



2025

TrailLink Unlimited 

Guides



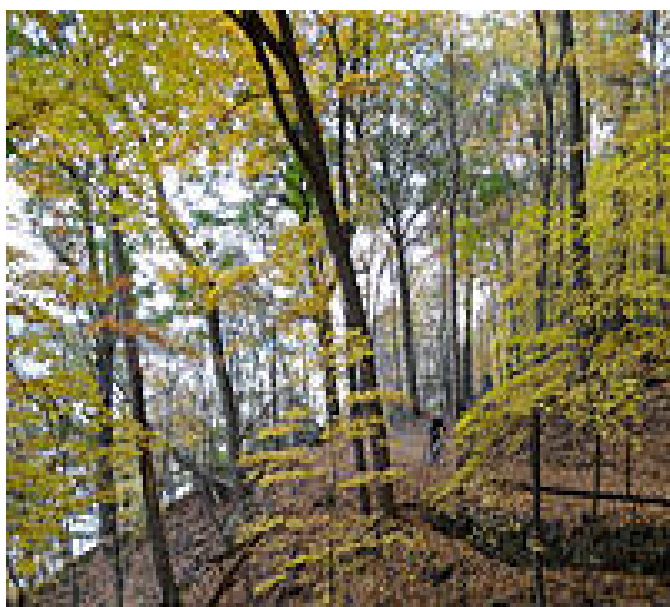
**Hook
Mountain/
Nyack Beach
Bikeway**
New York



Hook Mountain/Nyack Beach Bikeway

New York

The Hook Mountain/Nyack Beach Bikeway is a scenic trail that runs almost 5 miles along the Hudson River in Rockland County.



this trail is flat and runs right along the river at sea level. It is wheelchair accessible from the parking lot at Nyack Beach State Park and even beginner bicyclists can easily travel on it. There is a paved connection to the Rockland Lake State Park area from this trail.

Great views of the Hudson River and Palisades Cliffs rock formations are available from either trail segment.

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About the Route

The trail runs through Hook Mountain State Park and Rockland Lake State Park between Haverstraw Beach State Park and Nyack Beach State Park.

The northern half of the trail is also known as the Haverstraw River Trail and is hilly, narrow and quite rocky. It runs along the cliffs and should only be ridden by experienced bicyclists riding bikes in good condition.

Also known as the Nyack River Trail, the southern half of



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Hook Mountain/Nyack Beach Bikeway

New York

States: New York

Counties: Rockland

Length: 4.9miles

Trail end points: Haverstraw Beach State Park (Riverside Ave, Haverstraw) to Nyack Beach State Park (698 N Broadway, Nyack)

Trail surfaces: Asphalt,Ballast,Crushed Stone,Dirt,Gravel

Trail category: Greenway/Non-RT

Trail activities: Bike,Wheelchair Accessible,Horseback Riding,Mountain

Parking & Trail Access

The Hook Mountain/Nyack Beach Bikeway runs between Haverstraw Beach State Park (Riverside Ave, Haverstraw) and Nyack Beach State Park (698 N Broadway, Nyack), both of which offer paid parking.

Visit the [TrailLink map](#) for detailed directions.



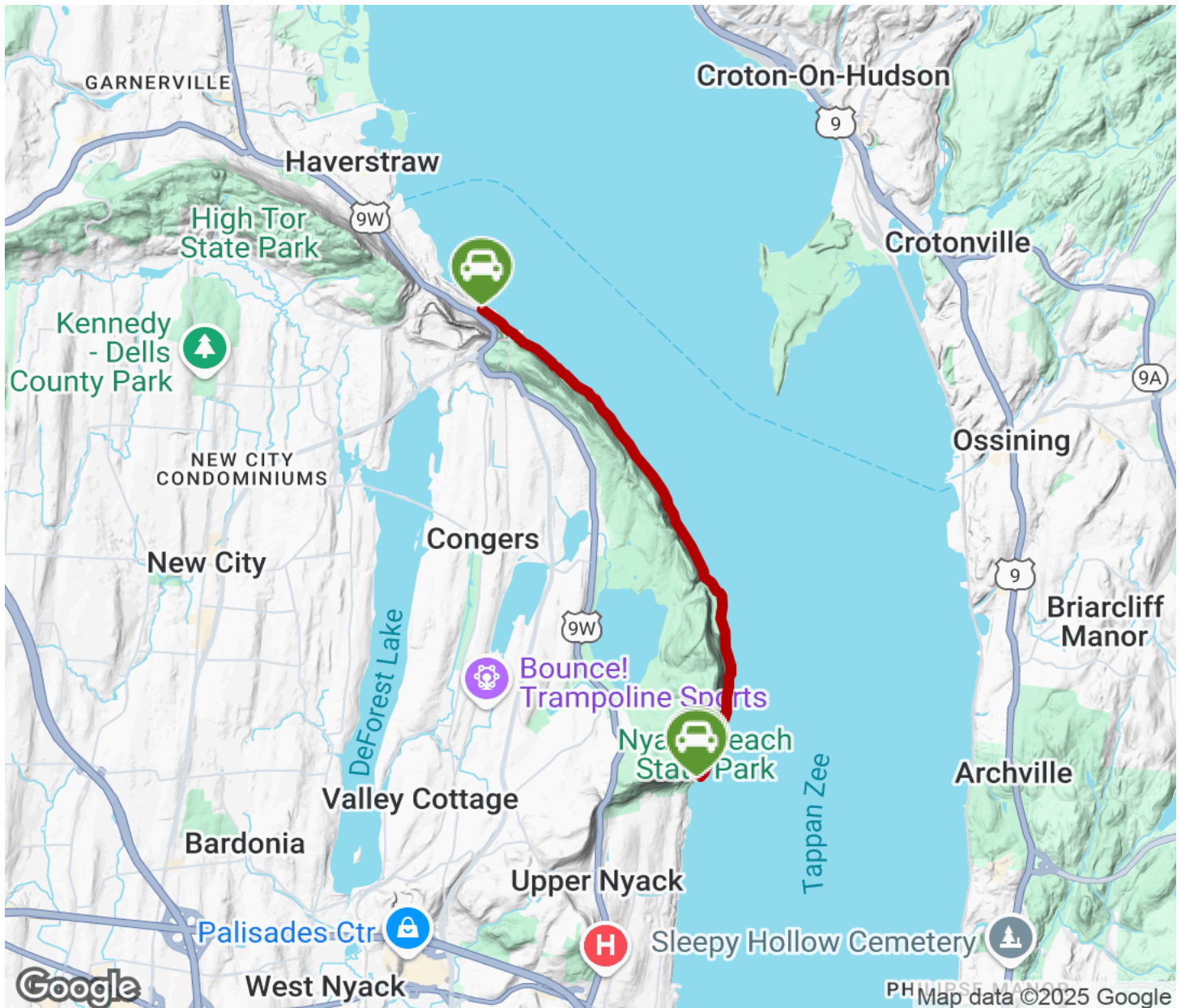
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Hook Mountain/Nyack Beach Bikeway

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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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