

*Walkable Westchester* is your comprehensive guide to hiking in Westchester County, complete with maps and photos.

- Learn which parks are handicapped or public transportation accessible.
- Take advantage of birding opportunities, places where you can walk your dog, or legally ride your mountain bike.
- Visit historic sites, former estates, railbeds, quarries, and nature centers.
- See [www.westchester.nynjtc.org](http://www.westchester.nynjtc.org) for suggested hikes, more photos, and new parks.

*"Walking or hiking through the parks and trails described in Walkable Westchester is a great way to get fit. But it is much more than that. Spending time in the parks is low-cost recreation and a wonderful way to discover Westchester County and learn about its history and geography."*

—Andrew J. Spano, Westchester County Executive

*"For years, I have been encouraging my patients to exercise for their health and well being. There are always excuses as to why they cannot start an exercise program. Walkable Westchester provides a way to enable anyone to exercise close to home. No excuses! Get out and walk."*

—Margaret M. Lenci, MD

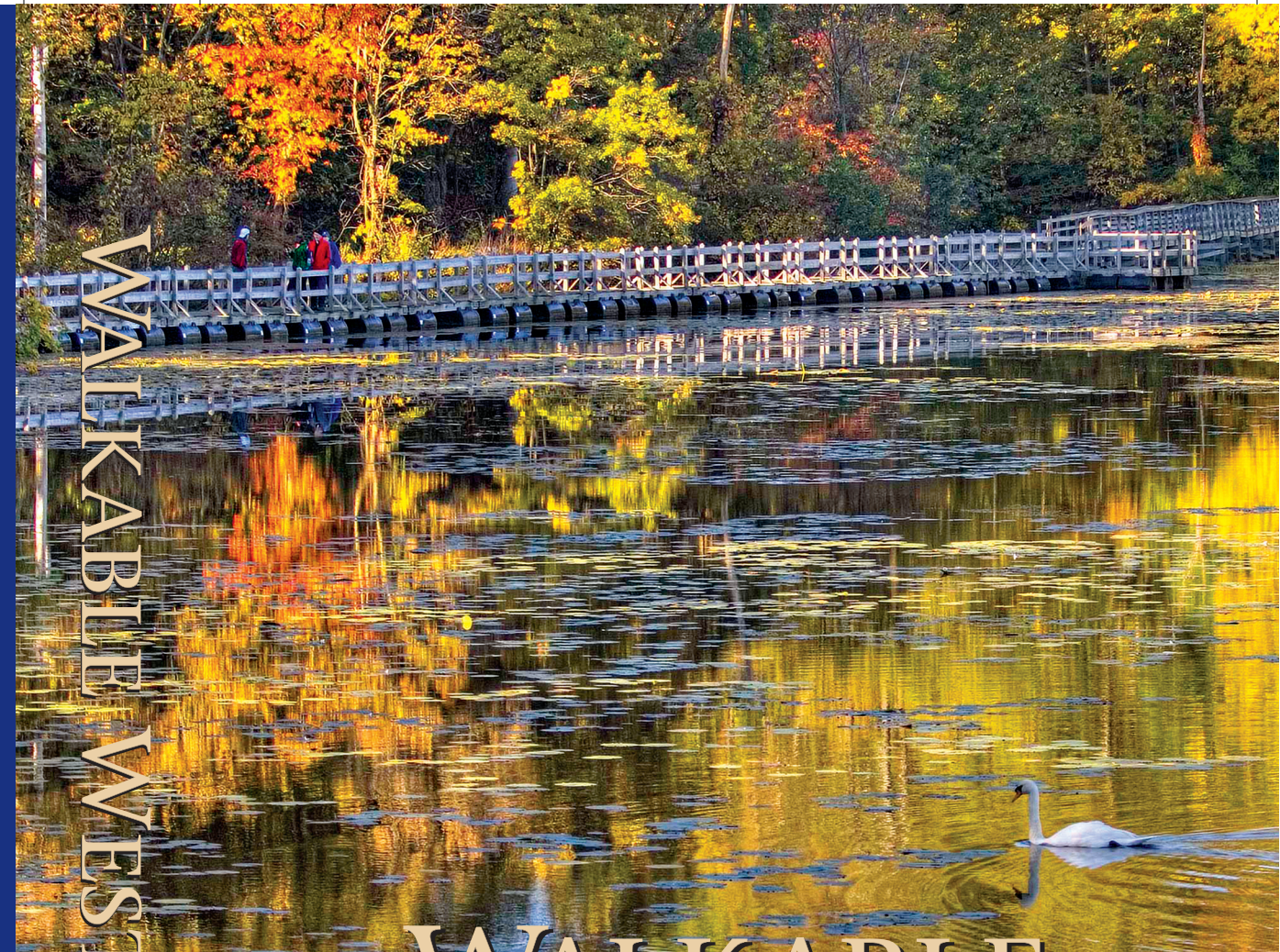


Residents of Westchester County since 1968, Jane and Walt Daniels are hikers and committed to the protection of open space. Their hiking accomplishments include climbing the 46 high peaks in the Adirondacks and section-hiking the Appalachian Trail. With a GPS and measuring wheel, they both have walked all the trails in *Walkable Westchester*, many of them multiple

times. In 1979, they began volunteering for the NY-NJ Trail Conference. Jane is on the Trail Conference's Board of Directors and was chair for six years. Walt is webmaster and active with managing the Appalachian Trail.

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Jane and Walt Daniels



NEW YORK-NEW JERSEY TRAIL CONFERENCE