

HIKE FOR THE HIGHLANDS

50 MILE HIKE REGISTRATION FORM

A hike series that will highlight our region's wildest landscapes while raising funds for their protection



Series Sponsor:



The world's local bank

The hikes will take place on three successive Saturdays this Spring throughout the southern hillsides of the Finger Lakes ("the highlands"). There are two tracks for the hikes: two 8-mile hikes and one 9-mile hike (the 25 mile hike series) that will be more moderate in nature and a graduated series of 8, 16, and 26 mile hikes (the 50 mile hike series) for those who want to really challenge themselves.

Participants may register and participate in any or all of the hikes in the 25 mile series or the 50 mile series. You do not have to complete the whole 25 or 50 miles, the choice is yours! And you can register for any combination of hikes (e.g. Two hikes from the 25 mile series and one from the 50 etc.)

This is the registration form for the 50 mile series hikes (8 mile, 16 mile, and 26 mile). If you want to register for hikes in the 25 mile series please use the 25 mile series form.

SKANEATELES HIGHLANDS, SATURDAY, MAY 30, 9:00 AM: An 8-mile hike through Bear Swamp State Forest. Come explore this forest area that is recognized as an Important Bird Area. Participants will also have the opportunity to glimpse Bear Swamp –one of the region's most pristine wetlands and home to several rare plant species. Meet at the parking area on Iowa Rd. off of Rt. 41A.

BRISTOL HILLS, SATURDAY, JUNE 6, 8:00AM*: A 16-mile hike through the rolling hills of the Finger Lakes Trail's Bristol Hills Branch. Hikers will start east of Hi Tor, travel alongside the extensive vineyards of the Naples Valley and onto a finish at Gannett Hill County Park. Meeting place TBD.

FINGER LAKES NATIONAL FOREST, SATURDAY, JUNE 13, 7:00 AM*: A 26-mile hike/run that will traverse the fields and forests of New York's only national forest. Though the route and terrain are fairly flat, this will be strenuous, long day of walking and/or running. There will be aide stations along the way, but participants are should bring their own water bottles, Power Bars, etc... There are no showers or running water but there are simple pit toilets at the Potomac Croup Campground. Meet at the Potomac Group Campground just off Potomac Rd. in the forest.

ENTRY FEE: A suggested donation of at least \$1 per mile hiked is requested to help cover basic costs and support the Land Trust's conservation programs.

FUNDRAISING: We strongly encourage participants to raise money per mile hiked from their friends, family, and co-workers. All funds raised will support land conservation within the area and will directly affect the future of our trails and natural areas. Pledge forms and fundraising tips are attached.

*Note that these start times are different than the start times for the 25 mile hike series.

Entry Form: Hike for the Highlands

I would like to register for (you can register for one, two, or all three hikes):

Sat., May 30, Bear Swamp State Forest
8 mile hike

Sat., June 6, Bristol Hills
16 mile hike

Sat., June 13, FL Nat. Forest
26 mile hike

Name _____ Phone _____ Date of Birth _____

Address _____ City, State _____ Zip _____

Email _____ Amount Enclosed (at least \$1 per mile suggested) _____

Make checks payable to FLLT. Complete and return to Finger Lakes Land Trust, 202 E. Court St. Ithaca, NY 14850 or email to emily@FLLT.org Once you register, you will be sent a packet of information regarding what to expect, what to bring, etc.