From dawdling through Doodletown to walking along waterfalls—there are plenty of delightful and different ways to “go for a hike” just 30 miles north of NYC, in Rockland County, NY.

This itinerary will get you started on a three-day exploration off the beaten path. We’ve also included some suggested “Detours” so you don’t get hungry, and to help you stay hydrated and happy.
DAY 1: A HAUNTED HIKE & BIRDING IN A FORMER BATTLEFIELD

HOGAN’S FAMILY DINER, STONY POINT
Derived from the Dutch “Dood Tal” which means “Dead Valley,” Doodletown is part of Bear Mountain-Harriman State Park. This 5-mile, approximately three-hour hike follows pleasant woods roads through the hamlet that was abandoned in 1965. Small historic markers identify various sites where buildings formerly stood in this ghost town along the way.

https://www.nynjtc.org/hike/doodletown-loop-bear-mountain#dialog-hike-description

DETOUR:
HIKER’S CAFÉ & STAND 10
Recharge with a quick snack, cold soda or hand-scooped sugar cone full of Perry’s Ice Cream. Located just inside the east entrance of the Bear Mountain Inn on the first floor (nearest the parking kiosk)—Hiker’s Café is a perfect place to catch your breath.


BIRDING HOTSPOT – STONY POINT BATTLEFIELD STATE HISTORIC SITE
About 10 minutes away, Stony Point Battlefield State Historic Site is located on a rocky point projecting into the Hudson River. It was the site of a Revolutionary War assault led by Brigadier General Anthony Wayne against a British Garrison on July 15-16, 1779, and also home to the oldest lighthouse (1826) in the Hudson Valley. During the summer, many species have been observed including the great blue heron, the red-eyed vireo, and the yellow-billed cuckoo.

https://www.rocklandaudubon.org/stony-point-battlefield

DETOUR:
MARIO’S PASTA CUCINA, STONY POINT
Carb up with homemade pasta with dishes like Spaghetti and Meatballs Marinara and Baked Ziti with Eggplant at Rockland County’s favorite Italian restaurant. Treat yourself to a fresh Cannoli!

https://mariospastacucina.com

OR

DETOUR:
LYNCH’S RESTAURANT, STONY POINT
Breakfast Burgers, Buffalo Burgers, Mexican Burgers—the menu at this casual American spot offers all kinds of comfort food to flip out about.

https://www.yelp.com/biz/lynchs-restaurant-stony-point

OR

DETOUR:
HUDSON WATER CLUB, WEST HAVERSTRAW
Enjoy a meal on the Hudson River! Hudson Water Club offers an array of cuisine, including fresh seafood, and the outdoor Tiki Bar is an outstanding place to unwind.

https://www.hudsonwaterclub.com
DAY 2: WATERFALL + WATERFALL + WATERFALL

Depending on your energy level—do one or all of these reinvigorating waterfall rambles!

**DETOUR:**
**HARBOR’S CAFÉ, HAVERSTRAW**
If you’re hiking on the weekend, start the day with at this gem. Only open on Saturday or Sunday, this revamped Southern-forward food establishment offers breakfast all day, Smoked Veggie Burgers and Brisket served on specialty rolls from Balthazar in Manhattan.

https://www.harbors.cafe

**BUTTERMILK FALLS, WEST NYACK**
A reinvigorating summertime trail—this easy, kid-friendly hike to scenic Buttermilk Falls includes several panoramic viewpoints. It’s about one mile, and will probably take you about an hour.

**DETOUR:**
**BLUFIG, NEW CITY**
Fill up on Spanakopita, Strawberry Chicken Salad or Brick Oven Pizza at this Mediterranean mainstay. Don’t forget to order a side of Zucchini Chips!

http://www.blufig.net

**KENNEDY DELLS COUNTY PARK LOOP, NEW CITY**
Continue to go with the flow. Plan on spending at least 1.5 hours on this two-mile hike. You won’t have to go far to see the cool Crum Creek waters spilling over the stone dam.

https://www.nynjtc.org/hike/kennedy-dells-county-park-loop-hike

**RAMAPO TORNE/RACCOON BROOK HILLS TRAIL LOOP, SOUTHFIELDS**
If you’re feeling ambitious, include this 6.5-mile hike, estimated to take about four hours either at the beginning of the day or after lunch. It summits the Ramapo Torne before returning along the cascading falls of Stony Brook.

Even the most well-thought-out plans can change depending on the weather. It’s always good to have fun indoor options.

**MALL WALKING AT PALISADES CENTER, WEST NYACK**
This premier shopping, dining and entertainment destination also happens to be a wonderful mall-walking destination! With four floors offering over 225 brands, 16 sit-down restaurants, a bowling alley and an ice rink—you’re sure to be amused while you get your exercise.


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**DETOUR:**
**LITTLE BUDDHA**
Known for its modern interpretation of classic dishes and its high quality, fresh ingredients—Little Buddha offers yummy steamed health food like Mixed Vegetables with Tofu or Jumbo Shrimp, in addition to sushi and hibachi options.

https://www.littlebuddhany.net

**PALISADES ADVENTURE CLIMB AT PALISADES CENTER**
Ready to stretch some different muscles? Check out the world’s tallest indoor ropes course. Palisades Climb promises plenty of chills and thrills to round out your Rockland County adventure!

https://www.palisadescenter.com/tenants/palisades-climb

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https://www.nynjtc.org/hike/ramapo-torneraccoon-brook-hills-trail-loop-reeves-meadow

**DETOUR:**
**THE CHEESECAKE FACTORY**
End the day with something from their “Super” food menu like Vegan Cobb Salad or Avocado Toast. Of course, you could also opt for a slice of the Reese’s® Peanut Butter Chocolate Cake Cheesecake. C’mon, after all the calories you’ve burned over the last few days—you deserve it!