

CAYUGA WATERFRONT TRAIL



8 miles of paved trail

Easy

Multi-use trail extends from the Visitors Center to the Treman Marina, passes through Stewart Park and connects to the Farmer's Market and Cass Park.

13 21 36 22 Note: 22 is Summer only 14s 14

STEWART PARK & RENWICK WOODS



1.8 miles of paved & natural surface trails

Easy

Waterfront park at the southern end of Cayuga Lake. Playground, pavilions, picnic areas. Restrooms open April to October.

13 36 22 Note: 22 is Summer only

CORNELL BOTANIC GARDENS



1.4 miles of natural surface & stone dust trails

Easy

Diverse gardens with meandering paths adjacent to the Cornell Campus and Beebe Lake, a number of loop hikes are available.

31 37 10 20 32 53 67 40 43 51 21 52 65 81

SAPSUCKER WOODS & LAB OF ORNITHOLOGY

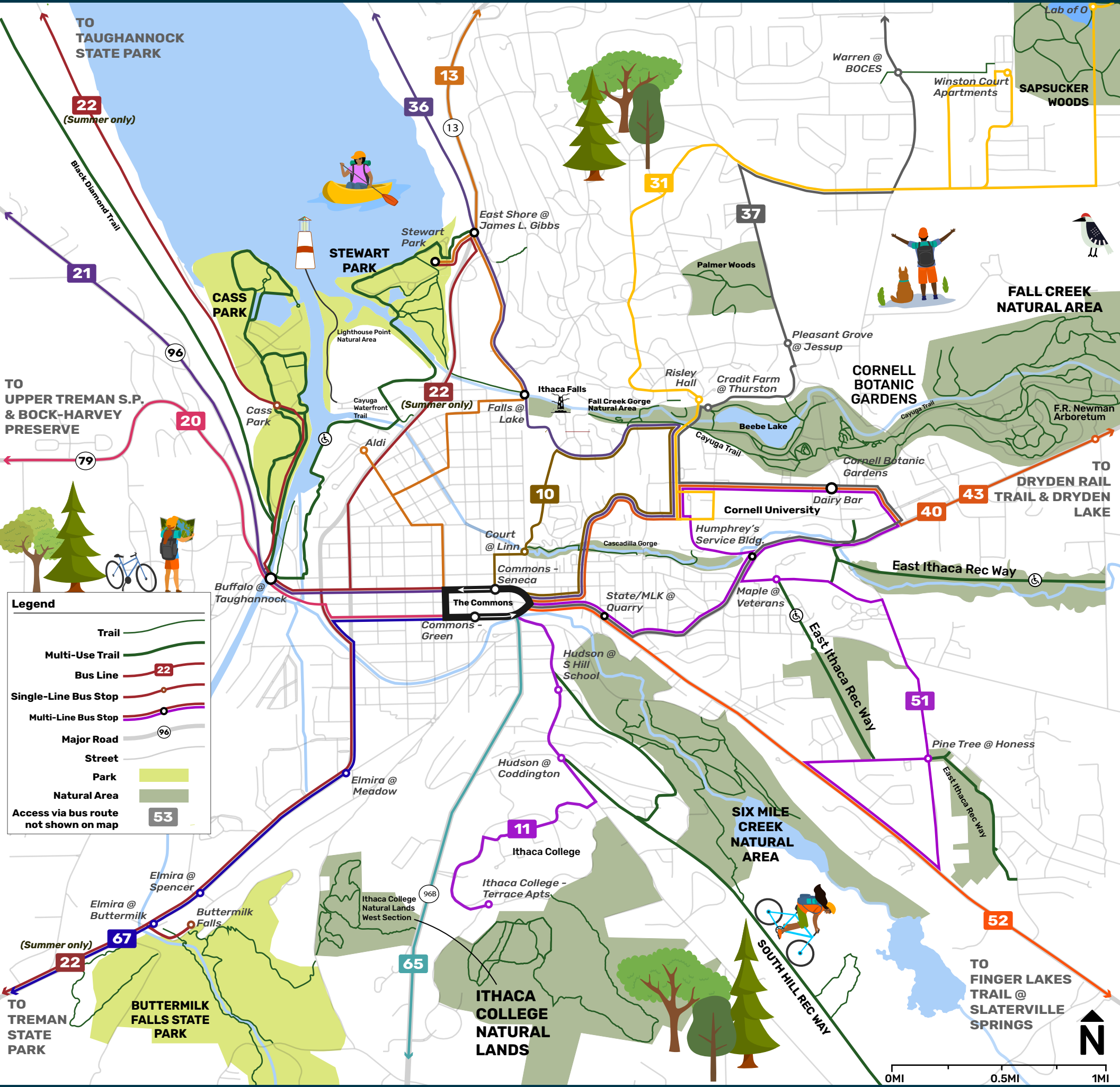


2 miles of natural surface trails

Easy

Surrounding the Cornell Lab of Ornithology, this nature sanctuary provides opportunities for birdwatching and wildlife spotting, all on well-maintained, flat trails.

31



BUTTERMILK FALLS STATE PARK



5.9 miles of natural surface trails

Easy, Moderate, & Difficult

State park named for the foaming cascade formed by Buttermilk Creek as it plunges 600 ft through a gorge. Lifeguarded swimming area. Connection to the Finger Lakes Trail.

67 22 Note: 22 is Summer only 14s 15

ITHACA COLLEGE NATURAL LANDS



6.9 miles of natural surface trails

Easy-to-Moderate

430 acres of protected areas on one of the highest hills in the area. South Hill East trails include loops, an informative nature trail and a connection to a constructed wetland on the Boothroyd Woodland Trail. Connection to Buttermilk Falls State Park.

11

SOUTH HILL REC WAY & SIX MILE CREEK



5 miles of natural surface trails

3.5 miles of stone dust trail

Easy-to-Moderate

Gorges and waterfalls along Six Mile Creek. Includes the Mulholland Wildflower Preserve. Connection to South Hill Recreation Way, multi-use trail that follows the path of a former railroad.

11 51 52 53

FALL CREEK NATURAL AREA



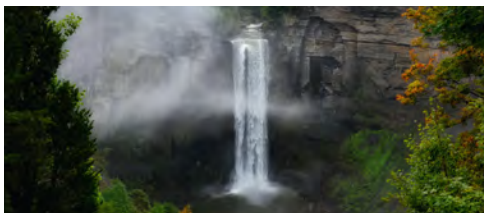
10.3 miles of natural surface trails

Easy, Moderate & Difficult

This 550-acre preserve includes trails that follow Fall Creek and along its high bank. Connects to the Arboretum, Monkey Run Natural Area and the Dryden Rail Trail via the Cayuga Trail. Multiple loop hikes are possible.

40 43 53

TAUGHANNOCK FALLS STATE PARK



Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty levels: 21 (Easy), 22 (Difficult).

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

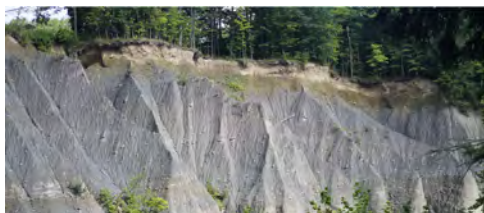


Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty levels: 21 (Easy), 22 (Difficult).

8.5 miles of stone dust trail Easy

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

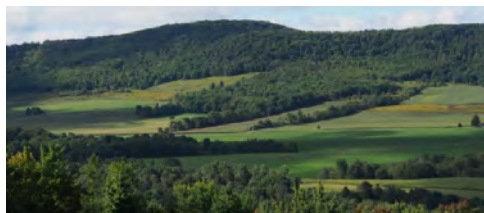


Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty levels: 40 (Easy), 43 (Difficult).

10 miles of natural surface trails Easy to Difficult

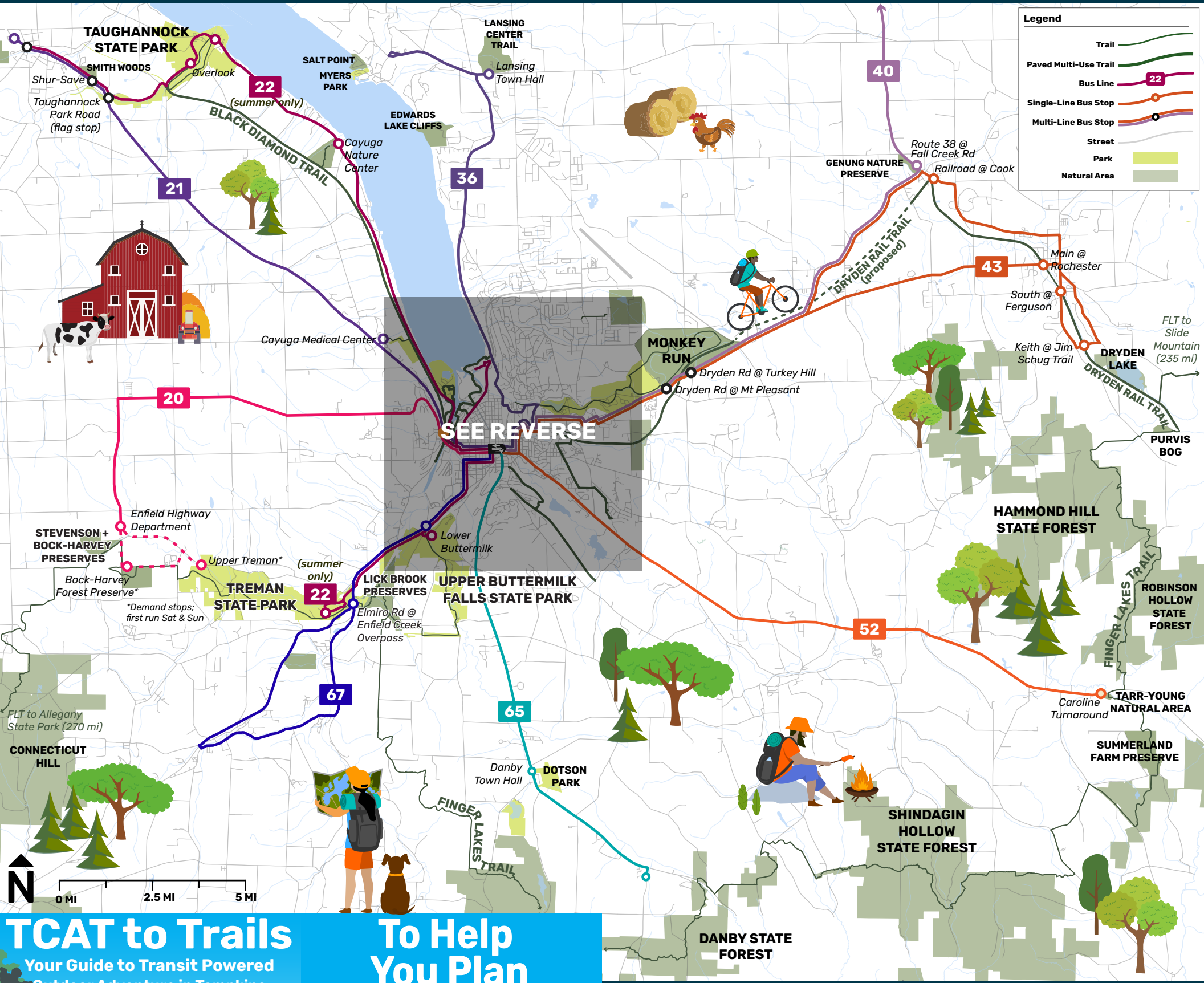
Trails wind along Fall Creek and climb its steep banks, providing views across the valley. Loop routes connect to the Cornell Botanic Gardens. The Cayuga Trail circumnavigates Monkey Run and continues west along Fall Creek.

DRYDEN RAIL TRAIL



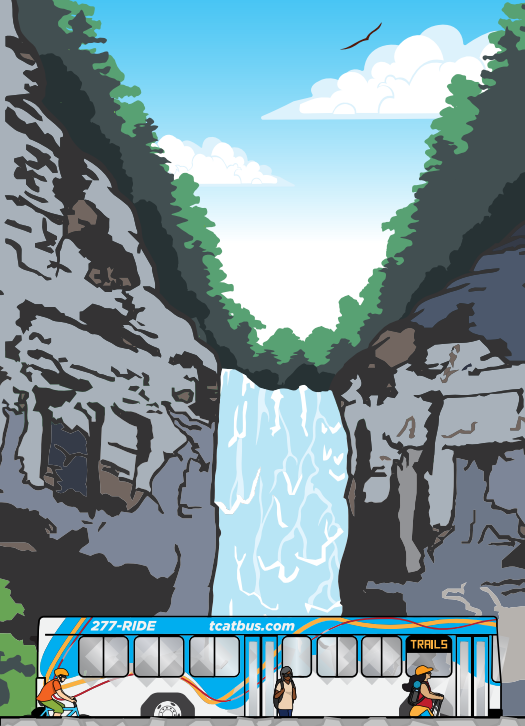
Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty levels: 40 (Easy), 43 (Difficult).

10.3 miles of flat gravel, grass, & stone dust trail: Multi-use trail follows old rail-beds that connect Ithaca to Freeville and Dryden, and continues south past Dryden Lake as the Jim Schug Section. Scenic views of beaver dams and farms. Dryden Lake Park has rest rooms, fishing piers, and picnic shelters.



TCAT to Trails

Your Guide to Transit Powered Outdoor Adventure in Tompkins County



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!

Adventure responsibly. Plan your route and return trip. Dress for the weather. Bring plenty of water. Carry out your trash. Leave No Trace.

Tell us if this map helped you!

forms.gle/NCKmEHSzHedv6LwG9 or scan the QR code below!

Thank you for your feedback!

Map produced by:



STEVENSON + BOCK-HARVEY PRESERVES



Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty level: 20 (Moderate).

3 miles of earth trails Moderate

These two preserves offer scenic hikes through old-growth forest, maple groves, and meadows.

FINGER LAKES TRAIL



Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty levels: 20 (Easy), 52 (Difficult), 65 (Difficult), 67 (Difficult).

80 miles of the 586 mile FLT cross through Tompkins County. Earth trails and some road walking. More info at FingerLakesTrail.org.

ROBERT TREMAN STATE PARK

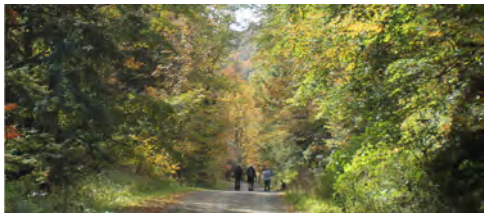


Icons for hiking, mountain biking, swimming, fishing, and picnicking. Difficulty levels: 20 (Easy), 67 (Difficult).

8 miles of trails Easy-to-Difficult

A spectacular gorge with trails that pass 12 waterfalls with stunning views.

STATE FORESTS



Icons for hiking, mountain biking, swimming, fishing, and picnicking.

State Forests in Tompkins County include miles of trails through remote landscapes. Camping in lean-to's and primitive forest sites.