

## **CANANDAIGUA NY Seasonal Walk 5 KM/10KM**

**EVENT ID:** Y0721

**WALK Dates:** April 1<sup>st</sup> through December 31<sup>st</sup>

**START POINT:** Start point is the parking lot for the Canandaigua Lady at 205 Lake Shore Drive, Canandaigua, NY 14424. GPS Coordinates (42.522556 -77.153708)

**TRAIL DESCRIPTION:** Both courses are on city streets. Sidewalks are old and broken in some places, not really handicapped friendly. There is a section of hard gravel path for about 1K. NOTE: Care should be exercised if walking in April, November, December if it snows.

**TRAIL RATING:** 2A

**AWARDS AND FEES:** This event is available for on line registration only. Registration web site is <https://my.ava.org/login.php?cva> A minimal charge is incurred for the directions. IVV walk credit only.

### **AVA SPECIAL PROGRAMS**

- Walking the USA, A-Z – C
- Walking with Americans Veterans – Veterans of Foreign Wars Post at 93 Main Street 10K
- Walking the United States: New York
- IVV Americas:

### **DRIVING INSTRUCTIONS:**

From East: I-90, New York State Thruway, Exit 43. Follow Rt 21 to Canandaigua. From West: I-90 Thruway Exit 44 then left at the exit onto Rt. 332 to Canandaigua. From the East turn left onto North Main Street when Route 21 ends at North Main in down town Canandaigua, From the West Route 332 is becomes N. Main Street. Follow Main St through town crossing routes 5/20. Main Street turns into Lake Shore Drive at the city pier. Follow Lake Shore Drive along the Lake until you reach the parking lot for the Canandaigua Lady (1/2 Mile). Right into the parking lot which is the start point. NOTE: there is a large condo in front of the Canandaigua Lady parking lot. Go past the condo and turn right on the road that leads behind the condo toward the lake. This is a public parking lot; the condo lot is not public.

**PETS:** Leashed pets are allowed on all walks, and you must clean up after them.

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

**RESTROOMS:** None at the Start point, but 500 meters along the 5/10 K trail there are restrooms at the Beach House, and on the 5K there are restrooms at the mid-point of the pier. Toward the end of the 5/10K there is a Wegmans Supermarket open 24 hours a day. Restrooms available and food also. Along Eastern Blvd on the 5/10K there are numerous fast food restaurants which have restrooms if open. On the 10K into downtown, the only restrooms are in businesses. If needed stop at a gas station, or restaurants along Main Street and request to use them.

**AMENITIES:** Parking at the start is free. Sonnenberg Gardens (admission not included in the walk) Granger Homestead (not included in the walk), City Parks along the lake, and historic downtown with a County Court house for Ontario County New York.

**REMEMBER:** You must log back into On Line Start Box (OLSB) to finish online registration procedures after completing the event.

**Contacts:**

In case of Emergency Dial 911

Event related problems contact:

POC: Bill Peeck, [wpeeck@rochester.rr.com](mailto:wpeeck@rochester.rr.com), phone 585-227-6025, Cell (use last) 585-698-4009

Backup POC: Barbara Stafford, [barbstaff59@gmail.com](mailto:barbstaff59@gmail.com), 716-741-9315 Cell 716-444-5768

NFVC website: <https://avaclubs.org/NFVC/>

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

## **CANANDAIGUA NY 10K WALK INSTRUCTIONS**

- 1 Walk to the end of the parking lot toward the Canandaigua Lady's Pier.
- 2 You will see a gravel trail heading East along the lake front.
- 3 Turn right on to the trail.
- 4 Turn left across the foot bridge at the creek.
- 5 Follow the trail along the lake, keeping the lake on your left, to its end keeping the road on your right. You will pass the beach house and the gazebo.
- 6 Left when the trail ends onto the side walk (Lake Shore Drive)
- 7 Follow the side walk along Lakeshore Drive past the New York Kitchen and Nolan's Restaurant.
- 8 Keep going straight toward the traffic light at Western/Eastern BLVD (major intersection at the light). The street you are on is South Main.
- 9 Cross Western/Eastern BLVD at the light, keeping on South Main.
- 10 Follow South Main past cross streets, Parrish, Clark, Antis, Bristol, Coach, Coy, Chapin, and West Streets. The Ontario County Court House will be on your right across the street at West Street. (3KM at this point) NOTE South Main turns into North Main at the Court House
- 11 Continue on North Main Street to Gibson Street (at the traffic light).
- 12 Right crossing North Main Street at Gibson ST
- 13 Then left on North Main Street to Howell Street
- 14 Right on Howell to the gate of the Sonnenberg Gardens (the gardens are not on the walk, but you can tour them at a cost) 4.2 KM
- 15 Right on Charlotte Street (Tee intersection with Howell
- 16 Follow Charlotte Street to the end at Gorham (Tee intersection)
- 17 Right on Gorham to North Main (Tee intersection)
- 18 Left on North Main.
- 19 Follow North Main back to Western/Eastern Blvd
- 20 Cross Western/Eastern Blvd at the light and turn left along Eastern Blvd. Follow Eastern Blvd about 1.6 KM you will pass Wegmans on your right.

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

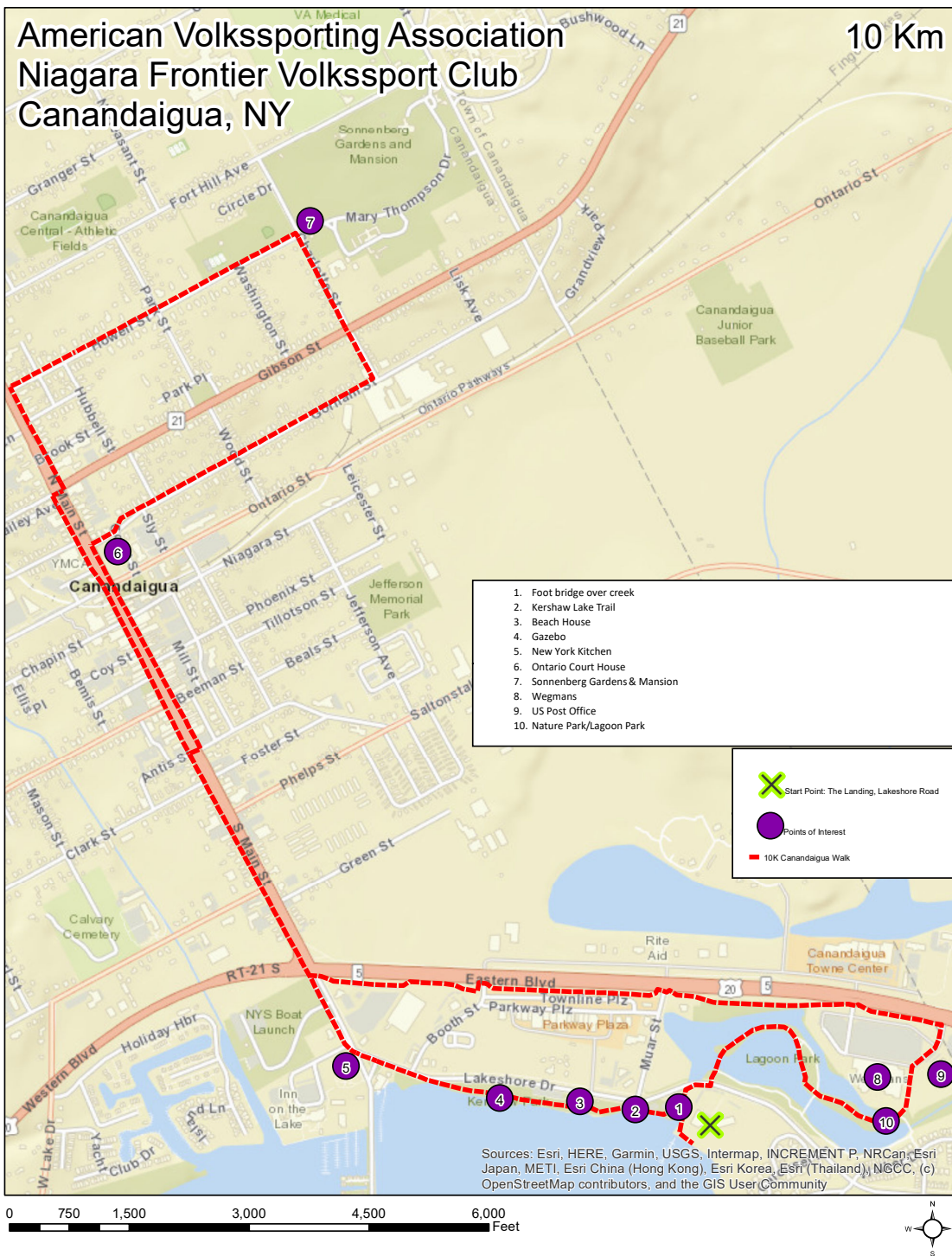
- 21 Turn right on the road between Wegmans and the Post Office.
- 22 The road dead ends at the entrance to the Nature Center
- 23 Just inside the Nature Center entrance turn right on the gravel path
- 24 Follow the path past the first bridge across the lake (on the left)
- 25 Continue on the gravel path until you reach the 2<sup>nd</sup> bridge.
- 26 Cross the bridge.
- 27 Follow the trail straight to the street (Lake Shore Drive)
- 28 Cross Lake Shore Drive carefully (no light) then turn left on Lake Shore Drive.
- 29 Walk to the entrance of the start point parking lot and turn right into it.
- 30 You have completed the walk. Remember to return to the On Line Start Box (OLSB) to complete your walking credits

## **MAP FOR THE CANANDAIGUA NY 10K**

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

# American Volkssporting Association Niagara Frontier Volkssport Club Canandaigua, NY

10 Km



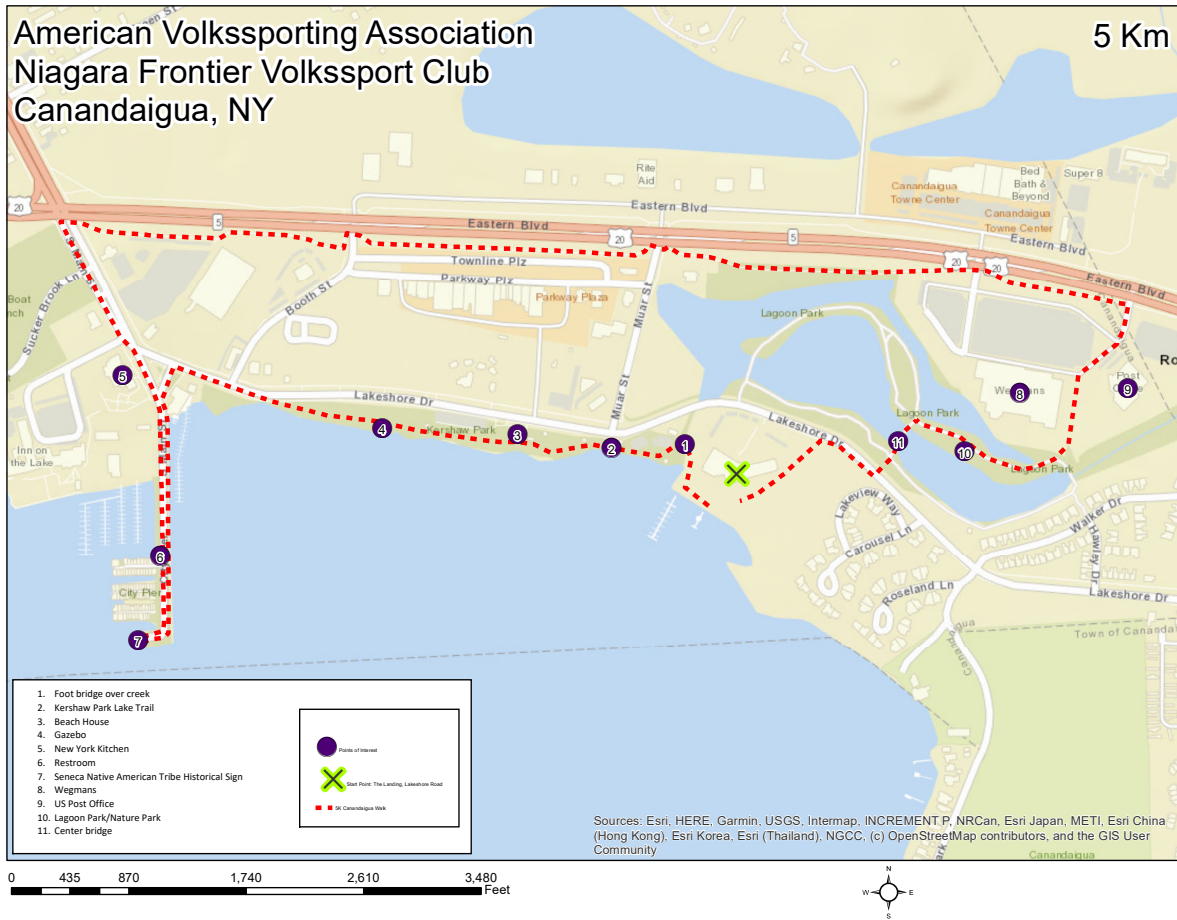
**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

## **CANANDAIGUA NY 5K WALK INSTRUCTIONS**

- 1 Walk to the end of the parking lot toward the Canandaigua Lady's Pier.
- 2 You will see a gravel trail heading East along the lake front.
- 3 Turn right onto the trail.
- 4 Turn left across the foot bridge at the creek.
- 5 Follow the trail along the lake, keeping the lake on your left, to its end keeping the road on your right. You will pass the beach house and the gazebo.
- 6 Left on the side walk when the trail ends (Lake Shore Drive) to the first street on the left.
- 7 Left on the unmarked street onto City Pier.
- 8 Walk to the end of the pier
- 9 Bear right around the circle at the tip of the Pier.
- 10 Continue around the circle and walk back along the Pier to where you entered.
- 11 Left on South Main (Starts at the Pier entrance).
- 12 At the next light (Western /Eastern BLVD major intersection)
- 13 Turn right at the light and cross South Main Street.
- 14 Continue straight ahead on Eastern Boulevard.
- 15 After about 1.6 KM you will pass Wegmans on your right
- 16 Turn right on the road between Wegmans and the Post Office.
- 17 The road dead ends at the entrance to Nature Center
- 18 Just inside the entrance turn right on the gravel path
- 19 Follow the path to the center bridge across the lake.
- 20 Left across the bridge toward the street (Lake Shore Blvd)
- 21 Cross Lake Shore Boulevard into the start point parking lot. Cross Lakeshore Drive carefully no light. Thank you, you have completed the 5K walk. Remember to return to the On Line Start Box (OLSB) to complete your walk credit.

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**

# MAP FOR THE CANANDAIGUA NY 5K



**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.**