

## TICK AWARENESS

Please be aware that ticks, including deer ticks (also known as black-legged ticks), are present in the Albany Pine Bush Preserve, as well as in other natural areas in our region.

As stated on the NYS Department of Health's website: Ticks can spread disease. Not all ticks can cause disease and not all bites will make you sick, but as these diseases become more common it's important to learn how to prevent a bite, how to remove a tick and what to do if you think you could have a tick-borne disease. Lyme disease is the most common disease spread by ticks in New York. However, there are other serious diseases spread by ticks including Powassan virus disease, a rare but often serious disease caused by a virus that is spread by the bite of infected ticks and was recently detected in ticks sampled in the Albany Pine Bush Preserve.

For more information on ticks, the diseases they carry, and tick bite prevention please visit [www.health.ny.gov/diseases/communicable/lyme/](http://www.health.ny.gov/diseases/communicable/lyme/).

It is recommended that all visitors to the Albany Pine Bush Preserve wear pants with long socks that can be pulled up over their pant legs and shirts that are tucked into the waistband.



### ABOUT THE TRAILS

The Albany Pine Bush Preserve contains approximately 20 miles of official marked, multiple-use trails. Most trails are considered easy to moderate and vary from wide open sandy trails to grassy woodland passages. The topography is generally flat with gradual slopes up and down the natural sand dunes.

In the spring, summer and fall, the preserve can be very hot and dry. Please remember to bring drinking water and sunscreen.

In the winter, the trails can get icy. Snowshoes or crampons are a good idea at these times.

### WHO ARE WE?

The Friends of the Pine Bush Community, Inc. works cooperatively with the Albany Pine Bush Preserve Commission to further conservation, science, land protection and education within the preserve – especially through organized activities and programs at the Discovery Center.

Join our Capital Region community of Friends that protects the unique habitat of the Albany Pine Bush Preserve. We help people enjoy this special place and seize opportunities to participate in local learning, scientific research, and stewardship in the preserve.

**Volunteer & Donate at  
PineBushFriends.org**

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# 20 Mile Challenge

Hike the Albany Pine Bush Preserve trails and enjoy the full range of landscapes, flora, and fauna!



## Friends

OF THE

## PINE BUSH COMMUNITY

Walk the trails on your own and/or join the Friends on a MeetUp walk.

Visit [www.MeetUp.com](http://www.MeetUp.com), sign up and choose the Albany Pine Bush Preserve as one of your groups. Walks will be hosted once a month.

Drop your completed form in the mailbox at the Discovery Center entrance and we'll send you a certification sticker.

# USE THIS LIST TO TRACK YOUR PROGRESS

Upon completion, drop your form in the mail box outside the Discovery Center entrance.

Your Name and Contact Info

(Fill in When Submitting)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_



Scan for  
directions and  
closure alerts.

## Trailheads

Date Visited

### 1. Karner Barrens

Discovery Trail – 0.2 miles

\_\_\_\_\_

Blue Trail – 0.9 miles

\_\_\_\_\_

Yellow Trail – 2.6 miles

\_\_\_\_\_

### 2. Rapp Barrens

Red Trail – 1.7 miles

\_\_\_\_\_

### 3. Six Mile Waterworks

White Trail – 0.5 miles

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### 4. Blueberry Hill East

Yellow Trail – 1.7 miles

\_\_\_\_\_

### 5. Blueberry Hill West

Red Trail – 1.4 miles

\_\_\_\_\_

### 6. Kaikout Kill Barrens

White Trail – 0.7 miles

\_\_\_\_\_

### 7. Madison Avenue Pinelands

Yellow Trail – 0.6 miles

\_\_\_\_\_

White Trail – 0.4 miles

\_\_\_\_\_

### 8. Great Dune

Red Trail – 1.8 miles

\_\_\_\_\_

Blue Trail – 2.4 miles

\_\_\_\_\_

### 9. Kings Highway Barrens

Red Trail – 1.3 miles

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## Trailheads

Date Visited

### 10. Hunger Kill Barrens

Blue Trail – 0.5 miles

\_\_\_\_\_

White Trail – 0.5 miles

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### 11. DiCaprio Park

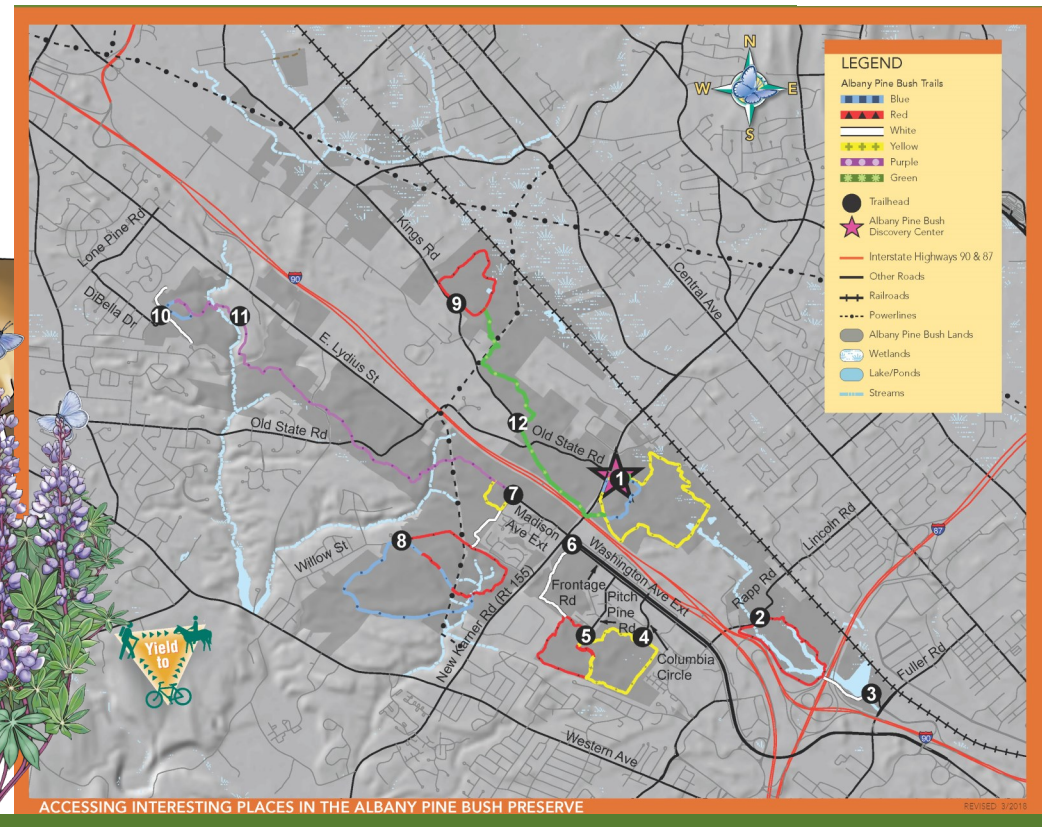
Purple Trail – 3.7 miles

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### 12. Truax Trail Barrens

Green Trail – 2.1 miles

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Questions? Contact us at

info@PineBushFriends.org or 518-690-2764