

# DISC GOLF BASICS

## WHAT IS DISC GOLF?

Also known as Frisbee golf, disc golf is a great way to spend time outside with family or friends. The rules of the sport are very similar to traditional ball golf. Players use specially designed discs to throw from a tee area with the goal being to get a disc into the disc golf basket (a metal cage encircled by rows of hanging chains) in the least amount of throws.

The sport offers an easy learning curve - and even better, there are no greens fees. An entire family can get started for a minimal amount of money and can use their discs all season long. Most state parks with courses have discs for sale at their main office or the camp store. Each park offers a good selection of discs for beginners and the experienced pro as well.

## WHO PLAYS DISC GOLF?

There are approximately 5,000 disc golf courses in the United States and Canada. Disc golf is considered one of the country's fastest-growing sports.

Many disc golfers are made up of families that spend the day together, picnicking and enjoying a beautiful day while playing a round of disc golf. There are even touring disc golf pros who make their living playing in tournaments. Disc golfers are youngsters playing with their grandparents or a group of teens, spending time outside competing against one another.



# EMPIRE PASSPORT

## A GREAT WAY TO SAVE!

The Empire Passport is a great way to save on year of parking!

Annual Empire Passport - Players can keep more green in their pockets by purchasing an Empire Passport at any local state park or regional office. This will cover parking at nearly all state parks each year.

Also, players who wish to only pay for a day can use that same cost of admission at any other state park on that day. Just be sure to hold onto your ticket and your entry into any other state park is covered.

## POPULAR DISC GOLF WEBSITES

### A List of Over 11,000 Courses Around the World

[Disc Golf Course Review](http://www.dgcoursereview.com) - [www.dgcoursereview.com](http://www.dgcoursereview.com)

[Professional Disc Golf Association](http://www.pdga.com) - [www.pdga.com](http://www.pdga.com)

### Local Websites

[New York State](http://www.newyorkstatediscgolf.com) - [www.newyorkstatediscgolf.com](http://www.newyorkstatediscgolf.com)

[WNYDGC](http://www.wnydgc.com) - [www.wnydgc.com](http://www.wnydgc.com)

[Rochester Area](http://www.grdgc.org) - [www.grdgc.org](http://www.grdgc.org)

### Facebook Pages

[Disc Golf in Buffalo](#), [WNYDGC](#), & [Greater Rochester Disc Golf](#)

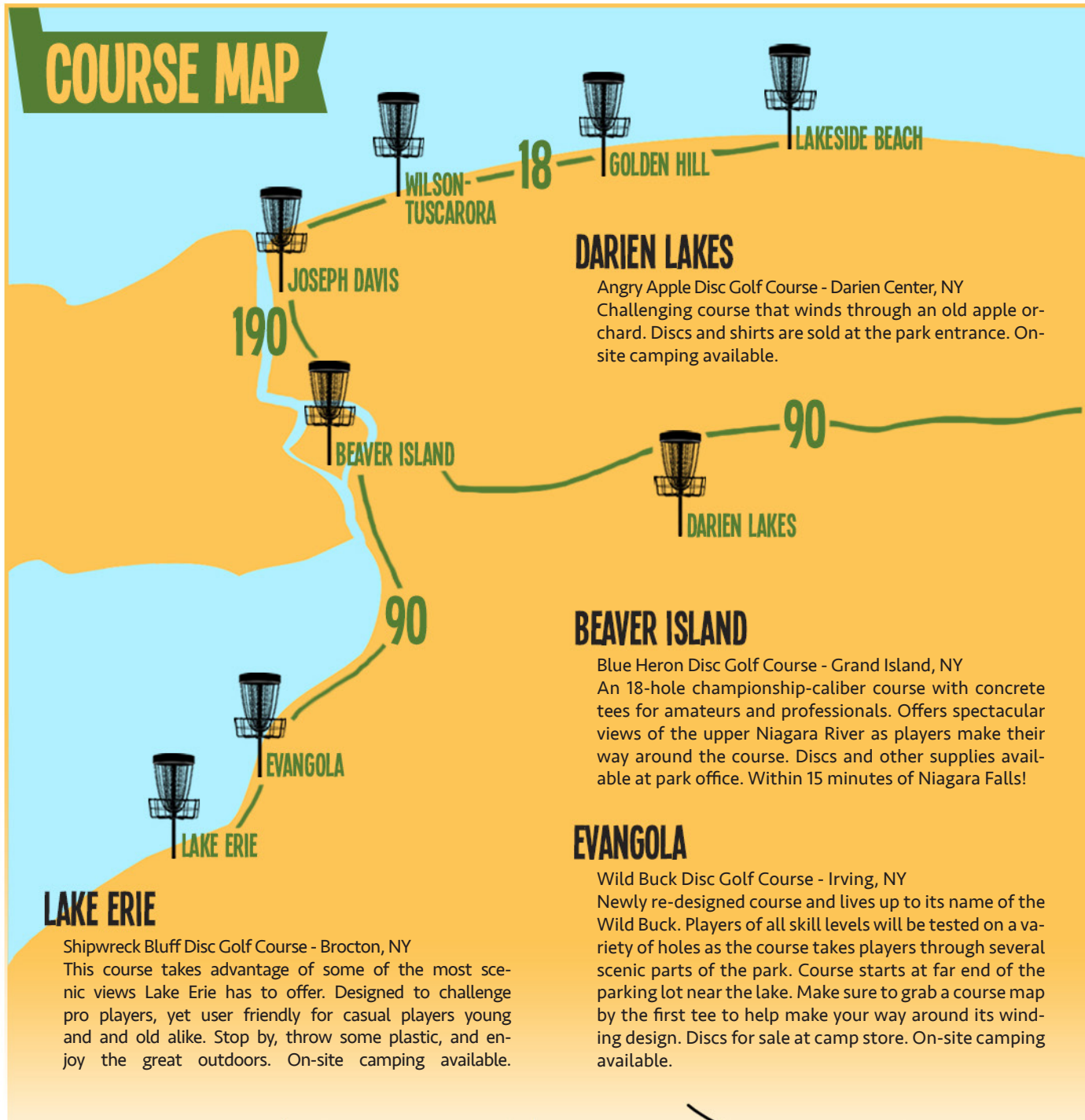
# DISC GOLF AT WNY STATE PARKS

## GIVE IT A SHOT!



**Parks, Recreation  
and Historic Preservation**

# COURSE MAP



## LAKE ERIE

Shipwreck Bluff Disc Golf Course - Brocton, NY  
This course takes advantage of some of the most scenic views Lake Erie has to offer. Designed to challenge pro players, yet user friendly for casual players young and old alike. Stop by, throw some plastic, and enjoy the great outdoors. On-site camping available.

190

JOSEPH DAVIS

WILSON-TUSCARORA

18

## DARIEN LAKES

Angry Apple Disc Golf Course - Darien Center, NY  
Challenging course that winds through an old apple orchard. Discs and shirts are sold at the park entrance. On-site camping available.

## BEAVER ISLAND

Blue Heron Disc Golf Course - Grand Island, NY  
An 18-hole championship-caliber course with concrete tees for amateurs and professionals. Offers spectacular views of the upper Niagara River as players make their way around the course. Discs and other supplies available at park office. Within 15 minutes of Niagara Falls!

## EVANGOLA

Wild Buck Disc Golf Course - Irving, NY  
Newly re-designed course and lives up to its name of the Wild Buck. Players of all skill levels will be tested on a variety of holes as the course takes players through several scenic parts of the park. Course starts at far end of the parking lot near the lake. Make sure to grab a course map by the first tee to help make your way around its winding design. Discs for sale at camp store. On-site camping available.

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DARIEN LAKES



GOLDEN HILL

LAKESIDE BEACH



EVANGOLA

LAKE ERIE

# COURSE INFORMATION

## LAKESIDE BEACH

Shorewinds Disc Golf Complex - Waterport, NY  
Two 18-hole courses providing panoramic views along Lake Ontario. The Blue Course, aka "The Beast," is designed for pro-level players while the White Course, aka "Wind Rush Alley," is designed more for recreational players. Discs & clothing sold at the park office. On-site camping available.

## WILSON-TUSCARORA

Arrowhead Disc Golf Course - Wilson, NY  
Challenging yet forgiving course with concrete tees for amateurs and pro players. Camping available at Four Mile State Park.

## JOSEPH DAVIS

Joseph Davis State Park Lewiston, NY  
One of the first courses - ever. Come play a round and experience a bit of disc golf history! Often referred to as the "mother course" for its place in the WNY Disc Golf scene. Joseph Davis is also unique in that it has two 18 hole courses and has concrete tee pads for amateur players. Geared more for casual golfers, yet offers enough variety that open serious players will have fun going low with a number of birdie opportunities available - if they're on their game.

## GOLDEN HILL

The Beacon Disc Golf Course - Barker, NY  
This course offers 18 family-friendly holes, with the last hole offering a breathtaking view of Lake Ontario - on a clear day players will be able to see the amazing Toronto skyline! Course starts in the marina parking lot. Discs for sale at the camp store. On-site camping available.

For camping reservations, visit:  
<http://newyorkstateparks.reserveamerica.com/>

