



VHT Pathfinder

30 YEARS AND GROWING

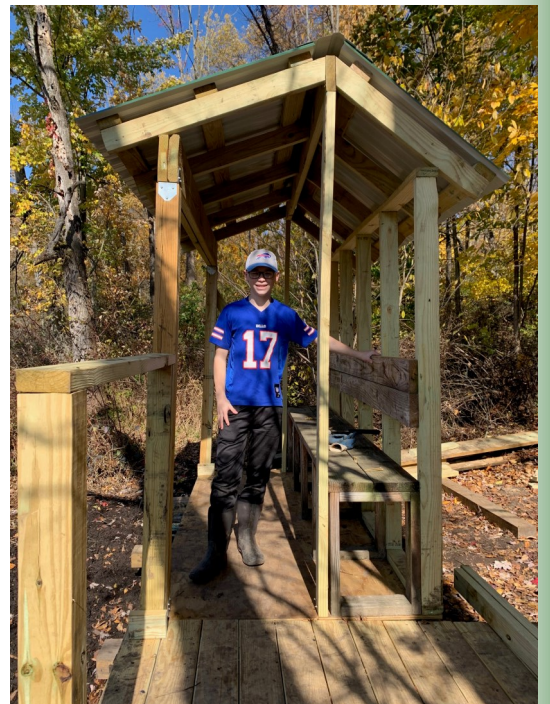
Victor Hiking Trails
Winter 2022

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Eagle Project

Kevin Duhamel, a Life Scout with Troop 60 in Victor, chose to re-purpose an old duck blind into a place to rest and meditate. Located off Helen's Way, he got permission from Paul Bishop, the landowner, and then made a presentation to the Victor Hiking Trails board of directors. With a set of plans, a material list, a cost estimate and approval from his Scoutmaster and district, he scheduled several weekends and completed his project on time and under budget. Congratulations Kevin on a great project that will be there for many people to enjoy. *Photos by Dave Wright.*



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VHT Pathfinder

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*The Victor Hiking Trails
 Pathfinder* is published
 quarterly for the members
 of Victor Hiking Trails, Inc.

We encourage
 submissions of letters,
 editorial items and
 advertising pertaining to
 trails, Victor and the
 environment.

Ask about our rates.
 To submit articles for the
VHT Pathfinder, please
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 Also on Facebook,
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VHT MONTHLY HIKES**2023 Hikes**

Jan 1– First Day of the Year Hike. Meet in Fishers at 9:00 AM

Jan 14– Mendon Ponds Park.

Jan 29— Northeast Iron & Tin, 7181 Boughton Hill Road, Victor

Feb 11– Harriet Hollister Park

Feb 26—Muller Field Station

Mar 11– Fishers Park and Domine Trails. Meet at the tennis courts.

Mar 26—Burroughs Audubon Nature Club

Apr 8– Mertensia Park and Auburn Trail

Apr 30—Lazy Acre Alpacas

May 21—MaryFrances Bluebird Haven

Green are Educational walks and meet at 2:00 PM

Note: Please check the message line at 585-234-8226 for details and last minute updates. Also, if you join <https://www.meetup.com/Victor-Hiking-Trails-Meetup>, you will get notifications of hikes and other events, reminders if you are signed up for a hike, and last minute changes.

All hikes meet at Victor Town Hall rear parking lot, 85 East Main Street, at 9:00 AM unless otherwise noted. Most hikes are relatively easy and take 2-3 hours. Always bring a snack and something to drink. Dress for the weather. We rarely cancel due to inclement weather.

As noted in our schedule there are several educational hikes planned for 2023. These are usually on a Sunday afternoon, starting at 2:00 PM.

We usually carpool from Victor Town Hall to the trailhead. Expect to share the cost of gas with the driver. If you have any questions regarding any of the hikes, or if you have suggestions for places to hike, please leave a message at the VHT Message Line, 585-234-8226.

Again this year we have scheduled several hikes in Victor or the surrounding communities. We are also leading shorter and easier hikes to encourage families and younger hikers to join us. Based on the success of past years we will again be adding an educational element to some of the hikes.

Additional hikes with the Victor PTSA and the Victor Farmington Library will be scheduled throughout the year.

We only hike as fast as the slowest hikers, so don't worry about not keeping up. If we need to split into more than one group, that is not a problem. **Come enjoy the fun.**

NOTE: There are several hiking Meetup groups in our area that schedule hikes in Victor. If you like to hike, join those Meetup groups as well.

Past Hikes

Oct 8– Ontario County Park.

Only four hikers came to South Bristol for a five-mile hike on a beautiful fall day. The colors around the area were just approaching peak and the view from Jump-off was spectacular.
Photos by Jeff Hennick and George Alexy.



Oct 30, 2 PM– Washington Grove and Cobbs Hill.

This was a great educational hike at Washington Grove. There were 25 hikers that split into two groups that were guided by two very knowledgeable members of the Friends of Washington Grove. After learning about the types of trees and the history of the park, the groups took a lap around the Cobbs Hill reservoir and headed to the Elmwood Inn for some nourishment and adult beverages.
Photo by Jeff Miller.



Nov 12– Boughton Park.

On a damp overcast morning, thirteen members and guests hiked about 5 miles around the two ponds. It was a great exercise that was rewarded with coffee and brunch at the Busy Bean Café in the village of Victor.
Photo by Dave Wright.



(Continued on page 9)

Victor Farmington Library Wednesday Walkers

The Victor Farmington Library walkers are going strong throughout the inclement weather. However, they won't be doing the picnic hikes or bike rides until next spring. The 2-3 mile, easy pace walks will continue, even in the winter. Bundle up in layers (see tips on pages 6 and 7) and if you have poles and traction device footgear, bring them just in case the trails are icy.

Photos by Dave Wright



New Trail

It may be short, but it is a great improvement. If you are hiking on the Auburn Trail between Maple Avenue and Proximity Lane, check out the new trail that leads from the parking lot to Twin Elder Brewery. Now it is a nice, wide, easy slope to get to the brewery. This past summer they had a cruise night every Wednesday. Check their website for open hours and menu.



Photo by Lisa Roberts



The trail building crew.

Photo by Dave Wright

Updating the Boardwalk

Major repairs have been completed, thanks to #TrailsRoc and Victor Hiking Trails. Over \$6000 of material and many person-hours of labor have been donated to this project to make it safe and enjoyable for all trail users. The boardwalk is part of the Seneca Trail that gives hikers and bikers the option to get off of the Auburn Trail between Rawson Road in the village and Route 251 in the town. There are still a couple of sections of boardwalk that will need to be repaired in the near future, but for now they are manageable. Like all of the boardwalks and bridges, they can be slippery, especially in the winter, so please use caution when traversing on them.



Photos above by Laura Van Buren

*Photos by
Dave Wright*

Winter Hiking Tips

Hiking in the winter can be as enjoyable as any other season, maybe even more. There aren't any annoying bugs and, as long as you adjust your layers, you're less apt to dehydrate. Because the trees have shed their leaves, you get to enjoy unique and unobstructed views. Another benefit is the peace of solitude, as winter trails are much less crowded.

Before you go, check the conditions, both the roads you will be traveling and the trails you plan to hike or bike. VHT website will have the latest conditions for the trails in Victor.

Let someone know where you are going and when you expect to return.

Dress in layers. Rather than a big, heavy coat, wear at least 3 layers that you can put on and take off easily. The first layer should be a wicking material that will pull the moisture away from your skin. The mid layer needs to insulate you from the cold. The outer layer jacket should be wind and moisture proof to keep you dry.

Jackets with zippers under the armpits will allow the excessive moisture to escape and prevent overheating, sweating, and possibly hypothermia. Bring extra layers to put on when you stop for long breaks to prevent you from getting chilled. Avoid tight fitting clothing that might reduce circulation to the extremities that could lead to frostbite.

Wear a hat. Your head is like a radiator. It is filled with oxygen-carrying capillaries to keep your brain functioning. Don't let all that energy escape and cause you to function at a lower rate.



A hooded jacket can help keep out the wind. A gaiter around your neck or even a face mask on very cold days will help keep your core warm. Don't forget the extremities. Mittens are better than gloves and insulated is better than not. Insulated boots, foot warmers, and hand warmers can be helpful for those long hikes on cold days.



Continued on page 7

Continued from page 6

Watch your footing. Trails can get packed down and become icy, especially if there are warm and then freezing temperatures. Traction devices like micro-spikes and crampons are great for keeping you from slipping. Hiking poles are also helpful for balance when crossing icy areas. For deep snow you will want either cross country skis or snowshoes. Boot gaiters will keep the snow out of your boots, your pants dry and your legs warmer. Don't walk on the ski tracks.



Sunscreen in the winter? Absolutely! That low, bright sun reflecting off the white snow can give you a nasty sunburn on your exposed face. And don't forget the sunglasses or goggles. The weather around our area can change from dark clouds to bright blue sky while you are out for an hour or two of hiking.

Keep your water from freezing. Start out with warm water. Carry your water bottle upside down, inside your jacket, preferably in an insulated thermos or vacuum-sealed bottle. Putting it in a foam sleeve like a koozie helps too. Take little sips often to stay hydrated.



Bringing a snack? Select things that won't be rock hard when they are frozen. Items like crackers, nuts and chocolate do well. High energy and high protein snacks are good choices in the winter when your body burns more calories-per-mile than during warmer months. Keep them in a plastic bag in an inside pocket so they stay relatively warm.

Winter days are short. If you are going for an all day hike or an afternoon hike, bring a flashlight. And don't forget, batteries don't do well in the winter. Keep them warm along with your phone.

Going to a new area? Bring a map and compass. Don't rely on your phone alone. Not all areas have good reception and your batteries will not last as long in the cold temperatures.

Here are some resources for more information on winter hiking.

<https://www.nps.gov/articles/000/winterhikingtips.htm>

<https://gohikevirginia.com/winter-hiking-beginners/>

<https://www.rei.com/learn/expert-advice/cold-weather-hiking.html>

Jingle Mingle

On December 3rd, VHT participated in the village holiday event that included, wine tasting, brewery tasting, shopping, music, and food. We set up our display inside Bistro 11 and sold gift certificates for VHT memberships and 2023 special VHT calendars that included photos from our events taken by members. The gift memberships are \$10.00 and the calendars are \$12.00. Or you can get both for \$20.00. We might still have a few calendars left. If you would like one, send an email to chair@VictorHikingTrails.org.

Photo by Dave Wright



New Videos Online

We have been producing videos for YouTube that give folks an up close and personal view of our trails. They are designed for someone who is not familiar with Victor, NY or the trails that we have to offer. In a very short time anyone can see where the trailhead is located, what is allowed on the trail, what the treadway is like, the length of the trail, connections to other trails, and what they might encounter on the trail. The video can be used in conjunction with the website maps and written details about the trails. There are also how-to videos that show how the equipment is utilized for the maintenance of the trails and how to properly winterize gas-powered tools. Future videos will include the town parks and nearby trails. You can click on the arrow button at the top of the VHT website or search YouTube for Victor Hiking Trails.

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Continued from page 3

Past Hikes continued

Nov 20, 2 PM– Historic Churches of Canandaigua

It was a bright, blue sky, Sunday afternoon, but the temperature was several degrees below freezing and the winds were gusting to 25 mph. Never the less, 23 brave souls came to learn about the history and architecture of five churches on Main Street, led by Ben Falter, Education Coordinator at the Ontario County Historical Society. After being completely frozen, 13 of the group went to Simply Crepes to warm up and have a wonderful dinner.

Photo by Jeff Miller.



Dec 10– Mendon Ponds Park.

Another beautiful Saturday morning for a 5-mile hike. 13 trekkers found some new trails in the southwest corner of the park and then navigated around Quaker Pond and journeyed near 100 Acre Pond.

Photo by Dave Wright.



Dec 18, 2 PM- Rochester Zen Center.

This was a very interesting outing. There were 18 members that attended a discussion about the practice of Zen meditation, the history of the Rochester Zen Center, and then proceeded on a tour of some of the facilities. Everyone asked many questions and learned much about the Zen culture. After the tour, some went to Jeremiah's Tavern on Monroe Ave. for dinner and social conversation.

Photo by Jeff Miller.





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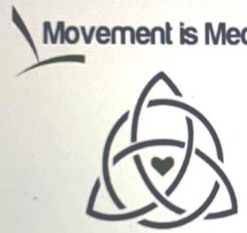
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