Temperature
The average temperature at Bear Mountain (taken at an elevation of 290 feet) is 48 degrees. The average high and low is 56 and 40 degrees respectively. At an elevation of approximately 1,300 feet, actual trail temperatures can be estimated by subtracting 3.5° for every 1,000 foot increase in elevation.

Rainfall
The average monthly rainfall is 3.75 inches. The wettest months (daily precipitation recorded) are January, March, and July. The driest months are September through November.

Snowfall
Snowfall varies widely in the area and along the Appalachian Trail. The Bear Mountain Bridge experiences an average of 35 inches of snowfall per year while the summit experiences 55 inches per year. This is because the Hudson River’s warm water takes longer to cool and shortens the snowfall season at the base of the mountain. The peak snowfall occurs from December through February.

Fog
Regular fog is caused by warm air masses arriving from the south and passing over the much cooler Hudson River. The fog generated moves across the flats of Iona Island and becomes trapped between Bear Mountain, Dunderberg Mountain, and West Mountain.

Wind
Winter winds funnel through a gap in the mountains to the north and west. In the winter the north-facing slope is cold and shady, with some parts almost impassable in the winter due to the constant presence of ice on the erratic rock formations.

Sun Exposure
Much of the Appalachian Trail in Bear Mountain enjoys a southerly aspect. Because of this exposure there is less ice build-up in the winter; the temperature is slightly warmer; there is more sun. Hikers along the trail from the museum to the old ski jump are generally protected from the wind.