

Walkway Over the Hudson -- Highland NY -- 5 and 10K Walks – Rated 1A

There are two walks available. The 5K walk is rated **1A** and the 10K walk is rated **2A**.

Starting Point: Hudson Valley Rail Trail Parking Lot (near the caboose)
75 Haviland Rd.
Highland, NY 12528

Park in the Hudson Valley Rail Trail parking lot. (the Rail Trail Caboose Lot) There is a fee (\$5 for 4 Hours) for parking in the lot or on Haviland Rd. Restrooms on the walk are located at both ends of the Walkway for both 5km and 10km walkers and various locations along 10km route. (e.g. Poughkeepsie Metro North Train Station, Poughkeepsie Library on Market St.) For your safety, please remember to walk facing traffic on road shoulders when there are no sidewalks. Be very careful crossing the streets, especially those without lights and crosswalks.

DIRECTIONS TO START: The Walkway Over the Hudson is a pedestrian Bridge located in New York, connecting the cities of Poughkeepsie, on the east side and Highland on the west side of the Hudson River. approximately 78 miles south of Albany and approximately 90 miles north of New York City.

From the North: I-90 E exit toward Albany, use right two lanes to turn slightly right onto NY State Thruway (signs for I-87 S/New York/ Boston). Take exit 18 for NY-299 E toward Poughkeepsie. Slight right onto NY-299 E ramp to Poughkeepsie. Merge onto NY-299 E. Use the right lanes to turn right onto US-9W S. Continue straight onto US-44 E/US-9W S. Turn left onto Haviland Rd. The Hudson Valley Rail Trail Parking Lot will be on your left in approximately 0.4 miles. There are parking fees for the lot and the street side spaces.

From the South: North on US Route 9 to US Route 44, West/NY State Route 55 West (6 miles) (You pass under the Mid-Hudson Bridge, then make a left lane exit to reverse course for those highways. Be Careful) After crossing bridge, right exit to US Route 9W North. Take right at the first light (Haviland Rd. 0.3 miles) About 0.4 miles on left, enter parking lot next to the trail. You will see a Caboose on the far-right side of the lot next to the trail. There are parking fees for the lot and the street side spaces.

From the East: Merge onto I-84 E. take exit 39 for US 9W S/NY-32 S toward Newburgh/Highland. Use the left 2 lanes to turn left onto NY-32 N/US-9W N/Robinson Ave. Turn right onto Haviland Rd. I-90 E exit toward Albany, use right two lanes to turn slightly right onto NY State Thruway (signs for I-87 S/New York/ Boston). Take exit 18 for NY-299 E toward Poughkeepsie. Slight right onto NY-299 E ramp to Poughkeepsie. Merge onto NY-299 E. Use the right lanes to turn right onto US-9W S. Continue straight onto US-44 E/US-9W S. Turn left onto Haviland Rd. The Hudson Valley Rail Trail Parking Lot will be on your left in approximately 0.4 miles. There are parking fees for the lot and the street side spaces.

From the West: I-90 E toward Albany. Use the right 2 lanes to turn slightly onto Governor Thomas E. Dewey Thruway/NY State Thruway (signs for I-87 S/New York/Boston) Take exit 18 for NY-299 E toward Poughkeepsie. Slight right onto the NY-299 E ramp to Poughkeepsie. Merge onto NY-299 E. Use the right 2 lanes to turn right onto US-9W S. Continue straight onto US-44 E/US-9W S. Turn left onto Haviland Rd. The Hudson Valley Rail Trail Parking Lot will be on your left in approximately 0.4 miles. There are parking fees for the lot and the street side spaces.

Course Description: The Walkway over the Hudson is a steel cantilever bridge, the world's longest elevated pedestrian bridge, stretching 1.28 miles across the Hudson River. Once a historic railroad bridge, it now offers visitors panoramic views of the river, the Catskills to the north, and the Shawangunks to the south. Interpretive signs along the way share the bridge's history and the surrounding landscape, making it both a scenic and educational walk.

These maps & directions may only be used in conjunction with a signed American Volkssport Association Athletic Waiver. All other uses are prohibited.

For immediate emergency assistance call 911.

Event Related Assistance: POC: Louise Remillard Ph: 518-496-1879

Walkway Over the Hudson -- Highland NY -- 5K Walk – Rated 1A

Start Point: Hudson Valley Rail Trail Parking
and Caboose
75 Haviland Rd.
Highland, NY 12528

1. **Enter** parking lot for Hudson Valley Rail Trail. You will see a Caboose on the far-right side of the lot next to the trail. There is also parking along Haviland Rd. (Fees apply)
2. After parking, walk to the Hudson Valley Rail Trail (near the Caboose), turn **RIGHT** and walk straight to the West Pavilion at the beginning of the Walkway Over the Hudson. The pavilion has restrooms. (SP: Rails to Trails)
3. **Walk** across the Walkway Over the Hudson Bridge heading east towards the City of Poughkeepsie. You'll pass over the Hudson River and the pedestrian bridge path continues over several city streets to a parking lot. INFO A
4. **As the bridge path ends, and before you approach the parking lot**, note there are restrooms on your left in the East Pavilion.
5. **Bear RIGHT** at the end of the pedestrian path and **CROSS** access road using crosswalk. **Continue** on path towards Parker Ave. (no street sign)
6. **LEFT** on Parker Ave. for a short distance to the **Walkway Over the Hudson** entrance sign. **Immediate LEFT** up entrance driveway to the parking lot.
7. **LEFT** along parking lot towards the East Pavilion you passed earlier.
8. **Retrace** your steps back over the Walkway Over the Hudson Bridge and **continue** on the Hudson Valley Rail Trail back to the parking lot or Haviland Road if that is where you're parked.

SPECIAL PROGRAMS	
Anniversary Hurrah!	Rails to Trails

The following maps & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.
For immediate emergency assistance call 911.
© 2026 Empire State Capital Volkssporters
POC: Louise Remillard Ph: 518-496-1879

Walkway Over the Hudson -- Highland NY -- 5K Walk – Rated 1A

AFTER YOUR EVENT: Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable Special Programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

Walkway Over the Hudson -- Highland NY -- 5K Walk -- Rated 1A



Walkway Over the Hudson -- Highland NY -- 10K Walk – Rated 2A

Start Point: Hudson Valley Rail Trail Parking
and Caboose
75 Haviland Rd.
Highland, NY 12528

- 1. Enter** parking lot for Hudson Valley Rail Trail. You will see a Caboose on the far-right side of the lot next to the trail. There is also parking along Haviland Rd. (Fees apply)
- After parking, walk to the Hudson Valley Rail Trail (near the Caboose), turn **RIGHT** and walk straight to the West Pavilion at the beginning of the Walkway Over the Hudson. The pavilion has restrooms. (SP: Rails to Trails)
- Walk** across the Walkway Over the Hudson Bridge heading east toward the City of Poughkeepsie. You'll pass over the Hudson River and the pedestrian bridge path continues over several city streets to a parking lot. INFO A
- As the bridge path ends, and before you approach the parking lot**, note there are restrooms on your left in the East Pavilion.
- Bear RIGHT** at the end of the pedestrian path and **cross** access road using crosswalk. **Continue** on path towards Parker Ave. (no street sign)
- RIGHT** on Parker Ave. to its end at Washington St. (no street sign)
- LEFT** on Washington St to Mansion St. (no street sign)
- LEFT** on Mansion St to large stone building on your left, the main Poughkeepsie Post Office. INFO B
- When you're in front of Post Office, **turn RIGHT, crossing** Mansion St using crosswalk. **and continue** straight. The funny name of this street is "**Civic Center "Plaza"**" (no street sign). Note the Poughkeepsie City Hall, the red brick building across the street.
- 10. Continue** on Civic Center Plaza You'll pass the Poughkeepsie Journal Building, a stone building that will be on your left. INFO C Poughkeepsie Grand Hotel and the Majed J. Nesheiwat Convention Center will be on your right.
- When you **cross** Main St. Civic Center Plaza becomes Market St. On your right is the Dutchess County Court House. (SP: Anniversary Hurrah!) INFO D
- Continue straight** on Market St. You'll pass the Bardavon Theater at 35 Market Street on your left. (SP: Step to the Beat) INFO E
- Continue straight** on Market St **crossing** Cannon St.
On your right is the façade of the old Poughkeepsie YMCA.
- Continue straight** on Market St **CAREFULLY crossing** Church St. (East West Arterial)
- Continuing** on Market St, you'll pass Noxon St on your left and Pine St on your right. At #93 Market Street on your left, note the Adriance Public Library Building. Restrooms are available inside. INFO F
- Continue** on Market St to Montgomery St. (no street sign)
- RIGHT** on Montgomery St to Jefferson St.
- RIGHT** on Jefferson St to Church St. (East West Arterial).
- CAREFULLY CROSS** Church St and continue straight on Jefferson St. to the next street, Union St. (no street sign)
- CROSS** Union St. then **immediate LEFT crossing** Jefferson St. **Continue** down the right side of Union St.
You are now entering the Union Street Historic District which is an area of eight blocks (roughly 42 acres). It is the oldest neighborhood in the city and dates from mid 1700s!

The following maps & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

For immediate emergency assistance call 911.

© 2026 Empire State Capital Volkssporters

POC: Louise Remillard Ph: 518-496-1879

Walkway Over the Hudson -- Highland NY -- 10K Walk – Rated 2A

21. **Follow** Union St. as it curves to the right. US Route 9 will be on your left below the grade you are walking on. Union St becomes South Clover St at the turn. (no street sign)
22. **Continue** on South Clover St to Main St.
Note the “The Derby” on your left.
23. **CROSS** Main St and **continue straight** on what is now North Clover St. Note the gnome village in front of 23 North Clover St. (SP: Walking With the Wild Things)
As you approach the end of North Clover St you will be entering Poughkeepsie’s Little Italy.
24. **LEFT** at the end of North Clover St onto Dongan Place.
On your immediate left, after crossing, view the mural with historical footnotes associated with it on a sign by the sidewalk
25. After viewing the mural and footnotes **CROSS** Dongan Place to view the statue of Thomas Dongan. INFO G
26. **LEFT** to continue down the right side of Dongan Place to its end at Detective John Falcone Memorial Ave. (no street sign)
27. **Cross** Detective John Falcone Memorial Ave then **LEFT** down the street past the parking lot to the Poughkeepsie Amtrak-Metro North Train Station.
28. After you pass under the overpass bear **RIGHT** to the station entrance under the “Poughkeepsie Station” sign. (You will **not** be exiting from these doors.) INFO H
29. **Enter** the station explore the Main Lobby. (Bathrooms are available in the lobby)
30. **Go through the doors** under the large POUGHKEEPSIE sign and **turn LEFT** at the exit immediately before the Track 5 sign overhead and proceed to **exit** the train station under the long overhang towards Main Street. (Do **not** go down towards Track 5 on the level below.)
31. Once outside, **continue straight ahead** on Detective John Falcone Memorial Ave away from the train station behind you.
Across the street, between parking spaces #717 and #718, note the memorial plaque for Detective Falcone. He was killed in the line of duty in Feb 2011.
32. **Continue straight** on Detective John Falcone Memorial Ave to its end at Main St. (no street sign)
33. **RIGHT** on Main St towards the Hudson River and the John M Flowers Circle.
34. **Continue counterclockwise** all the way around the John M. Flowers Circle.
The park was once a large industrial area.
35. **Continue** back up the right side of Main St to Rinaldi Blvd.
36. **RIGHT** on Rinaldi Blvd to the second street on your right, Gerald Dr.
37. **RIGHT** on Gerald Dr and **continue** as it curves to the left.
38. **Approximately 100 ft** before the stone Mid-Hudson River Bridge overpass **note** a walkway on the left, across the street leading up to the bridge. A sign says, “Bridge Music”.
39. **CROSS** Gerald Dr and **follow the walkway** to the top of the ramp.
40. **RIGHT** across the Mid-Hudson River Bridge You’ll be crossing east to west over the Hudson River. INFO I
Except during the winter months, the bridge towers (walk around them to the right) have bridge music stations with buttons that walkers should push to hear. The music stations were placed there in 2009. Subsequently, around 2016, a similar sound system was installed on the Eiffel Tower in Paris by the same musician, Joseph Bertolozzi! Unique!

Walkway Over the Hudson -- Highland NY -- 10K Walk – Rated 2A

- 41.** At the end of the bridge, **bear RIGHT** and walk through Johnson Iorio Memorial Park. (Do **NOT** go down the stairs towards the “Franny Reese State Park.”)

There are several interpretive signs on your right in the Johnson Iorio Park that you might visit as well. Note the memorial for R.E. Johnson and L.R. Iorio killed in action during the Vietnam War. (SP: Walking With America’s Veterans)

- 42.** At the end of the parking area **continue straight** onto Haviland Rd. (no street sign)

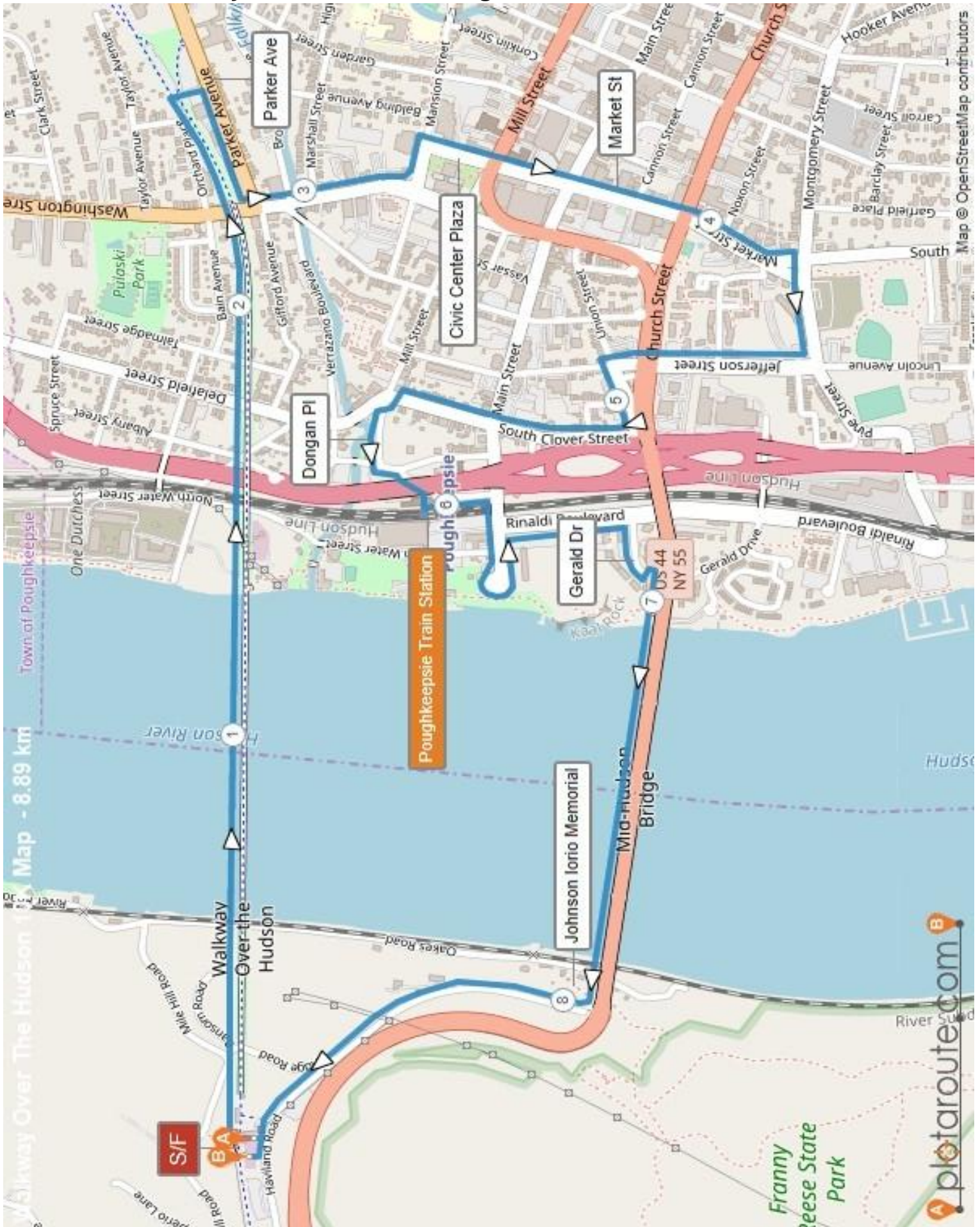
- 43. CAUTION** There are no sidewalks on Haviland Rd so walk on the left side of the road facing traffic.

- 44. Continue** on Haviland Rd for approximately 0.9 km up the hill as it bears to the left to the Hudson Valley Rail Trail Parking and Caboose Area, the **Start Point**.

SPECIAL PROGRAMS		
Rails to Trails	Anniversary Hurrah!	
Step to the Beat	Walking with the Wild Things	Walking With America’s Veterans

AFTER YOUR EVENT: Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable Special Programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

Walkway Over the Hudson -- Highland NY -- 10K Walk -- Rated 2A



Walkway Over the Hudson -- Highland NY – Points of Interest

Some Historical information: *The City of Poughkeepsie is the seat of Dutchess County and is located on the east bank of the Hudson River approximately 60 miles north of Central Park in New York City. The population of the city in the 2000 census was 29,871. There is also a Town of Poughkeepsie that surrounds the City on 3 sides (except for West which has the Hudson River as the border), but it is a different governmental entity. Often, people simply talk about both Poughkeepsie's as one, even though the Town is larger than the city both in area as well as population. Combined, both Poughkeepsie's have about 75,000 residents.*

Henry Hudson sailed up the river bearing his name in the "Half Moon" in September 1609. The first land grant of Dutchess County was made on 24 October 1686, yet Dutchess County was almost uninhabited until 1701 and was administered by Ulster County (the county directly across the river that contains the City of Kingston, the first Capitol of New York State) from that time until at least 1713.

Poughkeepsie itself was founded in 1687. Its name, of Wappinger Indian origin, means "reed-covered lodge by the little water place". Poughkeepsie is known as Queen City on the Hudson. Earlier spellings were "Poughepesingh", "Apokeepsing", or "Pooghkepe-singh". The area around Poughkeepsie (including Fishkill and Rhinebeck) had political divisions as early as 1717 and was a county seat in that year.

Poughkeepsie's claim to fame is that it once served as the New York State Capital. The New York legislature met in Poughkeepsie in 1778, 1780, 1781, 1782, 1788 and 1795. The U.S. Constitution was ratified by New York State here in Poughkeepsie on July 26, 1788

A. The Poughkeepsie-Highland Railroad Bridge (Walkway Over the Hudson Pedestrian Bridge)

It was built in the late 19th century to link New York and New England to an extensive, nationwide railway network. For decades, it was a major rail corridor for both freight and passengers. After a fire in 1974, the bridge was abandoned and sat for decades as an orphaned relic. This brand-new park (opened October 3, 2009) was made possible due to the unwavering commitment of the non-profit organization called Walkway Over the Hudson, which forged a public private partnership involving the State of New York, the federal government, neighboring municipalities, private corporations and other not for profit groups. The bridge deck stands 212 feet above the river's surface and is 6,678 feet (1.28 miles) long, making it the longest, elevated pedestrian bridge in the world!

B. *The Poughkeepsie Post Office - FDR, a Dutchess County native, who contributed conceptually to its design, carefully followed every step of its progress and happily led the community in celebrating its construction and completion. FDR personally laid the cornerstone on October 13, 1937, and received a cover containing the first stamp sold when the building was opened to serve the public on December 5, 1938. It is the first of five Works Progress Administration era post offices in Dutchess County that bear the imprint of FDR's interest in local history and architecture. An interesting item to note is that FDR himself could not enter the Post Office due to the layout of the building and his disability; thus, the dedication was outdoors.*

C. *The Poughkeepsie Journal Building was built in the 1940s in Colonial Revival style, looking like the Post Office. Construction was done using native rubble stone; note Half Moon on the spire. Half Moon was the boat that Henry Hudson used to sail up the river in 1609. In making his trip up the river, Hudson claimed the area for the Dutch and opened the way for settlers who followed. His voyage came 10 years before the Pilgrims landed at Plymouth Rock. Fairly recently, the Journal sold much of the space in the building as they no longer need all the space since their printing is now done downstate, with the newspapers trucked up to Poughkeepsie readers early in the morning.*

Walkway Over the Hudson -- Highland NY – Points of Interest

- D.** *Across the street at the corner of Main Street and Market Street, at #10 Market, is the current Dutchess County Courthouse. This site is one of the most interesting and perhaps the most historic in the city. The beginning of civil government in Dutchess County is said to have occurred as of October 23, 1713, when by an Act of Assembly, the county was empowered to elect a supervisor, a treasurer, two assessors, and two collectors. While the record of the actual construction of the first courthouse is obscure, it is plain that the Act of Provincial Assembly of 1713 directed the justices of the peace of the county to issue directives to call a meeting of the freeholders and inhabitants. Among these directives was erecting a county house and prison. There is no record that shows that anything was done under the act. There also was not a pressing need for a courthouse and prison, but the project was not abandoned altogether. A second Act for the construction of a county courthouse, as of May 27, 1717, called for the completion of the structure within three years in Poughkeepsie. This courthouse was occupied around 1722, and it served the New York Constitutional Convention. On July 26, 1788, the Convention voted to ratify the Constitution of the United States. (SP: Anniversary Hurrah!) In September 1806, it was destroyed by a fire. A new building, authorized by the state legislature in 1809, stood until 1901. The nineteenth century courthouse was believed to have incorporated a part of the walls of the earlier building and housed two dungeons. In the basement of the courthouse (from 1812-1814) Matthew Vassar, the founder of Vassar College in Poughkeepsie, conducted an oyster bar and ale saloon. The former Vassar Brewery served as the county jail for a time when the current courthouse was being constructed. The courthouse that stands today was built in 1902. To the left of the Courthouse (as you face it) is the newer building, the Dutchess County Office Building.*
- E.** *The Bardavon 1869 Opera House/Theater is the oldest continuously operating theater in New York State. Originally constructed in 1869 as the Collingwood Opera House. Transformed from a 19th Century performance hall and gathering place into a movie palace in 1923, the theatre was saved from demolition in 1976 to become the leading performing arts and cinema venue of the Hudson Valley region that it is today.*
- F.** *The library was built in 1898 and was a gift of the Adriance Children. The front façade was saved from demolition work from 2007-2009 when the backside of the library was torn down for the current new addition. The library was reopened to great fanfare in late 2009. As a result, the main entrance to the library is now actually from the parking lot behind, no longer at the historical façade that you see at this location.*
- G.** *Thomas Dongan, 2nd Earl of Limerick (1634-1715) was a member of Irish Parliament, and governor of the Province of New York. He is noted for having called the first representative legislature in New York, and for granting the province's Charter of Liberties. This park was dedicated in June 1930 by NY Governor Franklin D. Roosevelt.*
- H.** *The Poughkeepsie Train Station was designed by the firm Warren & Wetmore. It was modeled on Grand Central, another successful design of theirs. After five years of design and construction, the station was opened on February 18, 1918. In 1976 it was added to the National Register of Historic Places.*

Walkway Over the Hudson -- Highland NY – Points of Interest

- I. **The Mid-Hudson Bridge** – *It was built by the State of New York Department of Public Works. In April 1929, under contract from the American Bridge Company, work began on the superstructure. When completed, it had the sixth longest suspension bridge span in the world.*

On August 25, 1930, Governor Franklin D. Roosevelt (hometown, Hyde Park, approximately 6 miles north) opened the span between Highland, Ulster County to the west, and Poughkeepsie, Dutchess County to the east. When it opened, the bridge provided two lanes of traffic across the Hudson, one lane in each direction. It also provided a walkway for pedestrians and bicycle traffic. Upon opening, the bridge toll was 80 cents for automobiles, and 10 cents for pedestrians and cyclists. In 1933, the Mid-Hudson Bridge was taken over by the New York State Bridge Authority.

In 1994, the bridge was ceremonially renamed the "Franklin D. Roosevelt Mid-Hudson Bridge" in honor of the former Governor and President. However, most people still refer to the span simply as the Mid-Hudson Bridge. Part of US 44 and NY 55, the Mid-Hudson Bridge now carries approximately 35,000 vehicles per day between Poughkeepsie and Highland. This figure represents a 75 percent increase over 1980 traffic levels.

The suspension bridge is 3,000 feet (910 m) long and has a clearance of 135 feet (41 m) above the Hudson.

(Thanks to Wikipedia and other websites such as <http://www.nycroads.com/crossings/mid-hudson/>)