



# Healthy Sacopee HIKE

**WHEN:** Saturday, May 20, 8:30AM (SVHC parking lot)

**WHERE:** York Harbor

Three short walks-in-one, plus lunch at a local eatery, is our offering for this adventure.

1. Wiggly Bridge and Steedman Woods Trail: 0.7 mi. loop with great views of York River and a short hike through woods;
2. Fisherman's Walk: 0.8 mi. out-and-back trail along York River with waterside views, and;
3. Cliff Walk Trail: 1.0 mi. out-and-back from York Harbor Beach along cliff side with fine views of York Harbor Beach below and coastal mansions. (This trail is narrow, hilly and rocky in places - hiking poles useful)

We'll meet at 8:30am at the Sacopee Valley Health Center to carpool (or behind the old Limerick Town Hall at 9:00am). Bring water, snack and sturdy footwear. Please RSVP if lunching with us.

**Questions? Call/text Peter Zack @ 515-0226** Maggie's cell

*Healthy Sacopee is a program of the Sacopee Valley Health Center.*