

## Who Can Use the Trail?

The entire Finger Lakes Trail system is open for use by the general public with no fees charged for its use. People using the trail should be aware of the various hunting seasons (bow, shotgun, blackpowder, turkey). Some sections of the trail are closed during hunting seasons. The trail system is intended for foot travel. Motorized vehicles, mountain bikes, and horses are not permitted unless specifically approved by the landowner or public land manager.

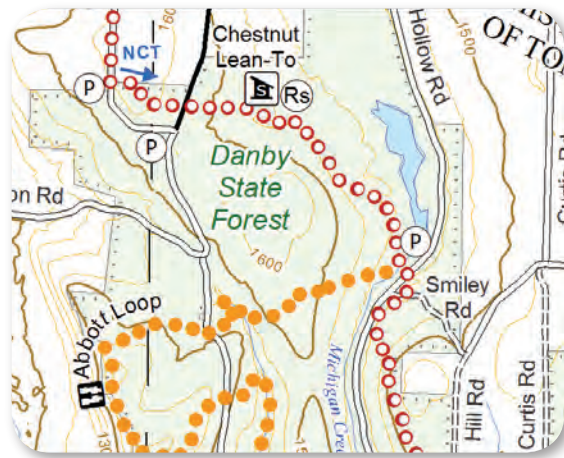


Trail condition reports/updates may be found on the FLT website.

*Over 420 miles of the Finger Lakes Trail are also part of the 4,600-mile North Country National Scenic Trail that stretches from North Dakota to Lake Champlain. The FLT has direct or indirect connections to other major hiking trails, making it part of the national network.*



[www.fingerlakestrail.org](http://www.fingerlakestrail.org)



## Membership Supports ...

- ▶ A consistent Finger Lakes Trail map system.
- ▶ Trail improvement funding for bridges, lean-to shelters, blazing paint, trail signage.
- ▶ A service center for hiker information and map sales (members receive a 20% discount).
- ▶ A wonderful quarterly magazine with regular features on hikers who have finished walking across the whole state, trail medicine, wildflowers, history along the trail, etc.
- ▶ Our own website featuring map buyer's guide, online credit card purchasing, upcoming Finger Lakes Trail events, links to other trail and tourism sites, and great photographs.
- ▶ Up to date trail condition reports on the website. Please check them before hiking.
- ▶ Special weekend and hiking events.
- ▶ Group hike series designed to help you walk parts of the trail.
- ▶ Coordination with all who bring you this path: local hiking clubs, State Forest and Park agencies, other public entities, and permitting private landowners. Bless their generous souls!



## Our Simple Rules:

- ▶ Respect private property and stay on the trail.
- ▶ Keep your group as small as possible to minimize impacts.
- ▶ Share shelters and campsites with others.
- ▶ Camp or build fires only in designated areas.
- ▶ Cook on campstoves if possible.
- ▶ Use only dead wood for fires.
- ▶ Minimize disturbances of the natural vegetation and wildlife.
- ▶ Purify all water you use.
- ▶ Take all of your litter back home.
- ▶ Be prepared for changing conditions.

### Finger Lakes Trail Conference

6111 Visitor Center Road

Mt. Morris, NY 14510

585-658-9320

fax: 585-658-2390

[FLTinfo@fingerlakestrail.org](mailto:FLTinfo@fingerlakestrail.org)

[www.fingerlakestrail.org](http://www.fingerlakestrail.org)

*Tie Up Your Laces and Hike*

# The Finger Lakes Trail



*Explore New York's hidden beauties on a premier hiking trail maintained by dedicated volunteers over public and private lands.*

[www.fingerlakestrail.org](http://www.fingerlakestrail.org)

## “Just the Facts ...”

The main Finger Lakes Trail runs approximately 560 miles and is the longest continuous foot path in New York State. Six branch trails and many loop and spur trails extend from the main trail, increasing hiking accessibility throughout the state. The entire Finger Lakes Trail System is approximately 950 miles.

Since 1962, the Finger Lakes Trail System has been maintained by more than a dozen organizations and more than 60 individual and family sponsors. Nearly all of the trail is maintained by VOLUNTEERS.

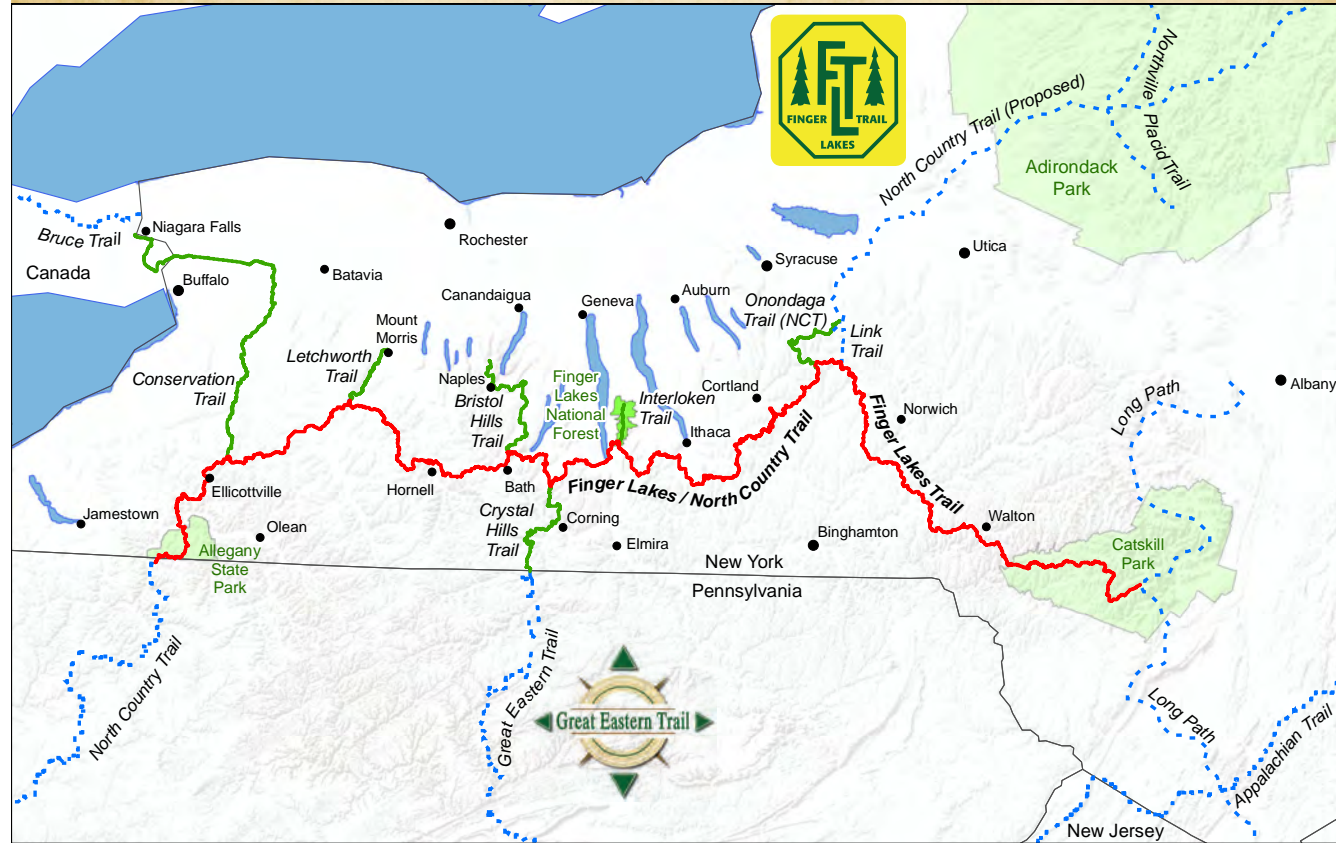


*Try out a group hike, organized by local clubs and by the FLTC.*



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## The main Finger Lakes Trail begins at the Pennsylvania–New York border in Allegany State Park and continues to the Long Path in the Catskill Preserve.



Memberships in the Finger Lakes Trail Conference start at \$30 per year.



### Looking for a Challenge?

Join those End-to-End hikers who have walked the main Finger Lakes Trail from one end to the other! Maps and GPS data may be ordered from the FLTC Service Center for a nominal fee. Map sales help to finance the trail.

## Join the FLTC

Individual.....	\$30
Family.....	\$40
Student.....	\$15
Adult Organization.....	\$50
Youth Organization.....	\$15

### Contributing member levels

Pathfinder.....	\$50
Trailblazer.....	\$75
Guide.....	\$100
Life Member.....	\$400
Life Family.....	\$600

*The FLTC is a 501(c)(3) not for profit corporation, and contributions are tax deductible.*

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_ County \_\_\_\_\_

Phone Primary \_\_\_\_\_ Secondary \_\_\_\_\_

E-mail address \_\_\_\_\_

Hiking club affiliation? \_\_\_\_\_

Occupation (optional) \_\_\_\_\_

Check     Visa     Master Card

Card No. \_\_\_\_\_ Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

Mail to:

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