

**Tick season is in full swing.  
Here are some helpful tips on how to avoid ticks.**

**When outside:**

- Walk in the center of trails
- Avoid tall grassy areas and leaf litter
- Wear protective clothing including long pants, long sleeves and long socks to prevent against tick bites
- Apply EPA-registered insect repellents that contain DEET, picaridin, IR3535, Oil of Lemon Eucalyptus, para-menthane-diol or 2-undcanone

**After coming inside:**

- Do a thorough tick check and check all over your body
- Check your clothing for ticks and remove any you may find on your clothing
- Tumble dry your clothes on high heat for 10 minutes to kill ticks
- Examine gear and pets
- Shower within 2 hours of coming indoors to reduce your risk of Lyme disease



**Question? Concerns? I'm here to help!**

**Assemblymember Didi Barrett** • Poughkeepsie District Office • 12 Raymond Ave., Suite 105, Poughkeepsie, NY 12603 • 845-454-1703  
BarrettD@nyassembly.gov • Hudson District Office • 420 Warren Street, Hudson, NY 12534 • 518-828-1961

420 Warren Street  
Hudson, NY 12534

PRSR STD.  
U.S. Postage  
**PAID**  
Albany, NY  
Permit No. 75

**Assemblymember Didi Barrett**

***Look inside for camping destinations to explore in our beautiful Hudson Valley***

**Dear Neighbor,**

Let me pitch your next adventure – in a tent!

The next few months are the perfect time to explore the beauty of the Hudson Valley with friends and family – or alone. Whether you feel like taking a hike, going for a swim, birding or simply looking to unplug, there's plenty to explore here in our very special region – while spending the night in a tent or cabin!

Take a look inside for some terrific state

and local parks across Columbia and Dutchess counties where you can camp. Really, there's nothing like that first cup of coffee – or tea – in the morning surrounded by all that natural beauty!

Warmly,

*Didi Barrett*

Member of Assembly,  
106th District



## State Park Campsites

Reservations for State Campsites can be made online at [newyorkstateparks.reserveamerica.com](https://newyorkstateparks.reserveamerica.com) or by phone at 1-800-456-CAMP.



### Lake Taghkanic State Park

1528 Route 82, Ancram, 12502  
<https://parks.ny.gov/parks/laketaghkanic/details.aspx>  
 Camping Season: 5/16 - 10/25  
 518-851-3631  
[lake.taghkanic@parks.ny.gov](mailto:lake.taghkanic@parks.ny.gov)



### Taconic State Park – Copake Falls

253 Route 344, Copake Falls, 12517  
<https://parks.ny.gov/parks/83/details.aspx>  
 Camping Season: 5/9 - 11/15  
 518-329-3993



### Mills-Norrie State Park

9 Old Post Road, Staatsburg, 12580  
<https://parks.ny.gov/parks/millsnorrie/maps.aspx>  
 Camping Season: 4/27 - 10/18  
 845-889-4646  
[millsnorrie@parks.ny.gov](mailto:millsnorrie@parks.ny.gov)



### Taconic State Park – Rudd Pond

59 Rudd Drive, Millerton, 12546  
<https://parks.ny.gov/parks/taconicruddpond/maps.aspx>  
 Camping Season: 5/23 - 8/31  
 518-789-3059



## Forest Camping

Campsites in State Forests must be at least 150 feet away from the nearest road, trail or body of water. Camping for more than three nights or in groups of 10 or more requires a permit from a Forest Ranger. For questions contact DEC Region 4 (M-F, 8:30AM - 4:30PM): 518-357-2155 or [r4.ump@dec.ny.gov](mailto:r4.ump@dec.ny.gov).

### Beebe Hill and Harvey Mt. State Forests

East Hill Rd Parking Area:  
 521 E Hill Rd, Austerlitz, 12017

Barrett Pond Parking Area:  
 Beebe Forest Rd, Chatham, 12037

Fog Hill Road Parking Area:  
 Fog Hill Rd, Austerlitz, 12017

Engle Road Parking Area:  
 53-122 Engel Rd, Chatham, 12037

<https://dec.ny.gov/places/beebe-hill-and-harvey-mt-state-forests>



### Ferncliff Forest

68 Mt Rutsen Rd,  
 Rhinebeck, 12572  
<https://ferncliffforest.org>  
 Email [info@ferncliffforest.org](mailto:info@ferncliffforest.org) to obtain a camping permit



### Hand Hollow State Forest

128 County Route 34,  
 East Chatham, 12060  
<https://dec.ny.gov/places/hand-hollow-state-forest>



### Livingston State Forest

57-53 Fox Creek Rd,  
 Germantown, 12526  
<https://dec.ny.gov/places/livingston-state-forest>



### New Forge State Forest

New Forge Rd Parking Lot: New Forge State Forest, Taghkanic, 12502

Notzel Rd Parking Lot:  
 72 Notzel Rd, Ancram, 12502

<https://dec.ny.gov/places/new-forge-state-forest>



## Municipal Park Campsites



### Roe-Jan Kill Park

337 Dales Bridge Rd,  
 Germantown, 12526  
<https://germantownny.org/recreational-facilities/>  
 518-537-6687



### Wilcox Memorial Park

1737 Rte. 199 Stanfordville, 12581  
<https://www.dutchessny.gov/Departments/Parks/Wilcox-Park.htm>  
 Advance Registration is required: 845-298-4600 (M-F, 8:30AM – 4:30PM) or [dutchesscountyparks@dutchessny.gov](mailto:dutchesscountyparks@dutchessny.gov)



KEY:			
Tents	Swimming	Watchable Wildlife	Marine
Cabins	Boat Launch	Birding	Playground
Hiking	Power Boating	Horseback Riding	Accessible
RV Parking	Paddling	Fishing	