

## 2011 FINGER LAKES TRAIL CONFERENCE FALL CAMPOUT

September 30 to October 2, 2011

Chenango Valley State Park, 153 State Park Rd, Chenango Forks, NY 13746

### Hike and socialize with other FLT hikers

**Chenango Valley State Park** is the most southern state park in the Central Region. It is located in scenic Broome County, only 12 miles north of Binghamton. The 2011 Fall Campout hikes are on FLT Main Trail Maps 25-30 and local trails, including a Chenango Canal Loop Hike featuring history of the Chenango Canal and viewing some of its remaining parts, led by knowledgeable and experienced hike leaders. Accommodation options include cabins, wooded tent and RV sites, and local hotels within 10-12 miles. Meals will be provided at the Pine Grove Picnic Area pavilion, featuring mouth watering hot breakfasts, freshly made box lunches and a scrumptious dinner including Choice Roast Beef, Stuffed Sole w/scallop and crab, chicken Italian style, oven potato, green bean almandine and assorted cakes for dessert. Friday dinner will be a Pizza Buffet with salad, assorted cookies and beverage. Bring your own wine/beer/favorite beverages to supplement provided coffee/soda/water.

Friday's pizza buffet will be followed by a sing-along led by folk-singer/songwriter Fred Gee. Saturday evening enjoy Chuck D'Imperio, a long-time broadcaster at WDOS/WSRK Radio, which serves Central New York from Oneonta. Chuck has had a long love of history and New York State folklore and has researched the graves of the famous in New York for his "Great Graves" book. His popular articles, titled "Where Legends Lie," were featured in *New York Alive* and *Kaatskill Life* magazines for years. He is the author of three books about upstate New York.

### More on Chenango Valley State Park

In 1827, lumberman Gideon Lounsberry cleared and settled the land now occupied by Chenango Valley State Park (CVSP) and from early settlement to state acquisition the area has had many owners. In 1927 the State Parks Commission acquired the property from the executors of the Warner's Estate and CVSP was opened to the public in 1930. In 1933 intense construction activity began as the Civilian Conservation Corps (CCC) undertook many projects, which included dam construction to enlarge the lake and introduce electricity, a luxury in rural America at the time. The CCC built a 9-hole golf course, which is now a Pro- PGA Class A 18-hole, Par 72, 6432 yard course with pro shop, clubhouse, bar, restaurant and snack bar. The 1185 acre Park has two glacially formed lakes, Lily and Chenango, and new swimming facilities were constructed in 1960.

In 1996 CVSP received a gift of 2.5 acres along the Chenango River. This land includes remnants of the Chenango Canal and Lock #107, the only one remaining in Broome County. This land acquisition was expedited by the Friends of Chenango Valley State Park. The Park facilities include: 185 campsites, 24 cabins, interpretive center, 4 pavilions, PROJECT ENRICH! teaching trail, nature trails, playgrounds and ball fields, picnic areas with tables and fireplaces, hot showers, flush toilets, trailer dumping station, rowboat and kayak rentals.

An ice-age wonder, CVSP beckons visitors to explore the shorelines of its kettle lakes, hike along a glacial ridge or relax in the quiet beauty of this woodland paradise. Trees include Red and White Oak, Red and Sugar Maple, Eastern Hemlock, White Ash, American Beech, White and Yellow Birch and Black Cherry. Mammals include Deer, Rabbit, Black Bear, Flying and Gray Squirrel, Gray and Red Fox, Woodchuck, Eastern Chipmunk, Raccoon, Coyote, Skunk and Beaver. Birders can expect Woodpeckers, Nut Hatches, Warblers, Tanagers, Herons, Ducks, and Kingfishers. The NY State Bird, Eastern Bluebird, frequents the golf course clubhouse area, where nest boxes have been placed. A Bird Checklist is available in the Park office. Rainbow & Brown Trout, Smallmouth Bass, Yellow Perch and Brown Bullhead are found in Chenango Lake.

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### Hike Schedule

**Friday- 9/30/11** (If it is more convenient to meet at the end point for hikes 1, 2, or 3, please indicate and we will send you directions and times.)

1. Map 27 - From parking area on County Road 27 to NY Route 8. Some steep hills. Interesting lean-to location, striking rock formations. 5.8 miles. Moderately strenuous. Leaves campground at 12:00PM
2. Map 24 - From NY 220 to Tower Road. Pleasant Hike. Goes through Bowman Lake State Park. 5.7 miles. Moderate. Leaves campground at 12:15PM
3. Map 26 - Town Line Rd to parking lot in Bainbridge. 6.2 miles. Moderate. Leaves campground at 12:30PM
4. Chenango Valley State Park bat houses loop. 2 miles. Easy. Starts at campground at 2:00PM

### Saturday-10/1/11

5. Map 27 - NY Rte 8 to Masonville. 11.5 miles. Moderately strenuous due to length. Leaves campground at 9:00AM
6. Map 24 - From NY 220 to County Route 3. Moderate. 6.1 miles. Leaves campground at 9:30AM
7. Map 25 - Town Line Rd to Brooks Bank Rd. Goes through Wiley Brook State Forest and Basswood State Forest 6.5 miles. Moderate. Leaves campground at 9:15AM
8. Map 23 - Tower Road to NY Route 23. Moderate. 6.2 miles. Leaves campground at 9:00AM
9. Map 30 - NY Route 206 to Berry Brook Rd. 6.2 miles. For those looking for steep terrain, mountains. Strenuous! Leaves campground at 8:15AM (Indicate if you would like to be contacted for alternate meeting location)
10. Chenango Canal Loop Hike. Hear some history of the Chenango Canal and see some of its remaining parts. 6 miles. Moderately easy. Starts at campground at 9:30AM

### Sunday-10/2/11

11. Map 26 - Bainbridge to Masonville. Sunday is the best time to do this hike. It begins and ends with road walking with some hills in between. Enjoy the beautiful view of the Susquehanna River Valley. At the end of the hike reward yourself by visiting Masonville hiker-friendly Country Store. 9 miles. Moderately strenuous. Leaves campground at 9:00 AM
12. Map 25 - Brooks Bank Road to County Route 3. Moderate. 9.5 miles. Leaves campground at 9:15AM
13. Explore another local lake, Long Pond. A beautiful, diverse primitive state land and recreation area. Learn the history of this once thriving dairy farm from Don Windsor, historian, bird watcher, and long time Bullthistle hike leader. 4 miles. Rolling terrain, moderately easy. Leave campground at 9:30AM

**Notes for all hikes: Fall color to be determined by Mother Nature! Hike levels are an estimate only!**

## 2011 FINGER LAKES TRAIL CONFERENCE FALL CAMPOUT

### PROGRAMS

#### Friday, September 30, 2011

PIZZA BUFFET & SALAD, BYOB, SING-A-LONG MUSIC, CATCH UP WITH FRIENDS, ENJOY THE FIRE, FUN!!

Folk Singer/songwriter Fred Gee will lead a sing-along. According to Entertainment Weekly, "Fred Gee will remind many listeners of Pete Seeger, in voice and sincerity of delivery."

#### Saturday, October 1, 2011

Saturday evening's program will feature Chuck D'Imperio, a long-time broadcaster at WDOS/WSRK Radio, which serves Central New York from Oneonta. He has been a contributing writer for national and state magazines and for the Gannett News Corporation. Presently he writes a bi-weekly column for the Daily Star in Oneonta. Chuck has had a long love of history and New York State folklore and has been researching the graves of the famous in New York for the "Great Graves" book. His popular articles, titled "Where Legends Lie," were featured in *New York Alive* and *Kaatskill Life* magazines for years. He has authored three books about his hometown, Sidney, New York, the latest being "My Hometown is a Cathedral". He was inducted into the New York State Country Music Hall of Fame as "DJ of the Year" in 2000. He is a bona fide 1977 winner of the classic TV program, "The Gong Show", receiving a perfect score for his powerful and touching rendition of "Bad, Bad LeRoy Brown" while singing naked in the shower on national television! He and his wife, Trish, reside in Oneonta, New York. They are the parents of Frances, Katie, Abby and Joey. They are also the owners of Cooperstown Walks!, giving guided walking tours of historic Cooperstown, New York.

### SCHEDULE

#### Friday, September 30, 2011

12:00 PM - 2:00 PM (various start times) - Assorted Hikes (See Hike Schedule for times/locations)

6:00 PM - Dinner – Pizza, Salad, Music & Fun (see Meal Details) at Pine Grove Picnic Area

#### Saturday, October 1, 2011

7:00 - 8:30 AM – Breakfast (see Meal Details) Pick up Box Lunch at Pine Grove Picnic Area

8:15 - 9:30 AM (various start times) – Assorted Hikes (See Hike Schedule for times/locations)

4:00 PM – Board of Managers Meeting

6:30 PM – Dinner with Appetizers – (see Meal Details) at Pine Grove Picnic Area. Dinner will be followed by an evening program featuring Chuck D'Imperio.

#### Sunday, October 2, 2011

7:00 - 8:30 AM – Breakfast (see Meal Details) Pick up Box Lunch at Pine Grove Picnic Area

9:00 - 9:30 AM (various start times) – Assorted Hikes (See Hike Schedule for times/locations)

Chenango Valley State Park Phone: (607) 648-5251      Address: 153 State Park Road, Chenango Forks, NY 13746

#### DIRECTIONS:

**From BUFFALO-ROCHESTER:** Take Thruway I-90 to Exit 46; Rte 390 South to Rte 17 East to Interstate I-81 North. Follow I-81 North to Rte I-88 East to Exit 3, Port Crane, then Rte 369 North to Park entrance. **From ALBANY:** Take Thruway I-90 West to Exit 25A Schenectady. Follow Rte I-88 West to Exit 3 to Rte 369 North to Park entrance. **From BINGHAMTON:** Take Rte I-81 North to Rte I-88 East to Exit 3, Port Crane, to Rte 369 North to Park Entrance.

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**REGISTRATION** (You may copy this form, please only one individual per form.)

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile Phone: \_\_\_\_\_ Preferred Name on badge: \_\_\_\_\_

End to End Badge # \_\_\_\_\_ (if applicable, please wear badge) Chapter/Club Affiliation \_\_\_\_\_

**REGISTRATION FEE:** FLTC or Bullthistle Club Member **\$10.00** OR Non-FLTC Member **\$15.00** \$ \_\_\_\_\_

**LODGING** (See choices on next page) Type Requested: \_\_\_\_\_ \$ \_\_\_\_\_

**CHOOSE ONE – Meal Package OR Select Individual Meals** Please check here \_\_\_ if **Vegetarian**

**Meal Package** **\$70.00** (includes all meals) \$ \_\_\_\_\_

**OR Select Individual Meals:** (See more meal details on next page)

Friday Dinner **\$12.50** Assorted Pizza, Caesar Salad, cookies, water, soda \$ \_\_\_\_\_

Saturday Breakfast **\$12.00** Scramb eggs, bacon, ham, homefries, pancakes, Danish, fruit \$ \_\_\_\_\_

Saturday Lunch **\$8.50** (Circle Choice) Turkey Club / Ham / R Beef / Tuna \$ \_\_\_\_\_

Saturday Dinner **\$23.00** Appetizer, R Beef, Stuffed Sole, Italian Chicken, Potato, Veg \$ \_\_\_\_\_

Sunday Breakfast **\$12.00** Scramb eggs, bacon, ham, homefries, pancakes, Danish, fruit \$ \_\_\_\_\_

Sunday Lunch **\$8.50** (Circle Choice) Turkey Club / Ham / R Beef / Tuna \$ \_\_\_\_\_

Total enclosed \$ \_\_\_\_\_

Make checks payable to: **FLT-Bullthistle Hiking**

Mail to: **FLTC Fall Campout, c/o Phil Metzger, 120 Thompson Creek Rd, Norwich, NY 13815**

**HIKES:** Please check the hikes you plan to participate in (See attached Hike Schedule.)

Fri: 1\_\_ 2\_\_ 3\_\_ 4\_\_ Sat: 5\_\_ 6\_\_ 7\_\_ 8\_\_ 9\_\_ 10\_\_ Sun: 11\_\_ 12\_\_ 13\_\_

**Liability Waiver – Please Read and Sign the following:**

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or the FLT Bullthistle Hikers Club or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the Finger Lakes Trail accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that all are fully responsible for their own safety and selecting activities that are consistent with their physical capabilities.

Signed \_\_\_\_\_

Comments: \_\_\_\_\_

Please register by the **September 15, 2011 DEADLINE**

Questions? Contact Phil Metzger @ 607-334-2407

**2011 FINGER LAKES TRAIL CONFERENCE FALL CAMPOUT  
(MAIL THIS PAGE WITH PAGE 1 OF REGISTRATION)**

**LODGING Options: (Check choice of Night(s) & Type Accommodation) Friday \_\_\_\_\_ Saturday \_\_\_\_\_**

**1. Cabin \_\_\_\_\_** (Sleep 6 (2 bunk beds, 1 dbl bed), ½ bath, sm. kitchen w/fridge) Cost = \$95 (covers 2 nights)

**Reserved by:** 1 \_\_\_\_\_ Cabin Mates: 2 \_\_\_\_\_ 3 \_\_\_\_\_

(if known) 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_

**OR**

**2. Tent/RV Site \_\_\_\_\_** Cost = \$15 / night / site (Limit 3 tents per site)

**Reserved by:** 1 \_\_\_\_\_ Tent/RV Mates: 2 \_\_\_\_\_ 3 \_\_\_\_\_

(if known) 4 \_\_\_\_\_ 5 \_\_\_\_\_ 6 \_\_\_\_\_

**OR**

**3. Motel/B&B: \_\_\_\_\_** (I understand I must make my own reservations/payment) Some motel options:

Fairfield Inn Binghamton – (607) 651-1000, 864 Upper Front Street, Binghamton, NY

Comfort Inn – (607) 724-3297 - 1000 Upper Front Street, Binghamton, NY

Super 8 Binghamton – (607) 773-8111 - 650 Front Street, Binghamton, NY

**OR**

**4. No Lodging needed: \_\_\_\_\_**

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**Meal Details:**

**Fri Dinner** – Pizza Buffet (mushroom, pepperoni, plain, or onion), Caesar Salad w/dressing on side, assorted cookies, bottled water or assorted soda.

**Sat Breakfast** – Scrambled eggs, bacon, ham, home fries, pancakes, fresh fruit, assorted Danish & muffins, coffee, assorted juices.

**Sat Lunch** – Assorted boxed lunches made fresh: **turkey club** w/lettuce, tomato & bacon or **country ham** w/lettuce, tomato & cheese or **roast beef** w/lettuce & tomato or **tuna** w/onion & celery; salad, potato chips, cookie, beverage.

**Sat Dinner** – Appetizer (Swedish meatballs, cheese, crackers, pepperoni), Choice Roast Beef, Stuffed Sole w/scallop & crab, chicken Italian style, oven potato, green beans almandine, assorted cakes for dessert, coffee, bottled water.

**Sun Breakfast** – Scrambled eggs, bacon, ham, home fries, pancakes, fresh fruit, assorted Danish & muffins, coffee, assorted juices.

**Sun Lunch** - Assorted boxed lunches made fresh: **turkey club** w/lettuce, tomato & bacon or **country ham** w/lettuce, tomato & cheese or **roast beef** w/lettuce & tomato or **tuna** w/onion & celery; salad, potato chips, cookie, beverage.