



# ACTIVE OLDER ADULT HIKING GROUP 2024 HIKES

| MONTH     | TRAIL/PARK  |
|-----------|---|
| APRIL     | 4/12: Harris Whalen Park in Penfield<br>4/23: Perinton Park Canal Path in Fairport  |
| MAY       | 5/3: Mertensia Road Park in Victor<br>5/21: Highland Park   |
| JUNE      | 6/7: Mendon Ponds Birdsong Trail in Mendon<br>6/25: Maplewood Park in Rochester   |
| JULY      | 7/12: Cornwall Preserves in Williamson<br>7/23: Durand Park Blue Trail in Irondequoit                                     |
| AUGUST    | 8/2: Powder Mills Park in Pittsford<br>8/20: Tinker Nature Park in Pittsford  |
| SEPTEMBER | 9/13: Webster Arboretum in Webster<br>9/17: Channing Philbrick in Penfield  |
| OCTOBER   | 10/4: Schoen Place Canal Path in Pittsford<br>10/8: Cummings Nature Center in Naples<br>10/22: North Pond Park in Webster |

All members are welcome and happy hiking! Any questions please feel free to contact Theresa Schliff at 585-341-3067 or [theresa.schliff@rochesterymca.org](mailto:theresa.schliff@rochesterymca.org)



# HIKING GROUP NOTES

- All hikes are from 10-11:30 am. Please be at the location by 9:50 am, we will wait an additional five minutes before starting our hike!
- We will have everyone sign in prior to starting to ensure we have all necessary information on our group.
- Please be sure to pack what you may need for the hike that day (sunscreen, water, bug spray, umbrella, and good walking shoes.)
- Please note: Hikes may be cancelled as late as the start of the hike on site.

## HIKE DESCRIPTIONS

### 4/12 Harris Whalen Park in Penfield

Park in the parking lot at the top of the hill on Route 441, across from Penfield Wegmans.

### 4/23 Perinton Park Canal Path in Fairport

Meet in the parking lot at the canal.

### 5/3 Mertensia Road Park in Victor

Take Rt 96 south through Victor to Farmington. At the stop light for Mertensia Road, turn right (south) and proceed to the park.

### 5/21 Highland Park in Rochester

Parking and restrooms at the Lilac Adventure Zone. 249 Highland Ave, Rochester, NY 14620.

### 6/7 Mendon Ponds Birdsong Trail in Mendon

The trailhead to Birdsong Fairy Trail is located next to Wild Wings in Mendon Ponds Park. Using the Pond Road entrance from Route 65, the parking lot will be just off the road on the right. The trailhead is marked by a sign in the back corner of the area opposite the building for Wild Wings.

### 6/25 Maplewood Park in Rochester

Parking lot on 1 Maplewood Ave, Rochester, NY 14613 off Driving Park Ave, across from the Maplewood Family YMCA.

### 7/12 Cornwall Preserves in Williamson

3975 Lake Rd, Williamson, NY 14589.

### 7/23 Durand Park Blue Trail in Irondequoit

1702 Lakeshore Blvd, Rochester, NY 14617, park across from Log Cabin Road.

### 8/2 Powder Mill Park in Pittsford

Drive past the fish hatchery to the parking lot on the left, next to the water wheel. This path has some hills.

### 8/20 Tinker Nature Park in Pittsford

Meet in the parking lot at 1525 Calkins Rd.

### 9/13 Webster Arboretum in Webster

1700 Schlegel Rd. Take 104 east to Salt Rd, turn right (north) on Schlegel Rd. Meet in the parking lot near shelter.

### 9/17 Channing Philbrick in Penfield

1 Linear Park, Penfield, NY 14526 off 441.

### 10/4 Schoen Place Canal Path in Pittsford

Meet by Sam Patch.

### 10/8 Cummings Nature Center in Naples

Meet at the Center at 11:15 am. From 11:30 am - 12:15 pm we will have a picnic lunch (bring your own) in our pavilion, there is a severe weather indoor location available, bathrooms, and options to explore indoor displays at your own pace. We have a water bottle filling station next to the bathrooms and the guided hike is 12:15 - 1:45 pm.

### 10/22 North Pond Park in Webster

Meet in the parking lot off the 104-access road.

