

The Town of Greece is proud of our quality parks, trails, and waterways that provide our residents with a variety of free outdoor activities. We hope you enjoy our beautiful natural resources, and leave them in the same condition as you found them.

Always be safe when enjoying our trails and canoe routes; bring a friend or relative with you when possible.


For more information about our trails and canoe routes, visit [www.greecenyny.gov/parks](http://www.greecenyny.gov/parks).



*Wegmans*

*Wegmans*  
eat well live well™

**Passport**  
*to family wellness*

 Exploring the  
outdoors of  
Greece, NY

## Become a Greece Trailblazer!

Welcome to the Greece Wegmans Passport to Family Wellness! You've just taken your first step toward healthier living, now its time to enjoy the outdoors by exploring our diverse system of trails and canoe routes. We are very proud of our Town parks, trails and waterways; this Passport is designed to help you discover a variety of free outdoor activities in our community.

These trails and canoe routes offer fun for the whole family – from hiking and cross-country skiing, to fishing, bird watching, and much more! So join the millions of people who have made “trailblazing” a part of their healthy lifestyle.

As you hike each trail or canoe each route, record your visit in your Wegmans Passport by using a pencil or crayon to make a rubbing of the designated marker.

- Complete **6** trails or **3** canoe routes and receive a coupon redeemable for a Wegmans product.
- Complete all **12** trails or all **5** canoe routes and be entered to win the Grand Prize
  - \$100 Wegmans Gift Card for a free Wegmans Picnic and a free Lodge rental at Braddock Bay Park in the Town of Greece! The Grand Prize winner will be drawn every year in mid-June; you do not need to complete all 12 trails or 5 canoe routes in one year to be eligible.

*Incentives for completed trails can be picked up at the Town of Greece Community & Senior Center – 3 Vince Tofany Blvd. in Greece.*

Please observe posted regulations on all trails and canoe routes. 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.

Join the Town of Greece and Wegmans Food Markets in becoming a “trailblazer” and hike your way to a healthier lifestyle.

Thank you,

John Auberger  
Greece Town Supervisor

Marcie Bartolotta, M.S.  
Manager “eat well live well”  
Community Initiatives  
Wegmans Food Markets



\*The Wegmans Passport to Family Wellness is an on-going program sponsored by Wegmans. For more information visit Wegmans.com.

For more information on the Greece Trails and Canoe Routes, visit [www.greecenyny.gov/parks](http://www.greecenyny.gov/parks).



**NYS Route 390 Bike Path and  
Lake Ontario State Parkway Trail**

## Lake Ontario State Parkway Trail

**Location:** Along the Lake Ontario State Parkway from the I-390 Exit in the Town of Greece to Lake Avenue in the City of Rochester. Parking is available on the north side of Janes Road, just west of the I-390 overpass.

**Distance:** 3.2 miles

**Difficulty: Easy.** Features a paved surface throughout the 3 mile trail.

**Features:** Constructed in 2009, this trail winds along the Lake Ontario State Parkway and offers many scenic views along the way. This trail is good for hiking, running, biking, cross-country skiing, and bird watching.

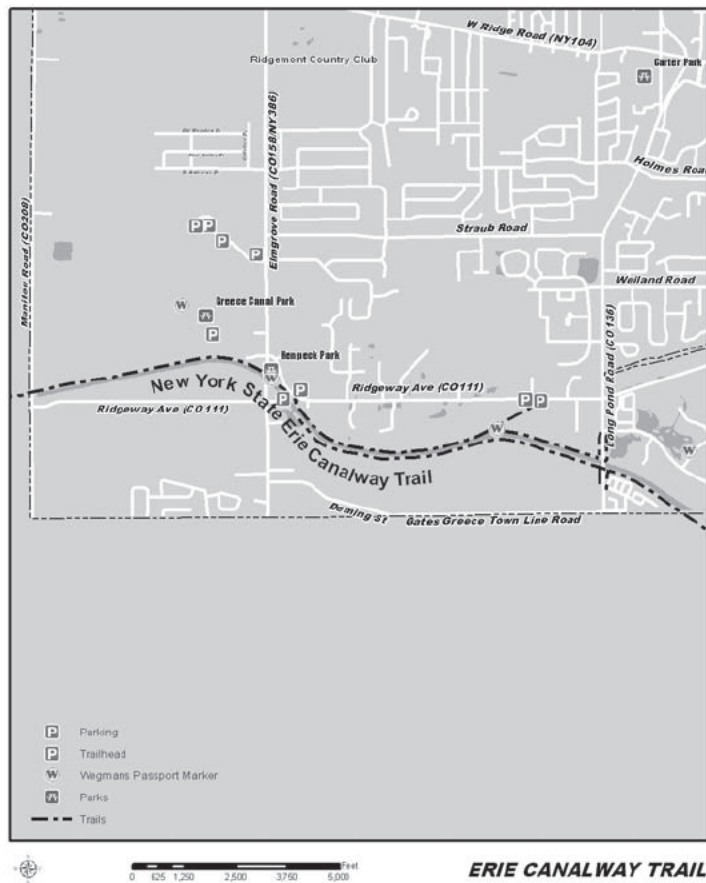
## I-390 Bike Path

**Location:** Along I-390 in the Town of Greece, from West Ridge Road to Janes Road. Parking is available at Basil Marella Park and Janes Road, west of the I-390 overpass.

**Distance:** 5.1 miles

**Difficulty: Easy.** Features a paved surface for the entire 5 mile path. This trail is ADA Accessible.

**Features:** This trail is ideal for running, biking, and walking due to the paved, level surface. You'll be able to access Basil Marella Park as you explore the I-390 Bike Path.



## Erie Canalway Trail

**Location:** Parking and trail access are available at Henpeck Park (corner of Ridgeway Avenue and Elmgrove Road) and at Greece Canal Park of Elmgrove Road.

**Distance:** 3.3 miles in the Town of Greece.

**Difficulty:** **Easy**, as it features a level, crushed stoned surface and is ADA Accessible.

**Features:** This trail is all about history. Located along the Erie Canal you will enjoy walking, running, biking, and fishing. The Erie Canalway Trail is also good for bird watching, as it features long stretches of trail in a natural setting. With access to historic Junction Lock and the newly created Junction Lock Tail, you'll get firsthand access to the rich history of the Erie Canal.

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**Canal Ponds Trails**

## Canal Ponds Trails

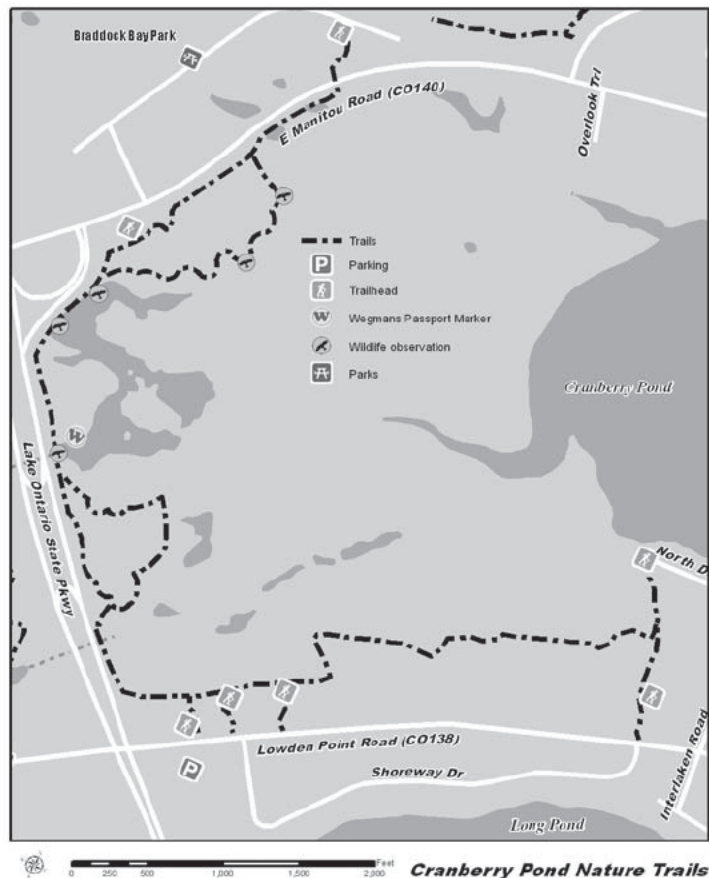
**Location:** Canal Landing Boulevard and Longleaf Boulevard (off Long Pond Road, just south of Ridgeway Avenue).

**Distance:** 2.4 miles.

**Difficulty:** **Easy**, with paved trails throughout and ADA Accessibility.

**Features:** With numerous ponds, gazebos, and benches this park-like setting is good for walking, running, biking, rollerblading, and fishing.

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## Cranberry Pond Nature Trail

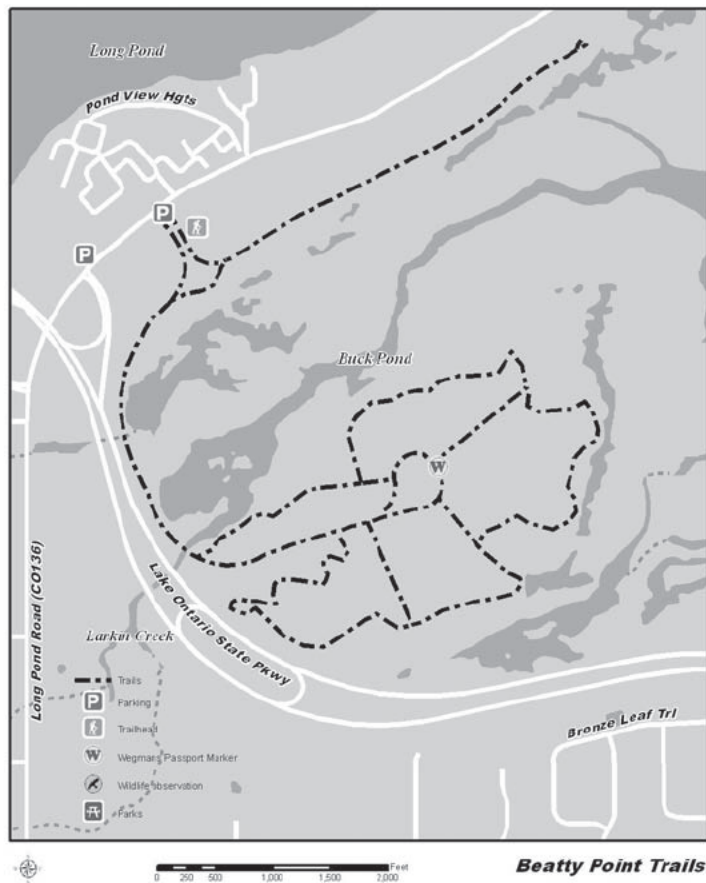
**Location:** Entrances at Braddock Bay Park and Lowden Point Road. Parking is available at the Park, as well as off Lowden Point Road, just north of the Lake Ontario State Parkway.

**Distance:** 3 miles.

**Difficulty:** **Moderate**, with wood chip surfacing throughout the trail.

**Features:** This unique trail includes scenic views from old growth trees to marshlands, be sure to follow the trail guide as you go. Excellent for hiking, cross-country skiing, and bird watching. Also features access to Braddock Bay Park and its various amenities.

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## Beatty Point Trails

**Location:** Long Pond Road, just north of the Lake Ontario State Parkway. Parking is available at the Park entrance and across the street on Long Pond Road.

**Distance:** 5.1 miles.

**Difficulty:** **Moderate**, with a part-gravel, part-mowed grass surface.

**Features:** This trail offers a very diverse setting with various types of wildlife. This trail is good for hiking, biking, bird watching, and fishing at nearby Buck Pond and Larkin Creek. Hunting is also allowed at this site; check with DEC for season dates.

**Safety Tip:** We encourage you to wear reflective clothing if you are going to explore this trail during hunting season.

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## Badgerow Park Trails

**Location:** Entrances to Badgerow Park can be found off Latta Road and Dewey Avenue in the Town of Greece. Parking is available at Badgerow Park North (Dewey Ave.) and Badgerow Park South (Latta Road).

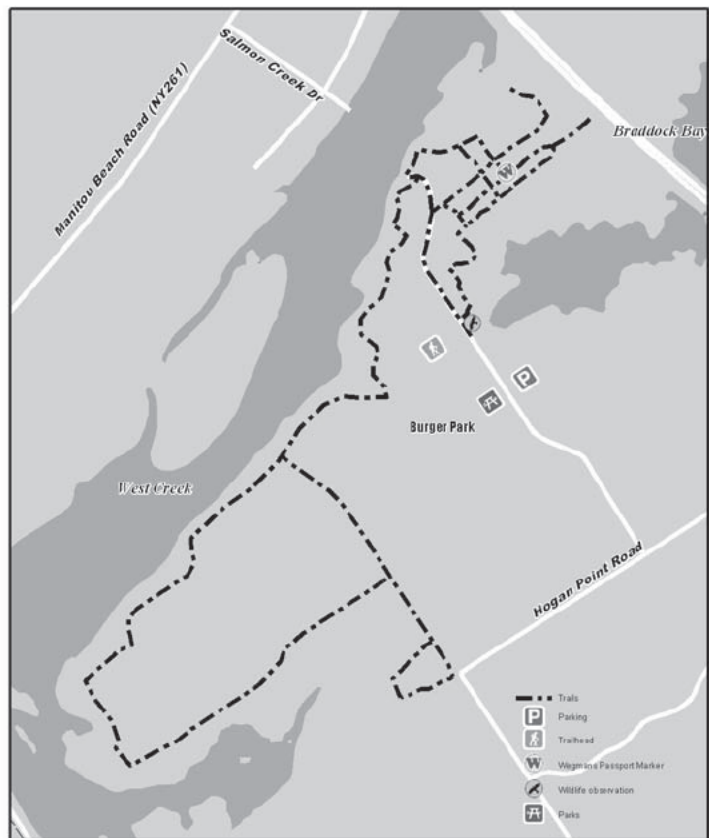
**Distance:** 1.7 miles.

**Difficulty:** **Moderate**, with wood chip foundation through the trails.

**Features:** This park-type setting offers fun for the whole family with access to Badgerow Park North and Badgerow Park South and all they offer. All three trails include mature hardwoods and upland habitat, which contribute to excellent bird watching you'll discover while hiking or cross-country skiing on these trails.

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**Burger Park Nature Trails**

## Burger Park Nature Trails

**Location:** Entrances on Hogan Point Road, between Manitou Road and the Lake Ontario State Parkway. Parking is available towards the center of the access road near the viewing platform.

**Distance:** 2.9 miles.

**Difficulty: Moderate to experienced hikers.** These trails are part-gravel, part-mowed grass. Due to seasonally mowed grass, the best time to experience the Burger Park Trails is early spring or late summer.

**Features:** Located along Salmon Creek, this former farmland offers a lot of unique features including prime viewing for migrating raptors, a viewing platform and canoeing in Salmon Creek. The pine trees along the trails offer great nesting cover for birds and owls, enhancing your bird watching experience. Hunting and fishing are also allowed at this park.

**Safety Tip:** We encourage you to wear reflective clothing if you are going to explore this trail during hunting season.

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## Greece Canal Park Trails

**Location:** Elm Grove Road, between Route 104 and Ridgeway Avenue. Parking is available at various locations inside the park.

**Distance:** 4.8 miles.

**Difficulty: Moderate,** with a dirt path throughout the trails. These trails can be enjoyed year-round.

**Features:** Located near the historic Eire Canal, these trails wind through mature timber and are great for hiking, cross-country skiing, biking running, bird watching, and fishing. Your family will also enjoy the various amenities offered at the Greece Canal Park, as well as access to the Eire Canal Path and Henpeck Park on Junction Lock via the Canal Path.

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**Bisig and Northwest Quadrant Trails**

## Bisig Nature Trails

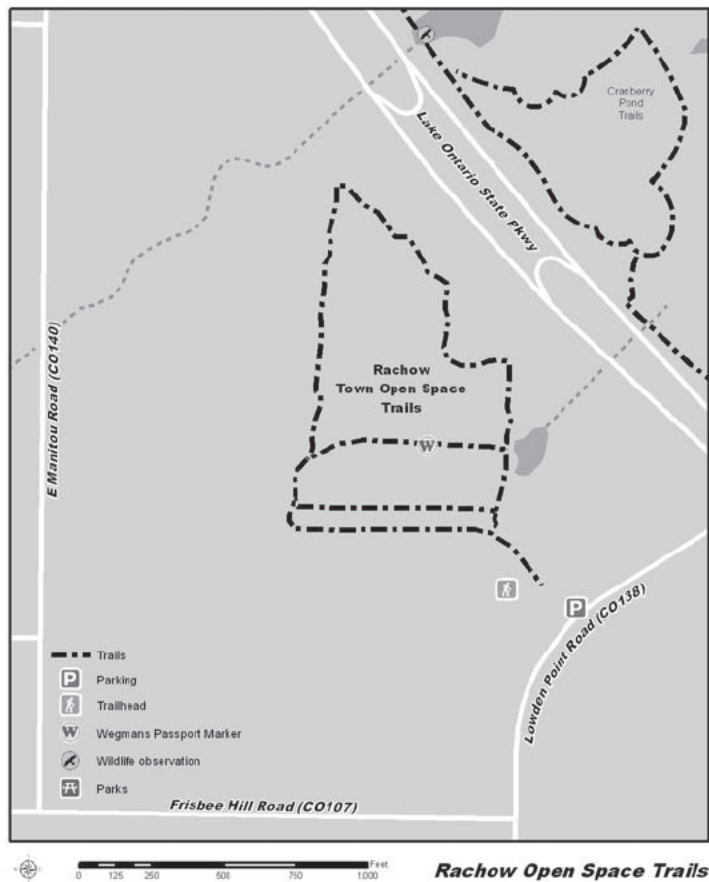
**Location:** Entrances and parking at the dead-end of Parkway View off of Manitou Lane, just south of the Lake Ontario State Parkway.

**Distance:** 4.1 miles.

**Difficulty:** **Experienced** hiker, with seasonally mowed grass surface. Best experienced in the early spring or late fall.

**Features:** These trails are a joint venture with Monroe County, and feature approximately 37 acres of Town Open Space and 250 acres of County Park Land. Located on an old farmstead, it has grown into a dense canopy of trees that makes it an ideal place for bird watching. You may also enjoy hiking, cross-country skiing and snow-shoeing on these challenging trails.

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## Rachow Open Space Trails

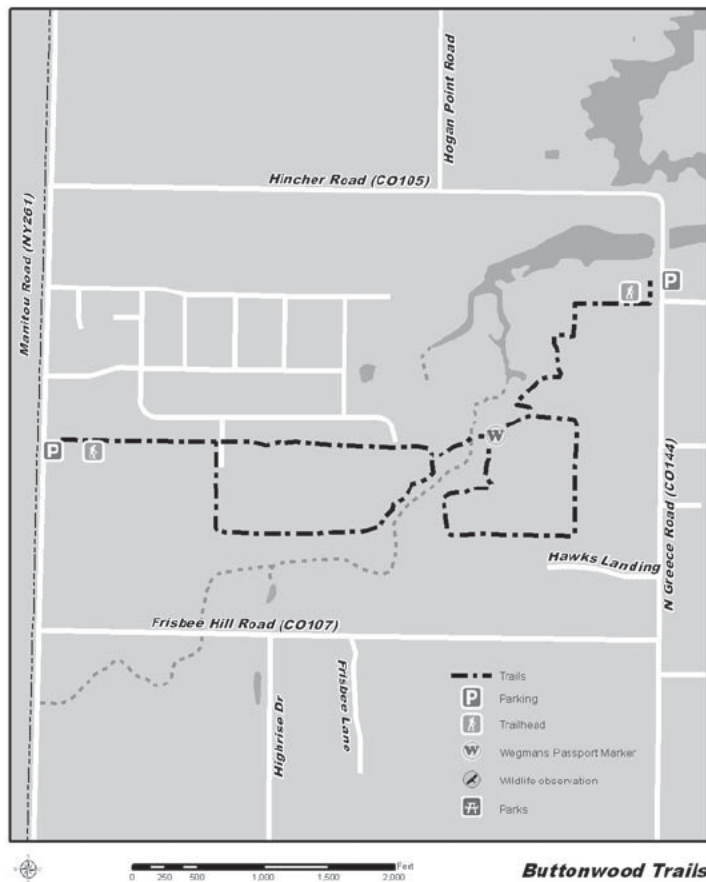
**Location:** Lowden Point Road, just south of the Lake Ontario State Parkway. Parking is available at the trail entrance.

**Distance:** 1 mile.

**Difficulty:** Experienced hiker. Features seasonally mowed trails, which are best to experience in the early spring or late fall.

**Features:** With open meadows to the south and mixed upland habitat to the north, Rachow Open Space Trails is a good place to hike and bird watch.

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## Buttonwood Trails

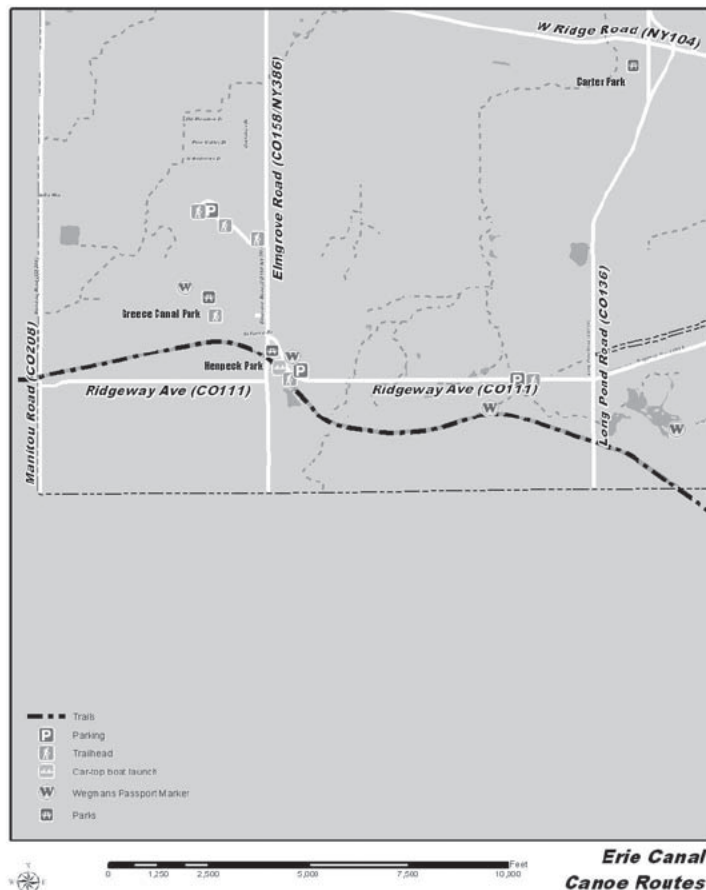
**Location:** Parking and a fishing dock are located on North Greece Road, just before Hinchey Road. Parking and park access are also available at Manitou Road, just north of Frisbee Hill Road.

**Distance:** 3.1 miles.

**Difficulty: Experienced hiker.** Due to seasonally mowed grass surfaces, these trails are best experienced in early spring or late summer.

**Features:** Another farm field from yesteryear, Buttonwood Creek flows through open hardwoods and fields, before turning into marsh habitat. Various types of wildlife abound. Buttonwood Creek Trail is a great place to hike, fish, canoe, and bird watch.

MAKE TRAIL MARKER RUBBING HERE



## Erie Canal Canoe Route

**Location:** Parking and boat launch are available at Henpeck Park (corner of Ridgeway Avenue and Elm Grove Road).

**Distance:** 3.3 miles in the Town of Greece.

**Difficulty:** **Easy**, due to the sheltered waterway and modest wave action. Personal Flotation Devices are required per New York State regulation.

**Features:** With long stretches of natural surroundings, you'll enjoy bird watching and fishing as you travel down the historic Erie Canal. With access to Henpeck Park, Greece Canal Park, and Junction Lock you'll get a personal account of some of the deep history of the Erie Canal.

MAKE TRAIL MARKER RUBBING HERE



## Cranberry Pond Canoe Route

**Location:** Edgemere Drive, between Lowden Point Road and Cranberry Road. Parking and canoe launch are available on Edgemere Drive, just before Cranberry Road.

**Distance:** 2.1 miles.

**Difficulty: Moderate,** with few underwater obstacles and deeper water than some of the other ponds. This route is more sheltered than Braddock Bay, but be sure to watch for wind on the open water. Personal Flotation Devices are required per New York State regulation.

**Features:** Cranberry Pond is great for perch fishing throughout the spring and offers bird watching during migration periods. If you're up for the challenge, a channel at the east end connects Cranberry Pond and Long Pond. This area is open for duck hunting during fall and mid-winter seasons; check with DEC for season dates.

**Safety Tip:** We encourage you to wear reflective clothing if you are going to explore this trail during hunting season.

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## Buck Pond Canoe Route

**Location:** Edgemere Drive, between Island Cottage Road and Long Pond Road (north of the Lake Ontario State Parkway). Parking and canoe launch are available at the eastern end of Edgemere Drive, just before Island Cottage Road.

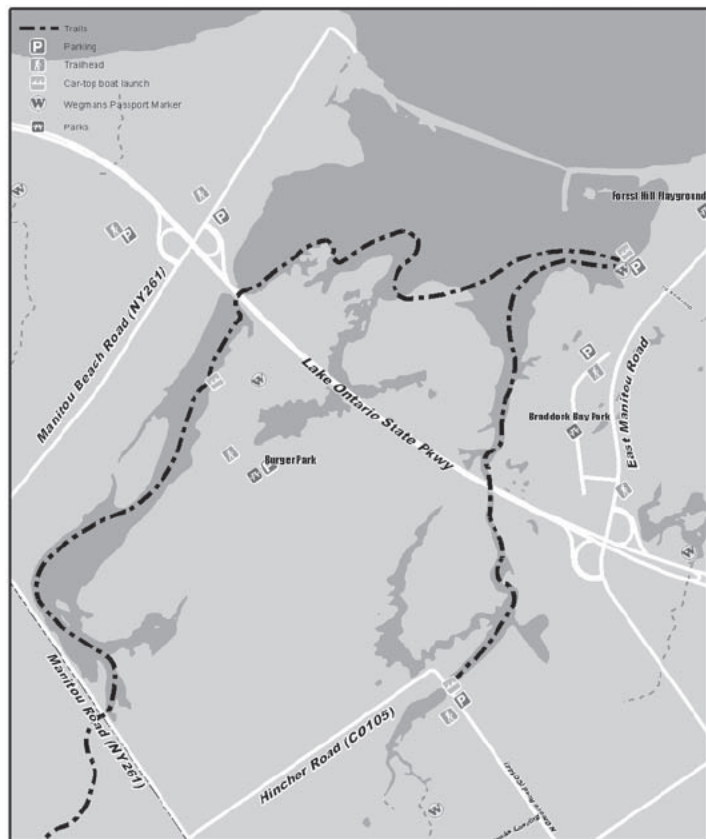
**Distance:** 3.9 miles.

**Difficulty:** Moderate to experienced, due to challenging wind on the open water crossings and extensive weed beds. You must cross the open water to reach the sheltered channels. Personal Flotation Device is required per New York State regulation.

**Features:** Buck Pond contains several miles of cattails edge habitat, which provides shelter and food to a variety of wildlife, including muskrat, beaver, and mink. This extensive cattail marsh is home to a wide variety of marsh birds and otherwise secretive species of waterfowl, such as Green Winged Teal, American Widgeon, Gadwall, and Northern Pintail. Exploring the back-water channels will take you around Beatty Point for an adventurous canoeing or kayaking experience. This area is open for duck hunting during the fall and mid-winter seasons; check with DEC for season dates.

**Safety Tip:** We encourage you to wear reflective clothing if you are going to explore this trail during hunting season.

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**Braddock Bay and  
Salmon Creek Canoe Routes**

## Braddock Bay, Salmon Creek, & Buttonwood Creek Canoe Route

**Location:** For access to Braddock Bay, parking and canoe launch are located at Braddock's Marina, 105 East Manitou Road. Access to Salmon Creek is located at Burger Park, 101 Hogan Point Road. To access Buttonwood Creek, parking and canoe launch are located at the Buttonwood Trail, 25 North Greece Road.

**Distance:** 5.4 miles.

**Difficulty:** Experienced, due to potential weather conditions and wind on open water crossing; Braddock Bay is open to lake Ontario and weather conditions change quickly. Be sure to follow the creek channels to avoid mudflats and weed beds in both creeks. Personal Flotation Devices are required per New York State regulation.

**Features:** You are in the midst of some of the region's best bird watching, as these waterways attract a wide variety of birds, which are best observed from a canoe or kayak. With marsh-stalking birds of prey such as Osprey, Northern Harrier, and Peregrine Falcon, to waterfowl like Green Heron, Virginia Rail, and American Bittern, you're sure to enjoy this outdoor experience. You'll also pass through the Genesee Land Trust Preserve and Wildlife Management Area while traveling down Salmon Creek. This area is open for duck hunting during the fall and mid-winter seasons; check with DEC for season dates.

**Safety Tip:** We encourage you to wear reflective clothing if you are going to explore this trail during hunting season.

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## Long Pond Canoe Route

**Location:** Edgemere Drive, between Long Pond Road and Lowden Point Road (north of the Lake Ontario State Parkway). Parking and canoe launch are available at Goodwin Park on Long Pond Road. Parking is also allowed along Edgemere Drive.

**Distance:** 4.5 miles.

**Difficulty: Experienced,** due to potentially windy conditions on the open water. True to its name, Long Pond is very *long*. Winds off Lake Ontario or from the west can build up speed, making conditions unfavorable for small watercrafts. Personal Flotation Devices are required per New York State regulation.

**Features:** You can explore the marsh habitat in Larkin Creek by taking this canoe route under the Lake Ontario State Parkway. The Long Pond canoe route also connects with the Cranberry Pond canoe route through the channel at the north end of Long Pond. Duck hunting is allowed at the northern end of Long Pond only; check with the DEC for season dates.

**Safety Tip:** We encourage you to wear reflective clothing if you are going to explore this trail during hunting season.

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## Lake Ontario State Parkway Trail

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## I-390 Bike Path

MAKE TRAIL MARKER RUBBING HERE

## Braddock Bay, Salmon Creek & Buttonwood Canoe Route

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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**

Calories count so watch your portions.



Fill half your plate  
with veggies, fruit and  
salad and half with  
anything else.

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## Healthy Hiking Tips

*from Trish Kazacos, RTD, CPT  
Wegmans Corporate Nutritionist*

**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!*