The Catskills Visitor Center offers three hiking trails, two of them level and one with a modest elevation gain, that will allow you to experience the beauty of the Catskill Mountains. The Interpretive Loop Trail is accessible and it contains informational signs about the history of the Catskills along its route. The Esopus Creek Trail, which is also accessible, leads through a meadow and forest to the banks of the Esopus Creek. The Upper Ridge Trail provides a more challenging experience with a 170’ elevation gain.