

## Let's Walk!



### Oneida East Residency / Special Crews

#### 1 Mile (A)

- ✓ From the residency building, walk out to Chenango Road
- ✓ Turn to your left onto Chenango Road (walking against traffic) and walk to the ConMed sign approximately ½ mile down the road
- ✓ Turn around and walk back to the residency.  
(Be sure to walk against traffic when there is no sidewalk to use!)

You have walked 1 mile!

#### 1 Mile (B) - Philip A. Rayhill Memorial Trail

- ✓ Short drive from the residency to the trailhead of the Philip A. Rayhill Memorial Trail! It is located about ½ mile South on New Hartford Street, New York Mills. Turn right out of the residency lot onto Chenango Road – Chenango Road turns into Clinton Street, New York Mills - Trail head parking lot is on your left.
- ✓ Enter trail at New Hartford Street parking lot entrance.
- ✓ Walk to the “end of the wall.”
- ✓ Turn around and return to the parking lot.

You have walked 1.16 miles!

Or ...

- ✓ Enter trail at New Hartford Street parking lot entrance.
- ✓ Walk past the “end of the wall” to Clinton Street, New York Mills.
- ✓ Turn around and walk back to the parking lot.

You have walked 1.2 miles!

