

1 CATHARINE VALLEY TRAIL

This trail will take you through the Catharine Valley where...

- ... Native Americans routinely walked.
- ... railroad tracks were laid and a canal was dug.
- ... you can take a leisurely hike or bike ride.

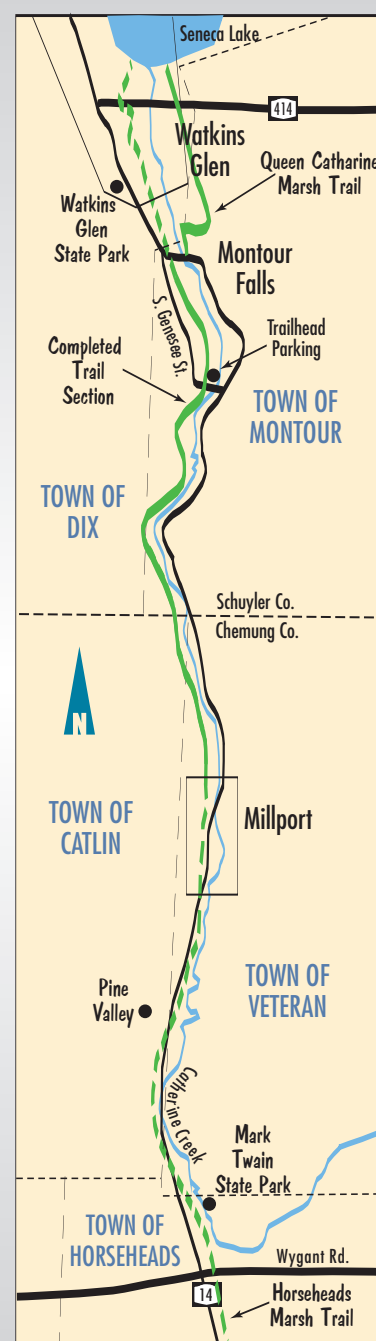
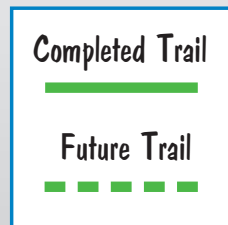
Hours: Dawn to dusk.

Pet Policy: Dogs need to be on a leash. Please clean up after your dog.

Other Policies: Motorized vehicles of any kind ARE NOT allowed on the trail. Must stay on trail. Please respect the rights of our neighbors.

Information: Finger Lakes State Parks Region (607) 387-7041

To report an incident on the trail call the New York State Park Police at 800-255-3577.



2 ELDRIDGE PARK Elmira, NY

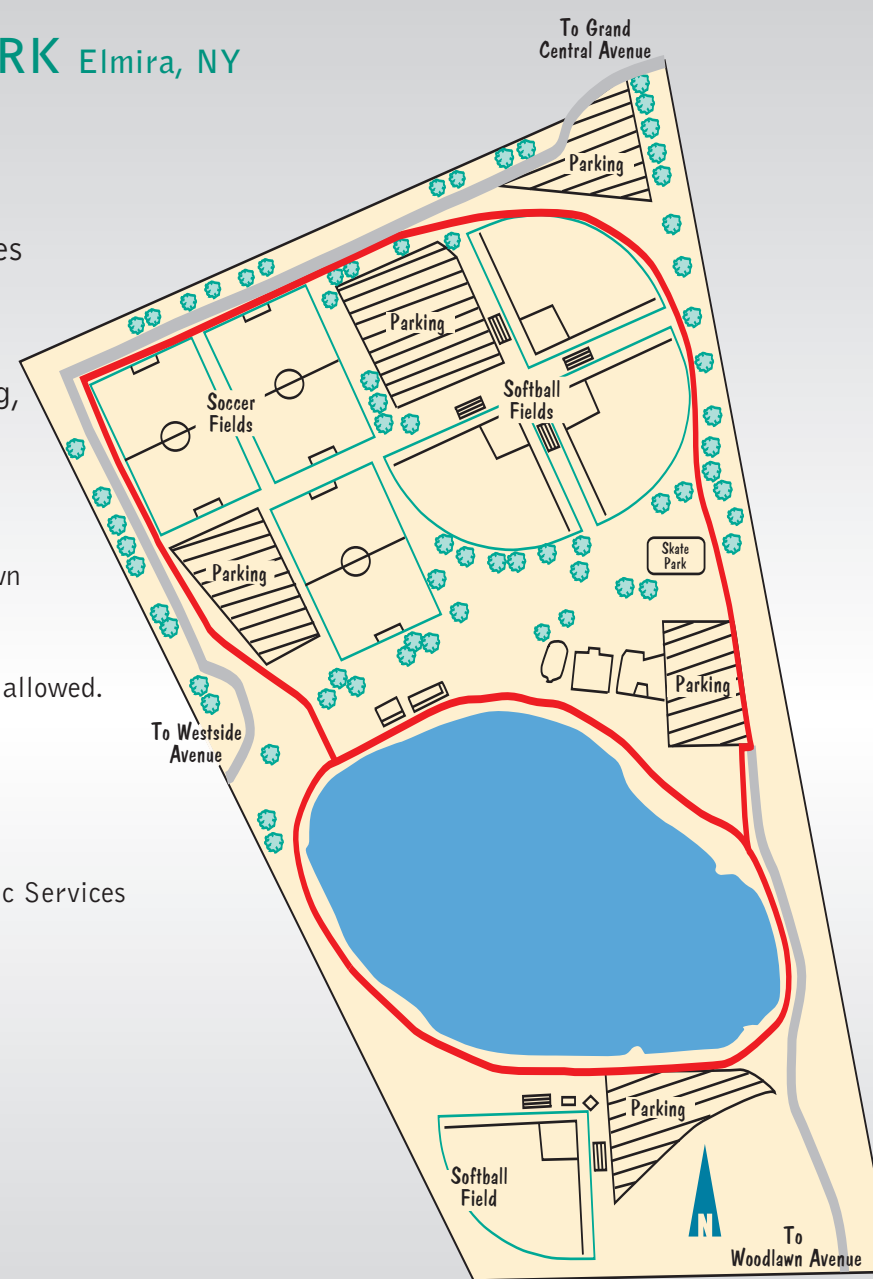
The newly renovated Eldridge Park offers a variety of recreational facilities for the whole family, including a 1.4-mile trail for walking, jogging, rollerblading, cross-country skiing and bicycling.

Hours: Open daily from dawn until 10 pm.

Pet Policy: Dogs on leashes are allowed.

Information: (607) 737-5750

Operated by: City of Elmira Department of Public Services



3 GLEASON MEADOWS & FRENCHMAN'S BLUFF Big Flats, NY

Tanglewood Nature Center & Museum is dedicated to fostering awareness, appreciation, and understanding of our environment.

Hours: May 1st - October 31st
Tuesday-Saturday: 9:00am-5:00pm
Sunday: 11:00am-5:00pm
November 1st - April 30th
Tuesday-Saturday: 9:00am-4:00pm
Sunday: 11:00am-3:00pm

Pet Policy: Dogs, even those on leashes, ARE NOT allowed.

Other Policies: For your safety stay on mowed and designated trails and do NOT enter any areas designated as restricted.

No collecting of plants, animals, or other natural materials is allowed.

No bicycles or motorized vehicles.

No loud noises/radios.

No swimming, boating, fishing, skating, sledding, camping, hunting, or firearms of any type.

Please take out any trash that you may bring in.

Information: (607) 732-6060

GLEASON MEADOWS
PROPERTY OF TANGLEWOOD NATURE CENTER & MUSEUM

FRENCHMAN'S BLUFF
PROPERTY OF THE NATURE CONSERVANCY



4 PARK STATION Erin, NY

Park Station Recreational Area offers over 10 kilometers of hiking and cross-country skiing trails for your enjoyment. The trails vary in terrain and steepness.

Hours: Daily 9 am - sunset.

Parking Fees: During peak season (Memorial Day weekend until Labor Day weekend) there is a \$5/car fee for county residents and a \$6/car fee for non-county residents. There is no parking fee during the non-peak season.

Pet Policy: To bring a pet into the park you need proof of currently effective rabies inoculations with you.

The pet is to be controlled at all times on a leash not more than 8 feet in length. The pet owner is responsible for cleaning up any droppings from their pet. No animals are allowed at the waterfront beach area.

Other Policies: Motorized vehicles of any kind ARE NOT allowed on the trails.

Information: (607) 739-9164

Operated by: Chemung County Parks, Recreation and Youth Bureau



5 SPENCER CREST SOUTH CORNING, NY

The Center features 250 acres, seven miles of trails, two ponds and a museum of natural systems featuring a variety of displays and a honeybee apiary. Spencer Crest is adjacent to Corning Community College and provides environmental education and year-round recreational activities such as hiking, cross country skiing, sledding, fishing, birding and a self-guided Tour of Trees.

Hours: Monday - Saturday 9am-3pm
Trails are open dawn to dusk.

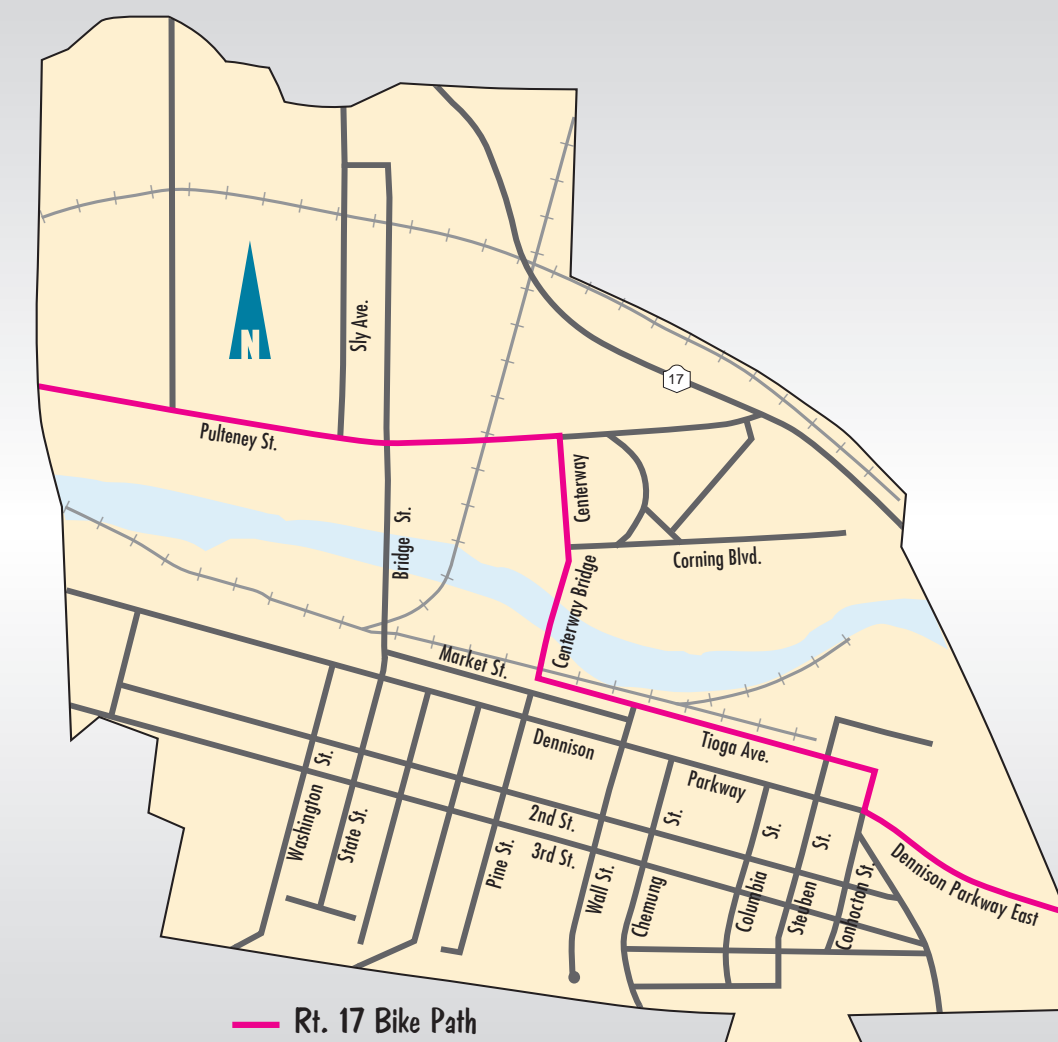
Pet Policy: Dogs need to be on a leash or tether. Please clean up after your dog. Dog memberships available.

Other Policies: No motorized/non-motorized recreational vehicles on the trails
Museum and some trails are universally accessible.
Rest room facilities available.



Information: (607) 962-2169

6 CITY OF CORNING



Information: City of Corning Parks and Recreation (607) 962-0340 ext. 7

Safety precautions to consider as you increase your physical activity:

- It is a good idea to check with your doctor before beginning an exercise program.
- Drink plenty of water before, during and after exercising to replace your body's fluids.
- Select shoes and clothing that are appropriate for the activity and the weather.
- Make sure that your shoes fit properly, and that they provide support to your feet and legs.
- Dress in loose-fitting, layered clothing that will help your body stay cool and so you can move freely.
- If you are going out when dark, wear bright clothes that can be seen easily or wear reflective clothing.
- Outdoor activities on days when it is very hot, very humid, extremely cold, or when there is a low wind chill factor are not recommended.

- Always take 3 to 10 minutes to warm-up and to cool down. This takes a lot of stress off your heart and muscles, and can prevent injuries.
- Your goal is to work up to a minimum of 20-30 minutes, 3 to 5 times per week (plus warm-ups and cool-downs) to promote a healthy heart.
- Always be aware of your surroundings (uneven terrain, possible attackers, tree roots, dangerous situations, etc.)
- Be sure to let someone know where you are going.
- If exercising after dark, it is safer to walk or exercise with someone else or with a pet.
- If you wear headphones during your activity, make sure that you can still hear what is going on around you.

Make it easy to be physically active.

- Choose activities that you enjoy. If what you are doing is not fun, chances are it will become a burden and you will not want to continue doing it.
- Use common sense. Start off slowly and easily, then increase your activity gradually.
- The easiest way to see if you are exercising at a level that is not going to tire you out rapidly is to go at a level at which you can carry on a conversation. This will help to tell you that you are in your "comfort zone" for exercise, and that you will be improving your fitness and health.

Increasing your physical activity is actually easier than you think!

Lyme Disease Prevention

A hike brings the chance of exposure to deer ticks, which may carry Lyme Disease. When hiking, follow these precautions to prevent exposure:

- Wear light-colored clothing so you can more easily see ticks.
- Wear long sleeves buttoned at the wrist and long pants tucked into socks. Wear a hat to protect your head.
- Walk in the center of trails to avoid brushing against dense vegetation where ticks hide.
- Use an insect repellent with 20-30 percent DEET. Lightly spray clothing, especially children's, and avoid direct contact with skin.
- Do a tick check every few hours. Visually check clothing and exposed skin. At the end of the day, do a final, full-body tick check.
- Remove ticks as soon as you detect them. Do not touch them directly. Use tweezers or a tissue to grasp the tick as close to the skin surface as possible and pull straight back.

Contact these agencies for information on other sites:

- | | |
|--|--|
| Big Flats Park Commission (607) 562-8443 | Keuka Lake State Park (315) 536-3666 |
| Birdseye Hollow Park (607) 664-2460 | Mossy Bank Nature Center (607) 776-3811 |
| Boyd's Corners Park (607) 664-2460 | Newtown Battlefield/Sullivan's Monument (607) 732-6067 |
| DEC Wildlife Management Areas (585) 226-2466 | |
| Harris Hill (607) 737-2843 | Pinnacle State Park (607) 359-2767 |
| Havana Glen (607) 535-7367 | Steege Hill Nature Preserve (607) 275-9487
www.fllt.org |
| Hornby Park (607) 664-2460 | |
| Horseheads Marsh Trail (607) 739-3517 | Stony Brook State Park (716) 335-8111 |
| James Street Park/Hornell (607) 324-7421 | Sullivan Dam (607) 737-2843 |
| Kanakadea Park (607) 324-0590 | Watkins Glen State Park (607) 535-4511 |

Designed & Produced by Metrodesign Associates, Homer, NY 13077 www.metrodesignassociates.com

Get Active

in
Chemung
Schuyler
Steuben
Counties



OUR MISSION

Healthy Heart Partnership of the Southern Tier is a partnership of organizations and individuals created to promote heart healthy living in Chemung, Schuyler and Steuben Counties.

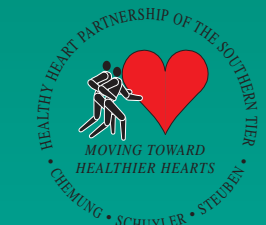
www.healthyhearts.net
(607) 737-4515

COALITION MEMBERS

- American Cancer Society
- Arnot Ogden Medical Center
- Chemung County Health Department
- Cornell Cooperative Extension
- Corning Hospital
- Elmira-Chemung Transportation Council
- Retired & Senior Volunteer Program
- St. Joseph's Hospital
- Schuyler County Health Department
- Southern Tier Tobacco Awareness Coalition
- Steuben County Health Department
- Wellness Council of the Southern Tier

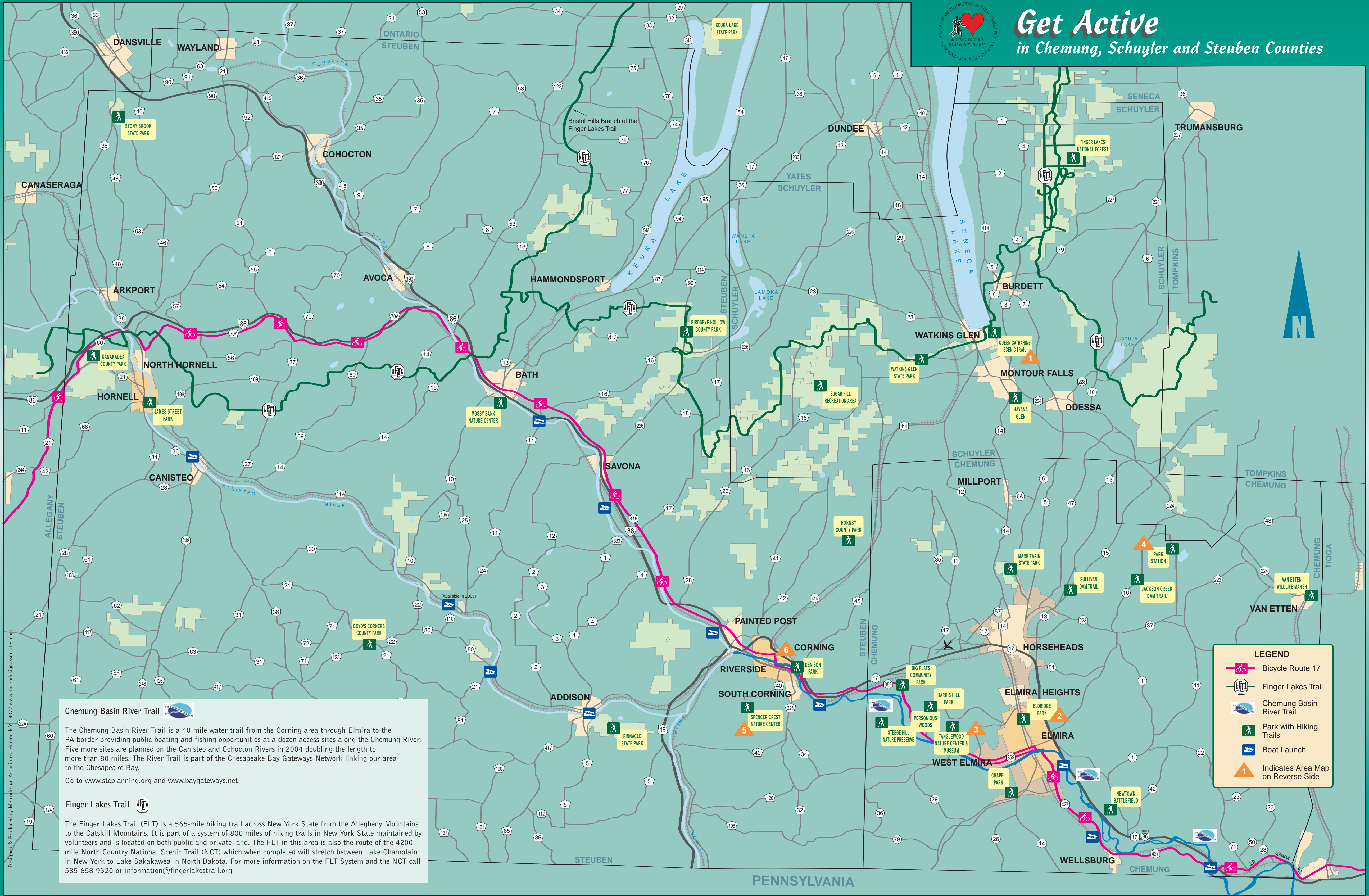
For more information on trail, bicycle and pedestrian planning, contact:
The Elmira-Chemung Transportation Council
Phone: (607) 737-5510 email: ectc@stny.rr.com

Funded by a grant from the New York State Department of Health



Get Active

in Chemung, Schuyler and Steuben Counties



Chemung Basin River Trail

The Chemung Basin River Trail is a 40-mile water trail from the Corning area through Elmira to the PA border providing public boating and fishing opportunities at a dozen access sites along the Chemung River. Five more sites are planned on the Canisteo and Cohocton Rivers in 2004 doubling the length to more than 80 miles. The River Trail is part of the Chesapeake Bay Gateways Network linking our area to the Chesapeake Bay.

Go to www.stcplanning.org and www.baygateways.net

Finger Lakes Trail

The Finger Lakes Trail (FLT) is a 565-mile hiking trail across New York State from the Allegheny Mountains to the Catskill Mountains. It is part of a system of 800 miles of hiking trails in New York State maintained by volunteers and is located on both public and private land. The FLT in this area is also the route of the 4200 mile North Country National Scenic Trail (NCT) which when completed will stretch between Lake Champlain in New York to Lake Sakakawea in North Dakota. For more information on the FLT System and the NCT call 585-658-9320 or information@fingerlakestrail.org

LEGEND

- Bicycle Route 17
- Finger Lakes Trail
- Chemung Basin River Trail
- Park with Hiking Trails
- Boat Launch
- Indicates Area Map on Reverse Side

Designed & Produced by MetroDesign Associates, Homer, NY 13077 www.metrodesignassociates.com