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Southern Zone

The Southern Zone contains four OPRHP Regions (Long Island, New York City, Taconic and Palisades) and the Catskill Park. It also contains DEC Regions 1, 2, 3 and portions of Region 4.

OPRHP Regions

Long Island Region
Belmont Lake State Park
P.O. Box 247
Babylon, NY 11802-0247
(631) 669-1000

New York City Region
163 West 125th Street
New York, NY 10027
(212) 866-2720

Palisades Region
Administration Headquarters
Bear Mtn., NY 10911-0427
(845) 786-2701

Taconic Region
Staatsburg, NY 12580
(845) 889-4100

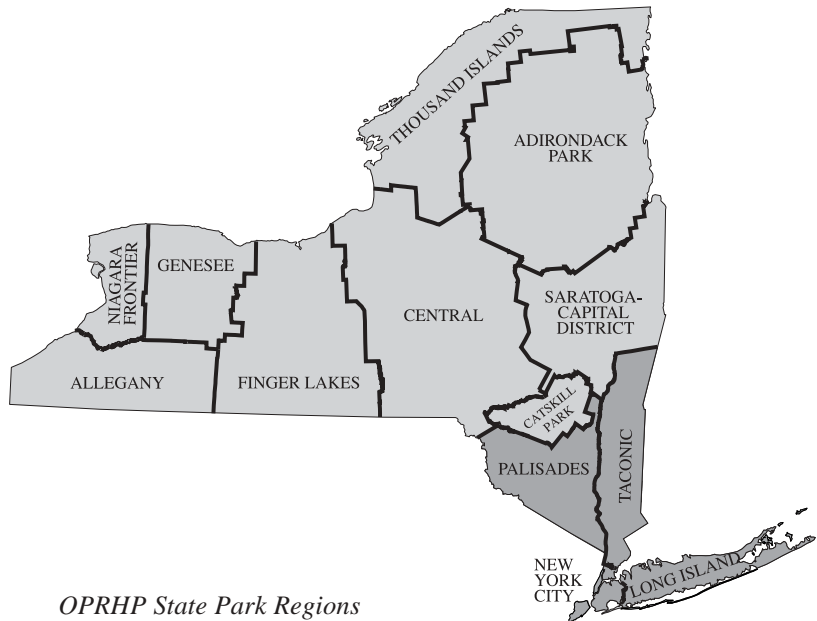
DEC Regions

Region 1
SUNY-Building 40
Stony Brook, NY 11790
(631) 444-0354

Region 2
1 Hunter's Point Plaza
47-40 21st Street
Long Island City, NY 11101-5407
(718) 482-4900

Region 3
21 South Putt Corners Rd.
New Paltz, NY 12561-1696
(845) 256-3000

Region 4
1150 N. Westcott Road
Schenectady, NY 12306
(518) 357-2234



OPRHP State Park Regions



DEC Regions

State Parks

Southern Zone



Connetquot River State Park Preserve

Contact: Box 505
Sunrise Highway
Oakdale, NY 11769
(631) 581-1005

Trails in system: 50 miles.

Connetquot River State Park Preserve continues the traditions of conservation established on the 3,400-acre property by the South Side Sportsmen's Club of Long Island. The club was formed after the War Between the States by a group of sportsmen who

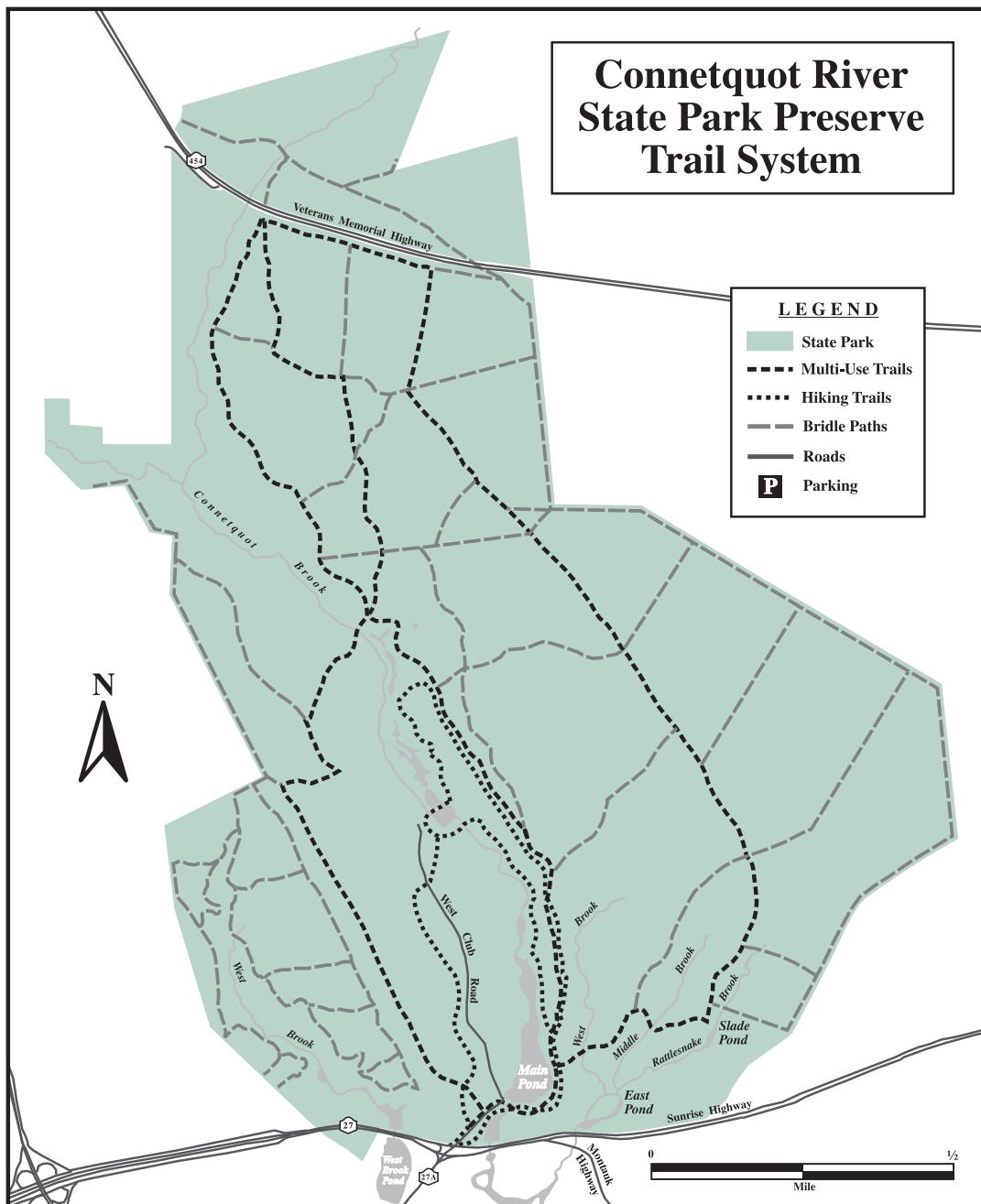
found it difficult to get rooms at Snedecors Inn. The members maintained the land and waters for the protection and propagation of of game birds, fish and animals.

The area was first opened to limited public access in August of 1973, and was designated as the first State Park Preserve in the State of New York on August 7, 1987. The Park Preserve legislation ensures the preservation of this unique refuge in its present state, with diverse programs and activities geared to develop awareness of the

value and beauty of the remaining natural area of Long Island.

Deer and waterfowl are numerous, rare nesting birds, including the osprey, are present and there are numerous rare plants, such as trailing arbutus and pyxie moss in their natural habitats. The preserve also has 50 miles of hiking, horseback riding, cross-country ski and nature trails, as well as fishing on the Connetquot River.

A permit is needed for all access to the preserve. Requests should be made in writing directly to the park.



Montauk Point State Park

Contact: 50 South Fairview Avenue
 Montauk, NY 11954
 (631) 668-3781

Trails: 6 miles

Montauk Point State Park is a heavily-wooded tundra leading to the eastern tip of Long Island and the historic Montauk Lighthouse. The park offers some of the best surf fishing in the world. Montauk Point State Park is also a favorite spot of birdwatchers because this park extends the farthest east into the ocean and many species of birds stop at the park on their northward migration. The view at the park is unique. When the water is calm, visitors can clearly see the “race” of converging tides from the Atlantic and Block Island Sound. Visitors can picnic under the pine trees, use the nature trails to hike or cross-country ski, or spend time watching the seals sun on the rocks offshore.

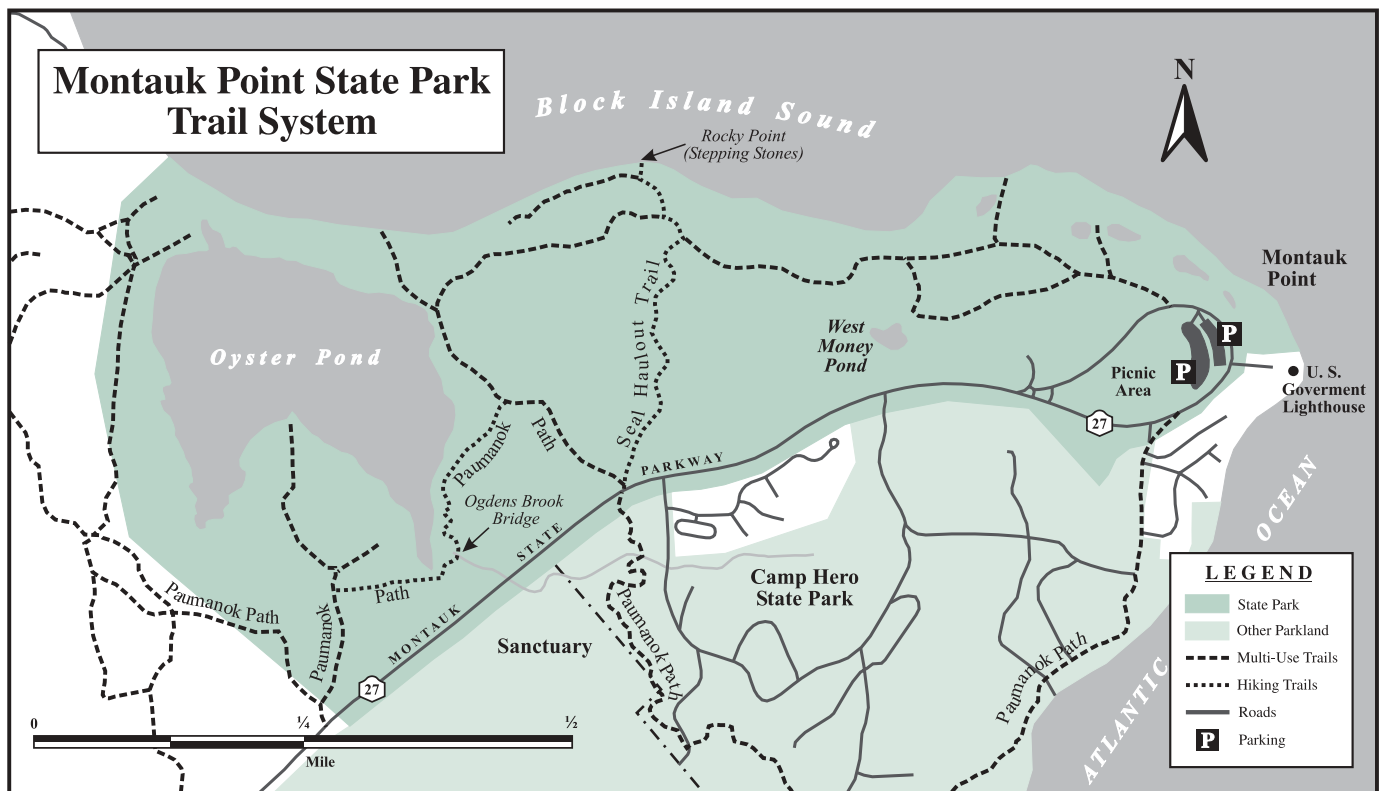
Most of the trails in the park are multipurpose trails created on old dirt roads. These trails allow uses such as hiking, biking and horseback riding.

There are two trails that allow only hiking. The first is the Seal Haulout Trail. This trail begins at the Montauk State Parkway and winds its way to Rocky Point. In late winter and spring, the harbor seals sun themselves on the rocky shoreline east of Oyster Pond. A viewing blind at Rocky Point (or Stepping Stones) is accessed from the Seal Haulout Trail.

The second trail is a segment of the Paumanok Path that runs along the south east shore of Oyster Pond. This segment is also known as the Ogdens Brook Trail. At Ogdens Brook a foot-bridge takes the trail to the other side of this “Adirondack Mountain-like” stream. The brook twists and tumbles over rocks and tree roots on the south side of the bridge and to the north, the brook makes

its way through woods and marsh before it flows into Oyster Pond.

The Paumanok Path, although still incomplete, is being touted as the Appalachian Trail of Long Island. Completed, the trail will run a projected length of 125 miles from Rocky Point to Montauk Point. On its way to Montauk Point the path traverses the Pine Barrens, the Hampton’s and Napeague State Park, Hither Hills State Park, Montauk Point State Park and Camp Hero State Park.



Clay Pit Ponds State Park Preserve

Contact: 83 Nielson Avenue
 Staten Island, NY 10309
 (718)967-1976

Hiking Trail: 1 mile.
 Equestrian Trail: 2 miles.

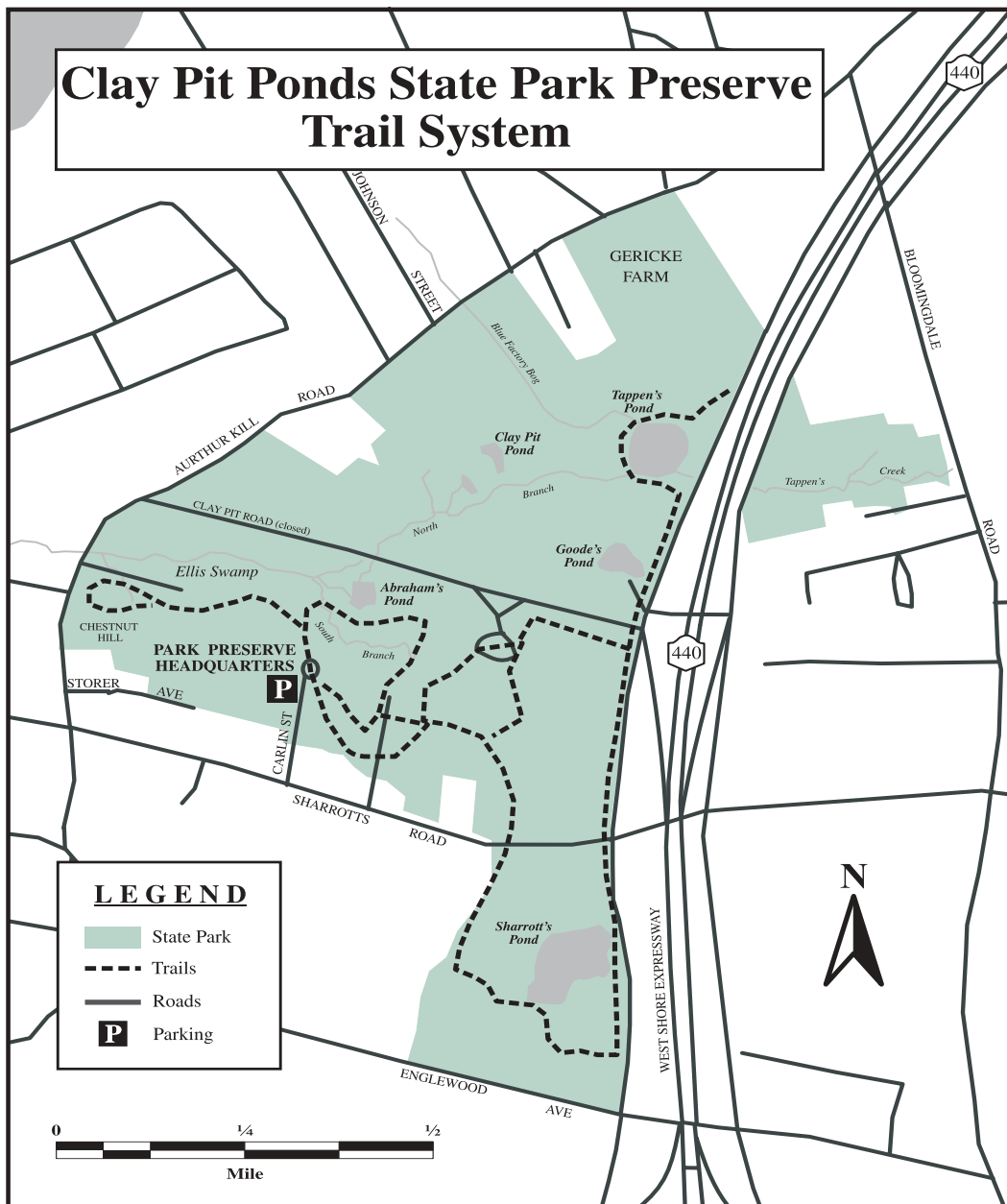
Clay Pit Ponds is unique in that it is a 260-acre natural area within New York City. The preserve offers the opportunity to experience wetland, field,

sand barren, stream and woodland habitats, all within the state's largest metropolis.

The hiking trails are only open to foot traffic. Guided and self-guided nature walks on these trails expose the visitor to a wide diversity of plant and animal species for exploration. The equestrian trail skirts around a pond in the northern area of the park and heads

southward to another pond, where it begins the return loop.

When visiting this park, please follow the special rules that were established to help preserve the area.



Clarence Fahnestock State Park

Contact: Clarence Fahnestock State Park
 Rte 301
 Carmel, NY 10512
 (845) 225-7207

Park Trails System: 70 miles.
 Cross-Boundary Circuit: 6 miles.

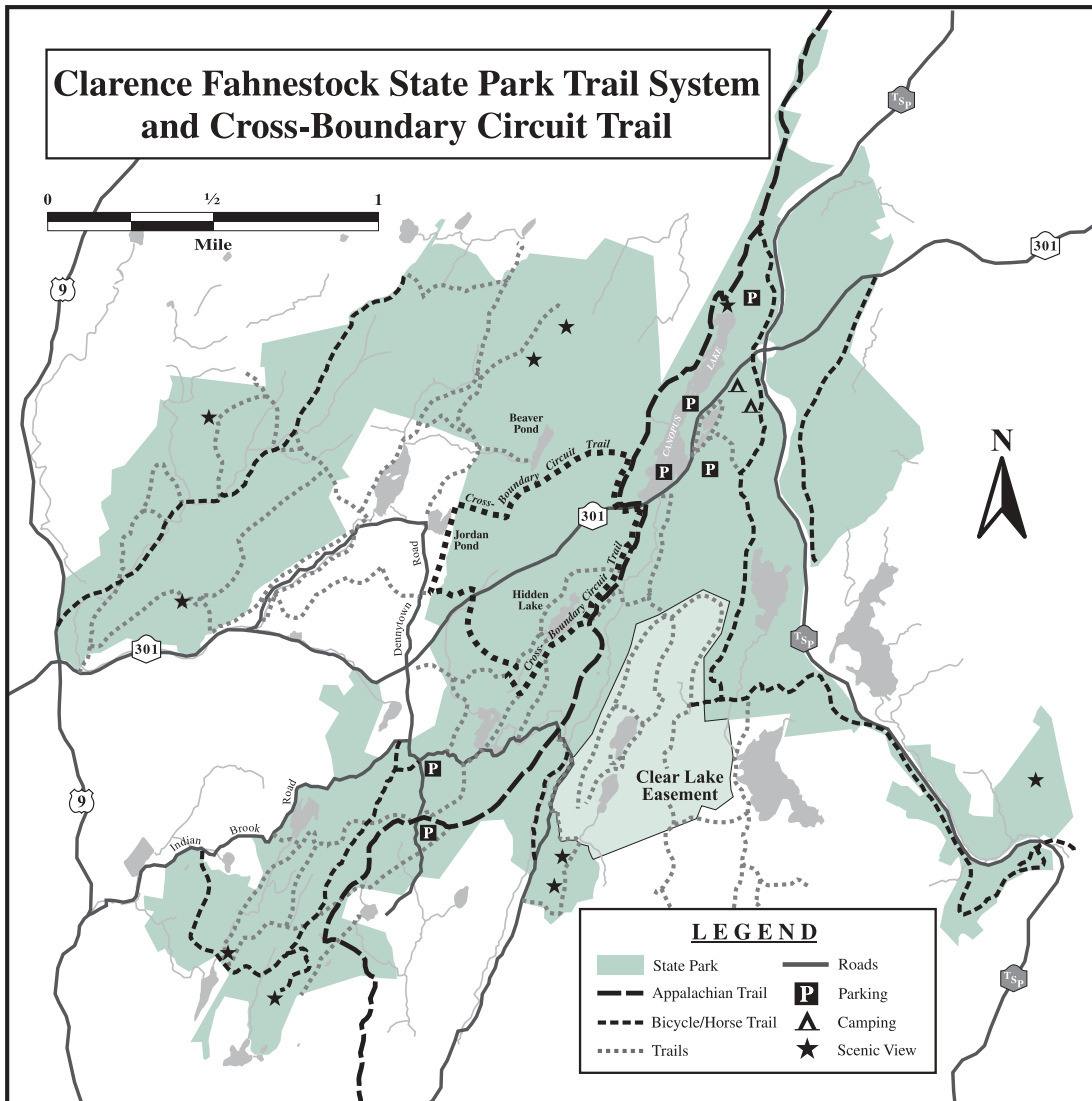
Located in the highlands of Putnam County, approximately one hour from New York City, Clarence Fahnestock State Park offers a variety of year-round activities. In addition to the nearly 70 miles of hiking trails, the park offers facilities for swimming, camping, boating and fishing during the summer months. In the winter patrons enjoy cross-country skiing, snowshoeing, sledding and ice fishing. The park's trails are restricted to day use only. Camping or making fires is prohibited except in the designated campgrounds. Specific trails within the park have been designated for mountain biking, equestrian use and

snowmobiling.

Ridges running from southwest to northeast dominate the terrain. Between them are several lakes and ponds and numerous wetlands and streams. Although there are occasional steep sections, there are no long or difficult climbs and, for the most part, grades are moderate. All trails are blazed with round plastic discs in a variety of colors or rectangular painted marks. Trail maps are available at the Park Office. The following is a sample of the many hikes available:

Cross-Boundary Circuit -- Including trails in Fahnestock State Park and the Hubbard-Perkins Conservation Area, this 6-mile hike begins on Route 301, at the south end of Canopus Lake, and proceeds north on the Appalachian Trail (white). Turn left onto the Fahnestock Trail (blue) which leads west to a junction with the

Charcoal Burners Trail (red). Turning left, follow the Charcoal Burners Trail south to where the Cabot Trail (white) turns off to the right. It leads west on a forest road. Just before the forest road enters a posted area, which should be avoided, the trail turns off sharply to the left. Continuing south, the Cabot Trail enters a field and ends at the Perkins Trail (yellow), where a left turn leads over several small ridges back to the Charcoal Burners Trail (red). Turn right on this trail, which crosses Route 301. Continuing south, it crosses the Old Mine Trail (yellow), then a stream before ending at the Three Lakes Trail (blue). Turn left on the Three Lakes Trail, then left on the Appalachian Trail (white) and continue back to Canopus Lake.



Old Croton Aqueduct State Historic Park

Contact: 15 Walnut St.
Dobbs Ferry, NY 10522
(914) 245-4434

Trail: 26.2 miles.

The trail follows the general route of the Old Croton Aqueduct that conveyed New York City's first public water supply. Beneath the trail lies one of the great engineering achievements of the 19th century. Construction of the aqueduct began in 1837 and was designed and routed by West Point engineering professor Major David B. Douglass. The aqueduct is an elliptical tube measuring 8.5 feet high by 7.5 feet wide. It is lined with brick throughout most of its length. Dropping 13 inches per mile, the aqueduct was gravity-fed as in Roman times. Some sections of the aqueduct were cut into hillsides, while others were constructed in earthen fills through valleys and rivers. Still other sections were constructed in arched bridges; two were used to cross Sing Sing Kill and the Harlem River. Conical venting towers were built approximately every mile to relieve pressure and to keep the water fresh.

The aqueduct was capable of transporting 100 million gallons of water a day to the growing population of New York City. The aqueduct was originally designed to meet the needs of New York City for 100 years; however, the capacity of the aqueduct was exceeded much sooner than expected and a new aqueduct was begun in 1885. The old aqueduct supplied water into the 1950s.

The present trail route was purchased by the state in 1968. The park trail begins in Cortlandt at the site of the New Croton Dam and parallels the river for most of its route to the Yonkers-New York City line. The trail is used by hikers, bicyclists, photographers, bird watchers, naturalists, historians and joggers. The trail surface is mostly grass except when local streets are used. The Ossining Heritage Area Visitor Center contains information about the construction and history of the aqueduct. The aqueduct remains intact, under the trail, as it was constructed.



Minnewaska State Park

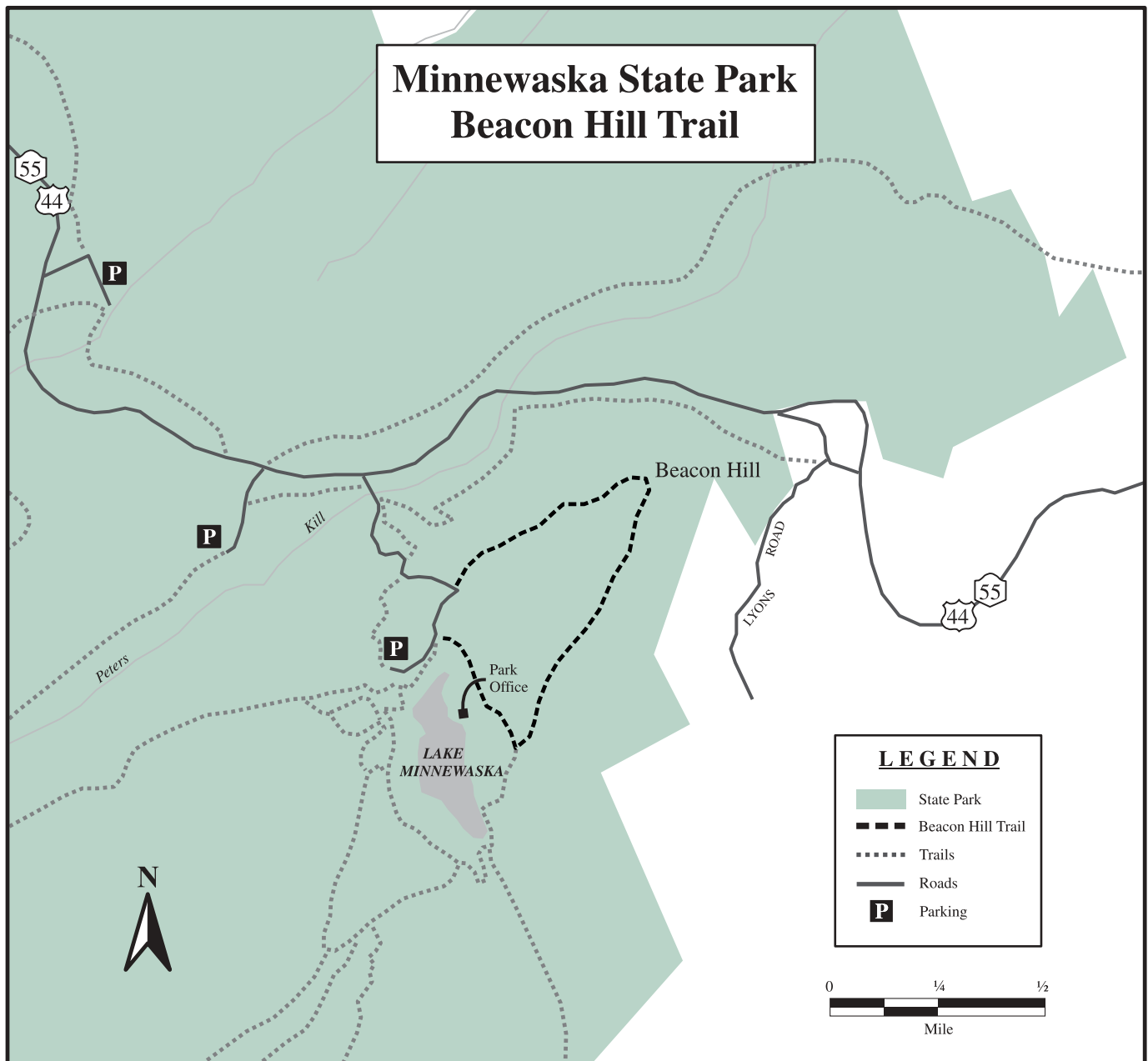
Contact: PO Box 893
New Paltz, NY 12561
(845) 255-0753

Beacon Hill Trail: 2 miles.

To enjoy the marvels of Minnewaska on foot you need only basic equipment, such as a map, comfortable footwear, water, lunch or snacks. A wealth of spectacular scenery becomes available to those making the effort to explore the park on its 38 miles of trails. The park sits atop the Shawangunk

Ridge with high cliffs that overlook the valley to the east. The trail shown on the map is a sample of what is available. Park at the Wildmere parking lot, go back downhill on the auto road a short distance towards the park entrance to where the Beacon Hill Carriageway leaves the auto road on the right (orange blazes.) Follow this shady, meandering road for about a mile until you reach the panoramic view at Beacon Hill. The view is spectacular and encompasses the Catskills to the left, tree-covered Dickie Barre and the rock formations immedi-

ately in front, and the Taconic Hills of Connecticut and Massachusetts to the right. The route back is on a hiking path from the right of the viewpoint (yellow blazes.) Beacon Hill Path ascends and descends sharply until it exits near the site of the old Cliff House picnic field. Turn right at the end of the path onto a carriageway (red blazes) leading back to the parking lot. Other trail activities at Minnewaska include hiking, biking, horseback riding and cross-country skiing.



State Parks

Long Island Region

Park Name	Phone Number	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C C	S n o w m o b i l e
Gov. A. E. Smith/Sunken Meadows	(631) 269-4333	◆	◆	◆	◆	◆		
Bayard Cutting Arboretum	(631) 581-1002		◆					
Belmont Lake	(631) 667-5055	◆	◆	◆	◆			
Bethpage	(516) 249-0700	◆	◆	◆	◆ ^H	◆		
Caleb Smith Preserve	(631) 265-1054	◆ ^H	◆ ^H			◆		
Connetquot River Preserve	(631) 581-1005	◆	◆	◆		◆		
Heckscher	(631) 581-2100	◆	◆		◆	◆		
Hempstead Lake	(516) 766-1029	◆		◆	◆	◆		
Hither Hills	(631) 688-3781	◆	◆	◆	◆	◆		
Montauk Point	(631) 688-3781	◆	◆	◆		◆		
Orient Beach	(631) 323-2440	◆	◆ ^H		◆ ^R			
Valley Stream	(516) 825-4128		◆		◆	◆		
Wildwood	(631) 929-4314	◆	◆		◆	◆		
Caumsett	(631) 423-1770	◆		◆	◆	◆		
Planting Fields Arboretum	(516) 922-9200	◆				◆		
Walt Whitman Birthplace	(631) 427-5240	◆						

New York City Region

Park Name	Phone Number	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C C	S n o w m o b i l e
Bayswater Point	(212) 691-7433	◆	◆					
Clay Pit Ponds	(718) 967-1976	◆	◆	◆				
Roberto Clemente	(718) 299-8750				◆ ^H			
Riverbank	(212) 694-3606	◆ ^H						

◆= services available

^R=Rentals Available

^H= Handicapped accessible

^P=Permit Required

Palisades Region

		H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C o u n t y	S n o w m o b i l e
Park Name	Phone Number							
Bear Mountain	(845) 786-2701	◆	◆		◆	◆		
Blauvelt	(845) 359-0544	◆						
Goosepond Mountain	(845) 786-2701	◆		◆ ^P				
Harriman	(845) 786-2701	◆		◆ ^P	◆	◆		
High Tor	(845) 634-8074	◆						
Highland Lakes	(845) 786-2701	◆		◆ ^P				
Minnewaska	(845) 255-0752	◆		◆ ^P	◆	◆		
Nyack Beach	(845) 268-3020	◆			◆	◆		
Rockland Lake	(845) 268-3020	◆	◆		◆	◆		
Sterling Forest®	(845) 786-2701	◆						
Storm King	(845) 786-2701	◆						
Tallman Mountain	(845) 359-0544	◆			◆			
Knox's Headquarters	(845) 561-5498	◆						
New Windsor Cantonment	(845) 561-1765	◆						

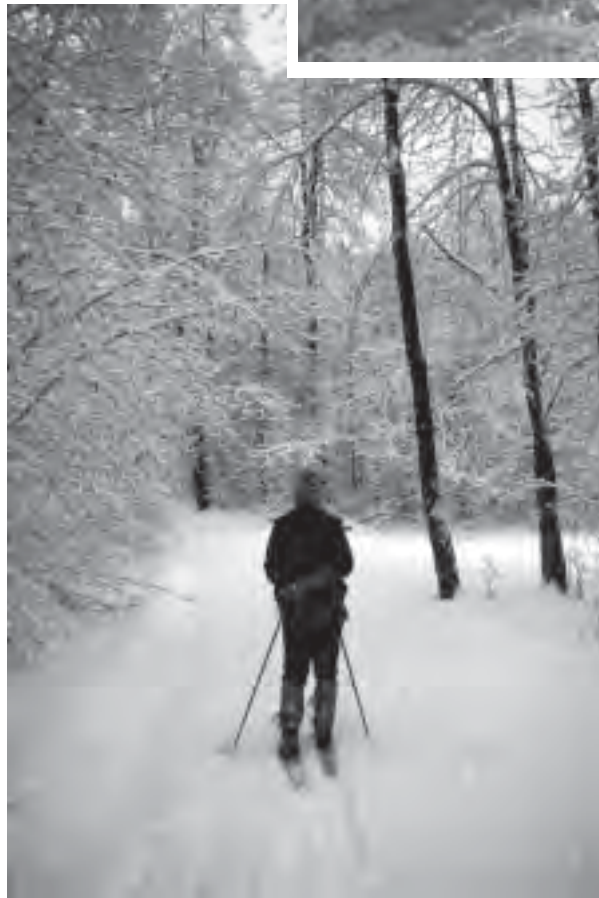
Taconic Region

		H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C o u n t y	S n o w m o b i l e
Park Name	Phone Number							
James Baird	(845) 452-1489	◆	◆		◆	◆		
Clarence Fahnestock	(845) 225-7207	◆	◆	◆	◆	◆	◆	
Hudson Highlands	(914) 225-7207	◆						
Lake Taghkanic	(518) 851-3631	◆			◆	◆	◆	
Ogden Mills & Ruth Livingston Mills	(845) 889-4646	◆	◆	◆	◆	◆		
Margaret Lewis Norrie	(845) 899-4646	◆	◆	◆	◆	◆	◆	
Old Croton Aqueduct	(914) 693-5259	◆		◆	◆	◆		
Rockefeller	(914) 631-1470	◆	◆	◆ ^P		◆		
Franklin D. Roosevelt	(914) 245-4434	◆	◆		◆	◆	◆	
Taconic: Copake Falls	(518) 329-3993	◆	◆		◆	◆	◆	
Rudd Pond	(518) 789-3059	◆			◆			
Clermont	(518) 537-4220	◆ ^H		◆		◆		
John Jay Homestead	(914) 232-5651	◆		◆				
Olana	(518) 828-0135	◆				◆		

- ◆= services available
- ^R=Rentals Available
- ^H= Handicapped accessible
- ^P=Permit Required

State Lands and Forests

Southern Zone

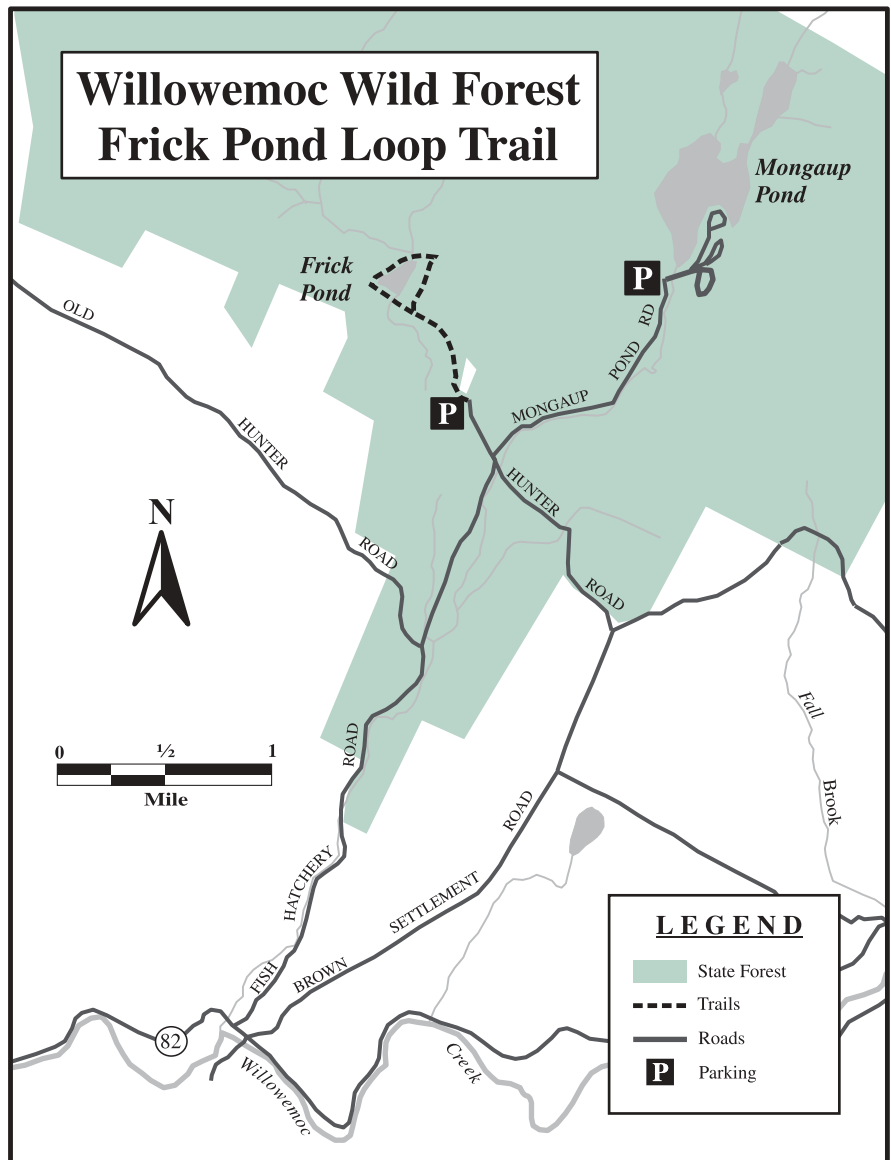


Willowemoc Wild Forest

Contact: Department of
Environmental Conservation
21 So. Putt Corners Rd.
New Paltz, NY 12561
(845) 256-3000

Frick Pond Loop: 2.1 miles.

The Willowemoc Wild Forest is 18 miles north of Liberty and 9 miles northeast of Livingston Manor, the closest village with amenities. The Wild Forest surrounds the Mongaup Pond Campground and abuts the Big Indian Wilderness. From Route 17 at exit 96, take county roads 81 and 82 east to De Bruce, turn left onto Fish Hatchery Road, turn left onto Beech Mountain Road, turn left onto Beech Mountain Road (one mile south of the campgrounds,) then drive one-quarter mile to the Frick Pond Trailhead. The Frick Pond Loop Trail leaves the trailhead parking area and follows red DEC trail markers northwest 0.5 miles to Frick Pond. To make a loop around the pond, follow the yellow trail markers.



Big Indian Wilderness Area

Contact: Department of
Environmental Conservation
21 So. Putt Corners Rd.
New Paltz, NY 12561
(845) 256-3000

Rider Hollow-Mine Hollow Loop:
4.8 miles.

The Big Indian Wilderness Area encompasses over 35,000 acres of “forever wild” forest preserve land in the heart of the Catskill Park. The Big Indian Wilderness Area has the longest stretch of trail through uninterrupted virgin forest in the Catskill Mountains, offering numerous opportunities for solitude in a remote and rugged environment.

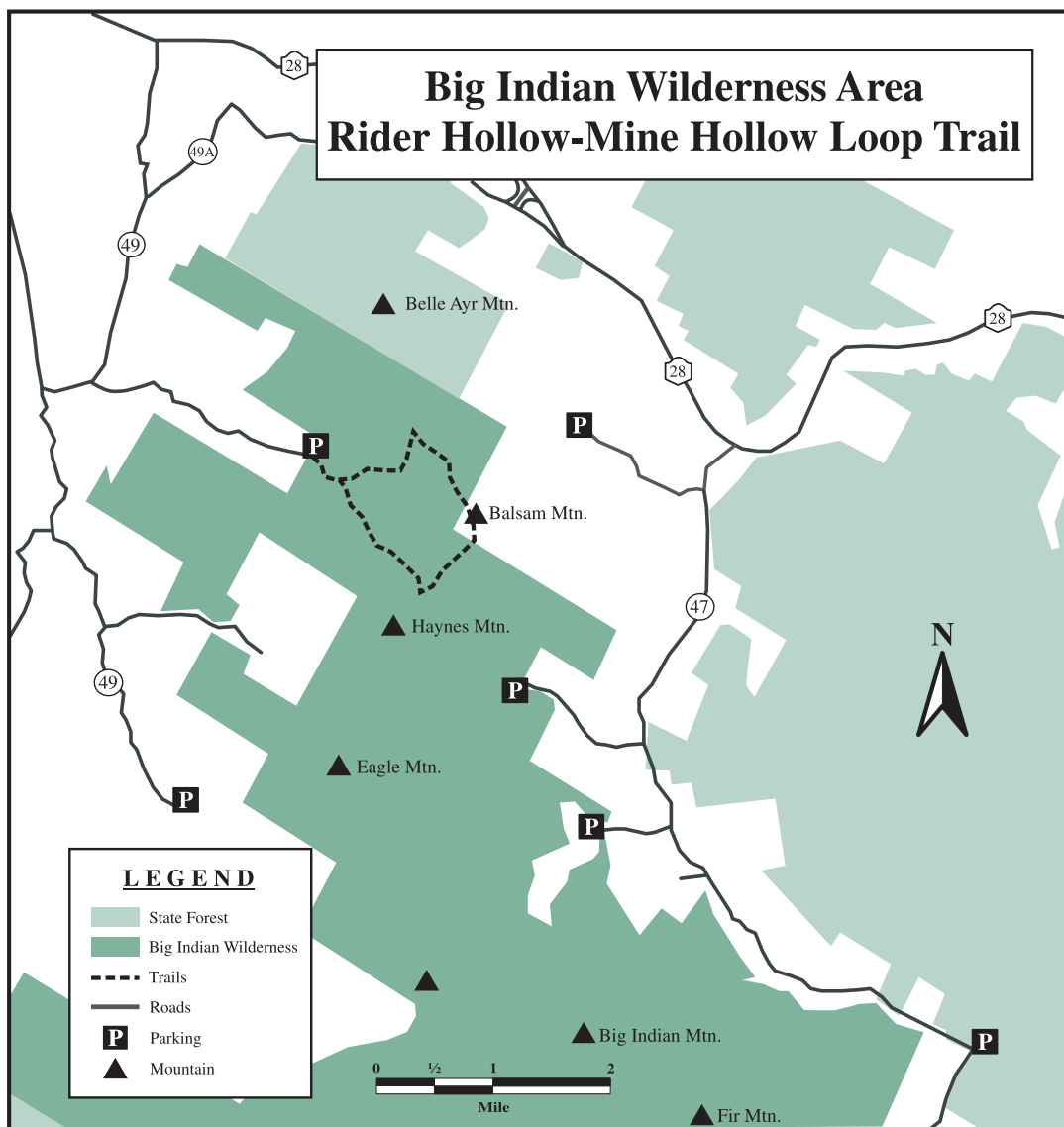
The Big Indian Wilderness Area

lies in the northwest corner of Ulster County, just south of the hamlet of Pine Hill, nearly evenly divided among the neighboring towns of Denning, Hardenburgh and Shandaken. Crescent-shaped, the area also straddles the divide between the Delaware and Hudson River Basins.

The Big Indian Wilderness Area can best be described as a rugged, mountainous area marked by deep glacial cuts resulting in a series of parallel, steep-sided hollows. The area is host to eight prominent peaks including Balsam, Fir, Haynes and Eagle, as well as several unnamed mountain tops. Elevations range from 1,500-3,860 feet.

Access to the wilderness area can be obtained from a number of

trailheads that have parking lots. For example, from the Rider Hollow Trailhead located in the town of Hardenburgh on the Rider Hollow Road, follow red markers to the Mine Hollow junction. The trail turns northeast and follows yellow markers for a one-mile ascent to the Pine Hill-West Branch Trail. Turning south and following blue markers for two miles, the trail leads to the summit of Balsam Mountain. The hamlet of Big Indian can be seen from this point. At the junction of the McKenley Hollow-Rider Hollow Trail, the route turns northwest and follows red markers 1.4 miles back to the parking area.



State Lands and Forests

DEC Region 1

Stony Brook - (631) 444-0354

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C C r o u s t r y	S n o w m o b i l e
Suffolk		Barcelona Neck	◆				◆	
Suffolk		Edgewood Oak Brush Plains	◆			◆	◆	
Suffolk		Rocky Point Nature Reserve	◆		◆	◆	◆	
Suffolk		Kings Park Unique Area	◆					
Suffolk		D.A. Sarnoff Pine Barrens Preserve	◆				◆	
Suffolk		Ridge Conservation Area	◆	◆				
Suffolk		Calverton	◆			◆		

DEC Region 2

Long Island City - (718) 482- 4900

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C C r o u s t r y	S n o w m o b i l e
Bronx		Bronx River Trailway	◆					
Richmond		Staten Island Green Belt (Kaufman/St. Francis)	◆	◆				
Richmond		Lemon Creek	◆					

DEC Region 3

New Paltz (Catskill Preserve)
(845) 256-3000

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C C r o u s t r y	S n o w m o b i l e
Ulster		Slide Mountain Wilderness	◆					
Ulster		Big Indian Wilderness	◆					
Ulster		Balsam Lake Mt. Wild Forest	◆				◆	
Ulster		Peekamoose Valey Wild Forest	◆					
Sullivan		Willowemoc Wild Forest	◆		◆	◆	◆	◆

DEC Region 3 (Continued)

New Paltz (Catskill Preserve)
(845) 256-3000

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C C r o u s t r y	S n o w m o b i l e
Ulster		Phoenicia Wild Forest	◆					
Ulster/ Sullivan		Sundown Wild Forest	◆			◆		◆
Ulster		Bluestone Wild Forest	◆			◆		
Ulster		Overlook Mountain Wild Forest	◆			◆		
Ulster		Shandaken Wild Forest	◆					
		Stony Kill EEC	◆	◆				
		Catskill VIC	◆	◆				
Dutchess	3	Depot Hill	◆					
Dutchess	31	Roeliff Jansenkil	◆					
Dutchess	2	Stissing Mountain	◆				◆	
Dutchess	1	Taconic-Hereford	◆			◆		◆
Orange	17	Hawk Watch Trailway	◆					
Orange	15	Kowawese Unique Area	◆					
Orange	26	Stewart State Forest	◆			◆	◆	
Putnam	2	Big Buck Mountain	◆					
Putnam	3A	California Hill	◆					
Putnam	16	Castle Rock Unique Area	◆					
Putnam	1	Ninham Mountain	◆		◆	◆	◆	
Putnam	3B	Pudding Street	◆					
Putnam	4	White Pond	◆					
Sullivan	2	Hickok Brook	◆					
Sullivan	72	Neversink River Unique Area	◆			◆	◆	
Sullivan	4	Painter Hill	◆					
Sullivan	1	Wolf Brook	◆					
Sullivan	86	Wurtsboro Ridge State Forest	◆					
Ulster	3	Hemlock Ridge	◆					
Ulster	2	High Woods	◆					
Ulster	4	Oak Ridge	◆					
Ulster	1	Shawangunk	◆					
Westchester	2	Croton Gorge Unique Area	◆					