Van Cortlandt Park in the Northwest Bronx is New York City’s fourth largest park. Its 1,146 acres have many trails which allow a visitor access to the park’s ridges, valleys, forests, wetlands, and lake. The first known inhabitants were the Wecquaesgeek Indians. Their village stood on what is now the Parade Ground. In 1639, they sold much of what is now the park to the Dutch West India Company. The property passed through several private landowners including the Van Cortlandt family. It was eventually purchased by the City of New York in 1888.

With approximately 2.5 million visitors a year, Van Cortlandt Park needs friends. Home to many of New York City’s wildest and most rugged natural areas, 14 miles of hiking trails, the country’s oldest municipal golf course, a cross-country running course, and millions of birds and other species, Van Cortlandt Park plays an important role in educating people about nature. With your help, Van Cortlandt Park will be preserved for future generations to enjoy.

John Kieran Nature Trail (1.25 miles) is named for the famed naturalist and newspaperman. This trail begins and ends near the Van Cortlandt Golf House and journeys through the park’s lake area and freshwater wetlands.

Old Croton Aqueduct (1.1 miles) runs through the center of the Croton Woods. This segment is part of the 41-mile-long aqueduct that brought water from the Croton Dam to New York City. Built in the 1830s as the city’s first extensive water supply, it was used until 1837 when the New Croton Aqueduct replaced it. The large stone building along the route is a weir which maintained the flow of water and controlled air pressure.

Contact Friends of Van Cortlandt Park!

General information: 718.601.1460
Program information: 718.601.1533
Email: info@vancortlandt.org
Mailing address:
80 Van Cortlandt Park South, Suite E1
Bronx, NY 10463

www.vancortlandt.org

Safety & Remember

• Poison ivy is common throughout Van Cortlandt Park. Stay on the trails to minimize contact with poison ivy.
• Motorized vehicles are not allowed in the park as they destroy trails and vegetation and disturb wildlife.
• Please stay on the trails, cyclists should stay on the Putnam Trail and the Bike Path.
• Don’t litter! Please carry out all that you carry in with you or use garbage cans.
• Graffiti ruins the outdoor experience for others and is illegal.

To preserve our natural surroundings for future generations to enjoy, please do not collect or disturb live plants and animals.

Directions:

By Car:
The Major Deegan Expressway has two park exits: Van Cortlandt Park South, which serves the south and west portions of the park, and East 237th Street, which serves the north and east. The Henry Hudson Parkway’s Broadway exits also serve the park. Mosholu Parkway links Van Cortlandt Park with the Bronx River and Pelham Parkways.

By Subway:
The northern terminus of the IRT No. 1 train at W. 242nd Street is just south of the Parade Ground. The IRT No. 4’s last stop at Woodlawn serves the park’s south-eastern area.

Forest & Trails

Approximately half of Van Cortlandt Park is forested. Urban forests are important because they help reduce air and noise pollution, provide habitat for wildlife, and increase the quality of life. In urban areas, the large numbers of vehicles increase the amount of carbon dioxide in the air. Because leaves absorb carbon dioxide and produce oxygen, they help improve air quality. Leaves also absorb sound and reduce noise. When leaves fall to the ground, they enrich the soil, conserve water, and provide a habitat for wildlife. Trees provide shade which lowers the temperature and also conserves moisture. Urban forests provide areas for passive recreation such as walking, bird watching and nature study. Take a hike on the following trails to visit our forests:

John Muir Nature Trail (1.5 miles) established in 1997 with the help of the Friends of Van Cortlandt Park summer interns, is the park’s only east-west path. This trail traverses steep terrain at the park’s center.

Cass Gallagher Nature Trail (1.4 miles) forms the outer loop of the Northwest trail system. Along the western part of the forest, the trail follows a portion of the old Yonkers branch of the Putnam Division Railroad. Between 1888 and 1943, this commuter route ran from High Bridge to Getty Square.

Putnam Trail (1.5 miles) serves as a primary wildlife corridor as it journeys through the park’s lake area and freshwater wetlands. In 1984, it was named in memory of a Bronx environmentalist dedicated to the park’s protection.

Cross Country Running Course (1.5 & 4 miles) is a nationally renowned course. It begins on the Parade Ground, winds through Vault Hill, and forms a loop through the Northwest Forest.

Bridge Path (1.6 miles) forms the outer loop of the Northwest trail system. Along the western part of the forest, the trail follows a portion of the old Yonkers branch of the Putnam Division Railroad. Between 1888 and 1943, this commuter route ran from High Bridge to Getty Square.

Putnam Trail (1.5 miles) serves as a primary wildlife corridor as it passes through wetlands and divides the park’s east side. In 1938, the trail followed a portion of the old Yonkers branch of the Putnam Division Railroad. Between 1888 and 1943, this commuter route ran from High Bridge to Getty Square.

By Bus:
The 80 travels along Broadway on the western edge of Van Cortlandt Park. The BxM3, an express line serving Manhattan, also offers access to the park’s western border. The park’s east side is served by the Bx6 and the Bx34. Westchester bus lines Nos. 1, 2, 3, 4, 20 and 21 also serve the park.

From an initial project involving a small group of students who helped pick up litter and clean brush, FVCP now provides a wide variety of educational, stewardship and community benefit programs.

Over the next several years, FVCP will be dedicated to the implementation of our Trails Plan which was completed by the New York-New Jersey Trails Conference.

The plan, finalized in December 2009, includes an assessment, analysis, and set of recommendations to improve the woodland trails in Van Cortlandt Park.

In addition, FVCP’s community composting and gardening project provides fresh local produce for a neighborhood non-profit to use in their meals program.

FVCP offers the following programs in the park:

• Van Cortlandt Adventures School Programs
• Environmental Internship Programs for High School Students
• Junior Naturalists: After-school Program for Middle School Students
• Volunteer and Stewardship Programs
• Environmental Explorations Teacher Workshop Series
• Community Programs such as Hikes, EcoCrafts and Gardening activities

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