

## Hudson River Valley to the Adirondack Mountains

Adventure Descriptions  
September 16-21, 2018

NatureStabler Explorations, LLC  
York Audubon Society

### In the Steps of a Peacekeeper (Conrad Weiser, 1696-1760)



To know Conrad Weiser is to know his adopted Mohawk name (tarachiawagon: the man who held up the sky). Born in Astat, Wurtemberg, November 2, 1696, this unsung Pennsylvania hero epitomizes life on the American frontier from 1710 until his death in 1760. During that time – he was a statesman, diplomat, traveler, judge, linguist, Lieutenant Colonel, farmer and official Pennsylvania peacekeeper.

We will be focusing on his time with the Mohawk people and the “frontier” with historic interpreter, Rich Pawlings.

<http://richpawling.com/>

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### The Clearwater – a sloop of the Hudson



The sloop *Clearwater*, a replica vessel modeled after the Dutch vessels that sailed the Hudson River in the 18th and 19th centuries, was launched on May 17, 1969 from Harvey Gamage Shipyard in South Bristol, Maine. Those early cargo vessels were specially designed for the variable winds, currents and depths of the Hudson. Sailing from town to town today, the *Clearwater* models her course after that of the historic Dutch sloops.

Their cargoes and crews were the main communication link between riverfront towns and outlying areas which now house one-tenth of this nation’s population.

*Clearwater* continues that tradition as a vital link between communities and carries a message to the people who sail on her and see her iconic broad sails from the shore about the beauty and wealth of our region’s waterways – and the everlasting need to protect, preserve and celebrate them.

*The centerpiece of Clearwater's education program is the Sailing Classroom Program. The deck of a traditional sailing ship is a uniquely powerful platform for students to learn about the river's natural wonders and cultural significance. For many, this is the introduction to the Hudson River and environmental education that can forge a connection with nature to last a lifetime.*

<http://www.clearwater.org>

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### **Mt Beacon, Beacon NY**



Difficulty 5 out of 10 to overlook, 7 out of 10 to go to fire tower  
Awesome views, Inclined railroad ruins, fire tower if hike to top  
2.4 miles up/back overlook, 4.4 miles up/back fire tower  
Approximate roundtrip time: 1.5 hours to overlook, 3 hours to fire tower  
Ascent: 1,004 ft overlook; 1561 ft fire tower  
Elevation: 1,210 ft. at overlook; 1,653 ft. firetower

<http://hikethehudsonvalley.com/mt-beacon/>

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### **City of Beacon**

The Beacon Chamber of Commerce is proud of our city. Our city has a vibrant Main Street and side streets with unique shops, diverse places to eat, wine bars, craft beer establishments and coffee shops. Of course, Beacon is art – especially Dia: Beacon and our local galleries. The Chamber's Welcome Center located at Main Street and Wolcott Avenues is about a half mile walk from the Beacon Train Station. Our Welcome Center is operated by a volunteer staff from April through November and is a great place to get oriented.

<https://www.beaconchamberofcommerce.com/>

<https://www.nytimes.com/2014/06/15/realestate/beacon-ny-quaint-city-rediscovered.html>

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## **Saratoga Spa State Park, Saratoga Springs, NY**

The Saratoga area was originally known for its prime hunting grounds, which attracted the Mohawk tribes to the land. The Mohawks soon discovered the mineral waters bubbling from cracks in the earth. They believed the springs had special healing powers and protected their sacred waters.

Settlers began to move into the area in the 1700's. One of the more famous early visitors was Sir William Johnson, who later became New York's Superintendent of Indian Affairs. By the mid 1800's, bathing in and drinking the mineral waters had become a popular health treatment. Several bathhouses were in operation in Saratoga Springs. Saratoga had become the seasonal "Watering Hole" for the rich and famous, and was referred to as "The Queen of Spas".

<https://parks.ny.gov/parks/attachments/SaratogaSpaSpaParkMineralSpringsBrochure.pdf>

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## **Garnet Hill Lodge, North River, NY**



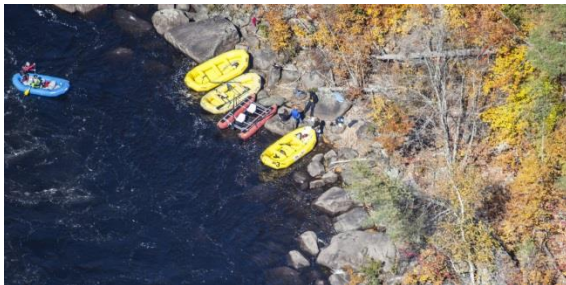
Garnet Hill is a refuge from the pace and pressure of everyday life. Its rustic environment invites you to step back to more tranquil times. Their menu is prepared with wholesome ingredients made from scratch, served in a natural, peaceful setting. They want their guests to relax and unwind during their stay, enjoying life lived on simpler terms.

Bikes, hikes, canoes, or relax, this will give us a sense of the Adirondacks!

<https://www.garnet-hill.com/>

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## **Adirondack Adventures – Rafting**



WHITEWATER RAFTING ON THE HUDSON RIVER GORGE - Start the day off on the coolest bus ride to the put-in, listening to tunes as they "take you to the river," 8-track player included. Paddle through remote Adirondack wilderness & enjoy a scenic trip known as one of the best for its continuous stretches of raft-able whitewater. Enjoy 3-4 hours of wet fun & excitement

on the river with a hearty riverside lunch included. Scream with exhilaration in big spring whitewater or hop in for a swim during the warm summertime season. All you need is a bathing suit, sunscreen, river

footwear & an adventurous attitude. Best of all, our base is located at the river's take-out point. Once the trip is over it's a quick walk to dry clothes, no wet bus rides!

The gorge is known for the rugged beauty of the steep cliffs that climb up on either side of the many rapids and cascades of the river. Related to the gorge are the 200+ foot high OK Slip Falls and the unique Blue Ledges, located on the south side of the Hudson River.

The Hudson River is classified as a Scenic River.

- Wetsuits are included in the fee if needed.

<https://adkadventures.com>

<http://www.adirondackexperience.com/recreation/whitewater-rafting>

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### **The Adirondack Experience Museum**

.....our first truly large artifact – the beloved H.K. Porter Engine.....>

“We remain steadfast in our mission to expand public understanding of Adirondack history and the relationship between people and the Adirondack wilderness,” Kahn concluded.

With 121 sprawling acres and over two dozen buildings and exhibition spaces to explore, you can count on your Adirondack Experience visit to be just that: an experience that’s action-packed, entertaining, educational, and fun for the entire family. From feeding trout, to bird watching, to interacting with craftsmen as they ply their trades, to strolling gallery after gallery of Adirondack art, photography, furniture, tools, cabins, boats and more, the Adirondack Experience has something for everyone.



<https://www.theadkx.org/about-us/about-the-experience/>

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### **The Albany Pine Bush Preserve**



Picture a wide open landscape filled with dense shrubs, scattered pitch pines, openings of prairie grass and wildflowers all rooted in sweeping sand dunes. This is the Albany Pine Bush, also known as an inland pine barrens ecosystem. One of the largest of only about 20 other inland pine barrens worldwide, the Albany Pine Bush is globally rare. It was formed toward the end of the last Ice Age 12,000–15,000 years ago. At this time a large glacial lake stretched from present day Glens Falls, NY to Newburgh, NY. Over time, the water drained



leaving behind the sandy deposits of the lake floor. These sandy soils now support the Albany Pine Bush ecosystem. A fraction of the original Albany Pine Bush ecosystem still survives today. *Pitch Pine Scrub Oak Barrens Photo By W. Craney*

<http://www.albanypinebush.org/>

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**The Albany Institute of History and Art**



**Collections of National Significance**

The Institute's museum and library holdings form the best collections in the United States documenting the life and culture of the Upper Hudson Valley region from the late seventeenth century to the present day. Although the Institute is famous for its significant Hudson River school paintings, the

broad scope of its collections includes fine arts, furnishings, personal objects, documents, manuscripts, photographs, and personal papers used by people of all ages, social classes, economic conditions, and cultural groups. Long-term exhibitions include: "Ancient Egypt," "Nineteenth-Century American Sculpture: Erastus Dow Palmer, Launt Thompson, Charles Calverley," and "Traders and Culture: Colonial Albany and the Formation of American Identity."

<http://www.albanyinstitute.org/>

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**Thomas Cole National Historic Site**

The Thomas Cole National Historic Site in Catskill, NY marks the birthplace of American art, where the Hudson River School of landscape painting began.



We will visit Thomas Cole's home and studios, see the original film about his art, view a special exhibition, enjoy the sweeping view of the Catskill Mountains, and then take a short drive to other magnificent nearby places seen in Thomas Cole's paintings.

<http://thomascole.org/>

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## Hudson River School Art Trail



The Hudson River School is America's first major art movement, having dominated American visual arts for over 50 years with over 100 artists between 1825 and 1875. The scenes on the Hudson River School painters' canvases, now hanging in major museums all over the world, are the views that surround us here in the Hudson Valley. Many of the views remain remarkably unchanged since the 19th-century, and are instantly recognizable as the scenes depicted in the paintings. The Trail enables

the public to find these sites using a mobile website, a printed guidebook, and outdoor educational panels.

For all hikes, we suggest wearing sturdy footwear, preferably hiking boots. Sneakers are OK. Steer clear of flat-soled shoes such as loafers or open-toed shoes such as sandals or flip-flops. Hikers should be prepared for inclement weather, which can sometimes occur suddenly and unexpectedly. A rain-jacket or poncho is ideal, while any jacket or sweatshirt might be helpful should cold weather be encountered. Also note that temperatures on the Mountaintop are regularly 10 to 15 degrees cooler than in the Hudson Valley. Hikers are advised to wear long pants that can be tucked into socks. This is one's best means of protection against ticks. Hikers are advised to wear or bring sunblock. Brimmed hats also help prevent sunburn and are highly recommended.

<http://www.hudsonriverschool.org>

## ----- Olana State Historic Site

Frederic Church, one of the most famous artists of the Hudson River School of Art, studied with Thomas Cole then went around the world painting in that style. But it was here at Olana that Church resided with his family.



He carefully designed Olana's 250 acres with an artist's eye to his property's 360-degree "borrowed" views of neighboring hills, valleys, the Hudson River and distant mountains. The views beyond Olana – its "viewshed" – were an essential part of Church's original composition. The Olana Viewshed was Church's muse, and in the 21st century it remains a vital part of Olana's integrity as a complete work of art. Over the last few decades, a collaborative effort among preservation organizations, governmental divisions and private landowners has resulted in the protection of

important views from Olana.

The highest point of elevation at Olana occurs along the Sienghenbergh at 495 feet above the Hudson River. Church's work at the top of the hill included siting and building a stable and coachman's house, as

well as working with Calvert Vaux (co-creator of New York’s Central Park) to build his Persian-inspired house. This house, built largely of native stone, served as a focal point within Church’s larger designed landscape, and it included a series of terraces and balconies from which to experience Olana’s sublime views. Construction close to the main house included a semi-circular East Lawn, as well as stone retaining walls to elevate roads, which provided horse-drawn carriages with a heightened final arrival experience and a choreographed way to head back down the hill. A native fern garden was situated under the northern retaining wall, and a “mingled” flower garden followed the contours of the long, curving south-facing wall – and provided easy access from the main house.

<http://www.olana.org/>

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### **Innisfree Garden**



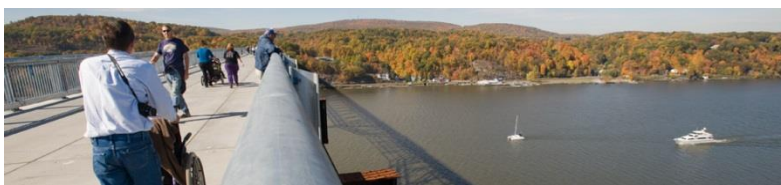
Recognized as one of the “world’s ten best gardens,”\* Innisfree is a powerful icon of mid-twentieth century design. Over fifty years in the making, it is the work of landscape architect Lester Collins, FASLA (1914 – 1993), with important contributions by his clients, artist and teacher Walter Beck and gardener and heiress Marion Burt Beck. At its core, Innisfree is about the individual’s experience in nature. Inviting exploration and even

contemplation, Collins’ sweeping landscape merges the essence of Modernist and Romantic ideas with traditional Chinese and Japanese garden design principles in a form that evolved through subtle handling of the site and slow manipulation of its ecology. The result is a distinctly American stroll garden — a sublime composition of rock, water, wood, and sky achieved with remarkable economy and grace.

<http://www.innisfregarden.org/>

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### **Walkway over the Hudson River**



In October 2009, the Walkway Over the Hudson State Historic Park opened as a legacy project of the Hudson-Fulton-Champlain Quadricentennial. The park provides

access to the Hudson River's breathtaking landscape for pedestrians, hikers, joggers, bicyclists, and people with disabilities. The bridge deck stands 212 feet above the river's surface and is 6,768 feet (1.28 miles) long, making it the longest, elevated pedestrian bridge in the world.

The Poughkeepsie-Highland Railroad Bridge was built in the late 19th century to link New York and New England to an extensive, nationwide railway network. For decades, it was a major rail corridor for both freight and passengers.

<https://parks.ny.gov/parks/178/details.aspx>

<http://walkway.org/visit/poughkeepsie-waterfront/>

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### **Constitution Marsh Audubon - Important Bird Area**



Constitution Marsh Audubon Center and Sanctuary is a unique and beautiful tidal marsh located in Putnam County, New York, and serves as vital natural habitat in the Hudson River Estuary. It is located in Putnam County, New York on the east shore of the Hudson River, just south of the village of Cold Spring. The marsh is an [Audubon New York](#) Important

Bird Area, a [New York State Bird Conservation Area](#), and is designated as a Significant Coastal Fish and Wildlife Habitat.

<http://constitutionmarsh.audubon.org/>

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### **Stonecrop Garden**



At its windswept elevation of 1,100 feet in the Hudson Highlands Stonecrop enjoys a Zone 6a climate. The gardens cover an area of approximately 15 acres and comprise a diverse collection of gardens and plants including woodland and water gardens, a grass garden, raised alpine stone beds, cliff rock gardens, and an enclosed English-style flower garden. Additional features include a Conservatory, display Alpine House, Pit House with an extensive collection of choice dwarf bulbs, and systematic order beds representing over 50 plant families.

<http://www.stonecrop.org/>