

Hiking 101

IBM Research - Brown Bag Lunch

May 21 and 22, 2008

Westchester County (locations offering hikes or nature programs)

- Bedford Audubon - www.bedfordaudubon.org
- Saw Mill River Audubon - www.sawmillriveraudubon.org
- Teatown Lake Reservation - www.teatown.org
- Westchester County Parks - for a list of park maps (some are out of date) see <http://www.westchestergov.com/Parks/Parks.htm>

New York New Jersey Trail Conference - www.nynjtc.org;

- Maintains 1,700 trails in the region
- Sells books, maps, supports trails, trail lands in metro region;
- Members receive 10% discount at select retailers including Campmor
- Publications include
 - *New York Walk Book*
 - *Day Walker*
 - East Hudson Trails - map
 - Harriman Trails - map
 - *Walkable Westchester* - in process, Fall 2008 at the earliest

Local groups that lead hikes

- Adirondack Mountain Club - Mohican Chapter - <http://www.adkmohican.org/>
- Westchester Trails Association - <http://www.nynjtc.org/clubpages/wta.htm>
- Sierra Club - Lower Hudson Group <http://newyork.sierraclub.org/LHG/index.htm>

IBM Tuesday Night Hikes

- April and late September - 5:30 at aisle 16 entrance at parking lot in Yorktown or front entrance at Hawthorn
- May through early September - James Street parking garage across from Park Street Mall
- For the 2008 schedule see www.tuesdaynighthikes.org

Presentation slides available at www.tuesdaynighthikes.org

Walkable Westchester

Sign up for notification when published <http://Westchester.nynjtc.org>

Suggested Parks

- Westchester Wilderness Walk
Upper Shad Road, Pound Ridge
Park on the pull-off on Upper Shad, about 1/4 mile from Long Ridge Road
Map available at www.efcg.com/www.html

- Cranberry Lake
Off Route 22 at 1609 Old Orchard Street
North White Plains, NY
(914) 428-1005
Map - www.westchestergov.com/Parks/NatureCenters05/Cranberry.htm
- Rockwood Hall (part of Rockefeller State Park Preserve)
Located near Phelps Memorial Hospital in Sleepy Hollow
Take Route 117 west to Rockwood Road where it ends at the parking area.
Map <http://www.friendsrock.org/parkmap.html>
- Ward Pound Ridge Reservation
Route 121 and 35
Cross River, NY
(914) 864-7317
www.westchestergov.com/parks/parkslocations02/wardpoundridge.htm
Map available at park entrance
- Old Croton Aqueduct
Town of Cortlandt to City of Yonkers
Map available send \$5 plus SASE to
Friends of the Old Croton Aqueduct, Inc.
15 Walnut Street
Dobbs Ferry, NY 10522
www.aqueduct.org/
- Sylvan Glen Park Preserve
Morris Lane,
Mohegan Lake New York
Wooden map on site
Yorktown Land Trust publishes a guide to trails in Yorktown available at many stores
and the John C. Hart Memorial Library in Shrub Oak.
- Lasdon Park
Route 35
Somers, NY (3.miles east of I-684 exit 6 Route 35)
Map available at on site at entrance
www.westchestergov.com/parks/brochures/LasdonParkmain.htm