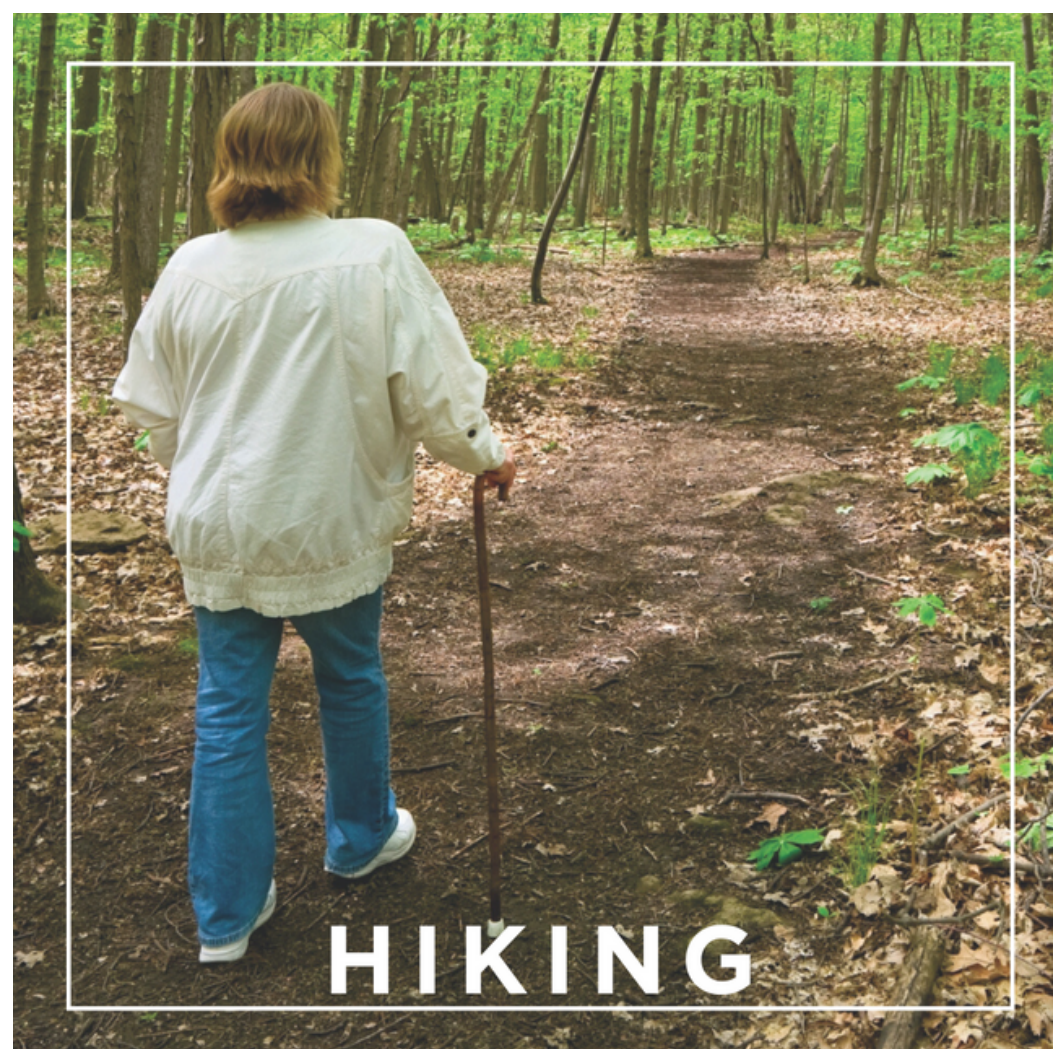


Physical Education ROCs

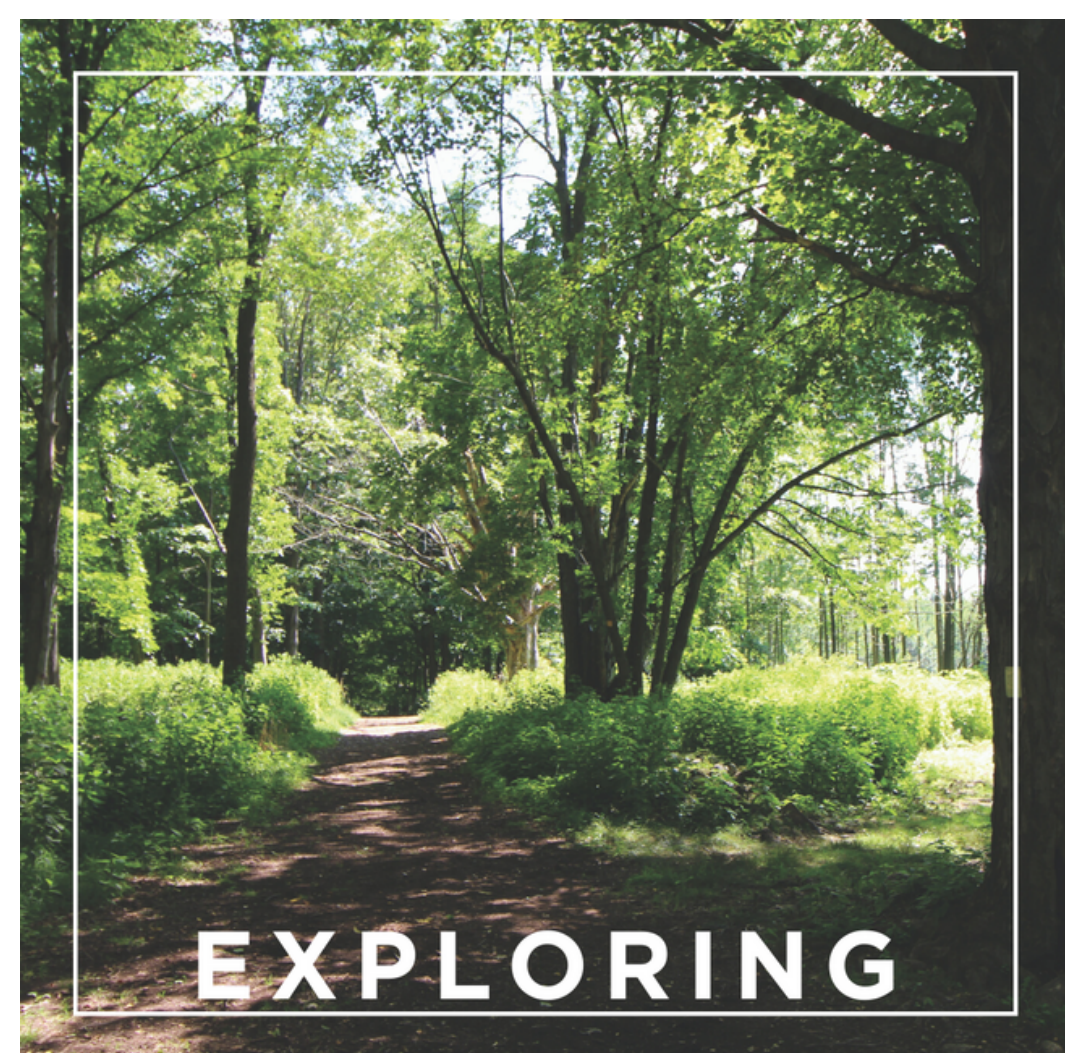
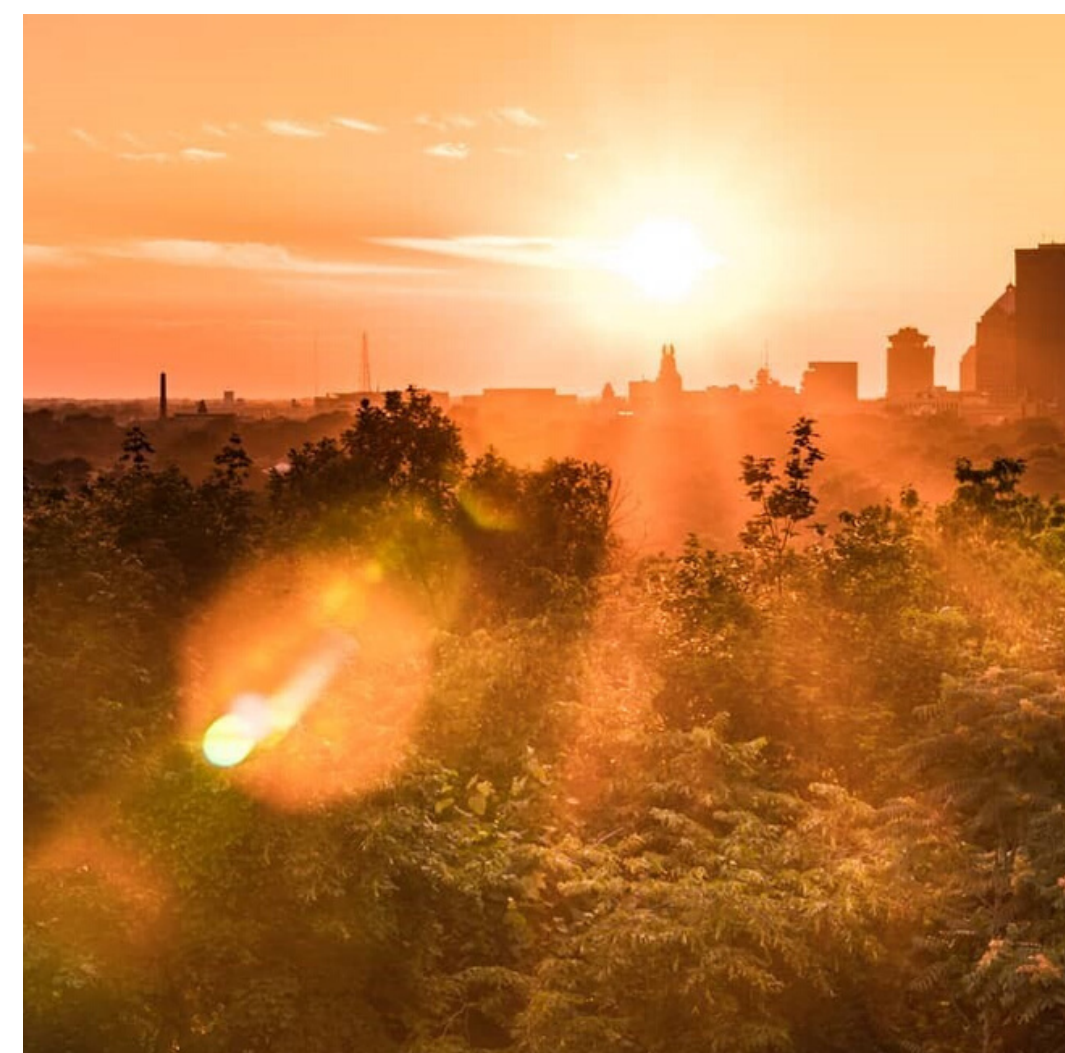
EDUCATIONAL SCAVENGER HUNTS THAT EXPLORE ROCHESTER



CURE CABIN FEVER WITH A SERIES OF EDUCATIONAL SCAVENGER HUNTS THAT EXPLORE ROCHESTER AND THE SURROUNDING REGION!

**GO TO
VISITROCHESTER.COM/SCAVENGERHUNT
TO EXPLORE OTHER SUBJECTS.**

**DOCUMENT YOUR ADVENTURES USING
#LEARNINGGROCS AND ENCOURAGE YOUR CHILD TO PRACTICE THEIR WRITING SKILLS BY JOURNALING THEIR OBSERVATIONS.**



PARENT'S GUIDE

Physical Education ROCs

EDUCATIONAL SCAVENGER HUNTS THAT EXPLORE ROCHESTER

HIKING WALKING RUNNING BIKING

WITH 12,000 ACRES OF PARKLAND AND MORE THAN 100 MILES OF WELL-MARKED TRAILS, IT IS EASY TO ENJOY THE GREAT OUTDOORS FOR SOME EXERCISE AND A LEISURELY WALK, HIKE, JOG OR BIKE RIDE. ***PLEASE NOTE THAT MANY BUT NOT ALL TRAILS ARE MULTI-PURPOSE AND MAY NOT BE SUITABLE FOR BIKING. SOCIAL DISTANCING MEASURES SHOULD BE PRACTICED IN ALL AREA PARKS.***

LANDMARKS

- SENECA PARK OFFERS A TWO-MILE TRAIL WITH DRAMATIC VIEWS OF THE GENESEE RIVER ALONG WITH WILDERNESS AREAS TO EXPLORE. YOU MAY EVEN HEAR THE DISTANT ROAR OF A LION OR THE SOUNDS OF AN ELEPHANT IN NEIGHBORING SENECA PARK ZOO, WHICH DESERVES A VISIT POST-QUARANTINE!
- THE GENESEE RIVERWAY TRAIL WILL TAKE YOU ON AN URBAN HIKING OR BIKING ADVENTURE WITH 3.4 MILES OF HARD-SURFACE TRAIL LINKING DOWNTOWN ROCHESTER TO GENESEE VALLEY PARK. YOU'LL ENCOUNTER SPLENDID SKYLINE VISTAS, HEAVILY WOODED AREAS, PICNIC SPOTS, FISHING DOCKS, AND MORE ALONG THE WAY. EASILY ACCESS THE TRAIL FROM DOWNTOWN ROCHESTER, SOUTH AVENUE NEAR COURT STREET OR WITHIN GENESEE VALLEY PARK. COVER MORE MILES HEADING NORTH TOWARD LAKE ONTARIO.
- THE MONTH OF MAY IS THE PERFECT TIME TO HIT THE DAFFODIL TRAIL AT POWDER MILLS PARK. JUST .7 MILES, ONE WAY, THE TRAIL LEADS YOU THROUGH A BEAUTIFUL MEADOW FULL OF SPRING DAFFODILS.
- THE RESERVOIR ATOP COBBS HILL OFFERS A GREAT VIEW OF DOWNTOWN ROCHESTER AND A NICE PAVED PATH THAT EQUATES TO 3/4 OF A MILE IN JUST ONE LAP.
- ONE OF THE MOST SCENIC AREAS TO EXPLORE THAT IS GREAT FOR BICYCLES IS THE HISTORIC ERIE CANAL. A WIDE, FLAT SAFE AND OPEN PATHWAY PARALLEL TO THE ERIE CANAL MAKES FOR AN EASY RIDE FOR ALL AGES. PICK UP THE TRAIL IN ANY OF THE NEARBY CANAL VILLAGES INCLUDING BROCKPORT, SPENCERPORT, FAIRPORT, PITTSFORD OR BUSHNELL'S BASIN.
- AT THE BOTTOM OF CANANDAIGUA LAKE IN THE TOWN OF NAPLES, ENJOY SIX MILES OF TRAILS AT CUMMING NATURE CENTER, PART OF THE ROCHESTER MUSEUM AND SCIENCE CENTER. EACH TRAIL OFFERS A DIFFERENT THEME AND WILL LEAD YOU THROUGH WETLANDS AND FOREST, WHICH ARE SURE TO BE EXCITING AS NEW VEGETATION BLOOMS WITH THE SPRING SEASON.

RESOURCES

WWW2.MONROECOUNTY.GOV/PARKS-SENECA.PHP
WWW2.MONROECOUNTY.GOV/PARKS-GENESEEVALLEY.PHP
WWW.CITYOFROCHESTER.GOV/GRT/
WWW2.MONROECOUNTY.GOV/PARKS-POWDERMILL.PHP
WWW.RMSC.ORG/CUMMING-NATURE-CENTER/TRAILS
WWW.VISITROCHESTER.COM/THINGS-TO-DO/OUTDOORS/HIKE/

GOLF

RANKED THE #10 BEST GOLF CITY IN THE U.S. BY GOLF MAGAZINE, AND #1 FOR AFFORDABILITY, HIT THE LINKS IN ROCHESTER WITH MORE THAN 60 PUBLIC AND SEMI-PRIVATE COURSES. ***PLEASE REFER TO INDIVIDUAL COURSE WEBSITES FOR CONTACTLESS SCHEDULING AND PAYMENT REQUIREMENTS.***

LANDMARKS

- A CHAMPIONSHIP COURSE, RAVENWOOD GOLF CLUB HAS BENT GRASS TEES, GREENS AND FAIRWAYS WITH FIVE SETS OF TEES THAT CAN BE FAIR AND CHALLENGING FOR GOLFERS OF ALL SKILL LEVELS.
- HIT UP DEERFIELD COUNTRY CLUB WHERE THE SCENERY IS AS STRIKING AS THE GOLF IS CHALLENGING. CREEKS, BUNKERS, PONDS AND ELEVATION CHANGES MAKE THE COURSE ONE TO REMEMBER.
- WILD WOOD COUNTRY CLUB IS A PAR-71 GOLF COURSE THAT OFFERS A MATURE AND BEAUTIFUL TREE-LINED VISTA THAT WILL GIVE YOU BEAUTIFUL VIEWS FROM HILLSIDES AS WELL AS A BACK-NINE THAT IS PERFECTLY SHAPED AROUND PONDS AND STREAMS.
- MONROE COUNTY OFFERS THREE COUNTY COURSES, INCLUDING CHURCHVILLE, DURAND EASTMAN AND GENESEE VALLEY. ALL ARE WELL-MAINTAINED AND WELCOME GOLFERS OF ALL SKILL LEVELS.

RESOURCES

WWW.RAVENWOODGOLF.COM
WWW.DEERFIELDCC.COM/
WWW.GOLFWILDWOOD.COM/
[HTTPS://MONROECOUNTYPARKSGOLF.COM/](https://MONROECOUNTYPARKSGOLF.COM/)
[HTTP://WWW.VISITROCHESTER.COM/THINGS-TO-DO/OUTDOORS/GOLF/](http://WWW.VISITROCHESTER.COM/THINGS-TO-DO/OUTDOORS/GOLF/)

EXPLORING

ENJOY DOWNTOWN ROCHESTER WITH PRE-DETERMINED TRAILS. YOU CAN ALSO DISCOVER OUR COMMUNITY AS THOUGH YOU WERE ON A TREASURE HUNT. THE HIGH TECH VERSION IS CALLED GEOCACHING AND THE TECH-FREE VERSION IS CALLED ORIENTEERING, USING JUST A MAP AND COMPASS.. YOU'LL FIND MORE THAN 2,000 GEO-CACHES IN ROCHESTER INCLUDING GENESEE VALLEY PARK, RIT, AND MORE.

LANDMARKS

- THE HERITAGE TRAIL IS A 1.25 MILE SELF-GUIDED TRAIL THAT EXPLORES 15 POINTS OF HISTORICAL SIGNIFICANCE BETWEEN THE NATIONAL SUSAN B. ANTHONY MUSEUM AND HOUSE (17 MADISON STREET) AND THE ERIE CANAL AQUEDUCT BRIDGE (50 WEST BROAD STREET).
- EXPLORE PLAY WALK, A NEW INTERACTIVE CORRIDOR BETWEEN THE STRONG NATIONAL MUSEUM OF PLAY AND THE DOWNTOWN CENTRAL LIBRARY! YOU'LL FIND MUSICAL INSTRUMENTS, FOOSBALL, FOUR IN A ROW, DISTORTION MIRRORS AND MORE!

RESOURCES

WWW.CITYOFROCHESTER.GOV/HERITAGETRAIL/
WWW.HEALTHIKIDS.ORG/PLAYWALK
WWW.GEOCACHING.COM/PLAY
[HTTPS://ROC.US.ORIENTEERING.ORG/WHAT-IS-ORIENTEERING](https://ROC.US.ORIENTEERING.ORG/WHAT-IS-ORIENTEERING)