

Get Outside!

How to take advantage of what our region
has to offer

Outside Your Door

- River, Lakes, Creeks...
- Scenic Trails
- Rail Trails
- Horse Farms



Staying Safe

- Be Prepared
- Bring a Friend
- Hydrate

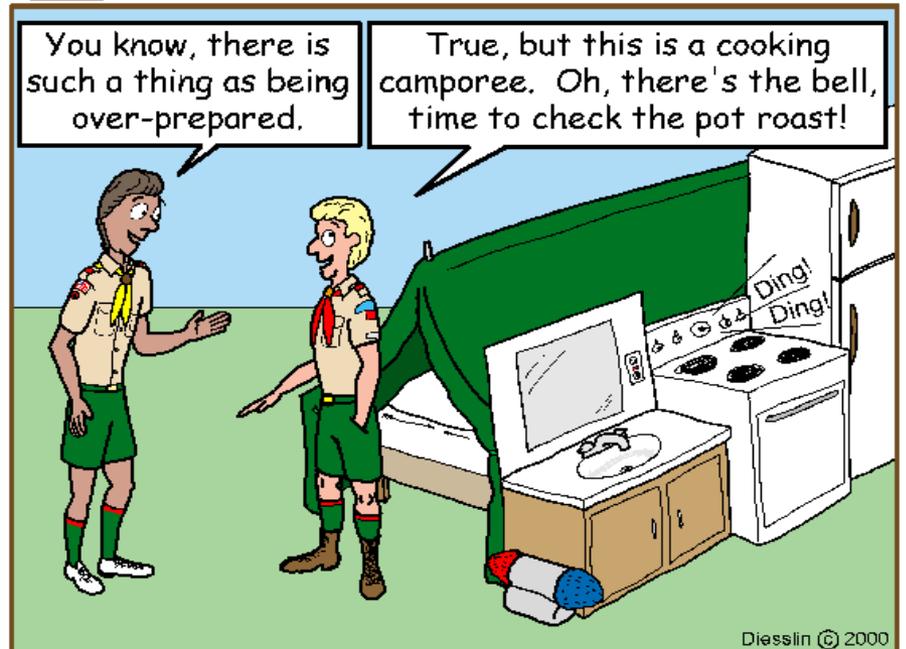


Staying Safe

- Know Where You Are
- Know What You Are Getting Into
- Tell Someone Where You Went
- Take a Lesson



KNOTS



BE PREPARED ... BUT LET'S NOT BE SILLY!

Using The River

- Rowing
 - Hudson River Rowing Association
 - www.HudsonRiverRowing.org
- Kayaking
 - Mountain Tops in Beacon
 - <http://www.mountaintopsonline.com>



Hiking Trails

- Mount Beacon
 - <http://www.scenichudson.org/parks/mountbeacon>
- Breakneck Ridge
 - <http://nysparks.com/parks/9/details.aspx>
- Norrie Point Trail
 - <http://alltrails.com/trail/us/new-york/norrie-point-trail>



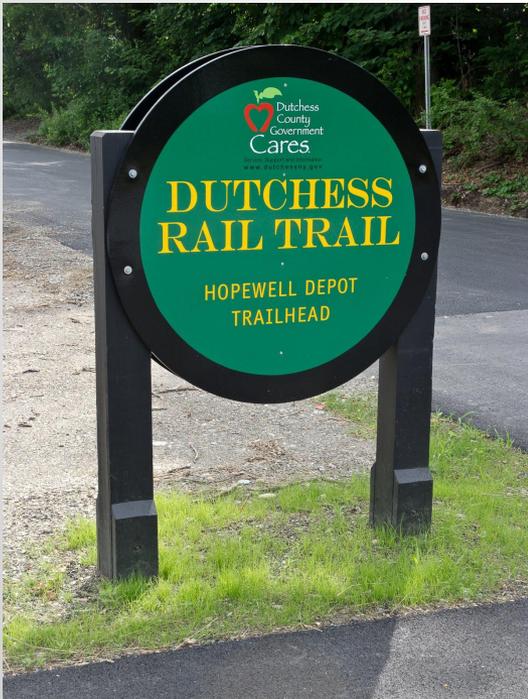
Horse Trails

- Netherwood Acres - Hyde Park
 - <http://www.netherwoodacres.net>
- Crosswinds - Lagrangeville
 - <http://www.crosswindsequestrian.com>



Rail Trail

- Multiple access points from Hopewell Jct to Poughkeepsie
- Perfect for families



Questions?

1. "I used to be very active and loved to hike and walk in the woods, but since breaking my leg I feel off balance and I'm scared to go back out there?"
 - a. "If you feel your balance isn't ready for walking on the uneven ground, there are a few things you can do; practice balancing on one leg in your home while holding the kitchen sink, walk around your own yard with a friend, take a friend and use the rail trail."

Questions?

1. "I love being outside, but I have bad knees and I don't want to make them worse so I only walk inside on the treadmill."
 - a. "If you are walking inside on a treadmill you should be ok walking outside, but I understand you wouldn't want to walk a mile to find out you are too sore to walk back, so why not try a track? Many of the local schools have theirs open to the public and they are also more cushioned than a road would be."

Questions?

1. "I would love to be able to take my family out on the river but I'm afraid I don't know enough about it to do it alone?"
 - a. "There are many places to rent kayaks and/or canoes, many of these places also offer tours, guides and lessons. It's important to take advantage of these services, your experience will be more enjoyable and safer."