

Finger Lakes Trail Conference – 2019 Annual Meeting
June 7 to June 9, 2019 - Hosted by Foothills Trail Club
University of Pittsburgh at Bradford, 300 Campus Drive, Bradford, Pennsylvania 16701

FLTC/Foothills Trail Club Spring Weekend 2019 Annual Meeting-Hike Schedule

Gather at Student Union, Frame-Westerberg Commons in the center of campus

Friday, June 7, 2019

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A1- Section I of III of Allegany State Park from Asp 1 to Bay State, FLT M1

Leader: 5.8 m Moderate.

Meet at Bay State access 8 at 10:00 a.m. car pool to ASP 1 at France Brook in park, access 5, hike to cars. The trail winds through a mature forest of hardwoods and evergreens past Beck Hollow Lean-to built by FLT. This is part one of a three day series through the park.

A2 - Indian Pipe Trail

Hike Leader: Dee McCarthy. Easy to Moderate. 5 m.

Meet at 12:00 at the Student Union. This trail links the Marilla Reservoir to Allegany State Park. It is wide and smooth and crosses the Allegheny northern hardwood forest. If we are lucky, we may spot the Indian Pipe Flower also known as the Ghost Flower along the way. This will be an in and out hike.

A3 - Part I of II hike Allegany State Park. FLT M1

Leader: Brock Carmichael Moderate to Strenuous 11.0 m

Meet at 9:00 at ASP 3 access 4 in park, car pool to Bay State access 8, hike up 700' to Beck Hollow lean to, down to ASP 1, to Stony Brook Lean to and back to cars.

A4 - Bike around Allegany State Park

Bike Leader: Annette Brzezicki, Moderate 30 m.

Meet at 12:00 at parking lot on Campus Drive and Dorothy Lane. Drive to ASP and bike the perimeter of Allegany State Park on the road.. Bring lunch and water.

A5 - Blaisdell-Emery Trail

Leader Jeanne Moog, Easy 3.8 m .

Meet at Bradford College by noon at student union. Drive to Owens Way in south Bradford, car pool to Lewis Run hike on multiple use trail and hike back to Owens Way along an abandoned railway trail following the East Branch of Tuna Creek.

A6 - R.E. McDowell Trail

Hike Leader: Self guided. 2.6 m. Easy

This paved trail is on the campus of the University of Pittsburgh's Bradford Campus with gentle grades. The trailhead is along Campus Drive across from the Kessel Athletic Complex and follows the West Branch of Tuna Creek in a beautiful setting with bridges, benches and a gazebo. There's plenty of parking at both ends.

Saturday, June 8, 2019

B1 - Part II of III Allegany State Park M1

Hike leader: 7.2 m. Moderate.

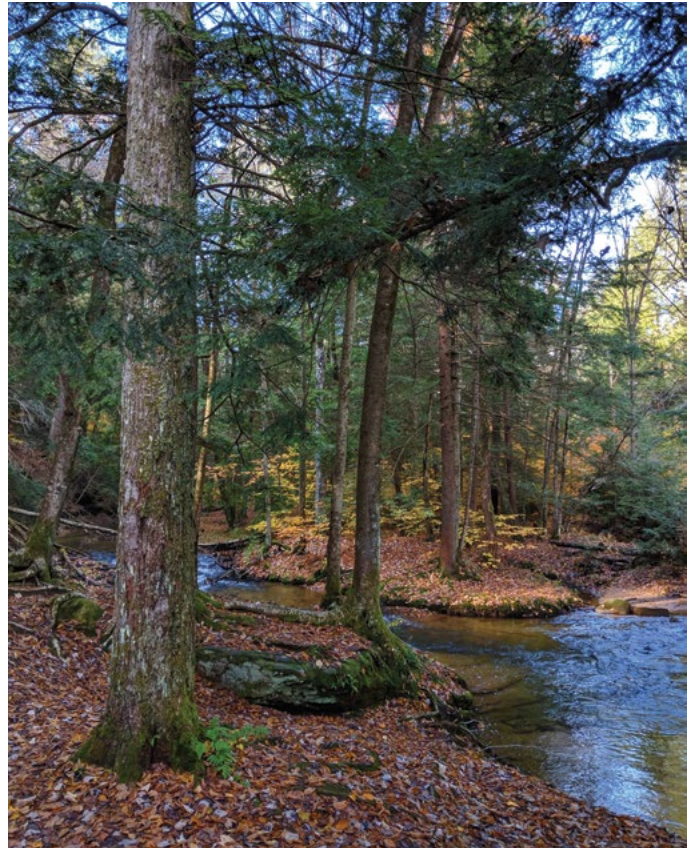
Leave Bradford at 9:00 a.m. Drive to Coon Run Road access 3

via Rt.346, car pool to ASP 1, France Brook, access 5 and hike through Allegany State Park to Stony Brook lean-to, cross ASP 3 and back to cars on Coon Run Road.

B2 - Part II of II Hike Allegany State Park, FLT M1

Hike Leader: Kirk Doyle 11.5 m. Moderate to Strenuous.

Leave Bradford at 8:30 a.m. from student union. Drive to ASP 3 access 4 of Allegany State Park via Interstate Parkway. Hike to Coon Run Road to Willis Creek Lean-to and spring, cross Wolf Run Creek on a 45' bridge built by FLT, downhill to old woods road, cross the N.Y. border into Penna. and back to cars.



Chris Zachary

Woods and creek are on the Minister Creek Trail.

B3 - Minister Creek Trail off the North Country Trail

Hike Leader: Chuck Feldman 10 m. Moderate to Strenuous.

Leave Bradford at 8:30 a.m. from student union. Trail head parking is located on SR 666 west of Minister Creek Campground 14.7 m southwest of Sheffield, Penna. The trail joins the NCT along northerly segment. This loop trail is considered more difficult as it climbs to the plateau within the Minister Creek Wilderness Study Area. Fishing can be done in Minister Creek. Mature trees and

older vegetation grow throughout and the tread follows on old railroad grades used in early logging.

B4 - Geo-Caching Hike with Mike Ogden at Timberdoodle Flats and temporary GPS trail. 3:00 p.m.

Meet on campus at student union and bring your phone or GPS unit and learn how to read and follow coordinates. Timberdoodle Flats examines labelled wildlife habitat, layer by layer. Found on Rt #59 near the University, this hike is an excellent opportunity to learn a new skill or practice finding the hidden GPS locations. 1 m. Easy.

B5 - Willow Bay to Nelse Run-NCT ANF 97 to 87

Leaders: Donna and Marty Ruzsaj Group 1, 10.2 m. (Medium Fast I.)

Leave Bradford campus at 9:00, spot cars at Nelse Run Rte. #321. Drive to start at Willow Bay Recreation Area. Hike north to south on the ridge of the Allegheny Reservoir with great views to the west. Moderate elevation changes as we pass the reservoir's inlets at Tracy Run North, Johnnycake and Handsom Lake.

B5 - Willow Bay to Tracy Ridge NCT ANF 97 to Tracy Ridge

Leader: Robert Chau Group 2, 6 m (Medium to relaxed pace)
Leave Bradford campus at 9:15, spot cars at trail end, Tracy Ridge on Penna. Rt.#321. Drive to Willow Bay Recreational area and see above for description.

B6 - Bullis Hollow Trail

Leader: Nick Scarano 8.3 m. Moderate.
Leave Bradford at 9:00 a.m. Drive to Rt. #173 off the #346, car pool to Tracy Ridge #321 off #346. Hike the connector trail from Tracy Ridge to Marilla Spring Trails through Allegheny National Forest. The trail runs through the Chestnut Ridge Wilderness Study Area connecting to the Marilla Trails.

B7 - Morrison Trail

Leader: Claudia Lawler, 8.8 m, Moderate.
Leave campus at 9:00 a.m. Drive south on Rt #219 to # 770 to #59



Chris Zachary

W. Parking on Rt. #59 past Ranger Station on second left parking area. Hike south following tread 5.5 m to Morrison Campground, loop back 2.0 m. to intersection, hike back to cars through ferns, mountain laurel and a mature forest.

This area is Little Rock City on steroids.

B8 - Sky Walk at Kinzua Bridge State Park

Leader: Lois Justice 4.0 m Easy to Moderate.
Leave campus at 9:30 Drive south on #219 to Rt. #321 and drive Visitor's Center to view tornado damage with breathtaking views over the 600 foot ravine. Hike pathways in the park down into the valley and back. This hike is a great opportunity for excellent photos.

Sunday, Hikes, June 9

C1 - Part III of III Allegheny State Park FLT M1

Leader: Robert Chau . 8.6 miles. Moderate
Leave Bradford at 8:30 a.m. from student union. Drive to parking area on Penna. Rt #346 access 1. Car pool to Coon Run Road access 3. Hike to Willis Creek over many small bridges to Willis Creek lean-to. Travel over switchbacks up to Park Trail 1, cross Wolf Run Creek on a 45' bridge built by FLT, back into the woods and descend to the N.Y. border with Pennsylvania. Continue to parking area passing the FLT sign.

C2 - Morrison Trail Loop

Leader: open 5.8 Moderate.
Leave from Bradford at 9:00 to travel south on Rt #219 to #770 to #59 W. Parking on Rt #59 past Ranger Station on second left parking area. Hike south following gray arrows to trail branch, turn left and hike through ferns under a mature wooded canopy and mountain laurel back to parking area. View large rock formations and creek bed.

C3 - Jakes Rocks Trail and Kinzua Dam NCT

Hike leader: Dee McCarthy 4.0 m. Easy.
Leave Bradford at 8:30 a.m., Drive south on Rt. #219 to Rt.#770 to Rt #59 to parking area. Hike through scenic old growth trees and large boulders. View Reservoir through the leaves on hike back to parking lot. After hike, drive further west on #59 to Morrison, turn left and go to dam. Parking lot is close to dam.

C4 - Marilla Bridges to White Pine Trail to Marilla Overlook Trail

Hike leader: Kathy Boni, 5 m Easy to Moderate.
Meet on campus at 9:00 a.m. at student union and travel to parking area at Reservoir on Rt. #346. Hike around reservoir to White Pines Loop Trail to Marilla Bridge Trail and back to reservoir. View majestic old growth pine trees, mature forest, covered bridge and gazebo at the reservoir. Return to parking area.

C5 - Kayak/canoe paddle-Allegheny Reservoir Friends Boat Launch

Leader: Donna and Marty Ruzsaj.
Duration 2-3 hours
Leave Bradford at 8:30, travel to Rt.#280 2.5m off I-#86 Coldspring, N.Y. 14783. Join us for a morning paddle where the Allegheny River enters the reservoir. Conditions permitting, we will cross the reservoir and explore the western shoreline. We will briefly dock for lunch. Attendees must supply all equipment and PFD is required. A local outfitter can be contacted for equipment at <https://www.alleghenyoutfitters.com/canoe-kayak-rentals/>. A secure location is available to store kayaks when not in use. Indicate on your registration form that you need a key.

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Schedule of Events – Registrations accepted up to May 25th!

Friday, June 7

11:00 AM	Registration Opens
11:30 to 2:00 PM	Hikes depart see schedule
5:00 PM	Social Hour
6:00 – 7:00 PM	Buffet Dinner
7:15 PM	Campfire and sand volleyball

Saturday, June 8

7:00 – 8:30 AM	Buffet Breakfast
8:15 – 9:00 AM	Registration
8:00 AM	Pick up lunches
8:30 AM	Hikes depart see schedule
4:00 – 4:45 PM	Tai Chi with Robert Chua
4:00 – 4:45 PM	FLTC Annual Membership Meeting, election of officers
5:00 PM	Social Hour
6:00 – 7:00 PM	Buffet Dinner
7:30 PM	Evening presentation - Holly Dzemyan, Kinzua Bridge State Park

Sunday, June 9

7:00 – 8:30 AM	Buffet Breakfast
8:00 – 8:30 AM	Pick up lunches
8:30 AM	Check out before leaving on hikes
8:00 AM	Hikes depart see schedule
10:00 AM	FLTC Board of Managers Meeting

LODGING and MEALS

LODGING - Enjoy air-conditioned, suite style housing at University Pitt-Bradford. The suites are 2-bedroom, 2-bathroom apartments housing either 2 people (considered a single) or 4 people (considered a double); each includes a common kitchen and living space. When choosing a single, pick one person you would like to share the suite with. For a double choose 1 person for a roommate and another 2 people to share the suite. No Names we will pick your roommates.

Full Linen Service

Each suite has a microwave, mini refrigerator, mini sink, and dining area in the kitchen section. In the living area there is a cable TV, couch and chair.

Emergency Phone at University (814) 562-7652

MEALS - provided by the college buffet style:

Friday dinner: Herb roasted chicken, vegetable ratatouille, rice pilaf, salad bar & rolls w/butter
Dessert & beverages

Saturday Breakfast: Scrambled eggs, bacon, home fries, fruit salad, oatmeal, yogurt, toast station, pastries and beverages.

Saturday bag lunch: sandwich choice-turkey, ham or grilled veggie wrap. Fruit, cookie and drink

Saturday Dinner: Pork Loin, braised greens, roasted red potatoes, salad bar & rolls w/butter
Dessert and beverage

Sunday Breakfast: Cheddar scrambled eggs, sausage, pancakes, fruit salad, oatmeal, yogurt, toast station, pastries & beverages

Sunday bagged lunch: sandwich choice-turkey, ham or grilled veggie wrap. Fruit, cookie and drink

Vegetarian and gluten free and vegan options are available

Other nearby activities:

Kinzua Bridge State Park
Rimrock Overlook
Kayaking/Canoeing on the Allegheny River
Marilla Reservoir
World War II Museum
Zippo –Case Visitors Center
Penn Brad Oil Museum
Birding, fishing
Walking Tour Bradford National Historic District

Shopping – Main Street Mercantile over 70 vendors under one roof

Hotels in the area:

Holiday Inn Express (814) 362-7090

Best Western Plus-dog friendly (814) 362-4501

Comfort Inn – dog friendly (814) 368-6772

Campgrounds:

Willow Bay Campground, Morrison Campground contact www.recreation.gov or call 1-877-444-6777 or Allegany State Park – Quaker side contact reserveAmerica.com

RVs can park in a lot with electric cords available and use of a dorm room for showering for \$30.00 per night.

Directions to Campus

Southbound traffic from Buffalo, Rochester, Niagara Falls, N.Y.:

- ◆ From Interstate 90, follow U.S. Route 219 South to Bradford
- ◆ Exit U.S. Route 219 at the Forman Street exit
- ◆ At the stop sign at the bottom of the ramp, turn right onto Forman Street
- ◆ At the stop sign, turn left onto Davis Street/Penna.346
- ◆ Follow Davis Street to the four-way stop and turn right onto Boylston Street
- ◆ Follow Boylston Street to the traffic light (by the Country Fair gas station) and the junction with Mechanic Street
- ◆ Continue through the traffic light on to West Washington Street (Penna. Rt. 346 West)
- ◆ Follow Route 346 West (West Washington Street) west to the second set of stone signs.
- ◆ Turn left onto campus.

Westbound traffic from Scranton, Corning, Elmira, Rochester, Syracuse, Binghamton:

Take Interstate 86

- ◆ Take exit 23 onto U.S. Route 219
- ◆ At the bottom of the ramp, turn left onto Route 219 and proceed south
- ◆ Exit U.S. Route 219 at the Forman Street exit
- ◆ At the stop sign at the bottom of the ramp, turn right onto Forman Street
- ◆ At the stop sign, turn left onto Davis Street/PA-346
- ◆ Follow Davis Street to the four-way stop and turn right onto Boylston Street
- ◆ Follow Boylston Street to the traffic light (by the Country Fair gas station) and the junction with Mechanic Street
- ◆ Continue through the traffic light on to West Washington Street (PA Rt. 346 West)
- ◆ Follow Route 346 West (West Washington Street) west to the second set of stone signs.
- ◆ Turn left onto campus.



The McDowell Community Trail that passes behind campus and goes along the Tunungwant Creek.

**FLTC 2019 Annual Spring Meeting – Registration Form hosted by Foothills Trail Club
June 7, 8 and 9 – Bradford, Pennsylvania**

One form per person.

Register one of two ways

- 1) Hardcopy – mail form and check payable to Foothills trail Club to FLT, 105 Nadine Dr., Cheektowaga, NY 14225
- 2) On-line – register and pay at www.foothillstrailclub.org

Name(s) _____ Phone # _____

Address _____ Cell Phone # _____

City/Town _____ State _____ ZipCode _____ County _____

Emergency Contact & Phone # _____

Local Hiking Club/Affiliation _____

REGISTRATION FEE - registration deadline is May 26, 2019. No refunds after May 26, 2019

FLTC or Foothills Member	_____	x \$15.00 = \$	_____
Non-member	_____	x \$20.00 = \$	_____
Hike Leaders	_____	x \$0.00 = \$	_____

Lodging is Suite Style housing: 2 bedrooms with bathrooms, a living room and kitchenette with microwave and refrigerator.
See Lodging Description.

Friday: Single _____ x \$80.00 = \$ _____

Name of Suite Mate _____

Double: _____ x \$40.00 = \$ _____

Name of roommate Name of Suite Mate Name of Suite Mate

Saturday: Single _____ x \$80.00 = \$ _____

Name of Suite Mate _____

Double: _____ x \$40.00 = \$ _____

Name of roommate Name of Suite Mate Name of Suite Mate

MEALS:

Friday Dinner		\$13.00 = \$	_____
Saturday Breakfast		\$ 9.00 = \$	_____
Saturday Lunch		\$ 9.00 = \$	_____

(please circle one) Ham, turkey, veggie wrap

Saturday Dinner		\$13.00 = \$	_____
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Sunday Breakfast		\$ 9.00 = \$	_____
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Sunday Lunch		\$ 9.00 = \$	_____
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(please circle one) Ham, turkey, veggie wrap

Total Enclosed: \$ _____

Indicate any food allergies, concerns here: _____

Vegetarian _____ Gluten Free _____ Vegan _____

Please indicate choice of hikes:

Friday: _____ Saturday: _____ Sunday: _____

Free Kayak Storage - Free of Charge – Please indicate if you want to store your Kayak _____

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 any clubs conducting activities on behalf of, or in support of the FLTC, accept full responsibility for their own well-being, or, for the well-being of a minor when acting in the capacity of parent of guardian. Further, users of the FLT 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 we are fully responsible for own safety and selecting activities that are consistent with our physical capabilities.

Signature _____ Print Name _____ Date _____