

2023 Dutchess-Ulster Heart Walk

Frequently Asked Questions

Where is the walk?

Walkway Over the Hudson State Historic Park

Start your walk on either side of the bridge!

Where can I park?

Parking is FREE and available in parking lots on both the Poughkeepsie & Highland side of the Walkway.

Overflow parking is available on Parker Ave., Poughkeepsie & Haviland Road, Highland, NY

How long is the walk?

2.5 miles

Where do I drop off donations?

Each side will have a Donation Drop off table to collect additional funds you raised to support the AHA mission.

What else is happening at the tables?

Lots! Be sure to stop at the tables on BOTH sides of the walkway. Like:

- Tribute Stickers available at the Laerdal table
- Survivor table with hats & capes to celebrate our local survivors
- Survivor Honoree sponsor Mackey, Butts & Whalen, LLP will have stories of our honorees.
- And so much more

What's a passport?

This year, event passports will be handed out at the DJ tent on both sides of the walkway. Each participant should pick up a passport and have it stamped on the Dutchess, Mid-Bridge & Ulster side! When you have 3 stamps on your passport, bring back to the media tent to enter for a chance to win a cool prize courtesy of our media sponsors!

Are there any kids' activities?

Yes! There will be kids' activities. We have coloring sheets and plenty of activities to get the whole family involved and more!

What's happening along the route?

This year we'll have plenty of photo opportunities and a gorgeous view of the Hudson River along with vendor entertainment!

Are dogs allowed?

Yes, well-behaved, leashed dogs are allowed to walk.

Will food be provided?

Food trucks are on site but not directly associated with the AHA.

Drinks?

Water is provided on the Ulster side of the bridge by Culligan Water.

Where are the bathrooms?

Restrooms are located on both sides of the bridge.

Is the event handicap accessible?

Handicap parking with permit is available on a first-come, first-serve basis.

The route is handicap accessible.

Are strollers allowed?

Strollers are allowed.

What if it rains on the day of the event?

The Heart Walk will go on rain or shine. Be sure to check the weather beforehand and dress accordingly!