**HESSENIAN LAKE LOOP** (Easy) Those looking for an easy stroll can walk the 1.5 mile paved path around Hessian Lake beginning and ending adjacent to the Bear Mountain Inn (the "Inn").

**POPOLOPEN TORRE** (Challenging) A more demanding hike can be achieved either as a continuation of the Fort Montgomery hike across Route 9W or directly from the Inn north along Hessian Lake through the traffic circle and along the west side of Route 9W, accessing the Popolopen Gorge (PG) Trail (red dot on White) just south of the Viaduct. The Trail offers outstanding views of the Gorge, while ascending to and following the Bear Mountain Aqueduct until it joins the Timp-Torre (T-T) (blue) and the two Revolutionary Trails. Turning right, follow the T-T Trail, leaving the Revolutionary Trails, as it climbs 500 feet to the summit of the Popolopen Torre for panoramic views to the southeast and the north. The T-T descends and rejoins the Revolutionary Trails with the combined Trails continuing to the left along the West Point Aqueduct to the junction with Route 9W at the north end of the Viaduct. Return to the Inn via the direct roadway route. A hike incorporating the Fort Montgomery route is 6.5 miles r/t, while one via the roadways both ways is 4.8 miles r/t.

**POPOLOPEN GORGE/QUEENSBORO LAKE** (Challenging) Following the route described above along the Popolopen Gorge (PG) Trail (red dot on white) via the direct roadway access provides the opportunity to enjoy a 6.5 mile loop that covers a variety of terrain and scenery. From the junction of the PG with the Timp-Torre (T-T) (blue) and the 1777W and 1777 Trails; bear left on the combined Trails to a split to the right for a short walk along the PG/1779 Trail where a number of spots are available for lunch. Return to the dividing point and continue on the T-T/1777W Trail to the right, cross the Palisades Interstate Parkway, and stay to the left on the 1777W Trail (red) as the T-T leaves to the right. Follow the 1777W Trail, crossing the Appalachian Trail (AT) (white), make a left turn on the Suffern-Bear Mountain Trail (SB-BM) (yellow), and go back to the Inn to complete the loop.

**BEAR MOUNTAIN DOCK** (Easy) A right turn at the Zoo entrance (see below) and a short 1 mile r/t walk down the path past the beautiful Elks’ Head Statue ends at the Bear Mountain Dock. This area provides picnicking, fishing, and views of the Hudson River vista, and Iona Island.

**DOODLETOWN** (Difficult) The picturesque valley housing the remains of the hamlet of Doodletown can be reached via the 1777W Trail (red) starting at the rear of the Inn and going left on the paved path past the Merry-Go-Round, Ice Skating Rink, south parking lot, and then through two tunnels. It briefly joins the Doodletown Bridge Path and then Doodletown Road before reaching the Y-junction with the 1777 and 1777W Trails. A 0.5 mile walk on the 1777W Trail (red) reaches the Suffern-Bear Mountain (SB-BM) Trail (yellow). Make a right turn on to the SB-BM and follow it as it climbs the shoulder of Bear Mountain. The Appalachian Trail (AT) (white) joins the SB-BM from the left and the combined Trail descends to the Inn, in part following a path that goes under the old ski jump. This loop hike is 3.8 miles long without side trips along the roadways that traverse Doodletown.

**F PERKINS MEMORIAL TOWER** (Challenging) This 3.9 mile loop hike begins on the Major Welch (MW) Trail (red on white), named for the first General Manager of PIPC, behind the Inn and follows the paved path north along the west side of Hessian Lake. The Trail turns left near the north end of the Lake and goes uphill passing the covered Bear Mountain Reservoir on the hillside to the left. At about 1 mile from the Inn the MW turns sharply left and climbs steeply 900 feet to the 1305 foot summit of Bear Mountain, providing good views of the Hudson River escarpment, and passing Perkins Memorial Tower at the summit before crossing the Appalachian Trail (AT)(white). Turn left on to the AT, go downhill, cross Memorial Drive twice until the AT turns right on to the Drive for a short distance and then left off the Drive. The AT then joins the Suffern-Bear Mountain Trail (SB-BM)(yellow) and the two run together back to the Inn.

**G BALD MOUNTAIN** (Challenging) This 6.8 mile loop hike starts on the Cornell Mine (CM) Trail (blue) at the rear of the Inn going to the left in combination with the 1777 Trail (red) until it goes sharply left, descends to Route 9W, and then climbs nearly 1000 feet to reach the summit of Bald Mountain. A broad expanse of the Hudson River Valley and the Bear Mountain region are visible from the summit. Turn right at the junction with the Ramapo-Dunderberg (R-D) Trail (red on white) on Bald Mountain, passing the Cornell Mine to the right, and enjoying unparalleled views while descending to the junction with the 1777 Trail (red on white) (continuing for 0.5 miles on the R-D) will take the hiker to the summit of the Timp). Go north on the 1777 Trail through the remains of Doodletown, bearing right at the V onto the 1777W Trail (red) following the route of the British troops that attacked Fort Clinton. Take the 1777 Trail north to the CM Trail and back to the Inn.
This brochure describes hikes in the Park that originate and end at the Bear Mountain Inn. There are numerous hiking trails of varying degrees of difficulty traversing the Park.

Helpful planning aids include the guide book Harriman Trails and detailed maps, published by and may be purchased directly from the New York-New Jersey Trail Conference, 156 Ramapo Valley Road, Mahwah, NJ 07430, Tel. (201) 512-9348, email: info@nynjtc.org. Maps are also available at the Bear Mountain State Park Administration Office reception desk and at the PIPC Visitor Center, located near Exit 17 of the Palisades Interstate Parkway.

**TRAIL USE**

Remain on trails to minimize impact on the forest environment. Shortcuts lead to erosion problems and are especially damaging.

Maintain a quality hiking experience by keeping the trails free of litter and the environment undisturbed. Carry out everything you bring in.

Hiking trails are marked with either paint or plastic tags of various colors corresponding with the (R) red, (Y) yellow, or (B) blue, shown on the map. White is sometimes used as a background color to improve visibility. A double marker indicates a turn, with the upper marker denoting the direction intended. A triple marker indicates the start/end of a trail.

**HEALTH AND SAFETY**

Wear sturdy shoes or boots with non-slip soles. Dress in layers of clothing so you can adjust for changing conditions.

Be aware of risks. An injury on the trail, where there is no quick access to medical help, is always a serious matter, especially in winter, or on a seldom-used trail where assistance in an emergency cannot be counted on. Leaving the route you plan to hike and the time you expect to return with a responsible person is a sensible precaution, particularly if you hike alone.

No water found on the trails is safe to drink. Carry an adequate supply with you. Potable water is available at the Inn, restrooms, food stands, and at several drinking fountains near various facilities.

The deer tick, which transmits Lyme disease, is common in this area. In the nymph stage, it is no larger than a pinhead. Wearing light-colored clothing will make ticks easier to detect. Long sleeves and trousers tucked into socks will help; however, there is no sure defense. Check yourself thoroughly after hiking.

Rabies is prevalent in raccoons, skunks, and bats. Avoid any direct contact with wildlife.

Poison ivy is widespread in sections. Keeping to the center of trails will help avoid it, as well as minimize exposure to ticks.

**RESTRICTIONS**

The trails are restricted to day use only except for those passing through on the Appalachian Trail (AT) corridor. Camping is permitted along hiking trails at designated shelters on a first come, first served basis. If the shelter is already occupied, the hiker may camp within 300 feet of that shelter. Fires can only be built within designated areas (e.g. BBQs and shelter fire pits).

Vehicles and horses are not permitted on hiking trails. This includes mountain bikes as well as all-terrain vehicles (ATVs), motor-cycles, and snowmobiles.

Dogs are permitted on a leash of no more than 10 feet. Hunting is not permitted in the Bear Mountain State Park. No firearms are permitted within Park Boundaries. Collection of plants is prohibited.