

# Assemblymember Didi Barrett:

*Experience the natural beauty of the Hudson Valley*

## TRAILS

### Empire State Trail

This 750-mile trail connects New York City to the Canadian border and Albany to Lake Erie. Major components of this trail pass through many communities in the 106th district. The trail lets bicyclists and hikers explore New York State's extraordinary people and places.

### William R. Steinhaus Dutchess Rail Trail

Activities: Leisure Walking/Biking/Exercise

Free admission

[dutchessny.gov/Departments/Parks/Dutchess-Rail-Trail.htm](http://dutchessny.gov/Departments/Parks/Dutchess-Rail-Trail.htm)

845-298-4600

### Harlem Valley Rail Trail

Activities: Leisure Walking/Biking/Exercise

Free admission

[hvrt.org](http://hvrt.org)

518-789-9591

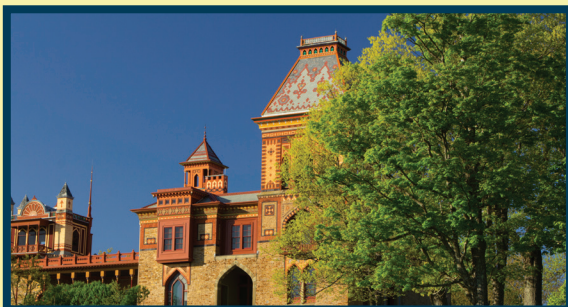
### Roosevelt Farm Lane Trail

4088 Albany Post Road  
Hyde Park, NY 12538

Activities: Leisure Walking/  
Hiking/Photography

Free admission

[nps.gov/thingstodo/farm-lane-trail.htm](http://nps.gov/thingstodo/farm-lane-trail.htm)



## HISTORIC SITES

### Olana State Historic Site

5720 NY-9G  
Hudson, NY 12534

Activities: Historical Tours/Hiking/  
Photography

[olana.org](http://olana.org)

518-828-1872

### Vanderbilt Mansion

119 Vanderbilt Park Road  
Hyde Park, NY 12538

Activities: Historical Tours/Hiking/  
Picnic/Photography

Managed by the National Parks Service

[nps.gov/vama/index.htm](http://nps.gov/vama/index.htm)

845-229-7770



### FDR Estate & Springwood (Presidential Library)

4097 Albany Post Road  
Hyde Park, NY 12538

Activities: Historical Tours/Hiking

Managed by the National Parks Service

[nps.gov/hofr/index.htm](http://nps.gov/hofr/index.htm)

845-229-5320

### Eleanor Roosevelt National Historic Site (Val Kill)

106 Valkill Park Road  
Hyde Park, NY 12538

Activities: Historical Tours/Hiking

Managed by the National Parks Service

[nps.gov/elro/index.htm](http://nps.gov/elro/index.htm)

845-229-9422

### Locust Grove Estate

2683 South Road  
Poughkeepsie, NY 12601

Activities: Historical Tours/Hiking/  
Car Shows on Occasion

[ligny.org](http://ligny.org)

845-454-4500

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## Staatsburgh State Historic Site (Mills Mansion)

75 Mills Mansion Drive, US-1  
Staatsburgh, NY 12580

Activities: Historical Tours/  
Hiking/Picnicking

**[parks.ny.gov/historic-sites/staatsburgh/  
maps.aspx](https://parks.ny.gov/historic-sites/staatsburgh/maps.aspx)**

845-889-8851

## Clermont State Historic Site

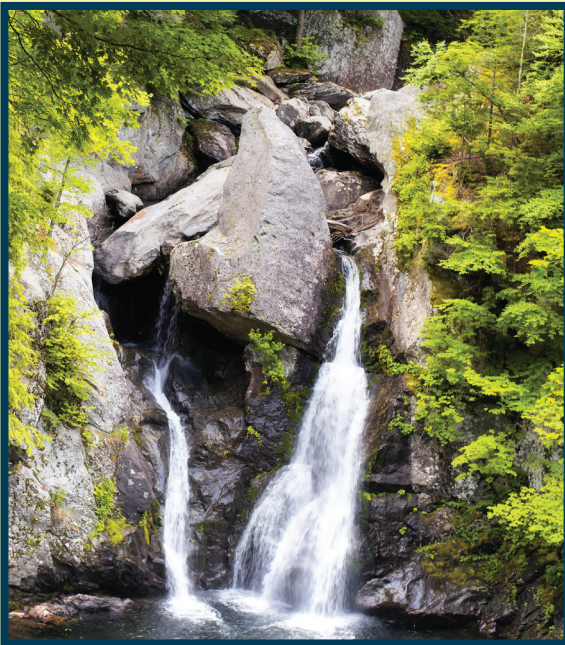
1 Clermont Avenue  
Germantown, NY 12526

Activities: Historical Tours/Hiking/Gardens

**[parks.ny.gov/historic-sites/16/  
details.aspx](https://parks.ny.gov/historic-sites/16/details.aspx)**

518-537-4240

## RIVERS AND LAKES



## Copake Falls

253 Route 344  
Copake Falls, NY 12517

Activities: Swimming/Hiking/Photography/  
Camping/Hunting

In Taconic State Park

**[parks.ny.gov/parks/taconiccopake/  
details.aspx](https://parks.ny.gov/parks/taconiccopake/details.aspx)**

518-329-3993

## Rudd Pond

59 Rudd Drive  
Millerton, NY 12546

Activities: Camping/Hiking/Hunting  
In Taconic State Park

**[parks.ny.gov/parks/taconicruddpond/  
maps.aspx](https://parks.ny.gov/parks/taconicruddpond/maps.aspx)**

518-789-3059



## Lake Taghkanic

1528 Route 82  
Ancram, NY 12502

Activities: Swimming/Camping/  
Hiking/Playing Fields/Fishing

In Lake Taghkanic State Park

**[parks.ny.gov/parks/laketaghkanic/  
details.aspx](https://parks.ny.gov/parks/laketaghkanic/details.aspx)**

518-851-3631

## Oakdale Lake

53-99 N 6th Street  
Hudson, NY 12534

Activities: Swimming  
In Oakdale Park

Free and open to the public

## Morgan Lake

31 Creek Road  
Poughkeepsie, NY 12601

Activities: Fishing/Picnicking

Rail Trail Access

Free and open to the public

## Thompson Pond Preserve

261 Lake Road  
Pine Plains, NY 12567

Activities: Fishing/Photography

**[nature.org/en-us/get-involved/  
how-to-help/places-we-protect/  
eastern-thompson-pondstissing-mountain](https://nature.org/en-us/get-involved/how-to-help/places-we-protect/eastern-thompson-pondstissing-mountain)**

## PARKS

### Peach Hill Park

34 Edgewood Drive  
Poughkeepsie, NY 12603

Activities: Hiking/Photography

Town of Poughkeepsie park

Free and open to the public

[poughkeepsietownrec.com/info/facilities/details.aspx?FacilityID=8496](http://poughkeepsietownrec.com/info/facilities/details.aspx?FacilityID=8496)

845-485-3628



### Stissing Mountain

499 Lake Road  
Pine Plains, NY 12567

Activities: Hiking/Camping/  
Paddling/Hunting/Wildlife Watching  
Free and open to the public

[dec.ny.gov/lands/96653.html](http://dec.ny.gov/lands/96653.html)

845-256-3076

### Quiet Cove Riverfront Park

1 Clear Water Drive  
Poughkeepsie, NY 12601

Activities: Picnicking/Kayaking/  
Wildlife Watching

Dutchess County park

Free admission

[dutchessny.gov/Departments/Parks/  
Quiet-Cove-Riverfront-Park.htm](http://dutchessny.gov/Departments/Parks/Quiet-Cove-Riverfront-Park.htm)

845-298-4600



### High Falls Conservation Area

540 Roxbury Road  
Philmont, NY 12565

Activities: Photography/Hiking/Hunting/  
Fishing/Birdwatching

Managed by the Columbia Land  
Conservancy

[clctrust.org/public-conservation-areas/  
high-falls](http://clctrust.org/public-conservation-areas/high-falls)

518-392-5252



### PROTECT YOURSELF FROM LYME AND OTHER TICK-BORNE DISEASES

New York State is experiencing longer and more severe tick seasons, with the majority of tick-to-human bites occurring in the warmer months when ticks are most active. You can protect yourself and your family by taking the proper precautions when enjoying the great outdoors. Wear light colors to help spot ticks and tuck long pants into socks to prevent ticks from clinging to your legs. If your family is comfortable, consider using a tick repellent. If hiking, stay on the path and avoid walking through brush and tall grass. Once indoors, check your clothes and body thoroughly, shower to wash off any ticks that are crawling on your skin and dry your clothes on high heat to dry out and kill any ticks you may have missed as soon as you get home. To learn more about Lyme and other tick-borne diseases, visit my #GetTickedOff page at: [nyassembly.gov/mem/Didi-Barrett/story/80676](http://nyassembly.gov/mem/Didi-Barrett/story/80676)



Member of Assembly  
Didi Barrett

Sincerely,

I hope you'll join me in taking advantage of all that the Hudson Valley has to offer.

The numerous trails, parks, lakes and historic sites in this area allow us to connect with our region's rich natural and man-made history and to enjoy time with neighbors and family in safe, healthy ways.

Living in the Hudson Valley, we are blessed with breathtaking viewsheds, abundant natural resources and wonderful, diverse and finding ways to get out and enjoy the warmer weather.

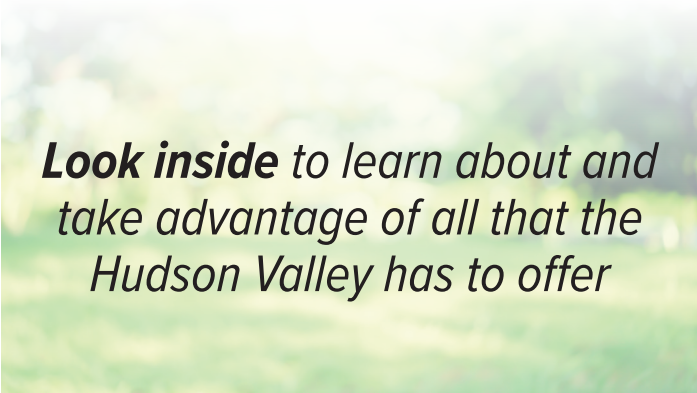
This year has been difficult for all of us. I hope that you and your family are in good health, reconnecting with family and friends, and who doesn't prefer sleeping in their own bed!

walking, hiking and bike trails. Throughout the summer and fall, residents, as well as visitors, can enjoy all this and still stay close

Dear Neighbor,

12 Raymond Ave., Suite 105  
Poughkeepsie, NY 12603

PRSRT STD.  
U.S. Postage  
**PAID**  
Albany, NY  
Permit No. 75



***Look inside** to learn about and  
take advantage of all that the  
Hudson Valley has to offer*



**Didi Barrett**  
*Assemblymember*

12 Raymond Ave., Suite 105 | Poughkeepsie, NY 12603  
845-454-1703 | [BarrettD@nyassembly.gov](mailto:BarrettD@nyassembly.gov)