



County of Rockland Youth Bureau NEWS RELEASE

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For Immediate Release
Contact: Kathy Galione
845-708-7307

Fall into Good Health: Participate in the Guided Park Walks

New City, NY – Fall is a colorful and pleasant season to spend outdoors exploring Rockland County's beautiful and rugged landscape. The public is welcome to join the Rockland County Trail Guide Docents as they lead guided walks at several of Rockland County's spectacular parks and trails.

Below is the list of guided walks currently scheduled for the fall season.

Sunday, September 12	9:00am - 11:00am	Clausland Mountain Park	1 mile - 2 sneaker
Sunday, September 12	10:00am - 12:00pm	Stateline Lookout	2 miles - 2 sneaker
Saturday, September 25	10:00am - 3:00pm	Tallman Mountain Park	4 miles - 3 sneaker
Sunday, October 3	10:00am	Kennedy Dells Park	more info to come
Saturday, October 9	10:00am - 12:00pm	Samuel G. Fisher Park	3 miles - 2 sneaker
Saturday, October 16	10:00am - 11:30am	High Tor State Park	3 miles - 2 sneaker
Saturday, October 16	10:00am - 11:00am	Saint Agatha's	1.5 miles - 1 sneaker
Sunday, October 24	10:00am - 12:00pm	Kakiat Park	3 miles - 2 sneaker
Saturday, November 13	9:00am - 11:30am	Dater Mountain Park	3 miles - 3 sneaker
Sunday, November 14	10:00am - 1-2:00pm	Dunderberg	3-4miles - 2+ sneaker

Participants should bring water and sunscreen and proper footwear (close-toe, sturdy shoes or boots) and light-colored clothing are recommended. Walkers are also encouraged to bring Binoculars and walking sticks.

Pre-registration is recommended. For a list of upcoming walks and more information about specific walks, go to www.rocklandsteps.org/calendar and search for guided walks. Additional walks will be added to the 2010 schedule. Notification of upcoming walks will be sent after registration.

For more information about upcoming walks, including directions to the locations, please visit www.rocklandsteps.org/calendar and click on the walk or call 845-708-7307 or e-mail rcamericorps@co.rockland.ny.us. For trail information, visit www.rocklandsteps.org/walks.

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 Healthier Rockland program sponsors the walks.

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