

Stay on Trails!

Human feet can cause a lot of damage — especially if many feet walk across the same path over and over again. Hiking compresses soil, making it harder for roots to get the rain water and oxygen they need. This leads to bare ground that can no longer support native plants and is prone to erosion. As a result, sediment can spill into waterways like the Hudson River, affecting fish habitat far from the trail itself.

Native vegetation is being restored along the Appalachian Trail on Bear Mountain, which is built to withstand the many feet that visit this beautiful park. As you explore the area, please stay on the trails. By doing so, you are helping to preserve Bear Mountain for future generations to enjoy.

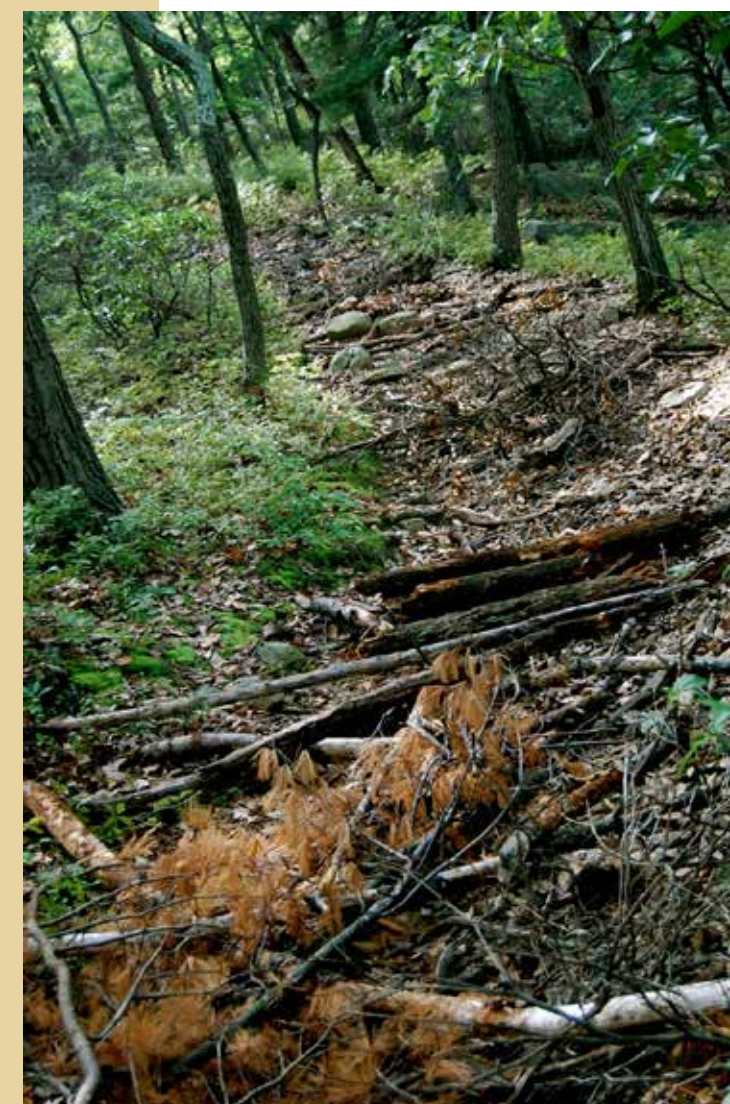


Jerrica Lavoooy



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ABOVE AND LEFT Transplanting native plants along newly built trail helps keep hikers on the trail and makes the path look like it has always been there.



New York-New Jersey Trail Conference

LEFT Logs and branches are placed perpendicular to old trails to divert hikers away from them and slow down water flow so plants can regrow.



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ABOVE A wide and eroded section of trail is caused by poor design and overuse.