

The Demonstration Trail



Stone stairs allow hikers to travel up steep slopes safely. They also protect the environment surrounding the trail by helping to prevent erosion.



Ama Koenigshof

TRAIL BUILDING 101

Continue along the path to discover the Demonstration Trail portion of the Appalachian Trail (A.T.). This section of the A.T. was specifically designed and built to showcase trail structures and features in a real-world setting. How many can you name?



New York-New Jersey Trail Conference



Jerrica Lauvooy

TOP LEFT Puncheon is a technique used for dry passage over a wet area.
LOWER LEFT Stepping stones are also used to keep hikers out of wet areas.
LEFT Boardwalks allow users to walk above very wet, swampy areas.

TAKE A WALK IN THE WOODS

Starting from this point, you can take a short walk on the Appalachian Trail as part of a 0.3-mile loop. You can also go all the way up to Perkins Memorial Tower at the top of Bear Mountain, climbing 1,093 feet over 1.7 miles, or keep walking 1,402 miles to Georgia.

TOP AND FAR RIGHT Thru-hikers travel the nearly 2,200 miles of the Appalachian Trail over a period of a few months, while others may enjoy a short section of the trail as a day trip.
RIGHT The A.T. on Bear Mountain offers beautiful views and can make visitors feel like they are on top of the world.



William Hladky



New York-New Jersey Trail Conference



William Hladky