

HIKING PROGRAM
with Barbara Terranova



Attention Hikers...Our instructor will cover diverse terrain throughout Southold Town through a new hiking program. The hikes will range from 2 – 3 miles. Jaunts are 1 mile or less. Pack your snack or lunch and dress for the weather. Participants can bring cameras & binoculars if you prefer. Trail descriptions follow each departure time. Please read each one carefully to determine the best program for you. **This program is for those ages 9 and over. Children must be accompanied by an adult. There is a minimum of 6 and a maximum of 12 participants for each walk.**

HIKING YOUR WAY TO HEALTH
MONTHLY JAUNTS – 1 MILE OR LESS

Lace up your boots and make the commitment to a healthier you.

SESSION A:

DATE: Tuesday, January 12
LOCATION: Downs Farm Preserve (Parking Lot)
23800 Route 25, Cutchogue
TIME: 9:00 – 11:00 a.m.
COST: \$6.00/person
RATING: Flat, easy



SESSION B:

DATE: Tuesday, February 23
LOCATION: Arshamomaque Preserve (Parking Lot)
1105 Chapel Lane, Greenport
TIME: 9:00 – 11:00 a.m.
COST: \$6.00/person
RATING: Flat, easy



SESSION C:

DATE: Tuesday, March 16
LOCATION: Mill Road Preserve
1900 West Mill Road, Mattituck
TIME: 9:00 – 11:00 a.m.
COST: \$6.00/person
RATING: Flat, easy



MONTHLY HIKES

Hikes will be longer & more strenuous, ranging from 1.5 – 3 miles. Nevertheless, it will be fun to meet folks with like interests and a love of the outdoors. Don't forget hiking boots or sturdy sneakers and pack your camera, lunch, & binoculars. Dress for the weather.

SESSION D:

DATE: Sunday, January 17
LOCATION: Laurel Lake Preserve (Parking Lot)
5145 Route 25, Laurel
TIME: 9:00 – 11:00 a.m.
COST: \$6.00/person
RATING: Some hills, footwear with traction is recommended



SESSION E:

DATE: Sunday, February 14
LOCATION: Goldsmith's Inlet Park (Parking Lot)
End of Mill Road, Peconic
TIME: 9:00 – 11:00 a.m.
COST: \$6.00/person
RATING: Some hills, sandy, rocky, footwear with traction is recommended



SESSION F:

DATE: Sunday, March 7
LOCATION: Dam Pond Maritime Preserve (Parking Lot)
11855 Route 25, East Marion
TIME: 9:00 – 11:00 a.m.
COST: \$6.00/person
RATING: Some hills, footwear with traction is recommended