



ACTIVE OLDER ADULT HIKING GROUP 2026 HIKES

| MONTH | TRAIL/PARK |
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| APRIL | 4/14: Sherwood Fields 4/24: Powder Mill Park - Daffodil Meadow Trail |
| MAY | 5/12: Mertensia Park 5/29: Highland Park |
| JUNE | 6/9: Gosnell Big Woods Preserve 6/26: Seneca Park, Zoo Cascade & Falls Trail |
| JULY | 7/14: Mt Hope Cemetery 7/24: Tinker Nature Park |
| AUGUST | 8/11: Mendon Ponds Park Birdsong Fairy Trail 8/28: Channing Philbrick Park |
| SEPTEMBER | 9/15: Turning Point Park 9/25: Mt Morris Dam |
| OCTOBER | 10/13: Genesee Greenway, Canawaugus Trail 10/20: Durand Park- Log Cabin Road |

All members are welcome, happy hiking! If you have any questions, please feel free to contact Theresa Schliff at Theresa.Schliff@RochesterYMCA.org
Hikes in Green require online registration! Hiking details are on the back!



HIKING GROUP NOTES

- Registration is only required for the tour hikes on July 14 and September 25.
- We will have morning hikes on Tuesdays from 10-11:30 am and afternoon hikes on Fridays from 1-2:30 pm. 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

Tuesday, April 14: Sherwood Fields Park (Difficulty: Easy)

2514 Penfield Road, Penfield, NY 14526. Meet at parking area. Some open meadow, some forest, not paved.

Friday, April 24: Powder Mills Park – Daffodil Meadow Trail (Difficulty: Easy)

154 Park Road, Pittsford, NY 14534. Enter the park from Route 96, meet at Daffodil Meadow trail head parking area. Not paved.

Tuesday, May 12: Mertensia Park (Difficulty: Easy)

1390 Mertensia Road, Farmington, NY 14425. Meet at parking area near trail head sign. Not paved.

Friday, May 29: Highland Park in Rochester (Difficulty: Easy)

249 Highland Ave. Rochester, NY 14620. Parking and restroom at the Lilac Adventure Zone, meet at parking lot. Paved path with some hills.

Tuesday, June 9: Gosnell Big Woods Preserve (Difficulty: Easy to Moderate)

680 Vosburg Road, Webster, NY 14580. Its located just before the road turns into Drumm Road, meet at parking area. Not paved, meadow, open field and old-growth woods.

Friday, June 26: Seneca Park Zoo Trails (Difficulty: Easy to Moderate based on trail locations)

From Route 104, exit north onto Street Paul Boulevard. Turn east onto Parkwood Road head towards the Seneca Zoo. Pass the Zoo to next parking lot. Wood chip and gravel paths.

Tuesday, July 14: Mt Hope Cemetery Tour Opportunities (Difficulty: Easy to Moderate)

North entrance on Mt. Hope Avenue near Robinson Drive. Meet at the Gate House. Paved. Guided Tour has been arranged: Tours run around 90 minutes and cover around 1-1.5 miles of mostly flat roads, with occasional hilly areas. \$15 per person. Register online by Monday, July 6.

Friday, July 24: Tinker Nature Park (Difficulty: Easy)

1525 Calkins Road, Pittsford, NY 14534. Meet at parking lot. Partially paved.

Tuesday, August 11: Mendon Ponds Park (Difficulty: Moderate)

3914 Clover Street, Honeoye Falls, NY 14472. Birdsong Fairy Trail off of Pond Road. Meet at parking lot. Not paved.

Friday, August 28: Channing Philbrick Park (Difficulty: Easy)

1 Linear Park Drive, Penfield, NY 14526. Meet at parking area. Not paved.

Tuesday, September 15: Turning Point Park (Difficulty: Easy)

350 Boxart Street, Rochester, NY 14612. Meet at parking area. Paved path & boardwalk (no shade, bring a hat).

Friday, September 25: Mt Morris Dam (Difficulty: Easy)

6103 Visitor Center Road, Mount Morris, NY 14510. From the North: (Interstate 90) take 390S to exit 7 - Mount Morris/Letchworth, 5 miles south on Route 408. Turn onto Visitor Center Road; continue for about 2 miles. Sloped pathway to dam. Guided Tour arranged for 10 am, bring lunch and we will hike on nearby trails after. \$1 per person, register online by Tuesday, September 15.

Tuesday, October 13: Genesee Greenway (Difficulty: Easy)

4260 River Road, Scottsville, NY 14546. Canawaugus Trailhead, meet at Canawaugus Park, parking area.

Friday, October 20: Durand Park (Difficulty: Easy)

Log Cabin Road, Rochester, NY 14622. Park at Parking Lot C across from Long Cabin Road. Paved path.

