



County of Rockland Youth Bureau NEWS RELEASE

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For Immediate Release
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Guided Group Walks to take place this month

New City, NY – The Rockland County Youth Bureau, along with the Department of Health and the Division of Environmental Resources, announce the following upcoming guided walks:

- **Saturday, August 16th, 9 a.m. at Monsey Glen County Park**, located on Saddle River Road in Monsey. This moderately paced, 0.57-mile loop will take walkers past remnants of Indian Shelters and sandstone outcroppings.
- **Sunday, August 17th, 7:45 a.m. at Rockland Lake State Park** in Congers. This 4.2-mile fitness walk around the outer loop of the lake will be featuring a pre and post walk stretch accompanied by music. This walk will begin at the Fishing Station. Entrance into the park before 8 a.m. is free of charge. Enter the park from the North Entrance and proceed to parking lot 6. Don't forget to bring along a towel or a mat for floor stretches.
- **Saturday August 30th, 9 a.m. to 11 a.m. at Tallman Mountain State Park** in Sparkill, a Rockland County Trail Guide Docent will be teaching walkers about Geocaching using a Global Positioning System (GPS). Hikers should bring a GPS if they have one but it is not required. Learn all about the popular new sport of Geocaching. For more information about Geocaching go to www.geocaching.com. Walkers should meet at the north parking lot of the park located off Route 9W just 2 miles north of the NJ state line. The well-marked entrance sign is located at the intersection of Rockland Road and Route 9W just a quarter mile south of the intersection of 9W and Route 340. Take Rockland Road to the entrance booth on the right. There is a \$6 parking fee. Once past the entrance booth meet in the first parking lot on the right. This will be a 2-3 mile Geocaching adventure on relatively flat trails. Hikers should bring water and a light snack. Please note there is poison ivy in the park; long pants and sleeves are suggested.

Other walks scheduled for this year include:

- **Sunday, September 7th** – Clausland Mountain Park in Upper Grandview 0.92-mile loop/moderate walk. Make walking a family affair this Grandparent's Day.
- **Saturday, September 20th** – Clausland Mountain Park in Upper Grandview. This walk will take place from 11:00am – 1:00pm. Bring a sandwich for a picnic at the old Nike Base.

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Guided Walks / Page 2

- **Sunday, September 21st** – Tallman Mountain State Park in Sparkill
- **Saturday, October 11th** – Kakiat Park in Montebello
0.95-mile loop/moderate walk. Become an explorer like Columbus.
- **Sunday, November 16th** – Samuel G. Fisher Mount Ivy Environmental Park, Pomona.
3.64 miles/easy walk. Experience fall foliage while walking along an old railroad bed.

Walks are sponsored by the Rockland County Division of Environmental Resources, the Rockland County Youth Bureau's AmeriCorps program and the Rockland County Department of Health's Steps to a HealthierNY program.

Please check the Steps to a HealthierNY website at www.rocklandsteps.org for any additional walks that may be added. Walks are free and pre-registration is not required. All walks will take place rain or shine. Walkers will meet in the parking lot.

Participants should wear proper footwear (close-toed sturdy shoes such as walking shoes/boots or sneakers) and clothing, and bring water and sunscreen.

For more information about upcoming walks, including directions, please call 845-708-7307 or e-mail rcamericorps@co.rockland.ny.us. For a copy of the brochure or for more information about the trails visit www.rocklandsteps.org.

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