

Have you heard about Middletown Reservoir Trails?

Come explore **Middletown Reservoir Trails**, our region's newest Hiking & Biking Trails!

The City of Middletown, working with The Trust for Public Land, has opened up its **1,250-acre watershed** for public access and has developed plans to turn it into a vibrant community public space.

Just minutes from downtown Middletown, you can experience a nearby wilderness as you walk, run, or bike on over **eight and a half miles of woods roads and trails**. Visitors take in stunning views of Monhagen Reservoir, Highland Reservoir, and Shawangunk Reservoir, which have provided clean drinking water to local residents since the 1860s. This forested watershed includes century-old stands of white pines that create a shady and peaceful retreat. During your visit you may see deer, foxes, and maybe even a black bear!

Here's why parks are so important to keep us fit:

- Across all age groups, greater access to parks reduces risk of obesity.
- Spending time in nature reduces stress and improves mental health.
- On average, adults who regularly exercise in parks save \$1,230 per year in medical costs; for adults over age 65, the savings are double.
- A shady park can be 17 degrees cooler than the surrounding neighborhood.

Trail Rules:

NO

SWIMMING
BOATING

HUNTING
FISHING

- Trails open dusk to dawn
- Will close due to severe weather and high wind conditions
- Stay on trails
- Beware of wildlife
- No horses
- No feeding wildlife
- No firearms or weapons
- No atv's or unauthorized motor vehicles
- No camping
- No littering
- No smoking or fires
- No alcoholic beverages
- No amplified sound
- No metal detectors-drones-model air planes or boats
- Pets are allowed but must be kept on leashes six feet or shorter
- Children must be accompanied by an adult at all times

Keep our trails clean take trash out with you

Emergency dial 911

City of Middletown Police Department
845-343-3151

Howells Fire Department 845-386-2000

Rules and all regulations will be enforced by
The City Middletown Police Department
& Parks Department & Reservoir Watchman

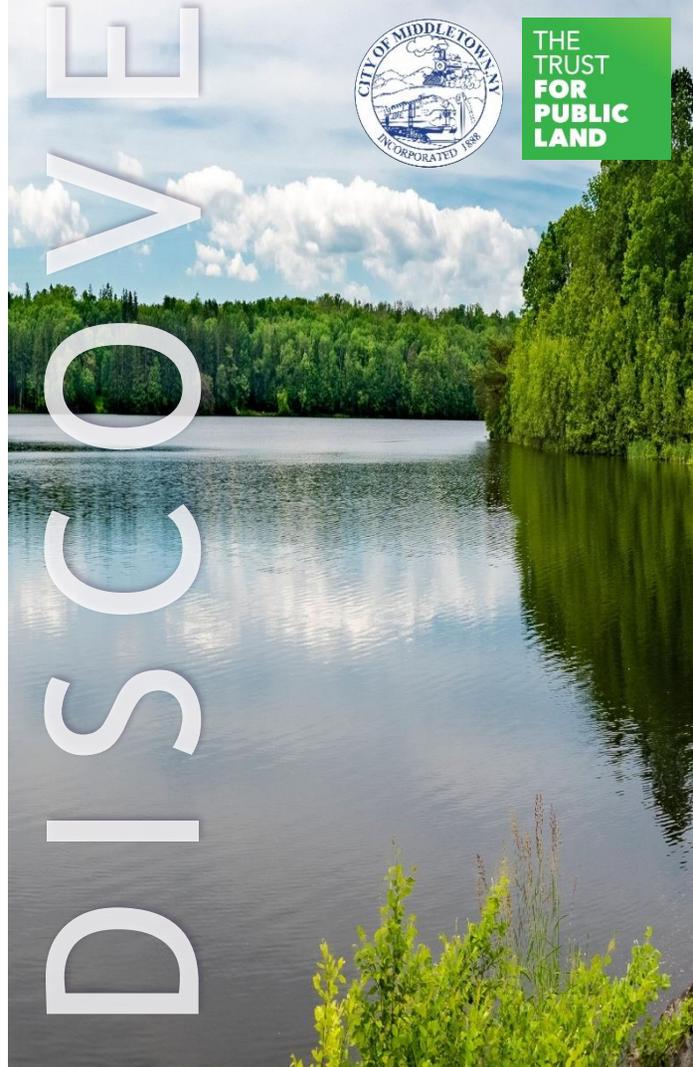
Visit Middletown-NY.com for more info

The Middletown Reservoir Trails

DISCOVER



THE TRUST
FOR
PUBLIC
LAND



Joseph M. DeStefano—Mayor

J. Miguel Rodrigues—Council President

Jacob Tawil—Public Works Commissioner

Christine Brinckerhoff—Parks & Rec Superintendent

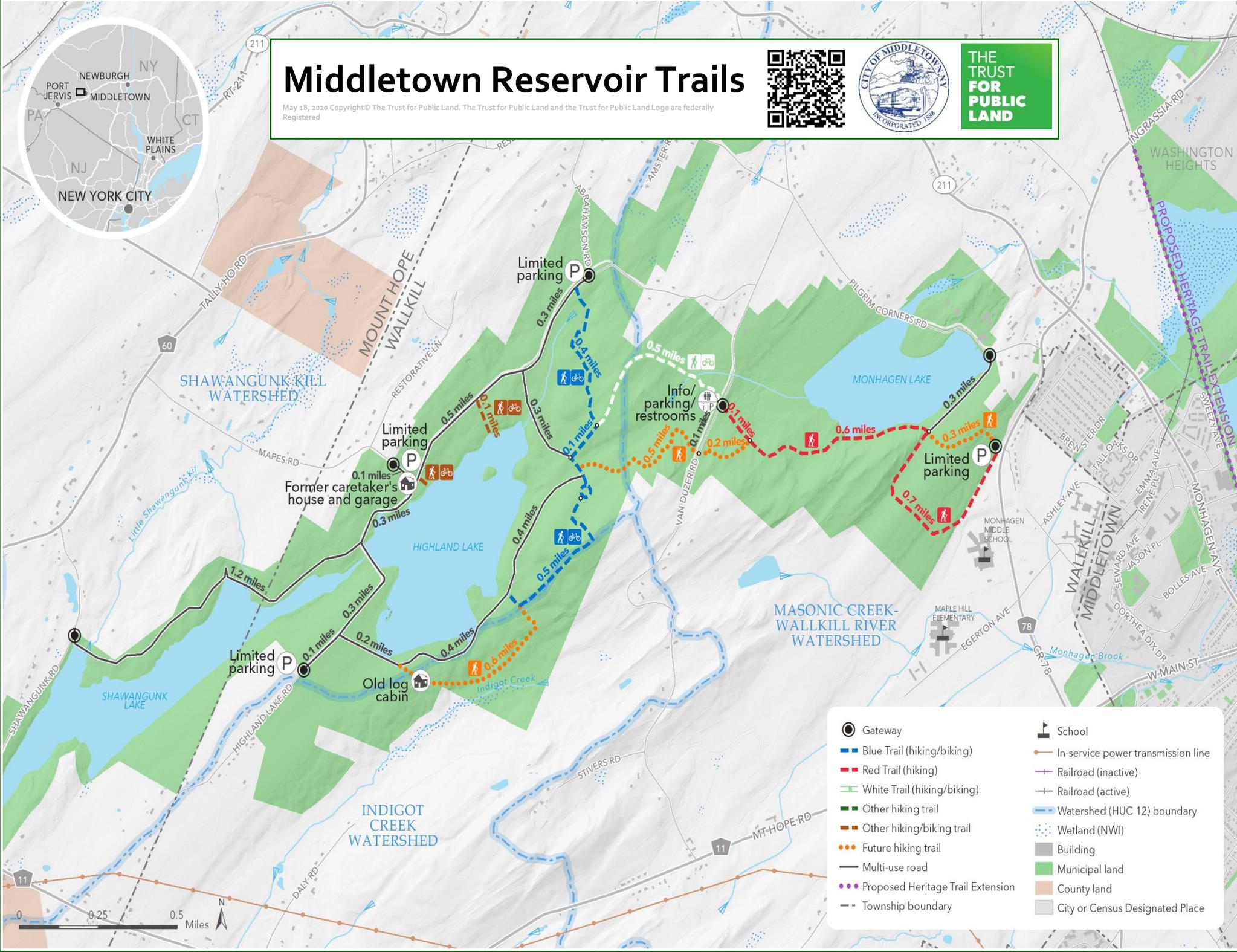
John Bianchi—Parks & Rec Working Supervisor

Middletown Reservoir Trails

May 18, 2020 Copyright© The Trust for Public Land. The Trust for Public Land and the Trust for Public Land Logo are federally Registered



THE TRUST FOR PUBLIC LAND



- Gateway
- Blue Trail (hiking/biking)
- Red Trail (hiking)
- White Trail (hiking/biking)
- Other hiking trail
- Other hiking/biking trail
- Future hiking trail
- Multi-use road
- Proposed Heritage Trail Extension
- School
- In-service power transmission line
- Railroad (inactive)
- Railroad (active)
- Watershed (HUC 12) boundary
- Wetland (NWI)
- Building
- Municipal land
- County land
- City or Census Designated Place

