

Hudson River School Art Trail **GUIDED HIKE INFORMATION SHEET**

What to expect:

For EASY hikes, expect to be on the trail for at least two hours. We ask that you please bring water and a snack.

For MODERATE hikes, expect to be on the trail for at least four hours. We ask that you please bring a bag lunch in addition to water and a snack.

All hikes are conducted rain or shine.

What to bring:

For all hikes, please wear sturdy footwear, preferably hiking boots. Sneakers are OK. Please do not wear flat-soled shoes such as loafers or open-toed shoes such as sandals or flip-flops.

Hikers must 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.

Children and pets:

Due to the trail's varied terrain, we require that a parent or guardian accompany all hikers under the age of 18. On hikes indicated as EASY, children of all ages are welcome provided they are accompanied by a parent or guardian. On hikes indicated as MODERATE, children 12 years or older are welcome. Due to the rugged terrain and dangerous cliffs, we are unable to allow children under 12 on all MODERATE level hikes. For the safety and enjoyment of all hikers, we ask that you do not bring pets on the hike.

Arrival:

All hikes depart promptly from the Thomas Cole National Historic Site and begin with a 30-minute drive into the nearby mountains. To conserve gasoline, participants may carpool. Please arrive at 9 am. If you have not arrived by 9:15 am the hike will begin without you and there is no way for you to rejoin the program.

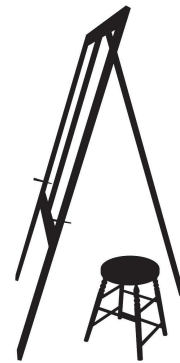
After the hike:

Following each hike we will carpool back to the Thomas Cole National Historic Site and all participants will receive an optional post-hike guided tour of Thomas Cole's home and studio.

Reservations and Cancellation:

Reservations are required in advance. Please fill out the reservation form that is available on our website and either mail or fax it in. All sales are final. However, tickets are transferable if you wish to pass them along to a friend. To do so, please call 518-943-7465 x5 in advance of the hike to make this change.

THOMAS COLE NATIONAL HISTORIC SITE



THOMAS COLE HISTORIC HOUSE

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