

## Day Tripper: 24 Hours in Rockland County

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*Suffern, NY*

Sometimes, you just need a quick getaway to reset and recharge your state of mind. Only 30 minutes outside of New York City, compact Rockland County hugs the Hudson River on the east and stretches into Harriman State Park on the west. A day trip alone offers plenty small-town Hudson Valley charm to rejuvenate you. To help get those juices flowing, we put together a quick 24-hour itinerary for a day centered around the western villages of Suffern and Sloatsburg, which have also served as gorgeous backdrops for the film industry.

### **Breakfast in Suffern**

Start your morning off by heading to Suffern's newest coffee shop and roastery, Java Love. The fourth outpost of this women-owned business is housed in the former Capitol One

bank building on Lafayette Street, which will also become the primary roastery. They even kept the old vault and converted it to a bonus room. The cafe serves up their fair trade roasts, and just started serving a full breakfast menu daily.

If you're looking for a Suffern classic, head down the street to Mia's Kitchen, a go-to for locals, known for its focus on healthy bites. Hearty options like quinoa and eggs, the vegetable-forward Mia's Kitchen Sink Scramble, or the vegan, gluten-free coconut pancakes will fuel you for the day ahead.



*Harriman State Park*

## **Head to Harriman State Park**

The emerald jewel in the crown of Rockland County is Harriman State Park, which has more than 200 miles of trails, making it one of the region's most popular bouldering and hiking destinations. If the weather's on your side, make the short trip over to Reeves Meadow Visitor Center for the Reeves Brook Loop. It's a moderate 4.5-mile hike with an opportunity for scrambling if you're feeling up to a light challenge. Winter can be a great time to take in the beauty of the newly bare landscape, but you might want to bring snowshoes or crampons to help ease your trek.



*Lafayette Theater*

## **A Movie at Lafayette Theater**

If you're more of an indoors person, or the wind is particularly biting, the stately Lafayette Theater in Suffern might be more your speed. Opened in 1924 as a silent movie theater, the Lafayette was renovated in the early 2000s, and today offers a single screen theater where you can view new releases in a glamorous Beaux Arts setting. Or catch a classic film matinee every Saturday from January through March.

## **Wind Down at Seven Lakes Station**

This Sloatsburg taproom is a great place to settle in for the evening. They offer 14 beers on tap, from local IPAs to classic Trappist dubbels, beers to go, and a no-frills, comfort-food menu laden with sandwiches and burgers.

## **Stay at Valley Rock Inn and Mountain Club**

If you're ending your day with an overnight stay, there's no better place to bed down than the rustic-chic Valley Rock Inn and Mountain Club in Sloatsburg. The three-acre estate

features four guest houses that were transformed from historic homes to offer 17 rooms beautifully furnished by owner and tastemaker, Michael Bruno of 1stdibs.com. The compound also has a 7,000-square-foot gym and two restaurants, just in case you want to stay forever.

## **Savor a Souvenir at Rockland Bakery**

If you're visiting by car, take a short detour to Nanuet on your way back and stop by Rockland Bakery, a wholesale bakery that's been in business for over 50 years. Though the front counters have a wide array of pastries, cakes, and breads galore, you should head straight to the back to grab a still-warm loaf of challah or Irish soda bread right off the racks.