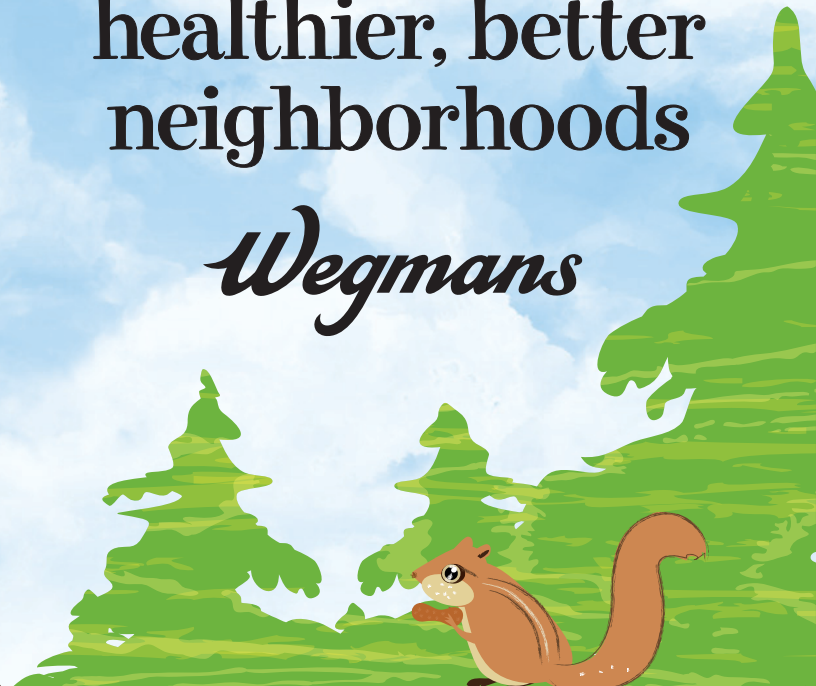


Helping create  
healthier, better  
neighborhoods

*Wegmans*



Discovering the  
Trails of Amherst  
and Williamsville, NY



## Welcome to your healthier, better life!

Since 2005, Wegmans has partnered with town and city recreation programs and park conservancy groups to encourage folks to **take advantage of their community's town and county trails**. It's part of our commitment to helping our customers enjoy a healthier, better life through great food and healthy activity. Your **FREE Wegmans Hit The Trail Passport** will make getting active even more fun.

Your Wegmans Passport details the locations, terrain, and duration of various trails in your area. You're sure to find **trails that match your interest and activity level**. So, browse your passport, grab a buddy, and hit the trail for a healthier, better life!

### Here's how it works:

- Hit the trail with your passport.
- Rub trail markers to record your visits right in your passport.
- Drop off completed passports at your local recreational department for a chance to **WIN prizes!**



**Happy trails to you from your local Wegmans!**

## Here's how to record trail visits in your Wegmans Hit the Trail Passport!

- Look for trail markers like the one illustrated below. They are mounted on posts on each trail. (Exact markers may vary.)
- Use a pencil or crayon to rub the trail name on the corresponding page of your passport.
- When you complete the designated number of trails, turn in your passport for a chance to **WIN prizes!** (Please contact your local parks and recreation department for complete details.)



### This passport belongs to:

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone/email \_\_\_\_\_

## **Welcome to the Town of Amherst**

In addition to being one of America's "Safest Cities" and "100 Best Communities for Youth", the Town of Amherst is home to miles and miles of beautiful trails, waterways and parkland. Experience the health benefits of becoming more active by taking time to explore these areas and join your friends and neighbors who are making walking and biking a regular part of their wellness routine. No matter what the season, nature never disappoints and our sites are designed for even the most inexperienced walker or biker to enjoy.

As you hike/bike each trail, record your visit in your brochure by using a pencil or crayon to make a rubbing of the designated trail marker. Complete 6 or more trails and receive an complimentary gift and a Wegmans reusable shopping bag. Complete all trails to be eligible for a grand prize of a \$250.00 Wegmans Gift Card. Incentives for completion of the Wegmans Hit the Trail Passport can be picked up at:

**Town of Amherst Youth and Recreation Department;**

1615 Amherst Manor Drive

Williamsville, NY 14221

Please visit [www.amherst.ny.us](http://www.amherst.ny.us) to find out about more interesting health related programs.

Have fun hitting the trails!

**The Town of Amherst Youth & Recreation Department**

# Amherst State Park



# Amherst State Park

**Location:** 400 Mill Street. Enter park and follow driveway to the left. Continue to the end until you reach a small parking lot.

**Length:** Under 1 mile. Follow main path to bridge to Ellicott Creek and return. There are also several footpaths to explore in the meadow and a pathway near the parking lot leading to the Amherst Veterans Memorial.

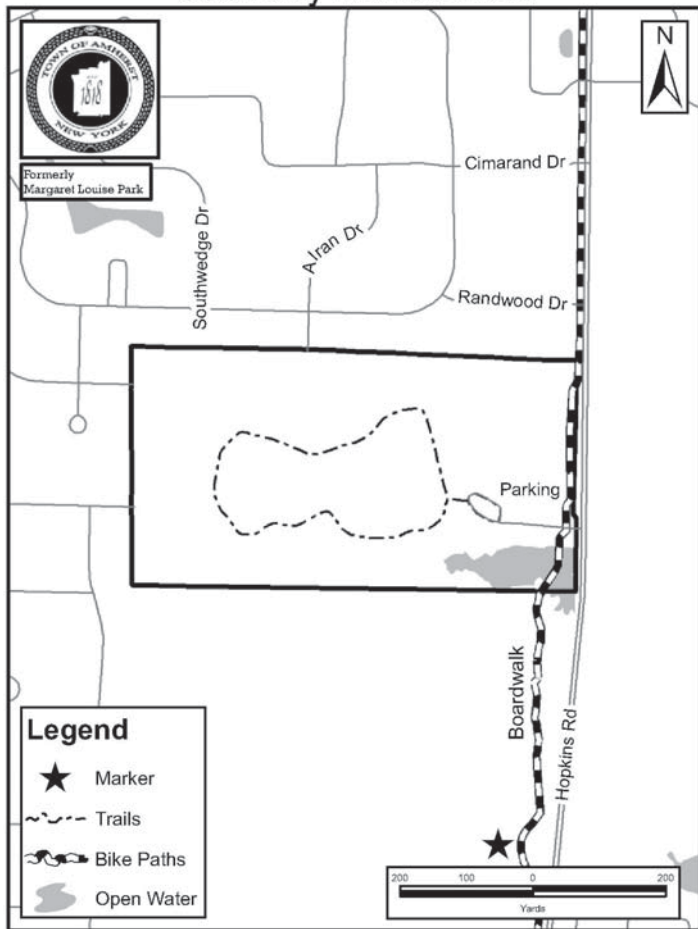
**Walking Time:** 30 minutes to 1 hour

**What to expect:** Concrete walkways in the upper section of the park and compacted crushed gravel on main trail down below. There is one slope to traverse on the way into and out of the meadow.

**Features:** Unique ecological habitat consisting of woodlands; meadows; wetlands; an old apple orchard as well as Ellicott Creek. Walking, picnicking, fishing and bird watching (156 species to date) are common undertakings in this Park. Go to [www.amherststatepark.org](http://www.amherststatepark.org) for more information.

MAKE TRAIL MARKER RUBBING HERE

# SSG Billy Wilson Park



## Staff Sergeant Billy Wilson Park

**Location:** Billy Wilson Park (formerly known as Margaret Louise Park); 1290 Hopkins Road.

**Length:** Under 2 miles

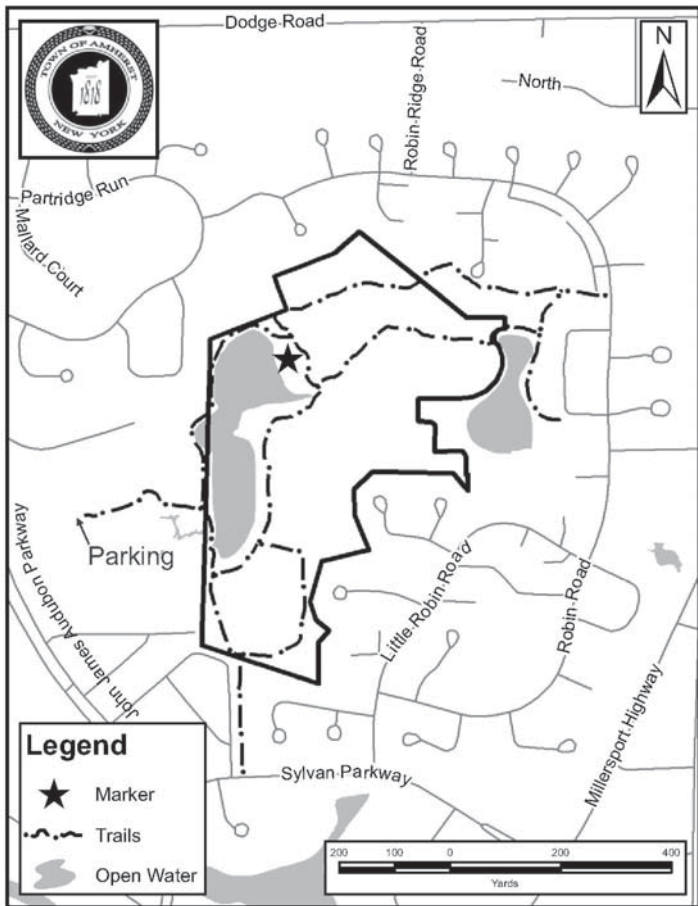
**Walking Time:** 1 hour walk

**What to expect:** Raised boardwalks and paved trails. Access to boardwalk is from the parking lot. Stroll the boardwalk and then return to complete the meadow loop trail in the rear of the park.

**Features:** Swamp/wetlands. A diverse collection of plant and wildlife are present in this DEC designated conservation area including, deer; blue heron; turtles, frogs and much more! There is also a great handicap accessible playground and a winter sled hill for children of all ages!

MAKE TRAIL MARKER RUBBING HERE

# Walton Woods Park





# Walton Woods Park

**Location:** John James Audubon Parkway and Gordon R. Yaeger Rd. (access road for the Amherst Police; Court; Central Library and Senior Center). Follow Yaeger Rd. until it ends. That is where you will find the trail head.

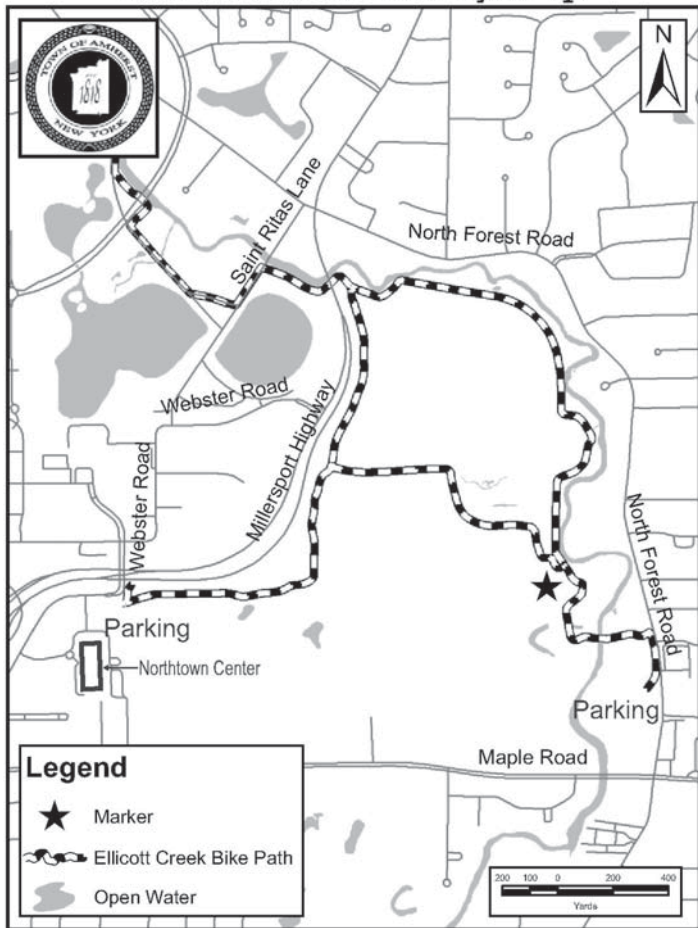
**Length:** Up to 4.1 miles.

**What to expect:**

**Features:** Paved interconnected woodland nature trails with good access to Lake Audubon (and some decent fishing).

MAKE TRAIL MARKER RUBBING HERE

# Ellicott Creek Trailway Loop



## Ellicott Creek Trailway Loop (Northtown Center Trailhead)

**Location:** 1615 Amherst Manor Drive. Trail begins to the left of the Williamsville Jr. Football and Cheerleading concession stand.

**Length:** 3.1 miles

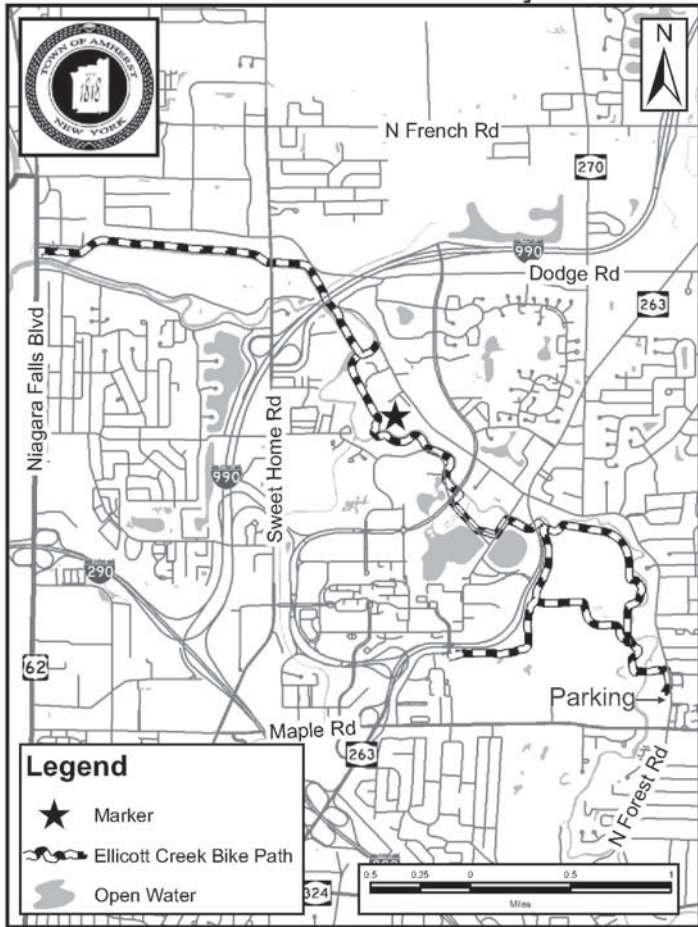
**Time:** varies

**What to expect:** Paved trails and gently sloping hills. Marker is located near mile marker B.61

**Features:** Meadows, wetlands and scattered woodland areas.

MAKE TRAIL MARKER RUBBING HERE

# Ellicott Creek Trailway



## Ellicott Creek Trailway (N. Forest Trailhead)

**Location:** Begin at parking lot on north Forest; just north of Maple Road.

**Length:** Longest trail is 10.2 miles round trip. Visitors can also enjoy shorter walks and make use of the numerous benches along the way.

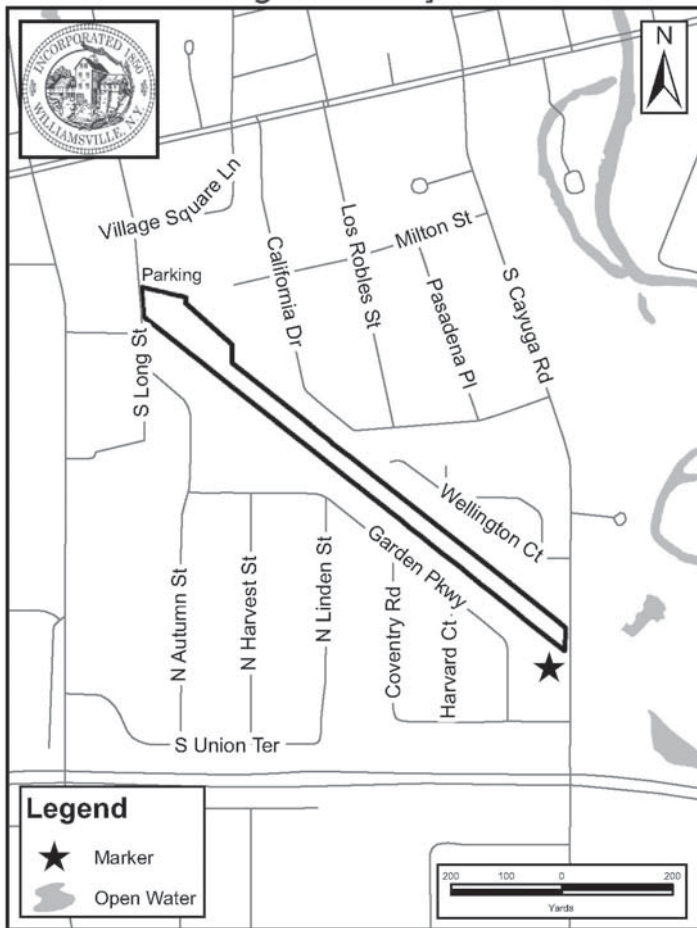
**Time:** Varies

**What to expect:** Paved trails and gently rolling hills.

**Features:** Scenic trek along Ellicott Creek. You will pass our Town's 9-11 Memorial, and the University of Buffalo. Please note that this trail is connected to several other bike paths that can lead you through North Tonawanda to the City of Buffalo.

MAKE TRAIL MARKER RUBBING HERE

# Lehigh Memory Trail



## Legend



Marker



Open Water



## Lehigh Memorial Trail

**Location:** Parking for this trail is located on South Long Street (off Main St.) in the Village of Williamsville.

**Length:** 1.4 miles round trip.

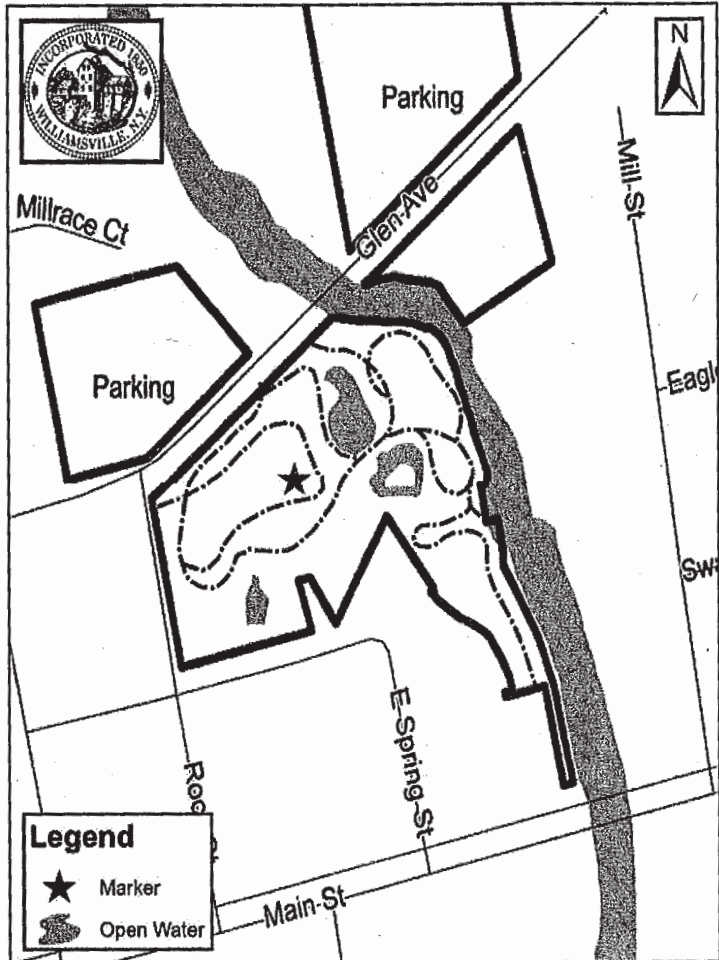
**What to expect:** A relatively short scenic paved rail trail nestled in the Village of Williamsville.

**Time:** varies

**Features:** This trail is home to the Depew Tonawanda (Lehigh) Depot which was built in 1896. The depot is open on Sunday afternoons from 1-4PM during the summer months.

MAKE TRAIL MARKER RUBBING HERE

# Glen Park





# Glen Park

**Location:** Glen Avenue between Cayuga and Mill St. in the Village of Williamsville.

**Length:** Less than one mile. Park hosts several short interconnecting paved paths. Please note that this park is moderately hilly.

**Time:** 1 hour

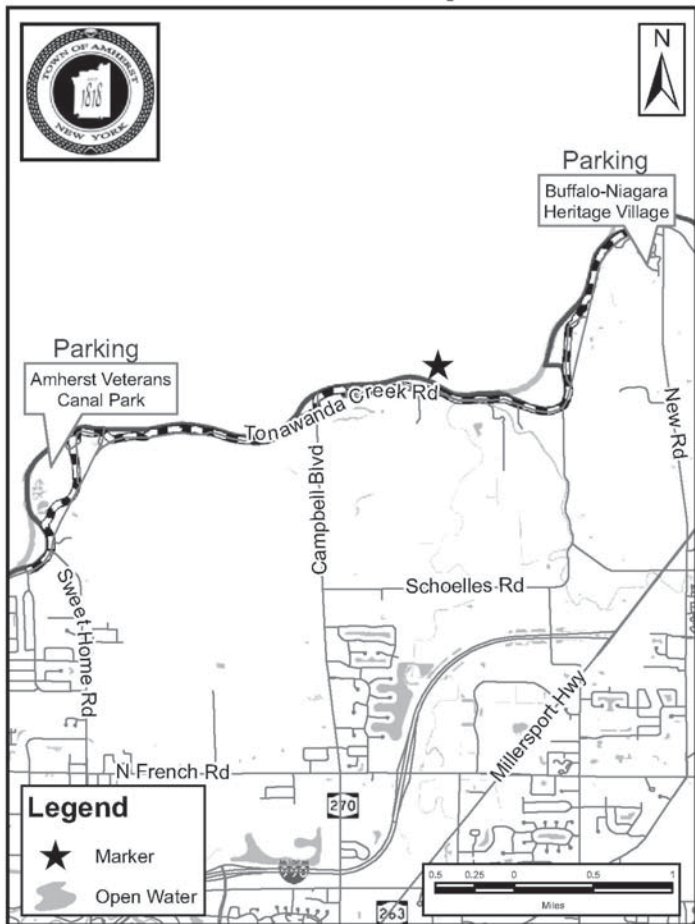
**What to expect:** A stroll in a stunningly beautiful park.

**Features:** Glen Park has been described as peaceful and calming. It features picturesque Glen Falls along with several interconnecting ponds and winding paved paths. A Farmers market is held just south of the park from spring to fall on Saturday mornings. There is also a wonderful sled hill in this park appropriate for younger children. For further information, go to

**[village.williamsville.ny.us](http://village.williamsville.ny.us)**

MAKE TRAIL MARKER RUBBING HERE

# Amherst Canalway Trail



## Amherst Canalway Trail

**Location:** Start at Amherst Veterans Canal Park (1040 Tonawanda Creek Road at Brenon Road in North Amherst)

**Length:** 10 miles: Follow trail east to New Road and return.

**Biking Time:** Varies

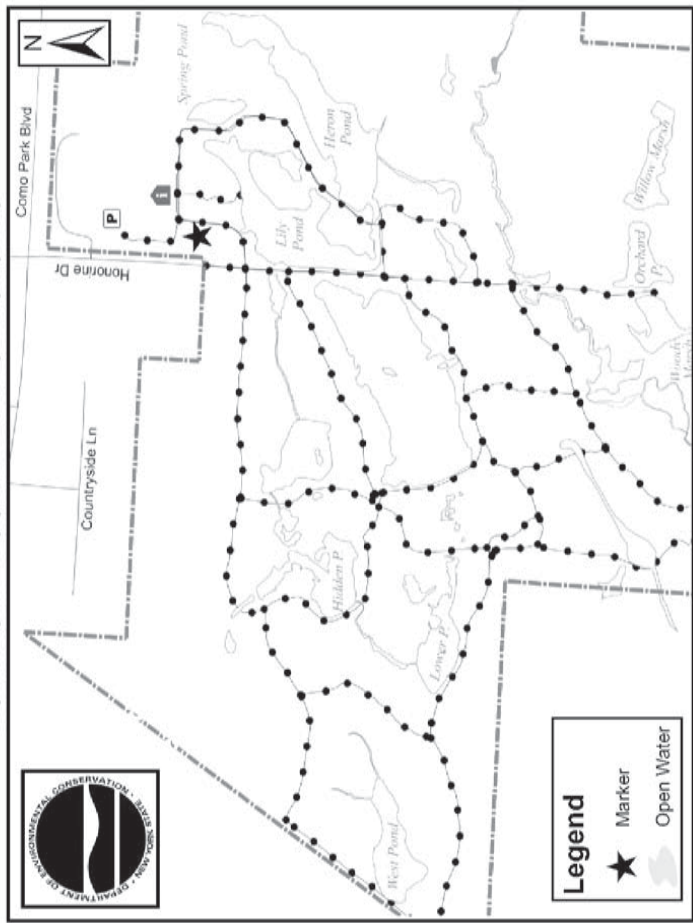
**What to expect:** Level meandering path along the NYS Barge Canal

**Features:** Scenic trail that is ideal for biking; walking, jogging and rollerblading.

**Please note:** A portion of this trail (between Amherst Veterans Canal Park and Campbell Blvd.) is on the shoulder of Tonawanda Creek Road.

MAKE TRAIL MARKER RUBBING HERE

# Reinstein Woods Nature Preserve



# Reinstein Woods Nature Preserve

[www.reinsteinwoods.org](http://www.reinsteinwoods.org)

**Location:** 93 Honorine Drive, Depew, off Como Park Blvd. between Union and Transit Roads.

**Hiking Time:** Anywhere from 20 minutes to 2 hours or more. Open sunrise to sunset. Please leave pets at home.

**What to expect:** Relatively level gravel trails make for easy hiking. There is a short boardwalk trail too.

**Length:** Trails loop together so you can hike as little as .3 miles and as much as a few miles on relatively level gravel trails.

**Features:** Ponds, wetlands, forest, champion beech tree, nature play area for kids. Nature center features bird feeders, butterfly gardens. Rent cross country skis and snowshoes in winter. Most trails are accessible by wheelchair.

**Info:** 683-5959.

MAKE TRAIL MARKER RUBBING HERE

## *Walking Tips*

**Dress in Layers** – The weather and even your own body temperature can fluctuate as you walk or hike. Layering allows you to comfortably add or remove clothing as needed during your activity.

**Stay Hydrated** – If you plan to be active for an hour or less, plain water is typically the best option to keep you hydrated. If your activity will last for more than 1 hour (or the outside temperature is high) a sports drink, juice or milk provide important nutrients and electrolytes to prevent dehydration.

**Pack a Snack** – Keeping a healthy snack on hand is a good idea just in case your walk goes a little longer than planned. Snacks that travel well include an apple, banana, granola bar or small snack bag filled with nuts, trail mix or pretzels.

**Wear Sunscreen** – Anytime you are out in the sun no matter what time of year it is, it is important to protect your skin by wearing sunscreen.

**Bring a Buddy** – Having someone to walk with makes the journey safer and more enjoyable.

*Good luck on your journey to better health!*