

Town of Poughkeepsie Recreation Department

1 Overocker Rd.
Poughkeepsie, NY 12603

Phone (845) 485-3628
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Weekly Walkers

Do you want to just get out and walk? It is an enjoyable way to get some exercise and meet new people.

We will walk on Tuesdays on various trails near the Town of Poughkeepsie. The walks will last 1 hour to 1 1/2 hours each. They will alternate between morning and afternoon and between easy and moderate difficulty.

No pre-registration is necessary. The program is free.

Please:

- Wear appropriate shoes and clothing.
- Bring water.
- Dogs are not recommended. If you bring them they must be leashed and picked up after. Children are welcome if they can keep up.
- We will try to walk to the pace of the slowest walker. Choose walks appropriate to your ability. It is recommended that your doctor approve your physical activity.

<u>Date</u>	<u>Time</u>	<u>Trail</u>	<u>Difficulty</u>	<u>Starting Location</u>
4/6/10	6:00 PM	Dutchess Rail Trail	Easy	Overocker Road Trailhead
4/13/10	10:00 AM	Peach Hill Park	Moderate	Parking Lot
4/20/10	6:00 PM	Walkway over the Hudson	Easy	Parking Lot-Parker Avenue
4/27/10	10:00 AM	Bowdoin Park	Moderate	Pavilion 2
5/4/10	6:00 PM	FDR Farm Trail	Easy	Route 9G at Valkill Entrance
5/11/10	10:00 AM	Wappingers Greenway Trail	Moderate	New Hamburg Park
5/18/10	6:00 PM	Highland Rail Trail	Easy	Tony Williams Park
5/25/10	10:00 AM	Vassar Farm	Moderate	Kiosk by Farm Project

Trail Description

- Easy- Trail is generally level and paved.
- Moderate- Trail includes changes in elevation. Trail surface is not paved and may include rough surfaces, holes, and ruts.

Spring 2010