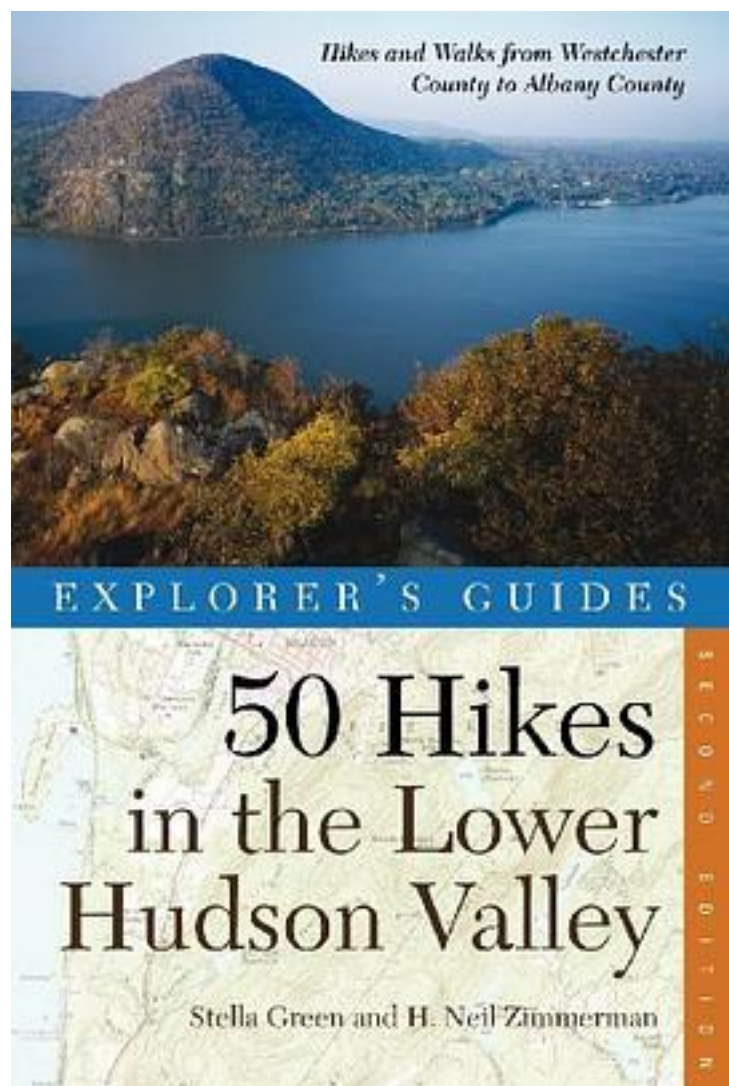


50 Hikes in the Lower Hudson Valley



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This bestselling hiking guide reveals 50 hikes and walks from the East Hudson Highlands to Rockland County and Harriman Park, to the West Hudson Hills, to the Catskills, the Shawangunks, and more. Green and Zimmerman are expert guides to this region rich in history, culture, and lore. The outings range from short walks to hikes of 14 miles in length, and most are within a two-hour drive of New York City. An at-a-glance chart makes choosing a hike simple, and each hike features a detailed topographic map, driving directions, mileage and elevation rise, and a comprehensive trail description--with fascinating commentary on the human and natural history you'll encounter along the way.

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