

Oquaga Creek State Park

5995 County Rte. 20
Bainbridge 13733
(607) 467-4160
42.17880, -75.41581

Oriskany Battlefield State Historic Site

7801 New York 69, Oriskany
13424
(315) 768-7224 or (315) 655-3200
43.17421, -75.36721

Pine Grove Boat Launch at Selkirk Shores State Park

7101 State Rte. 3
Pulaski 13142
(315) 298-5737
43.565529, -76.203403

Pixley Falls State Park

11430 State Rte. 46
Boonville 13309
(315) 337-4670
43.40337, -75.34486

Robert V. Riddell State Park

Riddell Rd., Davenport 13750
(607) 432-2114
42.48083, -74.96855

State Park at the Fair

581 State Fair Blvd.
Syracuse 13209
(315) 492-1756 or (315) 487-2879
43.07110, -76.21658

Steuben Memorial State Historic Site

9941 Starr Hill Rd.
Remsen 13438
(315) 655-3200
43.33519, -75.23292

THOUSAND ISLANDS REGION

FEATURED PARK

WELLESLEY ISLAND STATE PARK

Wellesley Island State Park, situated on the St. Lawrence River, is the largest camping complex in the Thousand Islands region with sites ranging from secluded spots accessible only on foot to less-rugged tent/trailer sites directly on shore, rustic cabins and a dozen year-round cottages. The park has a full service marina and three boat launches, a nine-hole golf course, and a sandy beach on the river that offers great swimming and sunbathing.

Other attractions include the Minna Anthony Common Nature Center with a seasonal butterfly house, miles of trails for hiking, cross-country skiing, picnic areas, recreation programs and nature education. 44927 Cross Island Rd., Fineview 13640 • **(315) 482-2722 44.31655, -76.020454**

IF YOU ONLY HAVE A DAY

With three boat launches and a full service marina, the park is paradise for boaters. Located on the St. Lawrence River, visitors can cast a line into the waters for some solid freshwater fishing while absorbing the amazing scenery.





AROUND THE AREA

KEEWAYDIN STATE PARK

Keewaydin State Park is on the St. Lawrence River, offering excellent boating, fishing, camping, swimming, picnicking and ice fishing during the winter. The sheltered marina provides dock space for seasonal and transient visitors. 45165 NYS Rte. 12, Alexandria Bay 13607 • **(315) 482-3331**
44.32100, -75.92799

ROCK ISLAND LIGHTHOUSE STATE PARK

Visitors can now enjoy a bird's eye view of the beautiful St. Lawrence Seaway from the historic lighthouse at Rock Island Lighthouse State Park. The vistas from the top of the lantern room are worth the climb, and the museum tour in the keeper's quarters offers the unique history of the island, its caretakers, and the magnificent St. Lawrence River. Walk the island and take home a souvenir from the gift shop.

Docking is available to private craft and those aboard Clayton Island Boat Tours. Tour capacity may be limited. For private vessels, Grass Point State Park is the closest launch site (approximately a five-minute boat ride to the island). Contact the park c/o Grass Point State Park, 42247 Grassy Point Rd., Alexandria Bay 13607 **(315) 686-4472 • 44.28033, -76.01677**

SACKETS HARBOR BATTLEFIELD STATE HISTORIC SITE

Sackets Harbor was a center of American naval and military activity following the outbreak of war between the U.S. and Great Britain in 1812. Today the Sackets Harbor Battlefield is interpreted to the public by exhibits, outdoor signs, guided and self-guided tours, and a restored 1850s Navy Yard and Commandant's House. During the summer months, guides dressed in military clothing of 1813 reenact the camp life of the common soldier. 504 W. Main St., Sackets Harbor 13685
(315) 646-3634 • 43.94767, -76.12640

MORE PARKS IN THE THOUSAND ISLANDS REGION

Burnham Point State Park

340765 NYS Rte. 12E
Cape Vincent 13618
(315) 654-2522
44.16123, -76.26392

Canoe-Picnic Point State Park 36661 Cedar Point State Park

Dr.Clayton 13624
(315) 654-2522
44.30323, -76.07436

Cedar Island State Park

County Rte. 93
Hammond 13646
(315) 482-3331
44.44930, -75.79067

Cedar Point State Park 36661 Cedar Point State Park

Dr.Clayton 13624
(315) 654-2522
44.20055, -76.19166

Coles Creek State Park

Rte. 37
Waddington 13694
(315) 388-5636
44.88861, -75.13766

Cumberland Bay State Park

152 Cumberland Head Rd.
Plattsburgh 12901
(518) 563-5240
44.72498, -73.42292

Dewolf Point State Park

45920 Co. Rte. 191
Fineview 13640
(315) 482-2012
44.33232, -75.99237

Eel Weir State Park

RD #3
Ogdensburg 13669
(315) 393-1138
44.630367, -75.476891

Grass Point State Park

42247 Grassy Point Rd.
Alexandria Bay 13607
(315) 686-4472
44.278854, -75.995117

Higley Flow State Park 442 Cold Brook Dr., Colton

13625
(315) 262-2880
44.49271, -74.916756

Jacques Cartier State Park

Rte. 12, Morristown 13664
(315) 375-6371
44.560173, -75.688438

Kring Point State Park

25950 Kring Point Rd.
Redwood 13679
(315) 482-2444
44.38028, -75.85290

Long Point State Park - Thousand Islands

7495 State Park Rd.
Three Mile Bay 13693
(315) 649-5258
44.026028, -76.220802

Macomb Reservation State Park

201 Campsite Rd.
Schuyler Falls 12985
(518) 643-9952
44.621754, -73.609131

Mary Island State Park c/o Wellesley Island State Park

44927 Cross Island Rd.
Fineview 13640
(315) 482-9381
44.36545, -75.92170

Point Au Roche State Park

19 Camp Red Cloud Rd.
Plattsburgh 12901
(518) 563-0369
44.78573, -73.38238

Robert G. Wehle State Park

5182 State Park Rd.
Henderson 13650
(315) 938-5302
43.87327, -76.27082

Robert Moses State Park - Thousand Islands

32 Beach Marina Rd.
Massena 13622
(315) 769-8663
44.995247 -74.844574

Southwick Beach State Park

8119 Southwicks Pl.,
Henderson 13650
(315) 846-5338
43.76470, -76.19634

St. Lawrence State Park Golf Course

4955 St. Hwy. 37
Ogdensburg 13669
(315) 393-2286
44.62983, -75.57656

Waterson Point State Park

44927 Cross Island Rd.
Fineview 13640
(315) 482-2722
44.33854, -76.00986

Westcott Beach State Park

Rte. 3, Henderson 13650
(315) 938-5083
43.89866, -76.12237

Whetstone Gulf State Park

6065 West Rd., Lowville 13367
(315) 376-6630
43.70262, -75.45993



The Adirondack Park is more than six million acres of magnificent mountains, spreading over an area that's two-and-a-half times the size of Yellowstone National Park! There are a variety of opportunities for public enjoyment of the Forest Preserve, including hiking, camping, canoeing, hunting, fishing, trapping, snowmobiling, skiing, mountain biking and rock climbing.

The Adirondack Forest Preserve is defined as the 2.6 million acres of state land within the Adirondack Park. These public lands, which range from remote backcountry to DEC-operated campgrounds, include more than 1,800 miles of marked trails available for people of all interests and abilities.

HIGH PEAKS

Come to the Adirondacks and enjoy the same spectacular views and peaceful waterways that have lured visitors from around the world for more than 150 years. Experienced hikers can head for one of the **46 "High Peaks."**

The Range Trail, which traverses a series of mountainous summits from Mount Marcy to Keene Valley, has long been considered the most rugged and the most scenic trail in the state. This trail travels to eight of the mountain peaks in this area that exceed 4,000 feet in elevation. The western portions of the area receive substantially less public use than the Mount Marcy region and afford one of the greatest senses of remoteness obtainable in the Adirondacks.

With elevations over 4,000 feet, **High Peaks** adventurers look at breathtaking

views from the highest vantage points in the state. DEC campgrounds such as Buck Pond offer secluded campsites, canoeing, swimming and trails.

Buck Pond compares to a mountain retreat as it offers secluded sites, ample water access, guarded bathing beach and an "easy to walk" trail which stretches for miles along an old abandoned railroad bed. Buck Pond Campground is located on the western shore of 130-acre Buck Pond. The Lake Kushaqua and the Kushaqua Narrows form most of the western and northern boundaries of the campground.

Please note: The High Peaks are very crowded, with limited parking and access, so visitors are encouraged to have a back-up plan. Visitors should be prepared, and seek out other areas that provide outdoor experiences without the crowds, such as hiking to Adirondack fire towers which offer outstanding views and a true Adirondack experience.

LAKE GEORGE

Lake George offers some of the best boating, fishing and hiking in the Northeast. All types of watercraft are allowed on the lake. Anglers enjoy the exceptional variety of sportfish species that inhabit the lake. The deeper parts are perfect for landlocked salmon and lake trout, while bass and pike gather in the shallower weed beds and panfish can be caught near the shore.

Hiking trails in surrounding hills and mountains lead to spectacular

overlooks and remote mountain ponds. Over 50 miles of trails are marked with red, blue or yellow three-inch diameter markers.

GREAT CAMPS AND SANTANONI

During the late 19th century and the early 20th century, many of America's most successful businessmen built summer homes in the Adirondack Region of New York State. Intended as rustic but elegant retreats from city life, the largest of these Adirondack camps became known as Great Camps. **Camp Santanoni** is one of the most sophisticated and distinguished of all of the surviving great camps.

Follow the carriage road from the impressive stone Gate House through dense forest and past old farm buildings to the sprawling Main Lodge and the quaint and quirky Artist Studio perched on Newcomb Lake. Enjoy the 9.4-mile

round-trip in any season. The trip makes for a moderate ski, snowshoe or hike and is a great opportunity to enjoy fascinating history and elegant architecture.

Cross-country skiers and snowshoers will be able to visit the Gate Lodge and Main Lodge at Camp Santanoni.

DEC CAMPGROUNDS

Camp close to the "Queen of American Lakes," **Lake George**, or choose a more remote spot like Forked Lake or Lake Eaton. Reserve a spot for your RV or stay in a traditional Adirondack lean-to.

With so many choices across a wide variety of terrain, start your DEC Adirondack adventure at **www.dec.ny.gov** or reserve a campsite by calling **(800) 456-CAMP**. Visit **www.dec.ny.gov/outdoor** camping for individual parks' camping regulations.



CAPITAL REGION



FEATURED PARK

SARATOGA SPA STATE PARK

Saratoga Spa State Park—distinguished by its classical architecture and listed as a National Historic Landmark—is noted for its diverse recreational, cultural and natural resources, including mineral waters located in springs throughout the property. The park is home to the Gideon Putnam Resort and Spa, two golf courses as well as the nationally-known Saratoga Performing Arts Center, the Saratoga Automobile Museum and more.

The terrain offers picnic areas, streamside trails suitable for the nature-lover or the casual walker, and has certified running courses used by joggers, running clubs and high school and college athletes.

The lush 2,400-acre park is just minutes away from charming downtown

Saratoga Springs, the historic race-track and Skidmore College. 19 Roosevelt Dr., Saratoga Springs 12866 •
(518) 584-2535 43.05781, -73.80735

IF YOU ONLY HAVE A DAY

Stop by the Saratoga Automobile Museum and observe some of the finest racing machines, auto history, car art and rotating exhibits. Explore the stunning architecture of the Hall of Springs or relax by catching a show at the Saratoga Performing Arts Center. Enjoy the Chamber Music Society of Lincoln Center and Live Nation Concerts events starting in June.

AROUND THE AREA

GRAFTON LAKES STATE PARK

Grafton Lakes State Park, on a ridge between the Taconic and Hudson Valleys, includes five ponds and a popular sandy



beach. All ponds have launch facilities for sailboats, canoes and rowboats. Visitors also picnic, walk the nature trails and hike, bike or ride horses along the 25 miles of park trails. In winter, the trails are groomed for snowmobilers, and visitors may also snowshoe, cross-country ski, ice skate or ice fish when conditions permit. 254 Grafton Lakes State Park Way, Grafton 12082 • **(518) 279-1155**
42.76943, -73.46422

JOHN BOYD THACHER STATE PARK

John Boyd Thacher State Park is situated along the Helderberg Escarpment, one of the richest fossil-bearing formations in the world. The park boasts a new Visitor Center, a campground at Thompson's Lake and numerous picnic areas and ball fields. Interpretive programs are offered year-round. Be sure to check out the new adventure course with zip lines, aerial

games, and more. There are more than 12 additional miles of trails for summer hiking and mountain biking. The Emma Treadwell Thacher Nature Center is located two miles from the park on Thompson's Lake.

Please check **parks.ny.gov/parks/thacher/details.aspx** for trail closures and updates. 830 Thacher Park Rd., Voorheesville 12186 • **(518) 872-1237**
42.64181, -73.99159

MOREAU LAKE STATE PARK

While Moreau Lake State Park's four-season natural beauty draws visitors, its environmental education programs, guided hikes and friendly staff bring people back again and again. Shady groves of trees shelter picnic grounds overlooking the lake framed by hardwood forests, pine stands and rocky ridges.



**You can help protect
the places you love to hike.**

**To learn more and to
give a gift today visit
AmericanHiking.org/donate.**

Two pavilions, each with a 120-person capacity, and a 20'x30' tent which can accommodate up to 75 people may be reserved using ReserveAmerica.com.

Wooded campgrounds offer tranquil accommodations for tent and trailer sites. Waterfront recreation includes a sandy swimming beach, fishing and boating. Moreau's proximity to Saratoga Springs and Lake George makes the park a popular destination. In winter, don't miss

cross-country ski trails and ice fishing. The park has added seven accessible campsites intended for use by persons with disabilities. At least one member of a camping party must be in need of the accommodation.

Visit parks.ny.gov/parks/moreaulake for updates. 605 Old Saratoga Rd., Gansevoort 12831 **(518) 793-0511 • 43.22628, -73.70817**

MORE PARKS IN THE CAPITAL REGION

Bennington Battlefield State Historic Site
5157 Rte. 67, Walloomsac 12090
(518) 860-9094
42.93375, -73.30487
Temporarily closed.

Cherry Plain State Park
10 State Park Rd., Petersburg 12138
(518) 733-5400
42.62209, -73.40942

Crailo State Historic Site
9 1/2 Riverside Ave. Rensselaer 12144
(518) 463-8738
42.63459, -73.74949

Crown Point State Historic Site
21 Grandview Dr. Crown Point 12928
(518) 597-4666
44.02485, -73.42437
Grounds open, but buildings are not.

Grant Cottage State Historic Site
1000 Mount McGregor Rd. Wilton 12831
(518) 587-8277 • 43.20132, -73.74528

Hudson River Islands State Park Hudson River Coxsackie
12192 (518) 732-0187 • 42.32888, -73.77837

John Brown Farm State Historic Site
115 John Brown Rd. Lake Placid 12946
(518) 523-3900
44.25417, -73.97202

John Burroughs Memorial State Historic Site
1067 Burroughs Memorial Rd., west of Rt. 30, Roxbury 12474
c/o Mine Kill State Park
(518) 827-6111
42.29431, -74.59214

Johnson Hall State Historic Site
139 Hall Ave., Johnstown 12095
(518) 762-8712
43.01506, -74.38230

Max V. Shaul State Park
Route 30, P.O. Box 23, Fultonham 12071 (518) 827-4711
42.54647, -74.41011

Mine Kill State Park
161 Minekill Rd. North Blenheim 12131
(518) 827-6111
42.43360, -74.46765

Peebles Island State Park
1 Delaware Ave. North Cohoes 12047
(518) 268-2188
42.78429, -73.68015
Restrooms closed

Saratoga Lake State Boat Launch
19 Roosevelt Dr. Saratoga Springs 12866
(518) 584-2000
43.05279, -73.72069

Schodack Island State Park
1 Schodack Way, P.O. Box 7 Schodack Landing 12156
(518) 732-0187
42.51799, -73.75969

Schoharie Crossing State Historic Site
129 Schoharie St. P.O. Box 140, Fort Hunter 12069
(518) 829-7516
42.93985, -74.28300
Reservations needed for visitor center.

Schuyler Mansion State Historic Site
32 Catherine St. Albany 12202
(518) 434-0834
42.64172, -73.75974

TACONIC REGION



FEATURED PARK

TACONIC STATE PARK

Taconic State Park is located along 16 miles of the Taconic Mountain Range, sharing a border with Massachusetts and Connecticut. Two developed areas, Copake Falls and Rudd Pond, boast an extensive trail system with terrain that varies from easy to challenging, offering spectacular views. Anglers will delight in hooking brown trout and other fish in the Bash Bish Brook or rainbow trout in the old iron ore mine pit.

Take a long weekend and stay at the campground at Copake Falls, which has sites to accommodate every type of camper. Choose from a rustic experience or creature comforts. There are 45 tent sites, 25 tent platforms, 36 trailer sites and three cabin areas. 253 Rte. 344, Copake Falls 12517 • **(518) 329-3993**
42.12098, -73.51956

IF YOU ONLY HAVE A DAY

If you are looking to get outside and active, bike or stroll the Harlem Valley Rail Trail. From here you can hike to Bash Bish Falls, which is the most dramatic and highest single drop waterfall in Massachusetts.

Keep hiking and climb to the top of Brace Mountain, the highest point in Dutchess County. You can even tackle a portion of the Appalachian Trail, which runs through Taconic State Park. Visit the Iron Works site to learn about the iron industry at the former site of Copake Iron Works, then stop in the new Visitor Center next door for interpretive displays on the park and Bash Bish Falls.

AROUND THE AREA

CLARENCE FAHNESTOCK STATE PARK

With over 14,000 acres, this park has it all: countless hiking trails (including part





of the famous Appalachian Trail), boating, hunting, swimming, fishing and camping. Canopus Lake Recreation Area will be open on weekends starting on May 28, and then seven days a week starting June 20. Swimming is prohibited in Lower Canopus Lake effective immediately. 1498 Rte. 301, Carmel 10512
(845) 225-7207 • 41.46636, -73.82466

CLERMONT STATE HISTORIC SITE

Clermont State Historic Site was the Hudson River seat of New York's politically and socially prominent Livingston Family, including chancellor Robert R. Livingston, Jr., whose accomplishments include: drafting the Declaration of Independence, serving as first U.S. Minister of Foreign Affairs, administering the oath of office to George Washington, negotiating the Louisiana Purchase and developing steamboat technology with Robert Fulton. Named a National Historic Landmark in 1973, Clermont's view of the Hudson and beautiful gardens are also part of the Hudson River National

Heritage Landmark District, a must see. While tours of the mansion are temporarily closed due to restoration projects, the grounds remain open. The park's Facebook page (@ClermontSHS) and the Clermont State Historic Site blog (clermontstatehistoricsite.blogspot.com) are great resources to experience the history virtually. Visit One Clermont Ave., Germantown 12526 **(518) 537-4240 • 42.08508, -73.91183**

FRANKLIN D. ROOSEVELT STATE PARK

Franklin D. Roosevelt State Park is located just north of New York City and offers a day of fun and relaxation. The park features spacious picnic areas, ballfields, disc golf, boat rentals and a mammoth pool. The park hosts more than 40 special events annually including dog shows, walkathons and festivals. 2957 Crompond Rd., Yorktown Heights 10598 • **(914) 245-4434 41.28330, -73.81812**

**OLANA STATE
HISTORIC SITE**

Olana State Historic Site is the home and studio of Hudson River School artist Frederic Edwin Church. The 250-acre estate features an elaborately stenciled, Persian-inspired mansion filled with original sketches, studies and paintings by one of the mid-19th century's most famous artists. Visitors enjoy guided house tours and exhibits and can hike, run and walk dogs in the picturesque landscape, as well as picnic, paint and photograph. Land and architecture, art and environment and electric carriage tours are available. 5720 Rte. 9G, Hudson

12534 • (518) 828-0135 • 42.20841,
-73.83520

**WALKWAY OVER
THE HUDSON
STATE HISTORIC
PARK**

This remarkable park provides access to the Hudson River's breathtaking landscape for pedestrians, hikers, joggers, bicyclists, and people with disabilities. The bridge deck stands 212 feet above the river's surface and is 6,768 feet (1.28 miles) long, making it the longest, elevated pedestrian bridge in the world. 61 Parker Ave, Poughkeepsie 12601
(845) 834-2867 • 41.71121, -73.94931

MORE PARKS IN THE TACONIC REGION

Dinsmore Golf Course 5371 Albany Post Rd., Staatsburg 12580 (845) 889- 4071 • 41.85854, -73.92121	Lake Taghkanic State Park 1528 Rte. 82, Ancram 12502 (518) 851-3631 42.09748, -73.71830	Rockefeller State Park Preserve 125 Phelps Way, Pleasantville 10570 (914) 631-1470 41.11291, -73.83651 <i>Limited parking visitor Center closed</i>
Fahnestock Winter Park 1570 Rte. 301 Carmel 10512 (845) 225-3998 41.47196, -73.82171	Mills Norrie State Park (Margaret Lewis Norrie) 9 Old Post Rd., Staatsburg 12580 (845) 889-4646 41.84024, -73.93099	Staatsburgh State Historic Site Old Post Rd., Staatsburg 12580 (845) 889-8851 41.85661, -73.92974 <i>Tours suspended</i>
Hudson Highlands State Park Preserve 3011 Rte. 9D, Cold Spring 10516 (845) 225-7207 41.44118, -73.97547	Ogden Mills & Ruth Livingston Mills State Park Mills Mansion 1 Rd., Staatsburg 12580 (845) 889-4646 41.85693, -73.92649	Taconic State Park-Copake Falls Area 253 Rte. 344, Copake Falls 12517 (518) 329-3993 42.12098, -73.51956
James Baird State Park & Golf Course 280 Club House Rd. Pleasant Valley 12569 (845) 452-1489 41.68822, -73.78689	Old Croton Aqueduct State Historic Park 15 Walnut St. Dobbs Ferry 10522 (914) 693-5259 41.16566, -73.86317	Taconic State Park-Rudd Pond Area 59 Rudd Dr., Millerton 12546 (518) 789-3059 41.98482, -73.50724
John Jay Homestead State Historic Site 400 Jay St. Katonah 10536 (914) 232-5651 41.24804, -73.65876 <i>Tours suspended</i>	Philipse Manor Hall State Historic Site 29 Warburton Ave. Yonkers 10701 (914) 965-4027 40.93555, -73.89931	Taconic Outdoor Education Center 75 Mountain Laurel Ln. Cold Spring 10516 (845) 265-3773 41.42263, -73.87904 <i>Closed due to construction</i>

CATSKILLS



The Catskill Park lies in the fabled Catskills mountain range and is filled with 98 peaks over 3,000 feet and 300,000 acres of publicly owned forest preserve with hundreds of miles of trails and streams for visitors to explore.

Just a short drive from New York City, the Catskills offer visitors lush forests with meadows, lakes, cliffs and even fire towers to climb for spectacular mountain vistas. Hundreds of miles of old logging roads and trails are yours to explore. Distinctive natural areas like mountaintop forests of spruce, wetlands, trout streams and trees that have survived for hundreds of years may be found throughout the Catskill Park.

Depending on what activities you and your group enjoy the most, the Catskills has the answer for everyone. A summertime mecca for thousands,

North-South Lake is the biggest and most popular DEC Catskill campground, where you can swim, fish or hike. The campground offers extraordinary scenic beauty, and historical sites, such as: Alligator Rock, Kaaterskill Falls, the former site of the Catskill Mountain House.

Climb to an elevation of approximately 2,250 feet and take in the incredible view of the Hudson River Valley, Taconics and Berkshires! Another DEC Catskill campground, Mongaup Pond, is a perfect place to take a dip. Visitors can swim and boat on the largest natural body of water in the Catskill Park. To start your Catskills camping adventure, reserve a campsite by calling **(800) 456-CAMP**.

Please note: *Select locations in the Catskills are very crowded, with limited parking and access so visitors are encouraged to have a back-up plan and seek alternative areas."*



PALISADES REGION



FEATURED PARK

MINNEWASKA STATE PARK PRESERVE

Located along the dramatic Shawangunk Mountain ridge, more than 2,000 feet above sea level, Minnewaska offers jaw-dropping views. Clear streams cut through rocky terrain and dense forests, emerging in scenic waterfalls.

The park features numerous waterfalls, three crystalline sky lakes, dense hardwood forests, incising sheer cliffs opening to beautiful views, clear streams cut into valleys, world-class rock climbing and 35 miles of carriageways and 25 miles of footpaths. Hike, bike, horseback ride or run along the park's extensive trails and paths. *The new, can't-miss Lake Minnewaska Visitor Center offers a central location to welcome and guide visitors as*

they set out to explore the park.

In addition to the swimming beach, enjoy picnicking and boating and some of the best technical rock climbing in the East.

5281 Rte. 44-55, Kerhonkson 12446

(845) 255-0752 • 41.73514, -74.23903

IF YOU ONLY HAVE A DAY

Take the time to explore the amazing rock climbing opportunities in the park. It is one of the few locations in the state that permits technical rock climbing. Individuals travel from throughout the Northeast, and even the country, to enjoy the Gunks!

Birdwatching is another popular activity in the park. Minnewaska is part of a migratory corridor that exists along the entire upland plateau of the Northern Shawangunks.





AROUND THE AREA

BEAR MOUNTAIN STATE PARK

Bear Mountain State Park, situated in rugged mountains rising from the west bank of the Hudson River, features a large playing field, shaded picnic groves, lake and river fishing access, a swimming pool, the Trailside Museums and Zoo, hiking, biking and cross-country ski trails.

Due to active construction along the trail, the Trailside Museum and Zoo may be closed to the public periodically. Visit www.trailsidemuseumandzoo.org for more details. Palisades Parkway or Route 9W North, Bear Mountain 10911 **(845) 786-2701 • 41.31294, -73.98895**

HARRIMAN STATE PARK

Harriman State Park, located in Rockland and Orange counties, is the second largest park in the system, with 31 lakes and reservoirs, 200 miles of hiking trails, three beaches, two public camping areas, a network of group camps, miles of streams and scenic

roads, and scores of wildlife species, vistas and vantage points. Seven Lakes Dr. / Bear Mountain Cir. 10911 • **(845) 947-2444 • 41.25019, -74.04322**

NATIONAL PURPLE HEART HALL OF HONOR/NEW WINDSOR CANTONMENT STATE HISTORIC SITE

At this historic location of the final encampment of George Washington's Army, interpreters in reproduction period dress demonstrate camp-life activities as well as musket drills and blacksmithing. Also on site is the newly National Purple Heart Hall of Honor with stories of heroism preserved and shared through a series of exhibits, live and videotaped interviews with veterans themselves and an interactive computer program detailing the stories of each individual 374 Temple Hill Rd. (Rte. 300), New Windsor 12584 **(845) 561-1765 • 41.47150, -74.0589**

ROCKLAND LAKE STATE PARK

Rockland Lake State Park's lake is

located on a ridge of Hook Mountain above the west bank of the Hudson River. The park offers a huge swimming pool, picnic tables, grills, a car-top boat launch dock, hiking trails with breathtaking views of the Hudson Valley, six tennis courts and two 18-hole golf courses.

Anglers can fish Rockland Lake for bass, perch and carp. Walkers, joggers, roller bladers and bicyclists can enjoy the 3.2 mile non-motorized use paved trail around the lake. 299 Rockland Lake Rd.

Valley Cottage 10989 **(845) 268-3020**
• **41.13023, -73.92496**

NEW! SOJOURNER TRUTH STATE PARK

Named for 19th century African American abolitionist and suffragist Sojourner Truth, this new park offers spectacular views of the Hudson River is the first state park in the City of Kingston. The park includes the paved Hudson River Brickyard Trail, part of the Empire State Trail, and hiking trails for passive recreation. **(845) 336-8484 • 41.94668, -73.97415**

MORE PARKS IN THE PALISADES REGION

Blauvelt State Park
Rte. 303 North to East, Greenbush Rd.
Blauvelt 10913
(845) 359-0544
41.07042, -73.94902

Fort Montgomery State Historic Site
690 Rte. 9W P.O. Box 213
Fort Montgomery 10922
(845) 446-2134
41.32453, -73.98870

Goosepond Mountain State Park
1198 New York 17M, Chester
10918 (845) 786-2701
41.34841, -74.23446

Highland Lakes State Park
55-223 Tamms Rd.
Middletown 10941
(845) 786-2701
41.50959, -74.32356

High Tor State Park
415 South Mountain Rd.
New City 10956
(845) 634-8074
41.18780, -73.98811

Knox's Headquarters State Historic Site
289 Forge Hill Rd., Vails Gate
12584 (845) 561-5498
41.45551, -74.04888

Lake Superior State Park
342 Dr Duggan Rd.
Bethel 12720
(845) 807-0287
41.68756, -74.88663

New Windsor Cantonment State Historic Site
374 Temple Hill Rd.
New Windsor 12553
(845) 562-7141 • 41.47071,
-74.06092

Nyack Beach State Park
698 N. Broadway
Upper Nyack 10960
(845) 268-3020
41.11894, -73.91508

Rockland Lake Golf Course
Box 217, Rte. 9W, Congers 10920
(845) 268-7275
41.13621, -73.92191

Schunemunk State Park
c/o Sterling Forest State Park
116 Old Forge Rd., Tuxedo 10987
(845) 351-5907
41.42581, -74.10182

Senate House State Historic Site
296 Fair St., Kingston 12401
(845) 338-2786

41.93514, -74.01860
Limited capacity.

Sterling Forest State Park
116 Old Forge Rd.
Tuxedo 10987
(845) 351-5907
41.19895, -74.25708

Stony Point Battlefield State Historic Site
44 Battlefield Rd.
Stony Point 10980
(845) 786-2521
41.24106, -73.97657

Storm King State Park
Mountain Rd.
Cornwall-on-Hudson 12520
(845) 786-2701
41.43783, -73.99704

Tallman Mountain State Park
Rte. 9W
Sparkill 10976
(845) 359-0544
41.03468, -73.91320

Washington's Headquarters State Historic Site
84 Liberty St., Newburgh 12551
(845) 562-1195
41.49712, -74.00914
Reservations needed



FEATURED PARKS

ROBERTO CLEMENTE STATE PARK

Roberto Clemente State Park is a 25-acre waterfront park located along the Harlem River in the Bronx. The park offers recreational and cultural activities year-round for youth, adults, senior citizens and the physically challenged.

The facilities include a multi-purpose recreation building, an Olympic-size pool complex, ball fields, basketball courts, picnic areas, playgrounds and a waterfront promenade. 301 West Tremont Ave., Bronx 10453 • **(718) 299-8750 • 40.85220, -73.92076**

SHIRLEY CHISHOLM STATE PARK

Named for a Brooklyn-born trailblazer who was the first African American Congresswoman, and first woman and African Ameri-

can to run for President, this park in Brooklyn sits atop some of the highest ground in New York City. Witness panoramic views of the Empire State Building to the northwest, the Verrazano-Narrows Bridge and New York Harbor to the west, and Jamaica Bay to the south. The park offers ten miles of biking and hiking trails, picnicking, a bike library with loaner bikes for all ages, waterfront access on Penn Pier and Hendrix Creek Patio and nature education including fishing, guided bird walks and more! Fountain Side entrance: 950 Fountain Ave. Brooklyn, NY 11208; Penn Side entrance: 1750 Pennsylvania Ave. Brooklyn, NY 11239; **(718) 277-2420 • 40.64272, -73.87455**

AROUND THE AREA

RIVERBANK STATE PARK (DENNY FARRELL)

Riverbank State Park, a unique 28-acre park situated 69 feet above the Hudson River, welcomes 3 million visitors annually



and serves as a vital recreation and cultural resource for the surrounding Harlem community and the greater metropolitan area.

Riverbank’s facilities include four outdoor tennis courts, an indoor theater, indoor basketball courts, a gymnasium and fitness center, ball fields, outdoor basketball courts, handball courts, outdoor concert areas, multiple landscaped picnic areas, an indoor and outdoor aquatic complex, skating rink and carousel. 679 Riverside Dr., New York 10031 **(212) 694-3600 • 40.82709, -73.95206**

**CLAY PIT PONDS
STATE PARK
PRESERVE**

Clay Pit Ponds State Park Preserve is a 265-acre nature preserve near the southwest shore of Staten Island. It contains a variety of unique habitats, such as wetlands, ponds, sand barrens, spring-fed streams and woodlands. Evidences of the Leni Lenape Indians, European settlers and the Free Blacks of Sandy Ground provide a rich cultural history.

Educational programs, such as nature walks, pond ecology, birdwatching, tree and flower identification are offered, as are many activities geared to school children. In addition, visitors may picnic or hike on designated trails. Horseback riding is also permitted on over five miles of bridal paths. 83 Nielsen Ave., Staten Island 10309 **(718) 967-1976 • 40.54238, -74.23667**

**MARSHA P. JOHNSON
STATE PARK**

Renamed in 2020 to honor Marsha P. Johnson, a transgender woman of color

who was a pioneer of the LGBTQ civil rights movement, the former East River State Park is located along the East River in the Williamsburg neighborhood of Brooklyn. It offers visitors a stunning view of the Manhattan skyline, a delightful play area, free *Oh, Ranger! Wi-Fi™*, barbecues and green space for recreation and relaxation.

As the site of a 19th century shipping dock, visitors may also discover unique historical remnants like old cobblestone streets and railroad tracks embedded in concrete. The park is currently receiving massive renovations, so some areas will be limited. The north section of the park and the dog run will remain open, and construction is expected to be completed by Summer 2022. 90 Kent Ave., Brooklyn 11211 • **(718) 782-2730 • 40.72182, -73.96025**

**MORE PARKS IN
THE NEW YORK
CITY REGION**

Gantry Plaza State Park

4-09 47th Rd.
Long Island City 11101
(718) 786-6385
40.74614, -73.95650

Bayswater Point State Park

1479 Point Breeze Pl.
Far Rockaway 11691
(718) 471- 1018
40.61281, -73.77255

**Franklin D. Roosevelt
Four Freedoms State Park**

1 FDR Four Freedoms Park
Roosevelt Island, NY 10044
(212) 204-8831

LONG ISLAND REGION



FEATURED PARK

JONES BEACH STATE PARK

Jones Beach State Park, a world-class swimming destination, offers surf bathing along its 6.5 miles of ocean beach, one-half mile of bay beach for stillwater bathing, and a swimming pool. The west end of the park provides wonderful surf fishing, a boat basin and undeveloped areas that are home to a variety of migratory birds and native plants. The new Jones Beach Energy & Nature Center is located at the West End of the iconic oceanfront park. Through dynamic and accessible indoor and outdoor exhibits, educational programming and events, the pioneering Center showcases ways visitors can become conscientious environmental stewards and smart energy consumers. 2400 Ocean Pkwy., Wantagh 11793 • **(516) 785-1600 • 40.59601, -73.51642**

IF YOU ONLY HAVE A DAY

Whether you prefer to swim, bodysurf, read a book, sunbathe or build a sandcastle with the kids, claim your spot on the beach for a day of fun. Considered one of the best beaches in the area, the sandy south shore of Long Island provides a perfect relaxation location on the Atlantic Ocean.

After taking a dip, stroll along the newly renovated, two mile-long boardwalk while you dry off. After grabbing a bite to eat at one of the many concessions and cafes along the boardwalk, get into game mode with miniature golf, shuffleboard, corn hole, pickleball and more.

AROUND THE AREA

BETHPAGE STATE PARK

Bethpage State Park is best known for its world-class golf with five golf courses,





including the renowned Black Course. Visitors also flock to the park for its picnic facilities, playing fields, tennis courts, and polo matches, bridle paths, hiking and cycling trails. 99 Quaker Meeting House Rd., Farmingdale 11735 **(516) 249-0701 • 40.73801, -73.46894**

CAUMSETT STATE HISTORIC PARK

Caumsett State Historic Park, situated on a scenic peninsula extending into Long Island Sound, offers miles of bridle paths, walking, jogging, hiking, biking, cross-country skiing and nature trails over acres of woodland, meadows, rock shoreline and salt marsh. The park has beautiful gardens, is excellent for bird watching and has equestrian services. 25 Lloyd Harbor Rd., Lloyd Neck 11743 **(631) 423-1770 • 40.92927, -73.47075**

HEMPSTEAD LAKE STATE PARK

Hempstead Lake State Park is a multi-use facility. Included are 20 tennis courts, playgrounds, basketball courts, bridle trails

for horseback riding, biking and hiking trails, shaded picnic areas and a historic hand carved wooden carousel.

The new Environmental Education and Resiliency Center provides hands-on learning focused on environmental management and storm resiliency. 1000 Lakeside Dr., West Hempstead 11552 • **(516) 766-1029 • 40.68231, -73.64242**

MONTAUK DOWNS STATE PARK

The park is best known for its Robert Trent Jones-designed, championship-length, 18-hole golf course. In addition, the park offers a driving range, six championship tennis courts, a main swimming pool and a wading pool for children, as well as a beautiful catering facility, a clubhouse and a grill room serving breakfast and lunch. 50 South Fairview Ave., Montauk 11954 • **(631) 668-5000 41.05369, -71.93592**

ORIENT BEACH STATE PARK

With its stunning water views and vast frontage on Gardiner's Bay, Orient Beach State Park can't be missed. Swim in the



bay, fish, enjoy a picnic, go hiking or cycling, explore nature trails along the park's rare maritime forest, or view four lighthouses and get your Lighthouse Passport stamped. 40000 Main Rd. Rte. 25, Orient 11957 • **(631) 323-2440 • 41.15358, -72.24511**

PLANTING FIELDS ARBORETUM STATE HISTORIC PARK

The former Gold Coast estate of the W.R. Coe family, this magnificent property has over 400 acres of exquisite landscape designed by the Olmsted Brothers who created New York City's Central Park. The Tudor Revival residence, Coe Hall, gives visitors a glimpse of the formal lifestyle and stunning craftsmanship of the 1920s. Together, the main greenhouse and camellia greenhouse offer one of the largest collections of camellias in the Northeast as well as hibiscus, orchids, succulents and seasonal displays.

Visit plantingfields.org/ before your trip for updates to hours and operations. 1395 Planting Fields Rd., Oyster Bay 11771 • **(516) 922-8684 • 40.86794, -73.55282**

SUNKEN MEADOW STATE PARK (GOVERNOR ALFRED E. SMITH)

Sunken Meadow State Park offers swimming in the Long Island Sound, six miles of hiking trails—including the northern starting point of the Suffolk County Greenbelt Trail—biking (in designated areas), horseback riding, picnicking, kayaking, canoeing, windsurfing, fishing, a boardwalk and cross-country skiing. In addition, the park offers a 27-hole golf course, a driving range and putting green. Rte. 25A and Sunken Meadow Pkwy, Kings Park 11754 • **(631) 269-4333 • 40.90579, -73.26033**

MORE PARKS IN THE LONG ISLAND REGION

Bayard Cutting Arboretum State Park

440 Montauk Hwy., Great River 11739
(631) 581-1002
40.73945, -73.16303
Manor closed

Belmont Lake State Park

Southern State Pkwy. Exit 38
North Babylon 11703
(631) 667-5055
40.73431, -73.33852

Brookhaven State Park

2500 William Floyd Pkwy.
Ridge 117961
(631) 929-4314
40.91305, -72.87889

Caleb Smith State Park Preserve

581 West Jericho Tpk.
P.O. Box 963 (mail)
Smithtown 11787
(631) 265-1054
40.85184, -73.22481

Camp Hero State Park

1898 Montauk Hwy., Montauk 11954
(631) 668-3781
41.07064, -71.87102

Captree State Park

3500 E. Ocean Pkwy., Bay Shore 11706
(631) 669-0449
40.64031, -73.25570

Cold Spring Harbor State Park

95 Harbor Rd.
Cold Spring Harbor 11724
(631) 423-1770
40.86696, -73.46192

Connetquot River State Park Preserve

Oakdale 11769
(631) 581-1005
40.74813, -73.15243

Caumsett State Historic Park

25 Lloyd Harbor Rd.,
Huntington 11743
(631) 423-1770
40.92927, -73.47075

Gilgo State Park

Ocean Pkwy., Babylon 11702
(631) 669-0449
40.63391, -73.34491

Hallock State Park Preserve

6062 Sound Ave.
Riverhead 11947
(631) 315-5475
40.98313, -72.58894

Heckscher State Park

Heckscher Pkwy.
Field 1, East Islip 11730
(631) 581-2100
40.71680, -73.16426

Hither Hills State Park

164 Old Montauk Hwy.,
Montauk 11954
(631) 668-2554
41.00392, -72.02563

Montauk Point State Park

2000 Montauk Hwy.,
Montauk 11954
(631) 668-3781
41.05913, -71.89562
Lighthouse under construction

Nissequoque River State Park

799 Saint Johnland Rd.
Kings Park 11754
(631) 269-4927
40.88444, -73.24957

Robert Moses State Park

600 Robert Moses State Pkwy.
Babylon 11702
(631) 669-0449
40.62517, -73.26198

Sag Harbor State Golf Course

P.O. Box 463 Barcelona Point
Sag Harbor 11963
(631) 725-2503
40.99201, -72.26845

Shadmoor State Park

900 Montauk Hwy.,
Montauk 11954
(631) 668-3781
41.03860, -71.92766

Trail View State Park

8101 Jericho Tpk.
Woodbury 11797
(631) 423-1770
40.81378, -73.47021

Valley Stream State Park

Valley Stream State Park Rd.
Valley Stream 11580
(516) 825-4128
40.67816, -73.69991

Walt Whitman Birthplace State Historic Site

246 Old Walt Whitman Rd.
Huntington Station 11746
(631) 427-5240
40.81728, -73.41220

Wildwood State Park

790 Hulse Landing Rd.
Wading River 11792
(631) 929-4314
40.96274, -72.80842

NATURE & WILDLIFE



WILDLIFE IN NEW YORK STATE PARKS

New York State Parks and Historic Sites protect more than just beautiful landscapes. These areas provide crucial habitats for both common and rare flora and fauna. For centuries, the marshes, forests, lakes and beaches have acted as havens for animals of all kinds. Over 100 species of native mammals, tens of thousands of species of insects, hundreds of fish species, 70 species of amphibians and more than 300 species of birds find a home in the parks and historic sites across the state. If you are planning a visit, you will most likely get the opportunity to spot unique birds, mammals, fish and plant life that you can't find in your own backyard. Please do not feed or approach the animals.

NATURE CENTERS

One of the best ways to learn more about nature and wildlife in New York state is to visit a state park nature center. Always double check for closures by visiting your park's individual site at [park.ny.gov](https://www.park.ny.gov). Enjoy wildlife by keeping a safe distance and bringing along a camera. Take memories and photos, but please remember to leave the park as you found it. Respecting nature and wildlife ensures it will be there for all to enjoy!

BIODIVERSITY

Biodiversity brings important environmental services to our parks and communities. The variety of plant and animal life that occur naturally in these areas help to clean and protect our environment. For example, wetlands are often areas of high plant and animal biodiversity; they clean

water of pollutants and mitigate flooding. Biodiversity keeps the area in balance.

There is also aesthetic value in seeing a variety of plants and animals, making parks a popular destination for nature-lovers. It is important that we safeguard these diverse resources, so that they may continue to provide this valuable contribution to the ecosystem.

Some examples of elements contributing to New York's biodiversity include the old growth hemlock-northern hardwood forests in Allegany State Park in Western New York; the carnivorous Butterwort plant at Taughannock Falls State Park in the Finger Lakes and the Short-eared owls at Gilgo Beach State Park on Long Island.

PROTECTING BIRDS IN NEW YORK

The New York State Bird Conservation Area Program was established in 1997 to safeguard and enhance bird populations and their habitats on State lands and waters. The goal of the Bird Conservation Area (BCA) Program is to integrate bird conservation interests into agency planning, management and research projects, within the context of agency missions.

The BCA Program is modeled after the National Audubon Society's Important Bird Areas program, which began in New York in 1996. To date, 25 BCA sites have been designated in New York State Parks. BCA programs help ensure birds have a habitat to live, reproduce and thrive.

→ WATCHABLE WILDLIFE



BEAVER

With their large flat tail and webbed feet, beavers are well adapted to a semi-aquatic environment, and can glide swiftly and effortlessly through water. Beavers build dams and lodges that provide protection and create a favorable new habitat for other species. • **Weight** 20 pounds • **Length** 3-4 feet inches • **Active** year-round.



BLACK BEAR

Black bears like to eat juicy plant parts, insect larvae, fruits, nuts, acorns and occasionally meat. They range in color from dark black and chocolate-brown to cinnamon brown or blonde. To survive the scarcity of food in winter, bears hibernate for up to seven months. • **Weight** 200- 585 lbs. • **Length** 4.5-6.5 ft. • **Active** Spring through fall.



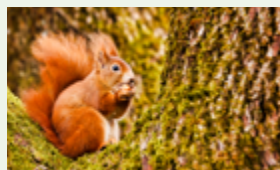
GREAT BLUE HERON

With its long legs and thin beak, the blue heron wades into the waters in search of food. Its diet consists mainly of small fish and some small animals and some land animals. The heron uses its sharp beak to pierce prey. These birds are year round inhabitants of the parks. • **Weight** 5-8 lbs. • **Length** 5.5-6.5 ft • **Active** year-round.



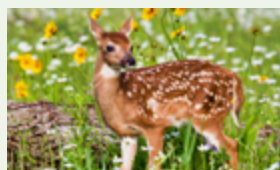
NORTHERN GREEN FROG

Due to their excellent camouflage, these brightly colored frogs can be difficult to spot. Mostly nocturnal, they resemble a small bullfrog. Frogs spend most of their time on the banks of rivers, ponds and lakes waiting for prey. Their diet consists primarily of insects and small animals. • **Length** 2-4 inches • **Weight** 1-3 oz. • **Active** year-round.



RED SQUIRREL

The red squirrel enjoys eating insects, seeds, bark, nuts, fruits, mushrooms and pine seeds or cones. The red squirrel is most active in the early morning and late afternoon. An agile climber and jumper, the red squirrel lives in deciduous and coniferous forests. • **Length** 11-14 inches • **Weight** 7 ounces • **Active** year-round.



WHITE-TAILED DEER

These deer, and their flashy white tails, are commonly seen along roadways (drive aware!) and in the woods. Thanks to their four-part stomachs, they extract a large amount of nutrients from grazing on green plants and woody vegetation. • **Weight** 90-130 pounds • **Size** 6-7 feet • **Active** year-round.

WALKING & HIKING



Thousands of miles of trails connect communities to the heritage, history, and natural beauty of New York. Trails serve as recreation, alternative transportation options, and contributions to the economy.

From foot paths in the Adirondacks to paved greenway trails along the Manhattan waterfront, our trails are as diverse in location and landscape as the communities that host them.

While hiking, be sure to follow general etiquette guidelines and Leave No Trace principles. Stay on the trail, don't litter, pass others with care, take only pictures and leave only footprints.

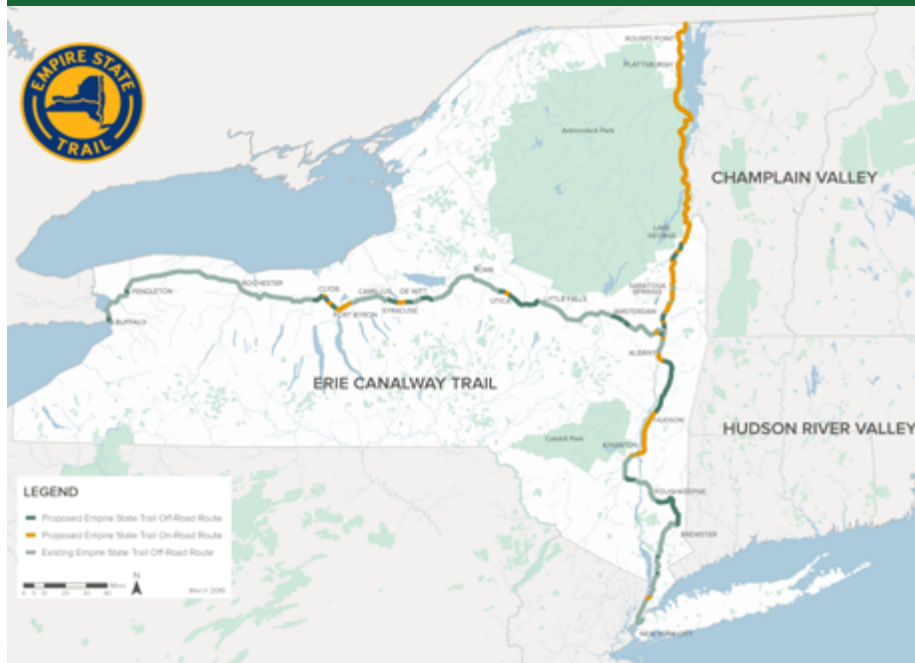
Be sure to follow any trail-specific guidelines and safety warnings posted on trailhead kiosks or at visitor centers, and do your best to leave the trails as you found them. Happy hiking!



WALKING & HIKING TRAILS

Trail <i>State Park</i>	Description	Round-Trip Distance	Difficulty
Niagara Gorge Trail <i>Niagara Falls State Park</i>	This trail goes through multiple state parks and rewards with stunning views of gorge vistas.	6.2 Miles	Moderate
Gorge Trail <i>Letchworth State Park</i>	Explore the best of the "Grand Canyon of the East" and see the famed waterfalls.	7 Miles	Easy
Catharine Valley Trail <i>Near Watkins Glen State Park</i>	Enjoy scenes from the glacially-carved valley south of Seneca Lake.	2 Miles	Easy
Rim Trail <i>Taughannock Falls State Park</i>	Stop at the overlook for a stunning view of Taughannock Falls.	5 Miles	Moderate
Lake Trail <i>Clark Reservation State Park</i>	Lake Trail circle Glacier Lake and is a nice, relaxing hike.	4 Miles	Easy
Green Lakes Trail <i>Green Lakes State Park</i>	Soak in the stunning views of the lake as you walk along its shoreline.	1.8 Miles	Easy/flat
Spring Overlook <i>Moreau Lake State Park</i>	Take in views of the Luzerne Mountains and Hudson River.	.86 Miles	Moderate
Appalachian Trail <i>Bear Mountain State Park</i>	Hike a section of the famous, and longest, trail on the east coast.	6 Miles	Difficult
Breakneck Ridge <i>Hudson Highlands State Park</i>	Scramble up the rocks in a trail that will test your physical and mental acuteness.	5.5 Miles	Difficult
Thirteen Bridges Loop <i>Rockefeller State Park Preserve</i>	The trail leads to 13 bridges on the wandering Gory Brook.	1.9 Miles	Moderate
South Taconic Trail <i>Taconic State Park</i>	Enjoy the Copake Falls area and views of the Hudson Valley.	7 Miles	Moderate to difficult
Red Jacket Trail <i>Allegany State Park</i>	Begins on the west side of Red House Lake, which takes you on an exploration of discovering the forest's beauty.	1 Mile	Easy

EMPIRE STATE TRAIL



The Empire State Trail was a recent initiative placing New York State at the forefront of the national effort to strengthen outdoor recreation, community vitality and tourism.

Now finished, the Empire State Trail is a continuous 750-mile route spanning the state from New York City to Canada and Buffalo to Albany, creating the longest multi-use state trail in the nation.

Legs of the Trail include the Hudson Valley Greenway Trail, the Erie Canalway Trail and the Champlain Valley Trail. For information about the Trail and its activities and destinations along the route, visit **empiretrail.ny.gov**.

The scenic pathway celebrates and promotes connections to other regional bicycling and hiking trails, highlighting linkages to the Appalachian Trail, the Adirondack and Catskill Parks, the St. Lawrence Seaway Trail, the Genesee Valley Greenway and many others.

Another benefit of the Empire State Trail is that it promotes healthy active lifestyles for walking, running and biking, and provides a place for friends and families to experience everything that New York has to offer, including its iconic landscapes, charming communities and diverse history. Find an interactive at empiretrail.ny.gov/map for specific distances, conditions and services.

PHOTOGRAPHY



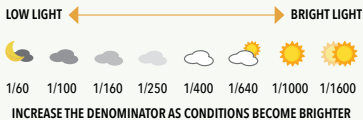
Just as large scale paintings and photographic surveys were once the catalyst for Congress to create the first national parks, photographs and videos created by today's visitors continue to inspire a passion for the preservation of these awe-inspiring places. Today more than ever, these wild and captivating environments offer us the much needed opportunity to reconnect with nature; places to recharge our metaphorical batteries. The following tips will help enhance your photography and video work both technically and aesthetically, and empower you to contribute to the ongoing visual preservation of the wildlife and landscapes of our national parks, and have fun doing it!

- **Timing is everything.** The best time to photograph is during the soft golden hours—at dusk and dawn—when the light is soft. When your shadow is longer than you are, you've got the best light!
- **Stay in the shallows.** To easily achieve the cinematic, blurred background look, move away from your subject matter and use your telephoto lens to zoom in and compress the image's foreground to background to create a shallow depth of field.
- **Go with the flow.** Fight the desire to constantly follow wildlife, and let the action naturally enter and exit your frame.
- **Framing.** Seek out natural framing elements—trees and branches, rock formations, knot holes—to add more layers to your image. Leave space around wildlife to frame them within their natural habitat.

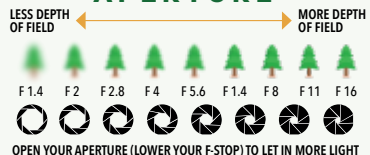
- **The eyes have it.** Change your perspective whenever possible to photograph at an intimate eye level with your subject. Place eyes in the power points (the intersection of rule of third guidelines) and keep them in sharp focus.
- **Use a monopod.** If you are using a heavy telephoto lens for photos or video, consider using a monopod to stabilize it (one can be attached to either the base of the camera or lens). Many hiking poles serve double duty and convert to monopods.
- **Do photo yoga.** Snap a few versions of a composition with a variety of perspectives, both vertical and horizontal. The best image is not likely the first one you take.
- **Shoot in burst mode.** Increase the probability that you'll capture a candid behavior, head position or unique angle of your subject by taking many pictures at once using your camera's burst mode.
- **Steady as you go.** Investing in a pan-and-tilt tripod head will allow you to move your camera smoothly on top of a tripod and avoid hand-held camera shake that will distract from your footage.

CHEAT SHEET

SHUTTER SPEED



APERTURE



ISO





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VISIT A NATURE CENTER!

Where do turtles live in the winter? How do owls see in the dark? Visit one of our nature centers and find out. Here, families and school groups will discover more about the natural world.

Through exhibits, hands-on programming and activities, environmental educators and staff will share their knowledge from ecology to geology and help you connect with the outdoors. Call the location before heading out or visit nysparks.com for the park's hours, programs and events near you.

CONNECT KIDS FREE PARK ENTRANCE TO 4TH GRADERS

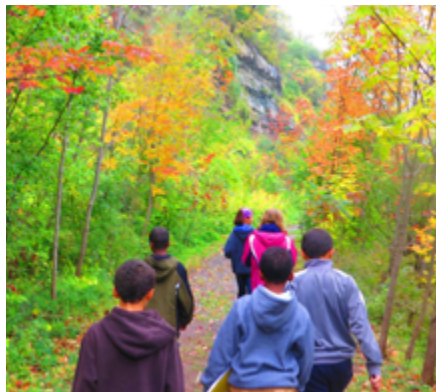
New York State Parks accepts the Every-Kid-Outdoors pass for free vehicle entry into all state parks. The 4th grader must be present in the vehicle. The pass will also be accepted at state historic sites for the pass holder and up to 3 adults for house tour fees. Fourth grade students can obtain and print their pass at everykidoutdoors.gov/. Also, the Connect Kids to Parks Field Trip

Grant Program links New York schoolchildren with nature and history. Learn more at parks.ny.gov.

LEARN TO SWIM

From pristine lakes to Olympic-size swimming pools, New York State parks abound with opportunities to swim in the summer months. New York State Parks' free or low-cost Learn-to-Swim programs are a great way for kids to gain a life skill, become acquainted with the water and enjoy the outdoors safely.

The program is intended for children age 5-10 and available at approximately many state parks across New York. Participants' parents are asked to sign up ahead of time as space is limited and expected to fill up quickly. Each swim program is 40 to 45 minutes in duration and participants who enroll in these lessons will receive a Red Cross Learn-to-Swim Achievement Booklet and a State Parks Learn-to-Swim kit keepsake. Most programs are free and pre-registration is required. For more information on locations, schedules and how to sign up, visit the Learn-to-Swim page at parks.ny.gov/recreation/swimming.





MONTAUK POINT STATE PARK



BEAR MOUNTAIN INN



MONTAUK POINT STATE PARK

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EDITOR'S PICKS



Feel the spray from Niagara Falls at
Cave of the Winds.

Hike **Watkins Glen State Park's** Gorge Trail to enjoy stone bridges and waterfalls.

Enjoy the luxe lodging at **Westcott Beach State Park's** new cottages in the scenic Thousand Islands.

Channel your frontier spirit with a visit to the new **Frontier Town Campground**, Equestrian and Day Use Area in the town of North Hudson in Essex County. The easily accessible area serves as a wonderful gateway to the Adirondack Park and provides for endless adventures.

Enjoy the almost perfectly circular Round Lake and its blue-green waters at **Green Lakes State Park.**

Enjoy the stunning views from atop the **Walkway Over the Hudson State Park.**

Use the online reservation system to book tee time at one of the state's many participating golf courses.

Truly get away from it all with boat access-only camping with a visit to **Canoe-Picnic Point State Park.**

Walk, run or bike along the new multi-use 750-mile **Empire State Trail** that runs from New York City to Canada and Buffalo to Albany.

Grab some binoculars for prime bird watching along the waterfront trails or borrow some wheels from the Bike Library at **Shirley Chisholm State Park** in Brooklyn.

Watch an historic re-enactment at **Old Fort Niagara Historic Site.**



For answers to all your questions, go to [OhRanger.com](https://www.ohranger.com)

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