Bear Mountain State Park has the proud honor of containing the first section of the Appalachian Trail that opened in 1923. Being only 50 miles from New York City, the state park plays host to millions of visitors each year. The area offers activities for users ranging from the avid hiker to the casual picnicker. The ideal hike, known as The Great Escape, is approximately 4 miles long and connects the user to a wide variety of environments, views, and experiences.

Before entering Bear Mountain State Park, the hiker descends the hill of walking across the Hudson River. The park entrance is just to the west of the toll gate. The Trailside Museum awaits with lessons of history and nature.

After entering the park, a wetlands experience is felt as one traverses this space. A stream, large patches of mountain laurel, and an old stone wall contribute to the wonder of the area.

Another spectacular view awaits, as you lumber towards the top of the mountain. This lonesome boulder cries out to any hiker to challenge its final resting place.

Another noteworthy stop along the trail is Lonesome Boulder Overlook. From this vantage point, hikers can enjoy breathtaking views of the surrounding mountains and valleys.

The sound and sight of water is always a rewarding experience. Since it is a high water source, it can be drinkable when properly treated.

An early morning visit to the lake is highly recommended. The glassy surface displays stunning reflections of Bear Mountain. Fishing is allowed for all visitors. If you are a sustenance hiker, a fresh catch of trout would be quite satisfying.

A gentle touch to your barking dogs is provided by the Old Road. For a short period of time, the sheer rock walls above and below install a sense of fear.

Driving a renowned reservoir, the old dam creates a perfect meeting place for hours to pass, gather their wits, and say, "Are you ready for the Great Escape?"