

**Finger Lakes Trail Conference – 2016 Spring Annual Meeting**  
**June 17 to June 19, 2016 – Hosted by the Cayuga Trails Club**  
**The New York State Academy of Fire Science, Montour Falls, New York**

**Schedule of Events**

<b>Friday, June 17</b>	<b><i>NYS Academy of Fire Science</i></b>
<b>12:00 – 5:00 PM</b>	Registration – Classroom 9
<b>12:00 – 2:00 PM</b>	Gather for Scheduled Hikes – Classroom 9
<b>4:30 PM</b>	Social Hour – Lounge
<b>5:30 – 6:15 PM</b>	Buffet Dinner – Cafeteria
<b>7:00 PM</b>	<u>Special Presentation</u> – Auditorium, Linda Spielman, This presentation will introduce you to identifying and interpreting animal tracks and signs, nature's clues to what goes on in the woods and fields when we're not around.
<b>Saturday, June 18</b>	<b><i>NYS Academy of Fire Science</i></b>
<b>7:00 – 7:45 AM</b>	Buffet Breakfast – Cafeteria
<b>8:15 – 9:00 AM</b>	Registration – Classroom 9
<b>8:30 – 9:00 AM</b>	Pick up Trail Lunches – Cafeteria
<b>9:00 – 9:30 AM</b>	Gather for Scheduled Hikes – Classroom 9
<b>4:00 – 4:45 PM</b>	FLTC Annual Membership Meeting- election of 5 Board Members
<b>4:30 – PM</b>	Social Hour – Lounge
<b>5:30 – 6:15 PM</b>	Buffet Dinner – Cafeteria
<b>7:00 PM</b>	Awards and Presentations
<b>7:30 PM</b>	<u>Special Presentation</u> – Auditorium, Heather Houskeeper, “The Botanical Hiker,” she completed the first thru hike of the FLT and all the branch trails in 2015. She will present her story as well as a description of edible/medicinal plants along the way.
<b>Sunday, June 19</b>	<b><i>NYS Academy of Fire Science</i></b>
<b>7:00 – 7:45 AM</b>	Buffet Breakfast – Cafeteria
<b>8:00 AM</b>	All Guests at the Fire Academy must be checked OUT at this time
<b>8:15 – 9:00 AM</b>	Pick up Trail Lunches – Cafeteria
<b>8:30 – 9:30 AM</b>	Gather for Scheduled Hikes – Classroom 9
<b>10:00 – 11:30 AM</b>	FLTC Board of Managers Meeting-Conference Room

**Directions** – The NYS Academy of Fire Science, 600 College Ave, is located at the intersection of Rt. 14 and College Ave in Montour Falls. [www.dos.state.ny.us/fire/acadmap.html](http://www.dos.state.ny.us/fire/acadmap.html)

From the North, NYS Thruway – Exit 41, take Rt 14 South or Exit 42, take Rt 414 South to Rt 14 South. Both exits are ~ 40 miles from Montour Falls

From the South, I-86 (old Rt 17) – Exit 52, take Rt 14 North ~15 miles to Montour Falls

From the East, Ithaca, Rt 13 South, 16 miles to Alpine Junction, turn Right on Rt 224, 9 miles North West to Montour Falls, turn left, Academy will be on your left

From the West, 1-86 (old Rt 17) – Exit 46, take Rt 414 North ~20 miles, turn Right on Rt 14 South to Montour Falls

**Conference parking is ONLY available behind the Academy, PLEASE FOLLOW THE SIGNS!!**

**Questions? Contact Paul Warrender 401-439-8285, email [607hikingtrails@gmail.com](mailto:607hikingtrails@gmail.com) or Robin Carlisle Peck, 607-227-7413, email [rjcp019@aol.com](mailto:rjcp019@aol.com)**

**FLTC Spring 2016 Annual Meeting – Hike Schedule**  
**Gather for all hikes in Classroom 9 located just off the back parking lot.**

**Friday, June 17<sup>th</sup>**

**1. Excelsior Glen, FLTC Map M15**                      **Leader: Charlie Strohman**    **Sweep: Roger Hopkins**  
**Distance: 2.6 miles**    **Pace: Moderate**                      **Terrain: Steep**

This short hike features at least three delightful waterfalls while hiking along the rim of beautiful Excelsior gorge. You also get a glimpse of a panoramic view of Seneca Lake on this one, and there is an interesting shale rock formation that you walk right under, too. This is an out-and-back hike beginning and ending at the Jolly Road trail-head. You climb down into the gorge on the way in and have steep climbing most of the way out, but it's worth the effort. **Gather at 1:00 p.m.**

**2. Lick Brook , FLTC Map M17**                      **Leader: Carol Mallison**  
**Distance: 3.2 miles**    **Pace: Moderate**                      **Terrain: Steep**

The Lick Brook Preserve is one of over 30 nature preserves and a part of over 17,000 acres of natural areas owned or protected by the Finger Lakes Land Trust. It is one of the hidden gems of the Ithaca/Tompkins area and the FLT runs right through it. On this hike you will experience dramatic waterfalls and cataracts as you hike up the steep trail that roughly parallels the gorge. As you approach the top, stop for an inspiring view of the Inlet Valley through the trees. Narrow trail follows steep sided, nearly vertical gorge wall. Not for the timid. This is a loop hike beginning and ending at the parking area off NY State Routes 13/34/96. **Gather at 12:30 p.m.**

**3. Forest Walk In Texas Hollow, FLTC Map M15**    **Leaders: Peter Marks and Don Wilson**  
**Distance: 3 miles**    **Pace: Slow**                      **Terrain: Moderate with steep pitches**

Cornell Professor Emeritus Peter Marks from the Department of Ecology and Evolutionary Biology along with Don Wilson will lead a modest hike to explore differences in the structure and species mix of local forests. You will hike approximately three miles in the Texas Hollow State Forest area, noting variations in the forest along the way and talking about their causes. Peter will point out interesting species and some of the local geology. There will be many stops to observe and discuss what you find. This will be a car-to-car hike which requires carpooling and a car shuttle. Drivers will be expected to carry passengers. Hike begins at the South Road FLT trail-head. **Gather at 12:30 p.m.**

**4. Queen Catherine Marsh Trail, FLTC Map MQCMT**                      **Leader: Tom Reimers**  
**Distance: 4 miles**    **Pace: Moderate**                      **Terrain: Easy**

Also known as the, "Willow Walk Wild Wander," this leisurely bird and wildflower hike is led by Tom Reimers, an excellent birder. The open fields and water on the Marsh Trail attracts a variety of species of birds, which should make for an interesting afternoon of discovery. Participants should bring binoculars and field guides for birds and wildflowers if they have them. Plan two to three hours for the "wander." The hike will start by the gate on Airport Road at the south end of Rock Cabin Road. **Gather at 1:00 p.m.**

**5. Western Approach to Watkins Glen Park, FLTC Map M14**    **Leader: Sigrid Connors**  
**Distance: 5.6 miles**    **Pace: Moderate**                      **Terrain: Moderate**

Hike starts just east of Ebenezer's Crossing and proceeds mostly downhill and across Glen Creek, then passes through Watkins Glen State Park. The trail runs parallel to Glen Creek and you will experience dramatic views of the cataracts, pools, small lakes, two dams, and an old railroad trestle. The primary natural feature of this hike is the Glen Creek gorge, where erosion of the sandstone and shale walls of the gorge over millennia has beautifully sculpted the rock. For much of the way, you hike about 90 feet above the creek and have an excellent view of the gorge. Man has provided a wonderful set of rock walkways along the gorge and bridges spanning it. Watkins was once known as the 8<sup>th</sup> Wonder of the World. **Gather at 12:30 p.m.**

**Saturday, June 18<sup>th</sup>**

**6. Seneca Wine Trail, Seneca Wine Trail Map**                      **Leader: Self-directed, maps provided**  
**Distance: to be determined**    **Pace: Slow**                      **Terrain: Easy**

If your interest runs to wine as opposed to hiking through woods and fields, then this self-directed tour is for you. Finger Lakes wine country features over 30 wineries, small and large, obscure and famous. Many wineries feature tastings and discounts on purchases of case lots. There are also breweries and two cideries on the tour. Some of the tasting rooms are elegant, offering lunch and panoramic views of Seneca Lake. Take a break from the trail and support New York's vintners! **Gather at your convenience.**

**7. Herb/Medicinal Discovery Walk, FLTC Map M15      Leader: Heather Houskeeper**

**Distance: 1.5 miles   Pace: Slow      Terrain: Easy**

Our after-dinner speaker will give amateur herbalists a preview of her talk on this hike. Heather Houskeeper will lead you through a section of the Finger Lakes National Forest seeking to discover common and uncommon plants and herbs good for garnishing your evening meal, or for medicinal purposes. This is a short, slow hike with many stops to notice natural wonders that most hikers breeze right by without noticing. Heather is a published author on herbs and medicinals and she will share her knowledge and experience with a variety of plants. This is a loop hike beginning and ending at the north Burnt Hill Road trail-head of the FLT in Finger Lakes National Forest. The loop includes parts of the main FLT and South Slope Trail and includes Burnt Hill Pond. **Gather at 9:30 a.m.**

**8. Bob Cameron Loop, FLTC Map M16      Leader: Charlie Strohman**

**Distance: 2.6 miles   Pace: Moderate      Terrain: Moderate with steep slopes**

The BCL is a very nice short loop trail of the Finger Lakes Trail System, often used by cross-country skiers in winter to access other ski trails in the Connecticut Hill Wildlife Management Area. To access the loop, you begin at the highest elevation in Tompkins County, head downhill, and then back up. Connecticut Hill is one of the largest contiguous natural areas in the Finger Lakes, and the FLT crosses much of it. One feature of this hike is a crossing of an unnamed creek that was severely washed out by heavy rain in June 2015. This is a loop hike that begins and ends near the parking area for the radio towers off Tower Road. **Gather at 9:30 a.m.**

**9. Treman Park, FLTC Map M16      Leader: Carol Mallison**

**Distance: 3.5 miles   Pace: Moderate      Terrain: Steep**

The primary natural feature of this hike is Lucifer Falls, which cascades through a sandstone and shale gorge carved out by Enfield Creek. Although similar in geology to Watkins Glen, Treman Park has its own charm, including newly repaired stone masonry following storm damage over the past two years. Much of the stone work was completed by the Civilian Conservation Corps in the 1930's and 1940's, but it has since been repaired and supplemented many times by masons of the park staff. It is quite beautiful in its own right. This is a relatively short hike but there are several steep pitches and steep stone stairways. **Gather at 9:30 a.m.**

**10. Finger Lakes National Forest, FLTC Map M15      Leader:**

**Distance: 4.5 miles   Pace: Fast      Terrain: Strenuous**

This hike starts in New York's only national forest, the Finger Lakes National Forest, a 16,212-acre ridge between Seneca and Cayuga lakes. Once you leave the Forest, you'll proceed through private property, cross Tug Hollow Creek, cross abandoned vineyards and end at the dramatic "twin tunnels" of Burdett. Along the way, you'll listen to the gurgle of water heading downhill as you hike parallel to Logan Creek for a good mile, a very nice, quiet section of the FLT, and a favorite for Cayuga Trail Club members. You'll cross Tug Hollow Creek and, if the weather is clear, you'll enjoy a nice view of the farms and small villages south and east of Seneca Lake, the largest of the Finger Lakes, along with a glimpse of a panoramic view of the lake itself before finishing at the unusual "twin tunnels." Hike will begin in Finger Lakes National Forest at Access 7 at the north Burnt Hill Road FLT trail-head; **Gather at 9:30 a.m.**

**11. Montour Falls Historic Loop, FLTC Map MFHLT      Leader: Paul Warrender**

**Distance: 5.5 miles   Pace: Moderate      Terrain: Easy**

This branch trail of the Finger Lakes Trail system includes many historic and natural features of Montour Falls. You will pass the Queen Catherine memorial site and the Cook cemetery (Charles Cook was the father of Schuyler County). You'll pass historical markers commemorating the events of Capt. John Sullivan's punitive expedition in 1779 that forced the evacuation of Queen Catherine and her village. You'll also pass several Greek Revival buildings and 23 structures listed on the Register of Historic Places. The hike will start at the South Genesee Street kiosk. **Gather at 9:00 a.m.**

**12. Connecticut Hill, FLTC Map M16      Leader:**

**Distance: 8.8 miles   Pace: Fast      Terrain: Strenuous**

This is a moderately long, fast-paced hike for fit hikers looking for a workout. You follow the FLT from the summit of Connecticut Hill, to the Cayuta Gulf. Along the way you hike in rough, rugged terrain, pass through a small old growth stand of trees of various species, and cross a unique, long black locust trail bridge. Cayuta Gulf is mysterious, narrow, usually shrouded in deep shade, and beautiful. Connecticut Hill is a tract of land once claimed by the state of Connecticut, but given to New York in a financial settlement. It is one of the largest contiguous natural areas in the Ithaca area. Hike begins at the Tower Road FLT trail-head and ends at the Gulf Road FLT trail-head. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

**13. Texas Hollow, FLTC Map M15      Leader: Marsha Zgola**

**Distance: 9.5 miles   Pace: Fast   Terrain: Strenuous**

This is a long, fast-paced hike for fit hikers looking for a workout. It will start at the south end of Finger Lakes National Forest at Access 8, the south Burnt Hill Road FLT trail-head, and proceed through the village of Bennettsburg on town roads until you reach private property. Then it's through dramatic and steep Texas Hollow State Forest, ending at the intersection of Carly and Steam Mill Roads. One feature of this hike is the new boardwalk constructed by Cayuga Trails Club members near Texas Hollow Pond. The Texas Hollow bog is nearby and it boasts a rare ecosystem more akin to the Adirondacks than the Finger Lakes. The distance, terrain and pace of this hike is challenging. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

**14. Interloken Trail, FLTC Map I1      Leader: Anna Keeton**

**Distance: 11.2 miles   Pace: Moderate   Terrain: Moderate**

This is a strenuous hike due to overall length, so this one is for experienced, fit hikers who are accustomed to long hikes in which they carry their own gear and rations. Hike all 11.2 miles of this FLTC Branch Trail from north to south. There will be a short stop for lunch. Elevation differences from 1300 feet to 1830 feet are gentle, and the trail is mostly downhill from north to south. Drivers will be expected to carry hikers and a car shuttle is required at the beginning and end of the hike. All hikers will wait at the end of the hike to ensure rides for everyone back to the Fire Academy. The Interloken is located in New York's only national forest, the Finger Lakes National Forest, a 16,212-acre ridge between Seneca and Cayuga lakes. The ridge is also known as the Hector Backbone or Backbone Ridge. The ridge was populated with many people, farms, and towns as late as the 1900's. The Resettlement Program, part of the New Deal, purchased farms here between 1936 and 1940, and many of the structures were subsequently razed, some land was reforested, and some land was allowed to remain in pasture. The hike will start at the north end of the trail on Parmenter Road and finish on Burnt Hill Road, where the new terminus of the Interloken is located. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

**Sunday, June 19<sup>th</sup>**

**15. Ornithology Lab**

**Leader:**

**Distance: 2.0 miles   Pace: Easy   Terrain: Easy**

This hike will take you to The Cornell Lab of O, a world leader in the study, appreciation and conservation of birds. The hallmarks here are scientific excellence and technological innovation to advance the understanding of nature, and engage people of all ages in learning about birds and protecting the planet. The 230 acre sanctuary encompasses forested stands, ponds, ferny swamps and abundant wildlife. There are over four miles of trail and many boardwalks, but we will only do a part of them. The dramatic, beautifully designed glass-walled Visitors Center provides tips on where to go and you may even borrow a pair of binoculars, or buy a bird guide or a hat at the gift shop. There is a 45 minute drive to the Lab, located north of Ithaca at 159 Sapsucker Woods Road. **Gather at 9:00 a.m.**

**16. Cayuga Waterfront Trail      Leader: Carol Mallison**

**Distance: 3.4 miles   Pace: Easy   Terrain: Easy**

The Cayuga Waterfront Trail is an urban walk on a paved walkway. The vision of the trail was to provide Ithaca and Tompkins County residents' easy access to the waterfront of Cayuga Lake and its waterways. The trail is designated for multiple use: you are likely to find walkers, runners, mothers with infants in strollers, roller-bladers, and bicyclists on this heavily used trail. Your walk will include parts of Ithaca's Stewart Park, downtown Ithaca, and the Ithaca Farmer's Market. Hikers are welcome to stop at the Farmer's Market to shop for locally produced fruits, vegetables, wine, baked goods, flowers and Ithaca souvenirs. Those who wish to continue will accompany the leader back to the cars. The CWT is a joint project of the Tompkins Chamber of Commerce, the City of Ithaca, and the Cayuga Waterfront Trail Initiative, and it was completed last year after 14 long years of negotiation and planning. There is a 40 minute drive to the trail-head. Hike begins and ends at the Tompkins County Convention and Visitors Bureau on East Shore Drive, Ithaca. **Gather at 9:30 a.m.**

**17. Keuka Lake Outlet Trail      Leader: Anna Keeton**

**Distance: 4 miles   Pace: Slow   Terrain: Easy**

Enjoy a leisurely "out and back" hike on part of the Keuka Lake Outlet Trail, starting in Penn Yan, Yates County. This is an easy hike on a relatively flat, partially paved surface, so everyone is welcome. The entire trail is 7.5 miles one-way; we will do a portion of the western half of the trail, starting at the beginning at the Penn Yan Sports Complex parking lot on Route 54 A, on the west side of the downtown area. This a multi-use path, so be prepared to share the trail with bicycles. We will coordinate a carpool; drive time is approximately 40 minutes one-way. **Gather at 9:30 a.m.**

**18. Van Lone Loop, FLTC Map M16****Leader: Charlie Strohman****Distance: 5.8 miles Pace: Moderate Terrain: Strenuous**

The Van Lone Loop incorporates part of the main FLT with the orange-blazed loop, which is a branch trail of the FLT System. Heading uphill, you'll enter the beautiful, quiet, narrow Cayuta Gulf, which is usually shrouded in shade. Then you'll cross a footbridge entirely constructed of black locust, head steeply up a rough, rugged section through mixed forest, until you discover you're in the middle of a small stand of old growth trees, some of which are at least 150 years old. Find the trail register, turn off the main trail, and head back downhill - part of the way on seasonal roads, and part of the way through rough terrain and along dry creek-beds. This is a loop hike beginning and ending at the FLT trail-head on Gulf Road. **Gather at 9:00 a.m.**

**19. Herb/Medicinal Discovery Walk, FLTC Map M15 Leader: Heather Houskeeper****Distance: 1.5 miles Pace: Easy Terrain: Easy**For description, see Hike #7, above. **Gather at 9:30 a.m.****20. Abbott Loop, FLTC Map M17 Leader: Marsha Zgola****Distance: 8.8 miles Pace: Fast Terrain: Strenuous**

This is a long, fast-paced hike for fit hikers looking for a workout. The Abbott Loop is named after Cayuga Trails Club leaders Cliff and Doris Abbott, who planned the route and did much of the work to cut the trail. The loop is one of the most popular trails in Tompkins County, and for good reason. Using parts of the main FLT and the orange blazed loop, the well-worn path wends its way through quiet stands of mixed hardwood forest, stands of hemlock, and red pine plantations in Danby State Forest for almost nine miles, offering a good workout, along with many views typical of Finger Lakes forests, fields and streams. The loop features some challenging climbs, the most notable being the climb up to The Pinnacles, which, in clear weather, provides a dramatic view of the Inlet Valley for several miles, including a look down into the Lindsay Parsons Biodiversity Preserve of the Finger Lakes Land Trust. There is about a 40 minute drive to the trail-head, located south of Ithaca. This is a loop hike beginning and ending at the north Michigan Hollow Road FLT trail-head. Not appropriate for novice or slow hikers. **Gather at 9:00 a.m.**

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**Meals** – All meals are served cafeteria style and are very substantial. Breakfast is a full buffet; dinners include soup, dessert, coffee, tea, soda and water.

***Don't miss a meal, buffet service starts and ends on time!***

**Friday Buffet dinner** – Macaroni and cheese OR baked fish (Haddock or Flounder), rice pilaf, veggies, coleslaw and tossed salad. Dessert will be an ice cream bar.

**Saturday and Sunday Breakfast** – Coffee, tea, juice, fruit, yogurt, eggs, bacon, sausage, turkey bacon, French toast, fusion smoothies, hot and cold cereals, granola, muffins, English muffins, whole grain bread, bagels & cream cheese & Danish pastries.

**Saturday and Sunday Trail bag lunches** – Fresh fruit, granola bar, cookie, bottled water and your choice of a Vegetarian Feta Wrap, Ham Wrap or a Turkey Wrap. All include lettuce & tomatoes.

**Saturday dinner** – Chicken breast OR stuffed Portobello mushroom, red roasted potatoes, couscous, roasted veggies, spinach salad, and tossed salad. Dessert will be a cake table.

**Social Hour** – All welcome to bring wine, beer, etc., consumption to be limited to the Lounge, Cafeteria and the Auditorium. ***PLEASE NOTE: NYS Troopers have a substation on premises, NO ALCOHOL can be carried in open containers within their corridor, this will be strictly enforced.***

## Lodging

**The Academy** – all beds include linens, blankets, pillows, towel/washcloth

- Single bed in women's dorm rooms, each with 12 beds and nearby bathroom/shower facilities
- Single bed in men's dorm rooms, each with 12 beds and nearby bathroom/shower facilities
- Single bed in double rooms, each with 2 single beds and a private bath (**must specify roommate**)
- **Rooms and beds reserved first-come, first-served. Check the website or contact Robin or Paul:**  
Paul Warrender 401-439-8285, [607hikingtrails@gmail.com](mailto:607hikingtrails@gmail.com)  
Robin Carlisle Peck, 607-227-7413, [rjcp019@aol.com](mailto:rjcp019@aol.com)
- **SUNDAY MORNING CHECK OUT AT THE FIRE ACADEMY IS 8:00 AM SHARP**

**Montour Falls, New York** – distance included from Academy

- **The Falls Motel**, [www.thefallsmotel.com](http://www.thefallsmotel.com) 239 N. Genesee St, 1/2 mile, 35 rooms, 607-535-7262
- **Relax Inn**, [www.relaxinnny.org](http://www.relaxinnny.org) Junction of Rt 224/Rt 14, 1/4 mile, 12 rooms, AAA  
607-535-7183

**Watkins Glen, New York** ~ 3 to 5 miles from Academy

- **Anchor Inn**, [www.watkinsglenmotels.com](http://www.watkinsglenmotels.com) 3425 Salt Point Rd, 15 rooms, AAA, 607-535-4159
- **Budget Inn**, [www.budgetinnwatkinsglen.com](http://www.budgetinnwatkinsglen.com) 435 S. Franklin St, 20 rooms, AAA, 607-535-4800
- **Colonial Inn & Motel**, [www.colonialintheholen.com](http://www.colonialintheholen.com) 701 N. Franklin St, 14 rooms, 607-535-7545
- **Echoes of the Glen B & B**, [www.echoesoftheglen.com](http://www.echoesoftheglen.com) 300 S. Franklin St, 5 rooms, 607-535-2896
- **Watkins Glen Harbor Hotel**, [www.watkinsglensharborhotel.com](http://www.watkinsglensharborhotel.com), 16 N. Franklin St, 104 rooms and suites, 607-535-6116
- **Madison Guest House B&B**, [www.lightlink.com/madison](http://www.lightlink.com/madison) 413/415 S. Madison Ave, 2 bedroom unit sleeps up to 7 people, a 3 bedroom unit sleeps up to 10, 607-535-9096
- **Longhouse Lodge Motel**, [www.longhouselodge.com](http://www.longhouselodge.com) 3625 Rt 14 & Abrams Rd, 21 rooms, AAA  
607-535-2565
- **Seneca Clipper Inn**, [www.senecaclipperinn.com](http://www.senecaclipperinn.com) 436 S. Franklin St, 15 rooms, AAA, 607-535-2441
- **Seneca Lodge**, [www.senecalodge.com](http://www.senecalodge.com) Rt 329 near South entrance of State Park, 56 units,  
607-535-2014
- **Tudor Rose B&B**, [www.tudorrosebnb.com](http://www.tudorrosebnb.com) 102 Durland Place, 5 rooms, 607-535-6768
- **Villager Motel**, [www.wgvillagemotel.com](http://www.wgvillagemotel.com) 106 E. 4<sup>th</sup> St Rt 414, 42 rooms in 3 buildings  
607-535-7159

Or more options are available at [www.schuylerny.com](http://www.schuylerny.com) and [www.watkinsglenlodging.com](http://www.watkinsglenlodging.com).

## Camping

- **Finger Lakes National Forest**, [www.fs.fed.us/r9/gmfl](http://www.fs.fed.us/r9/gmfl) Hector, Rt 414, primitive, 607-546-4470
- **KOA Campground**, [www.watkinsglenkoa.com](http://www.watkinsglenkoa.com) Rt 414 S, Watkins Glen, 607-535-4511
- **Watkins Glen State Park**, Reserve America, [www.reserveamerica.com](http://www.reserveamerica.com), 10 cabins, 183 campsites

## Other Area Attractions

- **Downtown Watkins Glen has many shops including Famous Brands Outlet, Seneca General Store, Antique and variety stores. The restaurants include Jerlando's for Italian Foods, House of Hong for Chinese food, Roosterfish Wildflower Café and and Nickel's Pit BBQ for American foods featuring Rooster Fish Beer, Graft Wine & Cider Bar featuring small plates.**
- **Corning Museum of Glass is a short drive as well as the Rockwell Museum.**
- **Ithaca is Gorges and is home to a great Farmer's Market, Ithaca Falls, and Cascadilla Trail.**
- **Trumansburg's Taughannock Falls and Village, are lovely places to visit, plenty of shopping, food and great people. Taughannock Falls State Park has a rim trail accessible with free parking at the Falls Overlook. The Gorge trail is accessible with fee parking in the Park.**

**FLTC Spring 2016 Annual Meeting – Registration Form  
June 17, 18, and 19 – Montour Falls, New York**

Registration form also available at [www.cayugatrailsclub.org](http://www.cayugatrailsclub.org) or [www.fingerlakestrail.org](http://www.fingerlakestrail.org)

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/Town \_\_\_\_\_ State \_\_\_\_\_ County \_\_\_\_\_ ZipCode \_\_\_\_\_

Phone(s) \_\_\_\_\_

Email(s) \_\_\_\_\_

In case of emergency notify: Name \_\_\_\_\_ Relationship \_\_\_\_\_

Phone(s) \_\_\_\_\_

Local Hiking Club/Affiliation \_\_\_\_\_ End to End Badge # \_\_\_\_\_

Any special needs we should be aware of? \_\_\_\_\_

**REGISTRATION FEE** - non-refundable and required for any part of the weekend.

FLTC member \_\_\_\_\_ x \$17.00 = \$ \_\_\_\_\_  
Non-member \_\_\_\_\_ x \$22.00 = \$ \_\_\_\_\_

**MEALS & LODGING** - non-refundable after June 1<sup>st</sup>

Meals & Lodging all-inclusive: 2 nights and 6 meals. **Choose RESIDENTIAL or COMMUTER**

COMMUTER – Meals only (6 meals) for Friday thru Sunday \_\_\_\_\_ x \$34.00 = \$ \_\_\_\_\_

**RESIDENTIAL (due to space limitations contact Robin for availability)**

RESIDENTIAL – Women’s Dorm room (12 beds) & 6 meals Friday - Sunday \_\_\_\_\_ x \$80.00 = \$ \_\_\_\_\_

RESIDENTIAL – Men’s Dorm room (12 beds) & 6 meals Friday - Sunday \_\_\_\_\_ x \$80.00 = \$ \_\_\_\_\_

RESIDENTIAL – Double room (2 beds) & 6 meals for Friday - Sunday \_\_\_\_\_ x \$100.00 = \$ \_\_\_\_\_

For double room, who is your roommate? \_\_\_\_\_

Total (Check enclosed) \$ \_\_\_\_\_

**INDICATE ANY FOOD ALLERGIES, CONCERNS HERE** \_\_\_\_\_

**FRIDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER**

Dinner Buffet- Macaroni and Cheese **OR** Fish

Please CIRCLE your hike choice #1 #2 #3 #4 #5

**SATURDAY – PLEASE CIRCLE ONE CHOICE FOR DINNER AND TRAIL LUNCH**

Trail Lunch Veggie **OR** Ham **OR** Turkey

Buffet Dinner - Chicken Breast **OR** Stuffed Portobello Mushroom

Please CIRCLE your hike choice #6 #7 #8 #9 #10 #11 #12 #13 #14

**SUNDAY – PLEASE CIRCLE ONE CHOICE FOR TRAIL LUNCH**

Trail Lunch Veggie **OR** Ham **OR** Turkey

Please CIRCLE your hike choice #15 #16 #17 #18 #19 #20

**Mail form & check payable to Cayuga Trails Club, c/o Robin Carlisle Peck, PO Box 244, Interlaken, NY 14847**

**Please read and Sign the following:**

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well-being, or, for the well-being of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and, that we are fully responsible for our own safety and selecting activities that are consistent with our physical capabilities. I have read the ALCOHOL use guidelines and agree to abide by them.

**Print Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

**Print Name** \_\_\_\_\_ **Signature** \_\_\_\_\_ **Date** \_\_\_\_\_