

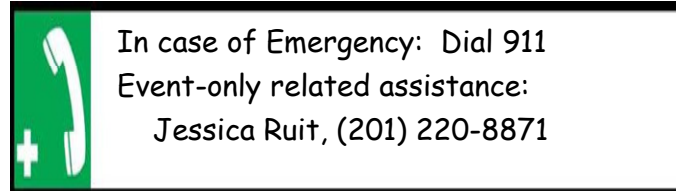
A Guide to the Appalachian Trail in New York



Welcome to the “Walking the Appalachian Trail NY”

A Seasonal Walk from 1 April to 31 October, sponsored by the
Northeast Region of the American Volkssport Association (AVA)

AVA Event Number: Y2487, Distance – Trail Ratings: 5 K – 42 K – 3C to 4 D



Description: Walk the Appalachian Trail in New York. Terrain is up and down in most areas and elevation varies from 178 feet to 1433 feet. Please allow extra time to complete the hike. Do not complete the hike if there is snow or ice on the ground or if the area is very muddy. The entire length of the trail is 90 miles (144.8 km) in New York. Included below are a list of nine different segments of trail that can be day hiked if you can place a car at each end or you can do several out and back hikes anywhere the trail can be accessed. Much information can be seen at: <http://my.ava.org/event-view.php?y=2487>.

Please note that the Northeast Region of the AVA also sponsors a Seasonal Walk (Fort Montgomery NY, Y1973) with various trail lengths of 5/10/12/13k) that also qualifies for the Appalachian Trail special program.

Amenities: Strollers: none, Wheelchairs: none, Pets: yes, Restrooms: On occasion

Special Programs: See the Online Start Box entry for the current list at:

<http://my.ava.org/event-view.php?y=2487> .

A Special Note for the **Washington-Rochambeau National Historic Trail** AVA Special Program: See information about the “*Bear Mountain Bridge and Anthony’s Nose*” section item 5 on page 3 below.

Start Times: Dawn to Dusk

Location: Online Start Box(OSB) Only; no physical stamps are provided

Start Locations: Various different trailheads – See <https://appalachiantrail.org/explore/plan-and-prepare/transportation-options/> (New York State drop-down section) for parking directions and other information about the AT Trail in New York.

Registration: Use the American Volkssport Association’s OSB system. Your personal OSB account, once established, will include the waiver, payment method and collection, directions download, and stamp retrieval upon completion of the event.

Awards and Fees: IVV Credit Only

Comments. You may take event credit for each day and take distance credit for the distance walked for that day. Each day a new registration on the AVA OSB website needs to be made.



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A Guide to the Appalachian Trail in New York

THE BASICS:

This event has a minimum distance of 5K and may be done on multiple days as long as the Appalachian Trail is in New York which is 90 miles (144.8 kilometers). You must register on the OSB and pay for IVV credit for each day that you walk. You may walk the trail from any start point and for any length (minimum 5K) and this will qualify for the IVV event stamp and the Special Program – The Appalachian Trail. The amount of distance that you are allowed to enter on your books is based on your own knowledge of the route and distance you covered under your own auspices.

You may walk the trail in two ways:

- 1) an out-and-back hike -or-
- 2) using two vehicles, one at either end of the hike. Hikes walked using two vehicles can be hiked in either direction.

A good resource is the book *Exploring the APPALACHIAN TRAIL Hikes in the Mid-Atlantic States: Maryland, Pennsylvania, New Jersey, New York* by Glenn Scherer and Don Hopey. This breaks the trail down into several day hikes (the first in Maryland and the last in New York). Directions are provided to the start and end of each hike as well as giving a general overview of what to expect on each hike. Most hikes also provide early exit options and can therefore be divided further.

SUGGESTED 9 APPALACHIAN TRAIL DAY HIKES IN NEW YORK:

- 1) Warwick Turnpike (NJ) to Mt. Peter, NY
 - a. Distance: 9.5 miles (15.3 kilometers)
 - b. Elevation: 1150 to 1433 to 1130 feet
 - c. Difficulty: strenuous
 - d. Early Exit Options: at 1.0 and 3.6 miles

- 2) Sterling Forest State Park 12.3 miles
 - a. Distance: 12.3 miles (19.8 kilometers)
 - b. Elevation: 1130 to 1294 to 550 feet
 - c. Difficulty: moderate
 - d. Early Exit Options: at 3.7, 8.8, and 10.2 miles

- 3) Bear Mountain – Harriman State Parks – West
 - a. Distance: 5.7 miles (9.2 kilometers), 5.5 miles (8.9 kilometers) on the AT
 - b. Elevation: 550 to 1328 to 1050 feet
 - c. Difficulty: moderate
 - d. Early Exit Option: at 4.1 miles



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A Guide to the Appalachian Trail in New York

- 4) Bear Mountain – Harriman State Parks – East
 - a. Distance: 12.7 miles (20.4 kilometers), 12.5 miles (20.1 kilometers) on the AT
 - b. Elevation: 1196 to 700 to 1305 to 178 feet
 - c. Difficulty: moderate to strenuous
 - d. Early Exit Option: at 9.1 miles

- 5) Bear Mountain Bridge and Anthony’s Nose

Special notes concerning “Washington-Rochambeau National Historic Trail”.

From AI on the Internet: *“While the Bear Mountain Bridge itself is not named after Rochambeau, there’s a strong historical connection between the area and the Washington-Rochambeau Revolutionary Route National Historic Trail. This trail traces the path of the French and American armies, led by General George Washington and the Comte de Rochambeau, on their decisive march to the Battle of Yorktown in 1781.”*

Here’s the connection:

Rochambeau’s Army: Rochambeau’s troops joined Washington’s forces in New York and then marched south, eventually leading to the victory at Yorktown, which significantly helped end the American Revolutionary War.

Hudson River Crossing: As part of this march, Rochambeau’s army crossed the Hudson River. A key crossing point was Kings Ferry, from Verplanck on the east side to Stony Point on the west.

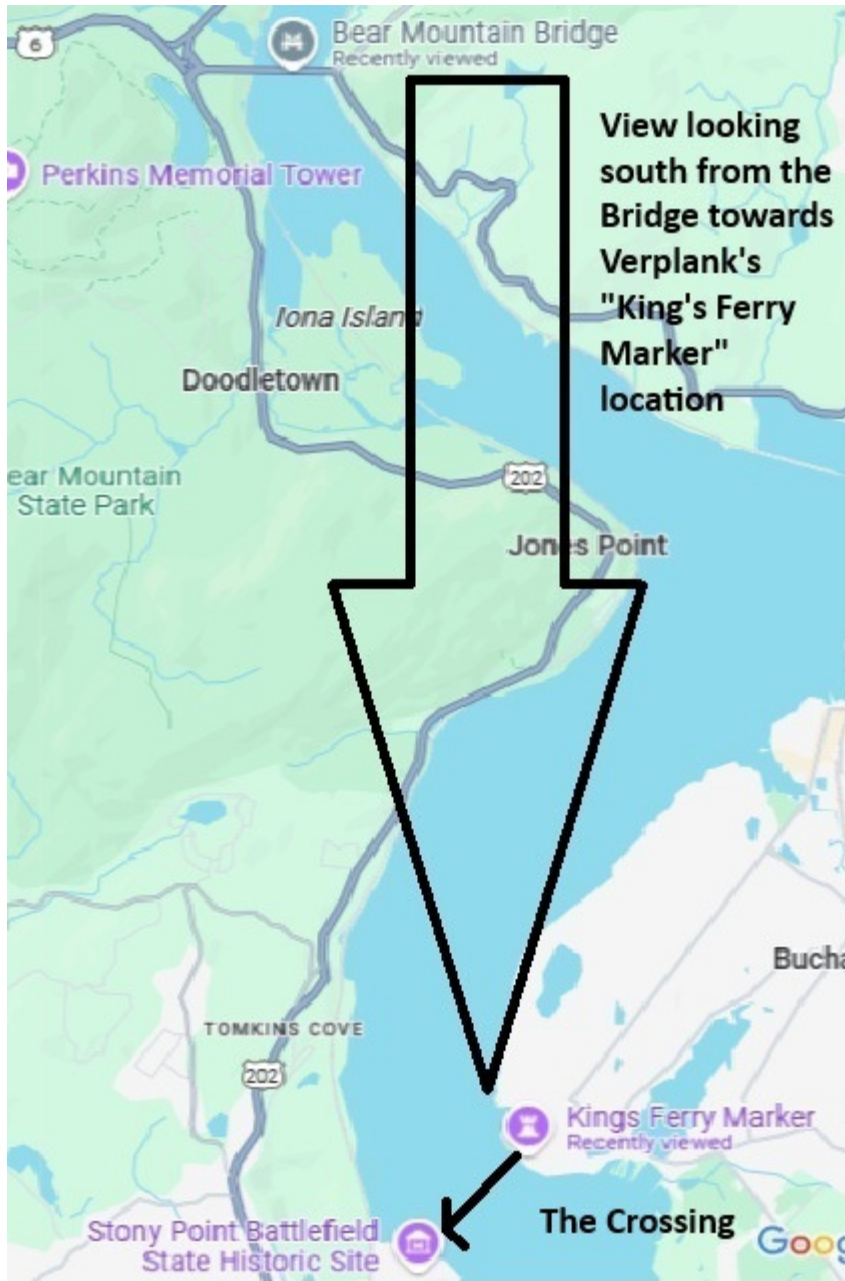
Proximity to Bear Mountain Bridge: The Bear Mountain Bridge spans the Hudson River in a location that’s integral to the Washington-Rochambeau Revolutionary Route. This trail is designed to guide visitors across the Hudson, connecting sites like Bear Mountain State Park to the historic route.”

The Bear Mountain Bridge is the closest crossing in effect from the Verplank shores where Kings Ferry was located.

On the next page, courtesy of Google Maps, here’s a view of the Hudson looking south from the Bridge for you to see where the actual crossing occurred:




A Guide to the Appalachian Trail in New York



Map data (c)2025 Google

- Distance: 6.7 miles (10.8 kilometers), 6.6 miles (10.6 kilometers) on the AT
- Elevation: 178 to 900 to 400 feet
- Difficulty: moderate
- Early Exit Options: at 3.1 and 4.2 miles



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A Guide to the Appalachian Trail in New York

- 6) US 9 to Dennytown Road
 - a. Distance: 8.9 miles (14.3 kilometers), 8.8 miles (14.2 kilometers) on the AT
 - b. Elevation: 400 to 900 to 750 feet
 - c. Difficulty: moderate
 - d. Early Exit Options: at 3.3 and 5.0 miles
- 7) Fahnestock State Park
 - a. Distance: 10.4 miles (16.7 kilometers)
 - b. Elevation: 750 to 1282 to 300 feet
 - c. Difficulty: moderate
 - d. Early Exit Options: at 3.6 and 8.1 miles
- 8) Hosner Mountain to Cat Rocks ****due to the length of this hike it is suggested that you use one of the early exit options to divide this hike into more than one day so that it may be completed safely******
 - a. Distance: 16.8 miles (27.0 kilometers)
 - b. Elevation: 350 to 1329 to 550 feet
 - c. Difficulty: moderate
 - d. Early Exit Options: at 5.1 and 12.6 miles
- 9) Corbin Hill and Pawling Nature Reserve
 - a. Distance: 9.5 miles (15.3 kilometers)
 - b. Elevation 550 to 1053 to 450 feet
 - c. Difficulty: easy
 - d. Early Exit Options: at 2.3 and 8.5 miles



A Guide to the Appalachian Trail in New York


HIKING BASICS AND TIPS:

- 1) The Appalachian Trail is marked with white blazes, marks painted on trees or rocks that indicate the path. While hiking please make sure you continue to see blazes and make sure you are still on course. If you have not seen a blaze in a few minutes it is advisable that you backtrack and make sure you are still on the Appalachian Trail. There are several side trails that may be unmarked or marked with different color blazes. Two blazes on a tree or rock will indicate a turn coming in the trail.
- 2) The Appalachian Trail through New York can be rugged. Elevation varies from 124 feet (Hessian Lake) to 1433 feet (Prospect Rock). There may be snow, ice, or mud depending on the season or weather. It is not recommended to do this walk in these weather conditions. It is strongly suggested that you use supportive hiking boots as well as use one or two hiking poles.
- 3) Bring a friend. It is not recommended that you do this walk alone. It is also recommended that you let someone know where you are hiking and when you are off of the trail safely.
- 4) Check weather forecast and sunset times. These nine hikes vary from 3.5 to 11.5 hours to complete, make sure you have enough time to safely complete the hike. Due to the length of Hike #8 it is suggested that you use an early exit option which will allow for the hike to be divided into smaller sections that may be completed in less time.
- 5) Some suggestions for supplies include: food and water, raincoat or poncho, sunglasses, a visored hat, sunscreen, bug spray, small portable first aid kit, map or trail book, phone (especially in case of emergency).



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