



ACTIVE OLDER ADULT HIKING GROUP 2025 HIKES

MONTH	TRAIL/PARK
APRIL	4/1: Highland Park 4/25: Powder Mill Park
MAY	5/13: Harris Whalen Park 5/30: Mertensia Road Park
JUNE	6/10: Secret Sidewalk 6/27: Webster Arboretum
JULY	7/8: Mt. Hope Cemetery 7/25: Cornwall Preserves
AUGUST	8/12: Durand Park 8/29: Shadow Pines Park
SEPTEMBER	9/9: Tinker Nature Park 9/26: Maplewood Park
OCTOBER	10/14: Channing Philbrick 10/24: Monks' Bread

All members are welcome and happy hiking! Any questions please feel free to contact Eastside AOA at eastsideaoa@rochesterymca.org



HIKING GROUP NOTES

- We will have morning hikes on Tuesdays from 10–11:30am and afternoon hikes on Fridays from 1–2:30pm. Please meet at the location 10–15 minutes before the start of the hike. We will wait an additional five minutes before starting our hike!
- There will be a sign in before 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 canceled as late as the start of the hike on site.

HIKE DESCRIPTIONS

4/1 Highland Park in Rochester

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

4/25 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.

5/13 Harris Whalen Park in Penfield

Park in the parking lot at the top of the hill on Route 41, across from Penfield Wegmans.

5/03 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.

6/10 Secret Sidewalk in Charlotte

183 Beach Ave. Drive past Abbott's Frozen custard on Lake Avenue to follow the road onto Beach Avenue. Turn left on Estes Street and take the first left again to turn into the parking lot.

6/27 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.

7/8 Mt. Hope Cemetery

Meet at the North entrance on Mt. Hope Avenue. Park by the old crematorium and foundation.

7/25 Cornwall Preserves in Williamson

3975 Lake Rd, Williamson, NY 14589.

8/12 Durand Park Blue Trail in Irondequoit

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

8/29 Shadow Pines Park in Penfield

490 East to Browncroft, which will eventually turn into Atlantic. Proceed on Atlantic for 1–1.5 miles. At the light, turn right onto Whalen Road, parking is the first right off Whalen.

9/9 Tinker Nature Park in Pittsford

Meet in the parking lot at 1525 Calkins Rd.

9/26 Maplewood Park

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

10/14 Channing Philbrick in Penfield

1 Linear Park, Penfield, NY 14526 off 441.

10/24 Monk's Bread in Piffard

3258 River Rd. Piffard, NY 14533.

