



*Wegmans*

**HIT THE  
TRAIL**

**PASSPORT**

**FOR A HEALTHIER,  
BETTER LIFE!**



*Discovering the  
Trails of  
Chautauqua County*

# Welcome to your healthier, better life!

Since 2005, Wegmans has partnered with town and city recreation programs and park conservancy groups to encourage folks to **take advantage of their community's town and county trails**. It's part of our commitment to helping our customers enjoy a healthier, better life through great food and healthy activity. Your **FREE Wegmans Hit The Trail Passport** will make getting active even more fun.

Your Wegmans Passport details the locations, terrain, and duration of various trails in your area. You're sure to find **trails that match your interest and activity level**. So, browse your passport, grab a buddy, and hit the trail for a healthier, better life!

## Here's how it works:

- Hit the trail with your passport.
- Rub trail markers to record your visits right in your passport.
- Drop off completed passports at The Chautauqua County Health Department for a chance to **WIN prizes!**



**Happy trails to you from your local Wegmans!**

## **What is life but one grand adventure!**

Chautauqua County is pleased to collaborate with Wegmans in promoting healthy lifestyles by encouraging residents and visitors to 'hit the trail' and enjoy the great outdoors.

Whether you hike, bike, cross-country ski or snowshoe, you'll enjoy the miles of beautiful terrain. Grab your friends and family and experience the natural beauty of Chautauqua County!

### **Instructions:**

- Look for trail markers like the one on the inside back cover of this booklet. They are mounted on posts on each trail. (Exact markers may vary.)
- Use a pencil or crayon to rub the trail name on the corresponding page of your passport.
- Complete 10 of the 22 trails listed in this passport and then turn the passport in to The Chautauqua County Health Department for a chance to WIN a \$250 Wegmans gift card! One gift card awarded annually for this Chautauqua County challenge!

**Scan for Instructional Video:**



### **Trails included in this challenge:**

- Earl Cardot Eastside Overland Trail
- Fred J. Cusimano Westside Overland Trail
- Chautauqua Rails To Trails

### **Questions?**

- Chautauqua Overland Trails website [www.hikechautauqua.com](http://www.hikechautauqua.com);  
email: [parks@chqgov.com](mailto:parks@chqgov.com)
- Chautauqua Rails to Trails website [www.chaurtt.org](http://www.chaurtt.org);  
email: [cr2t@chaurtt.org](mailto:cr2t@chaurtt.org)
- Chautauqua County Health Department website:  
[www.HealthyCHQ.com](http://www.HealthyCHQ.com) email: [CCHealth@chqgov.com](mailto:CCHealth@chqgov.com)

# COUNTY HIKE TRAILS RULES & REGULATIONS

County Trails include any designated pathways or areas of land which are under the supervision and control of the County of Chautauqua through the County Parks Commission. Certain Acts are Prohibited on County Trails:

- A. No person shall operate or store a motor vehicle upon any portion of the County trails at any time.
- B. No person shall ride on horseback or operate any horse drawn sleigh, wagon or similar conveyance on any County trail.
- C. No person shall camp for a period exceeding twenty-four (24) hours at any designated camp area on or adjoining any County trail. Camping shall be confined to designated areas only. Foregoing provisions shall not be applicable to State owned lands.
- D. No person shall ignite or maintain any fire on or adjoining a County trail, except at areas designated for campfires. Foregoing provisions shall not be applicable to State owned lands. No person shall leave any fire unattended.
- E. Trespassing on private lands adjoining County trails is prohibited.
- F. No person shall deposit, discard or dump any garbage, refuse trash, litter or rubbish on or alongside any location other than at sites or in containers provided for such deposits.
- G. No person shall injure, deface, disturb or befoul any part of a County trail or building, sign, equipment or other property found thereon, nor shall any tree, flower, fern, shrub, rock or other plant or mineral be removed, injured or destroyed.
- H. No person shall use threatening, abusive or insulting language, perform any obscene or indecent act, throw stones or other missiles, interfere with, obstruct or render dangerous any trail, do any act tending to or amounting to a breach of the peace.
- I. Every person shall comply with the reasonable demand, direction or order of any authorized person; every person shall comply with directions or signs controlling use of County Trails





# NY STATE REFORESTATION RULES AND REGULATIONS

The Chautauqua County Overland Trails make extensive use of rights-of-way passing through NY State forests. In these areas, NYS Department of Environmental Conservation Rules and Regulations compliment and append County Hiking Trails Rules & Regulations.

- A. Areas used for temporary camping on state lands must be kept in a neat, clean and sanitary condition. Garbage and refuse must be removed
- B. Camping is prohibited within 150 feet of any road, trail, spring, stream, pond or other body of water except at camping areas designated by the DEC.
- C. No person may pollute in any manner, nor deposit waste material of any kind in or on department waters.
- D. Temporary camping in one location for four nights or more is prohibited except under permit. No temporary camping permit will be issued to any person for a period in excess of 14 consecutive nights and such permit may not be renewed or a new permit issued to the person for the same location in the same calendar year.
- E. Temporary camping is restricted in certain posted areas and no person may camp on such areas without a permit.
- F. Upon termination of camping all equipment and supplies must be removed from the State land. The storage of personal property on State land is prohibited.
- G. No temporary camping permits will be issued to individuals under 18 years of age.
- H. No group of 10 or more individuals may camp on state lands at any time except under permit.
- I. No fires are permitted except for cooking, warmth or smudge. No fire shall be lit until all flammable material has been removed from the perimeter as is necessary to prevent its spread. No fires shall be left unattended until extinguished.
- J. No wood except from dead and down trees shall be used for fuel.



HIKECHAUTAUQUA.COM

PARKS@CO.CHAUTAUQUA.NY.US

Chautauqua  
COUNTY, NY



## 2 TRAILS. INFINITE ADVENTURE.

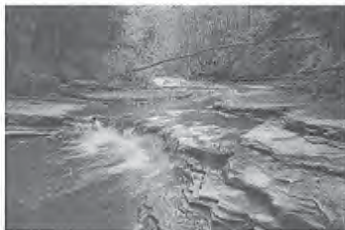
Head over to the Westside and explore 24 miles of diverse reforestation areas or go east to journey along 19 miles of heavily wooded forests and soothing prairies. The choice for adventure is yours.

Chautauqua County's most expansive trail system spans more than 40 miles in all, traveling through multiple state forests, and quiet, historic small towns. We encourage people of all ages to enjoy the unique experiences readily available at every turn. Trek through the 6 state forests on the Westside or learn about the impact the Eastern Continental Divide and wind farms have on our environment on the Eastside! Collectively, the Overland Trails offer a great experience to get out and learn of the diverse habitats, wildlife, and forests right here in Chautauqua County!

<https://hikechautauqua.com/>



## GO WILD FOR A WHILE



## Earl Cardot Eastside Overland Trail



19 MILES



3 STATE FORESTS



9.5 HOURS

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### SHOW ME THE WAY!

Earl Cardot was born, raised and lived his life in the hills of the Town of Arkwright. At 29 years of age, Earl was elected Town Supervisor, a position he held for 36 years. While on the County Board of Supervisors, he served as Chairman of the Forestry Committee. He was instrumental in establishing many forest plantations on Reforestation Properties.

Earl's knowledge of the forests is legendary. After the Board of Supervisors established the Parks Commission, he was appointed as the Supervisors member. Cardot remained a member into the year 2000.

This trail winds through towering forests he helped to establish. It is only fitting that it is named in honor of Earl Cardot.

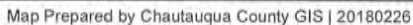
The Earl Cardot Eastside Overland Trail extends from the Twenty Eighth Creek Road in the Town of Gerry and proceeds northerly for 19 miles to the Canadaway Creek in the Town of Arkwright.

The trail passes through New York State Reforestation areas and the Canadaway Creek Wildlife Management Area, Chautauqua County lands, County and Municipal roadside rights of way and private property.

Parking is available near or adjoining the trail at various road crossings. The trails are well marked. Adirondack lean-tos, latrines, fire pits and tables are at campsites along the trail. Hiking, skiing, snowshoeing, and mountain biking are permitted on the trail. While you are hiking, keep a look out for our trail markers to make sure you're on the right path and learn about some of the unique destinations, wildlife, forests, and more!

Without the cooperation of landowners, NY State and hosting municipalities, this trail would not be possible. Use the trail with respect and carry out everything you bring in.







## Eastside Segment 1

Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: A, F, I

Sector	Miles (segment)	Miles (cumulative)
A – F	2.95	2.95
F – I	2.15	5.10

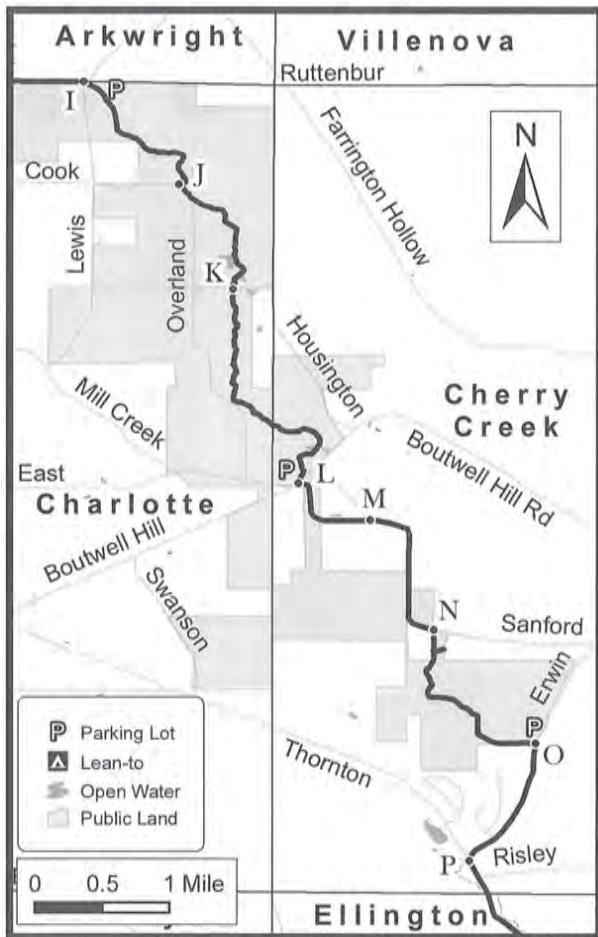
Make Trail Marker Rubbing Here

Make Trail Marker Rubbing Here

Make Trail Marker Rubbing Here

"Nature is not a place to visit. It is home."

Gary Snyder



Map prepared by Chautauqua County GIS | 20180305

## Eastside Segment 2

Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: L, P

Sector	Miles (segment)	Miles (cumulative from A)
I – L	3.55	8.65
L – P	3.75	12.40

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“I go to nature to be soothed and healed, and to have my senses put in order,” John Burroughs





Map prepared by Chautauque County GIS | 20180305

### Eastside Segment 3

Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: U, V

Sector	Miles (segment)	Miles (cumulative from A)
P – U	4.95	17.35
U – V	1.55	18.85

Make Trail Marker Rubbing Here

Make Trail Marker Rubbing Here

“Between every two pines there is a doorway  
to a new world.” John Muir

## Fred J. Cusimano Westside Overland Trail



24 MILES



6 STATE FORESTS



12 HOURS

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### SHOW ME THE WAY!

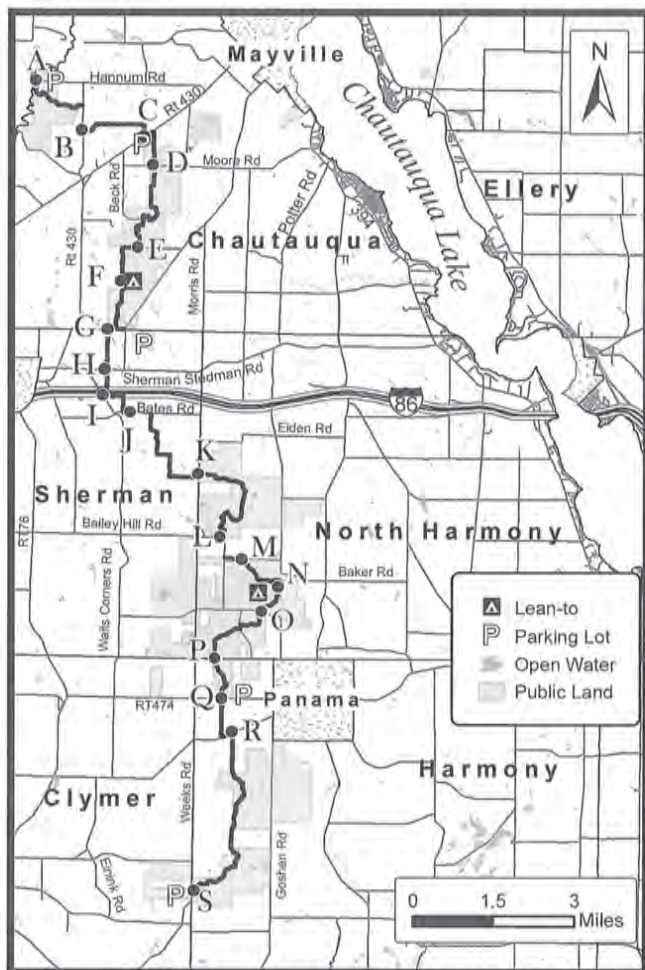
Mr. Fred Cusimano is regarded as the "father" of the Chautauqua County Park System and served as Inaugural Chairman of the Chautauqua County Parks Commission.

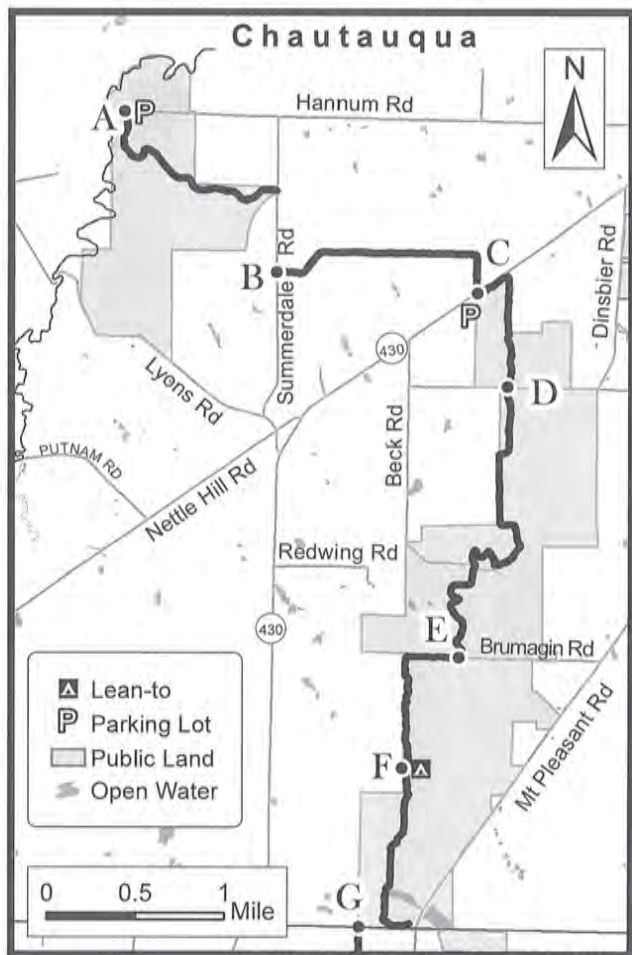
The Fred J. Cusimano Westside Overland Trail extends 24 miles from the Brokenstraw State Forest near the Pennsylvania state line in the Town of Harmony to the south side of the Chautauqua Gorge in the Town of Chautauqua. The Brokenstraw State Forest supports a large diversity of aquatic life including the Eastern Hellbender. This aquatic salamander is North America's largest salamander species and can grow over 2 feet in length!

Chautauqua County sits between the Mississippi and Great Lakes watershed, also known as the Eastern Continental Divide. All the water from Chautauqua Creek running through the gorge will flow into Lake Erie, then Lake Ontario, and eventually into the St. Lawrence River and Northern Atlantic Ocean. Any water running through the creeks in Mount Pleasant State Forest flows into Chautauqua Lake, through a few smaller creeks and rivers eventually making its way into the Allegheny River. From there the Allegheny eventually meets the Ohio River, then the Mississippi where it drains into the Gulf of Mexico.

The trail passes through New York State Reforestation areas and the Canadaway Creek Wildlife Management Area, Chautauqua County lands, County and Municipal roadside rights of way and private property. Parking is available near or adjoining the trail at various road crossings. The trails are well marked. Adirondack lean-tos, latrines, fire pits and tables are at campsites along the trail. Hiking, skiing, snowshoeing, and mountain biking are permitted on the trail. Without the cooperation of landowners, NY State and hosting municipalities, this trail would not be possible. Use the trail with respect and carry out everything you bring in.







Map prepared by Chautauqua County GIS | 20180305

## Westside Segment 1

Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: A, C, G

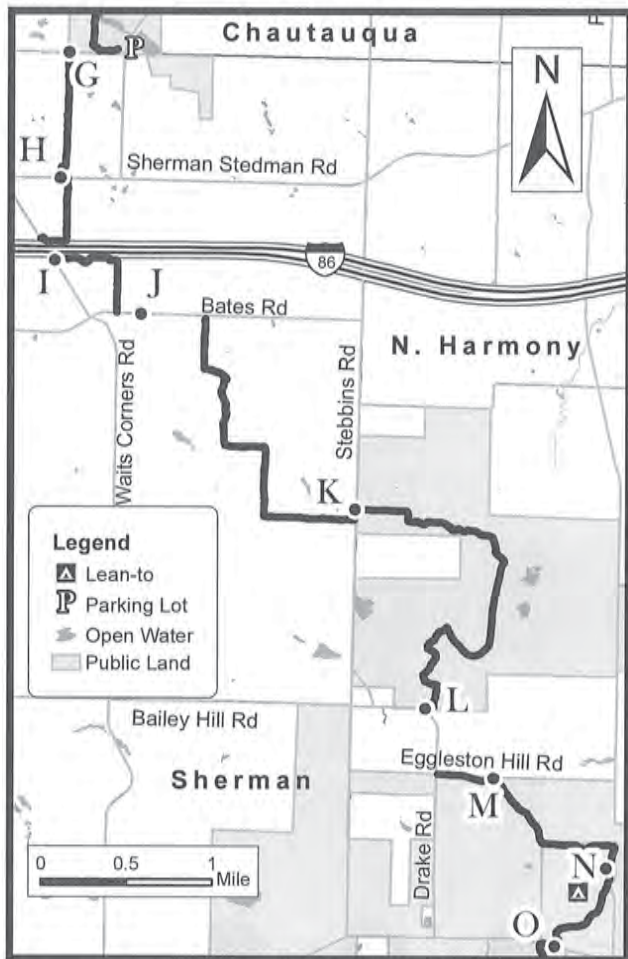
Sector	Miles (segment)	Miles (cumulative)
A – C	2.96	2.96
C – G	4.65	7.61

Trail Marker-Bulldog Hole

Trail Marker-Bulldog Hole

Trail Marker-Bulldog Hole

“Of all the paths you take in life, make sure  
a few of them are dirt.” John Muir



## Westside Segment 2

Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: K, O

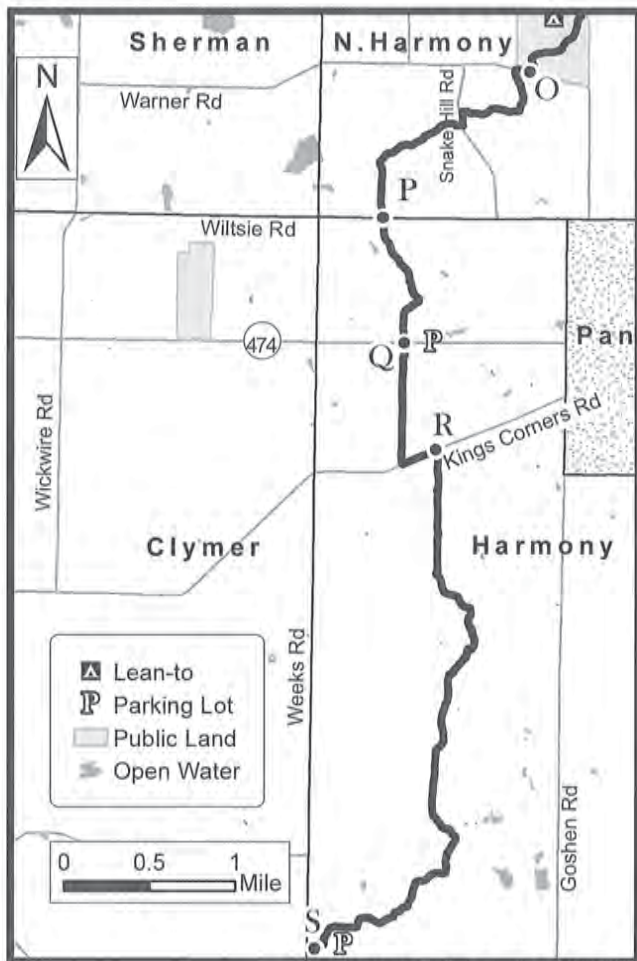
Sector	Miles (segment)	Miles (cumulative from A)
G – K	4.94	12.55
K – O	4.54	17.09

Mike Trail Marker #110069 (K)

Mike Trail Marker #110069 (K)

“Look deep into nature and you will  
understand everything better.” Albert Einstein





### Westside Segment 3

Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: Q, S

Sector	Miles (segment)	Miles (cumulative from A)
Q – R	3.17	20.26
R – S	3.71	23.97

Make Trail Marker Building Here

Make Trail Marker Building Here

“Walking is man’s best medicine.” Hippocrates



# Take a Hike!

Chautauqua Rails to Trails (CR2T) is a nonprofit corporation whose reason for existence is to acquire, develop and maintain multipurpose recreational trails for public use on or near abandoned railroad rights of way. CR2T provides safe, attractive trails for non-motorized trail users. The trails wind through wetlands, pine forests, hardwood forests, pastures and vineyards. Observing and learning about nature, about the history of the area, and getting healthy physical exercise is what trail users can expect.

Chautauqua County is blessed with beautiful unused rail corridors winding through picturesque countryside and villages. In an era preceding paved roads and mechanically reliable cars and trucks, railroads were essential for transportation and for moving agricultural and manufactured goods and supplies through rural areas. In recent decades, railroads have abandoned most of their lines serving rural areas. CR2T is preserving these abandoned rail corridors for conversion into safe off-road trails for recreational use: walking, running, hiking, bicycling, cross country skiing, bird watching (over 170 species identified) and horseback riding. These trails provide public access through scenic woodlands, wetlands and flowering meadows, offering trail users opportunities to observe the plants, animals and birds found in areas otherwise remote from highways and roads. The trails are available for outdoor recreational activities and environmental study for the public at large and for group outings sponsored by schools, scouts, churches and service organizations.

<https://chaurtt.org/>





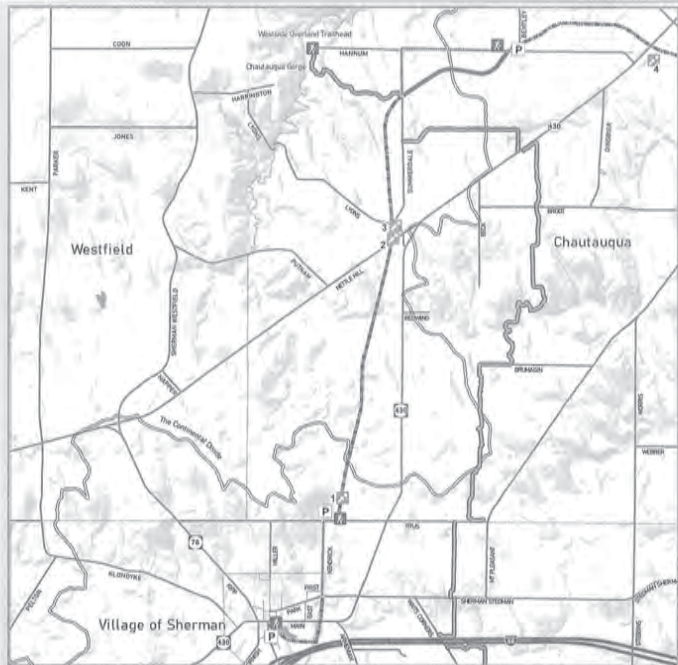
chautauqua rails to trails

## trail rules

- Trails are open dawn to dusk.
- Please stay on trail and respect adjacent landowners.
- No unauthorized motor vehicles.
- No hunting or use of firearms.
- No overnight camping.
- No open fires.
- Dogs must be leashed.
- Leave no trash; carry out everything carried in.
- Skiers and bicyclists keep right; give warning to pass.
- Bicyclists should wear helmets.

P.O. BOX 151 • MAYVILLE, NEW YORK • 14757

“You’re off to great places, today is your day. Your mountain is waiting, so get on your way.” Dr. Seuss



### Trails

- Not Permitted
- Rails to Trails
- Portage Trail
- Follows Road
- Westside Overland Trail
- Points of Interest
- Trailhead
- Parking

0 0.5 1 2 Miles

#	Points of Interest
1	Wetland and Prime Birding Location
2	Pusher Engines from Brocton
3	Ghost Town
4	Iron Rods on Side of Trail

### Sherman Area Map



## SHERMAN AREA TRAILS

### **The Rosie Billquist Trail (0.9 miles)**

*Rosie was a notoriously kind and beautiful woman who was an avid runner, cyclist, and seeker of joy and adventure. Rosie's life was tragically cut short in 2017 after a hunting accident.*



Begins at the Village Park (entrance on Rt 76 (Franklin Street), just before it intersects with Rt 430 (East Main Street)) and runs through wetlands and pasture to the rail bed on the East side of the Village. There is parking at the Village Park.

Taking the trail from downtown Sherman, you will be on the trail to the east of the Village of Sherman; the trail ends at Park St. Turn left on Park, and take the first right on to Kendrick Rd. Follow Kendrick until it comes to a 'T' (about a mile); turn right and go about 200 yards. The Sheldon Trailhead is on your left.

A Hit the Trail Passport marker with a raised emblem is located about ¼ mile from the parking area, on the *10.5 miles from Mayville* mile marker post.

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*Make Time for your hiking time*

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In a world where you can be anything, be kind.

## The Ralph C. Sheldon Jr. Trail (4.2 miles)

*This segment of the rail trail was purchased with funds received from the Ralph C Sheldon Foundation. Ralph C Sheldon and his family were investors in a company which created one of the early versions of photographic paper, and later sold the business to the Eastman Kodak Company for stock. After the stock's appreciation, Ralph C Sheldon became a banker, civic leader, and owner of the Jamestown Newspaper Corporation.*

Begins at Titus Road and runs northward to Summerdale Road, passing through woodlands and wetlands that offer habitat suitable for beavers and migrating waterfowl. Parking is available at Titus Road.

After about 4.2 miles, the trail meets Summerdale Rd and stops. To continue to the next section of trail, turn left on Summerdale Rd, and follow it about 0.45 miles until it comes to a 'T'. Turn right onto Hannum Rd, and follow it for about a mile, until you see the trail begin again on your left. (If you get to Bentley Rd, you have missed the entrance. You can backtrack, or turn left onto Bentley Rd, go about 150 yards, and enter the trail on your right.) Parking is available on Summerdale Rd.



A Hit the Trail Passport marker with a raised emblem is located about 1 mile from the Titus Road Parking area on the 8.5 miles from Mayville mile marker post.

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State Trail Marker Funding from

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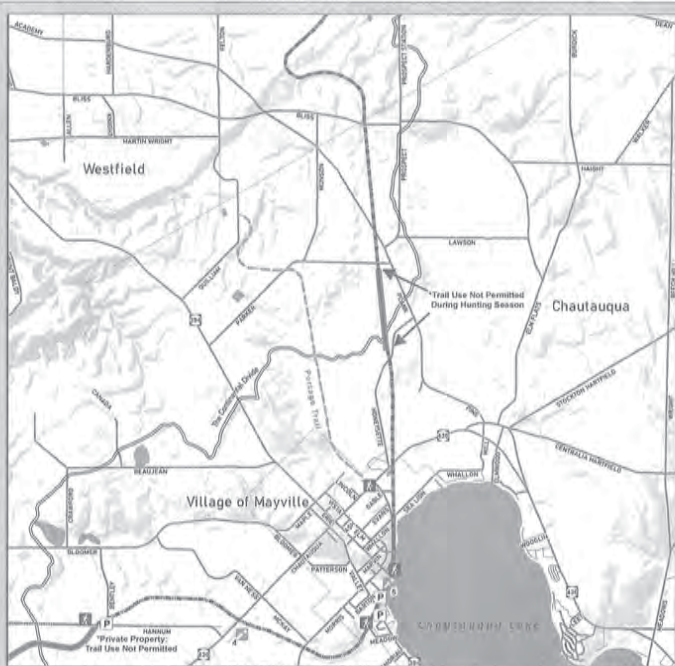
“Study nature, love nature, stay close to nature. It will never fail you.” Frank Lloyd Wright



## HIKE YOUR OWN HIKE







- Trails**
- Not Permitted During Hunting Season
  - Rails to Trails
  - Portage Trail
  - Fallow Road
  - Westside Overland Trail
  - Points of Interest
  - Trailhead
  - Parking



#	Points of Interest
4	Iron Roads on Side of Trail
5	Mayville Depot Museum

### Mayville Area Map



## MAYVILLE AREA TRAILS

### The Nancy B. Diggs Trail (1.5 miles)

*Nancy's husband donated funds needed to buy this section of the trail. He donated the funds in honor of Nancy.*



Begins at Hannum Road and runs northward past Bentley Road to State Route 430, passing through woodland, and offering first peeks at the agricultural diversity of the area. Parking is available at Bentley Road.

A Hit the Trail Passport marker with a raised emblem is located about 0.15 miles north of Rt 430 crossing, on the post that holds information about the last public hanging in NYS.

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**“After a day’s walk everything has twice its usual value.”** George Macauley Trevelyan

## The Nadine and Paul Webb Trail (1.7 mile)

*The Webb family, who run Webb's Year-Round Resort in Mayville, purchased this section of the old railbed and eased it to Chautauqua Rails to Trails as a recreational trail. The trail was named for Paul and Nadine Webb who began their business enterprise in 1942. The Webb family now runs a high-end restaurant, a candy shop, gift shop, hotel, and mini-golf course on the shore of Chautauqua Lake.*



Begins at State Route 430, passes through woodlands and farmland, and ends at the outskirts of Mayville (Chautauqua Lakefront area).

When you get to the Mayville area, you will cross a bridge into an open field leading to Rt 394. The trail crosses Rt 394, passes the docking site of The Chautauqua Belle (a sternwheeler steamboat), the old train depot, and proceeds on through the outskirts of the village. Parking is available at the Rt 394 crossing of the trail in Mayville, on both sides of Rt 394.

A Hit the Trail Passport marker with a raised emblem is located 0.75 miles west of Rt 394, on the *1 mile from Mayville* mile marker post.

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Snake Trail Marker (Hibbing area)

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“Me thinks that the moment my legs begin to move, my thoughts begin to flow.” Henry David Thoreau

## Village of Mayville Trail (1.5 miles)

*The Village of Mayville Trail is owned and maintained by the Village of Mayville. The trail was paved and upgraded in 2017 as a part of the Barcelona to Chautauqua Institution Multi-Use Trail Plan and offers beautiful views along the shore of Chautauqua Lake.*



Runs from the lakefront area by State Route 394 (Mayville Lakeside Park) to State Route 430 by the State Department of Transportation facility. This section of the trail is paved and handicapped accessible. There are parking and public restroom facilities available at the Community Center in Lakeside Park (April 1 – October 30, 9 AM – dusk.).

When the trail meets Rt 430, it continues across the road. The trail crosses Honeysette Road, Parker Road, and Plank Road where the Laurie Baer Trail begins. The section of trail between Honeysette and Parker Roads is not permitted for use during hunting season. During hunting season, to avoid this section of trail, take a right on Honeysette Road, travel 0.5 miles until you reach a T, then take a left on Plank Road. Travel 0.9 miles north past Parker and Prospect Station Roads to the Laurie Baer Trailhead.

A Hit the Trail Passport marker with a raised emblem is located 0.25 miles south of Rt 430 and 0.25 miles north of Sea Lion Drive, on the post for the Railroad Intersection Historical Marker

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Alaska Trail Pressing Publishing House

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“In every walk with nature, one receives far more than he seeks.” John Muir

## The Laurie A. Baer Trail (1.3 miles)

*Laurie Baer was killed in an airplane disaster near Pittsburgh. Her husband, Tom, was a friend of the trail and donated money to be used on this trail in her name.*

Begins at Plank Road on the right-of-way of the Niagara Mohawk Corp, passes north through woodlands, over a bridge, and ends at Bliss Road. Parking is available at Plank Road.



A Hit the Trail Passport marker with a raised emblem is located 0.3 miles north of Plank Road, on the post next to the bridge.

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Make Trail Marker Building Here

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"It's not the mountain we conquer, but  
ourselves." Sir Edmund Hillary



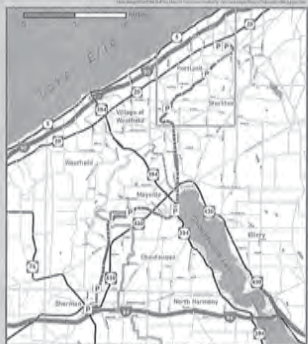
#### Trails

- Not Permitted During Hunting Season
- Rails to Trails
- Portage Trail
- Follens Road
- Westside Overland Trail
- Points of Interest
- Trailhead
- Parking

0 0.5 1 2 Miles

#	Points of Interest
1	1875 Christmas Eve Train Wreck
7	Lake Erie Overlook
8	Lewisman Overlook Park

#### Brocton Area Map





## **BROCTON AREA TRAILS**

### **The Alison Wells Ney Trail (9.8 miles)**

*Alison loved nature. As a child, when the family was hiking, she was always the first to spot a newborn fawn well hidden in the crook of a tree root. She would have loved the peaceful trail that we picked with animals, as well as beautiful birds (including warblers), often seen. The view of the lake on parts of this trail is also something she would have loved. The Alison Wells Ney trail and others in the Rails to Trails System put aside lovely lands for public use, for all to enjoy, and this is something Alison would have been very happy about. She is missed every day.*

Begins at Bliss Road and gently descends the Lake Erie Escarpment, running north to Prospect Road and ultimately to Thayer Road, offering views of Lake Erie. Parking is available at Prospect Road/Prospect Station, Wolebon Rd, and Thayer Road.



The trail crosses Prospect, Finley, Woleben, Thayer, and Colt Roads and comes to a stop at Ellicott Road. After crossing Colt Road, travel about 0.7 miles, then follow the signs that point you down an old driveway to

Ellicott Road. Take a right onto Ellicott Road, travel one mile, almost to Route 380, then take a left onto the Brocton Area Recreational Trail.

A Hit the Trail Passport marker with a raised emblem is located 0.2 miles south of Fish Road, on the *Christmas Eve Hike* post, at the site of the train crash at Prospect Station.

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Make Trail Marker Rubbing Here

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**“In all things of nature there is something of the marvelous.”** Aristotle

## The Brocton Area Recreational Trail (1.5 miles)

*A New York State Healthy Heart grant and a grant from NYS Senator Pat McGee allowed for the development and subsequent paving of a half mile of this trail. The trail offers residents a beautiful shady area to recreate.*

Passes through the Village of Brocton on Ellicott Road, crosses Webster and Highland Roads, and ends at Route 20, offering views of local vineyards. The segment from Highland to School Street (behind the Brocton High School) is paved, and is part of the Alison Wells Ney Trail. Parking is available at Ellicott Road, Highland Road, and the Brocton School.



A Hit the Trail Passport marker with a raised emblem is located 0.2 miles west of Highland Avenue, on the bench by the vineyard.

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Make Trail Marker Rubbing Here

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“A journey of a thousand miles begins with a single step.” Lao-Tzu





## POINTS OF INTEREST

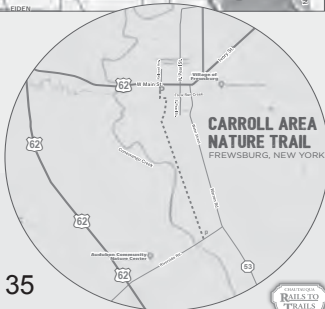
- 1 Lake Erie vista (north side of trail about 1/2 way between Woleben Road crossing and Finley Road crossing; not precise spot)
- 2 1872 Christmas Eve trainwreck memorial
- 3 Lighthouse Depot/Museum, Chautauque Belle steamboat landing, Mayville Park, Dog park, Boxcar Barney's Ice Cream Shop
- 4 Chautauque Gorge access via Westside Overland Trail
- 5 Wetland bird habitat

## TRAILS

- Westside Overland Trail
- Continental Divide
- Rails to Trails
- Follows Road
- Closed Hunting Season Oct., Nov. Dec.

- P Ample Parking
- p Limited OR Seasonal Parking
- Trailheads with Shelters

0 0.5 1 2 3 4 Miles



35



## Carroll Area Nature Trail (2.0 miles)



Since the early '90s, Chautauqua Rails to Trails has owned the two-mile railbed strip of property that runs from Riverside Road (near the Audubon Community Nature Center) to the area behind 129 North Main Street (Lobb's Auto Service Center in the heart of Frewsburg). The decision to launch into an effort to make the old rail bed in this southeast corner of Chautauqua County into a viable recreational trail began in 2018 and came to fruition on October 29, 2022. The grand opening ceremony was held at 11 A.M. on that Saturday.

In the three years preceding, Jim Fincher laid the groundwork for the 2022 completion by slogging through the challenges of grant-writing, and by fulfilling the painstaking requirements of the Department of Environmental Conservation, including its Historic Preservation Department. He was aided by Chautauqua Rails to Trails vice president, John McCune. It was board member Thom Wright who volunteered his services of overseeing the physical conversion from railbed to recreational trail. This involved overcoming the challenges of flooding from beaver dams, culverts in need of repair, fallen trees, discarded tires, and very rough terrain. A contractor was hired who ditched, placed drainpipes, and smoothed the old railroad bed. We also replaced the deck on the bridge over Frew Creek. With the COVID-19 pandemic slowing things down, we at last received the permit from the U.S. Army Corps of Engineers to go ahead with the project. A contractor was hired to add gravel to an old farm road running through the wetland.

Many, but not all, of the finishing touches are underway for the "CAN" Trail: signs, parking spaces, benches, tire removal, and mowing are significant challenges that remain. As with other imperfect places on the Chautauqua Rails to Trails network, it is a work-in-progress, and we look forward to teaming with the supportive citizens of the Town of Carroll in maintaining and improving the trail.

"We don't inherit the earth from our ancestors, we borrow it from our children." --Native American proverb

## Ten Essential Hiking Tips

Hiking is an excellent low-impact workout. Studies show it offers multiple physical and mental benefits. From reducing anxiety to preventing osteoporosis, hiking is an outdoor activity delivering benefits beyond scenic and fun.

Unlike walking on a treadmill or paved path, hiking involves more, sometimes unpredictable, variables. Of course, these variables are part of what makes it so enjoyable! Use the following hiking tips to make your treks successful:

### 1. Start small and choose the right trail for your fitness level.

Select a hike a little shorter than the distance you can normally walk on a level or paved surface. To estimate the time required to hike the trail, figure a pace of roughly 2-miles per hour. After you've been out once or twice, you'll have a sense for what distance and elevation changes work well for you.

### 2. Familiarize yourself with the trail.

Once you have selected a trail, obtain a map of the area and review reports and data. Find out if the trail is a loop, or if you'll have to backtrack or spot a second car. Take note of any intersecting trails where you could potentially make a wrong turn. You might want to look for a good lunch spot such as a lake or peak with a view.



### 3. Check the weather.

Leading up to your hike, and again a few hours before, check the weather. This will give you valuable information on how to dress and what to pack. If the weather is forecast to be awful, it will give you the chance to change plans instead of getting surprised on the trail.

### 4. Tell someone where you will be.

It's important that someone not on the hike knows the itinerary and what time to worry and call for help. Note I didn't say, "when you expect to be done." The "worry time" may be several hours later than your planned finish to allow for slow hiking, amazing views, or perhaps a sore ankle causing a delay.

Another option is to carry an emergency device such as the SPOT tracker, which allows you to summon emergency assistance by satellite. One caveat, devices like the SPOT are not an excuse to shirk responsibility for your own personal safety - they are a backup.

### 5. Pack the 10 essentials.

The 10 essentials have gradually shifted from a list of items to a list of systems. These are the systems you should pack to stay safe in the outdoors, including facing a potential overnight. Depending on the length and remoteness of your hike, expand or minimize each system.

#### Ten Essential Systems

Navigation (map & compass)

Sun protection (sunglasses & sunscreen)

Insulation (extra clothing)

Illumination  
(headlamp/flashlight)

First-aid supplies

Fire (waterproof  
matches/ferret/candle)

Repair kit and tools

Nutrition (extra food)

Hydration (extra water)

Emergency shelter (tent/plastic tube tent/garbage bag)



This list may look daunting, but once you tailor it to your hike, it won't be so bad. Many of these things are what you'd pack for a picnic.

#### **6. Wear the right shoes and socks.**

Painful feet can ruin a hike. Invest in quality hiking shoes and socks. This doesn't mean heavy leather boots, there are a lot of "light hikers" available that require little break-in compared to old hiking boots. Also, don't skimp on socks and for goodness sake....no cotton! Wool or synthetic socks are the way to go. Also pack blister dressings just in case.

#### **7. Dress for success.**

Once your feet are taken care of, dressing right is key to comfort on your hike. Skip cotton anything, it gets damp and stays that way leaving you feeling clammy and causing chafing. Instead go for synthetics. To easily adjust for your temperature and the weather, wear layers that you can add or shed as needed. Lastly, pack an extra warm layer beyond what you think you'll need, preferably something that will block wind too.

#### **8. Keep it light.**

Okay, now that you've been advised to pack all of this stuff, keep your pack light. This means opting for the lightest of each item. For example, a travel size tube of sunscreen instead of the NoAd 16-ounce tube you found on sale.

#### **9. Pace yourself.**

When you first get on the trail, you may feel like powering forward like a hero. However, you'll be a zero by the end of the day if you don't pace yourself. Instead, pick a pace you can maintain all day. It might feel a little awkward at first, but after a few miles, especially uphill, you'll be glad you saved your energy.

#### **10. Leave no trace.**

The beautiful trails we love will only stay beautiful if we care for them. Take time to read the Leave No Trace Seven Principles ( <https://lnt.org/why/7-principles/> ) and follow them. It's up to every outdoor enthusiast to take care of our natural spaces.



Adapted from Hiking For Beginners: 10 Essential Tips By Erica Wiggins; @Active\_Explorer; May 26, 2015; liftopia.The Blog

# **LEAVE ONLY FOOTPRINTS**



# Here's how to record trail visits in your Wegmans *Hit the Trail* Passport!

- Look for trail markers like the one illustrated below. They are mounted on posts on each trail. (Exact markers may vary.)
- Use a pencil or crayon to rub the trail name on the corresponding page of your passport.
- When you complete the designated numbers of trails, turn in your passport to The Chautauqua County Health Department for a chance to **WIN prizes!** (Complete details are on page 1.)



**This passport belongs to:**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/email \_\_\_\_\_

# Helping create healthier, better neighborhoods

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