Outdoor Adventure in Tompkins County

TAUGHANNOCK FALLS STATE PARK
- 4 miles of natural surface trails. Easy to difficult

BLACK DIAMOND TRAIL
- 8.8 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

DRYDEN RAIL TRAIL
- Multi-use trail follows old rail-beds, extending south past Dryden Lake as the 23L Schug Section. Scenic views of beaver dams and farms. Dryden Lake Park has rest rooms, fishing piers, and picnic shelters.

State Parks in Tompkins County include miles of trails through remote landscapes. Camping is available in lean-tos and primitive forest sites.

TAUGHANNOCK FALLS STATE PARK
- 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.

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MONKEY RUN NATURAL AREA
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Additional trails include:
- Dryden Rail Trail
- Cayuga Trail
- Ithaca to Taughannock Falls Trail
- Taughannock State Trail

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!


Tell us if this map helped you! forms.gle/NKxmEHsZrHdvlw09 or scan the QR code below!

Thank you for your feedback!

Map produced by:

- TCAT
- MYERS
- IthacaTrails.org

FINGER LAKES TRAIL
- 80 miles of the 586 mile FLT cross through Tompkins County. Earth trails and some road walking. More info at FingerLakesTrail.org.
Surrounding the Cornell Lab of Ornithology, this nature sanctuary provides opportunities for birdwatching and wildlife spotting, all on well-maintained, flat trails.