

Finger Lakes Trail Conference **“Hiking 101 & Hiking 201”** **July through September, 2011**

The Finger Lakes Trail Conference invites you to participate in the third “Hiking 101 Hike Series” and the first “Hiking 201 Series”. This is a revision of the original offering for those who missed the June deadline. We have reduced the hikes from 4 to 3 and adjusted the price accordingly.

Hiking 101 is a series of three guided hikes, which are geared towards the novice hiker (with little or no experience) and will cover more than 16 miles, take place in Steuben and Schuyler Counties and sample some of the beautiful and varied hiking on the Finger Lakes Trail. Our goal is to expose you to the great sport of hiking. This hike series would be considered an easy to moderate level of hiking, and will vary from 5.1 to 6.2 miles. An optional set of 3 maps is available with your registration for this series for \$5.00.

Hiking 201 is a series of three guided hikes, which are geared towards the more experienced hiker who may possibly have completed the past two years of Hiking 101 and are looking for “the next level”. These hikes will be the same hikes as Hiking 101, but will start approximately 2 miles further up the trail. The goal of Hiking 201 is to provide a moderate distance and pace for those hikers comfortable hiking 5 miles. Hikes will vary from 7.1 to 7.7 miles. An optional set of 4 maps for this series is available with your registration for \$6.00.

Each hike will begin with all hikers assembling at the end point. Buses will transport you to the beginning point of the respective hikes, dropping off either the 101 or the 201 hikers first, depending on the logistics of the starting trailhead. Experienced hike leaders will guide the groups from the beginning of each hike back to their cars. Some hikes will have a “sag wagon” strategically placed at crossroads with water and snacks. The sag wagon can give you a ride back to your car if you become tired on the hike.

The series will end on the Letchworth Branch with a picnic to follow for all hikers to celebrate their personal accomplishments on the footpath. Enjoy food and drink, an awards ceremony and some great conversation with your newly acquired friends.

Membership in the Finger Lakes Trail Conference is not required, but we hope that you will consider joining the FLTC and support this beautiful trail. We are offering a \$5.00 discount on the registration form for NEW members.

Registration is required and will be limited to 65 hikers for this series.

Rain or shine (usually) ☺

Dates: SUNDAYs July 31 August 28 September 25

Buses leave at 9:00am.

- 31 July 5.1 & 7.1 miles. New Crystal Hills Branch trail in the Bradford (Steuben County) area; north of Coopers Plains/Corning and southeast of Hammondsport. Trail walks on the newest branch trail of the FLT and NYS's section of the Great Eastern Trail (GET). This trail was completed in 2010.
- 28 August 6.2 & 7.7 miles. Sugar Hill State Forest section of the main FLT in Schuyler County, west of Watkins Glen. This hike is a Wegmans Eat Well, Live Well Passport Hike! Hike through a historic area where a community with a schoolhouse, sawmill, and gristmill existed in the 1800's. Today you will mainly see nice conifers and hardwoods.
- 25 September 5.9 & 7.6 miles. Letchworth Park area. Hike through tranquil hardwoods in a section of the less visited eastern area of the park. Views of the gorge can be seen. Picnic to follow.

All registrations are due in the FLTC Office by July 23, 2011. First come, first serve.

Cost for the entire series of 3 hikes is \$22.00 per person (children under 18/adult = \$15). Registration cost includes transportation, meat for picnic, and recognition patch.

The hike plot for the entire series with parking locations will be sent to paid registrants.

Important: while we will provide sunshine, guides, sag wagons, and buses, you must:

- **Be in physical shape to hike both inclines and declines for 3-4 hours at a steady pace.**
- **Bring plenty of water and your own lunch.**
- **Wear sturdy hiking boots/shoes with comfortable socks, not sandals, flip flops, or flimsy footwear. Hiking poles are encouraged!**
- **Dress for the weather-hats, raingear, shorts, sun-block, bug spray!**

For more information, please feel free to contact the "Hiking 101/ 201" hike leaders, Kim or Terry Meacham at 607-324-0374 or meach@infoblvd.net