

WELCOME

Walking is the most popular exercise and recreational activity in the U.S. People all across northern New York are discovering that walking and hiking are safe and healthy fun. It's a low-impact exercise that will help you ease into a greater level of fitness. It also helps reduce the risk of heart attack, stroke, and Type 2 diabetes, while helping to manage blood pressure, weight and stress levels.

Hiking and walking are also a great way for families to enjoy being together. No TV, no telephones, no computer or video games. Hikes are a perfect time for families to communicate.



YOU CAN DO MORE THAN HIKE ON THESE TRAILS!

We encourage you to get out and get moving, no matter how you like to enjoy nature.

Many trails are great for strollers, handcycles, bikes and wheelchairs.

Many are fine for dogs, as long as they are on a leash.

Most are great for cross country skiing or snowshoeing.

TRAIL LOCATIONS

(MORE DETAILS ON REVERSE)

1. **Macsherry Trail**
Alexandria Bay, NY
2. **Calcium Trail**
Calcium, NY
3. **Black River Trail**
Black River, NY
4. **Sackets Harbor Battlefield**
Sackets Harbor, NY
5. **Thompson Park**
Watertown, NY
6. **Chaumont Barrens**
Chaumont, NY
7. **Minna Anthony Nature Center**
Wellesley Island, NY
8. **Poor's Island**
Black River, NY
9. **Lowville Demonstration Area**
Lowville, NY
10. **Whetstone Gulf**
Lowville, NY
11. **Wehle State Park**
Henderson, NY
12. **Lakeview Wildlife Management Area**
Henderson, NY

TIPS

FOR KIDS ON THE TRAIL:

Rules of the Trail

Teach children to stay on the trail. Not only can they get lost or injured, going off the trail can damage fragile plant life

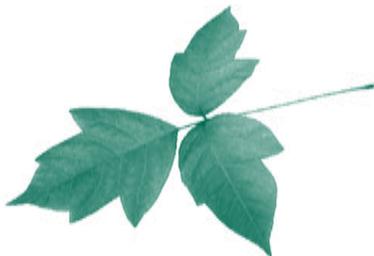
For everyone's safety, there should be no running on the trail.

Teach your children to respect nature by treating the outdoors kindly. NEVER leave trash of any kind behind. ALWAYS bring a trash bag and carry out what you bring in.

Teach your children to look at certain things with their eyes and not their hands. Look closely at flowers, insects, frogs, lizards and the like - but leave them where you find them.

Poison Ivy

Poison ivy is a common plant in upstate New York. Learn to identify its three-leaf pattern and avoid touching it. If you do, wash your hands immediately with soap and water.



TIPS

FOR BEGINNING HIKERS:

- **Start your hike slowly-** Let your muscles warm up and become flexible. Increase your pace after 5-10 minutes.
- **Walk at a pace that allows you to talk easily** - If you are too out of breath to speak, you are probably working too hard.
- **Pay attention to your body** - Stop walking if you feel out of breath, dizzy, nauseated or have pain.
- **Slow down at the end** - Toward the end of your walk, slow your pace to let your pulse return to its normal resting rate.
- **If you are new to exercise** - Check with your doctor before starting a program.

MORE PLACES TO WALK:

Walk the MALL- The Salmon Run Mall (exit 45 off Route 81) allows indoor walking year round.

Walk at SCHOOL- Most school districts allow the public to walk on their track when it is not in use for school activities. Many school districts allow INDOOR walking at special times during the winter. Check www.ncsteps for more information.

Downtown Watertown - Download Historic Walking tour at www.ncsteps.org or pick up a copy at the Historical Society, YMCA or Children's Clinic.



This publication is part of a community wellness project brought to you by

North Country STEPS Forward



Jefferson County Public Health Service
Watertown Family YMCA
North Country Children's Clinic
Cornell Cooperative Extension
Lewis County Public Health Agency
Mountain View Prevention Services

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additional assistance was provided by:



map drawings by Alex Finley

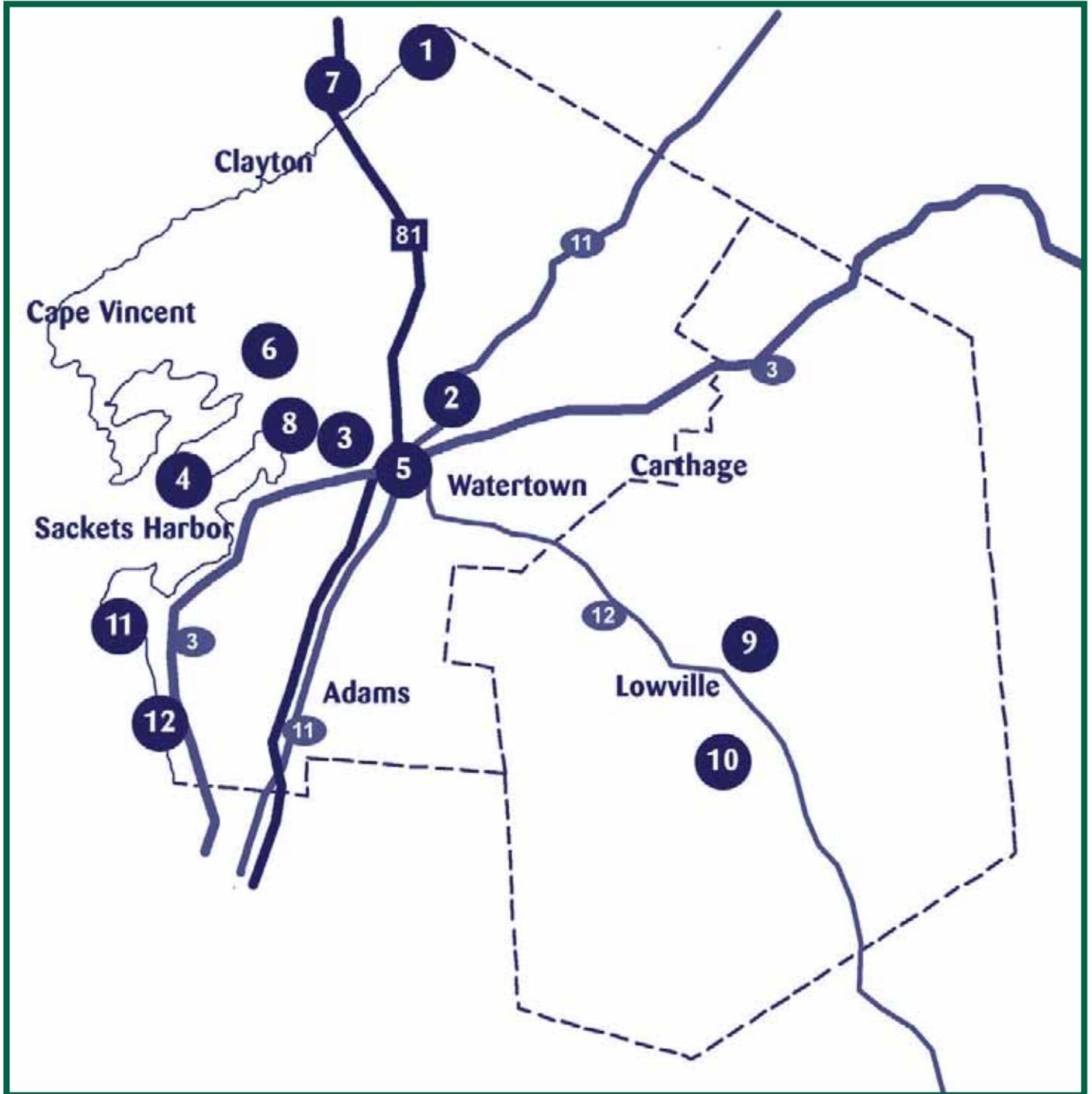
TIPS

ON HIKING WITH CHILDREN:

- **Don't pick a hike that is too difficult** - Try a short walk first, then move on to longer hikes.
- **Dress in comfortable clothing** - Wear layers so you can be comfortable on the trail.
- **Wear weather-appropriate footwear** that is "broken in." Hiking is not the time for uncomfortable or poorly-fitting shoes.
- **Make hiking fun** - Try looking for animal tracks, or counting rocks, birds, flowers and other features as you hike.
- **Let children pack a snack and carry their own water.** Often wearing a backpack is half the fun of hiking.
- **Take a child's friend along;** they'll be more likely to stay entertained.
- **Rest when your children are tired.**
- **Bring heathy snacks and plenty of water.**
- **Take turns leading.**
- **Develop a special interest in bird, insect, tree or plant identification.**
Visit the library for more information.



JEFFERSON / LEWIS COUNTY TRAIL LOCATIONS



It's never too late to start an active lifestyle. No matter how old you are, how unfit you feel, or how long you've been inactive, research shows that starting a more active lifestyle now through regular, moderate-intensity activity can make you healthier and improve your quality of life.

MAKE HIKING A HABIT!

Now that you know how enjoyable walking can be, keep it up! Try each of the trails in this brochure. Make time in your schedule to walk at least three times a week.

Adults should engage in moderate-intensity physical activities for at least 30 minutes on five or more days of the week. OR engage in vigorous-intensity physical activity three or more days per week for 20 or more minutes per occasion.

Doctors recommend 60 minutes of physical activity every day for school-aged children.



READY FOR THE NEXT STEP?

Visit Jefferson County's Steps to a Healthier NY website to take steps to a healthier lifestyle. The website features tips on exercise, nutrition and tells you how to get a free pedometer!



Steps to a HealthierNY is funded by the U.S. Department of Health and Human Services as part of Steps to a HealthierUS, a national program focusing on the prevention of diabetes, obesity and asthma and the control of risk factors including poor nutrition, physical inactivity and tobacco use and exposure. For more information about the Steps to a HealthierNY program, please call (315) 786-3724.

For more great ideas for better health, visit:

www.ncsteps.org

1

Macsherry Trail

Thousand Islands Land Trust

Description:

The Macsherry Trail at Crooked Creek Preserve is a self-guided nature trail with 10 sites of interest along approximately 3 miles of trail which includes wetlands, woodlands, a beaver pond, and creek.

Directions:

Take Route 81 North to Alexandria Bay Exit 50 N (Route 12 N). Follow Route 12 (about 4 miles past Alexandria Bay) turn left on Kring Point Road and immediately right onto Day Road (Indian Point Road). Follow Day Road for approximately two miles. The trail head and parking are on the right.

Notes:

Closed to hikers during deer hunting season.

The Thousand Islands Land Trust (TILT) is a not-for-profit land trust dedicated to the conservation and enhancement of the scenic, recreational, natural and historic character of the Thousand Islands Region. TILT owns and manages 4 recreational preserves in the Thousand Islands area.

Approximately **3 miles**. Mostly flat but uneven in spots.

For more information: www.tilandtrust.org



2

Calcium Trail

Development Authority of the North Country and Ft. Drum

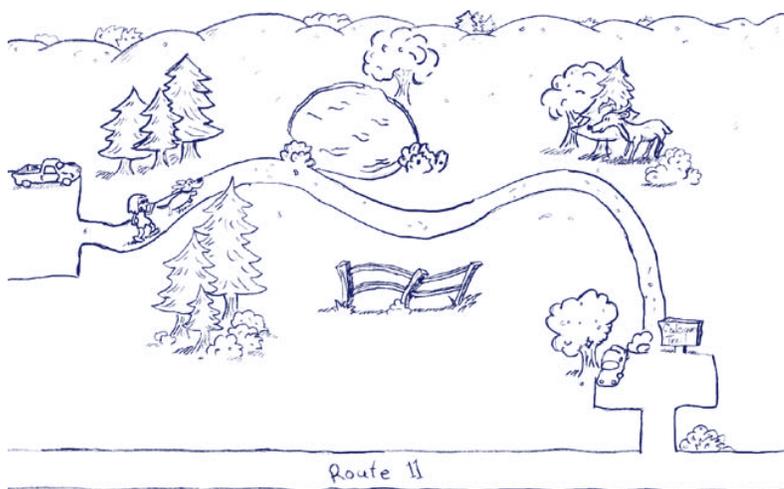
Description:

A well-maintained, gravel trail that is wide and flat, except for a small uphill section near the Calcium end. The trail features wooden bridges and a large pond.

Directions:

From Watertown, take Route 11 North. The Watertown trailhead and parking lot are approximately 1.1 miles from the junction of Routes 11 and 37, on the right side of the road. OR you may continue on Route 11 until you reach Calcium and then turn right into Calcium on the Sanford Corners Road. A parking is on the right near the fire station.

2.1 miles (From end to end - the trail does not loop)



3

The Black River Trail

N.Y. State Office of Parks, Recreation and Historic Preservation

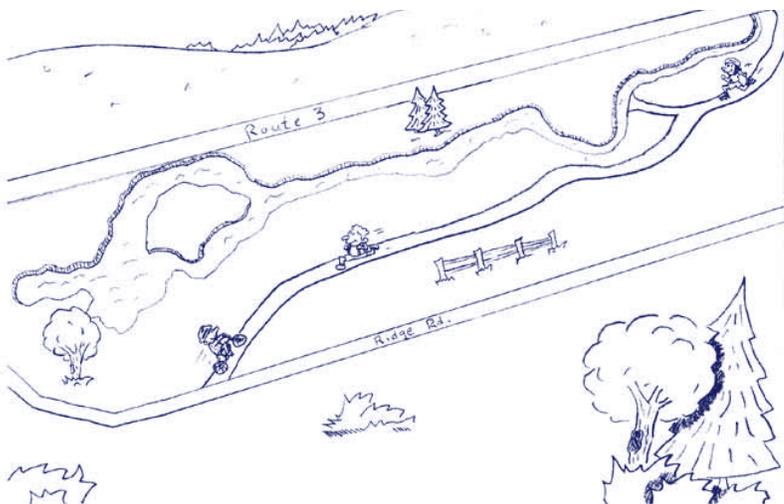
Description:

A wide, straight, well-maintained, paved trail that is a favorite with families. This trail is well-used from dawn 'til dusk. The trail is well-marked with mileage posts from each direction. The Black River end of the trail features a picnic area and access to wide rocks at the edge of the Black River. The river edge is not fenced off and the current is often swift. A close eye should be kept on children and pets.

Directions:

From Watertown, take Eastern Boulevard (Route 3). Just after crossing the Black River, turn right onto Ridge Road. Follow Ridge Road for almost a mile. The trail head is on the left and the parking lot on the right. OR To begin at the trail's other end, continue on Route 3 past the intersection of 342, crossing the river again. Immediately after the waterfall (on the left) is a road to the right marked with small signs "Picnic Area" and "Canoe Portage". The trail begins at the parking area.

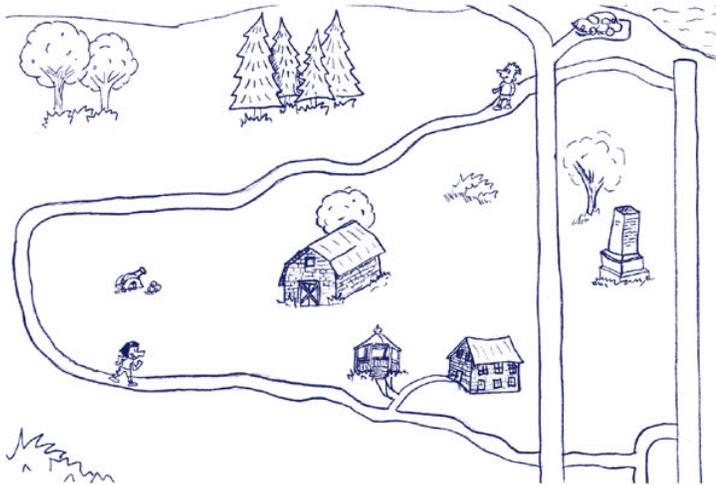
3.3 miles (From end to end - the trail does not loop)



4

Sackets Harbor Battlefield

N.Y. State Office of Parks, Recreation and Historic Preservation



Description:

A lovely (if short) walk through the Sackets Harbor Battlefield. The path features panoramic views of Lake Ontario. Some of the trail is boardwalk, the remainder crushed stone. Signs along the trail highlight historical information.

Directions:

From Watertown take Route 3 West. Follow signs to Sackets Harbor, bearing right off Route 3, into the village to W. Main Street. Turn right on W. Main Street and follow until it ends. Parking is on the right and trail begins at the end of the street.

Notes:

A fee is charged for entrance to the museums and exhibit areas. The Village of Sackets Harbor is a great place for walking. More information is available at the Visitor Information Center (301 Main Street) located on the left across from the boat launch.

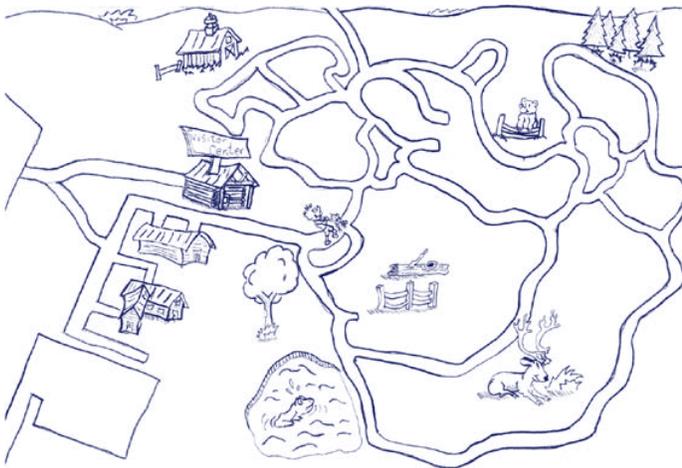
Less than **1 mile**.

For more information: www.sacketsharbony.com

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Thompson Park Trails

The City of Watertown, John C. Thompson Park
Thompson Park Conservancy



Description:

From flat, paved paths that encircle the playground to rugged hiking trails, Thompson Park offers something for everyone.

Directions:

From the Park Circle entrance located at the intersection of Park Drive (off State Street) and Thompson Blvd. head up the hill to the Park. About 3/4 of the way up the hill on the left is the entrance to Olmstead Trail. On the right is the entrance to one of the park's paved trails. Other paved trails can be accessed at the top of the hill. Park in the Zoo parking lot, or at the top of the hill by the playground.

Notes:

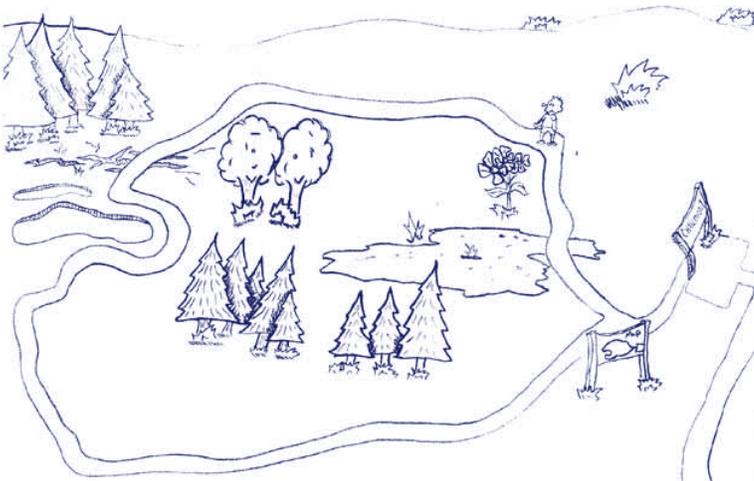
The Park is open year-round from 7 am - 9 pm. The park also has a short exercise trail which begins across from the entrance to the swimming pool. The Zoo at Thompson Park is also an interesting place to walk (trail shown at left). Admission is charged (www.nyslivingmuseum.org).

6 miles of trails - paved paths are mostly flat or gently sloping although there are hills and steps in some areas. Olmstead Trail is more rugged.

6

Chaumont Barrens Preserve

The Nature Conservancy



Description:

The Chaumont Barrens is a well-preserved example of an unusual "alvar" landscape formed by glaciers more 10,000 years ago. You'll see rocky outcroppings, deep fissures, moss gardens and unusual wildflowers, especially in late May when prairie smoke is in bloom.

Directions:

From Watertown/Brownville travel Route 12E to Chaumont. Take the first right in Chaumont, on Morris Track Road (County Route 125). Go about 3 miles, turn left on Van Alstyne Road just after a small cemetery on the right. Go about 1.25 miles to the Chaumont Barrens parking lot on the left.

Notes:

Open daylight hours from early May until early fall. For safety and to protect rare habitats, please respect closure periods indicated on the parking sign.

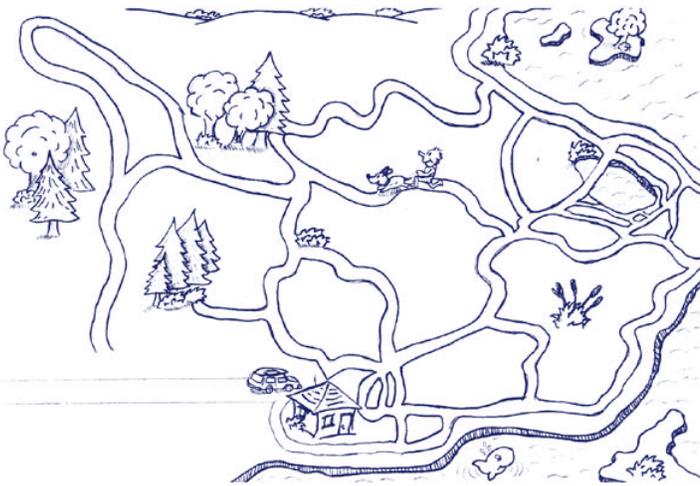
1.7 miles Mostly flat but uneven in spots.

For more information: www.nature.org
Type "Chaumont Barrens" into the search window.

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Minna Anthony Common Nature Center

N.Y. State Office of Parks, Recreation and Historic Preservation



Description:

The Nature Center, part of Wellesley Island State Park, is located on the St. Lawrence River, just a few miles from the Canadian border. The Center features miles of hiking trails with river views, glacial potholes, ponds and woodlands. Trails begin at the Nature Center Museum. Some trails are relatively flat, others are more challenging.

Directions:

From all points south take Route 81 North over the Thousand Islands Bridge (there is a bridge toll) to exit 51. Follow signs to Wellesley Island State Park and the Nature Center.

Notes:

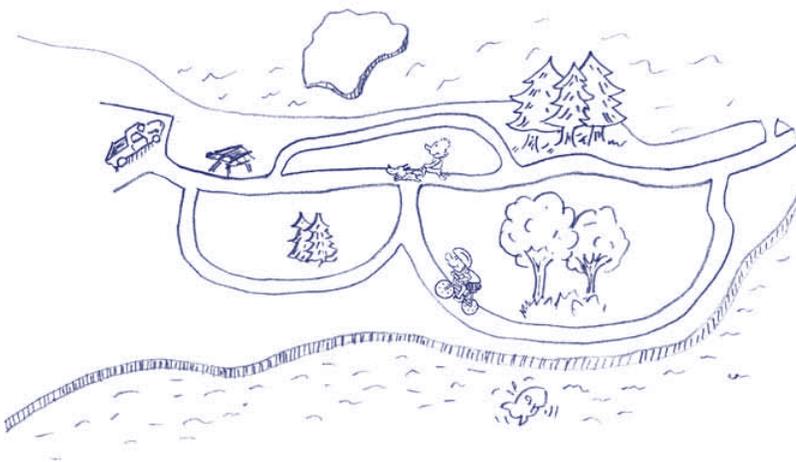
The Nature Center trails are open dawn to dusk year-round. A park entrance fee is charged per vehicle during the summer months. September - May admission to the park is free. Call for non-summer Museum hours (315) 482-2479. The Nature Center features a special 1/8 mile trail loop that is handicapped accessible, with special signage for the visually impaired.

More than **8 miles** of trails.

8

Poor's Island

Brookfield Power



Description:

An easy, fairly short, gravel/dirt trail which runs along the Black River and features water views, mill ruins and fossils (when the water levels are low). Open dawn to dusk all year. At the tip of the island the trail provides boat access to the river at the base of a man-made waterfall and parents should be advised of swift moving currents.

Directions:

From Watertown take Route 3 to Black River. At the light, turn left on Main Street. Just before the bridge, turn right onto *St. Regis Street - Private Way* (there is also a brown Kamargo Recreation sign). Drive over bridge, parking area is on right. Walk around gate and down road.

Notes:

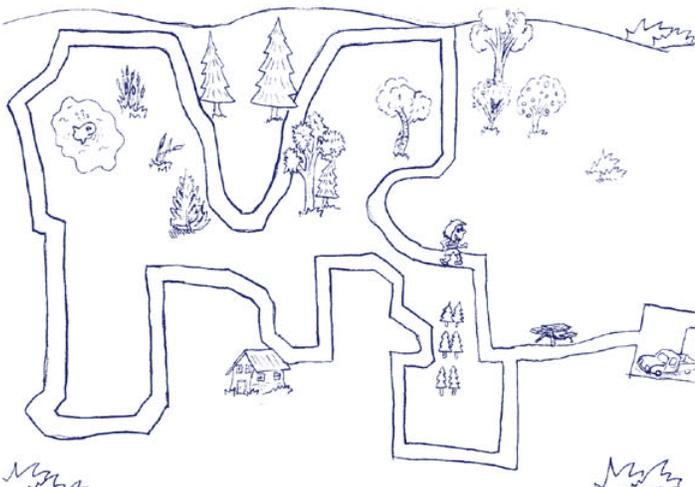
Brookfield Power operates many recreational areas in Jefferson and Lewis Counties. For more information, go to www.brookfieldpower.com - click on "Corporate Info," click on "Community."

Approximately **2 miles**.

9

Lowville Demonstration Area

N.Y. State Department of Environmental Conservation



Description:

The Demonstration Area features a mostly flat, 2-mile trail loop with 23 informational "stops" including a fire tower, an arboretum with over 500 different species of trees and shrubs, a sugar maple orchard, marsh and small pond and an Adirondack lean-to.

Directions:

From Watertown take Route 12 for approximately 25 miles into the village of Lowville. At the first stoplight turn left. Turn right on Bostwick Street. You will pass the Lewis County Fairgrounds, the bus garage and railroad tracks. Take the first left after the railroad tracks. The trailhead parking lot, and handicapped accessible picnic area are approximately 1.5 miles on the left.

Notes:

Open daylight hours year-round.

Approximately **2 miles**. Spur trails provide additional miles of additional hiking.

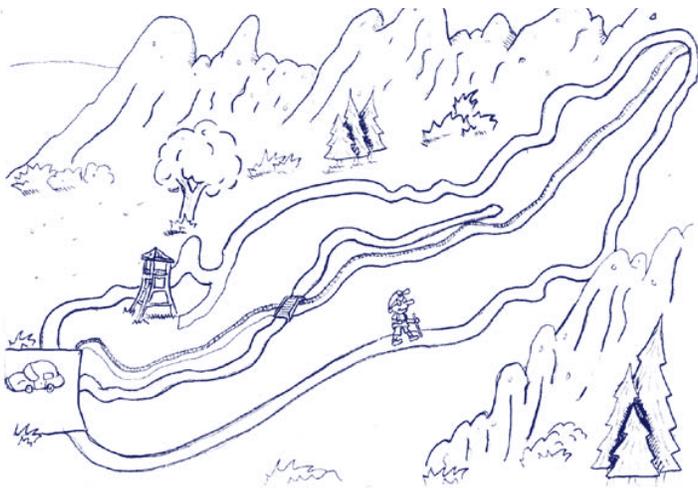
For more information:

www.dec.state.ny.us/website/reg6/df/arbor.html

10

Whetstone Gulf

N.Y. State Office of Parks, Recreation and Historic Preservation



Description:

Whetstone Gulf State Park is built in and around a three-mile-long gorge cut into the Tug Hill Plateau. It provides spectacular scenery including waterfalls, fossils, cliffs and a creek. The gorge trail runs along the creek and can incorporate a 1 mile exercise route. A North South Rim Trail overlooks the gorge. The Rim Trail is steep with sheer drop-offs which may not be appropriate for small children or pets.

Directions:

From Watertown take Route 12 for approximately 23 miles to the intersection of Route 177. Bearing right, cross Route 177 and proceed onto West Road. Whetstone Gulf is about 6 miles on the right, just before the intersection of Route 26.

Notes:

A fee is charged to enter the park during the Summer months.

More than **6 miles**. The North South Rim Trail is 5 miles; the gorge/exercise trail is about 1 mile long.

11

Wehle State Park

N.Y. State Office of Parks, Recreation and Historic Preservation



Description:

The newest of northern New York's parks, Wehle State Park has an interesting mix of woodlands and shoreline trails which can keep a family busy for hours. Trail highlights include plenty of open space, interesting bronze dog sculptures in an area which was once a kennel, a log cabin, and access to the broad, flat rock shoreline of Lake Ontario, which is a great spot for a picnic. There are spectacular, high cliff views of Lake Ontario along the trails which head west from the parking area. These sheer, unfenced drop-offs may be dangerous for small children.

Directions:

From Watertown take Route 3 west (toward Sackets Harbor). Follow Route 3 past Sackets and Henderson Harbors to the blinking light at Military Road; turn right. Follow Military Road approximately 4 miles until you reach the parking lot, which is on the left.

Notes:

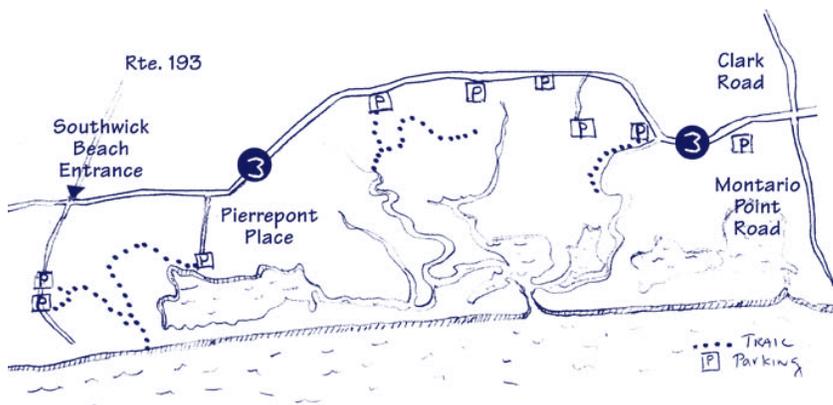
Hunting is allowed in parts of the park during legal hunting seasons. You may check with the NYS Office of Parks and Historic Preservation, Thousand Islands Region Office, for more specific information.

More than **10 miles**

12

Lakeview Wildlife Management Area

N.Y. State Fish wildlife and Marine Resources



Description:

The Lakeview Wildlife Management Area is part of the largest fresh water barrier beach system in New York State. The area offers over three miles of foot trails and two viewing towers. Two dune walkover structures allow visitors to cross the fragile dunes and enjoy the shorelines of Lake Ontario. The trail travels through diverse habitats and includes open fields, woodlands, wetlands and natural barrier beach.

Directions:

From Watertown, take Route 3 South about 20 miles to the entrance of Southwick Beach State Park. The main trail (Lake Ontario Dune Trail) begins in a section of hardwoods on the left on the entry road to Southwick Beach State Park OR the trail can be accessed via the parking lot at Lakeview Pond. Follow Route 3 to Pierrepoint Place, the next right turn after the Southwick Beach entrance. (see map)

Notes:

Please remember to stay off the dunes. No swimming is allowed on the barrier beach. Open to the public year round. A fee is charged per vehicle during the summer months to enter Southwick Beach.

4 miles

MORE RESOURCES

for Active Families:

www.ncsteps.org

Northern New York Trails

<http://nnytrails.tripod.com/index.htm>

The Adirondack Mountain Club

Black River Chapter

<http://www.blackriveradk.org>

The Nature Conservancy

www.nature.org

Tug Hill Tomorrow Land Trust

<http://www.tughilltomorrowlandtrust.org/>

The American Hiking Association

www.americanhiking.org

America on the Move

www.americaonthemove.org

MORE INFO

for Individuals with disabilities:

**Region 6 - Accessible Outdoor
Recreational Opportunities**

[www.dec.state.ny.us/website/reg6/df/
ada/index.html](http://www.dec.state.ny.us/website/reg6/df/ada/index.html)

**National Center on Physical Activity
and Disability**

<http://www.ncpad.org/>

Don't have a computer?

Visit your local public library!

STEP

INTO NATURE!

**A Guide to Family-Friendly
Trails in Jefferson
and Lewis Counties**

