

# **Genesee and Orleans Counties (GO) Adventure Challenge Guidelines 2026**

## **Purpose:**

A regional wellness and tourism program designed to motivate residents and visitors to explore Genesee and Orleans counties through outdoor recreation. Participants can walk, bike, paddle, and visit parks, trails, waterways, historic areas, and downtown districts while improving their health and discovering local destinations.

## **Small Fee (\$5) Registration:**

- Official program patch or sticker upon completion
- Digital or printable certificate

Cash/Check/Online Payment (Pay when you complete challenge)

Please make check payable to **Orleans County Treasurer**

## **Free Participation Option:**

- Certificate only

## **Instructions:**

### **Step 1: Register**

- Visit the challenge sign-up page on the tourism website.
- Submit name, email, and hometown.

### **Step 2: Download Checklist/ Progress Tracking Form**

Download and print the suggested checklist or you can track your activities and progress in whatever way works best for you (notes app, journal, photos, etc).

- Checklist includes categories such as:
  - Walking/Hiking
  - Cycling
  - Paddling

### **Step 3: Complete Activities**

Participants complete activities at their own pace.

Challenge Levels:

- Level 1: **135 total hours of physical activity anywhere, OR**
- Level 2: **135 hours + visit at least 5 locations in each county from approved list**

**\*to complete 135 hours in 2026, activity averages 3.8 hours per week**

Activities may include:

- Parks and trails
- Waterways
- Historic sites
- Recreational spaces

### **Step 4: Track Your Progress**

Participants can:

- Check off locations on their passport/checklist or another tracking option of their choice
- Send in photos of your activities to [isabella@orleanscountytourism.com](mailto:isabella@orleanscountytourism.com) to document your progress and celebrate your adventure. Photos can include anything from a quick snapshot on the trail to a scenic view during your paddle or ride.
  - Be sure to include your name and where the activity took place. This helps us track participation and may allow us to feature your experience in social media promotions (with your permission).

### **Step 5: Submission**

When complete, participants submit their challenge materials via:

- Completing the online attestation form
- Email submission (photo/scan) of checklist OR
- In-person drop-off at the Orleans County Tourism Office or Public Health Department (Both located at the County Admin Building, 14016 Rte 31 W Albion, NY 14411.)

An online attestation form confirms completion of the selected level.

## **Walking Trails:**

### Orleans County

- Mount Albion Cemetery \*(the right side offers a more accessible, flatter path, while the left side includes steeper, hilly terrain)
- Boxwood Cemetery
- Courthouse Square\*
- Holley Canal Park/Holley Falls Trail
- Erie Canal Trail\*
- Lakeside Beach State Park
- Iroquois National Wildlife Refuge
- Bullard Park\*

### Genesee County

- Iroquois National Wildlife Refuge
- Dewitt Recreation Area
- Darien Lakes State Park
- Ellicott Trail
- Swallow Hollow
- Bryon Park
- Genesee County Park
- Oak Orchard Wildlife Mgt Area
- Oakfield 's Elroy Parkins Memorial Park
- Bergen Swamp
- Hickory Park

## **Kayaking/Paddling:**

### Orleans County

- Erie Canal
- Lake Ontario
- Glenwood Lake
- Lake Alice
- Oak Orchard River

### Genesee County

- Dewitt Recreation Area
- Darien Lakes State Park
- Tonawanda Creek
- Oatka Creek

- Murder Creek
- Black Creek

**Cycling:**

- Erie Canal Trail
- Cycling Trails [Link](#)
- Ellicott Trail
- Genesee County Park
- Darien Lakes State Park (mountain bikes)

**Winter (Cross-Country Skiing, Snowshoeing)**

Any approved walking or hiking trail

\*Handicap Accessible Trails