



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;
email: parks@chqgov.com
- Chautauqua Rails to Trails website www.chaurtt.org;
email: cr2t@chaurtt.org
- Chautauqua County Health Department website:
www.HealthyCHQ.com email: CCHealth@chqgov.com



Map Prepared by Chautauque County GIS | 20180226



OVERLAND TRAILS

**2 TRAILS,
INFINITE
ADVENTURE**



The Overland Trails offer more than 40 miles of scenic routes through forests, prairies, and historic small towns across Chautauqua County. With unique experiences on both the Eastside and Westside, there's an adventure for everyone.

Explore six state forests, discover diverse habitats and wildlife, and learn about features like the Eastern Continental Divide and local wind farms. Get outside, stay active, and create your own adventure on the Overland Trails!

Earl Cardot Eastside Overland Trail



19 MILES



3 STATE FORESTS



9.5 HOURS

The Earl Cardot Eastside Overland Trail stretches 19 miles from the Town of Gerry to the Town of Arkwright, winding through state forests, wildlife management areas, county lands, and scenic countryside. Named in honor of Earl Cardot, whose dedication helped shape Chautauqua County's forests and trail system, this trail showcases the natural beauty of the region.

Parking is available at several road crossings, and the well-marked trail features campsites with Adirondack lean-tos, fire pits, tables, and latrines. Hiking, mountain biking, snowshoeing, and cross-country skiing are welcome. Watch for trail markers along the way to stay on course and learn about the area's forests, wildlife, and unique features.

Please help protect this trail by respecting the land and carrying out everything you bring in.



Eastside Segment 1

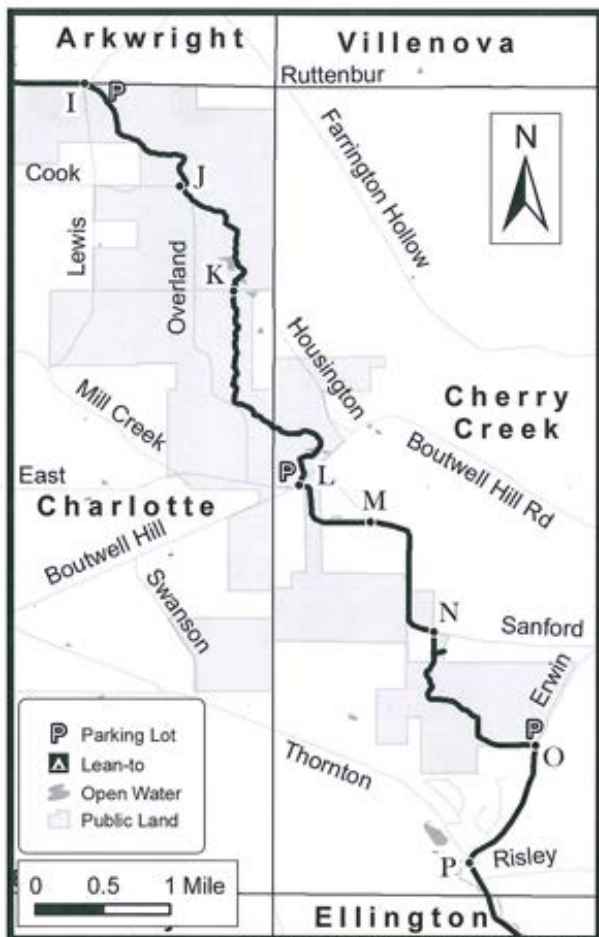
Hit the Trail Passport markers with raised emblems are located at access points for the trail sections indicated: A, F, I

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

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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)
I - L	3.55	8.65
L - P	3.75	12.40

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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)
P - U	4.95	17.35
U - V	1.55	18.85

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Fred J. Cusimano Westside Overland Trail



24 MILES



6 STATE FORESTS



12 HOURS

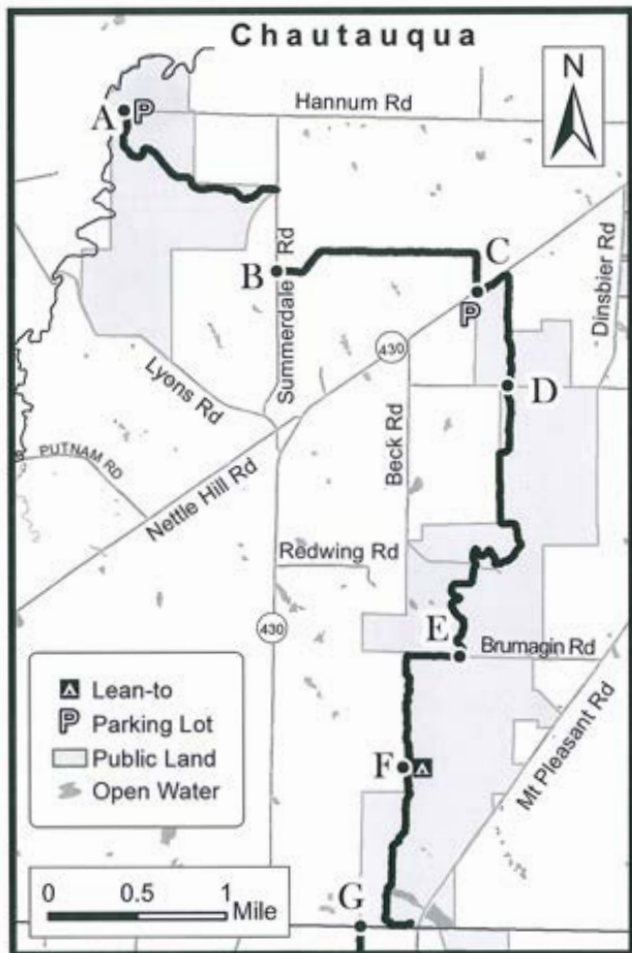
The Fred J. Cusimano Westside Overland Trail stretches 24 miles from Brokenstraw State Forest near the Pennsylvania border to Chautauqua Gorge. Named for Fred J. Cusimano, the “father” of the Chautauqua County Park System, the trail travels through state forests, county lands, wildlife areas, and scenic landscapes.

Along the way, discover unique features like the Eastern Continental Divide, where water flows to either the Great Lakes and Atlantic Ocean or the Mississippi River and Gulf of Mexico. The trail is also home to diverse wildlife, including the Eastern Hellbender, North America's largest salamander.

Parking is available at several road crossings, and the well-marked trail includes campsites with Adirondack lean-tos, fire pits, tables, and latrines. Hiking, mountain biking, snowshoeing, and cross-country skiing are welcome. Watch for trail markers to stay on course and learn more about the area's natural and historic features.

Please respect the trail, its landowners, and the environment by carrying out everything you bring in.





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

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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)
G - K	4.94	12.55
K - O	4.54	17.09

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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)
O - R	3.17	20.26
R - S	3.71	23.97

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Take a Hike!



Chautauqua Rails to Trails is a volunteer-led organization that has transformed nearly 30 miles of former railroad corridors into scenic, shared-use trails. Travel through vineyards, forests, farmland, wetlands, and lakeside landscapes while enjoying views of Lake Erie and Chautauqua Lake.

The trails are ideal for walking, hiking, running, bicycling, cross-country skiing, snowshoeing, horseback riding, birdwatching, and snowmobiling. Most trail surfaces are dirt and cinders, making mountain, hybrid, or fat bikes the best choice. Please remember that motor vehicles, ATVs, golf carts, firearms, and camping are not permitted.

Follow Chautauqua Rails to Trails on Facebook or Instagram for trail updates and upcoming events.



Rules

For safety and maintenance reasons CR2T must have a few rules:

- Bicyclists should wear helmets
- Carry in – carry out. Leave no trash
- Pets welcome on leash only
- Please stay on trail and respect adjacent landowners' rights
- No ATV's – No motorcycles
- No hunting, camping or open fires on trails
- Slower trail users please keep right
- Faster trail users please give warning when passing
- Trails open dawn to dusk

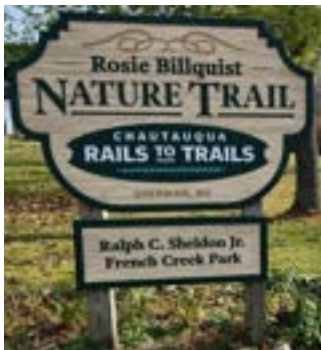
Sherman Area Trails

The Rosie Billquist Trail (0.9 miles)



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 railbed on the East side of the Village. Parking is available at the Village Park.

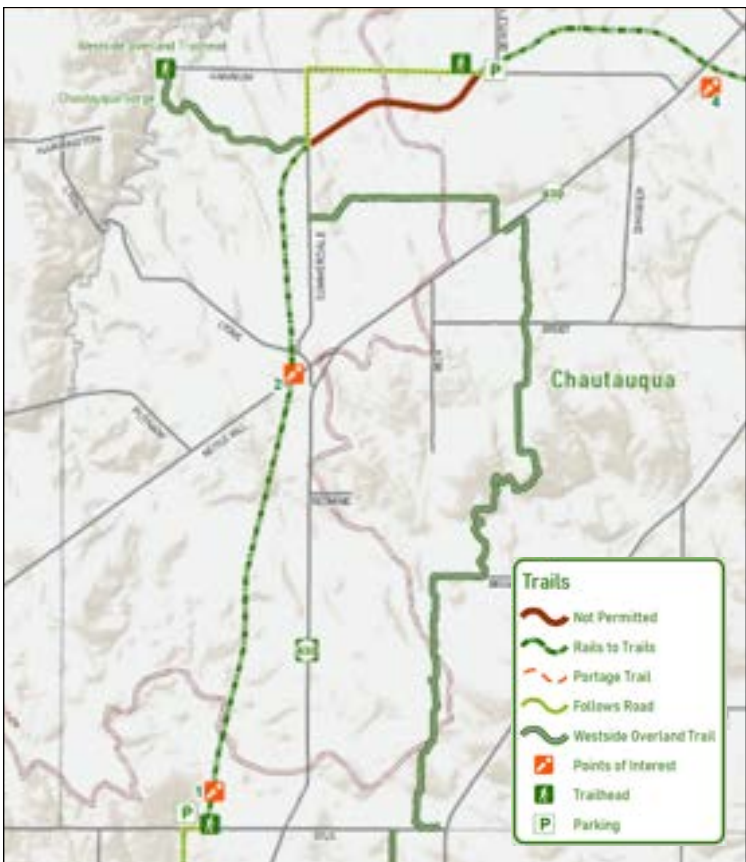
Taking the trail from downtown Sherman, you will be on the trail to the east of the Village of Sherman; the trail ends at Park St. Turn left on Park, and take the first right on to Kendrick Rd. Follow Kendrick until it comes to a 'T' (about a mile), turn right and go about 200 yards. The Sheldon Trailhead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

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

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Sherman Area Trails

The Ralph C. Sheldon Jr. Trail (4.3 miles)



The Ralph C. Sheldon Jr. Trail (4.3 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 Rd.

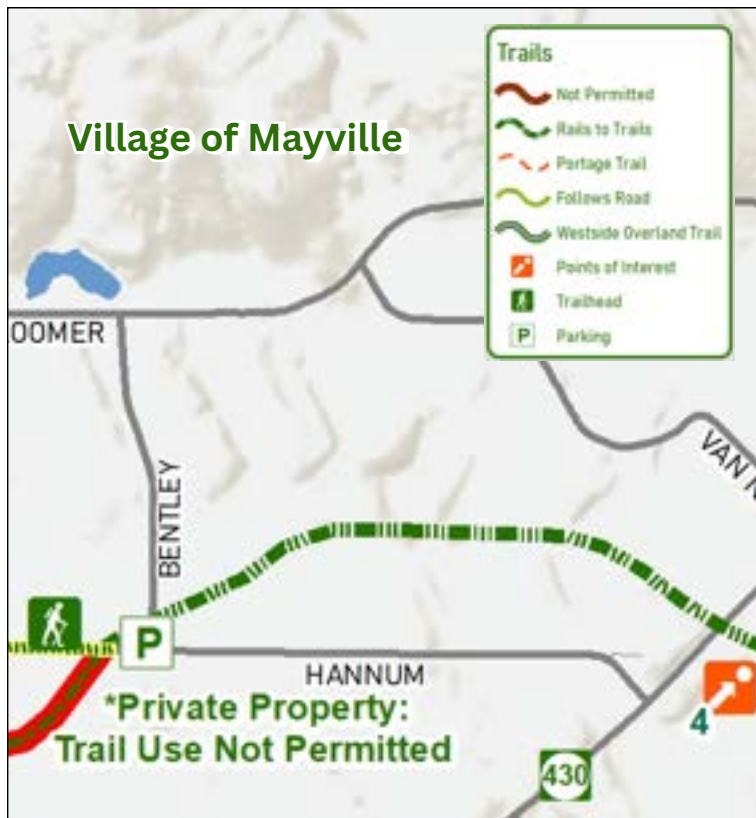
After about 4.2 miles, that trail meets Summerdale Rd and stops. To continue to the next section of trail, turn left on Summerdale Rd, and follow it about 0.45 miles until it comes to a 'T'. Turn right onto Hannum Rd, and follow it for about a mile, until you see the trail begin again on your left. (If 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 Rd Parking area on the 8.5 miles from Mayville mile marker post.

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Mayville Area Trails

The Nancy B. Diggs Trail (1.5 miles)



The Nancy B. Diggs Trail (1.5 miles)

Nancy's husband donated funds needed to buy this section of 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 Route 430 crossing, on the post that holds information about the last public hanging in New York State.

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Mayville Area Trails

The Nadine and Paul Webb Trail (1.7 mile)



The Nadine and Paul Webb Trail (1.7 mile)

The Webb family, who ran 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.



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 side 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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Mayville Area Trails

Village of Mayville Trail (1.5 miles)



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 the Route 394 (Mayville Lakeside Park) to 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.

When the trail meets Rt 430, it continues across the road and turns into The James “Jim” Fincher Trail Segment. The trail crosses Honeysette Rd, Parker Rd, and Plank Rd where the Laurie A. Baer Trail begins. The section of trail between Honeysette and Parker Roads is not permitted for use during hunting season.

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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Mayville Area Trails

The Laurie A. Baer Trail (1.3 miles)



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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Brocton Area Trails

The Alison Wells Ney Trail (9.8 miles)



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 the 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 Rd/Prospect Station, Wolebon Rd, and Thayer Rd.

The trail crosses Prospect, Finley, Woleben, Thayer, and Colt Roads and comes to a stop at Ellicott Rd. After crossing Colt Rd, travel about 0.7 miles, then follow the signs that point you down an old driveway to Ellicott Rd. Take a right onto Ellicott Rd, travel one mile, almost to Rt 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 Rd, on the Christmas Eve Hike post, at the site of the train crash at Prospect Station.

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Brocton Area Trails

The Brocton Area Recreational Trail (1.5 miles)



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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Carroll Area Nature Trail (2.0 miles)



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 Rd to the area behind 129 North Main Street. 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 trail is located between 129 West Main in Frewsburg and Riverside Road (near the Audubon Community Nature Center). Parking is available at the northern trailhead behind Lobb's Auto Service and at the southern trailhead off Riverside Road. This is the only Chautauqua Rails to Trails trail in the south county. The trail goes through wetlands, low marshy & stable forest, and features a 19th century railway bridge.

A Hit the Trail Passport marker with a raised emblem is located approximately halfway along the trail, about 1.0 mile from either trailhead.

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Hiking Basics

Hiking is a great way to enjoy the outdoors, stay active, and explore nature. Whether you're taking a short walk or spending the day on the trail, planning ahead helps ensure a safe and enjoyable adventure.



Before You Go

- Choose a trail that matches your experience level.
- Check the weather and trail conditions.
- Tell someone where you're going and when you plan to return.

What to Bring

Carry plenty of water, snacks, a map or GPS, a small first aid kit, sunscreen, and extra layers. Wear comfortable shoes and clothing appropriate for the weather.

Trail Tips

- Stay on marked trails.
- Respect wildlife—observe from a distance and never feed animals.
- Pack out everything you bring in.
- Be courteous to other trail users.

Start with shorter, easier hikes and build your confidence over time. Most importantly, have fun and enjoy everything Chautauqua County's trails have to offer!

Scan the QR code to learn more about hiking safety, gear, trail etiquette, and planning your next adventure.



Smoothie Starters

Smoothies are a great way to fuel and hydrate! A convenient and tasty way to get nutrients needed for activity, they are a great addition to your pre- or post-hike routine.

Build your own smoothie with 4 nourishing add-ins

1. Protein

provides amino acids to build and repair muscle

Try: Milk (cow or fortified soy), yogurt, kefir, protein powders

2. Carbohydrates

provide the main source of energy for your body and brain

Try: Bananas, mangos, oats, mixed fruit, 100% fruit juice

3. Antioxidants

support tissue repair and recovery

Try: Berries, greens, beets, acai powder

4. Healthy fats

help reduce inflammation caused by intense physical activity

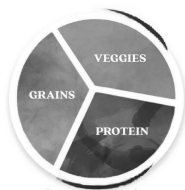
Try: Avocados, nut butters, chia, flax

Scan for recipes and additional resources



Balancing Your Plate

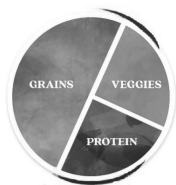
Feel your best on and off the trail by fueling up with a variety of foods to get the mix of nutrients your body needs. Start with these visual guides for building a balanced meal!



The Balanced Plate

No matter what meal you are enjoying always try to include at least three different food groups. It's the easiest way to get a variety of nutrients.

This is also a great post-hike plate to make sure you get carbohydrates to replace energy stores, protein for muscle repair, and antioxidants to support recovery.



The Pre-Hike Plate

Give a little more space to your grains (or starchy veggies or fruit) if you have a meal a few hours before you hit the trail. These foods give your body carbohydrates which get turned into glucose and used for energy.

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

Wegmans

