



# Genesee Valley Hiking Club Newsletter



## **CROSS COUNTY HIKE SERIES WITH THE FINGER LAKES TRAIL CONFERENCE**

The main part of the Finger Lakes Trail is just under 600 miles long. The trail with its many branches is about 1000 miles long. All of this was dreamt up by, built and maintained by volunteers. It runs from Allegheny State park in the West to the Catskill Mountains in the East and runs along the southern tier of New York State. Each year, except for last year, the Conference hosts a cross county hike. This year the series is in Cortland County . Next year it will be the county to the West of Cortland.

The dates are: **June 19, July 17, August 7, August, 11, Sept, 11 and lastly September 18th.**

The longest hike is approximately 11.7 miles, the shortest is 9.3 miles with opportunities to hike half the distance on Saturday and then complete the hike on Sunday. All registrants will receive hike plots each month and a Cortland County patch at the completion of the series.

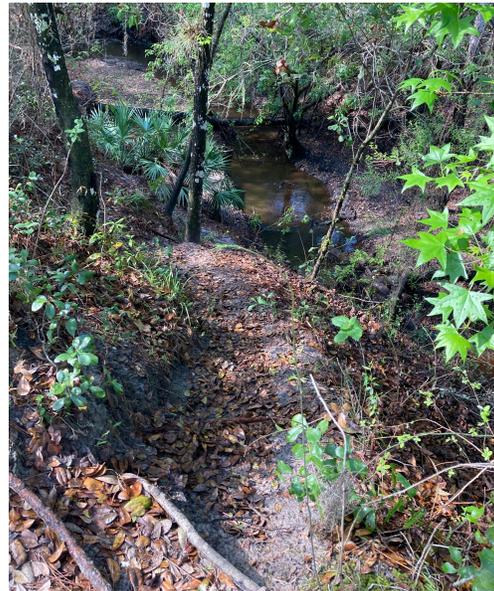
There are two options for registrants.

1. Group series all participants will have bus service, half-way sag wagon service with water and snacks and rides back to cars and the services of an experienced leader.
2. Independent series These folks complete the hikes at their own pace and in their own time by themselves with no leader.

**Cost of Group series for Non-FLT members is \$125.00 and \$75.00 for FLT members. Cost of Independent series is \$50 for both members and non-members.**

The last hike in the series in September coincides with the FLT Fall Conference held at Greek Peak this year. This is a weekend of hiking with folks from

**Continued on page 2**



## **HIKING IN FLORIDA**

As some of you know, I have become a snow bird. I winter over on the Atlantic Coast of Florida in the city of Palm Bay. It is definitely off of the tourists list of places to go since it is quiet and residential. Looking for places and people to hike with in this area is like looking for water in the desert. Rare and difficult to find. When you do find it, there is a sameness about it; Sandy soil, flat, palms, flat, heat, lots of sun, and did I mention, flat. There are no hills, no ravines, and it is flat. This is a picture of the one ravine and a series of tiny hills that I found. This is in Big Little Econolockhatchee Wild Life Management area. I don't know how to pronounce it either. Many of the trail heads with the one group I found hiking near Cape Canaveral were not findable with GPS. I found myself hiking very cautiously by myself . Not something I recommend. I am so happy to be back in hilly, rocky, New York State. Also so glad to be hiking with other enthusiasts. The GVHC is a wonderful and unique organization even in New York State. We provide interesting, safe opportunities for all levels of hundreds of hikers each month. I really learned to appreciate GVHC and to be proud of being part of the Executive Committee while hiking in a hiking desert in Florida.

Ann Bayley

### Continued from page 1

across the state, lots of food and fun. At this weekend, those folks who have completed the Cortland County series will receive a patch.

Sales of event tickets ends on June 18th.

Registration process is easy but timed. Go to Finger Lakes Trail Conference and select Cross County Hike Series.

My plan is to spend two nights and hike 2 half hikes on Saturday and then Sunday and drive home after the hike on Sunday. I am looking for folks to share costs of gasoline and accommodations. There are many motels in the area with prices ranging from \$40 - \$125. There are at least 3 campgrounds in that area, if that is what you want. I am volunteering to get people together to make the trip easier for everybody. The drive to Greek Peak is about 2.5 hours or about 86 miles. If you are interested in sharing, or if you have questions, please call me. Ann Bayley 755-8323



### **A TALE OF HIKING ADVENTURE KEEPING IN MIND THAT SOMETIMES HIKING IS NOT FUN BUT CAN BE A MOMENT OF PERSONAL ACCOMPLISHMENT.**

By Larry O'Heron

On April 11, I and 5 other intrepid hikers (4 in the 50+ club and 2 high school sophomores) started out on a 13 mile circumnavigation of Mendon Ponds Park. Instead of the usual checkin we donned our rain gear because it was still raining after having rained all night. I had scouted 3 times the previous week but the rain and cooler temperatures changed everything. While discussing whether to hike or not, there were 3 major ideas. 1. Embrace the suck. 2. Hikers do not melt in rain 3. In for a penny, in for a pound. So off we went from the Nature Center.

We headed south along the western boundary of the park past small kettle holes on the left and fallen pines on the right. The leaf cover gave us some break from the drizzle but allowed the water to collect into big fat drops. We stepped out of the forest cover to follow the Quaker Pond trail to the Southern Meadows trail. Stopping for our first break, we "enjoyed" hydration and snacks as it continued to rain. The Southern Meadows, due to a creek running through the middle, can not be short-circuited. So we found ourselves making a long "s" curve, heading north into the center of the park. After that we had to turn south to the park boundary before the last leg up the eastern side of the park. Proper rain gear was a must for a hike like this: most importantly, waterproof boots.

On the Eastern Esker trail we encountered some slick spots especially on the very steep cut-through to the water tanks. From there we were off to the Northern Meadows, crossing the road to drop into a valley before climbing up to the Pine Woods trail. At that point the rain had stopped so we felt we could take a lunch break. We took off our rain gear giving our skin a chance to breath and dry. Sitting on logs, everyone enjoyed a delayed but dry lunch.

We hiked the Pine Woods trail then a cut-through ( mud, slop, water drenched trails, and foot balancing) to reach the West Esker trail, and then to the Green Meadows trail. After 13 miles and 5 and one half hours, we, all of us, made it back to the Nature Center.

Although we couldn't say it was fun, we started in challenging conditions, kept our spirits high, plodded on and completed the kind of hike that makes one feel good after themselves BUT we don't want to repeat the experience any time soon. Laugh out loud!

## REPORT FROM HIKE ORGANIZER DEREK PRICE

GVHC will continue hiking on a two month schedule for the next two months, but we hope to get back to our usual 4 month schedule before the end of the year.

As always, for the May-June schedule there are hikes covering a wide range of locations, distances, elevation gains and speeds, hopefully giving everyone a chance of finding hikes to enjoy.

Of the many interesting hikes on the May-June schedule, Paul's Beginner Hike series stands out. Paul is leading this 5 times during May and June in Mendon Ponds Park. At each session there will be a short talk on how to hike with a group and about hiking equipment at the start, followed by a 2-3 mile easy hike. Paul suggests that you may want to bring along a friend who is new to hiking.

There will also be a chance to take part in a trail maintenance outing in May.

As always we are looking for hike leaders to maintain the number and level of hikes that we have been able to enjoy, so if you have any interest in leading a hike we can supply advice and support for all the stages of preparation, scouting and for the hike itself.

Stay well and enjoy our trails.

## TRAIL MAINTENANCE EVENT - Ryan Bean Trail Boss

Did you know that GVHC maintains a section of the Bristol Hills branch of the Finger Lakes Trail in the Italy Valley near Naples? Well, we do, and several times each year we have fun trimming branches and clearing weeds, brush, and the occasional small tree that landed on the trail. Then we gather for well-earned ice cream or other refreshment in Naples after our day is done.

Please join us for the next Trail Maintenance event on Sunday, May 16 meeting at 8:30 am at Bob & Ruth's in Naples! The event will be listed soon on the GVHC Meetup page with directions to the meeting place and contact information. Tools will be provided, but feel free to bring your own loppers, pruning shears, weed whackers, light saw, etc. Also helpful to bring will be work gloves, food, water, and maybe bug spray and sunscreen.



Membership in the Genesee Valley Hiking Club helps to pay for the Meetup site, the club website, social gatherings at our lodge events, as well as administrative expenses needed to run the club. Join the Genesee Valley Hiking Club on-line at the GVHC website. <https://www.gvhchikes.org/> Or mail \$10 to GVHC • 35 Chimayo Road • Rochester, NY 14617

Executive Committee: President Ann Bayley  
Vice President: Patty Mangarelli  
Secretary: Cynthia Howk  
Treasurer: Nina Tracy

Standing Committees  
Membership: Michelle Barno  
Hiking: Derek Price  
Social: Lauren Silveri, Beth Brusdal  
Trails: Ryan Bean  
March of Time: Cynthia Howk  
Website Developer: Larry O'Heron