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# Backpacking the Long Path

## Sections 1-10

### Section 1

New York City to Route 9W at Lamont-Doherty

Lean-tos	None
Camping	None. Bus service to and from the trail is available for most of this section.
Lodging	There are many hotels in Fort Lee; the closest to the Long Path is an EconoLodge (201-944-5332) located directly across the street from where the trail goes up the Palisades, north of the GWB. Of course, New York City is just across the bridge.
Food	There are many restaurants and stores located in Fort Lee. The closest to the trail is the G.W. Grill, next to the EconoLodge. The gas station at mile 1.45 offers Dunkin Donuts, vending machines, telephones, water and restrooms. There is also food at the State Line Lookout snack bar (Lookout Inn) at mile 11.35.
Post Office	None

### Section 2

Route 9W at Lamont-Doherty to Nyack (Mountainview Avenue)

Lean-tos	None
Camping	None. Bus service to and from the trail is available for most of this section.

Lodging	<p>Super 8 Motel 845-353-3880. Located right on the trail before it crosses Route 59.</p> <p>Best Western Motel 845-358-8100. 0.50 miles east on Route 59.</p>
Food	<p>There is a snack bar and deli on the east side of Route 9W in Palisades (0.95 mi).</p> <p>The village of Piermont has restaurants and delis.</p> <p>Near the intersection of Route 59 are a convenience store and a McDonalds.</p> <p>0.05 miles east on Route 59 are the Old-World Food Market, delis, Dunkin Doughnuts and Chinese restaurant. 0.75 miles east on Route 59 is the village of Nyack with many restaurants and food shops.</p> <p>0.20 miles west on Route 59 is Alain's French Bistro (expensive but good!), and 0.60 miles west on Route 59 are a supermarket, pharmacy, deli and Chinese restaurant.</p>
Post Office	<p>Palisades 10964 - at mile 0.55 turn left onto Oak Tree Road for 0.10 miles.</p> <p>Piermont 10968 - at mile 3.25, after crossing the Sparkill Creek, turn west (left) onto Piermont Avenue for 20 yards.</p>

### Section 3

Nyack (Mountainview Avenue) to Long Clove (Route 9W)

Lean-tos	None
Camping	<p>None. Although the Long Path traverses much of the State land in this section, camping is not allowed. Ed &amp; Eudora Walsh (845-429-8550) will allow through hikers to camp in their backyard if prior arrangements are made. Bus service to and from the trail is available for most of this section.</p>
Lodging	<p>Raintree Motel 845-268-5600. At mile 5.75, Rockland Lake Road, turn left for 0.20 miles past the firehouse, then right for 1.00 miles to Route 9W. The motel is across the street on the left.</p> <p>Holiday Court Motel 845-268-3300. At mile 5.75, Rockland Lake Road, turn left for 0.20miles past the firehouse, then right for 1.00 miles to Route 9W. The motel is 0.20 miles north (right) on 9W.</p>

	Green Inn Motel on the Lake 845-268-6836. At mile 5.75, Rockland Lake Road, turn left for 0.20 miles past the firehouse, then right for 1.00 miles to Route 9W. The motel is 0.10 mile farther north on Route 9W.
Food	Near mile 2.1 are a convenience store and restaurants. There are restaurants both north and south on Route 9W from the intersection with the park road at Rockland Lake. From the northern end of this section there are a deli, laundromat, Dunkin Donuts, pizza restaurant, Chinese restaurant, and Rick's Club American, 1 mile south on Route 303.
Post Office	None

## Section 4

Long Clove to Mount Ivy

Lean-tos	None
Camping	None. Although the Long Path traverses much of the State land in this section, camping is not allowed. Ed & Eudora Walsh (845-429-8550) will allow through hikers to camp in their backyard if prior arrangements are made. Bus service to and from the trail is available for most of this section.
Lodging	Rockland Motel 845-354-1373. 1.30 miles south on Route 202 (mile 6.80) in Mount Ivy.
Food	From the southern end of this section there is a restaurant, bakery and laundromat 1 mile south on Route 303.  0.20 miles west from mile 1.20 is a deli.  Along Route 202, which is 0.15 mile north of the end of this section, are several restaurants and stores. See Section 5.
Post Office	Pomona 10970. At mile 6.85 turn right for 0.15 mi to Route 202, then turn left (west) onto Route 202 for 0.90 miles.

## Section 5

Mount Ivy to Lake Skannatati

Lean-tos	Big Hill Shelter mile 5.80
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	Water is available at stream crossing 1 mile south on LP or follow LP to AT&T right of way, turn left and follow for 1 mile to Breakneck Pond.
Camping	In Cheesecote Park in the Town of Haverstraw camping is allowed with permit only (845-429-2200). The park is open from April 1 through November 30. In Harriman State Park camping is only allowed within 100 yards of a shelter.
Lodging	Rockland Motel 845-354-1373. 1.30 miles east on Route 202 in Mount Ivy
Food	At mile 0.15, to the right (east) on Route 202, is a deli, restaurant, pizzeria, bank and laundromat.  At mile 0.20, about 0.1 mile straight ahead past the Parkway underpass, is a diner, and 0.40 miles farther west on Route 202 is a shopping plaza with a supermarket, pharmacy, bank, laundromat and restaurants.
Post Office	Pomona 10970. At mile 0.20 continue west on Route 202 for 0.80 miles.

## Section 6-1

Lake Skannatati to intersection with the Appalachian Trail

Lean-tos	Cohasset Shelter mile 4.45. 0.85 miles past the intersection with the Appalachian Trail, north on the original Long Path. Shelter is made of corrugated metal, no water. Note that this shelter is primarily for the use of a girl's camp. Be prepared to vacate if they request to use it. (To continue the suggested route the hiker must backtrack to the intersection of the AT). Distance from Big Hill Shelter – 8.15 miles.  Fingerboard Shelter mile 1.50 north on the Appalachian Trail (please note that the LP follows the Appalachian Trail south here. To continue the suggested route the hiker must backtrack 1.50 miles). Water 0.50 miles on blue-blazed side trail at Lake Tiorati. Distance from Big Hill Shelter – 8.80 miles.
Camping	In Harriman State Park camping is allowed only within 100 yards of a shelter.
Lodging	None
Food	None
Post Office	None

Turn south on the Appalachian Trail which nearly parallels the Long Path to the Shawangunk Ridge.

It is 49.6 miles from this junction to the Shawangunk Ridge Trail.

By taking this route you will have continuous camping opportunities from LP mile 42.75 at Cheesecote Town Park (which you already passed) to Cole Hill State Forest, which is 15 miles from the end of the trail.

#### LP/AT Section

#### Harriman Park to High Point State Park

Lean-tos	<p>Wildcat Shelter. Water from a hand pump. Distance from Cohasset Shelter – 13.65 miles.</p> <p>Wawayanda Shelter. 0.10 miles from the AT on blue-blazed side trail. Water is available at park headquarters, 0.25 miles from the shelter on another blue-blazed trail. Distance from Wildcat Shelter – 12.00 miles.</p> <p>Pochuck Mountain Shelter. 0.10 miles from the AT on a blue-blazed side trail. Water available from a spigot at a vacant house at the foot of Pochuck Mountain. Distance from Wawayanda Shelter – 13.00 miles.</p> <p>High Point Shelter. 0.10 miles from the AT on a blue-blazed side trail. Water is available from streams near the shelter. Distance from Pochuck Mountain Shelter – 12.30 miles.</p>
Camping	none
Lodging	<p>Tuxedo Motel 845-351-4747. 2.10 miles east on Route 17.</p> <p>Breezy Point 2.00 miles east on Route 17A.</p> <p>Appalachian Motel. 1.80 miles east on NJ Route 94 in Vernon, NJ.</p> <p>Hostel. St. Thomas Episcopal Church in Vernon NJ.</p> <p>Apple Valley Inn 973-764-3735. 1.10 miles west on County 517 in Glenwood, NJ Reservations requested at least one day in advance.</p> <p>Backtrack Inn. 0.40 miles west on Lott Road in Unionville, NJ. Hostel with bunk space for 4 people.</p> <p>High Point Country Inn 973-702-1860. 1.40 miles east on NJ Route 23.</p>
Food	<p>NY 17A, west 0.20 miles is Belmont Creamery (icecream); west 1.60 miles is a deli and pizza place. East 2.00 miles to Greenwood Lake with a supermarket, deli, restaurants and pizza.</p>

	<p>Warwick Turnpike, 0.20 miles east, is a farm market.</p> <p>NJ Route 94, 0.10 miles west is a farm stand. 2.40 miles east is Vernon, NJ with supermarkets, restaurants, delis, and a laundromat.</p> <p>County Route 517, 1.10 miles west in Glenwood is a farm market and deli. NJ Route 284, west 0.40 miles is a small grocery store.</p> <p>Lott Road, 0.40 miles west in Unionville is a grocery store, restaurant and pizza.</p> <p>High Point State Park, 0.60 miles from the park office is a swimming area and snack bar</p>
Post Office	<p>Southfields, NY 10975 - 2.10 miles east on Route 17</p> <p>Bellvale, NY 10912 - 1.60 miles west on Route 17A, inside general store</p> <p>Greenwood Lake, NY 10925 - 2.00 miles east on Route 17A</p> <p>New Milford, NY 10959 - 1.80 miles west inside store</p> <p>Vernon, NJ 07462 - 2.40 miles east on Route 94</p> <p>Glenwood, NJ 07418 - 1.10 miles west on Route 517</p> <p>Unionville, NY 10988 - 0.40 miles west on Lott Road</p>

**Shawangunk Ridge Trail**

The Shawangunk Ridge Trail (SRT), blue blaze and part of the Long Path system, begins at the Appalachian Trail (AT) in High Point State Park, 0.60 miles from the High Point Shelter and where the Monument Trail crosses the AT. The SRT and Monument Trail, which are co-aligned for the next 1.50 miles, turn right and in about 0.50 miles pass High Point Monument. Cross the parking lot and follow the SRT north. 1.50 miles from the AT, the SRT leaves the Monument Trail and turns left, paralleling the eastern edge of Cedar Swamp on a wood’s road. The SRT soon turns right and crosses the Cedar Swamp on a boardwalk. Thereafter the trail climbs to the ridge, crosses the Monument Trail, and heads north into New York State.

**Section G-1**

High Point State Park, NJ to Lake Hathorn in Greenville, NY

Lean-tos	None
Camping	Camping is allowed in Huckleberry Ridge State Forest located at miles 4.95 to 6.00 and 6.25 to 7.30.

Lodging	High Point Motor Lodge 201-702-1860. 1.40 miles east on NJ
Food	Mile 7.70 - Firehouse Deli - turn right and follow NY Route 6 downhill 0.15 mile to the next intersection, deli is on the left.
Post Office	None

## Section G-2

Lake Hawthorne in Greenville, NY to Long Path

Lean-tos	None
Camping	From Hawthorne Lake the trail passes through Huckleberry Ridge State Forest, where camping is allowed.
Lodging	None
Food	None
Post Office	None

**The next five sections are for hikers that plan to go through the middle of Orange County rather than follow the alternate option of taking the Appalachian Trail to the junction of the Shawangunk Ridge Trail. Although the LP passes through State and County Parks, camping is not legal for the next 53 miles. Hotels are available in sections 7, 9 and 10. If you hiked the AT/SRT route the information you need starts with section 11.**

## LP Section 6-2

Intersection with the Appalachian Trail to US Route 6

Lean-tos	Mile 4.45 Cohasset Shelter (no water); mile 8.00 Stockbridge Shelter (no water)
Camping	None
Lodging	None
Food	None
Post Office	None

## Section 7

US Route 6 to NY Route 32 (Town of Woodbury)

Lean-tos	None
Camping	None
Lodging	Mile 7.35: Americas Best Value Inn, 1.3 miles from the trail. Continue straight on Estrada Road, and in 0.7 miles turn left (south) onto Route 32. The motel is on the right in 0.6 miles.
Food	<p>Mile 9.80: Continue straight on Pine Hill Road for 0.3 miles (the road changes to Park Ave when it crosses the creek). Turn right on NY 32, restaurants and a deli are on NY 32.</p> <p>Mile 11.60: restaurant at 1 Quaker Road (Peppy &amp; Eddy's - Italian food). About 0.25 mile south on Rte 32; turn right on Evans Drive, and immediately right again on Quaker Road.</p>
Post Office	Highland Mills 10930. At mile 9.80 continue 0.3 miles on Pine Hill Road which changes to Park Ave when it crosses the creek. Turn right on NY 32, the Post Office is 0.2 miles on the left.

## Section 8

NY Route 32 (Town of Woodbury) to Heritage Trail in Monroe

Lean-tos	None
Camping	None
Lodging	None
Food	<p>Mile 0.00: restaurant at 1 Quaker Road (Peppy &amp; Eddy's - Italian food). About 0.25 mile south on Rte 32; turn right on Evans Drive, and immediately right again on Quaker Road. More restaurants farther south on Route 32.</p> <p>Mile 8.00: about 0.5 miles north along Route 208 is Rambler's Rest, a bar/restaurant.</p>
Post Office	Woodbury 10930. At mile 0.00 go 1.5 miles south on Route 32.



## Section 9

### Heritage Trail (Orange County rail-trail)

Lean-tos	None
Camping	None
Lodging	<p>Mile 4.15: Holiday Express (845-469-3000) - follow Route 94 south for 0.7 miles to Route 17M, then 2 blocks west.</p> <p>Mile 8.50: Anthony Dobbins Stagecoach Inn (845-294-5526) - follow Route 207 north for 0.5 miles to 268 Main Street.</p> <p>Mile 8.50: Comfort Inn (845-291-1282) - follow Route 207 about 1 mile south across Route 6/17, then turn right to 20 Hatfield Lane.</p>
Food	<p>Mile 4.15: there are restaurants, delis, and laundromat near the station in Chester.</p> <p>Mile 8.50: there are restaurants, delis, and stores in the Village of Goshen.</p>
Post Office	<p>Chester 10918, at 76 Brookside Avenue - mile 4.15. Go 0.7 miles south on Route 94 to Route 17M, then 2 blocks west, opposite the Holiday Express.</p> <p>Goshen 10924, at 20 Grand Street - mile 8.50. Take first right off West Main Street.</p>

## Section 10

### Heritage Trail in Goshen to Mountain Road in Greenville

Lean-tos	None
Camping	None
Lodging	Mile 2.05: Days Inn (845-374-2411) - Follow routes 6 & 17M west for 0.5 mile, on the left.
Food	Mile 1.45: Mason's Marketplace (deli) and tap room is on the right. Mile 4.75: deli
Post Office	Mile 2.05: New Hampton 10958, at 5070 NY State Route 17M - Follow routes 6 & 17M west for 0.75 mile, on the right.