Barefoot Hikers

Of Eastern New York

There is nothing more natural than hiking through nature barefoot. The soles of your feet and toes are wonderful sensory organs and the myriad of feelings from earth, grass, moss, pine-needles, and mud are quite pleasurable. Many could not see hiking any other way. Hiking barefoot causes virtually no trail erosion since a bare foot makes much less of an imprint than a booted foot. Bare feet are therefore the environmentally sound choice for hiking. There are many trails in the New York's Capital Region that present a wonderful opportunity to experience hiking as nature intended. For beginners, most of these trails are quite comfortable. As one's soles toughen, the range of hiking locations improves a great deal. While beginners may bring a pair of shoes should they find their first experience overwhelming, all participants are expected to begin the hike in bare feet.

Our next hike this year will take place, rain or shine, at 1:00 p.m. on Saturday, October 25th, at the Pine Bush Preserve. This is at the trailhead on Madison Avenue Extension (at the end of Washington Avenue Extension). The trail consists of pine barren (sand), and is a great location for first-timers. Please bring water for yourself, and a hiking stick should you so desire. Also, for the comfort of your fellow hikers, please leave pets at home.

Directions: From downtown Albany, NY, head west on Washington Ave. Continue past Crossgates Mall, and towards the water tower in the distance. Proceed on Madison Avenue Extension, past the water tower, and the road will end at the trailhead a half mile or so farther.

Any questions can be directed to:

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