



Carry these essentials on all hikes for a safe and enjoyable experience.



Department of  
Environmental  
Conservation



IN AN EMERGENCY CALL: **911**

DEC EMERGENCY DISPATCH: 518-408-5850  
IN THE ADIRONDACKS: 518-891-0235

# Enjoy Rome area recreational trails

Rome has a dozen trails open to the public for free use for walking, hiking, observing nature, photography and some for bicycling. Rome has local trails, and parts of the Old Erie Canal STATE PARK, the STATE Canalway trail and the North Country NATIONAL Scenic Trail (like the Appalachian, only twice as long).

## Trails for walking, bicycling, nature study:

**Mohawk River Trail (2015)** – Paved. (Spur from Haselton Wright Park over Mohawk River Bridge.) Common start: Near Griffiss Park flags on Chestnut St. (Parking) , southbound down east side of Mohawk River, crossing Floyd Ave. near Mohawk Valley Community College, then at next street – Culverton Road -- right onto sidewalk crossing bridge to west side of river and south across Bloomfield St., beside Staley school downstream to in back of Central Fire Station (Parking), then Brook St. beside fire station, west across Black River Boulevard and south on sidewalk along Fort Stanwix National Monument, crossing Erie Boulevard and head east on sidewalk along Erie Blvd. E. to Canalway trail, then left/east and over bridge into Bellamy Harbor Park (Parking). **Connection with Sculpture trail added 2018.**

**Griffiss International Sculpture Garden and Nature Trail** – Paved. Parking near southern traffic circle on Route 825 on Geiger Road side. South to Rome Free Academy and east along Ellsworth Road. Map and sculpture descriptions: [www.sculpturespace.org/sculpturepark/](http://www.sculpturespace.org/sculpturepark/) Extension to become part of North Country National Scenic Trail.

**Canalway Trail (Eastbound)** – Paved from Muck Road at S. James St., (Parking), east along canal over Mohawk River and through Bellamy Harbor Park, right/south over Erie Canal bridge and left/east along Martin St., to Route 69, Stanwix (Parking) , between the Route 365 on ramp and AAA Pick and Pay, then easterly (just under six miles) – mostly hardpacked stonedust -- to Oriskany (Parking) along Old Erie Canal with only a couple road crossings.

**Canalway Trail (Westbound) including Old Erie Canal State Park (THE state park IN Rome)** – Signs from Fort Stanwix along streets due late 2018. Paved section (2018) from W. Dominick and Erie Blvd. W. intersection loops down to towpath, dirt towpath past former Erie Canal Village to Fort Bull Road (driveway west of spillway) (BLOCKED), hard-packed stonedust westerly to footbridge over Erie Canal at Lock 21 (then to Dewitt with short part on town of Verona road). [nysparks.com/parks/17/details.aspx](http://nysparks.com/parks/17/details.aspx) **2019 Empire Trail signs connect canal trail through town**

## Woods (ie: dirt) trails suitable for hiking and nature study:

- Pitch Pine Bog (Izaak Walton League), public daytime use, 7989 W. Thomas St. , (Parking) about 0.6 mile west of Gifford Road. Maps in sign-in register. Orange IWL markers around **outer trail**, Yellow-marked **“Improved Animal Trail”** and blue-marked **“Pine Grove Trail.”** Outer trail 2.85 miles around, shorter loops available. Pitcher plants, more.
- State-marked **Rome Sand Plains “Sand Dune” Trail**, 4807 Hogsback Road. (Parking) From Route 49, 0.8 mile west on Oswego Road, left on Hogsback Road for 0.8 mile, on north side. Red markers 0.7 mile.  
[www.dec.ny.gov/outdoor/8080.html](http://www.dec.ny.gov/outdoor/8080.html)
- State-marked **Wood Creek Trail**, 4600 Hogsback Road. (Parking) From Dune Trail go west another 0.7 mile, south side. Red markers, round trip nearly 1.25 miles.
- State-marked **Beaver Creek “Blue trail”** 4585 Hogsback Road (several utility poles) beyond Wood Creek Trail on north side of road. Watch for ticks through grassy clearing. **2019 connector trail added to Oswego Road.**
- State-marked trails on north side of Oswego Road (roadside parking) with ends about 0.25 mile and 1.0 mi east of Pine Haven Mobile Home Park. No signs at road so look for **red trail markers** down woods roads. Watch for poison ivy at east trailhead. **Blue** (near west end) and **Yellow** (near east end) marked trails run off the red trail about ¼ mile in from each end. Yellow trail involves some stream crossings.

**ROME’S WOODS TRAILS MAP:** <http://www.dec.ny.gov/lands/46625.html> (click on printer friendly)

**BICYLISTS** — see <http://www.ocgov.net/oneida/sites/default/files/hoctsmmpo/Bicycle/BikeAtlas2016Final.pdf>

## Other nearby recreational trails

### Trails suitable for hiking and bicycling as well as observing nature:

- Canalway Trail, Marcy-Utica -- Along Erie Canal, from parking lot on west side of River Street in the Town of Marcy (between the Erie Canal and Mohawk River) easterly, with other access points at Lock 20, Marcy; Route 291 south of the Erie Canal and others toward Utica.
- Paved Rayhill Memorial Trail along Route 840 in Whitestown and New Hartford with parking at Clark Mills Road, near BOCES and New Hartford Street. Includes decks overlooking water.
- Boonville-Forestport canal towpath, part of 4,600 mile **NORTH COUNTRY NATIONAL SCENIC TRAIL** with 2,880 miles “certified” toward being longest off-road hiking trail in U.S. (Lake Champlain-North Dakota COMING THROUGH ROME AND ALREADY FROM BOONVILLE TO FORESTPORT) (<https://www.nps.gov/noco/index.htm>, [www.northcountrytrail.org](http://www.northcountrytrail.org)).

### Trails suitable for hiking and nature study:

- Dirt Parker Scripture Botanical Gardens Nature Trail, Farm and Home Center (Cornell Cooperative Extension offices), 121 Second St., off County Highway 840 (Judd Road) 0.3 mile east of Airport Road in Town of Whitestown. Maps at trailhead. (Guided walks available for groups, call 315-337-2531.)
- Dirt, Lake Julia, Nature Conservancy, Remsen -- Gibson Nature Trail, Roberts Road off Lake Julia Road [www.nature.org/ourinitiatives/regions/northamerica/unitedstates/newyork/places-preserves/central-lake-julia-preserve.xml](http://www.nature.org/ourinitiatives/regions/northamerica/unitedstates/newyork/places-preserves/central-lake-julia-preserve.xml)
- Dirt Black River Environmental Improvement Assn. trails Boonville area -- [www.breiax-countryski.org/](http://www.breiax-countryski.org/)
- Grass State DEC demonstration area, State Route 812 Lowville, Lewis County. [www.dec.ny.gov/outdoor/8075.html](http://www.dec.ny.gov/outdoor/8075.html)

**State parks** – You can walk at area state parks (vehicle use charges in season): Delta Lake on west side of Route 46 north of Rome (in Town of Western). Verona Beach on west side of Route 13, Town of Verona. Pixley Falls on east side of Route 46, Town of Boonville. Whetstone Gulf on West Road (off Route 26), Town of Martinsburg, Lewis County.

**Trenton Green Belt:** <http://www.visittughill.com/maps/mapP.htm>

**Great Swamp Conservancy** --Madison County, Town of Lenox. See: [www.greatswampconservancy.org/](http://www.greatswampconservancy.org/)

**Hiking certain dates ONLY**– Trenton Falls --[town.trenton.ny.us/content/Parks/View/4](http://town.trenton.ny.us/content/Parks/View/4) May 2-3, Sept.12-13, 2020  
More info, e-mail: [romelandis@aol.com](mailto:romelandis@aol.com) 2003 - nl

## WHAT TO TAKE

Here's a list of things that would be good to take when going out for a woods hike (spring, summer, fall) — even if you only EXPECT to be out a few hours.

If someone in your group was hurt, would you be able to take care of yourselves for several hours until help arrives? Clothes you are comfortable in while hiking may leave you shivering when you are sitting waiting for help so you should have extras along with materials for a make-shift shelter — even a garbage bag you could pull up around your body, keeping your face out. If you are delayed a few hours, is there medicine you should be taking?

A retired ranger in the High Peaks listed **water, a flashlight and good boots** as the most important items for a hiker.

Carry **the 10 essentials**? (Look it up)

Following is **a starter list** with essentials, recommended and some optional items. Think about what else it would be good to have, keeping in mind you will have to carry it.

Some items are seasonal. For example, you don't need bug repellent in the winter, although sunglasses and sunblock are good to have in snow season. You'll need much more in winter.

### Essentials and recommended:

- \_\_\_ Plans (ie: specifically where you expect to be) left with responsible person (who will call 911 or DEC emergency line if you are overdue).
- \_\_\_ Emergency number – Rome 911 Wilderness (518-408-5850 for ranger outside Adirondacks 518-891-0235 in Adirondacks)
- \_\_\_ Cell phone (but remember cell may not reach tower/not work or battery may die)
- \_\_\_ Water bottle(s)
- \_\_\_ Water purification (1 of 3 ways)
- \_\_\_ Lunch
- \_\_\_ Day pack
- \_\_\_ Topo map and know how to use it
- \_\_\_ Compass and know how to use it
- \_\_\_ Whistle
- \_\_\_ Toilet paper & spade
- \_\_\_ First aid kit (incl tick removal tool)
- \_\_\_ Prescription medicine
- \_\_\_ Clothes for season (worn, carried)

- \_\_\_ Rain gear
- \_\_\_ Flashlight, extra batteries
- \_\_\_ Emergency food
- \_\_\_ Knife
- \_\_\_ Sunscreen, sunglasses
- \_\_\_ Bug repellent or covering (headnet)
- \_\_\_ Matches (waterproof & windproof)
- \_\_\_ Fire starter (like petroleum jelly on cotton ball in container)
- \_\_\_ Space blanket or garbage bag(s)
- \_\_\_ Tarp and line
- \_\_\_ Balaclava
- \_\_\_ Gloves & mittens
- \_\_\_ Wool socks
- \_\_\_ Notebook & pencil

### Optional items:

- \_\_\_ Foam pad for seat or foot insulation
- \_\_\_ Binoculars
- \_\_\_ Camera equipment
- \_\_\_ Thermos or stove&pot
- \_\_\_ Nature (bird, plant) books
- \_\_\_ Global Positioning System (for exact Lat/Lon position to request help)

Norm Landis, Rome, NY  
-- NYS DEC licensed outdoor guide  
-- Co-author, “Adirondack Mt. Club Western Trails” ADK 2016



# Have Fun and Be Safe on the Trails = Links

## ADDITIONAL INFORMATIONAL WEBSITES

### North Country National Scenic Trail

<https://www.nps.gov/noco/index.htm>

<https://northcountrytrail.org>

[https://en.wikipedia.org/wiki/North\\_Country\\_Trail](https://en.wikipedia.org/wiki/North_Country_Trail)

<https://www.dec.ny.gov/outdoor/39658.html>

**Ticks:** [Additional tips for tick prevention.](#) <https://www.health.ny.gov/diseases/communicable/lyme/>

### Be tick free

<https://www.dec.ny.gov/public/111538.html>

### NYS DEC Hike Smart

<https://www.dec.ny.gov/outdoor/28708.html>

### Love our Lands

[https://www.dec.ny.gov/outdoor/119881.html?](https://www.dec.ny.gov/outdoor/119881.html?fbclid=IwAR2VDg2EELcgBUhSd1sT33UHQTyQ2c4FL7rYXMi6BYAsLZetyLlx4XdF6lc)

[fbclid=IwAR2VDg2EELcgBUhSd1sT33UHQTyQ2c4FL7rYXMi6BYAsLZetyLlx4XdF6lc](https://www.dec.ny.gov/outdoor/119881.html?fbclid=IwAR2VDg2EELcgBUhSd1sT33UHQTyQ2c4FL7rYXMi6BYAsLZetyLlx4XdF6lc)

### Leave No Trace

[https://www.dec.ny.gov/docs/administration\\_pdf/2005jrnat3.pdf](https://www.dec.ny.gov/docs/administration_pdf/2005jrnat3.pdf)

### Conservationist for Kids pdf

<https://www.dec.ny.gov/education/40248.html>

### Kids go

<https://www.dec.ny.gov/education/69.html>

### Teacher information

<https://www.dec.ny.gov/education/66.html>

### Fall foliage

<https://www.iloveny.com/things-to-do/fall/foliage-report/>

### Arbor Day poster contest

<https://www.dec.ny.gov/press/123871.html>

### Rogers Environmental Education Center

<https://www.dec.ny.gov/education/1831.html>

<https://friendsofrogers.org>