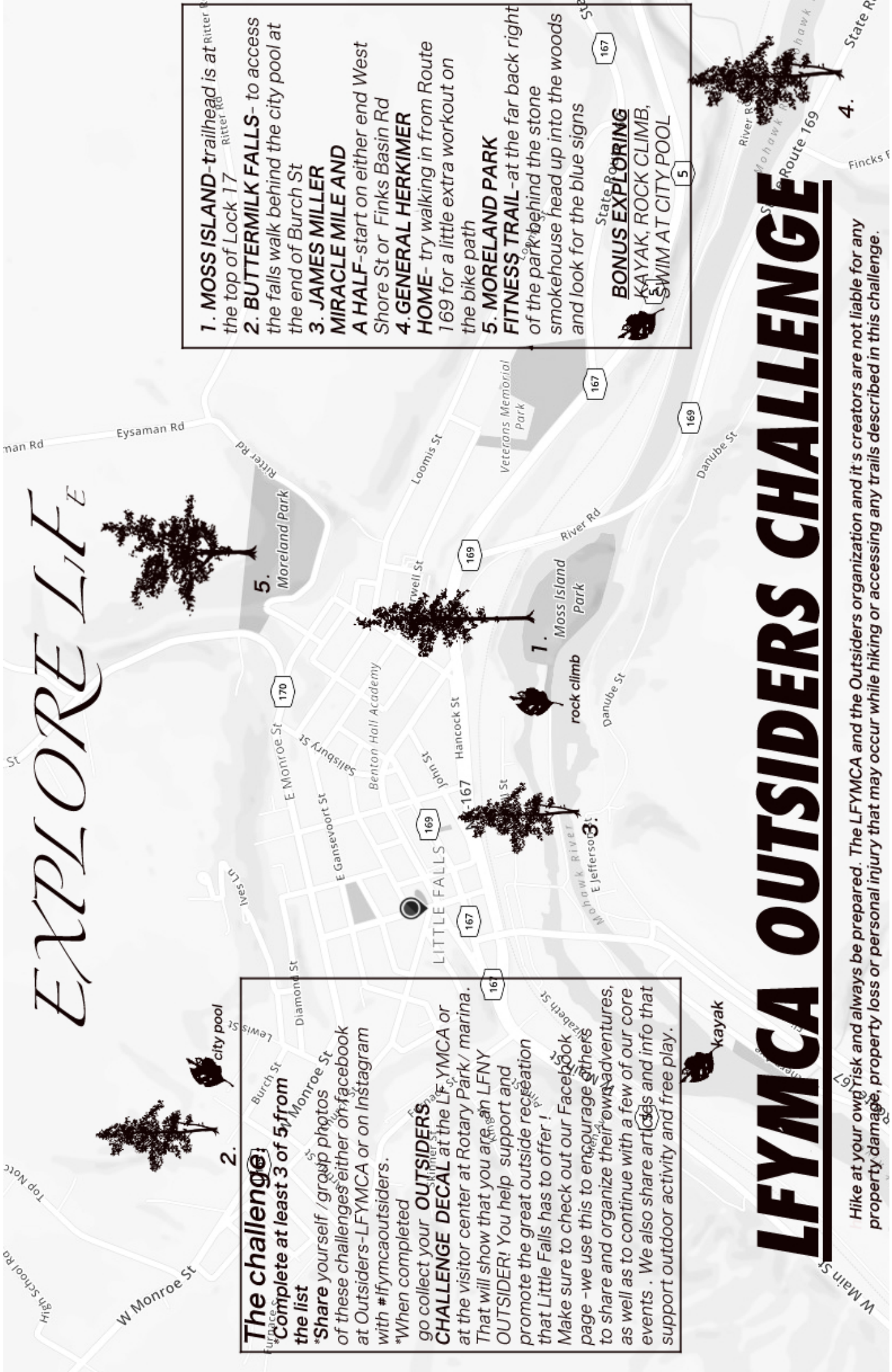


EXPLORE LIFE



1. **MOSS ISLAND-trailhead** is at the top of Lock 17 - to access the falls walk behind the city pool at the end of Burch St
3. **JAMES MILLER MIRACLE MILE AND A HALF**-start on either end West Shore St or Finks Basin Rd
4. **GENERAL HERKIMER HOME**- try walking in from Route 169 for a little extra workout on the bike path
5. **MORELAND PARK FITNESS TRAIL**-at the far back right of the park behind the stone smokehouse head up into the woods and look for the blue signs

2. **BUTTERMILK FALLS**- to access the falls walk behind the city pool at the end of Burch St
3. **JAMES MILLER MIRACLE MILE AND A HALF**-start on either end West Shore St or Finks Basin Rd
4. **GENERAL HERKIMER HOME**- try walking in from Route 169 for a little extra workout on the bike path
5. **MORELAND PARK FITNESS TRAIL**-at the far back right of the park behind the stone smokehouse head up into the woods and look for the blue signs

BONUS EXPLORING
 KAYAK, ROCK CLIMB,
 SWIM AT CITY POOL

The challenge:
 Complete at least 3 of 5 from the list

*Share yourself /group photos of these challenges either on facebook at Outsiders-LFYMCA or on Instagram with #lfymcaoutsiders.

*When completed go collect your **OUTSIDERS CHALLENGE DECAL** at the LFYMCA or at the visitor center at Rotary Park / marina. That will show that you are an LFNY OUTSIDER! You help support and promote the great outside recreation that Little Falls has to offer!

Make sure to check out our Facebook page -we use this to encourage others to share and organize their own adventures, as well as to continue with a few of our core events . We also share articles and info that support outdoor activity and free play.

LFYMCA OUTSIDERS CHALLENGE

Hike at your own risk and always be prepared. The LFYMCA and the Outsiders organization are not liable for any property damage, property loss or personal injury that may occur while hiking or accessing any trails described in this challenge.