PASSPORT

to family wellness

Discover the Finger Lakes Trail
from Letchworth to Rt. 81

Co-sponsored by:

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HICKORY HILL FAMILY CAMPING RESORT
EASTERN MOUNTAIN SPORTS
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Fill half your plate with veggies, fruit and salad and half with anything else.

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Family Camping Resort
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Welcome to the Wegmans Passport to Family Wellness

Happy Trails to you . . . This booklet is full of adventure. It provides an opportunity to experience the outdoors and be active with your friends and family while discovering the hiking trails and beauty of nature in the beautiful Finger Lakes Region of New York State.

It’s easy. Just take this passport with you and walk the trails. As you walk each trail, record your visit in the passport by using a pencil or crayon to make a rubbing of the designated trail marker.

After you have visited at least four trails, mail the page of rubbings to the Finger Lakes Trail Conference at 6111 Visitor Center Rd, Mt. Morris, NY 14510, and receive a patch, a Wegmans coupon, and coupons from other sponsors. When you complete at least 10 trails, you will be eligible to win one of two grand prizes: a $100 Wegmans gift card or a free Wegmans picnic pack for you and 20 of your friends to enjoy. A winner will be chosen each year in mid-October. You do not need to complete the 10 trails in one year to be eligible.

Join the Finger Lakes Trail Conference, Wegmans, and other sponsors to get moving more and enjoy parts of the 900+ mile long Finger Lakes Trail System. Happy Hiking!

Thank you.
Marcie Bartolotta, MS
Manager, “eat well live well” Community Initiatives
Wegmans Food Markets

Fill half your plate with veggies, fruit and salad and half with anything else,

Preferred plate - we recommend a plate size of 9 1/2 to 10 inches,

Want seconds? Use “half plate healthy again.”
Welcome to the Finger Lakes Trail!

by Irene Szabo

What is it?
Where is it?
How do I find it?
How did it get here?

This hiking trail system crosses upstate NY from the Pennsylvania border in Allegany State Park all the way to the Catskills, where it meets up with other hiking trails. With its north-south branch trails added in, the whole system offers over 900 miles of toll-free walking pleasure that will bring you to a far greater appreciation of your state’s varied geography and fabulous scenery than a ride on the Thruway will ever give you.

Continuous marked miles of trail with published maps lead hikers through state forests, state parks, and, yes, even private back woods and farm fields. The continuing generosity of over 600 private landowners makes it possible for the Finger Lakes Trail to pass through the natural treasures of New York State. This is truly the nicest way to visit New York’s great back country.

The brilliant idea for local hiking clubs to build sections across upstate NY was kicked off in 1962, but it took until 1992 for the last gap to be completed near Cortland. So every mile you enjoy today was built by, and continues to be tidied and tended by VOLUNTEERS. They require constant annual maintenance to help you find your way on the trail route, as opposed to wandering aimlessly through trackless woods.

The Finger Lakes Trail Conference, a not-for-profit organization, administers this large trail system, publishes maps, provides helpful information, and keeps all the trail caretakers and host landowners on the same page. Also, the western half of our main east-west trail is part of the seven-state 4600 mile North Country National Scenic Trail, so if you turn the wrong way, you’ll be on your way to North Dakota!

The Passport Project was created to introduce people to this immense “free” resource in our back woods, by publishing this series of easy introductory hikes, with small maps that are portions of our larger published maps. Due to the health benefits of merely taking a walk, we have four partners in sharing this set of introductory hikes with you: Wegmans Markets, Monro Muffler Brake, Eastern Mountain Sports, and Hickory Hill Family Camping Resort have eagerly joined our effort to introduce more people to this treasure available all across upstate. We urge you to patronize our sponsors.

Using the directions and maps in the Passport Book, find a trailhead. A trailhead is a place on the road where the trail can be accessed. FLT trailheads are marked by a yellow FLT sign 11” square. See the photo
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Note: If you are color blind, do not try an orange-blazed trail by yourself, because you may have a hard time seeing them against brown trees, plus you’ll be confused where blue and orange trails meet.

Pick a walk; start easy and close to home. Try it out, do your “rubbing” of the “passport” stamp to show you did it (hurray for you!) and then...we hope...get hooked. Many a person who started out merely taking a little saunter ended up getting thoroughly bitten by the bug, to the point that he and she walked the entire trail across New York. So far, 292 of us have done so, including several people over seventy, parents with their twelve-year-old kids, and many couples.

Go ahead. Tempt fate and take that first step. We welcome you.
Hints for New Hikers
by Irene Szabo

For YOU:

* Bring twice the amount of water you would expect to drink, and hope it’s enough. Don’t drink from streams without treating!
* Consider bringing lunch or at least snacks. Carry all this stuff in a fanny pack or day pack.
* Weather changes: take another layer for chill plus a raincoat or poncho.
* Pack insect repellant and sunscreen.
* Bring this Passport booklet and a pencil or crayon to do the rubbing.
* Take care of your feet: socks, preferably two layers, and wear good solid shoes or boots, NOT brand new ones that aren’t broken in. Hurting feet will ruin your day. Crocs or sandals will leave you miserable in a very short distance.
* Carry a spare set of car keys. Keep them in your pocket, not in the car.
* During hunting season which is from mid-October until mid-December, only hikes 1, 2, 3, 5, and 10 are in non-hunting areas. Be smart and safe.
* Give yourself plenty of time to finish your whole hike before darkness falls. Depending on your condition and the hilliness of the hike, allow 3/4 hour per mile, and then add some.

For the TRAIL:

* This is a footpath. Do not bring your bicycle, ATV, garden tractor, snowmobile, horse, mule, or jeep.
* Leave no trash, and always respect private property. Our permissions from landowners depend upon hikers being considerate, so do not leave the trail.
* Park only where there is a circled P on the map, and stay well off the road for safety. Do not block driveways, do not park on their land and do not park in front of homes. Sensible parking shows gratitude and consideration to permitting landowners and their neighbors.
* Pick nothing, take only pictures, and never ever wound a tree.
* Never pester animals. You are not likely to encounter wildlife more startling than a bird or squirrel, but if you do, give the animal space.
If you bring your cell phone, be aware that cell service is not always available in remote areas or where there are steep hills and valleys.

For OTHERS:

* If you include the family dog in your hike, keep him under control at all times, and don't let him leave a mess in the path.
* The same advice goes for you: get well off the trail for a break, bring your own toilet paper, and then cover it up with soil and leaves. Nobody wants to share.
* Keep noise levels to a minimum. Loud talk and radio noise, for example, are unwelcome in a setting where most hikers go for peace and quiet.

For YOUR PASSPORT:

* Look for a green mailbox on a post somewhere in the middle of the hike you are doing. On the top of that post will be a special marker. Do a "rubbing" of the raised portion of the passport marker (lower right corner) with a pencil on the designated page of your booklet.
* Sign and date our register notebook. Leave a note about interesting things you've seen! Other hikers will enjoy reading your observations.

Photo by: Jacqui Wensich
The map to the right of this page shows the approximate location of each of the twelve passport hikes. The shaded rectangles represent the various FLT maps. For example, you will see that “hike 4” is located on map “M9” and “hike 5” is on “B1.” “B” designates Bristol Hills Branch maps, “L” indicates Letchworth Branch maps, and “M” stands for main trail maps. There are 55 maps in all that cover the 900+ mile FLT system. The maps and descriptions that follow on pages 8-31 should be adequate for you to complete any of the passport hikes, but if you wish to explore the FLT further than is shown, you may want to purchase the regular FLT maps. See page 32 for more information.

Hikes range in distance from 1.4 to 4.5 miles depending on the options you choose while hiking. All of the hikes are rated easy to moderate. We have attempted to select hikes that will be family and beginner friendly. As explained previously, you should easily be able to follow the blazes with the aid of the maps in this booklet. Our standard trailhead signs are 11” square and bright yellow with green lettering. In addition, look for a special 7.5” square yellow and green sign identifying the hike as a “Passport” hike. See the photo below. At some point in your hike you will come upon a post with a green mailbox and a trail marker on the top of the post. Inside the mailbox will be a trail register. We hope you will take a couple of minutes to sign in and perhaps read some of the comments others have made. We hope that you will also do a rubbing of the trail marker number on page 40 of your passport booklet. This will be your “proof” that you did the hike. There is a page of instructions for redeeming your prizes.

![Photos by: Gene Bavis](image)
The sample hikes in this booklet are from maps L1, L2, M8, M9, B1, B3, M12, M14, M16, M18, and M19. These maps are not necessary, but may be helpful in finding the trailhead and hiking other portions of the FLT in the same area. To order FLT maps see page 32.
Letchworth Mount Morris Dam

**Distance:** 1.8 miles out and back  
**Hiking Time:** 1 hour  
**Difficulty:** Easy and level

This hike follows the rim of the Letchworth gorge, with spectacular views of the gorge and the Genesee River below.

**Parking GPS Coordinates:** N 42° 43.849' W 77° 54.471'.

**Directions to the trailhead:** The trail is near Mount Morris, which is off I-390 about 40 miles south of Rochester. From downtown Mount Morris, drive south on NY 408 for 1.8 miles. Turn right at the sign for Mount Morris Dam Visitor Center. Follow Visitor Center Road to the end, and park in the visitor center parking lot. The trail leaves from access point B at the west end of the parking lot (to your left as you face the gorge).

<table>
<thead>
<tr>
<th>Miles</th>
<th>Description</th>
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<tbody>
<tr>
<td>0.0</td>
<td>Follow the yellow-blazed trail along the rim of the gorge, with spectacular views.</td>
</tr>
<tr>
<td>0.3</td>
<td>The yellow trail jogs left (east) away from the river and across a boardwalk through a small wet area. An alternate orange-blazed trail skips this jog and continues along the rim. Both trails join together again in 0.2 miles.</td>
</tr>
<tr>
<td>0.9</td>
<td>Reach Hogsback overlook (access point C), which is a paved pull-out from Visitor Center Rd. There is a spectacular view of the river gorge overlooking the Hogsback formation. Turn around and retrace your route back to the Visitor Center.</td>
</tr>
<tr>
<td>1.8</td>
<td>Back to your vehicle.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** This hike is part of the Letchworth Trail (a branch of the Finger Lakes Trail), which runs for 25 miles from Mount Morris to Portageville along the east side of the Genesee River gorge. For additional hiking in the area, order FLT maps L1 and L2.

**Other nearby attractions:** The Mount Morris Dam Visitor Center at this parking spot has fascinating displays about the river gorge, the construction of the dam, and historic floods before and after the dam.

The FLTC service center is in a separate building to the right and beyond the visitor center. You can purchase maps, T-shirts, hats, hiking books, and more. The service center is generally open Monday and Thursday from 9:00 to 3:00, but hours are subject to change. Call ahead at 585-658-9320 if you wish to be sure they will be open.

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**Finger Lakes Trail Conference Mission Statement**

The mission of the Finger Lakes Trail Conference is to build, protect, enhance, and promote a continuous footpath across New York State. Forever!
Letchworth Falls

Distance: 2.5 miles out and back
Hiking Time: 1 hour, 30 minutes
Difficulty: Mostly easy, with one short muddy section
Access: The entrance road into Letchworth State Park for this hike may be closed in winter.

This hike follows the east rim of the Letchworth gorge (Portage Canyon), with spectacular views of Middle Falls and Upper Falls.

Parking GPS Coordinates: N 42°35.097' W 78°01.826'.

Directions to the trailhead: Enter Letchworth State Park at the Parade Grounds entrance, which is off NY 436 between Nunda and Portageville. From the intersection of NY 436 and NY 408 in Nunda, travel west on NY 436 4.6 miles, and turn right at the sign for Letchworth State Park, Parade Grounds entrance. Or, from Portageville, travel east on NY 436 for 0.9 miles, and turn left at the sign. Follow Park Road for 0.6 miles, past the parade grounds, to where the trail crosses the road, marked by a large FLT sign and a signboard with map. Park on the wide grassy shoulder of the road.

There is no park entrance fee at this entrance, or for any use of the park on the east side of the river.

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<tr>
<td>0.0</td>
<td>Hike west following the yellow-blazed trail into the woods and along the rim of the gorge. There are many spots where you can view the gorge and river below. You are walking along the abandoned towpath of the Genesee Valley Canal and its successor, the Pennsylvania Railroad, Rochester Division.</td>
</tr>
<tr>
<td>0.5</td>
<td>Outstanding view of Middle Falls and Upper Falls in the distance. The trail turns left and begins to cross the &quot;slide area.&quot; This section of the trail is usually wet and muddy. At one time there was a wooden aqueduct that carried the canal across this section.</td>
</tr>
<tr>
<td>0.7</td>
<td>End of the &quot;slide area,&quot; and return to the old canal and RR bed. You are about even with Middle Falls. Across the river is the Glen Iris Inn.</td>
</tr>
<tr>
<td>1.2</td>
<td>Upper Falls. The high railroad bridge overhead is still in use. Turn around here and retrace your path back to Park Rd.</td>
</tr>
<tr>
<td>2.5</td>
<td>Back to your vehicle.</td>
</tr>
</tbody>
</table>

Winter access: The Parade Ground entrance is officially closed in winter, and the sign marking this entrance is removed. If the gate is closed (usually only when there is snow on the ground), you can park outside the gate and hike from there. This adds 1.2 miles total to the hike distance.

Other nearby hikes: This hike is part of the Letchworth Trail (a branch of the Finger Lakes Trail), which runs for 25 miles from Mount Morris to Portageville along the east side of the Genesee River gorge. For additional hiking along this trail, order FLT maps L1 and L2.

The Letchworth Trail connects to the main Finger Lakes Trail just south of Portageville. Order FLT maps M6 and M7 for additional hiking along the FLT.
Robinson Loop

Distance: 3.2 mile loop
Hiking Time: 1 hour, 45 minutes
Difficulty: Moderate, mostly level

This hike through a private wildlife preserve travels through forest and near Canaseraga Creek.

Parking GPS Coordinates: N 42° 27.479' W 77° 50.407'.

Directions to the trailhead: This hike is near Garwoods, which is between Canaseraga and Swain. From NY 70, turn southwest onto county route 15B. Go 0.7 miles and turn right onto Monegan Rd. Go 0.3 miles and park on your left in the pull-out. Do not use this parking spot during snow-plow season.

<table>
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<tbody>
<tr>
<td>0.0</td>
<td>Walk back down the road 400 feet and turn left (north) on the driveway. Follow the white-blazed trail up the driveway.</td>
</tr>
<tr>
<td>0.3</td>
<td>Turn right off the driveway and down the steps into the forest.</td>
</tr>
<tr>
<td>0.4</td>
<td>Turn right on the yellow-blazed trail. Descend about 150' across a switchback. As you exit the woods, turn left and hike along the edge of a field. You soon enter the woods again, with Canaseraga Creek to your right.</td>
</tr>
<tr>
<td>1.4</td>
<td>Pass another yellow-blazed side trail that goes left and up the hill. Continue straight ahead and level.</td>
</tr>
<tr>
<td>1.7</td>
<td>Head left uphill, and then turn sharply left onto the white-blazed main Finger Lakes Trail. The FLT now follows the old grade of the Pittsburgh Shawmut &amp; Northern Railroad.</td>
</tr>
<tr>
<td>1.9</td>
<td>The trail descends to your right to go around a now missing railroad bridge. It then ascends again and continues along the railroad grade.</td>
</tr>
<tr>
<td>2.8</td>
<td>Pass the yellow trail on your left, where you began the loop.</td>
</tr>
<tr>
<td>2.9</td>
<td>Go up the steps to the driveway. Follow the driveway and road back to the parking area.</td>
</tr>
<tr>
<td>3.2</td>
<td>Back to your vehicle.</td>
</tr>
</tbody>
</table>

Other nearby hikes: You can create loop hikes of various distances by combining trails in the Robinson Loops. Order FLT map M8 for additional information.

www.fingerlakestrail.org
Bully Hill State Forest

**Distance:** 3.2 miles out and back  
**Hiking Time:** 2 hours  
**Difficulty:** Easy  
**Access:** Roads in Bully Hill State Forest are seasonal and are not plowed in winter.

This pleasant hike next to a creek through the woods is entirely in Bully Hill State Forest. The trees along the trail are large evergreens near the beginning, then virtually all hardwoods. The trail is fairly dry.

**Parking GPS Coordinates:** N 42° 20.744' W 77° 47.532'.

**Directions to the trailhead:** This hike is near Hornell. Take I-86 to exit 33, Almond. Turn **WEST** on county route 2, Karr Valley Rd. Go 1.5 miles and turn right on Bully Hill Rd. Go 2.1 miles to the end of Bully Hill Rd. and turn left on Karr Rd. Go 0.1 mile where the road bends to the left. Park here on the right (north) shoulder where the white-blazed Finger Lakes Trail emerges from the hill to the west.

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<tr>
<td>0.0</td>
<td>Walk east on Karr Rd. for 150' over the bridge. On the left (north) side of the road, notice the remnants of James Karr's home – the periwinkle (myrtle) ground cover and the lilac bush. Turn right (south) into the woods following the white-blazed FLT. Follow the trail gently downhill through the forest, with the creek on your right.</td>
</tr>
<tr>
<td>0.2</td>
<td>At a stone wall which intersects the trail, take an exploration stop. To your right, go to the creek to see the remnants of an old road and bridge. To the left about 200' is an area of relatively new growth that was once a farm. You can find orchard trees, the foundations of a large barn and other outbuildings, and the dirt ramp to the barn's second story hay loft. You may also see a concrete trough, old iron strap hinges, and milk cans. This farm belonged to S. Karr in 1869, but nothing was here on the 1856 county map. As recently as 1938, aerial photos show this area to be open fields. Continue to hike southward parallel to the stream, occasionally crossing small tributaries. The woods change frequently from reforestation pines to mixed native hardwoods. Notice how the individual farmers' styles change as you go from paralleling that once neat stone wall to following loosely piled stones that were merely dumped at the edge of the field.</td>
</tr>
<tr>
<td>1.6</td>
<td>Reach Bully Hill Rd. Turn around and retrace your path back to your car.</td>
</tr>
<tr>
<td>3.2</td>
<td>Back at your vehicle. <strong>Optional:</strong> Follow the blue blazes 0.2 mile down Karr Rd. to a piped spring on the right. Do not drink the water unless you purify it.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** The FLT traverses more of Bully Hill State Forest in both directions from this sample hike. Order FLT map M9 for additional information.
Ontario County Park Jump-Off

**Distance:** 2.6 miles out and back  
**Hiking Time:** 1 hour, 30 minutes  
**Difficulty:** Easy to moderate  
**Access:** Park gate may be closed in winter, adding 1.6 miles to the hike distance.

This hike features dramatic views of the Bristol Hills. It reaches the highest point on the Bristol Hills Trail (a branch of the Finger Lakes Trail), near the summit of Gannett Hill.

**Parking GPS Coordinates:** N 42° 42.540' W 77° 24.910'.

**Directions to the trailhead:** The trail is about 40 miles south of downtown Rochester, and 10 miles north of downtown Naples. Access is from NY 64 in Bristol Springs, which is 13.1 miles south of NY 5 & US 20 on NY 64, or 7.1 miles north of Naples following NY 21 and NY 64.

In Bristol Springs, turn west onto W. Gannett Hill Rd., which is marked with a sign for Ontario County Park. Drive up the hill 1.4 miles to the stop sign. Turn right into Ontario County Park. Continue around the one-way park road for 0.8 miles to the signs for the Finger Lakes Trail and the Jump-off. Park at the side of the road.

When you leave the park, continue straight ahead on the one-way road. At the exit, continue straight ahead on W. Gannett Hill Rd.

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<tr>
<td>0.0</td>
<td>Turn right (west) from the park road and follow the orange-blazed trail.</td>
</tr>
<tr>
<td>0.2</td>
<td>Reach the jump-off viewpoint area with a pavilion, kiosk, and water. Enjoy the spectacular view of the Bristol Hills and the valley to the west. The trail turns left (south) and continues near the edge of the drop-off.</td>
</tr>
<tr>
<td>0.4</td>
<td>The trail moves away from the edge and begins to climb.</td>
</tr>
<tr>
<td>1.3</td>
<td>Reach the Passport stamping post for this hike. This is the highest point on the Bristol Hills Trail (2250'), near the summit of Gannett Hill. Turn around at this point and retrace your steps to your car. Optional (strenuous): Continue along the trail down a long steep hill 1.0 mile to a scenic beaver pond on your right. Return up the hill, a climb of 600'.</td>
</tr>
<tr>
<td>2.6</td>
<td>Back to your vehicle.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** Ontario County Park has over 10 miles of hiking trails. The Bristol Hills Trail traverses West Hill Nature Preserve a short distance south of here. Just east of Naples the trail runs through High Tor Wildlife Management Area, where you can create loop hikes of various distances. Order FLT map B1 for information on these hikes.

**Other nearby attractions:** Ontario County Park has playgrounds, picnic sites, lodges, a fishing pond, and camping with electric hookups and hot showers.

**Winter access:** The gate at the park entrance is closed from mid-October to mid-May. You can park outside the gate and walk around it, but you will need to hike an additional 0.8 miles (one-way) to get from the parking spot to the trailhead, making the total out and back length 4.2 miles.
Huckleberry Bog Nature Trail

**Distance:** 4.5 mile loop  
**Hiking Time:** 3 hours  
**Difficulty:** Moderate – easy and level except for an initial climb

This loop hike features a nature trail around a bog, with an interpretive nature guide.

**Parking GPS Coordinates:** N 42° 28.669' W 77° 14.526'.

**Directions to the trailhead:** From Prattsburgh, take NY 53 south for 2.6 miles to Bean Station Rd. From the south, exit Interstate 86 at the Kanona exit and take NY 53 north for 8.8 miles to Bean Station Rd. At the site of a large white warehouse for onions. Go 2.6 miles to the yellow trailhead sign on the right (south) side of the road at a little footbridge over the roadside ditch. Park on the opposite shoulder, NOT on the lawn, or pull into a small mowed spot marked "FLT Parking" about 200 feet further east, on the left (north) side of the road.

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<tr>
<td>0.0</td>
<td>Follow the orange-blazed Bristol Hills Trail south through private property, passing a restored old cemetery on your left. Just beyond the cemetery is Evangeline Shelter, one of the nicest camping shelters on the entire FLT trail system, provided by a cooperative project between the landowner and trail volunteers. Continue uphill through oak and hemlock to Urbana State Forest.</td>
</tr>
<tr>
<td>0.8</td>
<td>Reach a box with nature trail booklets and sign-in. Make the most of your walk today and carry a booklet with you, stopping at each numbered tag to see what the booklet tells you about at that spot. Please return the booklet to this box, not the box at the other end. Stay on the orange trail, turning left onto an old road just past the box.</td>
</tr>
<tr>
<td>1.3</td>
<td>Turn right off the old road and follow the path curving around the bog at the top of the hill.</td>
</tr>
<tr>
<td>1.5</td>
<td>Pass a bog observation deck, and then a blue-blazed spur trail on your right. This optional “blue spur to nowhere” is a short 0.1 mile through great oaks, several large chestnuts, lots of lowbush blueberry and yellow birch, to azalea blooming in May. Retrace your steps back to the orange trail.</td>
</tr>
<tr>
<td>2.3</td>
<td>Cross an abandoned road.</td>
</tr>
<tr>
<td>2.5</td>
<td>Pass another box at the south end of the nature trail, keeping your booklet to return to the first box. Turn right onto the blue-blazed trail and cross the abandoned road again.</td>
</tr>
<tr>
<td>3.7</td>
<td>The blue trail ends at the first booklet box. Return your booklet, then turn left on the orange trail to return to Bean Station Rd.</td>
</tr>
<tr>
<td>4.5</td>
<td>Back to your vehicle.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** The Bristol Hills Trail runs north and south of this hike. Order FLT map B3 for more hiking in this area.
Mitchellsville Gorge

Distance: 2.5 miles one way (However, you may turn around at the post, about half way, for 2.0 miles out and back.)
Hiking Time: 1 hour, 30 minutes
Difficulty: Easy

This hike features dramatic views down into the gorge of Mitchellsville Creek. You may hike it gently downhill one way (recommended, but requiring two vehicles for the 2.5 miles distance). If you have only one vehicle, you can turn around at the Passport stamping post, which is nearly half way for a 2.0 mile hike.

Parking GPS Coordinates: N 42°24.148' W 77°17.433'.

Directions to the trailhead: From I-86/NY 17 take Exit 38 into Bath. Follow NY 54 (Washington St.) 0.9 mile east to where it turns left (north). After the left turn, proceed 0.2 mile to where NY 54 veers a little to the right; here bear slightly left onto County Road 13 (Haverling St.). Continue 4.8 miles to the trailhead on the right, marked with an FLT yellow and green trailhead sign. Park on the right (east) side of the road.

Directions to finish (if spotting vehicles at each end): From Exit 38 of I-86/NY 17, take NY 54 northeast 5.6 miles. Turn left on County Road 88 and drive 0.2 mile to shoulder parking on left (west) side of the road at the telephone pole with the FLT yellow and green trailhead sign.

<table>
<thead>
<tr>
<th>Miles</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.0</td>
<td>Hike to your right (east) following the white-blazed Finger Lakes Trail through a field.</td>
</tr>
<tr>
<td>0.1</td>
<td>Climb a stile (a set of wooden steps) to go over a fence. Enter a mature hemlock forest.</td>
</tr>
<tr>
<td>0.2</td>
<td>At the edge of the gorge, turn right (south) following the edge through hemlocks with nice views down into the gorge for the next 1.3 miles.</td>
</tr>
<tr>
<td>0.6</td>
<td>Pass a trail register on your left; please sign in! There are nice views down into the gorge near here.</td>
</tr>
<tr>
<td>1.0</td>
<td>The Passport stamping post is near here. If you do not have a vehicle at the finish on County Route 88 you may do your &quot;rubbing&quot; and turn around here. However, you will miss some nice trail ahead!</td>
</tr>
<tr>
<td>1.7</td>
<td>You are now at the level of Mitchellsville Creek; the gorge is behind you. The trail turns right, away from the creek.</td>
</tr>
<tr>
<td>1.9</td>
<td>Turn left on the railroad tracks (RR not in use), then turn right off it in 250 feet.</td>
</tr>
<tr>
<td>2.2</td>
<td>Cross Keuka Inlet on a large bridge built by an FLTC Alley Cat Crew in June 2001. Soon pass through old vineyard and pasture land.</td>
</tr>
<tr>
<td>2.5</td>
<td>County Route 88 and your vehicle (if you left a second vehicle here).</td>
</tr>
</tbody>
</table>

Other nearby hikes: For other nearby hikes and a map overview of this area, order FLT map M12.

Nearby Attractions: Many wineries and the Glenn Curtiss Air Museum are in the area.
Buck Settlement Loop

Distance: 3.1 miles - loop with short out and backs  
Hiking Time: 1 hour, 45 minutes  
Difficulty: Easy - moderate  
Access: Some roads may not be plowed November - April.

This hike in Sugar Hill State Forest has an historic cemetery, a waterfall, and a backpacker’s lean-to. A community with a schoolhouse, sawmill, gristmill, and animal pastures existed here between 1850 and 1900. Now it is mainly hardwoods with some conifers.

Parking GPS Coordinates: N 42º22.232 W 76º58.140'.

Directions to the trailhead: From downtown Watkins Glen (N. Franklin St. and E. 4th St.) follow NY 14 south 0.6 mile to a right on NY 414. Go 1.6 miles to a right on CR 16. Go 5.2 miles to a right on CR 21, 1.2 miles to a left (still on CR 21), and finally in 0.3 mile make a right on Locust Lane. Go 1.1 miles to the gate and shoulder parking (do not block driveways).

<table>
<thead>
<tr>
<th>Miles</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>0.0</td>
<td>From the parking at the gate, proceed east on abandoned Locust Lane.</td>
</tr>
<tr>
<td>0.2</td>
<td>At the T, turn left and go 100 yards, then turn right onto a narrower trail that was once part of the FLT (note the brown paint marks that cover up the old blazes).</td>
</tr>
<tr>
<td>0.4</td>
<td>Meet the white-blazed FLT and hike downhill (right) for an interesting short out-and-back to a cemetery and waterfall.</td>
</tr>
<tr>
<td>0.6</td>
<td>Buck Settlement Cemetery is on the left; it’s worth a visit.</td>
</tr>
<tr>
<td>0.7</td>
<td>Glen Creek and Ebenezer’s Crossing and Waterfall. Retrace your steps the way you came.</td>
</tr>
<tr>
<td>0.9</td>
<td>Back at the junction of the abandoned section of the FLT with the main FLT, turn right (east) on the white-blazed FLT, following a pre-1850’s road.</td>
</tr>
<tr>
<td>1.4</td>
<td>Buck Settlement Lean-to is on your right with picnic table, fire ring, bench, and outhouse. This is a good place for a break as you are now nearly half done with this hike. This lean-to was built by an FLTC Alley Cat Trail Crew in 2006.</td>
</tr>
<tr>
<td>1.5</td>
<td>A solid rock foundation next to a branch of Glen Creek; historians do not know what this was for, but perhaps this was a bridge across the creek.</td>
</tr>
<tr>
<td>1.7</td>
<td>Turn left uphill on short switchbacks.</td>
</tr>
<tr>
<td>2.1</td>
<td>Turn left uphill away from stream now heading west.</td>
</tr>
<tr>
<td>2.4</td>
<td>Turn left (south) on old Locust Lane and follow this back to your vehicle. Until the Great Depression, this road had houses and farmlands along it.</td>
</tr>
<tr>
<td>2.9</td>
<td>Pass the abandoned section of the FLT on your left.</td>
</tr>
<tr>
<td>3.1</td>
<td>Back to your vehicle.</td>
</tr>
</tbody>
</table>

Other nearby hikes: For nearby hiking trails in the area, order FLT map M14.

Other nearby attractions: Watkins Glen State Park is several miles to the east. Its gorges and waterfalls have been billed as the “Eighth Wonder of the World.”
Bob Cameron Loop

**Distance:** 2.6 miles - loop  
**Hiking Time:** 1 hour, 40 minutes  
**Difficulty:** Moderate  
**Access:** Some roads may not be plowed November - April.

This hike is near the highest point in Tompkins County (2099') and travels through beautiful hardwoods, pine, and hemlock forests.

**Parking GPS Coordinates:** N 42° 23.159' W 76° 40.110'.

**Directions to the trailhead:** From the southwest corner of the large hamlet of Newfield on NY 13 (between Ithaca and Elmira about 8 miles southwest of downtown Ithaca) turn west (and soon north) on Trumbull Corners Rd. (CR 133) for 3.2 miles. At the tiny hamlet of Trumbull Corners, turn left (west) on Cayutaiville Rd. for 2.0 miles. Turn left (south and then west) on Black Oak Rd. for 0.7 mile. Turn right (north) on Tower Rd. for 0.2 mile. Here there is shoulder parking where the white-blazed main Finger Lakes Trail (FLT) crosses the road. There is more parking a little ways farther north.

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<th>Miles</th>
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<tr>
<td>0.0</td>
<td>From Tower Rd. take the white-blazed main FLT west for 50 yards to the orange-blazed Bob Cameron Loop. Turn left (west) on the “panhandle” section of the loop.</td>
</tr>
<tr>
<td>0.3</td>
<td>At the double blazes, continue straight ahead, now traversing the loop counter-clockwise.</td>
</tr>
<tr>
<td>0.5</td>
<td>Begin descent.</td>
</tr>
<tr>
<td>0.9</td>
<td>Note the old fence along a row of large oak trees on the right.</td>
</tr>
<tr>
<td>1.2</td>
<td>Pass a glacial erratic (a glacier-transported boulder that differs from the local bedrock) in the middle of the trail.</td>
</tr>
<tr>
<td>1.4</td>
<td>Cross a Cayuta Lake inlet tributary in a beautiful hemlock-forested ravine. Note the old machinery on left from a previous mine operation.</td>
</tr>
<tr>
<td>1.6</td>
<td>Cross a stream on stone steps.</td>
</tr>
<tr>
<td>1.8</td>
<td>Cross another small stream.</td>
</tr>
<tr>
<td>2.3</td>
<td>Return to the loop panhandle and turn right, retracing your earlier steps.</td>
</tr>
<tr>
<td>2.6</td>
<td>Turn right on the main FLT and return to your vehicle.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** For nearby hiking trails in the area, order FLT map M16. Hike # 10 in this booklet is nearby to the east in upper Robert Treman State Park.

**Other nearby attractions:** Lower Robert Treman Park features a nice campground and a beautiful swimming area below a waterfall.

www.fingerlakestrail.org
Upper Robert Treman State Park

Distance: 1.4 miles - loop (2.8 miles as double out and back, if high water in Fish Kill Creek). Add 0.6 mile for an out and back to spectacular 150’ Lucifer Falls.

Hiking Time: 1 hour, 15 minutes, if loop with out/back to Lucifer Falls

Difficulty: Easy - moderate

Parking Fee: State Parks require $6 for day use, when booth open.

This hike has historic sites such as the Old Mill and the old CCC camp. It also has beautiful old-growth trees and an optional side trip to spectacular 150’ Lucifer Falls on park trails (park trails are closed in winter).

Parking GPS Coordinates: N 42° 24.134’ W 76° 35.374’.

Directions to the trailhead: The trail is 7 miles southwest of downtown Ithaca. From Ithaca, take NY 13 southwest for 3.7 miles. Turn right (west) on NY 327 for 3.0 miles. Turn left on Upper Park Rd. for 0.7 mile to Treman Upper Park parking area. Be prepared to pay the park entrance fee when the pay booth is open.

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<th>Miles</th>
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<tr>
<td>0.0</td>
<td>From the parking area, hike west following blue blazes past the Old Mill, then turn left (south) up a few steps.</td>
</tr>
<tr>
<td>0.3</td>
<td>Enter the remains of an old Civilian Conservation Corps camp that existed here from 1933 - 1941. Note the historic artifacts, including a stone stairway, a stately row of old cedar trees, and a former swimming hole (area behind remains of the dam).</td>
</tr>
<tr>
<td>0.4</td>
<td>Reach the white-blazed main Finger Lakes Trail and a CCC memorial plaque on a large stone. Continue straight across the park access road following the white blazes.</td>
</tr>
<tr>
<td>0.5</td>
<td>Cross Fish Kill Creek. <strong>NOTE:</strong> If the water is high, turn back to the parking area and proceed in reverse (clockwise) on the blue-blazed trail, then on the white-blazed trail to this point, but on the other side of the stream.</td>
</tr>
<tr>
<td>0.6</td>
<td>Now on the other side of the condemned bridge, go uphill on switchbacks and steps. Turn left at the top of the hill and soon reach a view on left.</td>
</tr>
<tr>
<td>1.0</td>
<td>Come to the dead end of Thomas Rd. Turn left and continue onto a state park maintenance road after a gate. After 0.1 mile the trail turns right.</td>
</tr>
<tr>
<td>1.2</td>
<td>Turn left on the blue-blazed trail, which soon follows the Rim Trail.</td>
</tr>
<tr>
<td>1.35</td>
<td>Turn right just before the bridge on the Gorge Trail for an optional 0.3 mile out and 0.3 mile back to a great view of spectacular 150’ high Lucifer Falls.</td>
</tr>
<tr>
<td>1.4</td>
<td>Back to your vehicle in the parking area.</td>
</tr>
</tbody>
</table>

Other nearby hikes: For nearby hiking trails in the area, order FLT map M16. Hike # 9 in this booklet is nearby to the west on the Bob Cameron Loop.

Other nearby attractions: Lower Treman Park features a nice campground and a beautiful swimming area at the base of Lower Falls.
# Shindagin Hollow

**Distance:** 2.8 miles - out and back  
**Hiking Time:** 1 hour, 45 minutes  
**Difficulty:** Moderate  
**Access:** Shindagin Hollow Rd. is a seasonal unplowed road, which may be closed from November to April.  

This hike has hardwoods, conifers, views into a deep gorge, waterfalls, and Shindagin Lean-to with picnic tables, fire rings, tenting spots, and an outhouse.  

**Parking GPS Coordinates:** N 42°19.241' W 76°19.931'.  

**Directions to the trailhead:** The trail is 13 miles southeast of downtown Ithaca. From downtown Ithaca take NY 79 east 8.0 miles. Turn right (south) on Boiceville Rd. (0.2 mile after passing Ellis Hollow Rd. on the left) for 0.6 mile. Turn left on Central Chapel Rd. for 2.0 miles. At the “Y” bear left on seasonal Shindagin Hollow Rd. for 2.6 miles. The white-blazed Finger Lakes Trail (FLT) crosses Shindagin Hollow Rd. 100 yards after passing Gulf Creek Rd. on the left. Proceed 0.1 mile farther south to a parking area on the left (where the FLT leaves the road on the right).  

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<tr>
<th>Miles</th>
<th>Description</th>
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<tbody>
<tr>
<td>0.0</td>
<td>From the parking area, hike north on the white-blazed FLT along Shindagin Hollow Rd. for 200', and then turn left (west) off the road following the white blazes.</td>
</tr>
<tr>
<td>0.1</td>
<td>Cross the road and a stream on a foot bridge and soon turn right uphill on an old logging road.</td>
</tr>
<tr>
<td>0.2</td>
<td>Turn left off the logging road and climb steps.</td>
</tr>
<tr>
<td>0.3</td>
<td>Turn left on the logging road.</td>
</tr>
<tr>
<td>0.5</td>
<td>Turn left off the logging road.</td>
</tr>
<tr>
<td>0.7</td>
<td>Reach the scenic edge of a deep gorge with tenting spots, benches, and a fire ring. Soon pass Shindagin Lean-to on right with picnic table, fire ring, and outhouse. An FLTC Alley Cat Trail Crew built this replacement lean-to in 2004.</td>
</tr>
<tr>
<td>0.8</td>
<td>Pass a scenic waterfall on the left.</td>
</tr>
<tr>
<td>1.3</td>
<td>Pass an unusual stone pile on the left.</td>
</tr>
<tr>
<td>1.4</td>
<td>Reach South Rd. Turn around and retrace your steps to your vehicle.</td>
</tr>
<tr>
<td>2.8</td>
<td>Return to your vehicle.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** This hike is on the main FLT. For additional hiking trails in the area, order FLT map M18.  

[www.fingerlakestrail.org](http://www.fingerlakestrail.org)
Spanish Loop - Irvin Trail

**Distance:** 2.2 mile crossing loops (incl. 0.2 mi. out/back to falls)
**Hiking Time:** 1 hour, 15 minutes
**Difficulty:** Easy, as gentle switchbacks make the uphills easy

This short hike has hardwoods, conifers, a waterfall, a campsite, and a view.

**Parking GPS Coordinates:** N 42° 27.792' W 76° 13.944'.

**Directions to the trailhead:** The trail is near Dryden, which is on NY 13 midway between Ithaca and Cortland. From downtown Dryden, drive east on NY 392 for 3.8 miles. At the bottom of the hill turn right on W. Meeting House Rd. for 0.3 mile. At “T” turn right on Daisy Hollow Rd. and go 2.1 miles to trailhead parking in grassy area on right (note white blazes for 0.5 mile as the main Finger Lakes Trail (FLT) follows this road for that distance).

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<tr>
<th>Miles</th>
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<tbody>
<tr>
<td>0.0</td>
<td>Follow the white-blazed FLT 100' west to the bank of Rowland Creek. Turn left onto the orange-blazed Spanish Loop Trail (SLT), staying on the same side of the creek.</td>
</tr>
<tr>
<td>0.1</td>
<td>Cross Daisy Hollow Rd. and enter a conifer tree farm. After 100' bear right on blue-blazed Irvin Trail, which soon runs along Cristina Creek.</td>
</tr>
<tr>
<td>0.4</td>
<td>Pass junction with yellow-blazed Eric's Path (which quickly reaches the Thomas B. Irvin Memorial Bivouac Area with bench and fire ring and in 300' connects with the SLT). Continue on Irvin Trail as it crosses Cristina Creek, passes by lower falls (with a pair of stone seats), then recrosses creek.</td>
</tr>
<tr>
<td>0.5</td>
<td>Junction with yellow-blazed Cristina Creek Falls Spur Trail. Take it up the gorge 0.1 mile to its end within view of upper falls. <strong>Do not proceed any farther upstream as you will be trespassing on private land.</strong> Return to the blue-blazed Irvin Trail, and continue on it out of the gorge and onto switchbacks that climb the gorge's rim.</td>
</tr>
<tr>
<td>1.0</td>
<td>Trail levels off and reaches junction with SLT at a trail register. Please register. Continue straight on Irvin Trail and soon come to a viewpoint at some power lines with a good view of Rowland Ridge to the west.</td>
</tr>
<tr>
<td>1.3</td>
<td>Final junction with orange-blazed SLT; turn right on it. In 100' cross junction of gas and power lines.</td>
</tr>
<tr>
<td>1.6</td>
<td>Trail register again and cross Irvin Trail.</td>
</tr>
<tr>
<td>1.8</td>
<td>Reach junction with yellow-blazed Eric’s Path, which in 300' descends to the bivouac area mentioned above and connects with the Irvin Trail.</td>
</tr>
<tr>
<td>2.1</td>
<td>Pass Irvin Trail on your left and cross Daisy Hollow Rd.</td>
</tr>
<tr>
<td>2.2</td>
<td>Return to your vehicle.</td>
</tr>
</tbody>
</table>

**Other nearby hikes:** There are a number of other loop hikes near here ranging from 3.3 to 9.0 miles. Order FLT map M19.

www.fingerlaketrail.org
How to order maps

The Finger Lakes Trail Conference produces up to date trail maps for the entire system. There are 55 maps that cover over 910 miles of blazed trails. Maps are created using GPS technology and sophisticated mapping programs. As changes take place, maps are updated. Each map is printed in color on waterproof paper using a color laser printer. Like the pages in this booklet, each map has a written description on the back that corresponds to the map and gives helpful information.

Maps can be ordered on line from the Finger Lakes Trail Conference. The prices start at $2.35 per map plus shipping and sales tax if you buy only one map. If you buy more than one, the per map price is less. The complete set of 55 maps is $59.12 (+ shipping & tax). Finger Lakes Trail Conference members receive a 20% discount on maps and other items purchased from the FLTC. The FLTC also has GPS track data available with the purchase of a set of maps. This can be downloaded into your handheld GPS device. To order, go to our website: www.fingerlakestrail.org and follow the instructions or contact the FLT Service Center at 585-658-9320.

Maps are also available from several retailers, including Eastern Mountain Sports (one of our sponsors).
Enjoy the Hike—Gear Up Now!

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Boulevard Consumer Square  716-838-4200

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Photo by: Jackson “Jet” Thomas

Photo by: Jacqui Wensich
Instructions for Claiming Passport “Prizes”

The Passport Project was designed to encourage people to explore hiking and more specifically the Finger Lakes Trail. Our sponsors have generously contributed to this project because they feel that healthy living is important, and we all know that hiking is good exercise. Another goal is that more young folks will develop their own love affair with the outdoors.

To encourage participation in this program, we and our sponsors are offering incentives to hike at least 4 of the 12 hikes in this booklet. To verify that you did the hike, we are asking you to do a rubbing of the trail marker in your passport book. Page 40 in the booklet contains 12 spaces for rubbings. Simply lay that page of your booklet over the lower right corner of the trail maker and rub lightly with a pencil or crayon. The image (map number) will then show on your passport page. If you complete 4 of the hikes, you are eligible to send in page 40 and we will give you a special FLT patch indicating that you participated in the passport project AND coupons from our sponsors for discounts or free merchandise (subject to sponsor restrictions). If you do 10 of the 12 hikes, we will also enter your name into a drawing for larger prizes. We will do drawings on October 15, 2010 and October 15, 2011. Each person is eligible to send in only one prize registration form, so we encourage you to wait until you have done all of the hikes you intend to do before sending it in. The final deadline for receiving prize requests is October 15, 2011. Send your rubbings page to the Finger Lakes Trail Conference, 6111 Visitor Center Rd., Mt. Morris, NY 14510.

The trail markers are located somewhere on the route indicated on the maps. They have been placed on the top of a post with a green mailbox and a sign attached. We also request that you sign our trail register found inside the mailbox. Please write the date, your name, and any comments you’d like to make about your experience. Please make comments appropriate for all to read. If you encounter problems with trail markers or trail conditions, please report them to the Finger Lakes Trail Conference via email or phone. We’d also enjoy seeing photographs of you and your friends and family hiking on the FLT. They may be emailed to us as well.

FLTinfo@fingerlakestrail.org
Become an FLTC Member

Members receive our quarterly magazine, the *FLT News*, plus they are eligible to purchase maps, guides, logo clothing, patches and other items from the FLT “Store” at a 20% discount.

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   ___Trailblazer $75*
   ___Life $350**
   ___Family (Household) $30
   ___Pathfinder $45*
   ___Guide $100*
   ___Life Family $500**

I’d like to make a donation in the amount of $__________ in support of the mission of the FLTC.

   *Pathfinder, Trailblazer, & Guide memberships are essentially the same as a family membership, but include an extra donation in support of the mission of the FLTC.
   **Life members receive a patch indicating they are Life Members. Life Family memberships include 2 adults and all household members under age 18.

Our membership year runs from April 1 to March 31 of each year. Memberships received December through March will expire the following year.

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   www.fingerlakestrail.org
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Do your rubbings in the spaces below. A minimum of 4 different rubbings is required to get the patch and coupons. If you have 10 or more, you are also eligible for the annual drawing prizes.

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Monro Muffler Brake
Jim Prinzi

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Gene Bavis
Executive Director
Finger Lakes Trail Conference