

## Hike Schedule June 2025



Founded in 1921  
Utica, New York

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. Please try to 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 scheduled activity for late modifications.**

**HD** - Hiking Distance (Total both ways)    **DD** - Driving Distance (One way from meeting place)

**B** - Bike

**H** - Hike

**S** - Ski

**SS** - Snowshoe

**C/K** - Canoe/Kayak

**TM** - Trail Maintenance

**Required accessories:** Helmets for a bike; PFDs for canoe/kayak.

### SCHEDULE SUMMARY

JUNE 2025		JULY 2025		AUGUST 2025	
1	H - Chenango Canal to Woodman Pond	5	H - Lost Pond	2	H - Pine Orchard & Spruce Mt.
7	K - Kayuta Lake	5	H - Lock 20 Hike	2	K - Hinckley Lake
8	H - Gala At 9 Mile	6	H - Pitch Pine Bog	3	H - Cascade Lake & Falls
14	H - HCCC	11	H - JBL Weekend 11 <sup>th</sup> -13 <sup>th</sup>	9	B - Loop Around Nine Mile Swamp
15	<b>H - Gleasmans Falls</b>	12	H - Bear Creek Road	10	H - Verona Beach St. Park
21	<b>H - Pharsalia Woods St. Forest</b>	13	H - Erie Canal Trail Oriskany	16	K - West Branch Sacandaga
22	<b>H - Rome Sand Plains</b>	19	<b>H - Panther Pond-Independence River</b>	17	<b>H - Chittning Pond</b>
28	B - Countryside Bike Ride	19	H - SUNY Trails	23	<b>H - Hamilton Lake Stream Lean-To</b>
29	K - Kunjamuk to Elm Lake	20	H - Rum Hill	23	H - 840 Trail
		26	H - Colgate Trails	24	B - Madison Co. Rural Ramble
		27	B - Canal Trail Bike Ride	30	<b>H - Highland Forest Main Trl.</b>
				31	<b>H - Great Bear Springs</b>

HIKES IN **BOLD**  
REQUIRE  
PRE-REGISTRATION

**JUNE**  
**CHENANGO CANAL TO WOODMAN  
POND**

H

**Sun. Jun 1      10:00 AM      Hike # 7632**

**HD: 5 mi.      DD: 2 mi.**

**Difficulty: Easy**

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

Co-Leader: Rebecca Fogg – (C) 315-766-0572

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

Explore the path of the muleteers along the old  
Chenango Canal from Bouckville to Woodman  
Pond.

**KAYUTA LAKE**

K

**Sat. Jun 7      10:00 AM      Hike # 7633**

**HD: 6 m.i +/-      DD: 12 mi.**

**Difficulty: Moderate**

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

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

**Meet At: Subway, Rt. 12, Barneveld**

So early in the season, other boaters should be  
few on the lake. Paddle to the ADK Railroad  
Trestle and beyond. Return with a stop at the  
island for lunch and maybe a swim.

**GALA AT 9 MILE**

H

**Sun. Jun 8      10:30 AM      Hike # 7634**

**HD: Varies      DD: 5 mi.**

**Difficulty: Easy**

Leader: Norma Vleer – (C) 315-271-0037

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

**Meet At: Circle K, Rts. 12 & 20, Sangerfield**

We will drive to my house at 2845 Mason Rd,  
Waterville. There are two hikes to choose from;  
one is 3 miles and one can be 3-6 miles. Bring  
a dish or snacks to share to have in the barn  
after our hike. Keep your boots on to kick up  
your heels and learn a line dance or two.

**HCCC**

H

**Sat. Jun 14      10:00 AM      Hike # 7635**

**HD: 4 mi.      DD: 0 mi.**

**Difficulty: Easy**

Leader: Cindy McCormack – (C) 315-271-7316

Co-Leader: TBD –

**Meet At: HCCC, Herkimer**

Meet in the upper lot behind the gym, which is  
the last building on YOUR left.



**GLEASMANS FALLS**

H

**Sun. Jun 15      9:30 AM      Hike # 7636**

**HD: 6 mi.      DD: 60 mi.**

**Difficulty: Moderate      Pre-register required**

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

Co-Leader: Kevin Perez – (C) 315-335-8950

**Meet At: Subway, Rt. 12, Barneveld**

Hike into the Independence River Wild Forest to  
a narrow gorge where the water drops 70 ft.  
over boulders and ledges. Lady slippers grow in  
the forest here and should be in bloom.

**PHARSALIA WOODS ST. FOREST**

H

**Sat. Jun 21      10:00 AM      Hike # 7637**

**HD: Varies      DD: 59 mi.**

**Difficulty: Moderate      Pre-register required**

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

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

**Meet At: Circle K, Rts. 12 & 20, Sangerfield**

Carolyn will have an 8-mile hike on the trails of  
this section of the Finger Lakes Trail west of  
Norwich. Bobbie will do a loop on the same FLT  
stopping at a unique lean-to before continuing  
on to complete roughly 6 miles.

Website: [www.trampntrail.org](http://www.trampntrail.org)

Facebook: TrampandTrailClub

Instagram: @trampntrail

FOREST RANGER / D.E.C.

EMERGENCY NUMBER: 518-891-0235

TRAIL CONDITIONS: 518-408-5850

## ROME SAND PLAINS

H

Sun. Jun 22 1:00 PM Hike # 7638

HD: 5.4 mi. DD: 2.6 mi.

Difficulty: Easy *Pre-register required*

Leader: Kevin Perez – (C) 315-335-8950

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

**Meet At: McDonald's, Erie Blvd., Rome**

Hike the Red, Blue and Yellow Trails; then Wood Creek Trail. Fairly level trails through a variety of forest and vegetation types. This trek is similar to the 9/1/24 hike, but cutting out one spur and adding the section across Oswego Road.

## COUNTRYSIDE BIKE RIDE

B

Sat. Jun 28 10:00 AM Hike # 7639

HD: 23 mi. DD: 0 mi.

Difficulty: Moderate

Leader: Ron Carvin – (H) 315-841-3550

Co-Leader: Pat Hobbs – (C) 315-264-1330

**Meet At: Circle K, Rts. 12 & 20, Sangerfield**

A nice ride on the country roads between Routes 12 and 8, north of Rt. 20.

## KUNJAMUK TO ELM LAKE

K

Sun. Jun 29 10:00 AM Hike # 7640

HD: 5 mi. DD: 55 mi.

Difficulty: Moderate

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

Co-Leader: TBD –

**Meet At: Subway, Rt. 12, Barneveld**

Kayak slow flowing waters to Elm Lake.