Outdoor Adventure in Tompkins County

TAUGHANNOCK FALLS STATE PARK

4 miles of natural surface trails. Easy to difficult

Highest waterfall east of the Mississippi drops into a stunning 400 ft deep gorge where visitors can marvel at geological history. Waterfront park with swimming, playground, and picnic areas.

BLACK DIAMOND TRAIL

8.5 miles of stone dust trail

Multi-use trail connects Ithaca to Taughannock Falls along the path of the Black Diamond, a passenger train that ran from NYC to Buffalo. Runs through forests and farms, crossing ravines and providing views of Cayuga Lake.

MONKEY RUN NATURAL AREA

10 miles of natural surface trails. Easy to Difficult

Trails wind along Fall Creek and climb its steep banks, providing views across the valley. Loop routes connect to the Cornell Botanic Gardens. The Cayuga Trail circumnavigates Monkey Run and continues west along Fall Creek.

DRYDEN RAIL TRAIL

5.4 miles of flat, stone dust trail

Multi-use trail follows an old railroad bed from ithaca to Frearville and then south past Dryden Lake as the Jim Schug Trail. Scenic views of beaver dams and farms. Dryden Lake Park has rest rooms, fishing piers, and picnic shelters.

To Help You Plan

TCATbus.com for information on bus routes and schedules, some routes—like the 22—run seasonally or have seasonal service changes IthacaTrails.org for GPS enabled maps and information on trails, parks and nature preserves

Take your bike! All TCAT buses have bike racks that hold 2 or 3 bikes. TCAT is your ultimate climbing gear!


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