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2019/2020

YOUR COMPLETE GUIDE TO THE PARKS

# NEW YORK STATE PARKS



Parks, Recreation  
and Historic Preservation

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TRAILS • HISTORY • MAPS • MORE



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# WELCOME



Andrew M. Cuomo  
Governor



Welcome to the splendor of New York's outdoors! Our state park system welcomes 74 million visitors each year who enjoy a variety of state parks, historic sites, campsites and cabins, sandy beaches and sparkling pools, golf courses, picnic areas, playgrounds, marinas, a vast network of scenic trails, and more.

Under our NY Parks 2020 program of multi-year investment, visitors can experience improved and expanded access to these popular recreation destinations. Adventure beckons in every corner of the state from the refreshing waters of lake beaches on a summer day to the spectacular colors of a fall foliage hike, to a wide range of winter sports when the snow falls.

If you're looking for travel ideas, some helpful resources to inspire your next getaway include publications like this guide, and online tools such as websites, apps, maps and virtual tours. You can learn more at [parks.ny.gov](http://parks.ny.gov) or [iloveny.com](http://iloveny.com).

So gather family and friends and get outside to experience our state's natural beauty and create special memories that will last a lifetime.

Sincerely,

Andrew M. Cuomo | Governor

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# CONTENTS



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	Welcome	1
	What's New!	4
	At A Glance	6
	Important Numbers	11
	Preservation	12
	Allegany Region	15
	Niagara Region	16
	Genesee Region	19
	Finger Lakes Region	21
	Central Region	24
	Thousand Islands Region	27
	Centerfold Map	
	Adirondacks	30
	Capital Region	32
	Taconic Region	35
	Catskills	38
	Palisades Region	39
	NYC Region	42
	Long Island Region	44
	Nature & Wildlife	48
	Walking & Hiking	50
	Photography	52
	Just for Kids	54
	Editor's Picks	56

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Cover: Sunrise over Letchworth State Park, NYSP



# WHAT'S NEW! WE'RE ALL CONNECTED

**"When we try to pick out anything by itself, we find it hitched to everything else in the Universe."**

—John Muir



Mark, Joel & Alex – connecting in parks!

As a young man, John Muir, the naturalist known as, "Father of the National Parks," had an accident that left him temporarily blinded. It changed his life forever. When he regained his sight, he emerged into the light ever-determined to pursue his dreams of exploration. Fortunately for the world, Muir's trials led him to help move Congress to set aside Yosemite, one of his many contributions to our nation's preservation movement.

When faced with adversity, we have but two choices. We can either rise above our circumstance or succumb to our demons of doubt, fear, resentment and apathy. While Muir was lucky to have his sight return, his subsequent efforts drew strength from hope, compassion, kindness and love to rise up from personal adversity.

Lately, it feels like we're all dealing with too many hurdles. Every hour, "breaking" news spews forth accounts of tragedy and divisiveness. It was with this backdrop that I was preparing to teach a restorative yoga class, to create a safe environment for my students and provide an hour's worth of peace and quiet to carry out into the world. What theme would capture their imagination and neatly underscore our human need for connectedness?

When teaching, I try to use examples that marry ancient tradition with contemporary

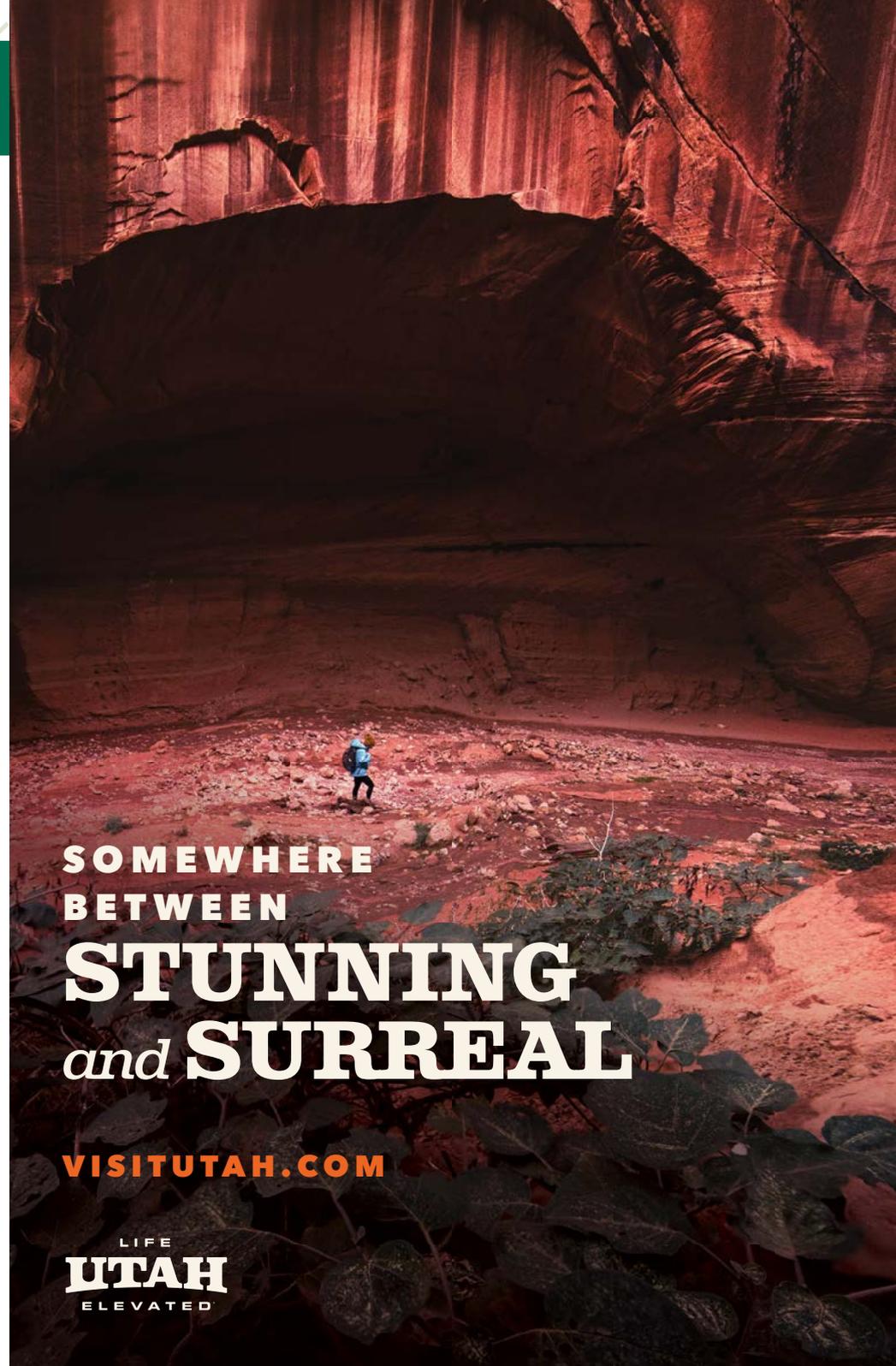
science. I often find inspiration in parks. In its traditional form, yoga was about joining with the collective universe. So, too, is Muir's quote, best illustrated by an example from Yellowstone. When wolves were reintroduced there after a 70-year absence, the rampant elk population could no longer leisurely nibble on willows, graze in open meadows or congregate by the rivers. In a short period of time, the forests and meadows began to regenerate. Song birds appeared. Beavers flourished, building dams, which created habitats for otters, muskrats and ducks. Cooler waters, shaded by more trees, attracted different species of amphibians and fish. Tree roots stabilized the river banks, diminished erosion and even changed the geography of the park! Indeed, pick out anything by itself and we quickly find that *everything* is connected.

Now is the time to seek out connection—whether in a park, a yoga studio or anywhere you find inspiration—to find strength to rise up and overcome the obstacles that face us all...

mark@americanparknetwork.com

## GET CONNECTED AT YOUR FAVORITE PARKS!

Parks are about enjoying nature, but what if you want to share a great picture or are awaiting an important email? If you're looking to add connectivity to your park, or if you already have Wi-Fi and would like help adding content or generating sponsor revenues, please let us know at [wifi@americanparknetwork.com](mailto:wifi@americanparknetwork.com).



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# AT A GLANCE

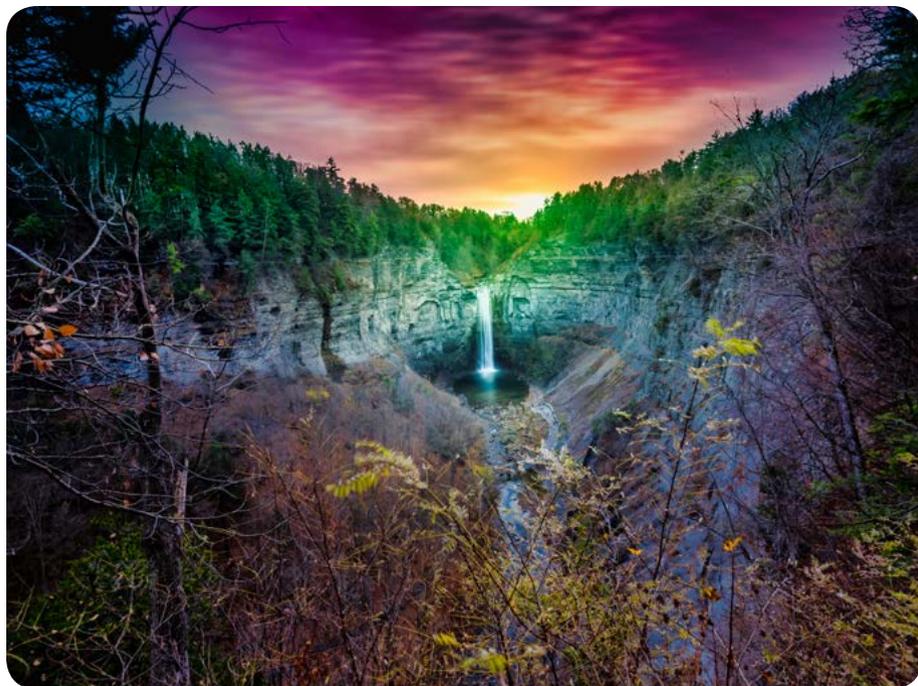
## NEW YORK STATE PARKS

The New York State park system is one of the state's greatest treasures. Today, the system totals 215 state parks and historic sites encompassing 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 74 million visitors each year.

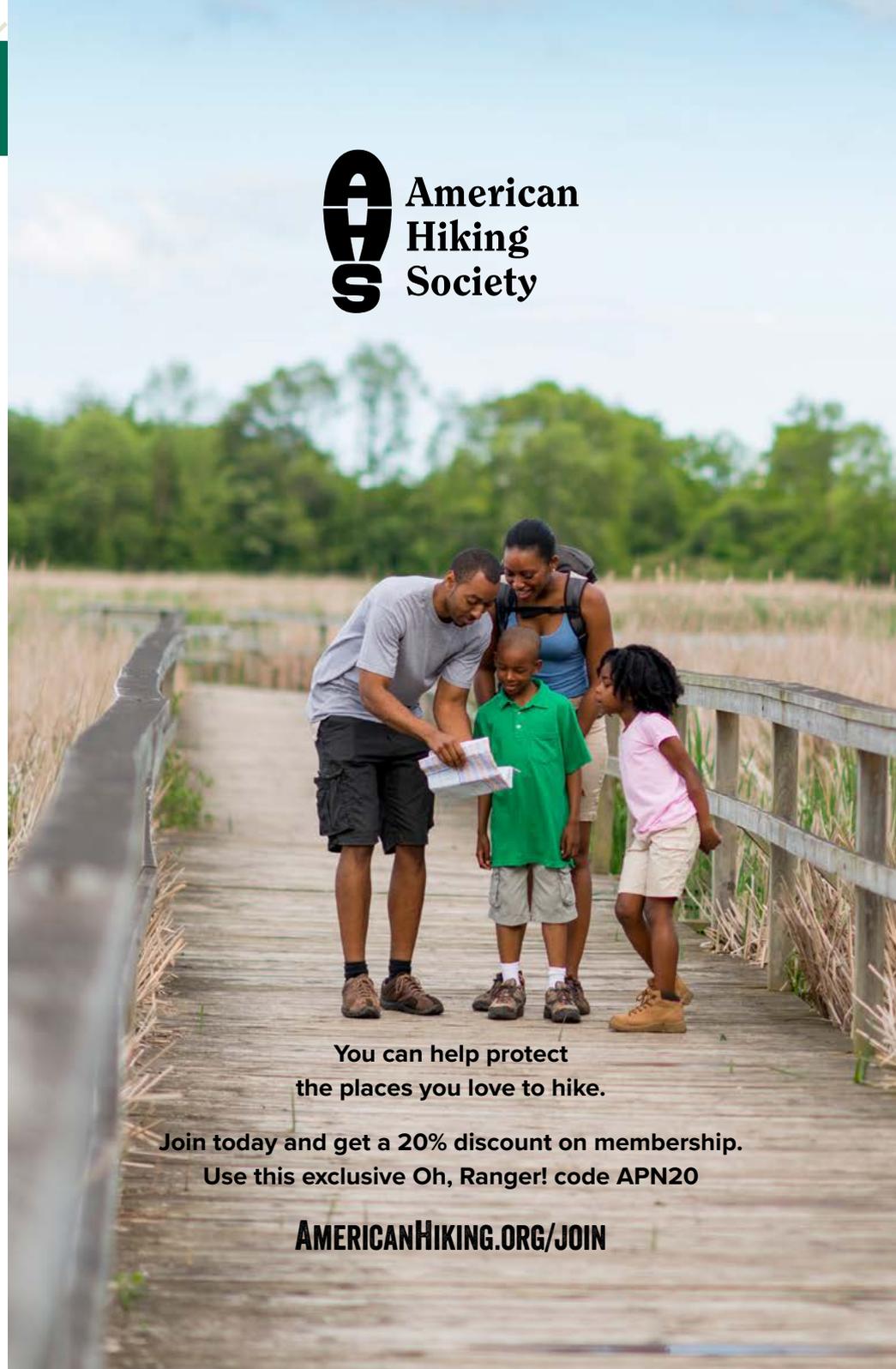
The Office of Parks, Recreation and Historic Preservation is responsible for the operation and stewardship of the

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 9,000 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 fifty 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.



NYSP



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### CAMPSITE 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 the night or a week, are planning 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 calling toll free **(800) 456-CAMP** or by visiting [newyorkstateparks.reserveamerica.com](http://newyorkstateparks.reserveamerica.com).

Before you go, familiarize yourself with the amenities your campground offers. If you are planning to camp, and looking for some inspiration, check out the 360° virtual tours of the state park campgrounds at [nystateparkstours.com](http://nystateparkstours.com).

### ONLINE GOLF RESERVATION NEW FOR 2018!

Booking a tee time is now easier than ever at many New York State Park golf courses thanks to the department's

new 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](http://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](http://www.dec.ny.gov) or call **(518) 402-8013**.



### EMPIRE PASSPORT



Introducing the new family-friendly Empire Pass Card! The wallet-sized plastic Empire Pass card can be shared within a household is now renewable online for 2019! 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](http://parks.ny.gov) or by calling **(518) 474-0458**.

## Five to Keep You Alive

**WEAR IT!**  
Because someone on shore loves you.

**BOATING SAFETY TIPS**

1. Always wear your life jacket
2. Take a boating safety course
3. Know and follow the Rules of the Road
4. Boat Sober
5. Leave a Float Plan

Scan to find a boating safety course or go to [WearItNewYork.com](http://WearItNewYork.com)

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[parks.ny.gov](http://parks.ny.gov)

Log on to [STLCtrails.com](http://STLCtrails.com) for the NEW interactive trails site, including cycling routes, waterfall hikes, ATV rides, paddling routes and more!

*From the banks of the St. Lawrence River to the Foothills of the Adirondacks.*

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### 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
<b>REGIONAL OFFICES</b>	
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) 402-8013
<b>CAMPING RESERVATIONS</b>	
New York State Campground Reservations	(800) 456-2267
<b>BUREAUS &amp; DEPARTMENTS</b>	
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.



# DON'T TRASH NATURE



## 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](http://naturalheritagetrust.org) or call (518) 474-2997.



Aramark and Leave No Trace® want to ensure visitors are equipped with the best information and resources to enjoy our parks and leave them better than we found them!

Head to [www.NationsVacation.com](http://www.NationsVacation.com) to learn more about this partnership and ways that you can Leave No Trace® on your visit.





## NEW YORK STATE PARKS REDUCE SINGLE-USE PLASTIC



*Reduce, reuse and recycle. Picking up and packing out litter that you see gets you a gold star and sets a great example.*

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, concessionaires, 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.

In addition, Governor Cuomo signed legislation this past Earth Day that bans the

sale of single-use plastic bags in New York starting in March 2020, 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

Allegheny State Park, the largest of New York's state parks with 65,000 acres, has two developed areas, Red House and Quaker, offering 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 more than 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

Allegheny 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 102 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) 278-1794 • 43.08152, -79.06421



Jeff Tara, BrandVue Design

Niagara Falls State Parks is the most popular recreational destinations in the country

### 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) 773-3271 • 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, fish cleaning station, restrooms, and a beach for strolling and sunbath-

ing. 1111 Fuhrmann Blvd., Buffalo, 14203 (716) 828-0027 • 42.846002, -78.861752

### DARWIN MARTIN HOUSE STATE 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 Lighthouse, available for rental year-round,



The National Fish and Wildlife Foundation protects and restores our nation's wildlife and habitats. Learn more at [www.nfwf.org](http://www.nfwf.org)





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Golden Hill State Park is popular for lighthouse nature walks, boating and fishing.

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) 773-3270  
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

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# 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

NYSP



Known as the "Grand Canyon of the East," Letchworth State Park is home to a 17-mile stretch of the Genesee River and is a popular spot for hot-air ballooning.



NYS

Humphrey Nature Center at Letchworth State Park offers year-round education programs.

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 154 campsites, a sandy beach, playgrounds, disc golf, fishing, hiking and horse-back 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

**Genesee Valley Greenway**  
c/o Letchworth State Park  
Castile 14427  
(585) 493-3600  
42.740181, -77.882413

**Oak Orchard State Marine Park**  
NY Rte. 18, Carlton 14571  
(585) 682-4888  
43.36823, -78.19581

**Irondequoit Bay State Marine Park**  
Culver Rd or Rte. 590 North,  
Irondequoit 14622  
(585) 336-6070  
43.23423, -77.53733

**Lakeside Beach State Park**  
Rte. 18, Waterport 14571  
(585) 682-4888  
43.36465, -78.23471

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

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# 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. P.O. Box 16, 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 Co. 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,



Shania Strohl

Plunging 215 feet, Taughannock Falls State Park's namesake waterfall is one of the most outstanding natural attractions of the Northeast.

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 Rd., 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 fish-

ing. 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. Rte. 14, Watkins Glen 14891 **(607) 535-4511 • 42.37589, -76.87107**

**MORE PARKS IN THE FINGER LAKES REGION**

<p><b>Allan H. Treman State Marine Park</b> 805 Taughannock Blvd. Ithaca 14850 (607) 272-1460 42.44505, -76.51415</p>	<p><b>Fillmore Glen State Park</b> 1686 St. Rte. 38, Moravia 13118 (315) 497-0130 42.70013, -76.42016</p>	<p><b>Pinnacle State Park</b> 1904 Pinnacle Rd. Addison 14801 (607) 389-2271 42.090595, -77.216187</p>
<p><b>Bonavista State Park Golf Course</b> 7194 Co. Rd. 132, Ovid 14521 (607) 869-5482 42.67319, -76.86772</p>	<p><b>Harriet Hollister Spencer State Recreation Area</b> 6775 Canadice Hill Rd., Springwater 14560 (585) 335-8111 42.69442, -77.52579</p>	<p><b>Seneca Lake State Park</b> 1 Lakefront Dr. Geneva 14456 (315) 789-2331 42.87558, -76.96353</p>
<p><b>Canandaigua Lake State Marine Park</b> 620 South Main St. Canandaigua 14424 (585) 394-9420 42.87738, -77.27408</p>	<p><b>Honeoye Lake Boat Launch State Park</b> 6150 East Lake Rd., Honeoye 14471 (585) 335-8111 42.7255, -77.50164</p>	<p><b>Soaring Eagles State Park Golf Course</b> 201 Middle Rd. Horseheads, NY 14845 (607) 739-0551 42.207, -76.825</p>
<p><b>Catharine Valley Trail</b> c/o Watkins Glen State Park P.O. Box 304, Watkins Glen 14891 (607) 535-4511 42.28659, -76.84575</p>	<p><b>Indian Hills Golf Course</b> 1959 Indian Hills Rd. Painted Post 14870 (607) 523-8060 42.09524, -77.15061</p>	<p><b>Springbrook Greens Golf Course</b> 817 Old State Rd. Sterling 13156 (315) 947-6115 43.32143, -76.67612</p>
<p><b>Cayuga Lake State Park</b> 2678 Lower Lake Rd. Seneca Falls 13148 (315) 568-5163 42.89608, -76.75336</p>	<p><b>Keuka Lake State Park</b> 3560 Pepper Rd., Bluff Point 14478 (315) 536-3666 42.59058, -77.13028</p>	<p><b>Stony Brook State Park</b> 10820 Rte. 36 South Dansville 14437 (585) 335-8111 42.52641, -77.69653</p>
<p><b>Chimney Bluffs State Park</b> 7700 Garner Rd., Wolcott 14590 (315) 947-5205 43.28001, -76.92251</p>	<p><b>Lodi Point State Park</b> Lower Lake Rd., Lodi 14860 (315) 585-6392 42.61879, -76.87521</p>	<p><b>Two Rivers State Park Recreation Area</b> West Pine/Banzoff Rd. Waverly 14892 (607) 732-6287 42.02014, -76.54347</p>
<p><b>Deans Cove Boat Launch</b> 2678 Lower Lake Rd. Seneca Falls 13148 (315) 568-5163 42.74374, -76.76995</p>	<p><b>Long Point State Park</b> 2063 Lake Rd., Aurora 13026 (315) 497-0130 42.71654, -76.70702</p>	
	<p><b>Newtown Battlefield State Park</b> 2346 Co. Rte. 60 Elmira 14901 (607) 732-6067 42.05086, -76.74697</p>	

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# 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 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



Michelle Mitchell

Green Lake gets its name from its vibrant color. The park has more than 20 miles of hiking trails that circle the lakes, offering great views. Don't forget to pack a picnic lunch.

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 185 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 Cooper'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.

NYS



Explore the elegant mansion and formal grounds of Lorenzo State Historic Site.

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 Rippletown 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,

tion 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 St. 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 St. 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) 492-1590  
42.99295, -76.09473

#### Delta Lake State Park

8797 St. 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 St. 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

#### Mexico Point Boat Launch

Co. Rte. 40  
Mexico 13114  
(315) 963-3656

#### Old Erie Canal State Historic Park

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

#### Oquaga Creek State Park

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

#### Oriskany Battlefield State Historic Site

7801 St. Rte. 69, Oriskany 13424  
(315) 768-7224 or (315) 338-7730  
43.17421, -75.36721

#### Pine Grove Boat Launch at Selkirk Shores State Park

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

#### Pixley Falls State Park

11430 St. 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

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# 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 9-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.

NYS



Popular Wellesley Island State Park is a favorite destination for boating, camping, fishing and more in the scenic Thousand Islands. Don't forget to pick up a fishing license!



NYS

Climb the stairs to enjoy the panoramic view of the Thousand Islands from the lantern room in the historic Rock Island Lighthouse on the St. Lawrence Seaway.

## 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. 46165 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. For private vessels, Grass Point State Park is the closest launch site (approx. 5-minute boat ride to the island). Contact the park c/o Grass Point State Park, 42247 Grassy Point Rd., Alexandria Bay 13607 (315) 775-6886 • 44.28, -76.017

### 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

Co. 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

6065 West Rd., Henderson 13650  
(315) 938-5083  
43.89866, -76.12237

### Whetstone Gulf State Park

RD #2, Box 69, Lowville 13367  
(315) 376-6630  
43.70262, -75.45993

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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 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 popular Garden parking lot in the eastern High Peaks will be closed during spring and summer due to construction.*

## 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



## PACKING ESSENTIALS

### Don't hit the trail without:

- Topographic Map and Compass + GPS
- Whistle
- Flashlight or Headlamp
- Sunglasses, Sunscreen and Hat
- High-Energy Food and Plenty of Water
- Appropriate Clothing and Extra Layers
- Waterproof Matches
- Insect Repellent
- Pocket Knife
- First-Aid Kit
- Sturdy Footwear

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 3-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 impres-

sive 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](http://www.dec.ny.gov) or reserve a campsite by calling **(800) 456-CAMP**.

NYSP



Hike the mountainous Range Trail to explore the Mount Marcy region of the Adirondacks and find untouched beauty. The trail is most rugged and most scenic in the state.



# 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 National Museum of Dance, the Saratoga Automobile Museum and more.

The terrain offers picnic areas, stream-side trails suitable for the nature-lover

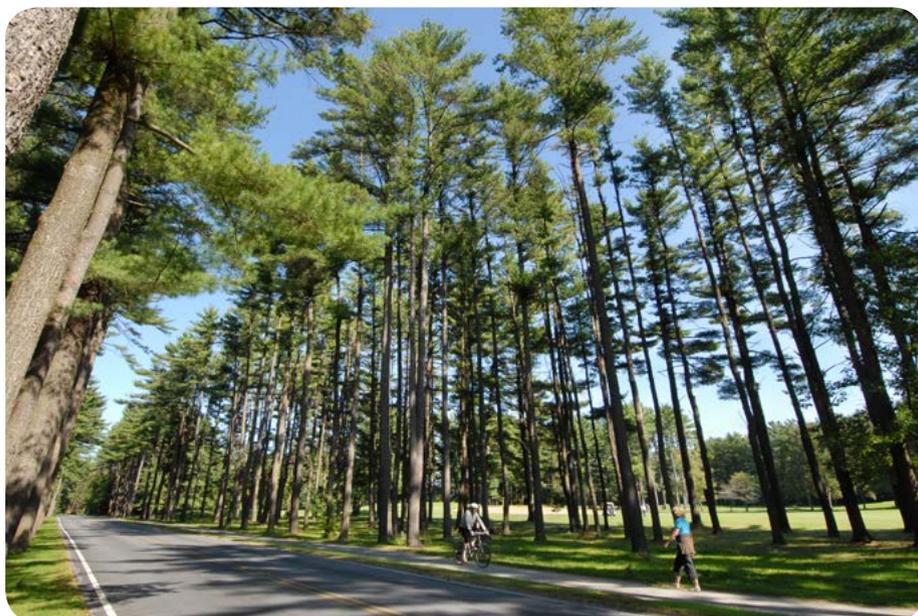
or the casual walker and as certified running courses used by joggers, running clubs and high school and college athletes.

The lush 2,400-acre park is just minutes away from charming downtown Saratoga Springs, the historic racetrack 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



NYSP

The Avenue of the Pines is a favorite destination in Saratoga Spa State Park for casual walkers, joggers and dedicated runners.

Arts Center. Enjoy the classic sound of a symphony orchestra, soothing jazz or a ballet performance.

## 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. 100 Grafton Lakes State Park Way, Grafton 12082 • **(518) 279-1155 42.76943, -73.46422**

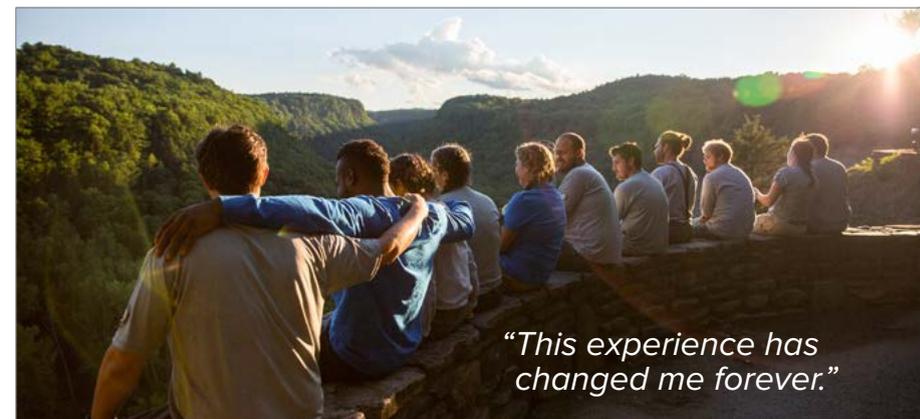
### JOHN BOYD THACHER STATE PARK

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. 1 Hailes Cave 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



*"This experience has changed me forever."*



student conservation association

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

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. Power sources are available. 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, Walloumsac 12090  
(518) 860-9094  
42.93375, -73.30487

**Cherry Plain State Park**  
26 State Park Rd., Cherry Plain 12040  
(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

**Grant Cottage State Historic Site**  
1000 Mount McGregor Rd.  
Gansevoort 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 12131  
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 Mine Kill 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

**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

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

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# 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 46 tent sites, 24 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 museum 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

Joe Demizio



Small but deep, Ore Pit Pond in Taconic State Park is a favorite swimming spot for campers at Copake Falls. The adjacent wading area is ideal for kids.



Joe Demizio

The Walkway Over the Hudson stands 212 feet above the river's surface and is 6,768 feet long. Visitors flock there each July to watch the Hudson Valley Hot-Air Balloon Festival.

## 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. The nearby Taconic Outdoor Education Center offers high-quality environmental programming for families and organized groups. 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. 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, photograph. 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

#### Fahnestock Winter Park

1570 Rte. 301  
Carmel 10512  
(845) 225-3998  
41.47196, -73.82171

#### Hudson Highlands State Park Preserve

3011 Rte. 9D, Cold Spring 10516  
(845) 225-7207  
41.44118, -73.97547

#### James Baird State Park & Golf Course

14 Maintenance Ln.  
Pleasant Valley 12569  
(845) 452-1489  
41.68822, -73.78689

#### John Jay Homestead State Historic Site

400 Jay St.  
Katonah 10536  
(914) 232-5651  
41.24804, -73.65876

#### Lake Taghkanic State Park

1528 Rte. 82, Ancram 12502  
(518) 851-3631  
42.09748, -73.71830

#### Mills Norrie State Park

(Margaret Lewis Norrie)  
9 Old Post Rd., Staatsburg 12580  
(845) 889-4646  
41.84024, -73.93099

#### Ogden Mills & Ruth Livingston Mills State Park

Mills Mansion 1 Rd., Staatsburg 12580  
(845) 889-4646  
41.85693, -73.92649

#### Old Croton Aqueduct State Historic Park

15 Walnut St.  
Dobbs Ferry 10522  
(914) 693-5259 • 41.16566, -73.86317

#### Philipse Manor Hall State Historic Site

29 Warburton Ave.  
Yonkers 10701  
(914) 965-4027  
40.93555, -73.89931

#### Rockefeller State Park Preserve

125 Phelps Way, Pleasantville 10570  
(914) 631-1470  
41.11291, -73.83651

#### Staatsburgh State Historic Site

Old Post Rd., Staatsburg 12580  
(845) 889-8851  
41.85661, -73.92974

#### Taconic State Park-Copake Falls Area

253 Rte. 344,  
Copake Falls 12517  
(518) 329-3993  
42.12098, -73.51956

#### Taconic State Park-Rudd Pond Area

59 Rudd Dr., Millerton 12546  
(518) 789-3059  
41.98482, -73.50724

#### Taconic Outdoor Education Center

75 Mountain Laurel Ln.  
Cold Spring 10516  
(845) 265-3773  
41.42263, -73.87904

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# 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, and 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**.



NYSP

With 300,000 publicly owned acres of lush forest featuring scenic meadows and cliffs, the Catskills have inspired and brought together artists, musicians and writers throughout history.



# 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.

*Please note: some carriage roads may be closed and visitor center parking may be limited due to construction.*

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



Andrew Moss

More than 2,000 feet above sea level, Minnewaska State Park features sheer cliffs opening to beautiful views over hardwood forests.



NYSP

Just a short drive from New York City, Bear Mountain State Park features picnicking, hiking, biking, an enormous public swimming pool, a Merry-Go-Round, zoo and scenic walks around the lake.

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. Seven Lakes Dr./Bear Mountain Cir., Ramapo 10974 **(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. Bear Mountain 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 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**



## MORE PARKS IN THE PALISADES REGION

<p><b>Blauvelt State Park</b> Rte. 303 North to East, Greenbush Rd. Blauvelt 10913 (845) 359-0544 • 41.07042, -73.94902</p>	<p><b>Lake Superior State Park</b> 342 Dr Duggan Rd. Bethel 12720 (845) 807-0287 41.68756, -74.88663</p>	<p><b>Sterling Forest State Park</b> 116 Old Forge Rd. Tuxedo 10987 (845) 351-5907 41.19895, -74.25708</p>
<p><b>Fort Montgomery State Historic Site</b> 690 Rte. 9W P.O. Box 213 Fort Montgomery 10922 (845) 446-2134 41.32453, -73.98870</p>	<p><b>New Windsor Cantonment State Historic Site</b> 374 Temple Hill Rd. New Windsor 12553 (845) 561-1765 • 41.47071, -74.06092</p>	<p><b>Stony Point Battlefield State Historic Site</b> 44 Battlefield Rd. Stony Point 10980 (845) 786-2521 41.24106, -73.97657</p>
<p><b>Goosepond Mountain State Park</b> 1198 New York 17M, Chester 10918 (845) 786-2701 41.34841, -74.23446</p>	<p><b>Nyack Beach State Park</b> 698 N. Broadway Upper Nyack 10960 (845) 358-1316 41.11894, -73.91508</p>	<p><b>Storm King State Park</b> Mountain Rd. Cornwall-on-Hudson 12520 (845) 786-2701 41.43783, -73.99704</p>
<p><b>Highland Lakes State Park</b> 55-223 Tamms Rd. Middletown 10941 (845) 786-2701 41.50959, -74.32356</p>	<p><b>Rockland Lake Golf Course</b> Rte. 9W, Congers 10920 (845) 268-7275 41.13621, -73.92191</p>	<p><b>Tallman Mountain State Park</b> Rte. 9W Sparkill 10976 (845) 359-0544 41.03468, -73.91320</p>
<p><b>High Tor State Park</b> 415 South Mountain Rd. New City 10956 (845) 634-8074 41.18780, -73.98811</p>	<p><b>Schunnemunk State Park</b> c/o Sterling Forest State Park 116 Old Forge Rd., Tuxedo 10987 (845) 351-5907 41.42581, -74.10182</p>	<p><b>Washington's Headquarters State Historic Site</b> 84 Liberty St., Newburgh 12551 (845) 562-1195 41.49712, -74.00914</p>
<p><b>Knox's Headquarters State Historic Site</b> 289 Forge Hill Rd., Vails Gate 12584 (845) 561-5498 41.45551, -74.04888</p>	<p><b>Senate House State Historic Site</b> 296 Fair St., Kingston 12401 (845) 338-2786 41.93514, -74.01860</p>	

Explore more State Parks and Historic Sites

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# NYC REGION

## FEATURED PARK

### 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**

### IF YOU ONLY HAVE A DAY

Families can spend a summer's day enjoying the park's playground installed in the Lower Plaza and cool off at the park's aquatic complex. The state-of-the-art children's play areas include a range of climbers, spinners, slides, overhead ladders and a user-activated spray feature, so even young swimmers can get in on the fun.

The pool area offers a completely refurbished main pool and dive tank, a colorful spray pad area with over 20 spray features and a zero-depth entry wading pool with a fountain. On a hot summer day the park's pool and water features are ideal for a family outing.



Playgrounds are just one of the many fun features for children at Roberto Clemente State Park, a 25-acre waterfront park located along the Harlem River in the Bronx.

NYSP

## 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**

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**

### EAST RIVER STATE PARK

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 to East River may also discover unique historical remnants like old cobblestone streets and railroad tracks embedded in concrete. 90 Kent Ave., Brooklyn 11211 • **(718) 782-2730**  
**40.72182, -73.96025**

### 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 and tree and flower identification are offered, as are many activities geared to school children. In addition, visitors may picnic or hike on designated trails.

## 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) 782-0894  
40.61281, -73.77255

**Franklin D. Roosevelt Four Freedoms State Park**  
1 FDR Four Freedoms Park  
Roosevelt Island, NY 10044  
(212) 486-0195

Explore more State Parks and Historic Sites

For more information and to download the *Oh, Ranger!* NY State Parks app, visit [parks.ny.gov](http://parks.ny.gov) to explore more state parks and historic sites.





# 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 park is also home to the Theodore Roosevelt Nature Center, which includes environmental displays about the seashore, educational tours and programming for all ages. The park features a two-mile board-

walk, and additional attractions include deck games and beach volleyball. 1 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. If you are traveling with kids, be sure not to miss the Theodore Roos-



On hot summer days, visitors from across the tri-state region flock to Jones Beach, which is conveniently located on the sandy south shore of Long Island and is accessible via public transit.

NYS

velt Nature Center. Here, children can learn about and explore the marine ecosystem. The center also features a butterfly garden, opportunities to feel live marine animals and a whale bone dig.

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, excellent fishing and scuba diving by permit. 25 Lloyd Harbor Rd., Lloyd Neck 11743 (631) 423-1770 • 40.92927, -73.47075

## 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

### 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. There is a picnic pavilion available for large events. Lakeside Dr., West Hempstead 11552 • (516) 766-1029 • 40.68231, -73.64242



## DELICIOUS TASTE NY PROGRAM GROWING STATEWIDE

NYS



Find locally made goods at Taste NY.

When you visit New York's beautiful parks this year, you'll find an array of locally made sandwiches, soups, honey, juice, beer and wine, among many other foods and beverages.

Taste NY, the official eat-local drink-local program for New York State, is continuing to grow at an unprecedented rate since its launch by Governor Cuomo in 2013. With an increasing presence at attractions across the state in the form of markets, cafés, bars, and concessions, it's never been easier to taste New York's local flavor.

Look for Taste NY at Niagara Falls, Jones Beach, Robert Moses, Bethpage, Sunken Meadow, Bear Mountain, and Saratoga Spa State Parks.



NYSP

Planting Fields Arboretum State Historic Park features hibiscus, orchids, succulents and the largest collection of camellias in the northeast.

### 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 11754 • (631) 668-3781  
**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 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. 1395 Planting Fields Rd., Oyster Bay 11771 • (516) 922-9200  
**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 Parkway, 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

#### Belmont Lake State Park

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

#### Brookhaven State Park

William Floyd Pkwy.  
Wading River 11792  
(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., Lloyd Neck 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

#### Nissequogue 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) 669-0470  
40.62517, -73.26198

#### Sag Harbor State Golf Course

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

Explore more State Parks and Historic Sites

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## 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.

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 pol-

lutants 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.

 SHARE YOUR BEST PHOTOS WITH US!  
FOLLOW US! @OhRanger

## WATCHABLE WILDLIFE



**1 BEAVER** (*Castor canadensis*)  
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 not only provide protection, but create a favorable new habitat for other species. • **Weight** 20 pounds • **Length** 3-4 feet inches • **Active** year-round. Photo: Shutterstock

**2 BLACK BEAR** (*Ursus americanus*)  
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. Photo: Shutterstock

**3 GREAT BLUE HERON** (*Ardea herodias*)  
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. Photo: Shutterstock

**4 NORTHERN GREEN FROG** (*Rana clamitans*)  
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. Photo: Shutterstock

**5 RED SQUIRREL** (*Tamiasciurus hudsonicus*)  
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. Photo: Shutterstock

**6 WHITE-TAILED DEER** (*Odocoileus virginianus*)  
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. Photo: Shutterstock



# 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	Description	Round-Trip Distance	Difficulty
<i>State Park</i>			
<b>Niagara Gorge Trail</b> <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
<b>Gorge Trail</b> <i>Letchworth State Park</i>	Explore the best of the "Grand Canyon of the East" and see the famed waterfalls.	7 Miles	Easy
<b>Catharine Valley Trail</b> <i>Near Watkins Glen State Park</i>	Enjoy scenes from the glacially-carved valley south of Seneca Lake.	2 Miles	Easy
<b>Rim Trail</b> <i>Taughannock Falls State Park</i>	Stop at the overlook for a stunning view of Taughannock Falls.	5 Miles	Moderate
<b>Lake Trail</b> <i>Clark Reservation State Park</i>	Lake Trail circle Glacier Lake and is a nice, relaxing hike.	4 Miles	Easy
<b>Green Lakes Trail</b> <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
<b>Spring Overlook</b> <i>Moreau Lake State Park</i>	Take in views of the Luzerne Mountains and Hudson River.	.86 Miles	Moderate
<b>Appalachian Trail</b> <i>Bear Mountain State Park</i>	Hike a section of the famous, and longest, trail on the east coast.	6 Miles	Difficult
<b>Breakneck Ridge</b> <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
<b>Thirteen Bridges Loop</b> <i>Rockefeller State Park Preserve</i>	The trail leads to 13 bridges on the wandering Gory Brook.	1.9 Miles	Moderate
<b>South Taconic Trail</b> <i>Taconic State Park</i>	Enjoy the Copake Falls area and views of the Hudson Valley.	7 Miles	Moderate to difficult
<b>Red Jacket Trail</b> <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



When completed, the Empire State Trail will be a continuous 750-mile route spanning the state from New York City to Canada and Buffalo to Albany.

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

When completed by the end of 2020, the Empire State Trail will be 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. Approximately 400 miles of the Trail already exists in discrete, disconnected

segments and more are being added each season.

The scenic pathway will celebrate and promote 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.



# PHOTOGRAPHY

For millennia, we've looked towards the heavens and contemplated what's beyond our orbit and universe. More recently, stargazing has become increasingly difficult for millions of people living in developed areas. If you live you in a populated area east of the Mississippi or along the Pacific coast, odds are that you can count the number of stars you see on your hands. National and state parks—remote and minimally developed—not only protect our land, but also our dark skies which are ideal for astrophotography.

There are two primary types of astrophotography shots that yield different, but stellar compositions. A long exposure setting will show stars trailing across the sky, while a shorter exposure will show pinpoints of light—objects that a camera can capture that the unaided eye cannot. Both require a camera with interchangeable lenses and manual controls to set aperture, ISO, and exposure settings. Here's what you'll need to start:

- **A sturdy tripod:** Simply put, a shaky tripod will yield blurry photos.
- **A cable release or remote control or intervalometer:** You'll want to avoid touching your camera to minimize shake. The addition of an intervalometer will allow you to take sequential long exposures
- **Batteries:** Your aperture may be open for several hours, so it's important to have multiple fresh and fully charged batteries.
- **A wide lens:** Use the fastest, widest lens available.
- **A head lamp:** It'll be useful to set up your equipment and illuminate your foreground.

Check the cloud cover; if there's too much wait until you have a clearer night. Before you start, set your focus to infinity and turn off your autofocus and high ISO noise reduc-

tion. Next, set your white balance to daylight settings (5500k) and turn on your mirror lock to avoid mirror shake. Wait until the moon is out, too, as it'll illuminate and add detail to your foreground. Make sure that it's behind you. To capture star trails:

- Set your ISO at 200 to reduce digital noise.
- Compose your image, making sure you have interesting features in the foreground.
- Choose your focal length. The longer the focal length, the quicker your star trails will start to form.
- Set your camera to manual mode so that you can select your shutter speed and aperture.
- Set your aperture between f/2.8 and f/4 for best results.
- Select "bulb mode" as your shutter speed.
- Use your cable release or remote to open the shutter or set your timer for two to four minutes.

Check your results. If your picture is too dark, increase the exposure time. If your trails are too short, increase the exposure time. Keep playing around with your settings to get the results you desire. To learn how to take photos of the milky way and millions of points of light, visit [ohranger.com/brightskies](http://ohranger.com/brightskies).

Shutterstock



*Photographing the night sky is as close as many of us will get to exploring space.*



## Discover Moab in the Off-Season

With unmatched solitude, spectacular views, and discounted rates, the off-season in Moab is fast becoming one of the most rewarding times to visit. Enjoy year-round access to Arches and Canyonlands National Parks, Dead Horse Point State Park and thousands of square miles of spectacular red rock scenery. No matter what time of year you visit, Moab's warmth and hospitality will shine through.



# MOAB

Where Adventure Begins

For a free Moab Travel Planner call 435-259-8825 or visit

[discovermoab.com](http://discovermoab.com)



# JUST FOR KIDS



## 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](http://nysparks.com) for the park's programs and events near you.

## CONNECT KIDS - FREE PARK ENTRANCE TO 4TH GRADERS

New York State Parks accepts the Every-Kid-in-a-Park 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 [everykidinapark.gov](http://everykidinapark.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](http://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 30 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. 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](http://parks.ny.gov/recreation/swimming).



Connect Kids accepts the Every Kid in a Park pass giving free admission to fourth graders.

NYS



ROCKJUMPER  
Worldwide Birding Adventures



ROCKJUMPER  
Wildlife Tours

Southern Royal Albatross by Adam Riley

## Discover More

Rockjumper's Wildlife and Bird-Watching tours are unrivalled nature experiences. With offers spanning all seven continents, Rockjumper provides excellent service, unique deals, and friendly professionals to guide you. Contact us today to learn more, join a tour, or custom-design the perfect trip for you and your loved ones.

[www.rockjumperwildlife.com/nature](http://www.rockjumperwildlife.com/nature)



# EDITOR'S PICKS



Clockwise from top left: The Cave of the Winds at Niagara Falls State Park; classic Adirondack chairs at Sampson State Park on Seneca Lake; young women enjoy a sunset at Golden Hill campground.

- 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 waterfront views from the new cottages at **Sampson State Park**, one of the most picturesque in the Finger Lakes Region.
- Take the family for a jaunt through Mary's Glen at **North-South Lake Campground** in the Catskills and enjoy views of the fabled Hudson River Valley.
- 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 new 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**.
- Take the kids on a water world vacation to the **Thousand Islands**, known for some of the best boating and fishing in the world.
- Try roller-skating in the warmer months or ice-skating in winter at **Riverbank State Park's** covered rink in New York City.
- Watch an historic re-enactment at **Old Fort Niagara Historic Site**.



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

Wildness reminds us what it means to be **HUMAN,** what we are **CONNECTED TO** rather than what **WE ARE SEPARATED FROM.**  
 terry tempest williams



MADE IN USA



# NATURE VALLEY

HAVE SOME  
FAMILY FUN

CLIMB A MOUNTAIN

SLEEP UNDER THE STARS

RECHARGE

EAT A NATURE VALLEY BAR

RUN A RIVER

CAST A LINE

FIND YOUR  
HAPPY PLACE

REFRESH

HIT THE TRAIL

REFLECT

## TAKE A HIKE WHERE THE WIFI IS WEAK!

You're not going to remember the time you spent surfing the web. Get back to nature and see why you'll find the best tweets outside, not online.



#NatureGives