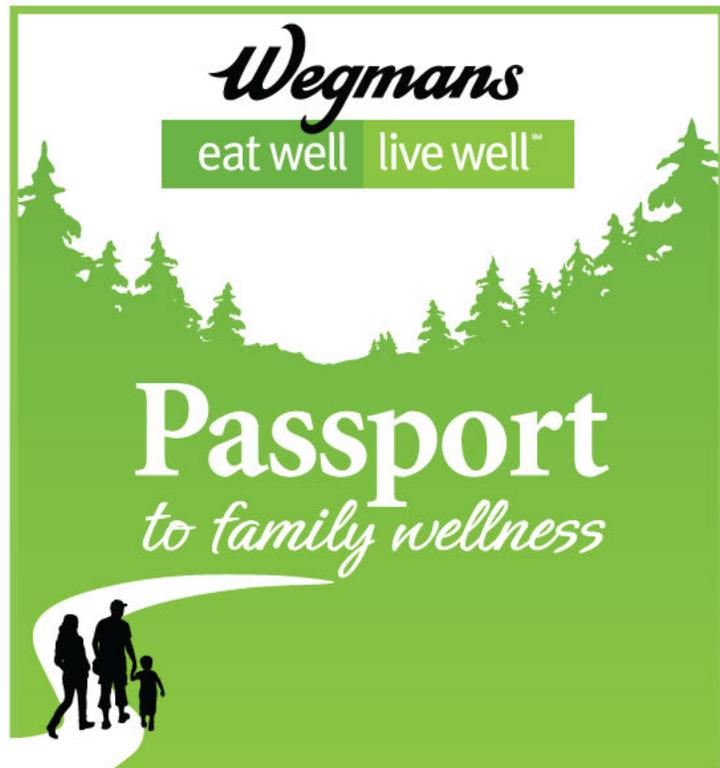


## How to use your Passport

Please look for the trail marker like the one illustrated below on each trail. When you locate a trail marker, use a pencil or crayon to rub the name of the trail on the corresponding page of your passport. Complete 9 or more trails and you will be entered into our Wegmans Passport drawing for some great prizes. Families with young children are also encouraged to participate. Go to [www.tocny.org](http://www.tocny.org) for more details!



*Discovering the Trails  
of Cheektowaga, NY*



## *Welcome to the Trails of Cheektowaga & Wegmans Passport to Family Wellness*

Stiglmeier Park plays host to a comprehensive wilderness trail system that includes over 5 miles of pathways. The system provides ample opportunity for healthy exercise and features a vast assortment of natural beauty right here in our own backyard!

Here are some walks that will help you begin to explore all that this park has to offer. The trails consist of gravel paths and raised boardwalks. Adequate footwear such as running shoes or hiking boots should always be worn.

This booklet provides an opportunity to experience nature, the outdoors and be active with your friends and family. This passport gives a description of nine (9) trails located in Cheektowaga, NY.

Just take your Wegmans Passport with you and record your progress by using a pencil or crayon to make a rubbing of the trail marker (designated by a ☆ symbol on each map) located along each trail. Trail markers are mounted on 4X4 posts and are similar to the one illustrated on the back cover.

- If you walk three (3) trails receive a Cheektowaga Youth & Recreation water bottle.
- All questers who complete six (6) trails will receive a Wegmans coupon redeemable for a free Wegmans product and receive a Cheektowaga Youth & Recreational insulated lunch bag .
- Questers who complete all nine (9) trails will be entered into a raffle for a \$100 Wegmans Gift Card.

Incentives for completion of the Wegmans passport can be picked up at:

**Cheektowaga Youth & Recreational Services Dept.**  
275 Alexander Ave. Cheektowaga, NY 14211  
between 9:00am-4:00pm (weekdays)

Jane Andrews MS, RD  
Wegmans Nutrition & Product Labeling Manager

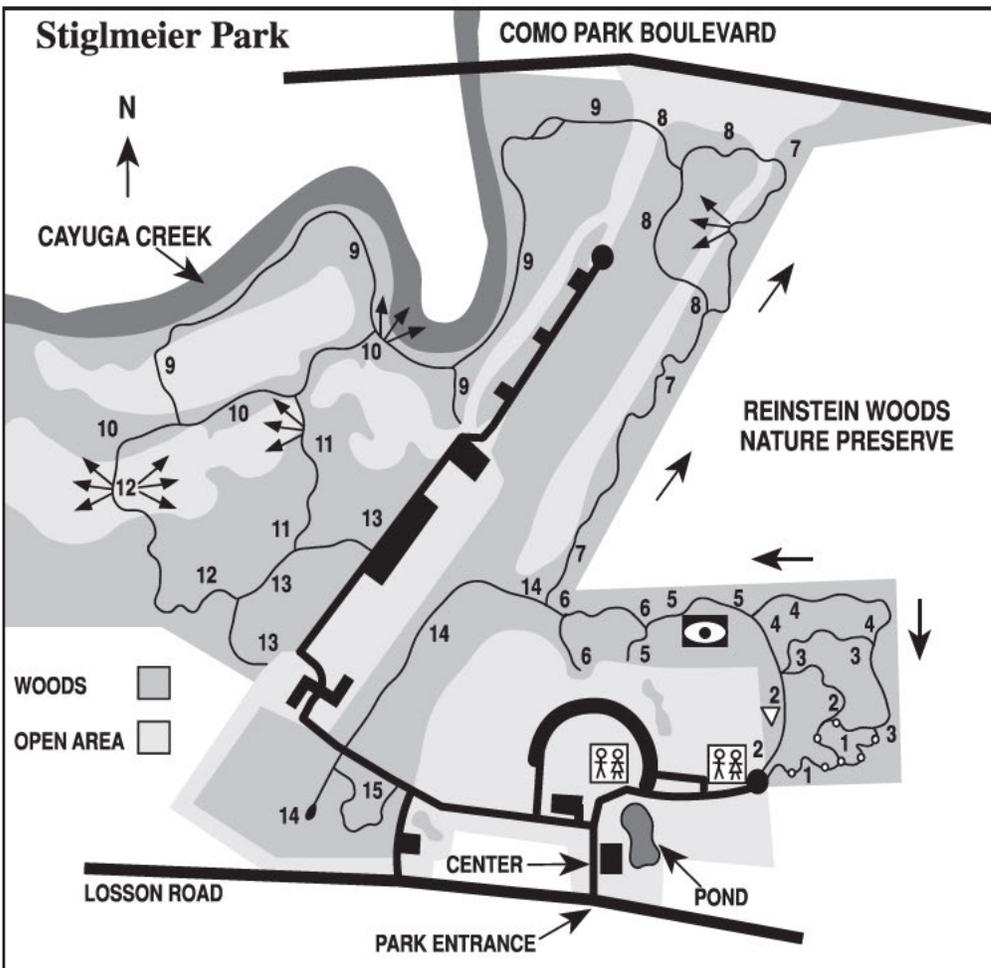
Ellen Fischer  
Executive Director  
Cheektowaga Youth & Recreational Services

# Stiglmeier Park

COMO PARK BOULEVARD



CAYUGA CREEK



WOODS   
 OPEN AREA 

LOSSON ROAD

CENTER

POND

PARK ENTRANCE

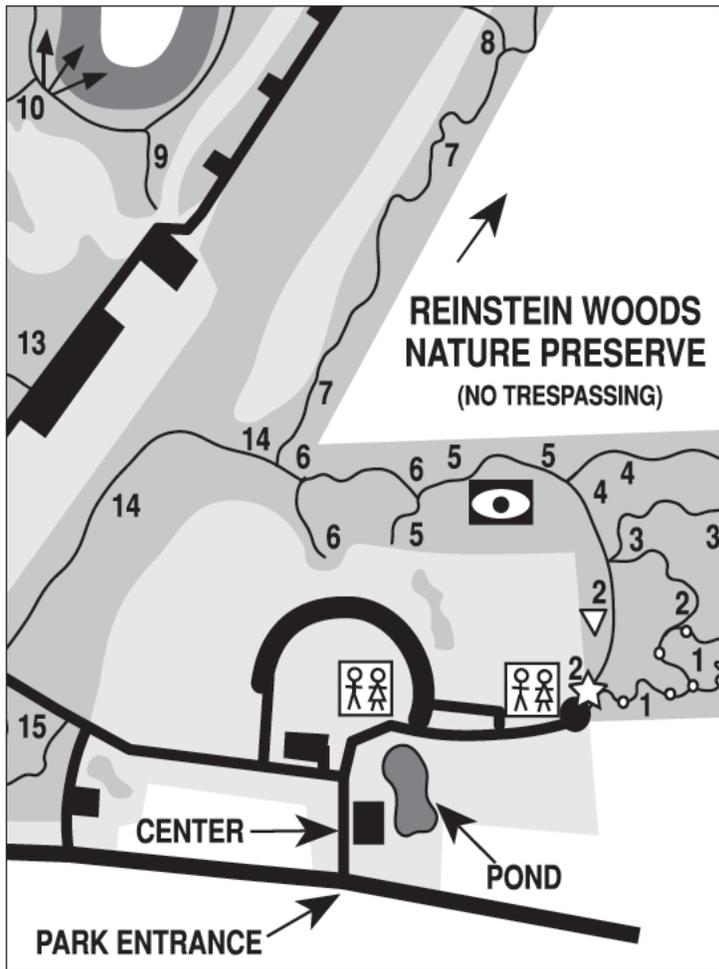
REINSTEIN WOODS  
NATURE PRESERVE

## TRAILS

Handicapped Walkway/	1
Hummingbird Hollow (1350')	
Timber Trail (1113')	2
Mapleview Walk (1586')	3
Deer Run (1630')	4
Ridge Run (1000')	5
Hawthorn Hollow (1151')	6
Woodcock Walk (3605')	7
Cattail Lane (1341')	8
Cayuga Trail (5472')	9
Grape Grove (1762')	10
Cherry Glen (1457')	11
Indian Trail (1523')	12
Seneca Trail (1289')	13
Aspen Grove (1746')	14
The Loop (744')	15

## LEGEND

Trails	
Handicapped Walkway	
Wildlife Blind	
Scenic Vista	
Amphitheater	
Restrooms	
Marker	



## Timber Trail, Deer Run & Mapleview Walk

**Length:** 2/3 mile

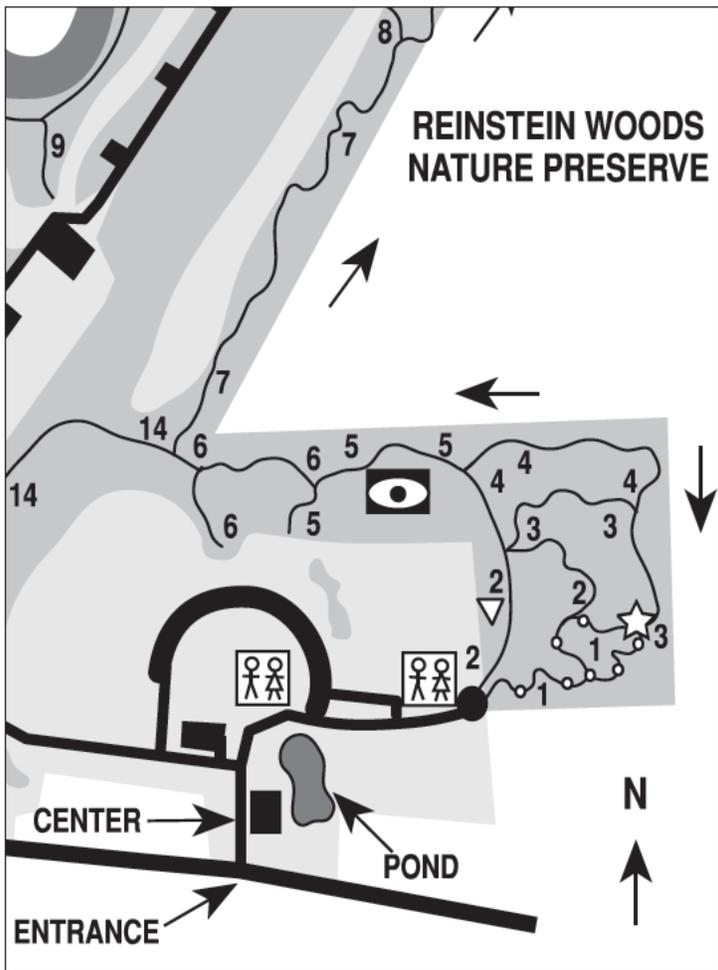
**Walking Time:** 20 minutes

**Difficulty:** Easy

**Directions:** Enter through Timber Trail. At the first intersection follow the far left path Deer Run. Continue on Deer Run, when you reach Mapleview Walk follow the path right at the fork. At the intersection follow the right fork on Timber Trail to exit.

**Features:** Old growth forest, ample wild life, frequent bird, squirrel and chipmunk sightings.

MAKE TRAIL MARKER RUBBING HERE



## Hummingbird Hollow, Mapleview Walk, Deer Run, & Timber Trail.

**Length:** 3/4 mile

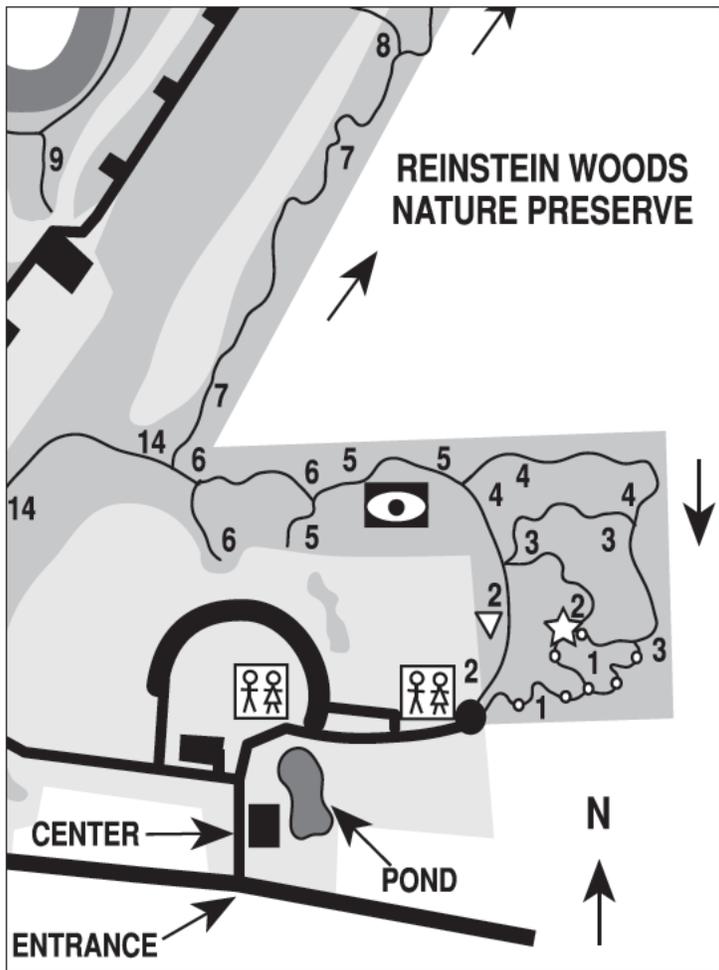
**Walking Time:** 20-30 minutes

**Difficulty:** Easy

**Directions:** Enter Hummingbird Hollow stay straight at the first intersection. Exit the boardwalk to enter Mapleview Walk. Make a right onto Deer Run at the fork. At the end of Deer Run Follow Timber Trail straight to exit.

**Features:** This walk boasts some of the largest and most spectacular trees in the park and all of Western New York.

MAKE TRAIL MARKER RUBBING HERE



## Hummingbird Hollow & Timber Trail.

**Length:** 1/2 mile

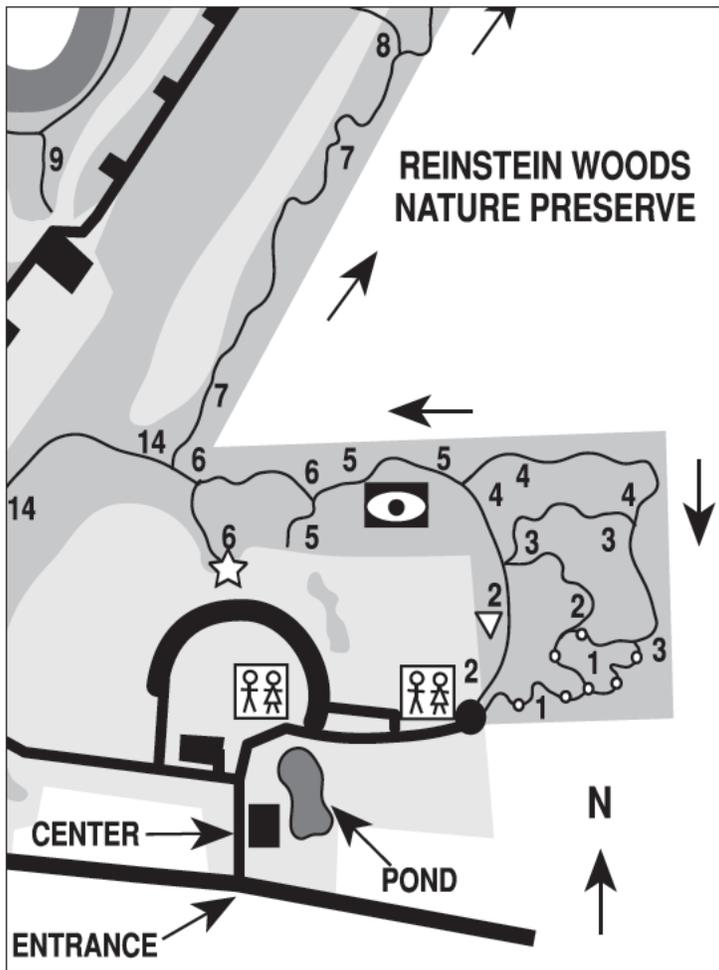
**Walking Time:** 15 minutes or less

**Difficulty:** Easy

**Directions:** Enter Hummingbird Hollow. Make a left at the first intersection. Exit the boardwalk onto Timber Trail and follow it to the exit.

**Features:** Great bird watching walk! Trees on this walk are frequent hosts to Black Capped Chickadees, White Breasted Nut Hatches and various Woodpecker species.

MAKE TRAIL MARKER RUBBING HERE



## Hawthorn Hollow & Ridge Run

**Length:** 1/2 mile

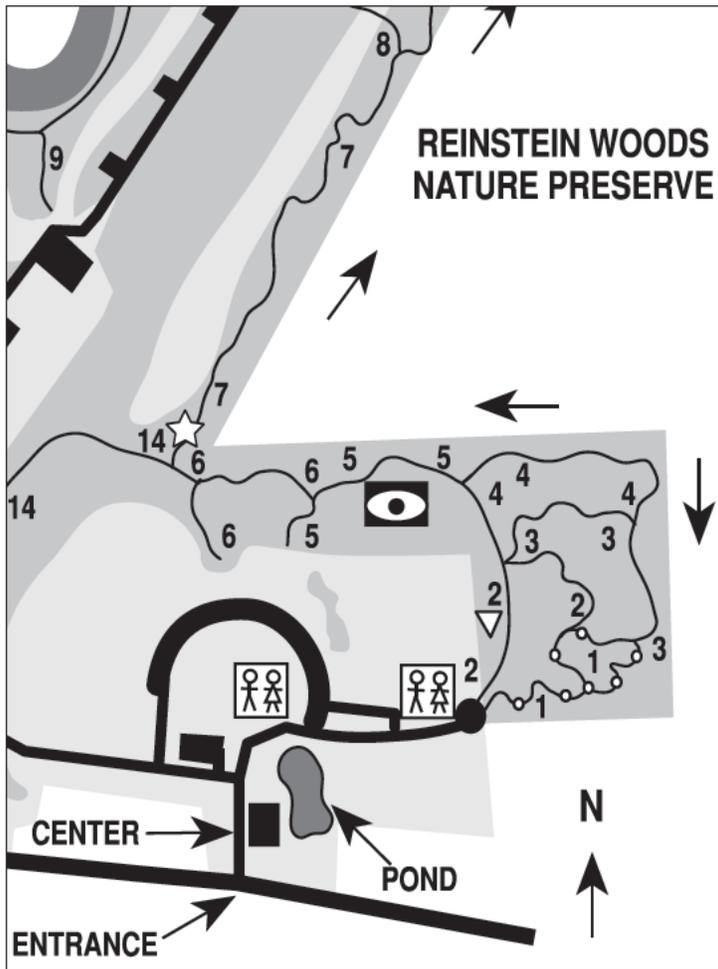
**Walking Time:** 15-20 minutes

**Difficulty:** Easy

**Directions:** Enter Hawthorn Hollow, right at the first intersection, left at the fork onto Ridge Run, when you reach Deer Run turn around to follow Ridge Run back to the exit.

**Features:** Hawthorne forest, vernal streams, wild flowers, benches and wildlife sighting areas.

MAKE TRAIL MARKER RUBBING HERE



## Hawthorn Hollow, Woodcock Walk & Cattail Lane

**Length:** 1 & 3/4 mile

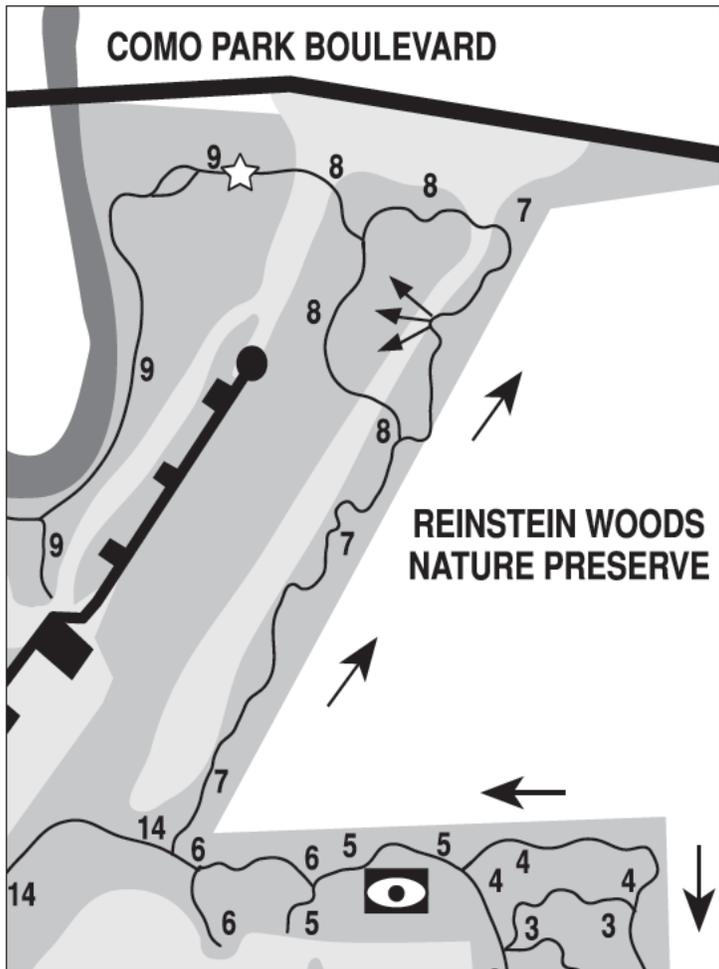
**Walking Time:** 45 minutes

**Difficulty:** Advanced

**Directions:** Enter Hawthorn Hollow, left at the fork, right onto Woodcock Walk. Follow Woodcock Walk all the way to the end to enter Cattail Lane, stay left at the fork, go right onto Woodcock Walk., Follow Woodcock Walk to the end and make a left to exit via Hawthorn Hollow.

**Features:** This walk bears much of the evidence of its past use as a rail yard and is home to large Aspen and Birch trees, ravine views, marshland and impressive bird and wild life population.

MAKE TRAIL MARKER RUBBING HERE



## Cayuga Trail

**Length:** 1 & 1/4 mile

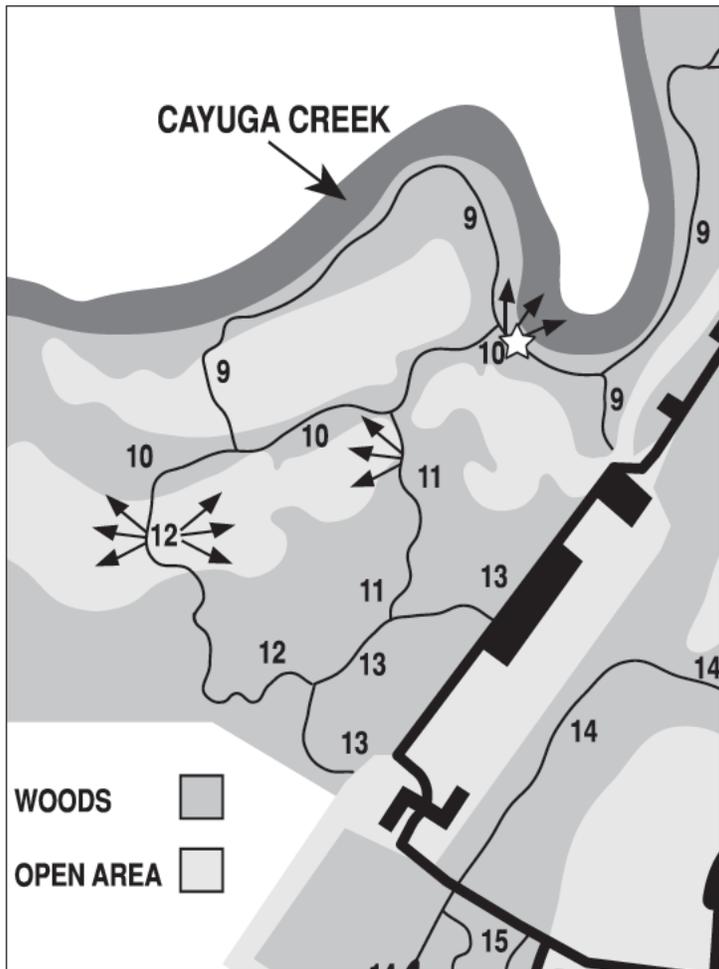
**Walking Time:** 30 minutes

**Difficulty:** Moderate

**Directions:** Enter Cayuga Trail, make a right at the fork. Follow this trail to the end then return along the same path.

**Features:** Panoramic creek views, close wildlife interaction, remnants of past railroad activity.

MAKE TRAIL MARKER RUBBING HERE



## Cayuga Trail & Grape Grove

**Length:** 3/4 mile

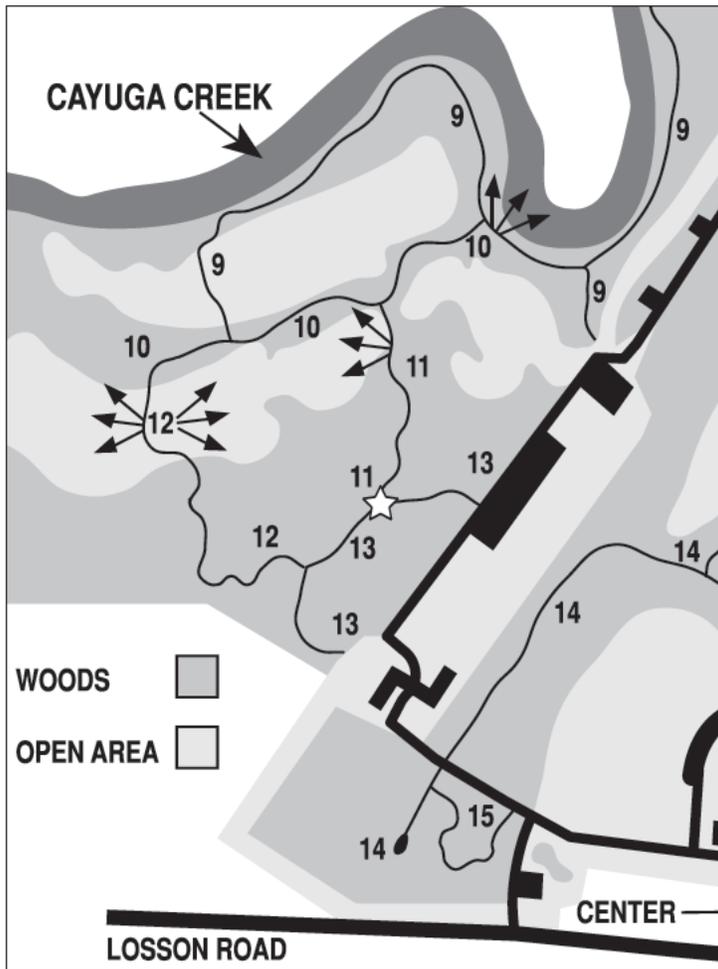
**Walking Time:** 20-30 minutes

**Difficulty:** Moderate

**Directions:** Enter Cayuga Trail, left at the fork. Follow Cayuga Trail straight at the first intersection, go left at the "T" entering Grape Grove, make a right to exit the trail via Cayuga.

**Features:** Great animal sighting, panoramic creek views, vast meadows and a wide variety of tree and plant life.

MAKE TRAIL MARKER RUBBING HERE



## Seneca Trail, Indian Trail, Grape Grove & Cherry Glen

**Length:** 1 mile

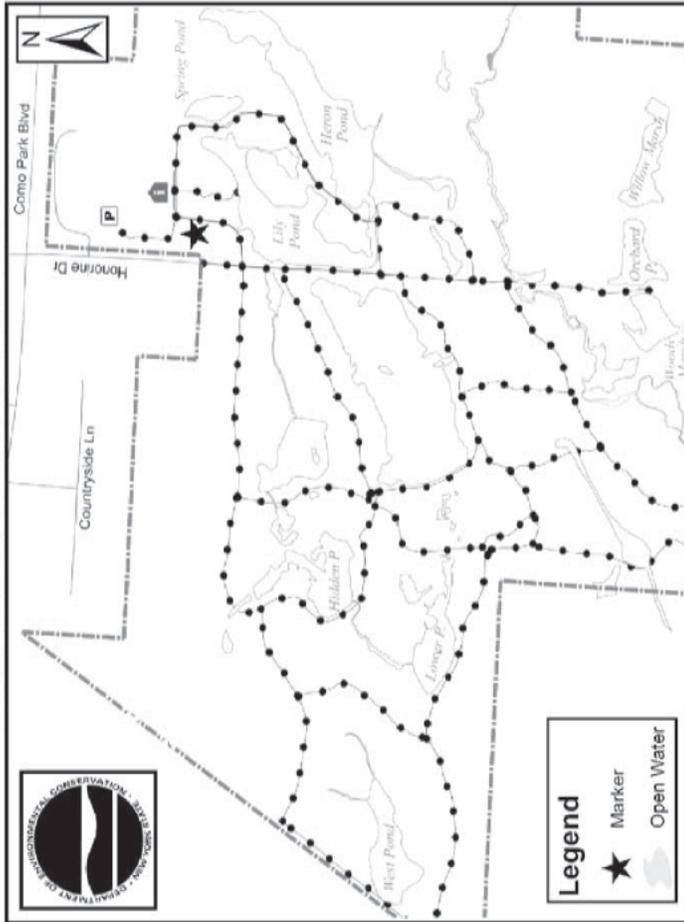
**Walking Time:** 30-40 minutes

**Difficulty:** Advanced

**Directions:** Enter through Seneca Trail, right at the fork to continue on Seneca. Left at the fork to enter Indian Trail. Stay straight on Grape Grove until it intersects Cherry Glen then make a right to enter Cherry Glen. Make a left to exit via Seneca Trail.

**Features:** These trails cross over the old boundary of the Seneca Indian Reservation, which once occupied this section of the park. You will also find one of the largest stands of muscledwood trees, large black cherry trees and large spans of wild grape vines that cover many of the trees and shrubs.

MAKE TRAIL MARKER RUBBING HERE



## Reinstein Woods Nature Preserve

**Location:** 93 Honorine Drive, Depew, off Como Park Blvd. between Union and Transit Roads.

**Hiking Time:** Anywhere from 20 minutes to 2 hours or more. Open sunrise to sunset. Please leave pets at home.

**What to expect:** Relatively level gravel trails make for easy hiking. There is a short boardwalk trail too.

**Length:** Trails loop together so you can hike as little as .3 miles and as much as a few miles on relatively level gravel trails.

**Features:** Ponds, wetlands, forest, champion beech tree, nature play area for kids. Nature center features bird feeders, butterfly gardens. Rent x-skis and snowshoes in winter. Most trails are accessible by wheelchair.

**Info:** 683-5959. For further information go to [www.reinsteinwoods.org](http://www.reinsteinwoods.org)

MAKE TRAIL MARKER RUBBING HERE

## *Healthy Hiking Tips*

**Dress in layers.** The weather and 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 one 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.

**Carry identification.** And, be sure to tell friends or family where and when you are going including the route you'll be taking.

*Good luck on your journey to better health!*

## *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 dessert!
- 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 lowfat 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**

eat well live well™

Know Your Blood Pressure



## You can cut your risk of high blood pressure

Aim for at least 10,000 steps or 30 minutes of moderate physical activity each day. It's fine to break the 30 minutes or steps into smaller chunks throughout the day.

**Healthy**

**Below 120/80**

Pre-hypertension

120/80 to 139/89

**High Blood Pressure**

Stage 1 hypertension

140/90 to 159/99

Stage 2 hypertension

160/100 or greater

### Blood Pressure Fact

Every 20 point increase in the top blood pressure number doubles your risk of stroke or heart attack. Visit our pharmacy to use our blood pressure machines. Our pharmacists can help get you started, explain what the numbers mean and share tips on how Wegmans can help.

**THIS PASSPORT BELONGS TO:**

Name \_\_\_\_\_

e-mail: \_\_\_\_\_

Phone number: \_\_\_\_\_

**TRAIL NOTES:**

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