

RENDEZVOUS!
**THE FINGER LAKES TRAIL HOSTS A GATHERING OF
NORTH COUNTRY TRAIL FRIENDS
DURING OUR 2015 FALL WEEKEND**

**10-13 September 2015 at
Hope Lake Lodge at Greek Peak ski resort,
on NY 392, south of Cortland N.Y.,
four miles west of U.S. route 11**

SCHEDULE

Wednesday, 9 Sept.

Rooms available for those with early Thursday activities.
Registration available in the Adirondack room, 8 PM

Thursday, 10 Sept.

6:30 – 8:00 Breakfast buffet, free to those in Lodge; \$13.15 otherwise.

9:00 – 6:00 Registration open, Adirondack Room. Room keys from hotel desk.

8:00 NCTA Board of Directors meeting, Charles Baker Room.

9:30 – 11:30 Make your own lunch in lobby with proper tickets.

10:00 Hikes begin. See hike and tour schedule.

11:00 Workshop – Cross cut saw training. Meet in lobby. When a cross cut saw is well tuned, it liter-ally cuts through wood like a knife through butter. Bucking and limbing are quiet, rhythmic, in tune with the woods, and almost effortless. Learn how to use and maintain a cross cut saw for trail work from Ed O’Shea, an experienced woodsman who has been teaching members of the ADK Mtn. Club’s Onondaga Chapter for several years now. Workshop includes hands-on field work. Bring lunch.

1:00 Workshop – Map and GIS Practicum. NCTA’s Matt Rowbotham, in the Hospitality Suite. “We rely on volunteers to give us reliable trail data for mapping the NCT. In this workshop we will walk through the NCTA’s new training materials on GPS’ing the North Country Trail. We will cover GPS units and our preferred data collection methods at NCTA. This will emphasize the aspects of our GPS work that go beyond normal navigation uses of GPS and merely tracking the trail route. You should walk away from this session with a strong understanding of how to use a GPS receiver to help collect and update the NCTA’s map information.”

5:00 Cash bar in Acropolis, across the road at base of ski slope.

6:00 Italian Buffet, dinner and program in Acropolis.

7:00 Evening program: The Route of the North Country Trail through the Adirondacks, Mary Coffin.

Friday, 10 Sept.

6:30-8:00 Breakfast Buffet, free to those in Lodge, \$13.15 otherwise.

7:30 Registration continues in Adirondack Room.

7:30 – 8:30 Make your own lunch in lobby with tickets.

9:00 Depart for Ithaca area hike and tour schedule in front of Lodge

6:00 Cash bar in Acropolis across the road, at base of ski slope

6::30 Dinner, roast beef and turkey breast buffet

7:30 Program: NPS awards, followed by presentation on growing phenomenon of mural art along Erie Canal communities, Gene Bavis.

Saturday, 12 Sept.

6:30-8:00 Breakfast Buffet, free to those in Lodge, \$13.15 otherwise.

7:30-8:30 Make your lunch in lobby with proper tickets.

8:30 Busses begin to depart for Watkins Glen hikes.

6:00 Cash bar at Acropolis.

7:00 Dinner, same place, chicken cordon bleu or roast pork loin

8:00 NCTA awards, followed by presentation by Vermont hosts of projected new NCT trail there.

Sunday, 13 Sept.

7:00-8:00 Breakfast Buffet

7:30 – 8:30 Make your lunch in lobby.

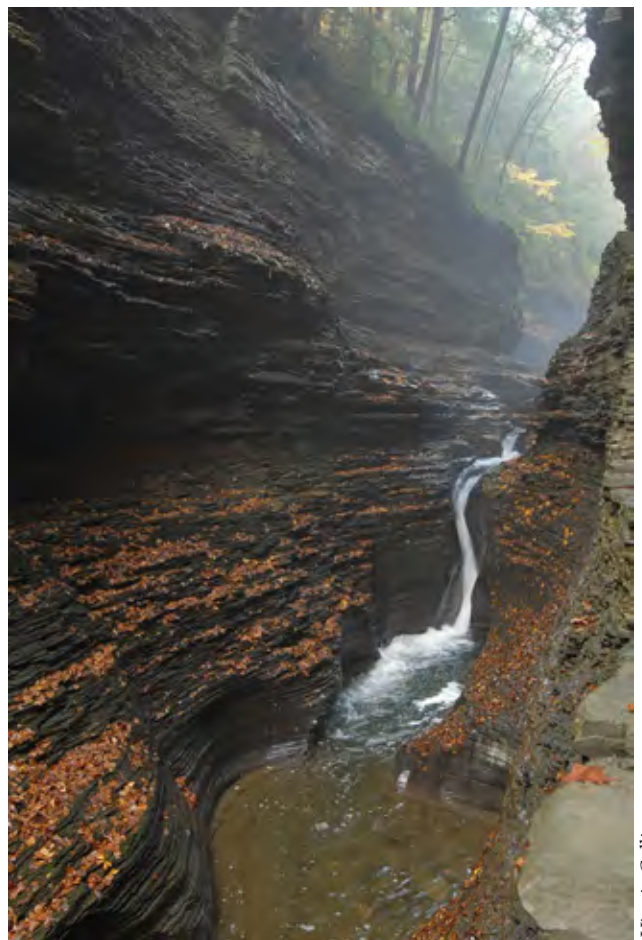
9:00 Hikes start to depart. Turn in room keys and empty rooms by 11:00.

9:00 Finger Lakes Trail Board of Managers meeting in Adirondack Room.

9:00-12:30 American Heart Association “Heartsaver” course. Successful completion meets the FLTC CPR requirement for sawyers. Includes adult, child, infant CPR, obstructed airway, and AED. *No written test. Limited to 20 people; sawyers given priority. \$5.00 fee which is reimbursable for sawyers. Instructed by Mary Jane Uttech. Charles Baker Room.*

10:00-12:00 Workshop: Optimum Location Review, a process for intelligently siting new trail route.

“NPS staff will walk you through the process to create defensible criteria AND defensible decisions to determine the best route for your Trail. This workshop will prove that planning can be FUN!! (There will be coffee and donuts).” Hospitality Suite



Watkins Glen Gorge

DAILY HIKES AND TOURS

Departures from front of Lodge Unless Otherwise Noted

All pertinent maps will be available at registration to weekend registrants, free versions of our Finger Lakes Trail Maps, but not printed on Rite-in-the-Rain paper like normal.

Thursday, 10 Sept.

10:00 **Shackham East to Shackham Loop (Map O1)** Strenuous 7.2 miles, some of the area's best scenery, Tinker Falls, Jones Hill, and Spruce Pond. This hike includes steep climbs and descents through Morgan Hill State Forest and Labrador Hollow Unique Area with a most spectacular vista from Jones Hill (1964 feet). Max. elevation change 650 ft. Carpool with Mike Ogden.

10:00 **Rainbow hike** led by Alex Gonzalez. 9.4 miles on intertwining loops of five different blaze colors, close to Lodge. Foxfire Lean-to, streams, varied but stunning forests, all on **Map M19**; moderate.

10:00 **Taylor Valley State Forest** - 5.1 moderate miles, **Map M21** fairly level forest walk at high elevation, all state forest except short patch on one of our first easements on private land, then gradual big descent into valley; stream crossing on huge boulders to end at primitive campground. Optional 2.6 more miles for gluttons only: steep uphill with good switchbacks then level and descending again. Jon Bowen

12:00 **Ski Lift Views** - Virgil Mountain loop that includes one of the highest points on the trail @ 2132 ft., one view looking down on our Lodge. (**Map M19**) Some strenuous, 4.8 mi, max. elev. change is 532 feet. Larry Blumberg

1:00 **Next Door State Forests**: West River Rd. to Carson Rd. (**Maps M19** and **M20**) - moderate, 5.4 miles. A

pleasant hike in the woods with gentle ups and downs, passing Woodchuck Hollow Lean-to, from Tioughnioga River Valley up and down again to our Lodge's ski slope valley. Horst and Sigi Schwinge

2:00 **Lithuanian and Irish Loops**, including Brennan Bypass and Kathleen's Boreen, 3.5 miles, led by Michele Gonzalez. Includes an outstanding spruce forest. Nearby loops, so short drive. Moderate.



Watkins Glen Gorge

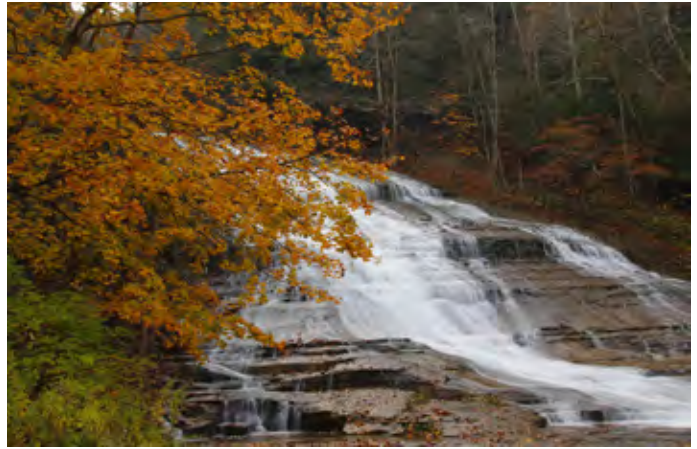
Vinnie Collins

There are also four **self-guided nearby loop trails** that can be followed with maps available at registration, so medium and short hikes on more of the Gonzalez loops can be taken any time.

Friday, 11 Sept.

9:00 **Gulf Rd. to Connecticut Hill, Map M16:** over 500 feet elevation gain but gradual, 7.5 miles through state forest and wildlife management area. Moderate. All Ithaca area hikes on Friday will involve car shuttles.

9:00 **Robert Treman State Park**, approx. 5 miles, easy or downhill past Lucifer waterfall among others. A spectacular patch of rocky scenery! **Map M16.**



Tom Reimers

Buttermilk Falls

9:00 **Special Preserve Walk, M16:** Visit our new Bock-Harvey Preserve with easy trails through old growth forests, with forester to help us appreciate this special place, and new shelter. Also visit nearby Rieman Woods, another property we own. Total a few easy miles. Paul Warrender

9:00 **State Forests and Two Shelters, M17:** 7.6 miles of relatively level state forests, downhill steeply at the very end Two newly rebuilt shelters, lots of gorgeous woods, Bald Hill Rd. to highway 96B.

9:00 **Abbott Loop**, almost 8.5 miles, moderate with a few steep patches, a wonderful gift built by Cliff and Doris Abbot 25 years ago to take in one fabulous view over a nature preserve far below and lots of fascinating forest and plant life. **M17.**

11:00 **M18 Short Sampler:** 3.2 miles through Shindagin Hollow State Forest, featuring moderate walk, a hemlock-shrouded lean-to above a charming stream, Braley Hill to South Rds.

9:00 **Ithaca Area Waterfalls Tour:** almost no walking, appropriate even for wheelchairs, visit a half-dozen of the region's most beautiful waterfalls, Salmon River, Ithaca Falls on Cornell campus, Frontenac Falls, Taughannock, Buttermilk, and Lucifer Falls. Dick Lightcap



Tom Reimers

Buttermilk Creek



Vinnie Collins

Watkins Glen Falls

Saturday, 12 Sept.

8:30 Busses depart front of Lodge for 1.5 hour drive to Watkins Glen area. The **Watkins Glen Area** hike offerings on maps M14 and M15 are as follows:

Map M14 Longest Watkins Glen: start at Sugar Hill Fire Tower and follow main FLT (and NCT) eastward through state forests and into west end of Watkins Glen

State Park along the stream that forms the dramatic gorge ahead. Stream crossings, gorgeous streamside trail under dark woods, go under high railroad trestle over gorge, then at bottom follow amazing stone bridges and rock shelf trails built by the Civilian Conservation Corps during the Depression. Bus pickup at bottom. 10.4 miles generally level or downhill, hundreds of rock steps.

Shorter gorge hikes, all aiming for same destination at bottom: Bus will drop off hikers at Access 3 for **5.8 mile version** or Access 4 for **2.7 mile hike** down the final spectacular rock cliffs and waterfalls.



Vinnie Collins

Taughannock Falls

9:00 – **Sapsucker Woods Tour** – Visit Ithaca’s mecca for those who enjoy birds, the Cornell Lab of Ornithology preserve and visitor center. Outdoor walks and bird-watching plus accessible indoor center with interactive displays, art gallery, and wonderful observation areas overlooking bird garden and pond. Car travel.

9:30 – **Hoxie Gorge Hike** - east of our Lodge on **Map M20**, Hoxie Gorge Rd. to West River Rd. moderate to strenuous, 11.8 miles, 5.7 of it road walk, mostly on shady dirt road, with slower and shorter 6 mile offering, all in forest. We will cross and follow several creeks (some on bridges) and see small waterfalls while descending to road where we have spotted cars for those who do not want to do the road walk. Horst and Sigi Schwinge, car shuttles.

9:30 – **Land Trust and Cornell Natural Areas:** short easy hikes on properties of the FingerLakes Land Trust and Cornell, pleasant places, many near water. Total of about four miles, fairly level and slow-paced. Dick Lightcap, travel by cars.

Sunday, 13 Sept.

10:00 – **Jim Schug Rail Trail** – easy out and back plus short detour on proposed side trail, 5.3 miles, scenic lake and wetlands, beaver activity. Alex and Michele Gonzalez

Local Self-Guided Loops – don’t forget locally available loop hikes; maps at registration tables, but don’t wait until Sunday AM to pick one up!

Balance of hike offerings are east and north of our Lodge, all via car shuttles.

Map M15, Schuyler County Highlands: two hikes splitting east and west from bus drop off at Access 12 on Steam Mill Rd. near summit of area east of Watkins Glen.

Eastbound follows high open fields with great views eastward, includes Rogers Hill Lean-to, and descends on lane through woods (all courtesy of a great private landowner) to bottom land near Cayuta Lake’s valley. End at bus pick-up spot on CR 6, Access 15, 4.2 miles. Because bus won’t be back this soon, we recommend an out-and-back hike eastward continuing down a lovely level stream-side wooded trail for as long as you want, or, for the intrepid faster walker, take the 5.8 mile Van Lone Loop shown on **Map M16**, only if you can be back for bus pickup by 4:30 latest!

Westbound trail drops steeply through state forest down to Texas Hollow pond, one steep climb up then passes through tiny village of Bennettsburg then climbs into New York’s only National Forest, named for the Finger Lakes, where we’ll pass a Lean-to then descend through an old grape field to our bus pick-up at Access 5, where there are great views across Seneca Lake.



Vinnie Collins

Watkins Glen

9:30 – **Hoxie Gorge to Underwood Hill Rd. (M20)**
– 4.6 miles, moderate, forest with old wagon road
bridge at waterfall, then mixture of high open fields
and woods edge trail, with two spots of great views.

9:30 - **Chenango-Solon Pond Rd. to Stoney Brook
Rd. (M 21)** strenuous 7.1 miles. Climb Potter Hill
(1980 ft.), cross a meadow and pass old foundation
as we enter the woods of Cuyler Hill State Forest.
Cross several brooks and dirt roads, ascend Randall
Hill (2080 ft.) and arrive at Stoneybrook Road with
its spectacular 270 degree view toward DeRuyter
Lake. Max elevation change 610ft northbound. Jerry
Smith

9:30 – **Southbound version of above, Stoney
Brook to Potter Hill Cemetery Rd. (M21) -)**
moderate, 5.4 miles south past the Randall Brune
Memorial Bench through Cuyler Hill State Forest
over Randall Hill (2080 ft.) and through Wiltsey
Glen. Max elevation change 270 ft. Stoney Brook
Rd. is junction of main FLT trail and Onondaga
Trail, where the North Country Trail veers northward
toward the Adirondack Mountains. Jon Bowen

9:30 – **Fellows Hill Loop (Map O1 of Onondaga
Trail)** - moderate, 3.5 miles. Explore Fellows Hill
(2019 ft.), one of the highpoints in Onondaga County,
Spruce Pond, varied hardwood and conifer forests and
the new loop trail in Morgan Hill State Forest. Max
elevation change 350 ft. Pat and Peg Whaley



Tinker Falls

Mike Ogden

For those who would like to see our interactive maps online, which include elevation profiles, go to <http://www.fltconference.org/trail/go-hiking/interactive-map-segmented/>



Vinnie Collins

Watkins Glen

Thatcher's Pinnacles from the Abbott Loop



Tom Reimers

LODGING

Our event will be centered at Hope Lake Lodge, across from Greek Peak ski slopes, south of Cortland, N.Y., on NY route 392. Five floors of luxury rooms, some with balconies, rise above a tall open timber and rock lobby, with scenic views in all directions over ski slopes, rolling farms, and state forests, with our trail to both south and east of the Lodge. The Lodge is a full resort, too, with spa and indoor waterpark (\$20 extra) and adventures like ziplines, mountain coasters, and Euro Bungee available at the base of the ski slopes. www.greekpeakmt-nresort.com

Buffet breakfast will be available for Lodge guests in the same building, along with a make-your-own lunch bar in the lobby, while dinners will be across the valley at the Acropolis, quarter-mile round trip. Shuttles to dinner available if you ask.

Four person rooms (two queen beds, one bathroom, with or without kitchen) cost \$161.25 per night, breakfast included. Rooms able to sleep up to six cost \$200.35 per night. If you need help finding enough roommates, please contact Irene and Jen at the FLT office, 585-658-9320, all weekdays except Wednesday. We'll be glad to help! Irene anytime at 585-658-4321 or treeweenie@aol.com



Irene Szabo



Irene Szabo

Alternative lodging possibilities:

Country Hills Campground near Marathon, a half-dozen miles south of the Lodge. Call FAST for reservations since they fill up fast for September. www.countryhillscampground.com

607-849-3300 or toll free 877-271-9480.

Cortland motels, off Interstate 81 exit 11 for Cortland at NY 13:

- | | |
|-------------|--------------|
| Hampton Inn | 607-622-0007 |
| Quality Inn | 607-756-5622 |
| Ramada Inn | 607-756-4431 |
| Comfort Inn | 607-753-7221 |

The majority of suites sleep up to four, with two queen beds and one bathroom. Only some have a full kitchen also, so register fast to ensure you get a kitchen if you need one. There are also a few larger suites with a third bed for up to two more people, some of them in a separate room, some with an additional bath. See the website to look at floor plans; the Northwoods Suite shown is the closest to our standard four-person basic room. And if you get turned around on your floor, all animals in the carpet are aiming for the elevators! <http://hopelakelodge.com/accommodations/>

REGISTRATION

(This is the mail in form; please use the online registration form to pay with PayPal or credit card.)

Name: (one per registration) _____

Address: _____

Phone: _____ Email: _____

Staying at Hope Lake Lodge? Rooming with: _____

Which party is paying for the suite? If you, add to your costs. Room fee @ \$161.25 or
\$200.35 PER NIGHT \$ _____

Staying which nights? _____

Do you need a suite with a full kitchen? _____

Or, need roommates? Special considerations? Let me know. Irene at treewenie@aol.com

Meals: Staying at Lodge, breakfast is FREE. Others pay \$13.15 times # of breakfasts..... \$ _____

Make-your-own lunch in lobby @ \$8.10 times # of lunches..... \$ _____

Thursday dinner: Italian buffet with chicken cacciatore and eggplant parmesan @ \$31.15 \$ _____

Friday dinner: Roast beef w/mushroom or turkey breast w/cranberry buffet @ \$30.00..... \$ _____

Saturday dinner: Chicken cordon bleu and roast pork loin buffet @ \$30.00 \$ _____

In all cases, vegetarian choices are available for those who check here: (_____)

Will you need the Lodge shuttle to get to dinners? 1/4 mile round trip. No charge. (_____)

REGISTRATION FEE:

\$25.00 members of either FLT or NCTA, \$30.00 non-members, children under 12 free \$ _____

TOTAL \$ _____

Checks payable to Finger Lakes Trail, mailed to same, 6111 Visitor Center Rd., Mt. Morris, NY 14510, with this form, both pages. Any question: call or email Irene at treewenie@aol.com, or 585-658-4321

REGISTRATION DEADLINE: 6 AUGUST

Hike and tour registrations: check your choices!

Thursday: T1: Schackham Loop ____ T2: Rainbow hike ____ T3: Taylor Valley ____
T4: Ski Lift Views ____ T5: Next Door State Forests ____ T6: Lithuanian and Irish Loops ____

Friday: F1: Gulf Rd. to Connecticut Hill ____ F2: Robert Treman Park ____ F3: Special Preserves ____
F4: State Forests and Two Shelters ____ F5: Abbott Loop ____ F6: M18 Short Sampler ____
F7: Ithaca Area Waterfalls ____

Saturday: S1: W. Glen - 10.4 M ____ S2: W. Glen - 5.8 Miles ____ S3: W. Glen - 2.7 Miles ____
S4: M15 Eastbound ____ S5: M15 Westbound ____ S6: Hoxie Gorge Hike ____
S7: Land Trust etc. ____ S8: Sapsucker Woods Tour ____

Sunday: U1: Jim Schug Rail Trail ____ U2: Hoxie Gorge to Underwood Hill ____ U3: Cheningo-Solon Pond ____
U4: Stoney Brook Rd. South ____ U5: Fellows Hill Loop ____

Workshops:

Thursday: W1: GPS Session ____ W2: Cross cut saw ____
Sunday: W3: CPR ____ (*Pay \$5.00 fee at session*) W4: Optimal Location Review ____

PLEASE READ AND SIGN THE FOLLOWING:

Those persons enjoying the Finger Lakes Trail (FLT) and/or activities sponsored by the Finger Lakes Trail Conference (FLTC) or any clubs conducting activities on behalf of, or in support of the FLTC, accept full personal responsibility for their own well being, or, for the well being of a minor when acting in the capacity of parent or guardian. Further, users of the FLT accept and understand that hiking is a rigorous activity often conducted in rugged outdoor conditions subject to variations in weather and terrain conditions which may involve the risk of injury or death, and that we are fully responsible for own safety and selecting activities that are consistent with our physical capabilities.

Print Name _____ Signature _____

Date _____