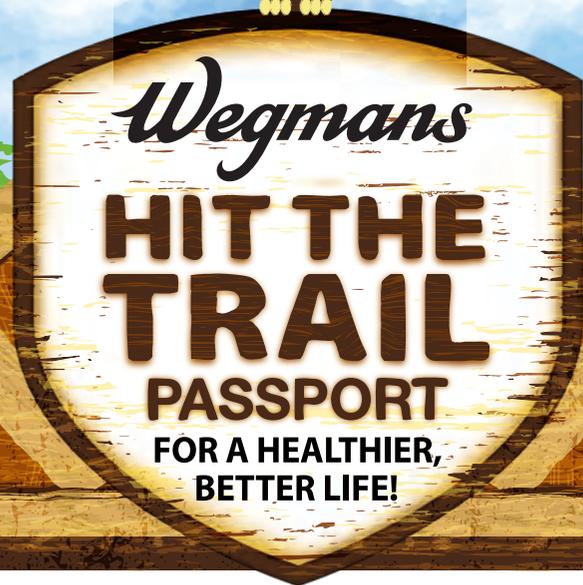
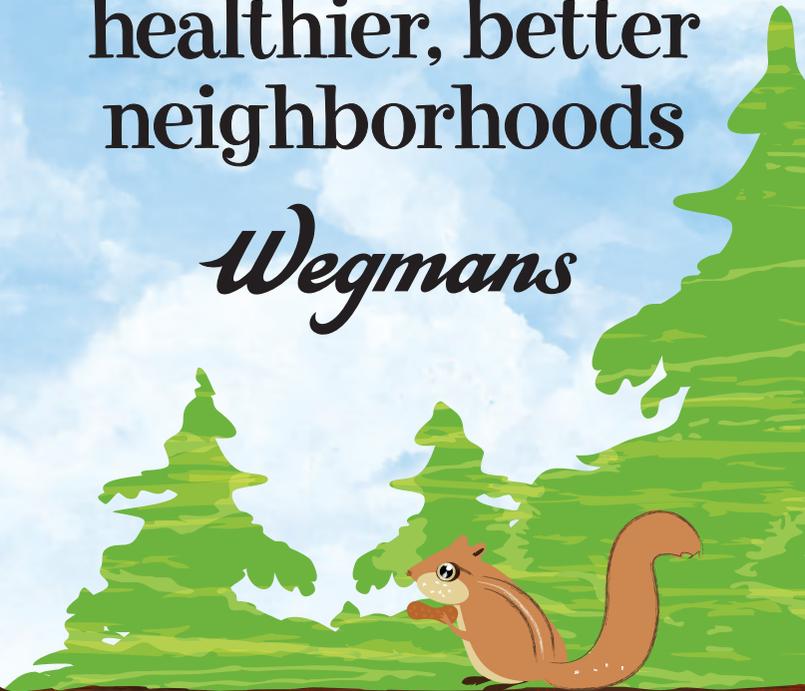


Helping create
healthier, better
neighborhoods

Wegmans



EXPLORE THE TRAILS!

Welcome to the Broome County Wegmans Hit the Trail Passport

This booklet describes nine trails within Broome County. The County offers a variety of locations for outdoor exercising: running, walking, bike riding, boating, X-country skiing and rollerblading. Have fun sampling the suggested routes in the passport and join the millions who have made outdoor activity a part of their healthy lifestyles.

Enjoy visiting the wilderness areas, streams and wetlands. Broome County Parks also offers camping, beaches, swimming, picnic facilities and playgrounds. We are very proud of our parks and trails. This Passport is designed to help you discover what's available right in our community.

As you traverse each trail, record your visit in your Wegmans Hit the Trail Passport by using a pencil or crayon to make a rubbing of the designated marker. If you are unable to locate the designated markers you can also take a selfie at each park after you walk the trail and send photos to bcparks@broomecounty.us Complete four trails to receive a Wegmans reusable bag. Complete eight trails and be entered to win the Grand Prize:

\$250.00 Wegmans gift card and a free shelter rental at Otsiningo Park in Binghamton for a picnic with your friends. You do not have to complete your trail visits in one year to be eligible. Please submit completed passports to Broome County Parks and Recreation Department by July 31st to be entered into the drawing for August. The winner of the \$250 gift card will be chosen every year in early August.

Reusable Bags and entries for the Grand Prize after completing trails can be picked up at the main park's office: Broome County Parks, Fifth Floor, Broome County Office Building, 60 Hawley Street, Binghamton, NY. We hope this encourages you to get moving more and to enjoy all the area has to offer.

Please observe posted regulations on all trails. Be sure to bring water, insect repellent, and first aid equipment, wear appropriate clothing and footwear, and notify a relative or friend of your plan.

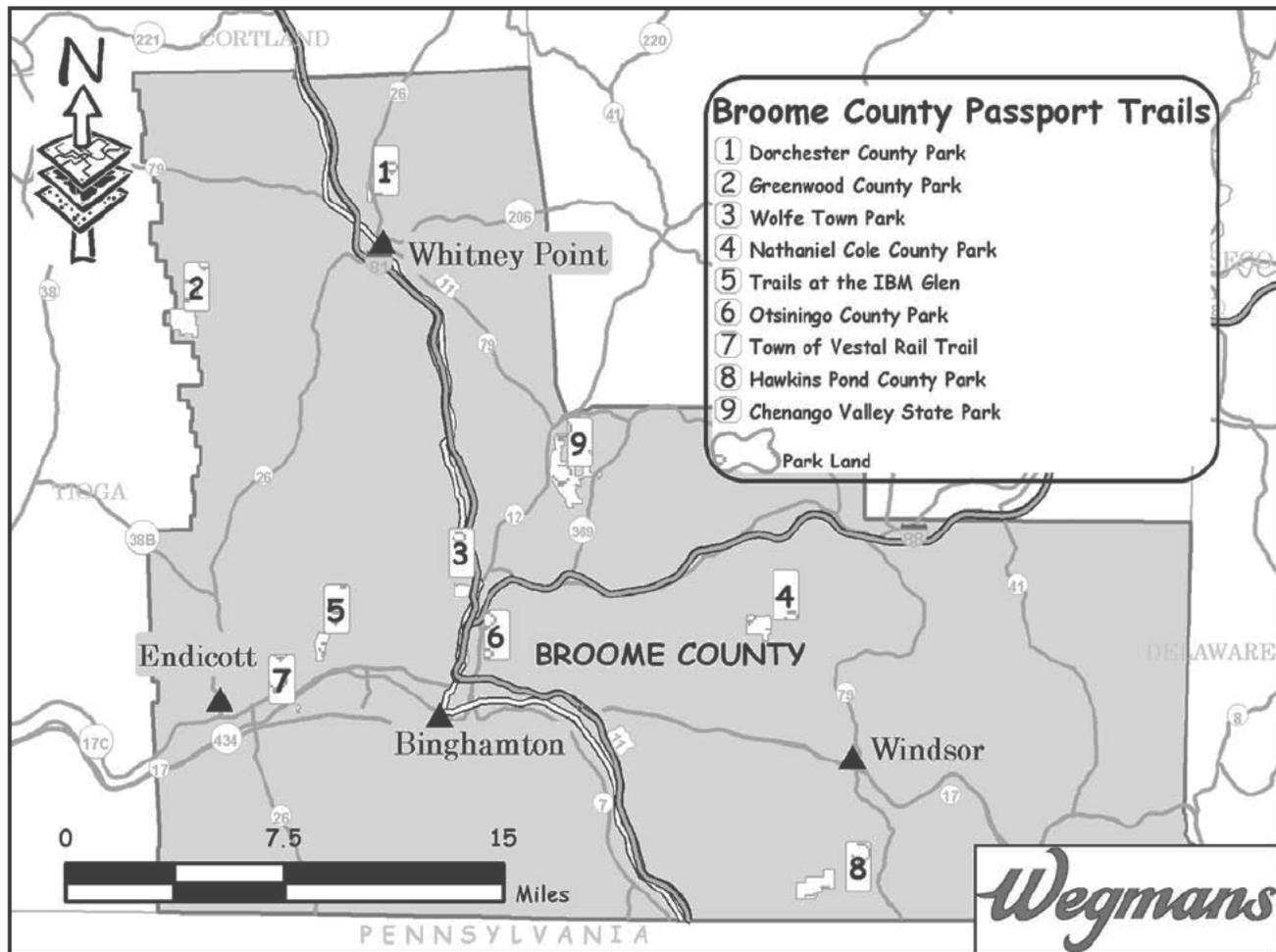
Broome County Park and Recreation is a regionally based parks and recreation system serving a population of over 200,000 people. Broome County Parks and Recreation provides diverse, year-round recreational opportunities to Broome County residents. Annually, over 2 million visitors enjoy

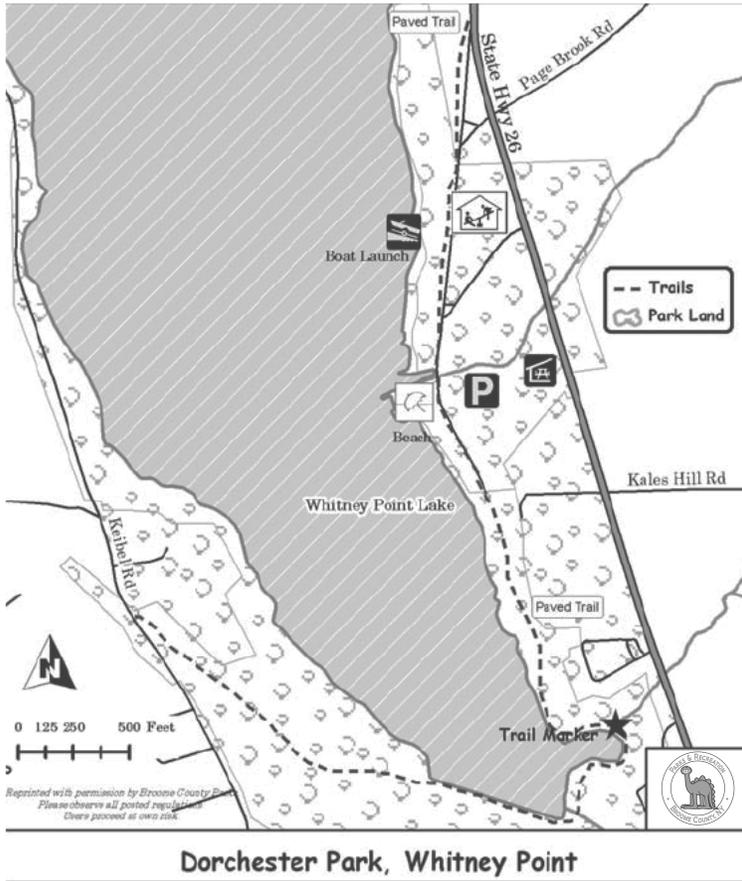
beaches, picnic areas and picnic shelters, play structures, a family campground, boating, miles of trails for walking, biking or cross-country skiing, and much more.

For more information, visit

www.gobroomecounty.com/parks or 607-778-2193

Broome County Parks, Recreation, and Youth
Services





1) Dorchester Park

Location: From NYS Route 26/206 in Whitney Point, drive North on Route 26 for approximately 2 miles. Park is on left.

Hiking Time: One hour or more.

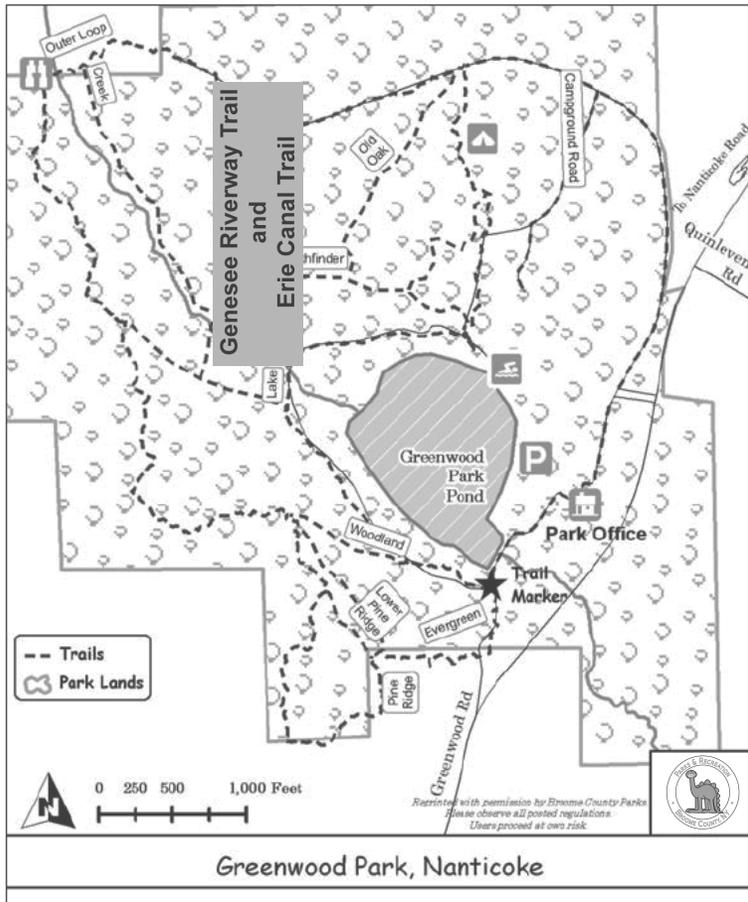
Difficulty: Easy, flat paved path.

Length: 2 miles, one way.

Features: Wheelchair & Stroller accessible. Whitney Point lake is a popular fishing spot. Wide path makes running, walking, bike riding or rollerblading easy. Boat launch, beach, and picnic areas.



MAKE TRAIL MARKER RUBBING HERE



2) Greenwood Park

Location: From County Road 21 in Nanticoke, drive 2 miles North. Take a left on County Road 9 (Greenwood Road). Drive approximately 1 mile; park is on right.

Hiking Time: Up to 5 hours.

Difficulty: Easy (Lake, Woodland trails) to difficult (Pine ridge).

Length: 6.5 miles.

Features: Secluded park provides a closeby wilderness experience. Mixed hardwood and pine plantation forests, streams, and wetlands are abundant. Many hiking trails double as groomed X-country ski trails. Park also has a public campground, beach, picnic facilities, and playgrounds.



MAKE TRAIL MARKER RUBBING HERE



3) Wolfe Park

Location: From US Route 11 (Upper Front St.) in Nimmonsburg, turn west onto Fuller Road (Across from Lowe's Plaza). Follow to intersection with Dorman Road, and then take a right. Park entrance is on the left.

Hiking Time: Two hours or more.

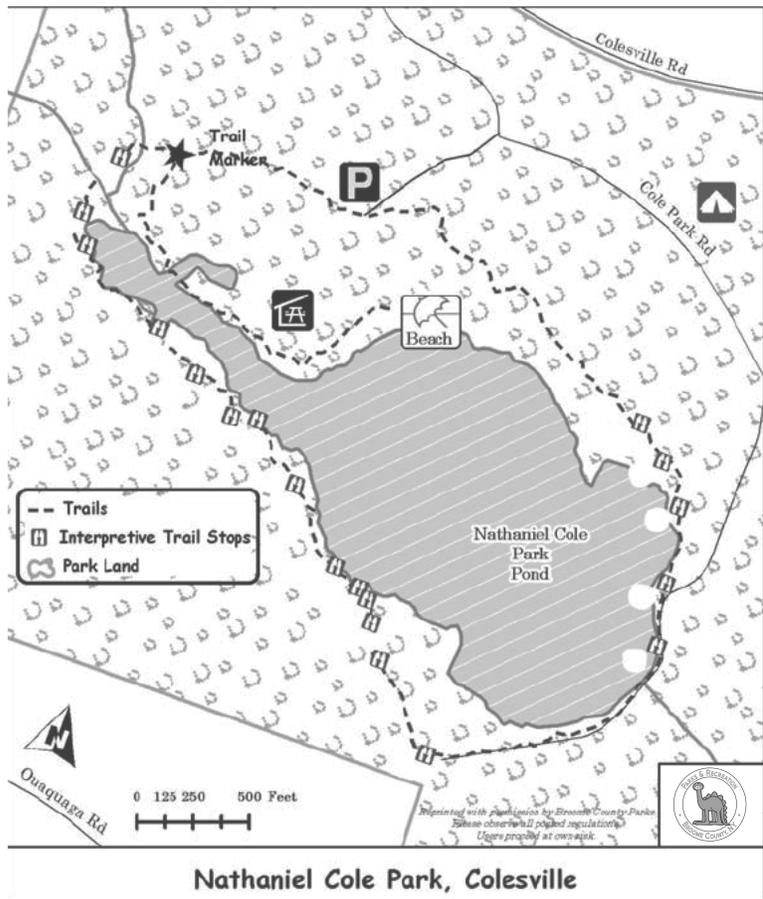
Difficulty: Moderate to difficult.

Length: Approximately 2 miles.

Features: A cascading stream and dense hardwood and hemlock forest offer solitude, minutes away from Upper Front Street. Excellent birding area at park entrance.



MAKE TRAIL MARKER RUBBING HERE



4) Nathaniel Cole Park

Location: From US Route 11 in Kirkwood, turn West on Colesville Road. Proceed for approximately 6 miles. Park is on the right.

Hiking Time: Up to two hours.

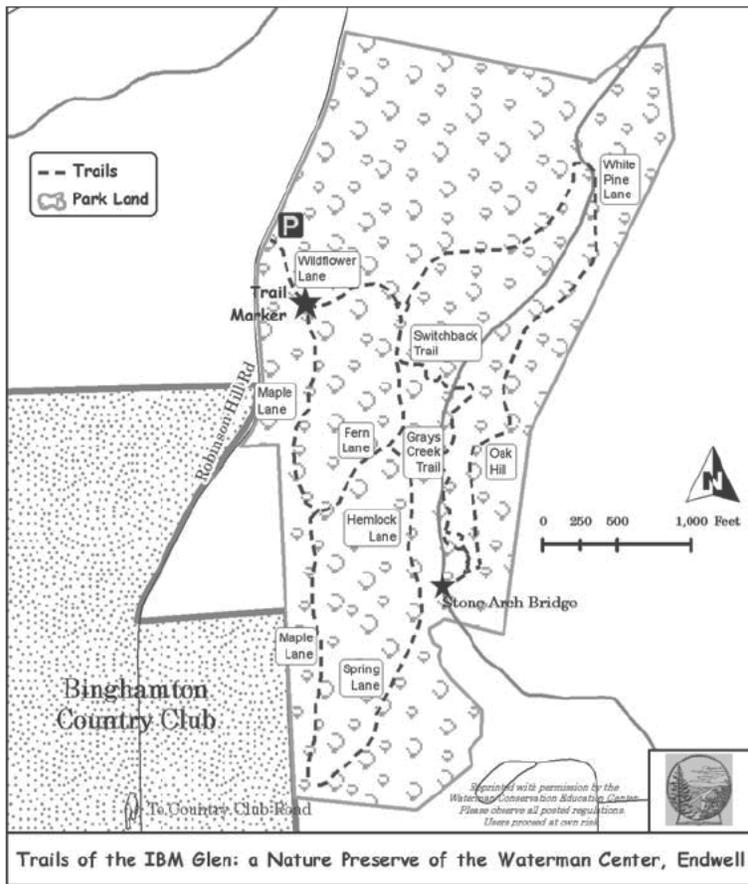
Difficulty: Moderate.

Length: 1.25 miles.

Features: Secluded pond with abundant wildlife, amenities in the summer. Trail follows shoreline wooded with hemlock and birch and traverses several small streams. Interpretive stations (numbered on the map) are scattered throughout the trail; the informational pamphlet with station descriptions can be obtained at the trailhead.



MAKE TRAIL MARKER RUBBING HERE



5) Fred L. Waterman Trails at IBM Glen

Location: From NY Route 17C in Endwell, turn North on Hooper Road. Make a right onto Country Club Road and a left onto Robinson Hill Road. The parking lot is approximately 1.2 miles up Robinson Hill Road on the right, across from the Golf Course.

Hiking Time: Up to three hours.

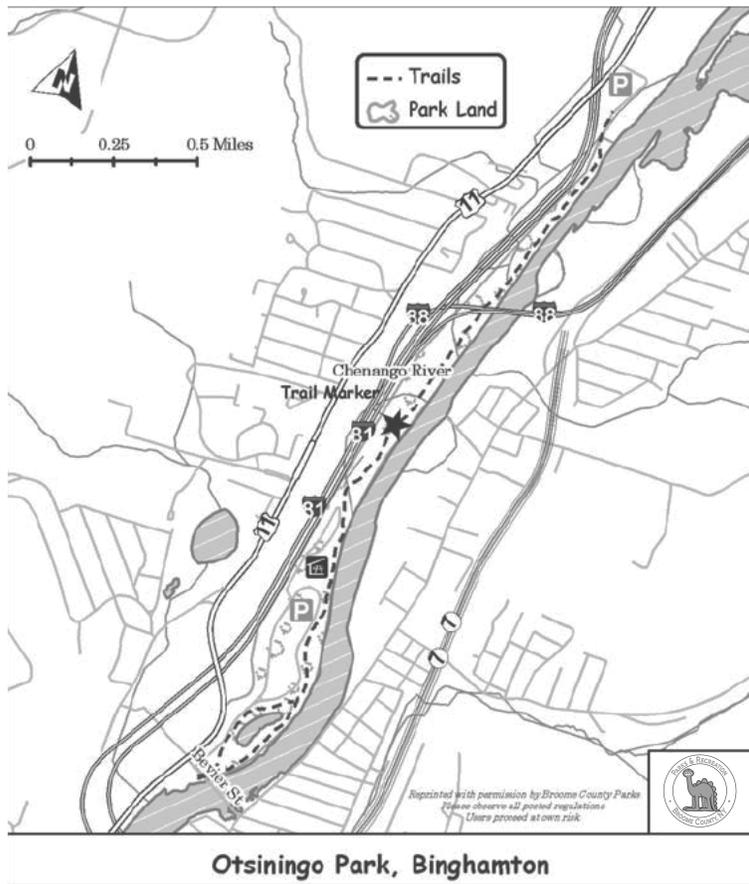
Difficulty: Moderate to Difficult, but trails are paved.

Length: 3.5 miles.

Features: Old-growth white pine and Eastern hemlock, a cascading stream and glen, open meadows, and a stone arch bridge. The Waterman Center offers seasonal interpretive programs.



MAKE TRAIL MARKER RUBBING HERE



6) Otsiningo Park

Location: From Route 11 (Front Street) near the Route 81 & 86 exchange, turn onto Bevier Street with a quick left into Otsiningo Park. Follow park road to multiple parking areas throughout.

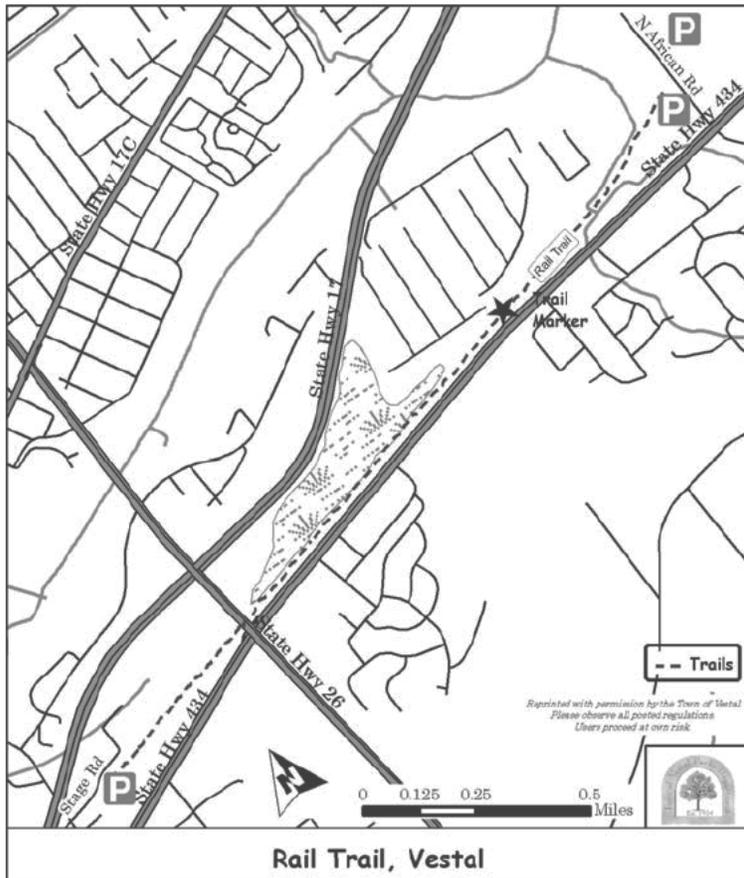
Hiking Time: One hour or more.

Difficulty: Mostly level sidewalks, some slight to moderate inclines.

Length: Variable, multiple trails offered. Approximately 3.5 miles one way.

Features: Park provides a refreshing interlude close to urban core. Bicycle and pedestrian paths are combined with picnic areas and athletic fields on a unique area of wooded riverbank along the Susquehanna River. Park includes picnic tables and grills, paved walking paths, soft-ball field, soccer field, sand volleyball court, bocce court, playground, and community gardens.

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7) Rail Trail

Location: Trail runs parallel to Route 434 (Vestal Parkway). You may park at either end of the trail. Northeast parking lot is off of North African Road; the south west parking lot is located with a turn on Stage Road off of North Main Street.

Hiking Time: One hour or more.

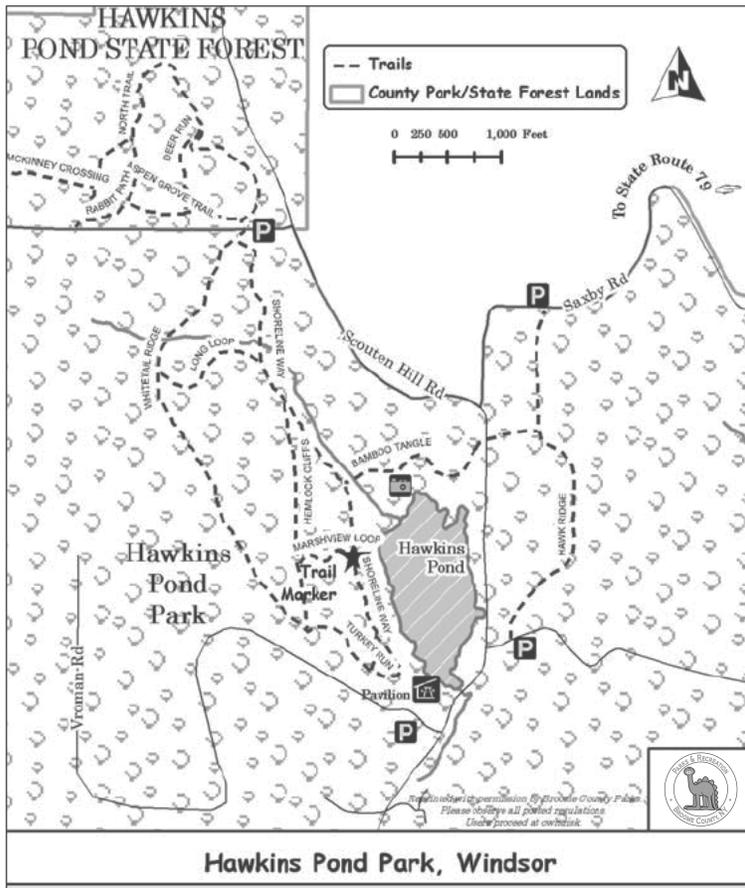
Difficulty: Easy, straight and flat paved path.

Length: 2 miles, one way.

Features: Wheelchair & Stroller accessible. Wide path makes running, walking, bike riding or rollerblading easy. DOT playground and Wetland Trail access off of Vestal Park trail.



MAKE TRAIL MARKER RUBBING HERE



8) Hawkins Pond Park

Location: From NY Route 17, take exit 79 (Windsor) to NY Route 79 South. Turn right on Edson Road. Turn left on Scouten Hill Road, drive approximately 2 miles. The park is on the left.

Hiking Time: Up to four hours.

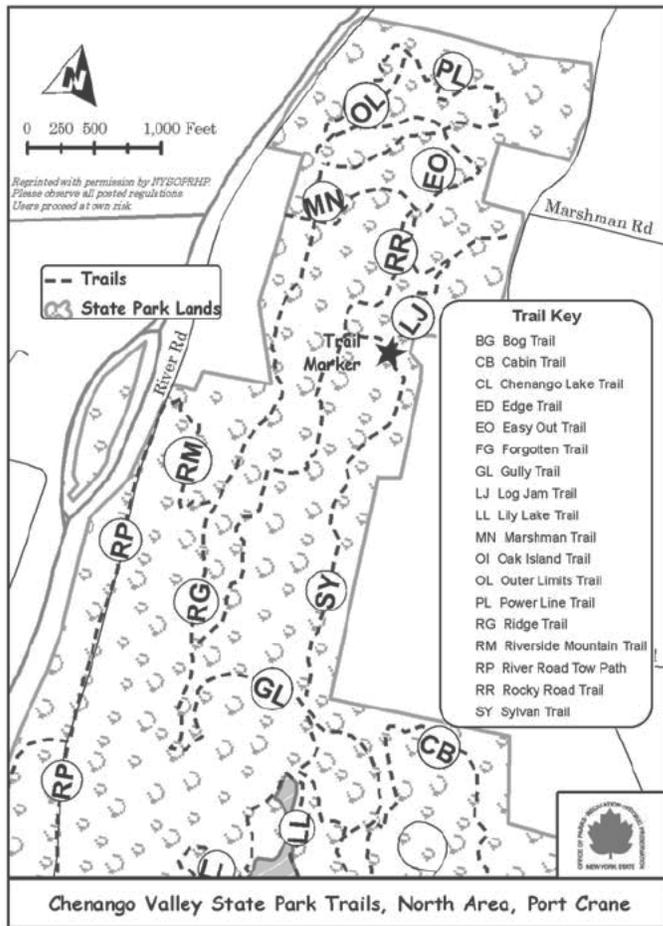
Difficulty: Easy to Difficult.

Length: 4 miles.

Features: Mixed-hardwood and hemlock woods, open fields and meadows with bird boxes and waterfowl nest sites, seasonal views to the South, picnic shelter and grills.



MAKE TRAIL MARKER RUBBING HERE



9) Chenango Valley State Park (North)

Location: From Interstate 88 exit 3, drive 4 miles north on NYS Route 369. Park entrance is on left.

Hiking Time: Ranging from one hour to several day trips.

Difficulty: Ranging from easy (River Road Tow Path, Chenango Lake trails) to difficult (Sylvan, Marshman trails).

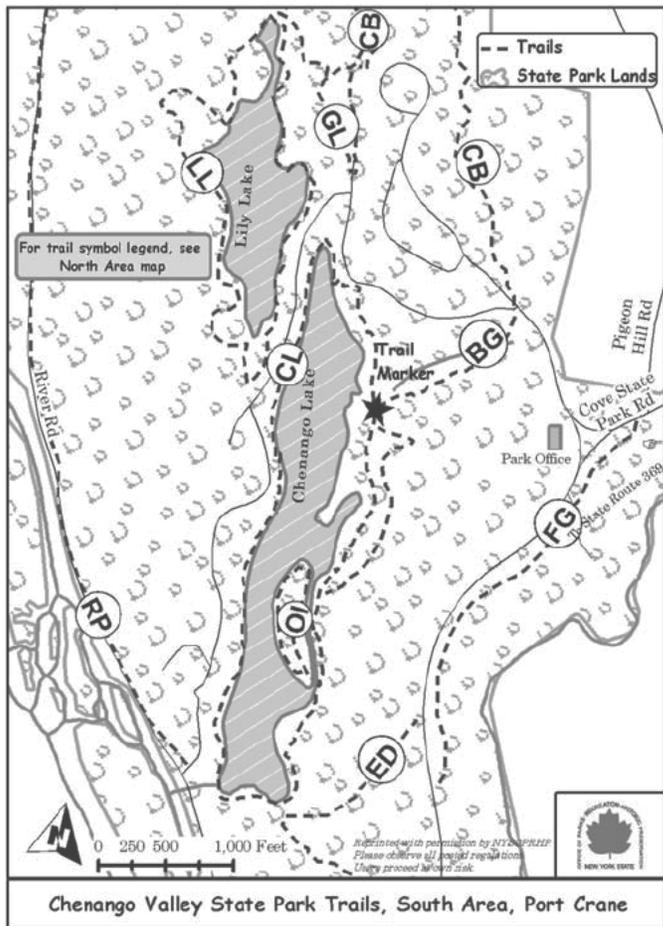
Length: 14 miles.

Features: Diverse landscape, with relic lakes of past glaciation, marshes, eskers, and abundant wildlife. All the amenities of a state park, including campgrounds, playgrounds, beach, golf course, and picnic areas. Fee required from Memorial Day thru Columbus Day.

Map at left: Chenango Valley State Park, North Area.



MAKE TRAIL MARKER RUBBING HERE



9) Chenango Valley State Park (South)

Location: From Interstate 88 exit 3, drive 4 miles north on NYS Route 369. Park entrance is on left.

Hiking Time: Ranging from one hour to several day trips.

Difficulty: Ranging from easy (River Road Tow Path, Chenango Lake trails) to difficult (Sylvan, Marshman trails).

Length: 14 miles.

Features: Diverse landscape, with relic lakes of past glaciation, marshes, eskers, and abundant wildlife. All the amenities of a state park, including campgrounds, playgrounds, beach, golf course, and picnic areas. Fee required from Memorial Day thru Columbus Day.

Map at left: Chenango Valley State Park, South Area.



MAKE TRAIL MARKER RUBBING HERE

Healthy Hiking Tips

Dress In Layers – The weather or 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 is suggested as it provides important nutrients and electrolytes to prevent dehydration.

Pack a Snack – Keeping a small source of energy 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.™

principle



strive for
5 cups
of fruits & vegetables

principle



get
moving

principle



calories
count
so watch your portions

principle



measure your
progress

Tips for Packing Healthy Picnic Baskets

- Whole wheat breads are high in fiber and contain more nutrients than white bread. Also, try whole grain tortillas or wraps for variety.
- Bring fruits and vegetables in a variety of colors to get optimal nutrients. Pack a container full of colorful fruit salad for a healthy and delicious desert!
- Bring a whole watermelon, cantaloupe, or honeydew and slice it open on the spot. Nature's packaging works beautifully to keep these fruits cool and fresh.
- Cut up veggies for dipping. Carrots, broccoli crowns, bell pepper strips and cucumbers are just a few options to try. Dip into low-fat dips, hummus or salsa for flavor!
- Consider alternatives for burgers and hot dogs. Turkey, poultry sausages, leaner ground beef, veggie burgers and grilled chicken are available and are lower in fat.
- Instead of sweetened sodas or fruit juices, bring seltzer mixed with all-natural fruit juice, unsweetened iced tea, or bottles of water. Freeze the bottled water the night before to use as cold packs to keep food cold. When you're ready to eat, you will have an icy bottle of water ready to drink.

From Wegmans Nutrition Team

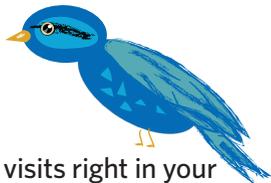
Welcome to your healthier, better life!

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 your local recreational department for a chance to **WIN prizes!**



Happy trails to you from your local Wegmans!

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 number of trails, turn in your passport for a chance to **WIN prizes!** (Please contact your local parks and recreation department for complete details.)



This passport belongs to:

Name _____

Address _____

Phone/email _____