

Trail Works, Inc. is a volunteer group dedicated to trail development and use.

Your membership in Trail Works insures that healthy programs like this continue to thrive.

Join today at www.trailworks.org



Cornell University
Cooperative Extension
Wayne County

Wegmans
eat well live wellSM

Passport
to family wellness

BOOK 2

Discover Wayne County Trails

Trail Works, Inc.
pathways from the past, trails for tomorrow

Welcome to Trail Works of Wayne County & Wegmans Passport to Family Wellness

Wayne County communities are pleased to share with you, your friends and family, our Second Edition of our diverse system of trails. Ready for use and enjoyment all year round, here is your opportunity to discover and experience the beauty and solitude of nature, a variety of wildlife, the magnificence of natural settings - and the health benefits of becoming more active. Join the millions of people who make walking a regular part of their everyday routine.

As you hike each trail, record your visit in your Wegmans Passport by using a pencil or crayon to make a rubbing of the designated trail marker.

- Complete **5** trails and receive a coupon redeemable for a Wegmans Product
- Complete **11** trails and receive a \$5 Wegmans Gift Card and be eligible to win \$100 Wegmans Gift Card at our annual drawing on National Trails Day in June

**Incentives for completion of the Passport Trails can be picked up at Cornell Cooperative Extension Office,
Rt. 88, Newark.
www.trailworks.org.**

This Passport Belongs to:

Name _____

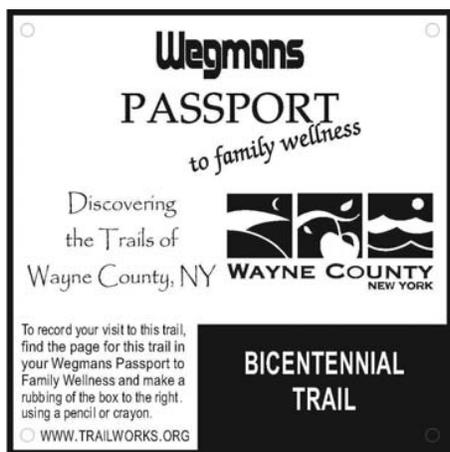
Address _____

Phone _____

E-Mail _____

Field Notes: _____

Look for a trail marker like the one illustrated.
Trail markers are located on 4x4 posts or at kiosks.



When you locate the trail marker,
use a pencil or crayon to rub the name of the trail
on the corresponding page in your passport.

Bring completed Passport to
Cornell Cooperative Extension Offices
Route 88, Newark
Other locations listed at www.trailworks.org

*Please observe all posted regulations,
bring water, first aid equipment and insect repellent.
Wear sturdy, comfortable shoes and dress for the weather.*

Join Wayne County **Trail Works** and **Wegmans** to explore
the beauty and diversity of nature in our own backyard.
Share the wonders of the great outdoors with your children,
have fun, win prizes and get healthy at the same time!

Thank you,

Marcie Bartolotta, M.S.
Manager "eat well live well" Community Initiatives
Wegmans Food Markets

Wegmans

Carol May
Trail Works Board
Trail Works, Inc.
www.trailworks.org

Trail Works, Inc.

Jim Hoffman
Chairman of the Board of Supervisors
Wayne County



**Program runs continuously, with Grand Prize
awarded each June on National Trails Day**



★ **1 Alasa Farm Trails at Cracker Box
Palace Farm Animal Haven**

★ **2 Beechwood State Park**

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Trail System**

★ **4 Butterfly Nature Trail, Macedon**

★ **5 Galen Trail**

★ **6 Sanctuary at Crowfield Farm**

★ **7 Third Creek, Huron**

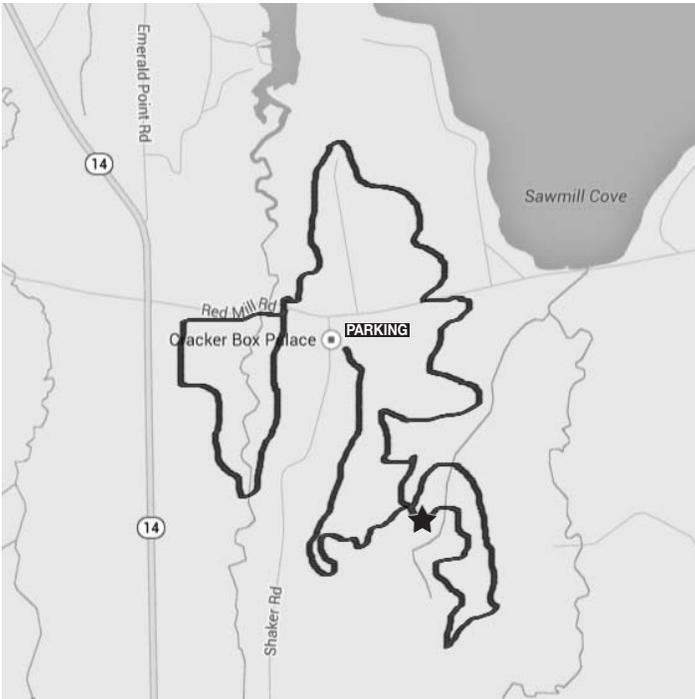
★ **8 Trail of Hope, Lyons**

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★ **11 Wolcott Falls Hiking Trail**

*Alasa Farm Trails at
Cracker Box Palace Farm Animal Haven*



★ indicates location of trail marker for rubbing.

★ *Alasa Farm Trails at
Cracker Box Palace Farm Animal Haven*

Location: 6450 Shaker Road in Sodus. Parking is in the field at the junction of Shaker and Red Mills Roads (seasonal) and behind the bunkhouse at the main Farm entrance on the east side of Shaker Road.

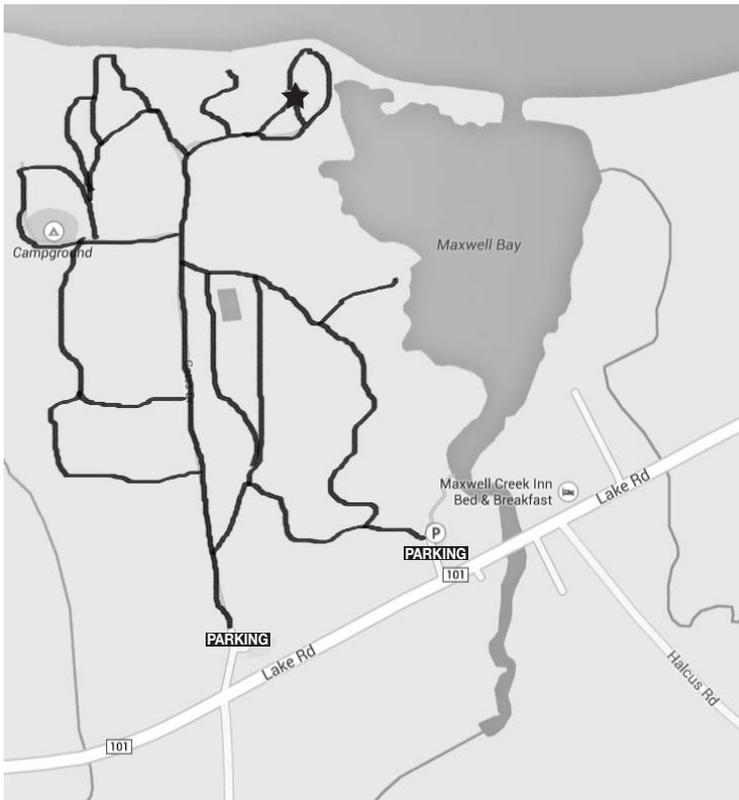
Hiking Time /Distance: 6.5 miles total.

Difficulty: Easy to moderate. Terrain ranges through open field edges to steep slopes and narrow trails in the woods. Second Creek crossing is not bridged and must be forded by walking in the creek on the bedrock stream-bed.

Features: Hiking and equestrian use, wildlife habitat conservation, natural and agrarian areas, friendly farm animals, historic Shaker farm site. Self-guiding Farm Tour Booklets available on site. Alasa Farm is preserved in partnership with Genesee Land Trust.

MAKE TRAIL MARKER RUBBING HERE

Beechwood State Park



★ indicates location of trail marker for rubbing.

★ Beechwood State Park

Location: Beechwood State Park is located in the town of Sodus on the shore of Lake Ontario. 2 miles west of Sodus Pt. (Rt. 14) and 8.5 miles east of Pultneyville.

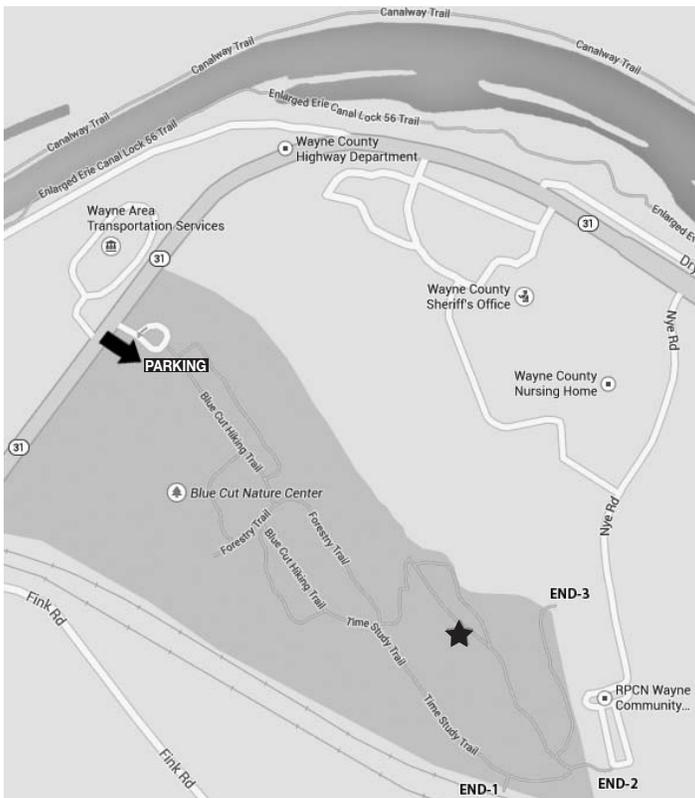
Hiking Time /Distance: 3.1 miles of trails.

Difficulty: All trails are easy to moderate.

Features: Beechwood State Park offers numerous trails that wind through an old Girl Scout Camp. The trails feature an old-growth hardwood forest, White Pine and Larch Pine plantation, a meadow, and a young growth hardwood forest. There are many beautiful views of Lake Ontario and Maxwell Bay. Bald Eagles, Red-Tailed Hawks, and numerous species of song birds and water fowl are common sights in the park. Check in with caretaker for Carry-in/Carry-out camping.

MAKE TRAIL MARKER RUBBING HERE

Blue Cut Nature Center Trail System



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★ Blue Cut Nature Center Trail System

Location: Blue Cut Nature Center is a County Park located between the villages of Newark and Lyons. From Newark, head eastward on Route 31 crossing a bridge over railroad tracks. Blue Cut Nature Center will be on the right just after the bridge, across from the Wayne County Highway Department. From Lyons, Blue Cut Nature Center will be on the left, just around the bend from the Wayne County Municipal Complex. Trailheads are located south of the parking area.

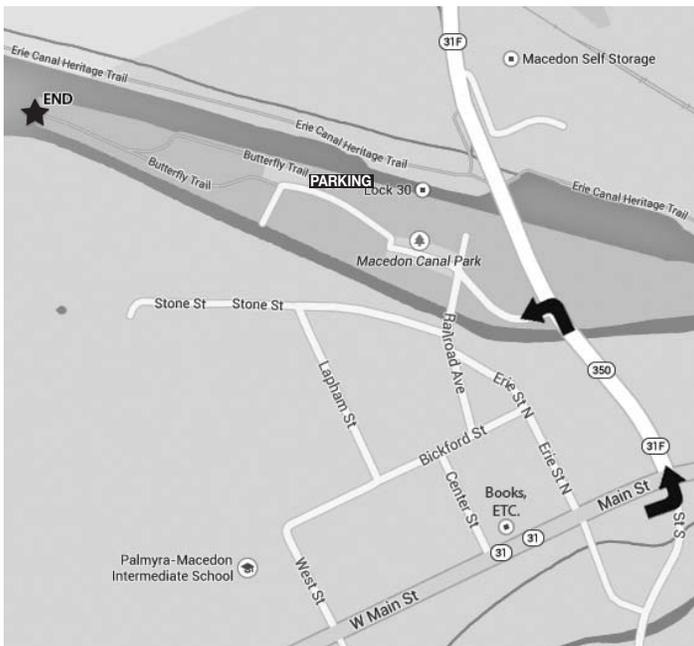
Hiking Time /Distance: 1.5 mile loop approximately 1 hour.

Difficulty: Moderate. There are a few steep but short hills to climb along the main loop.

Features: Located on 40 acres of open land with marsh and pond, mixed hardwoods and red pine plantation. There are 3 trails and multiple end points in the trail system at Blue Cut Nature Center. The end points as marked on the map should be thought of as “dead-ends” for those looking to return to the parking area on a trail. The outer loop of the trail system, which includes sections of each trail, will bring you right back to your car.

MAKE TRAIL MARKER RUBBING HERE

Butterfly Nature Trail, Macedon



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★ Butterfly Nature Trail Macedon

Location: The Butterfly Nature Trail is located in the Village of Macedon on the south side of the Erie Canal at Lock 30. From Route 31, head north on Route 350 take left go past the Macedon Fire Department and the Pavilion. Park and walk through the unique wooden arch and on to the Butterfly Nature Trail.

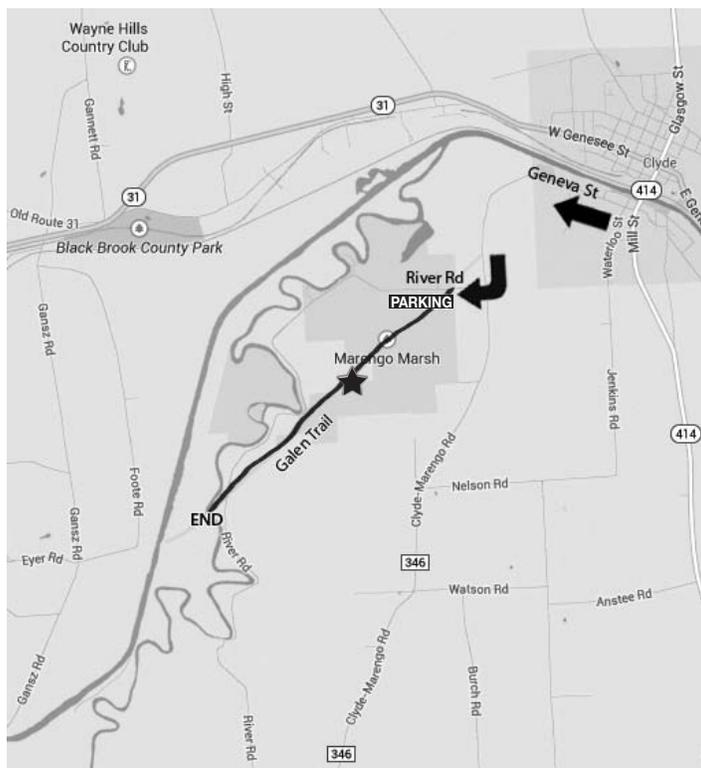
Hiking Time /Distance: 10-20 minutes or more depending on stops to read the educational signs. 1/4 mile trail.

Difficulty: Easy, level, stone-dusted, accessible trail. This is a designated Forever Wild For Everyone Trail.

Features: It provides a place for all people to enjoy the beauty of nature. The trail is a great educational tool on butterflies, birds and the history of the Erie Canal. From one vantage point all three eras of the canal system can be viewed. The trail is next to free picnic areas, camping and launching for boats, kayaks and canoes. The trail is a 10-15 minute walk from the Main Street business area and easily accessed from the Erie Canal Bikeway. Come enjoy the unique shops that are available in this quaint friendly village.

MAKE TRAIL MARKER RUBBING HERE

Galen Trail



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★ Galen Trail

Location: In the Village of Clyde, head south on 414. Just after crossing the Erie Canal, turn right onto Geneva Street. In approximately 1.5 miles turn right again onto River Road and look for a gated trailhead and nearby parking area. Additional parking is available on River Road, near the Clyde River bend.

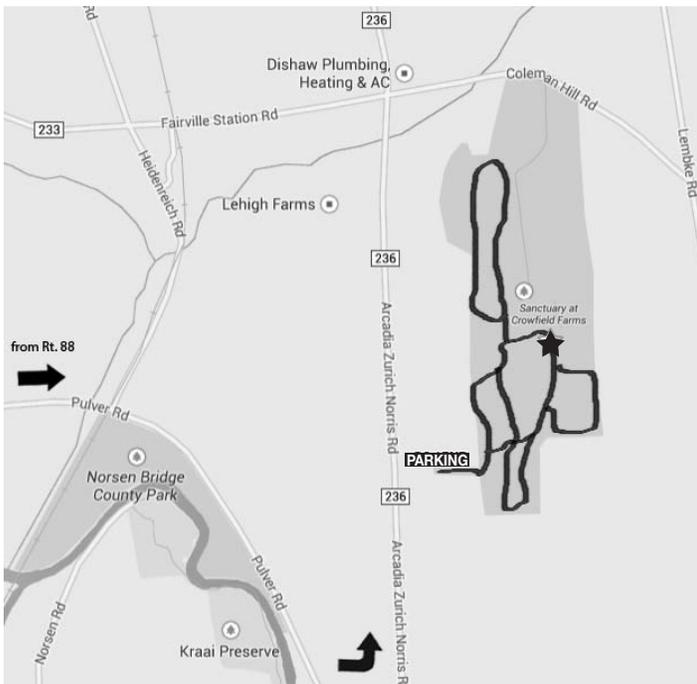
Hiking Time /Distance: 2.2 miles.

Difficulty: Easy. This trail is on an old railroad grade.

Features: The Galen Trail is part of the 712-acre Galen Wildlife Management Area (WMA) and terminates at the Clyde River, which is forever tied to the historic Erie Canal. Galen Marsh, known locally as the Marengo Swamp, is also located within this WMA.

MAKE TRAIL MARKER RUBBING HERE

Sanctuary at Crowfield Farm



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★ Sanctuary at Crowfield Farm

Location: Sanctuary at Crowfield Farm is located just off Route 88 north of Newark. From Route 88 turn east onto Pulver Road, turn north on Arcadia Zurich Norris Road. Sanctuary at Crowfield Farm is located 1/2 mile on the east.

Hiking Time /Distance: 1.6 miles of trails.

Difficulty: All trails are easy to moderate.

Features: Nature trails wind through different types of ecosystems, which include a wetland, a meadow, and a beautiful deciduous hardwood forest. Signage for species identification is located along sections of the trails. So, enjoy your hike and keep your eyes open for songbirds, mammals, wildflowers, and other signs of Mother Nature.

MAKE TRAIL MARKER RUBBING HERE

Third Creek



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★ Third Creek

Location: Third Creek is located in the Town of Huron, north of Ridge Road between Shaker Tract Road and Route 14. From Route 104 turn north on Brick Schoolhouse Road (Shaker Heights sign). Continue across Ridge Road. Parking is available at Southeast Entrance and North Entrance at the mouth of Third Creek on Sodus Bay. See map for details.

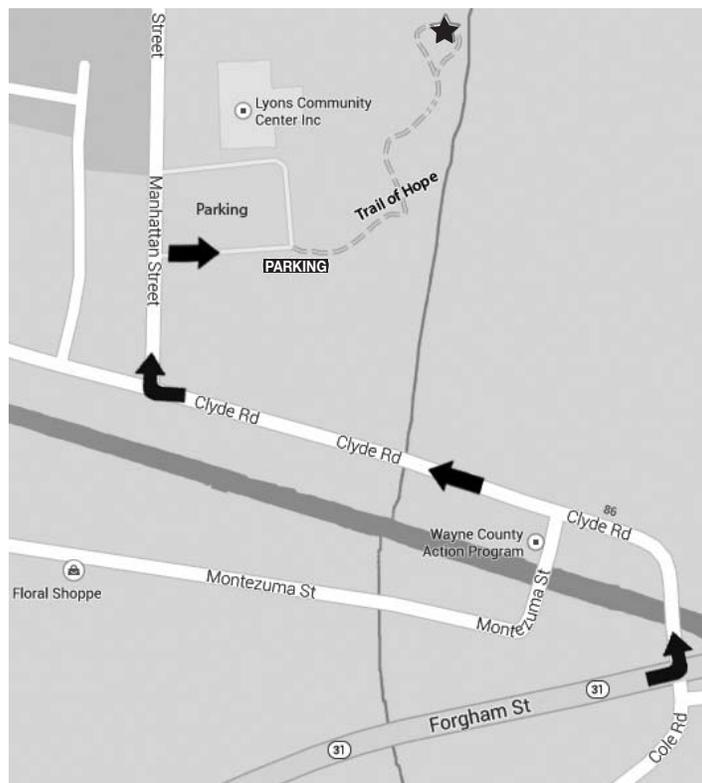
Hiking Time /Distance: Southeast Trail is approximately 2+ miles long round trip, 1½ hours. North Trail is approximately 3+ miles round trip, 2 hours.

Difficulty: Easy to moderate, following rugged logging trails with elevation changes. Some shallow water hazards during wet periods.

Features: The Third Creek land on the south shore of Sodus Bay offers over 500 acres including: mature woodlands, secondary growth, fields, wetlands, and water access to Third Creek, a major tributary to Sodus Bay. The creek itself meanders through the center of the property bordered by bluffs. Sightings of several rare, endangered plants and animals are possible. Spring and fall are exciting for bird watching and raptor identification, including bald eagles. This is truly a wilderness property that feels like the Adirondacks!

MAKE TRAIL MARKER RUBBING HERE

Trail of Hope, Lyons



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★ Trail of Hope, Lyons

Location: Parking is at the Lyons Community Center near Lyons High School on Manhattan Street.

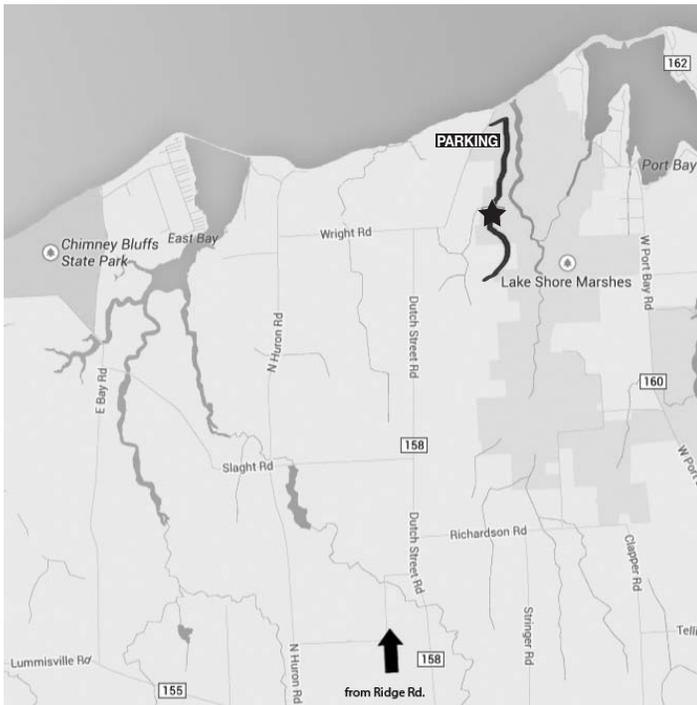
Hiking Time /Distance: 0.3 miles of trails, but time can vary with interest areas.

Difficulty: Easy.

Features: This Forever Wild For Everyone Trail is wheelchair accessible. It is also honored with the Erie Canalway Award of Excellence, Honorable Mention and PTNY Out-of-the-Box Award. The trail meanders through planned theme gardens and into a natural wooded area where native plants dominate. A viewing platform overlooks Black Brook. A covered bridge invites you to explore the special features among which are a willow tunnel, a Conifer Cove, a Therapeutic Pond and Waterfalls, and the “Native Way.” Birds and butterflies have found new homes at the Trail of Hope. “It’s more than a garden, it’s a healing experience!” Future plans are to connect this trail by a spur to the Erie Canal Trail as it passes through Lyons.

MAKE TRAIL MARKER RUBBING HERE

Whistlewood



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★ Whistlewood

Location: Parking lot is at the end of Dutch Street Rd. in Huron, NY. From Rt. 104, Turn North on Lasher Rd. which will become Dutch Street Rd. after crossing Old Ridge Rd.

Hiking Time /Distance: There is an extensive trail system offering hikes of varying distances.

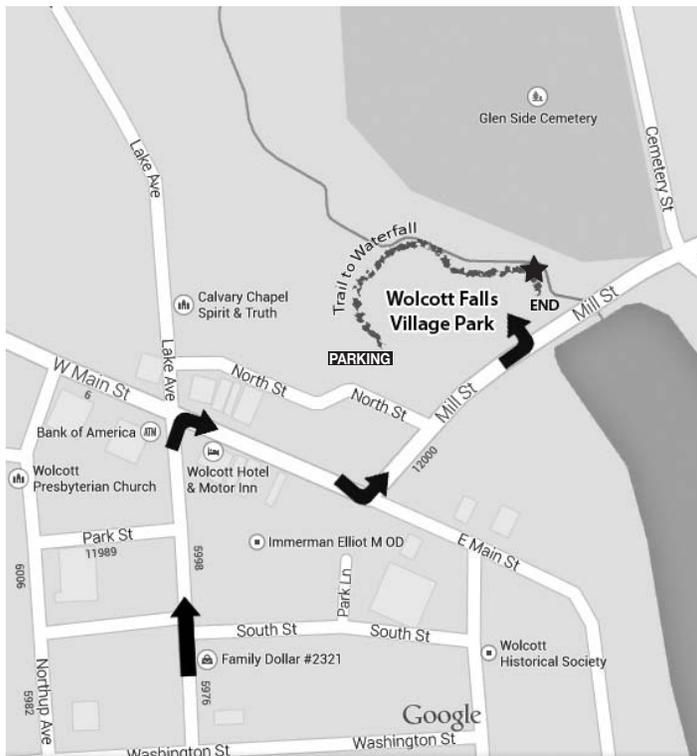
Difficulty: Moderate. Rain/ice causes the first section of the trail to become slippery; use caution.

Features: Whistlewood is a former Girl Scout Camp that is now part of the NYS Lakeshore Marshes Wildlife Management Area and managed by the New York State DEC. From the top of the hill, views of Beaver Creek and Lake Ontario are spectacular.

Note: Seasonal Hunting is allowed on the property, so hikers should use caution and avoid during hunting season.

MAKE TRAIL MARKER RUBBING HERE

Wolcott Falls Hiking Trail



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★ Wolcott Falls Hiking Trail

Location: From Route 104 in Wolcott, head north on Whiskey Hill Road. Entering the Village of Wolcott, Whiskey Hill Road becomes New Hartford Street. The first traffic light is located by the iconic “Venus Rising from the Sea” fountain, turn right onto East Main Street. Turn left onto Mill Street. Wolcott Falls Park will be on your left. To find the hiking trail to Wolcott Falls, park and then walk past the pavilion and playground. On the far side of the park and in the wooded area, look for an opening. This is the start of a trail which descends and curves back towards the glen and waterfalls.

Hiking Time /Distance: 0.4 miles round trip @ 10 minutes.

Difficulty: Moderate. Rain/ice causes the first section of the trail to become slippery; use caution.

Features: Wolcott Falls has an attractive 50 foot drop, free-falling in a wide ribbon for half its length and then tumbling down steep shale the rest of the way. Wolcott Falls is lit at night with white light. About 20 feet from the parking area there exists a handicap-accessible observation deck from which to view the falls, as well as an informational kiosk highlighting the history of Wolcott and the falls itself.

MAKE TRAIL MARKER RUBBING HERE

Walking Tips

Dress in Layers – The weather and even your own body temperature can fluctuate as you walk or hike. Layering allows you to comfortably add or remove clothing as needed during your activity.

Stay Hydrated – If you plan to be active for an hour or less, plain water is typically the best option to keep you hydrated. If your activity will last for more than 1 hour (or the outside temperature is high) a sports drink, juice or milk provide important nutrients and electrolytes to prevent dehydration.

Pack a Snack – Keeping a healthy snack on hand is a good idea just in case your walk goes a little longer than planned. Snacks that travel well include an apple, banana, granola bar or a small snack bag filled with nuts, trail mix or pretzels.

Wear Sunscreen – Anytime you are out in the sun no matter what time of year it is, it is important to protect your skin by wearing sunscreen.

Bring a Buddy – Having someone to walk with makes the journey safer and more enjoyable.

Good luck on your journey to better health!

eat well live well™

Know Your Blood Pressure 

You can cut your risk of high blood pressure

Aim for at least 10,000 steps or 30 minutes of moderate physical activity each day. It's fine to break the 30 minutes or steps into smaller chunks throughout the day.

Healthy	Below 120/80
Pre-hypertension	120/80 to 139/89
High Blood Pressure	
Stage 1 hypertension	140/90 to 159/99
Stage 2 hypertension	160/100 or greater

Blood Pressure Fact

Every 20 point increase in the top blood pressure number doubles your risk of stroke or heart attack. Visit our pharmacy to use our blood pressure machines. Our pharmacists can help get you started, explain what the numbers mean and share tips on how Wegmans can help.