

**2022 Fall Weekend Hikes**  
**Friday, September 16<sup>th</sup>**

Hike #	Map #	Location	Leader(s)	Time to Trailhead (from Grayhaven) & Departure Time	Hike Distance & Difficulty	Description
F1	M16	Hines Rd to Elmira Rd (Rt.96/34)	Donna Coon	10 minutes plus a car shuttle completed by hikers; 11:30 Departure	5 miles; easy to moderate	This is the second half of hike #6 of the Tompkins County Hike Series. The hike travels the FLT in Robert H. Treman State Park. This hike is downhill (steeply in parts) through the woods on the east side of the State Park. After the hike you may drive to Upper Treman State Park and see Lucifer Falls on Enfield Creek (\$9 fee for parking).
F2	NA	Taughannock Falls State Park Loop	Chris DeGolyer	20 minutes; 1 pm Departure	4 miles, easy	Hike upstream along the North Rim Trail to the footbridge across the gorge, then downstream along the South Rim to the base, then the Gorge Trail inside the gorge to the base of the falls and return, then back upstream along the North Rim Trail to return to the overlook. A favorite hike for many, not to be missed.
F3	NA	Buttermilk Falls State Park; Parking lot for Buttermilk Falls State Park off NY Rt 13 south of Ithaca, <b>\$9 per vehicle parking fee.</b>	Eva Capobianco; Gundula Lee	5 minutes; 12:30 Departure	4.5 miles; moderate due to elevation	Begin at the north end of the Gorge Trail to the Bear Trail, then a brief walk on the park service road to the Lake Treman Trail. Return via the service road to the Bear Trail and then the Gorge Trail until the shelter. At the shelter you cross the gorge on a bridge and return via the Rim Trail. The hikes at the state park can also be self-guided. ( <a href="https://parks.ny.gov/documents/parks/ButtermilkFallsTrailMap.pdf">https://parks.ny.gov/documents/parks/ButtermilkFallsTrailMap.pdf</a> ).
F4	M16	Robert Treman State Park loop hike (includes Passport Hike C10)	Gary Mallow, David Bock	2 minutes; Departure time 12:00 pm	5 miles; moderate	Pick up the FLT and go under the highway bridge next to the stream. Continue to hike west and uphill on the FLT along southern side of the park. After crossing a bridge over Enfield Creek turn right on the orange blazed side trail. This is Passport Hike C10 in the Central Passport booklet. At the end of the orange blazed trail you find the Old Mill. You will now take State Park trails back to your car. Turn right through the parking lot to the Gorge and Rim Trails. These soon split, stay left over a lovely stone arched bridge to stay with the Gorge Trail.

						Descend many stone steps (built by the CCC almost 100 years ago) along Lucifer Falls and down along Enfield Creek to the large parking lot in the State Park. Cross Enfield Creek on the footbridge at the car ford and go left through the cabin/camping area to find the FLT back under the highway to your car.
F5	NA	Cayuga Trail along Fall Creek, trail built and maintained by the Cayuga Trails Club.	Janis vonBorstel, Ian Woods	20 minutes; Departure time 12:45 pm	4.4 ,miles; moderate to difficult	The hike will follow the Cayuga Trail in the beautiful Monkey Run area of Cornell's Fall Creek Natural Area. The hike begins from the community gardens, hiking on the north side of Fall Creek. This will be an out-and-back hike.
F6	NA	Kingsbury Woods Loop	Roger Hopkins	8 minutes; Departure times 1:30 pm	1.7 miles	This runs by the top of Lick Brook or do Lick Brook to Buttermilk Falls with three waterfalls. Downstream from Kingsbury Woods, Lick Brook carves a spectacular gorge on its way to the Cayuga Inlet below; here, however, the headwater streams course gently through old fields that are gradually reverting to hardwood forest. In the southern section of the woods stand several giant old oaks. Dwarfing the surrounding, much younger hardwoods, these "wolf trees" once upon a time spread their impressive branches in an open field with broad views of the surround countryside. The trail also skirts a vernal pool that teems with the activity of wood frogs, salamanders, insects and birds in the spring and early summer. In April 2011, a tornado with winds in excess of 100 mph swept through the preserve and destroyed many of the trees. We are now watching with interest as the forest rapidly recovers.

**Saturday, September 17<sup>th</sup>**

Hike #	Map #	Location	Leader(s)	Time to Trailhead (from Grayhaven) & Departure Time	Hike Distance & Difficulty	Description

SA1	M17	Michigan Hollow Rd in Danby State Forest	Tom Holahan, Ian Woods	22 minutes; 8 am departure	9 miles; moderate to difficult	This hike begins and ends on the Finger Lakes Trail/North Country Trail (white blazes) and loops on the orange blazed Abbott Loop Trail. This is one of the most popular loop hikes in Central New York. This hike features scenic views from an overlook called Thachers Pinnacles, and has many up and downs with a total elevation change of over 1500 feet.
SA2	M16	Tower Rd.; Passport Hike C09	Janis vonBorstel	15 minutes; 8:45 am departure	2.8 miles; easy	This hike is near the top of the ridgeline in the Connecticut Hill Wildlife Management Area. The hike begins by heading north and west on the with blazed FLT at Tower Rd, elevation approximately 2099 ft. Within 200 feet you will take the orange blazed Bob Cameron Loop trail.
SA3	M16	Van Lone Loop	Hillary Creedon	23 minutes; Departure time 7:45 am	6 miles; moderate to strenuous	A favorite loop hike on the FLT. Expect short, steep climbs uphill, plus boggy or rugged trail conditions in a few places. The route begins on the orange blazed Van Lone Loop trail hiking up Connecticut Hill on woods trail and old roads to meet the white-blazed FLT, then returning back downhill via the FLT and along the Cayuta Creek in the Cayuta Gulf to the parking on Gulf Rd.
SA4	M16	Griffin Rd., Newfield to Connecticut Hill Rd near Cabin Rd	Steve Ellsworth	12 minutes plus a car shuttle; Departure time 8:30 am	5.4 miles; easy	This is an easy hike through the woods with gentle ups and downs. You will cross six dirt roads in the Connecticut Hill Wildlife Management Area. Notice that many of the roads in the CHWMA are called Connecticut Hill Rd!
SA5	M15	Watkins Glen State Park	Karen Godshall	33 minutes; Departure time 8:15 am	3 miles; difficult	Hike the Finger Lakes Trail and South Rim Trail up hill, and then take the Gorge trail back downhill to your car. See the lovely waterfall and the gorge carved by the water. After the hike check out the State Park Gift Shop, stop for ice cream in Watkins Glen and be sure to visit the Famous Brands Outlet Store.
SA6	NA	Ellis Hollow Nature Preserve	Roger Hopkins	18 minutes; 9	1.9 miles; easy	The preserve is on the northern hillside of the Ellis Hollow valley, east of Ithaca. The streams running

				am departure		through the preserve drain into Cascadilla Creek, and are important for maintaining the water quality in the creek and nearby wetlands. The area includes a forest of tall, straight oaks, maples, hickories, basswood, black cherry, white ash, and black birch.
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**Sunday, September 18<sup>th</sup>**

Hike #	Map #	Location	Leader(s)	Time to Trailhead (from Grayhaven) & Departure Time	Hike Distance & Difficulty	Description
SU1	Map I1	Interloken Branch Trail Loop	Gary Mallow	30 minutes; 7:45 Departure	8 miles	This hike is an approximately 8 mile loop at south end of the Finger Lakes National Forest – the smallest National Forest and the only National Forest in New York State. The Interloken Branch trail runs north/south through the National Forest through woods that was all farmland 100 years ago. The Interloken Branch trail generally runs along the ridgeline between Cayuga Lake and Seneca Lake, the two largest Finger Lakes. The first half of this hike will head south on the orange blazed Interloken Branch trail. Near the south end of the Interloken trail you will cross the white blazed main Finger Lakes Trail. Stay on the Interloken trail to its south end on Burnt Hill Rd. You will turn right (north) on seasonal Burnt Hill Rd approximately 1 mile to the trailhead for the Burnt Hill Trail. Take the Burnt Hill Trail. You soon cross the Interloken Trail, and then continue to Picnic Area Rd and the Blueberry Patch Campground.
SU2	M16	Bock Harvey Preserve/Reiman Woods	Mike Cunningham, Dave Bock	8 minutes; 9:15 Departure	2 miles; easy	Begin by hiking the 1.25 miles of trails in the Bock Harvey Preserve. The preserve features outstanding example of mixed hardwood forest, successional forest, and

						abandoned farmlands, including an old growth sugar/black maple stand that is characterized as "outstanding." Footpaths in the preserve are built and maintained by the Cayuga Trails Club as part of the Finger Lakes Trail system. The white-blazed trail is the FLT (Finger Lakes Trail/North Country National Scenic Trail). The blue-blazed trail leads to the Locust Lean-to facility for overnight campers and back packers which includes a picnic table, fire ring, and "the most scenic privy on the FLT". The yellow trail leads to the Bock-Harvey Loop through the maple stand. Cross Porter Hill Rd and continue onto the 0.5 mile trail through Rieman Woods. When you reach the road cross Porter Hill Rd and walk east on Rockwell Rd back to your car.
SU3	M18	Shindagin Hollow State Forest, Passport Hike C11	MJ Uttech	30 minutes; 8:30 am departure	2.8 Miles; Moderate	This is an out and back hike. The first half is a steady uphill, passing the lovely Shindagin Lean-to and the near-by stream with a waterfall. As you continue up you will pass hiker created stone artwork built along a leaning tree. When you reach South Rd you turn around and re-trace your steps for an entirely downhill hike back to your car.
SU4	NA	Ithaca College Natural Lands	Hillary Creedon	13 minutes; 8:00 am departure	7 miles; easy to moderate	The Natural Lands encompass 365 acres surrounding the campus of Ithaca College. The lands are ecologically important and easily accessible.
SU5	M18	The Eberhard Preserve	David Priester; Chris Proulx	22 minutes; 8:15 departure	5.5 miles; easy to moderate	Park in the brand new parking lot on Coddington Rd just north of the intersection with White Church Rd.
SU6	NA	Lindsay Parsons Biodiversity Preserve	Polley McClure	9 minutes; 9 am departure	3.8 miles; easy	The Lindsay-Parsons Biodiversity Preserve is owned by the Finger Lakes Land Trust (FLLT) and consists of about 537 acres of lakes, forests, meadows, brushland, gorges, streams and wetlands. <a href="https://www.fllt.org/preserves/lindsay-parsons-biodiversity-preserve/">https://www.fllt.org/preserves/lindsay-parsons-biodiversity-preserve/</a>

## **Self-Guided Hikes:**

**Ithaca Trails** – a website listing pretty much all of the trails in Tompkins County. You can search it for waterfalls, easy hikes, length of hike, location of hike and other parameters! Plan your own hike anywhere in Tompkins County! See <https://ithacatrails.org/>

**Finger Lakes Land Trust Preserves** – hike in beautiful Natural Areas and Preserves managed by the Finger Lakes Land Trust in Tompkins County and surrounding Counties. See <https://www.gofingerlakes.org/> for an [interactive map](#) of over 50 hiking, biking, paddling, skiing, and outdoor adventure destinations across the region!

### **Cornell Botanic Gardens**

Drive Time from Grayhaven Motel: 16-minutes.

Hike Length: You can enjoy a short walk of 1 mile through the Arboretum or take a more adventurous 10 mile-hike.

Location: Parking is available at the Nevin Welcome Center located at 124 Comstock Knoll Drive, Ithaca.

Description: The 32 miles of trails in the Cornell Botanic Gardens and Natural Areas allow you to plan many different hikes. One well known hike is the Cascadilla Gorge Trail which connect downtown Ithaca with the Cornell Campus. This trail goes through one of the most picturesque gorges in the Finger Lakes Region and was voted Ithaca's favorite gorge. Ascending over 400 feet, this historic set of stone trails and staircases was originally constructed in the late 1920's, and takes visitors through the gorge formed from ancient bedrock and past six waterfalls. There are several other beautiful trails, including a nice 1.85 mile trail around Beebe Lake. For more information visit: <https://cornellbotanicgardens.org/>

### **Jim Schug Trail.**

Hike Length: 4.2 mile rail trail which can be shortened to any length since it is an in and out hike easy.

Location: Parking available in Dryden Lake Park of Chaffee Rd in Dryden. You will cross the Jim Schug Trail just before the park entrance.

Description: The majority of the trail is flanked by swamps, wetlands, and ponds with the more remote and wild portions bordering Dryden Lake Park to the north and south.

### **Black Diamond Trail:**

Drive Time from Grayhaven Motel: 20 minutes

Hike Length: 8.5 mile one way rail trail, can do an out and back hike or spot cars for a one way hike.

Location: Parking area on Jacksonville Rd, Trumansburg near the intersection with Gorge Rd.

Description: This rail trail goes from the top of Taughannock Falls in Trumansburg gently downhill to the Ithaca Children's Garden on the Waterfront Trail in Cass Park in Ithaca. The Black Diamond Trail includes a range of natural landscapes from a towering canopy

of mature maple, hemlock, oak, and hickory, to views of pastoral agricultural lands, and dozens of ravines with the sounds of cascading waters.

### **Cayuga Waterfront Trail:**

Drive Time from Grayhaven Motel: 15 minutes

Hike Length: up to 8 miles one way

Location: Stewart Park on East Short Drive, Ithaca

Description: The Cayuga Waterfront Trail is an 8 mile, ADA compliant multi-use trail providing an active, non-motorized transportation and recreation way connecting Ithaca's most popular waterfront destinations along the southern shore of Cayuga Lake. The wide, flat trail connects East Shore Drive, the Ithaca Youth Bureau, Stewart Park, Newman Golf Course, Ithaca Farmers Market, Ithaca College and Cornell University Boathouses, West End/Inlet Island area, Allan Treman State Marine Park, Ithaca Dog Park, Hangar Theatre, Cass Park, The Ithaca Children's Garden and the Black Diamond Trail. Amenities along the trail include interpretive signage, benches, restrooms and dog care stations in Stewart Park and Cass Park, a fitness station and maps at the 5 trailheads. Nearly all of the Cayuga Waterfront Trail is 10-12 feet wide and paved, with the exception of a few stonedust side paths and a few narrow bridges.

### **Places of Interest**

#### **Cayuga Nature Center**

Want to learn about the natural history of the Cayuga Lake Basin as part of the regional and global ecosystems? The Cayuga Nature Center has exhibits in the Lodge as well as 5 miles of walking trails through woods and fields. Visit the six story tall TreeTops Treehouse.

Location: 1420 Taughannock Blvd., Ithaca

For more information and maps see: <https://www.cayuganaturecenter.org/>

#### **Museum of the Earth**

Explore earth and its prehistoric past at the Museum of the Earth.

Location: 1259 Trumansburg Rd., Ithaca

For more information and hours see: <https://www.museumoftheearth.org/>

#### **Sciencenter**

Visit the hands-on science exhibits at the Sciencenter.

Location: 601 1st Street, Ithaca

For more information and hours see: <http://www.sciencenter.org/>

**Ithaca Farmers Market**

Saturday and Sunday mornings

Location: Steamboat Landing on the waterfront, 545 3rd Street, Ithaca

<https://www.ithacamarket.com/>

**Cayuga Lake Wine Trail:** <https://www.cayugawinetrail.com/>

**Seneca Lake Wine Trail:** <https://senecalakewine.com/>