

CLUB SCHEDULE

March 2024



Founded in 1921

Utica, New York

www.trampntrail.org

IMPORTANT NOTICE: All hikes will start at the time and location specified in each individual hike description. Leaders and co-leaders will have phone numbers listed so that they may answer any questions participants may have about possible last-minute hike changes. Arrive at the starting location 15 minutes before the start time so that you can be signed in and receive instructions.

REMINDER: If you plan to meet at the trailhead, call the leader to verify the activity for late modifications.

H – Hike SS – Snowshoe S – Cross-Country Ski B – Bike (*Requires Helmet*)
 C/K - Canoe/Kayak (*Requires PFD's & Whistle*) TM – Trail Maintenance
 HD - Hiking Distance (Total both ways) DD - Driving Distance (One way from meeting place)

SCHEDULE SUMMARY

MARCH 2024		APRIL 2024		MAY 2024	
2	H – 50 th Anniversary of the Heart Run & Walk	6	H – Sugarhouse Slog	4	H – Good Luck Cliffs & West Stoner Lake Trail
3	S – Inlet Golf Course	7	H – Black River Canal Trail	5	H – Root Glen & Kirkland Trails
8	S/SS – Camp Fowler	7	H - SUNY Trails	11	H – Moulin Mountain
9	S/SS – Oriskany Trail	8	Eclipse of the Sun Event	11	H – Potato Hill Farm
10	S/SS – Northville Lake Placid Trail	13	H – Hamilton Lake Stream Lean-to	12	B – Erie Canal Trail to Moss Island
10	SS – Gull Lake	13	H – Mohawk River Trail	18	H – Tooker Mountain
16	SS – Great Lot Sportsman's Club	14	H – Map & Compass	18	H – Lorenzo Mansion
17	H – Brewer Lake	20	H - Thendara Okara Lakes	19	B – Empire State Trail
23	H – Deerfield Wilderness	21	TM - Canal Cleanup	25	C/K – Black Fly (North Lake)
24	SS – Brookfield Horse Trails	27	H - Whetstone Gulf	26	H - Hoxie Gorge
30	H – Spruce & Shackham Ponds	28	H - Sleeping Lion	27	H – Mount Hunger Forest

HIKES IN **BOLD**
 REQUIRE
 PRE-REGISTRATION



MARCH 2024

50th ANNIVERSARY HEART RUN / WALK

H

Sat. Mar 2 9:45 AM Hike # 7463
HD: 3 mi. DD: 0

Difficulty: Easy

Leader: Madonna Fellows – (C) 315-790-8858

Co-Leader: Don Fellows – (C) 315-269-0367

Meet At: Utica University - Clark Athletic Center

"We're all tied to heart disease and stroke in some way, and we must change that. Join your friends, family and co-workers to be a relentless force for a world of longer, healthier lives, and have fun doing it." Join or donate online at Heart Run/Walk, Utica, NY

INLET GOLF COURSE

S

Sun. Mar 3 10:00 AM Hike # 7464
HD: 7-8 mi. DD: 50 mi.

Difficulty: Moderate

Leader: Paul Sirtoli – (H) 315-737-8353

Co-Leader: Dave Rockwood – (C) 315-868-7524

Meet At: Subway, Rt. 12, Barneveld

Ski the links.

CAMP FOWLER

S/SS

Mar. 8, 9, 10 4:00 PM Hike # 7465
HD: Optional DD: 60 mi.

Difficulty: Optional

Leader: Bobbie Scarpino – (C) 315-269-4099

Co-Leader: Deb Cantales – (C) 315-335-3011

Meet At: Camp Fowler, Pelcher Rd., Speculator

Friday night (check-in 4:00 PM) thru Sunday morning; includes meals & linens. Lots of options for skiing/snowshoeing on Saturday. The lodge is currently full. Names will be taken for a waiting list in case there is a cancellation (\$130/person). If interested, contact Bobbie Scarpino or Mike Huss.

Website: www.trampntrail.org
Facebook: [TrampandTrailClub](https://www.facebook.com/TrampandTrailClub)
Instagram: [@trampntrail](https://www.instagram.com/trampntrail)

ORISKANY TRAIL

S/SS

Sat. Mar 9 10:00 AM Hike # 7466
HD: 4-5 mi. DD: 0

Difficulty: Easy

Leader: George Fogg – (C) 315-766-0572

Co-Leader: Phyllis Fogg – (C) 315-794-9947

Meet At: Rt. 69 Trailhead, Oriskany

Depending on trail conditions and our preferences, hike, ski, or snowshoe along the wooded, flat Oriskany trail.

SPRING FORWARD

March 10, 2024

Set Your Clocks Ahead!

NORTHVILLE LAKE PLACID TRAIL

S/SS

Sun. Mar 10 10:00 AM Hike # 7467
HD: 5+/- mi. DD: 10 mi.

Difficulty: Moderate *Pre Reg Required*

Leader: Bobbie Scarpino – (C) 315-269-4099

Co-Leader: Deb Cantales – (C) 315-335-3011

Meet At: No Local Starter

A snowshoe/ski on the way back home from Camp Fowler. All members are welcome to join us for this activity but will need to arrive at Piseco Elementary School, Rt. 8, Piseco by 10:00 am. Please call or text Bobbie before Sunday if you plan to join us.

These hikes really should *peak* your interest!

GULL LAKE

SS

Sun. Mar 10 9:00 AM Hike # 7468
HD: 7-8 mi. DD: 26 mi.

Difficulty: Moderate *Pre Reg Required*

Leader: Lisa Lucas-Myers – (C) 315-723-2514

Co-Leader: Peter Baildon – (C) 315-725-8598

Meet At: Subway, Rt. 12, Barneveld

If you have the "gull" come join us for a blood-pumping snowshoe. Don't forget to set your clocks ahead.

GREAT LOT SPORTSMAN'S CLUB

SS

Sat. Mar 16 9:15 AM Hike # 7469

HD: 2-5 mi. DD: 12 mi.

Difficulty: Easy *Pre Reg Required*

Leader: Janis Jones – (C) 315-796-2283

Co-Leader: Karen Oeinck – (C) 315-601-7949

Meet At: Burger King, Rt. 12, Boonville

Guided snowshoe at Great Lot Sportsman's Club led by their members on scenic easy trails. Hike begins at 9:45 sharp from roadside parking, 4277 Osceola Rd., West Leyden. Food available. Donation suggested.

Snowshoes available on site. Please advise if you will need snowshoes when you pre-register.

BREWER LAKE

H

Sun. Mar 17 10:00 AM Hike # 7470

HD: 4.3 mi. DD: 27 mi.

Difficulty: Moderate *Pre Reg Required*

Leader: Phil Gwyn – (C) 315-219-9633

Co-Leader: Ann Damiano – (C) 845-542-3584

Meet At: Subway, Rt. 12, Barneveld

This is a 4.3-mile out-and-back near Otter Lake. We can expect some springtime mud, so wear your waterproof boots and come prepared to sing Irish ballads as we hike to the scenic lake.

DEERFIELD WILDERNESS

H

Sat. Mar 23 11:00 AM Hike # 7471

HD: 3-5 mi. DD: 0 mi.

Difficulty: Easy

Leader: Phil Gwyn – (C) 315-219-9633

Co-Leader: Ann Damiano – (C) 845-542-3584

Meet At: Deerfield Wilderness Park, Walker Rd., Deerfield

We will do multiple loops through the woods of Deerfield Wilderness Park. Then follow the signs marked "Chili Trail" to Ann Damiano's house for a bowl of warm chili. BYOB.

BROOKFIELD HORSE TRAILS

SS

Sun. Mar 24 10:00 AM Hike # 7472

HD: 5-6 mi. DD: 6 mi.

Difficulty: Moderate *Pre Reg Required*

Leader: Peter Franz – (C) 315-749-8271

Co-Leader: Darlene Whitaker – (C) 315-404-6058

Meet At: Circle K, Rt 20, Sangerfield

Snowshoe, or hike if no snow, on the horse trails. Some mild hills. Will require a shuttle down Fairground Road.

SPRUCE AND SHACKHAM PONDS

H

Sat. Mar 30 9:00 AM Hike # 7473

HD: 7 mi. DD: 31 mi.

Difficulty: Moderate *Pre Reg Required*

Leader: Carolyn Eastman – (C) 315-525-0366

Co-Leader: Dave Rockwood – (C) 315-868-7524

Meet At: Madison Central School, Rt. 20, Madison

Hike this 6.8-mile loop trail. The elevation gain will be 1000 feet.



Save The Dates ...

JBL: July 19-21 and High Peaks: August 9-11

Check your email for upcoming information.