



PHOTO: COURTESY OF THE HUDSON RIVER MUSEUM, YONKERS

The Batt to Bear Trail (BTBT) links the NY Harbor at Battery Park to Bear Mountain—over 50 miles north—by a fascinating route along the Hudson River. This quintessential NY-NJ estuary shore walk connects New York City and northern New Jersey communities to scenic highland wilderness upstate. The trail follows the shore of the great Hudson through varied urban, geological and ecological regions.

The BTBT was marked and explored by Shorewalkers, an environmental walking group. Parts of it are managed by several different open space organizations, such as the Palisades Interstate Parks Commission, the New York City Parks Department and the New York State Office of Parks and Recreation.

Starting at the mouth of the Hudson

River in sight of the Statue of Liberty and Jersey City, the 56-mile BTBT winds up the historic and varied west coast of Manhattan, through seven parks, along newly built promenades and to the Little Red Lighthouse perched at the shore under the George Washington Bridge. The trail swings west over the bridge to the majestic Jersey Palisades and down the Carpenters Path to follow the Shore Trail north in Bergen County. The BTBT then passes through five beautiful wooded parks, some underneath and some above the 500-foot Palisades in Rockland County.

The BTBT also traverses the three small, riverside towns of Piermont, Nyack and Haverstraw, where a section runs along an abandoned commuter railroad right-of-

way. It touches many historic sites and passes through countless state and county parks.

The entire trail—including the Bear Mountain leg in the Hudson Highlands—is within sight or sniff of the Hudson River and is not strenuous, unless one attempts to complete it in one day. Probably one of the most historic, varied and exciting trails in America, this waterside greenway is accessible to millions of people from all walks of life.

One can find a more detailed geography of the BTBT in a publication by Cy A Adler entitled "Walking the Hudson, Batt to Bear." See the last panel on how to obtain the book and become a member of *Friends of the Batt to Bear Trail*, to join us in experiencing nature while sauntering along the historic and beautiful Hudson River.

SITES OF INTEREST

USEFUL AND PRACTICAL INFORMATION

Transportation

Manhattan: Take the #1 subway train or the M20 bus below 14th street, M11 bus between 14th & 72nd, the M5 or M104 buses between 72nd and 125th, or the M5 or M4 buses that go all the way up to the GW Bridge. These are the closest north/south routes to the trail along Manhattan's west shoreline.

Rockland Coastal Area: Take the Red & Tan Bus Lines (845-356-0877) or Short Line (1-800-631-2277).

Food Services and Restrooms

Food and restrooms can be found in Manhattan, Ft. Lee, Piermont, Nyack, Haverstraw, and Bear Mountain. Visitor centers are open at Bear Mountain, all the parks of the Palisades in the State Park area, in towns along the way (with the possible exception of Haverstraw) and in parks along the Hudson in NYC.

Tips for Trail Users. The Batt-to-Bear Trail is open to pedestrians, joggers and cyclists only.

carefully! *Dogs must be leashed at all times.* Dog feces are ugly and a health hazard, so please use a

pooper scooper. Cyclists are requested to go slow and carefully at all times.

