

## SPRINGWATER TRAILS MEMBERSHIP

As a member of the Springwater Trails Association, you are contributing to a recreational future in Springwater. You will also receive these benefits:

1. Weekly email notices of the upcoming hikes sponsored by Springwater Trails.
2. Email notices of upcoming trail building opportunities on the Springwater Trail.
3. The right to vote at general membership meetings and on-line elections.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Individual Membership \_\_\_\_\_ \$20

Family Membership<sup>‡</sup> \_\_\_\_\_ \$30

<sup>‡</sup> A family membership is entitled to two emails and two votes. Please enter the second name and email.

2nd Name \_\_\_\_\_

2nd Email \_\_\_\_\_

Contributing Member\* \_\_\_\_\_ \$100

\* Contributing Members are listed on our website. Please write the name to appear if different from the name above.

Other donation \_\_\_\_\_

TOTAL \_\_\_\_\_

Please make checks payable to *Springwater Trails*.

Send to:

Springwater Trails  
PO Box 162  
Springwater, NY 14560



*Come explore Springwater with us*

### Photo Credits

Photos used with permission as listed below..

Front cover—Pam Masterson.

Back cover (above)—Pati Clark.

Traction Devices—llbean.com

Winter Plants to Know—Ellen Folts

### Springwater Trails

Springwater Trails  
PO Box 162  
Springwater, NY 14560

Phone: 585-259-4505  
E-mail: [info@springwatertrails.org](mailto:info@springwatertrails.org)  
Web: <http://springwatertrails.org>

WINTER 2015

# SPRINGWATER TRAILS

## Our mission:

To create, identify, protect and promote hiking trails in the Springwater area.

To increase awareness and enjoyment of Springwater's unique geographical features, natural resources and open spaces by residents and visitors to the area.



[HTTP://](http://www.springwatertrails.org)

[WWW.SPRINGWATERTRAILS.ORG](http://www.springwatertrails.org)

Detach here and send with your check to Springwater Trails, PO Box 162, Springwater, NY 14560



## WINTER 2015 SCHEDULE

All hikes start at 2:00PM Sunday and end around 4:00PM\* unless noted below.

Jan 4	Boughton Park
Jan 11	Canadice Outlet
Jan 18	Mendon Ponds <i>Starts at 3:00PM</i>
Jan 25	Burning Springs, Bristol
Feb 1	Ontario Pathways, Canandaigua
Feb 8	Liberty Pole Rd
Feb 15	Greenway Trail, Mt Morris or Avon
Feb 22	A family hike at Letchworth winter lodge
Mar 1	Harper's Ferry and Devil's Slide
Mar 8	Hemlock to Canadice via Rob's Trail <i>Starts at 11:00 EDT</i>
Mar 15	Springwater Center <i>Followed by ST Annual Meeting</i>
Mar 22	Erie Canal Towpath – Macedon, NY
Mar 29	Wheaten Hill Trails

\*Details and updates available at  
<http://www.springwatertrails.org>

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## TRACTION DEVICES

Winter is a wonderful time to hike in the Finger Lakes area. The leaves are gone and much of the undergrowth is matted down so you can see details that are hidden in the summer. When wetlands are frozen, you can walk in areas that would be impossible at other times of the year. And, there are no bugs!



Obviously, you need to pay attention to the weather in the winter. You will want to dress in layers with an inner layer to wick moisture off your body, a layer to provide warmth, and an outer shell to protect against the wind. A hat is important and bringing an extra pair of socks makes lots of sense. A small backpack will come in handy to carry your lunch but also to carry any layers of clothing that you choose to shed—but remember to stop and put back on those layers when the temperature falls or the wind picks up.



Snow, ice and wet slippery leaves provide a winter hazard that you generally avoid in the summer. Fortunately there are many devices available on the internet and at outdoor stores, that help you to avoid slipping on your hikes.



Trekking or ski poles are highly recommended. On a slippery slope, poles give you extra points of contact with the ground. They also give your arms some exercise. The metal tip on the poles will provide grip on ice that you are crossing.

Snowshoes give you additional support on deep snow. But they also have metal crampons which give you grip on ice.

When the snow isn't too deep, crampons that strap onto your boots will provide needed traction on ice. Crampons do to your boots what chains do to your car tires. It is easy to find crampons on-line and they include wire cleats, metal spikes and removable soles with metal studs. When you look for crampons, think about price, storage while you aren't wearing them, and how much grip do they provide.



One last comment—whenever you hike, bring water. As with any exercise, you need to keep hydrated, even in the winter.

## WINTER PLANTS TO KNOW AND USE

When we hike in the late fall, early winter it can become difficult to determine what some of the plants along the trail are. Many are displaying their seed heads and dried leaves. There are some herbaceous plants that remain evergreen and are easy to identify.

One of these beauties is a woody ground cover called Wintergreen (*Gaultheria procumbens*). The plant has shiny green leaves and red berries. The best way to identify it is to break or crush a leaf then smell it. The aroma of wintergreen is wonderful. This plant has been used to flavor wintergreen gum, for teas and candies. You can distinguish this from Partridgeberry (*Mitchella repens*) which doesn't smell like wintergreen by using this method.



Wintergreen in flower in July



Partridgeberry with fruit in October

Partridgeberry is also a wonderful evergreen ground cover with red berries. When you compare the leaves of the two you will also note Partridgeberry has a prominent light green vein running the length of the

leaf. You commonly see these plants together, in an acid soil, in a woodland setting. They are beneficial to wildlife as food. The leaves and berries of Wintergreen are eaten by birds, mice, deer and chipmunks in the winter. Partridgeberry provides berries for turkeys, grouse, skunks and mice. These are two plants that are relatively easy to learn on late fall and winter hikes. Look for them on your next hike.

Posted on November 30, 2012 by Ellen