

# Anthony's Nose offers spectacular views of Hudson Valley

Steep rocky trails, an emerald lake, an early 1920's bridge spanning the Hudson River and breathtaking views are a few of the things that are experienced hiking to Anthony's Nose. Anthony's Nose is the name of a mountain located opposite Bear Mountain near Cortland, NY. According to the United States Geological Survey website, Anthony's Nose was named after early colonial Dutch settler Anthony Von Corlear whose nose resembled the shape of the mountain.

The trail starts at the parking lot of the Bear Mountain Inn. Heading north past open fields and an ice skating rink, Hessian Lake appears to the left. The lake shimmers in the sunlight with a distinct emerald glow.

The footpath continues past the lake until a roundabout is reached. From there the trail joins a section of the Appalachian Trail. Heading east the trail spans the Bear Mountain Bridge, which at one point was the longest suspension bridge in the world.

At the end of the bridge the trail bears left on route 9D where white blazes on rocks lead to the entrance to the woods. Caution needs to be exercised while walking on this section as cars heading in both directions travel at a high rate of speed.

Once in the woods the trail becomes steep and rocky. Trees envelope the trail which at times can be quite narrow. The absence of direct sunlight and sound in the woods can be eerie at times. Here the trail is clearly marked by white blazes on trees or large rocks so it is difficult to get lost.

Careful footing is necessary in order to prevent foot or leg injuries. This segment is short but the steep gradient makes for a challenging workout. A half mile is covered and the rise totals 700 feet.

The next section is an open old woods road that slopes gently upwards towards the summit. The trail leaves the Appalachian Trail which continues northward towards Maine. Thru-hikers are commonly encountered and can be identified by their large backpacks.

Heading west following the blue blazes the trail hugs part of Camp Smith New York Military Reservation. It is not uncommon to hear sirens from the base which are followed by loud explosions from training exercises. It is essential to stay on the trail as Camp Smith is off limits.

Soon the trail opens up to an outcrop facing west over the Hudson River. The view from the summit allows for an unobstructed panorama for miles around. Pleasure boats as well as larger cargo ships ride the Hudson River. Long cargo trains make their way up and down the valley wailing their horns to alert people of their approach.

From this vantage point the Bear Mountain Bridge looks like a child's toy spanning the Hudson river. Peregrine falcons and large vultures can be seen riding the strong winds which are prevalent in this section of the Hudson Valley. The summit not only allows for breathtaking views, but also for a chance to rest and have lunch. It is highly recommended to bring plenty of water for hydration especially during warm days. Recommended snacks are cut up fruit, peanut butter, or a bag of trail mix.

Trail blazes are used to backtrack to the start of the trail. Care needs to be taken on the steep descent so proper footwear is highly recommended. Hiking boot, shoes or trail running shoes are essential. In addition, proper dress is required depending on the weather.

It is also highly recommended to bring a fully charged cell phone as well as a small first aid kit. Letting family and friends know of your whereabouts is wise should something go wrong.

Parking at the Bear Mountain Inn is free during weekdays though on weekends there is an eight dollar fee.