

Finger Lakes Women Outdoors

Summer 2010 Calendar

For Prospective Members

July 31 (Saturday, 3pm) **Kayak/Canoe** the Montezuma National Wildlife Refuge, Seneca Falls
Join us for one of our most popular kayaking outings. We usually see plenty of Great Blue Heron at Montezuma. Put-in at May's Point and paddle east on the Clyde River, returning on the Erie Canal to just before lock 25. It is then a short walk back to get our cars at May's point and pick up the kayaks. Bring water, a hat, and appropriate quick dry clothes. Optional: binoculars, camera, and snacks. Optionally join us for dinner afterwards at Magee's Diner or one of the restaurants at the Waterloo Outlet mall.

Aug 1 (Sunday, 2 pm) **Bike Along the Erie Canal**, Brighton towards Rochester **Genesee Valley Park**, Rochester

Join us on a bike trip along the Erie Canal from Brighton Lock 32. We will travel west for 8-10 miles before returning. If the group wants, we can go all the way to Genesee Valley Park. There are places along the way to rest and for those who would like...Ice Cream! The trip is mostly flat with three medium but not too challenging hills between Pittsford and Genesee Valley Park. Bring bike, helmet, water, and optionally snacks. Optionally join us afterwards for an early dinner in Pittsford.

Aug 7 (Saturday, 4 pm) **Bike on the Ontario Pathways & attend the Sauerkraut**, Phelps

We will bike a small section of the Ontario Pathways in Phelps, biking on a flat tree-lined grassy trail for about 2 miles, and then continue on Route 96 for 1.8 miles until we reach Main St. Phelps and the Sauerkraut festival. We will hang out at the festival for as long as we want, picking up dinner from one of the food vendors, and then return to our cars via the same route before dark.

Bring a helmet, bicycle lock (we may want to leave our bikes someplace), and wear clothes appropriate for the weather. The Festival Schedule: <http://www.phelpsny.com/phelps-fun/sauerkraut-festival/schedule/>

Aug 8 (Sunday, 8am - 5pm) **Women's NRA Basic Pistol Course**, Penfield
FYI - Not a Women Outdoors Event

At Genesee Conservation League, 1570 Old Penfield Rd in Penfield

Women only with all certified women NRA instructors

Enhance your safety and shooting skills. Pre-registration is required

Contact: Jacqui Wensich jwensich@rochester.rr.com or call 585-385-2265

Aug 15 (Sunday, 3 pm) **Pool Party**, Penfield

New fountain in lovely backyard in-ground pool Please bring dish to pass, suit, towel, and sunscreen. If desired bring, goggles, hat, swimming toys, CD's. I'll grill hots and hamburgers.

August 21 (Saturday, 10am) **Hike the Keuka Lake Outlet Trail: Dresden to Seneca Mills**

This is a total of 6 miles round trip on level ground. The trail follows the outlet past a series of vignettes that will let us peek back into the 19th century. We'll have lunch at the Seneca Mills Falls before turning around. Bring water, camera and lunch.

Aug 22 (Sunday, 2pm) **Bike Along the Erie Canal, Pittsford to Genesee Valley Park**, Rochester

Join us on a bike trip along the Erie Canal from Schoen Place in Pittsford to Genesee Valley Park (total of 20 miles). There are places along the way to rest and for those who would like...Ice

Cream! The trip is mostly flat with three medium but not too challenging hills between Pittsford and Genesee Valley Park. Bring bike, helmet, water, and optionally snacks.

August 28 (Saturday, 1 pm) **Kayak/Canoe** the Genesee River, Rochester

Join us for an adventure right in the heart of downtown Rochester. We will put in at Turning Point Park and paddle upstream past marshy shores and then steep wooded shorelines. We will continue past Olmsted Landing at Seneca Park, under a few bridges, and then if we have the energy, continue to view Lower Falls (3.8 miles). We may have to beach our kayaks and walk the shore to get a bottom-up view of this impressive waterfall. So be sure to bring your camera and shoes you can walk on. Then we get to take it easy and paddle downstream back to our starting point. Total paddling time ~ 3 hours. Rain date August 29

Bring: water, paddle, life jacket, hat, and appropriate quick dry clothes. Optional: binoculars, camera, and snacks.

September 11 (Saturday, TBD) **Hike and Fall Planning Meeting**, Fairport

Join us for a hike at the Lollypop Farm trail (Humane Society of Greater Rochester) and our Fall planning meeting. More details and directions will be sent out in a few weeks.

Location: Lollypop Farm is located at 99 Victor Road, Fairport, NY 14450.

RSVP to all events at: Sandy at FingerLakes@womenoutdoors.org or 315-651-5645

Please note that all Women Outdoors trips are cooperative trips led by volunteers. While members are concerned for safety, our experience levels differ and mistakes may be made. There may also be equipment failure, unexpected dangers, or conditions beyond our control (such as weather). There is also an inherent level of risk that cannot be eliminated in many of the activities. Women Outdoors and its coordinators don't train, screen, or certify any of the leaders, or supervise the trips. All trips are offered in the common adventurer spirit – where **each participant is responsible for her own skills level and safety**. Please be sure to verify all of the information above as well as the organizer's experience and the trip plans to your own satisfaction so you can make an informed decision about whether the trip is right and safe for you. Remember that in choosing to participate you are agreeing to assume responsibility for all risks associated with the activity. Women Outdoors trips have an excellent safety record. We ask that you take care to keep it this way!

RSVP Please remember to be courteous and confirm plans to either attend or cancel with the trip leader. There is nothing more frustrating for a trip leader than being stood up. Because of this, our trip leaders may cancel an event if she has not received any RSVP's 3 days prior to the event. In addition, events may be rescheduled for either weather or personal reasons. So please do not show up without confirming.