



A GUIDE TO PROTECTED PLACES
FOR FRESH AIR FUND
FAMILIES

Welcome to our guide

Welcome to The Trust for Public Land's guide to some of our favorite parks, beaches, and other outdoor destinations for Fresh Air Fund families. These beautiful places are among the hundreds we've helped to protect across the Northeast. Now we want to share them with you as places to get outside with your Fresh Air youngster.

The Trust for Public Land and The Fresh Air Fund share a mission of connecting children to the outdoors. Each summer, The Fresh Air Fund sends children from New York City to visit families in suburbs and small towns. We connect children to nature by creating city parks, playgrounds, and gardens—including nearly 300 in New York City—and by conserving land for nature and recreation. Nationwide, 10 million people live within a ten-minute walk of a special place we've helped to protect.

We thank The Fresh Air Fund and you, the host families, for expanding the experience of Fresh Air youngsters. We hope that your family will get outdoors and play at a Trust for Public Land location this summer. For information about other special places we've protected in your state, visit tpl.org.



Will Rogers

Will Rogers

PRESIDENT

THE TRUST FOR PUBLIC LAND



Jones Mountain Preserve · NEW HARTFORD

A historic carriage road traces this 158-acre preserve, reaching an open summit that offers sweeping vistas of quaint New Hartford and the Farmington River. Hemlock glens, ancient pines, a babbling brook, and mossy stone walls make it easy to imagine that the place is populated by gnomes and trolls. A perfect spot for hiking, birding, or simply cooling off on a hot summer's day.

Long Beach · STRATFORD

This coastal barrier beach on Long Island Sound features rolling dunes, salt flats, and marshland that attract more than 270 species of birds, making it one of New England's premier birding spots. The piping plover, a threatened species, nests at the beach's western end, while its eastern end is designated for swimming, sailboarding, and fishing.

Trudgen Stroke

DAVE MAHER



Maine

ME



LEGEND

- ★ Trust for Public Land project
- City
- Interstate

Tumbledown Mountain · FRANKLIN COUNTY

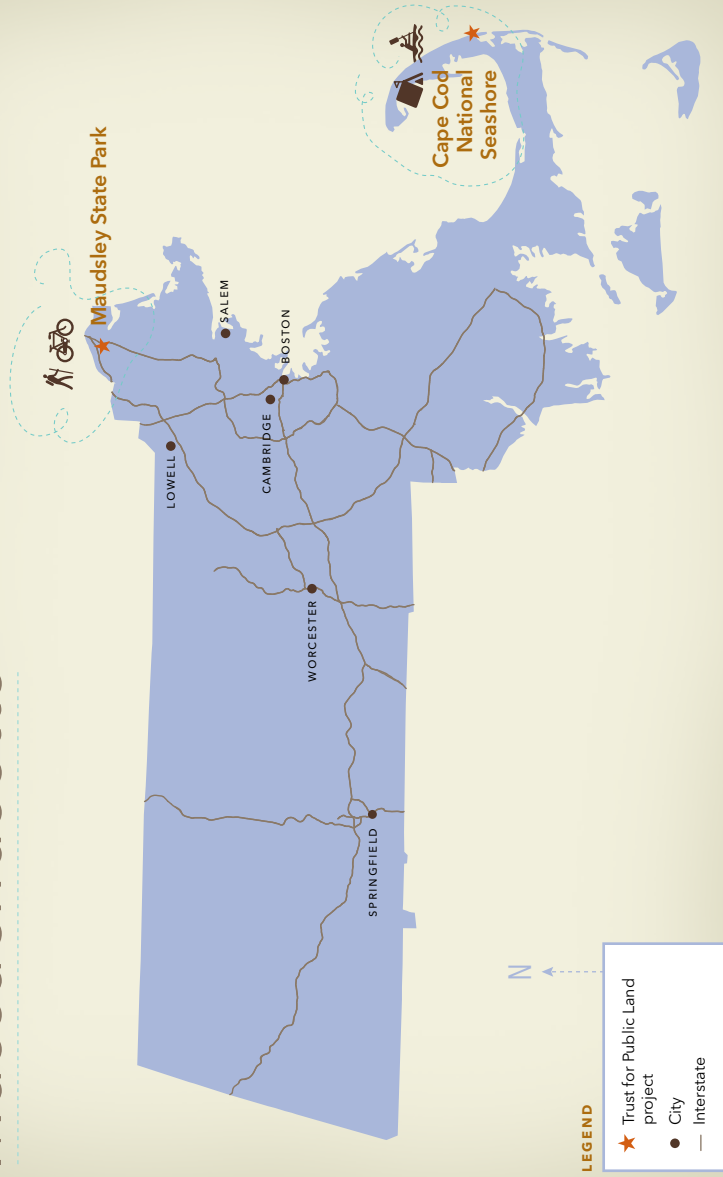
Throw a lunch in a knapsack and take one of the several trails up this dramatic and much-visited mountain near Weld. Featuring 700-foot cliffs, three open summits, and a pond cupped like a jewel near its top, Tumbledown Mountain has been cited as one of the nation's top hiking locations. You can camp nearby in Mount Blue State Park.

Timber Point · BIDDEFORD

Part of the Rachael Carson National Wildlife Refuge, this 84-acre peninsula is located in Biddeford where the Little River meets the sea. Pick up the trail at the beach of Curtis Cove, and capture the scenic views of rocky oceanfront, and the birds and wildlife of saltwater marsh habitat and freshwater wetlands before reaching 13-acre Timber Island (accessible at low tide—watch that tide chart!).

JERRY AND MARCY MOKKMAN





Maudsley State Park · NEWBURYPORT

This former estate on the Merrimack River features 19th-century gardens, expansive meadows, towering pines, and one of the state's largest naturally occurring stands of mountain laurel. Azaleas and rhododendrons bloom in May and June. An ideal spot for walking, biking, and picnicking.

Cape Cod National Seashore · TRURO

Pitch your tent in the pines only a short walk from the beach at North of Highland Camping Area—one of the few low-cost options for family lodging near this popular national seashore. Seashore visitor attractions include historic sites, wildlife walks, and six swimming beaches.

JERRY AND MARCY MUNKMAN



New Hampshire

NH



Crotched Mountain · GREENFIELD

The scenic, 1,400-acre campus of the Crotched Mountain Foundation's school and rehabilitation hospital includes 2.5 miles of wheelchair-accessible trails, the nation's largest such system in a mountain setting. Open to the public, the trails extend to a scenic overlook on Crotched Mountain and a wildlife-viewing area surrounded by wetlands.

Stonehouse Pond · BARRINGTON

This secluded pond in the fast-growing coastal region is embraced by forests threaded with an extensive trail network. A moderately strenuous hike to the top of the granite cliffs affords a sweeping view of the pond and surrounding woodlands. Don't be surprised to see anglers here—the pond is a fly-fishing hot spot.

JERRY AND MARCY MONNAN



New Jersey

NJ



Forked River Annex · LACEY TOWNSHIP

This portion of the Edwin B. Forsythe National Wildlife Refuge offers a level walk through uplands and wooded wetlands into a salt marsh. On a clear day you can see sailboats across the marsh in Barnegat Bay. Walk quietly as you emerge from the woods and you may see great blue herons and egrets foraging for food.

Wildcat Ridge · ROCKAWAY TOWNSHIP

A moderate half-hour hike in this state wildlife management area takes visitors to a ridgetop overlook offering sweeping vistas across the valleys and forested hills of the New Jersey Highlands. In spring and fall, migrating hawks ride the thermals here. If you come on a clear day, look for the New York City skyline on the horizon.

KEN SHERMAN



Vermont

VT



Barre Town Forest · BARRETOWN

A century ago, men cut huge blocks of granite from the quarries in this 355-acre town forest. Today, the area is a popular destination for mountain bikers and hikers. An extensive trail system takes visitors past 19 dramatic, water-filled quarries; and a cultural trail interprets the granite-quarrying history of central Vermont.

Zack Woods · HYDE PARK

This nearly 400-acre addition to Green River Reservoir State Park is a popular spot for picnicking, canoeing, hiking and swimming. Eleven undeveloped ponds attract anglers and nesting loons, and the land is threaded with a mile-long section of the Catamount Trail.

JERRY AND MARCY MONKMAN





Kiptopeke State Park · CAPE CHARLES

Located on Chesapeake Bay, this 560-acre park offers picnicking, camping, a lodge and bunkhouse, four miles of hiking trails, watersports, and swimming from Memorial Day to Labor Day. Or come in late summer to fall, when the park serves as an important site for bird research.

Pleasure House Point · VIRGINIA BEACH

This newly protected 122 acres of marshland and coastal forest along Pleasure House Creek and the Lynnhaven River is a favorite close-to-home getaway for residents of the booming Hampton Roads metro area. Activities include walking, birding, wildlife viewing, and taking in the expansive views across the river and marsh.

ARTHUR NHOOR





New River Gorge National River · HINTON TO FAYETTEVILLE

The deepest, longest river gorge in the Appalachian Mountains lies at the center of this 70,000-acre national park. Visitors flock from across the southeast to enjoy climbing, biking, hiking, whitewater rafting, and camping amid dramatic scenery. The park's four visitor centers include a historic railroad depot in the canyon bottom.


Harpers Ferry National Historical Park ·

HARPERS FERRY

A key part of Harpers Ferry National Historical Park, the Murphy Chambers Farm was the site of an epic Civil War battle and the onetime home to the brick firehouse known as John Brown's Fort, a relic of the 1859 raid that helped spark that war. A trail takes visitors to the historic Murphy home, the fort site, and an overlook above the Shenandoah River.

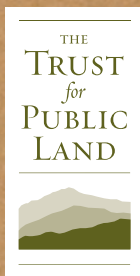
KEN SHERMAN





The most effective kind of
education is that a child should play
amongst lovely things.

PLATO



The Trust for Public Land conserves
land for people to enjoy as parks, gardens,
and other natural places,
ensuring livable communities
for generations to come.

tpl.org

the *Fresh Air* fund
serving children since 1877

Since 1877, The Fresh Air Fund has provided
free summer experiences in the country to more
than 1.7 million New York City children from
low-income communities, creating unforgettable
memories and fresh possibilities.

freshair.org