

*Wegmans*

eat well live well<sup>SM</sup>

Get your  
**Passport**  
*to family wellness*



**Discover the Finger Lakes Trail**  
EASTERN PORTION (MOSTLY EAST OF I-81)

Co-sponsored by:





# know your blood pressure

## “Hypertension” - optimal - pre-hypertension-hypertension

Optimal	Less than 120/80
Pre-hypertension	120-139/80-90
Hypertension	140/90 or greater

Lifestyle Change	Drop In Blood Pressure (top number)
<b>Lose weight!</b> For each 20 pounds lost	5-20 points
5 cups <b>fruits/veggies</b> 3 cups <b>low fat dairy</b> each day	8-14 points
<b>10,000 steps</b> each day For each 20 pounds lost	4-9 points
<b>Cut sodium</b> to less than 2300 milligrams daily	2-8 points
<b>Limit alcohol</b> 2 drinks/day for men 1 drink/day for women	2-4 points



## Welcome to the Wegmans Passport to Family Wellness

Happy Trails to you... This booklet is full of adventure and is one of three passports that cover the Finger Lakes Trail System. It provides an opportunity to experience the outdoors and be active with your friends and family members while discovering many different hiking trails and the beauty of nature.

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 (see page 40).

After you have visited at least four trails, mail a copy of 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: a \$100 Wegmans gift card for a Wegmans picnic with 20 of your friends to enjoy. A winner will be chosen every year in 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 nearly 1,000 mile long Finger Lakes Trail System. Happy Hiking!

Thank you.

**Marcie Bartolotta, MS**

Manager, *Eat Well, Live Well* Community Initiatives

Wegmans Food Markets



[wegmans.com](http://wegmans.com)

# Welcome to the Finger Lakes Trail!

by Irene Szabo

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

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, the whole system offers nearly 1,000 miles of toll-free, walking pleasure that will give you a far greater appreciation of your state's varied geography and fabulous scenery than a ride on the NYS Thruway will ever provide.

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 more than 600 private landowners makes it possible for the Finger Lakes Trail (FLT) 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 the last gap wasn't completed until 1992 near Cortland. So every mile you enjoy today was built by VOLUNTEERS and continues to be tidied and tended by them. Each one of those hundreds of miles requires annual maintenance to help you find your way on the trail's route.

The Finger Lakes Trail Conference (FLTC), 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!



Photos in Passport Booklet by Jackson "Jet" Thomas



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 three partners in sharing this set of introductory hikes with you. Wegmans Markets, Monro Muffler Brake and Excellus BlueCross BlueShield have eagerly joined our effort to introduce more people to this treasure that is 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 at left. There will also be a special, yellow sign indicating that this is a “Passport Hike.” Follow the blazes of the color indicated on the map and described in the trail notes for that map. Blazes? These are 2” x 6” paint marks of the proper color on intermittent trees, placed so that you can see the next blaze. A double blaze, one atop the other, means that a turn is coming up, so pay attention!

Note: If you are color blind, do not try an orange-blazed trail by yourself, because you may have a hard time seeing those blazes against brown bark, plus you’ll be confused if doing a hike 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 people who started merely by taking a little saunter have ended up getting thoroughly bitten by the hiking bug, to the point that they have walked the entire trail across New York. So far, 369 (as of February 11, 2014) of us have done so, including several people over seventy, parents with their young children 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 the water!
- Consider bringing lunch or at least snacks. Carry all this stuff in a fanny pack or day pack.
- Weather changes. Take another layer for chilly conditions, plus a raincoat or poncho.
- Pack insect repellent and sunscreen.
- Bring this Passport booklet and a pencil or crayon to do the rubbing.
- Take care of your feet: preferably two layers of socks, and wear good, solid shoes or boots, NOT new ones that aren't broken in. Painful 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 deer hunting season which is from mid-October until mid-December, the FLTC recommends that you not hike, but if you do, please wear blaze orange and be aware that hunters may be near the trail. Also be aware that turkey hunting occurs in May, and there may be hunters near the trail. Again, be smart, be safe and avoid hiking then, or wear blaze orange if you decide to go out.**
- Give yourself plenty of time to finish your 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 on hikers being considerate, so stay on the marked footpath.
- 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 private land and do not park in front of homes. Sensible parking shows gratitude and consideration to participating 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 take 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 with soil and leaves. Nobody wants to share.
- Keep noise levels to a minimum. Loud talk and noise from a radio, for example, are unwelcome in a setting where most hikers go for peace and quiet.

## For YOUR PASSPORT:

- Look for a Trail Register Box on a post somewhere in the middle of the hike you are doing. On the top of that post will be a special, metallic marker. Do a "rubbing" of the raised portion of that passport marker (at the lower right corner) on page 40 of your booklet with a pencil or crayon.
- Sign and date our register notebook. Leave a note about interesting things you've seen! Other hikers will enjoy reading your observations, so please make your comments appropriate for all to read. If you encounter problems with trail markers or trail conditions, please report them to the FLTC via email or phone. We would also enjoy seeing photographs of you and your friends and family hiking on the FLT. They may be emailed to us as well.



# Introduction to the FLT Passport Program

The map to the right of this page shows the approximate location of each of the twelve Passport hikes in the Eastern Series. The shaded rectangles represent the various FLT maps. For example, you will see that “Hike 4” is located on map “M23” and “Hike 9” is on “O1.” “O” designates Onondaga Branch maps and “M” stands for Main Trail maps. There are 62 maps that cover the nearly 1,000 miles of the FLT system. The maps and descriptions that follow on pages 8-31 should be adequate for you to complete any of the passport hikes in this booklet, 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 about ordering maps.

This Passport booklet is one of a triple series of hikes that introduce people to the FLT. Each series consists of 12 hikes and covers approximately one-third of the trail as it crosses Upstate New York. In addition to this eastern section, there is one in the central area and another one in the west.



Hikes in this series range in distance from 1.8 to 5.2 miles depending on the options you choose while hiking. All of the hikes are rated easy to moderate. We have chosen hikes that will be friendly to families and beginners. 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 above. At some point in your hike, you will come upon a post with a Trail Register Box and a trail marker on the top of the post. Inside the Trail Register Box 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 also hope that you will do a rubbing on page 40 of your passport booklet of the trail marker number from the top of the post. This will be your “proof” that you did the hike. There is a page of instructions for redeeming your prizes.



## 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!



### Overview Map

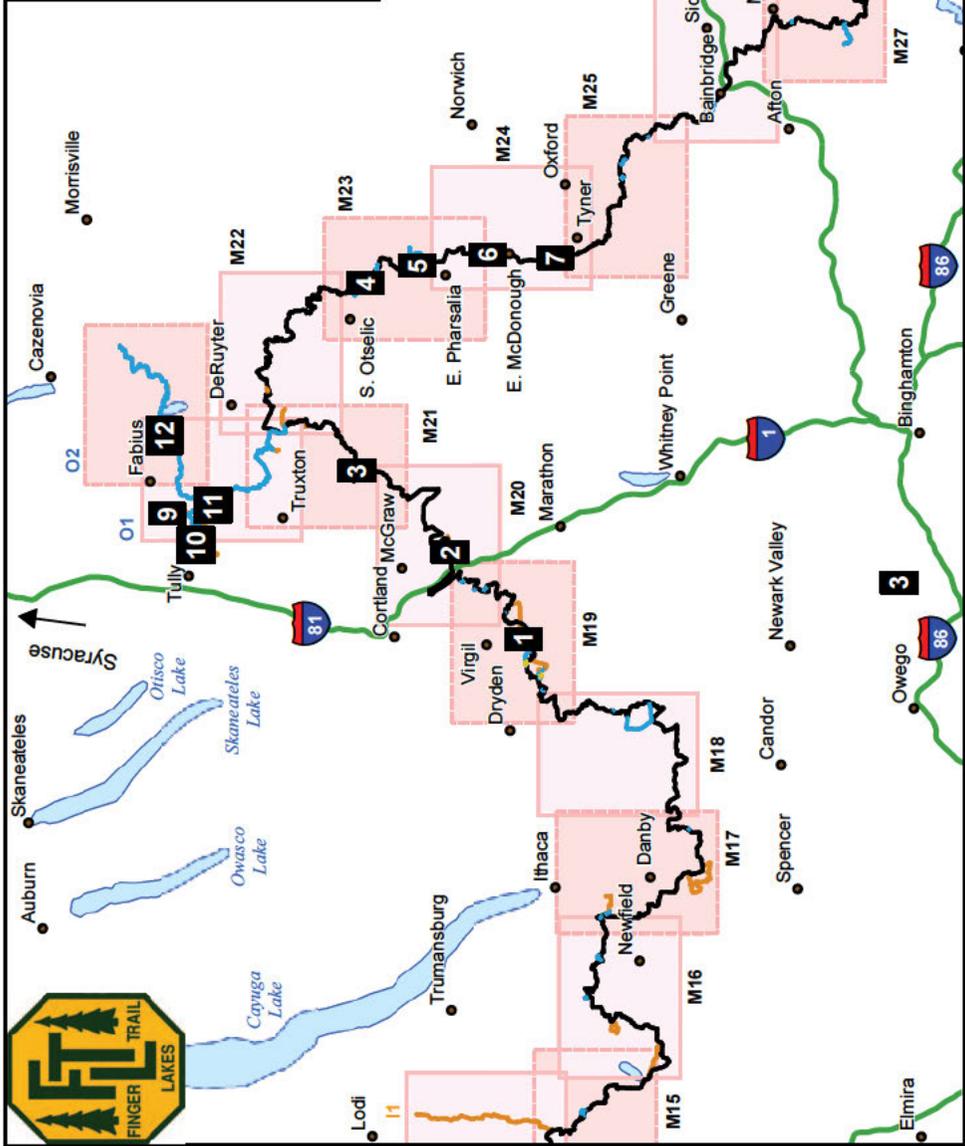
#### FLT East Passport Hikes

- M — FLT Main Trail
- O — Onondaga Trail
- I — Interlochen Trail
- — FLT trail maps
- — Location of these Passport hikes

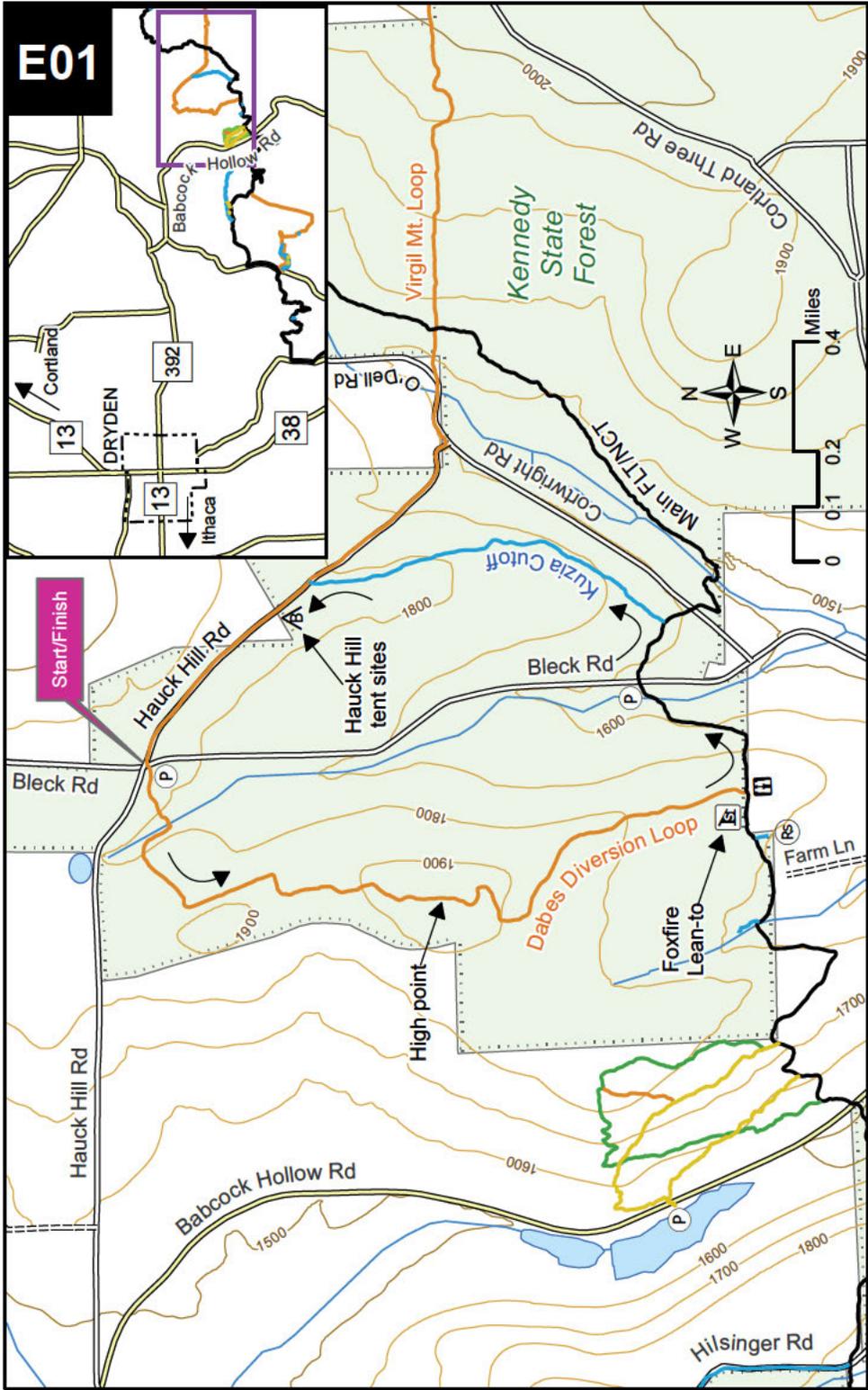
The sample hikes in this booklet are from maps M19, M20, M21, M23, M24, M27, O1, and O2. These maps are not necessary, but may be helpful in finding the trailhead and hiking other portions of the FLT in the same area. To order FLT maps, see page 32.

Miles: 0, 5, 10, 20

Compass rose: N, S, E, W



E01



# Dabes Diversion – Kuzia Cutoff Loop

E01

**Distance:** 3.3 mile loop  
**Hiking Time:** 2 hours  
**Difficulty:** Easy to moderate  
**Access:** Paved roads; wide shoulder parking

This short hike in Kennedy State Forest has old rock fences, large rock piles, a typical berm, the Foxfire Lean-to, and a spectacular view to the south.

**Parking GPS Coordinates:** N42° 29.310' W76° 10.632'

**Directions to the trailhead:** From Dryden (on NY 13 midway between Ithaca and Cortland), drive east on NY 392 for 3.8 miles. At the bottom of the hill, turn right on W. Meeting House Road. At the "T" turn left on Daisy Hollow Road, soon to become Babcock Hollow Road. After 1.4 mi., turn left on signed Hauck (Hill) Road. Follow this paved road up a steep hill to Bleck Road and park on the right.

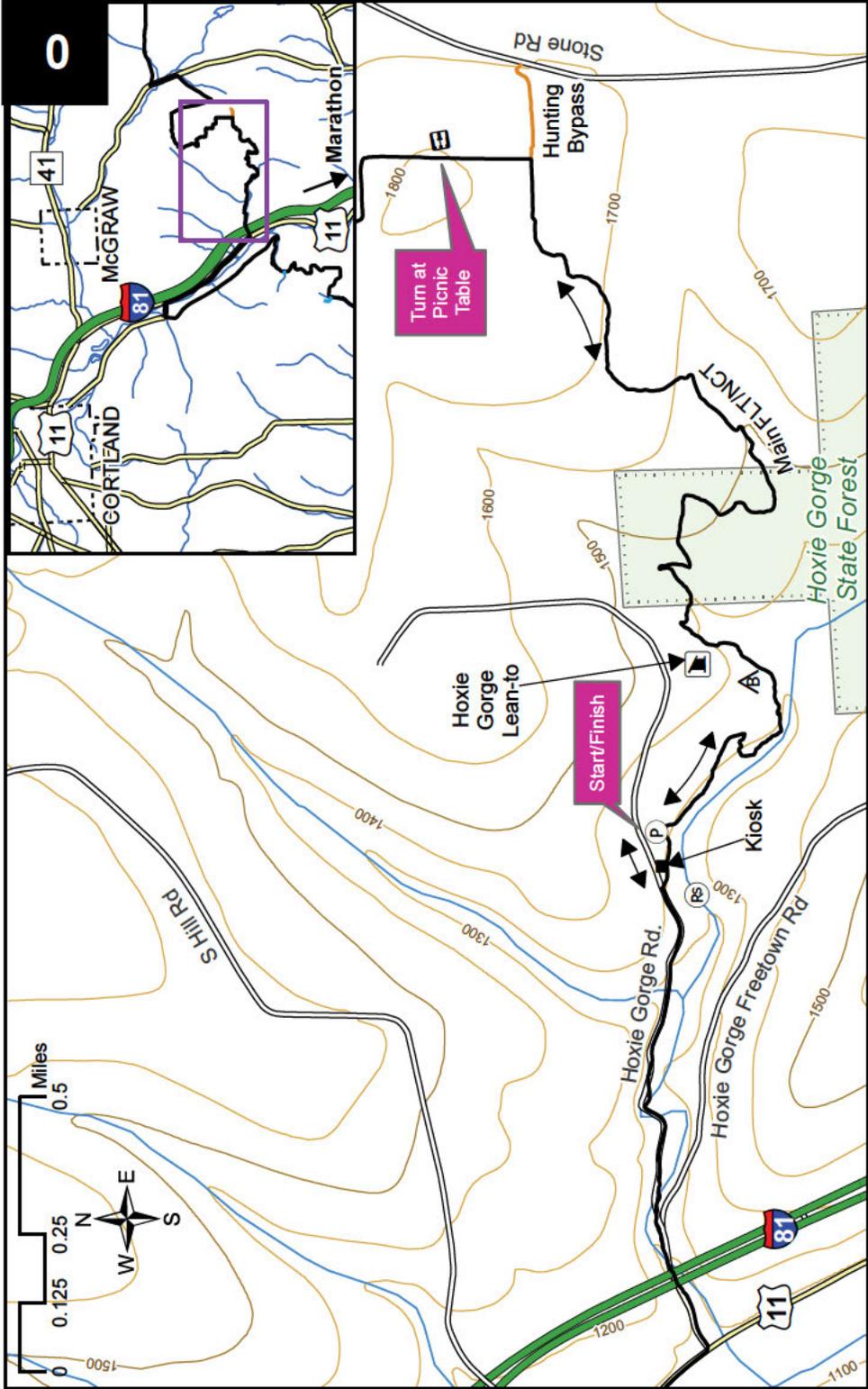
## MILES DESCRIPTION

- 0.0 Go west into the woods on the orange-blazed Dabes Diversion (1850').
- 0.1 Cross a small stream; note the huge rock pile on the right, no doubt from past farmers' efforts to clear fields.
- 0.4 After a small climb, the trail turns left along a nice berm, caused by repetitive plowing of a field at the top of this hill for over 100 years. The Virgil Historic Museum says there was a potato field on the right.
- 0.9 The high point on this hike (1960'); locals call it "The Knob."
- 1.3 Cross a stone wall; can you imagine the work of the early settlers in building these stone fences?
- 1.6 Reach "Stone Pile Junction" (1750'), a spectacular view from the field, and the main FLT (white blazes). Now turn right to visit the Foxfire Lean-to in a nice setting with a picnic table, near-by spring, outhouse and plenty of tenting sites; camp here soon! Return to "Stone Pile Junction" and continue east, following white blazes downhill.
- 2.0 After crossing a pleasant stream (1580'), cross Bleck Road.
- 2.2 Watch carefully for a left turn uphill on the blue-blazed Kuzia Cutoff. There is only a small wooden sign at this junction.
- 2.4 Pass through a chain-sawed notch in a huge, downed, ancient maple.
- 2.5 The first of two big farmer's rock piles is on the right, neatly stacked.
- 2.6 The second, large rock pile is on the right.
- 2.9 Left on this seasonal portion of Hauck (Hill) Road; now orange blazes.
- 3.0 Pass the gated Hauck Hill Campsite on the left (1840'), the start/finish of a Finger Lakes Runners Club trail race in the month of July.
- 3.3 Return to your vehicle at Bleck and Hauck (Hill) Roads (1850').



**Other nearby hikes:** There are many loop trails nearby. Order FLT map M19.

**Nearby attractions:** Greek Peak Ski and Adventure Park is about 2 miles northeast of here on NY 392 and 3 miles east of Virgil.



# Hoxie Gorge – FLT Main Trail

E02

<b>Distance:</b>	5.0 miles out and back
<b>Hiking Time:</b>	2.5 hours
<b>Difficulty:</b>	Moderate
<b>Access:</b>	Paved roads to within 0.2 mile of the Start/Finish at the SUNY Cortland parking area

This hike goes through SUNY Cortland property, Hoxie Gorge State Forest, and private lands. It is mainly wooded and follows the side of a pleasant brook for the first mile. You'll be crossing a field that culminates in a high point with a scenic view and a picnic table at the turnaround.

**Parking GPS Coordinates:** N42° 32.870' W76° 04.703'

**Directions to the trailhead:** From I-81, Exit 10 (SE of Cortland), take US 11 south for 3.8 miles to Hoxie Gorge Road. Or from I-81, Exit 9 (Marathon), take US 11 north for 8 miles to Hoxie Gorge Road. Turn east on Hoxie Gorge Road and drive under I-81. The SUNY Cortland parking area is 1.0 mile ahead on the south side of the road just after the paved section of the road turns to dirt.

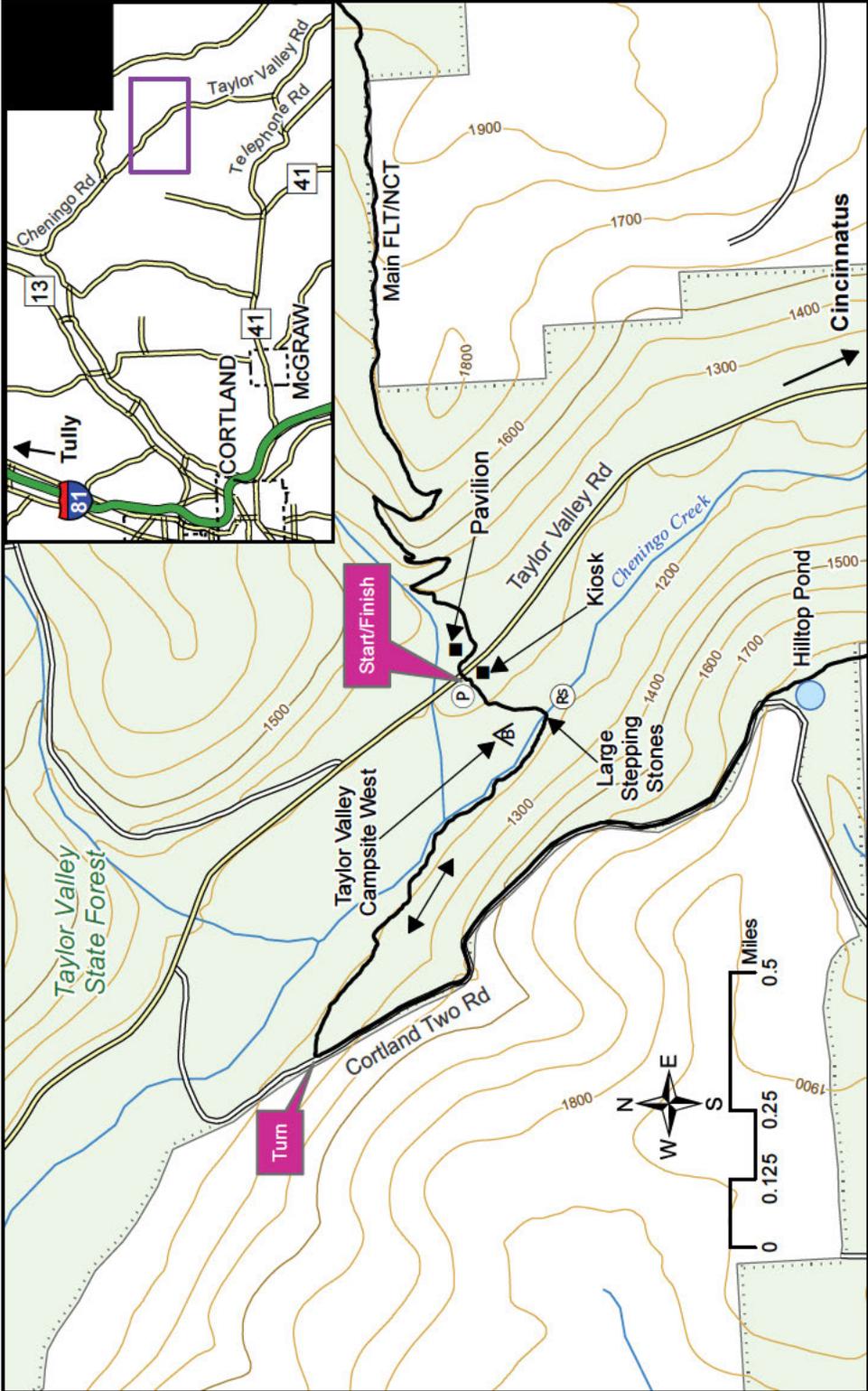
## MILES DESCRIPTION

- 0.0 After parking at the SUNY Cortland parking area, head back downhill on Hoxie Gorge Road to the trailhead (1300').
- 0.1 Turn left into the woods at the North Country National Scenic Trail kiosk. The trail heads southeast downhill into woods and then follows the north side of Hoxie Gorge Creek.
- 0.7 Cross an old wagon trail next to a stone bridge on the right after skirting a ravine. There is a tent site near here.
- 0.8 Hoxie Gorge Lean-to is uphill on the left. If you wish to visit it, follow the wooden, trapezoidal-shaped trail markers. Ahead, the trail follows a high bank above the creek.
- 2.3 The trail enters a field and follows the south side.
- 2.4 Junction with the orange hunting bypass trail to Stone Road 0.2 mile to the east.
- 2.5 Great views to the east and a picnic table (1800'). Turn around here and retrace your path back to the parking lot. **Note:** From Oct. 1 to Dec. 31 the main trail ahead is closed for hunting from here to Underwood Hill Road. Make sure you turn back here if it is hunting season.
- 5.0 Back at your vehicle.



**Other nearby hikes:** For nearby hiking trails in the area, order FLT map M20. Unfortunately, on either side of this hike there are long road walks or hunting closures. Some nice hiking can be found south of Cortland in Tuller Hill State Forest near the beginning of map M20.

**Nearby attractions:** Greek Peak Ski and Adventure Park is about 4 miles southwest of here on NY 392 and 3 miles east of Virgil.



# Taylor Valley Day Use Area to Cortland 2 Road

E03

<b>Distance:</b>	2.0 miles (or 4.4 miles to Hilltop Pond) out and back
<b>Hiking Time:</b>	1 hour (or 3 hours to Hilltop Pond)
<b>Difficulty:</b>	Easy, except for the large stepping stones across Cheningo Creek; these might be difficult during very high water or for small children
<b>Access:</b>	Paved roads

This hike is entirely in Taylor Valley State Forest, with mostly hardwood forest alongside a nice stream for most of the shorter hike.

**Parking GPS Coordinates:** N42° 38.269' W75° 58.091'

**Directions to the trailhead:** From I-81, Exit 10 (SE of Cortland), go east for 6.1 miles on NY 41. Bear left onto Telephone Road for 2.8 miles, and then left on Hawley Woods Road for 1.1 miles. Turn left on Taylor Valley Road for 3.3 miles to the trailhead. Or, if coming from the east, you can take Taylor Valley Road northwest off NY 26 a mile north of Cincinnatus for 7.4 miles to the trailhead.

## MILES DESCRIPTION

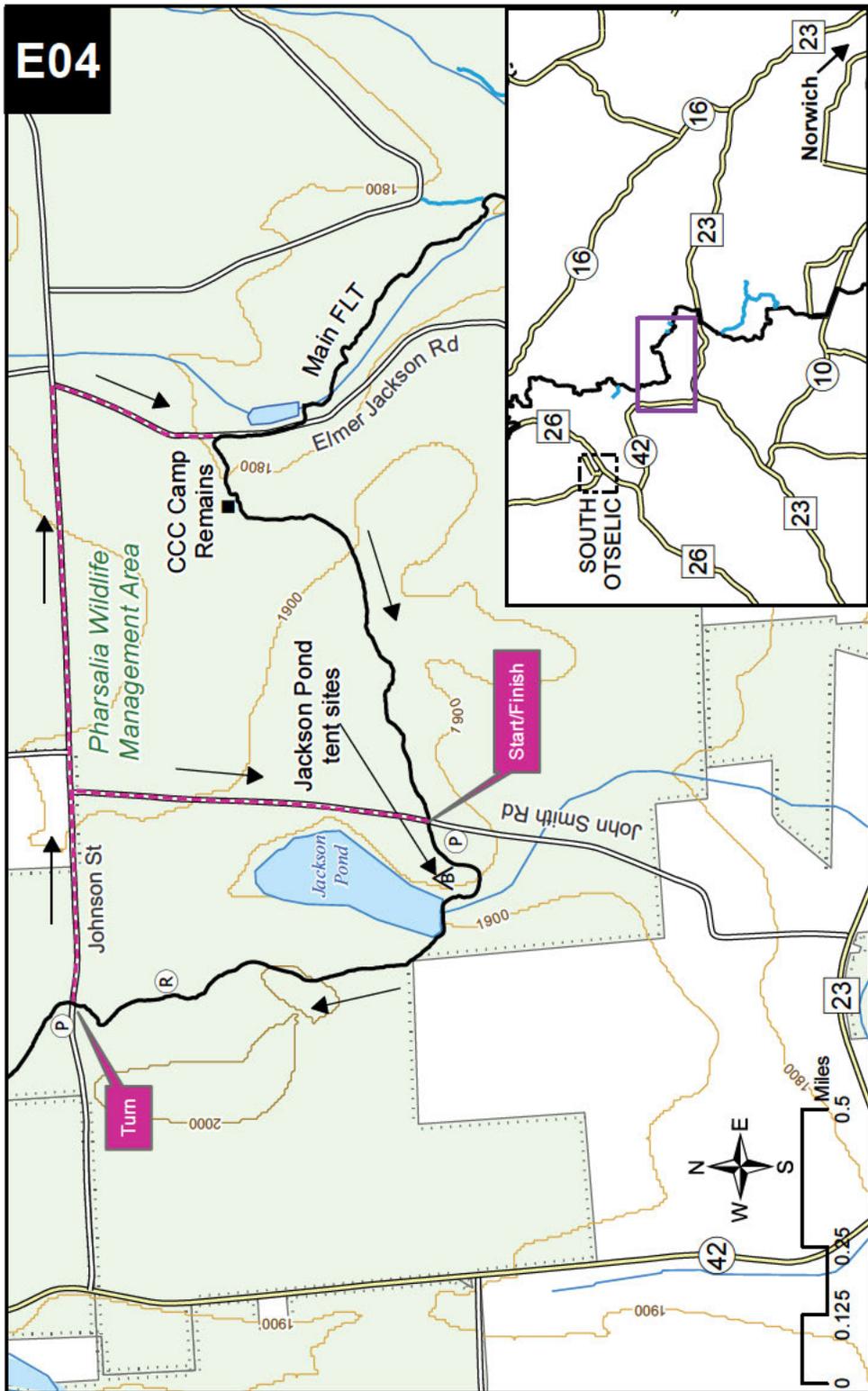
- 0.0 Cheningo Day Use Area Campground (1220'). Parking, North Country National Scenic Trail kiosk, camping, reliably running stream, pavilion and picnic tables on east side of the road. Currently, there is no outhouse. The FLT heads to the south from the parking area.
- 0.2 Cross Cheningo Creek on large stepping stones added in 2009. Turn northwest and begin a very gradual climb following the west bank of Cheningo Creek. Wildflowers, including both red and white trillium, abound in the spring.
- 1.0 Reach Cortland Two Road after a short, steep uphill (1260'). Turn around here and retrace your steps. (Or, if adventurous and want to enjoy the long, steep climb to Hilltop Pond at 1800', turn left on Cortland Two Road for a roundtrip of 4.4 miles).
- 2.0 Back to your vehicle.



**Note:** Contact NYS DEC, 1285 Fisher Ave., Cortland, NY 13045, 607-753-3095, for a camping permit if more than 10 in a group or if planning on camping more than three days at this primitive campground; allow one week.

**Other nearby hikes:** Order FLT map M21. If you like climbing a hill on nice switchbacks, hike the trail on the other (eastern) side of Taylor Valley Road.

E04



# John Smith Road to Johnson Street

E04

<b>Distance:</b>	2.2 miles out and back (or 2.1 miles loop or 3.4 miles loop)
<b>Hiking Time:</b>	1 hour (or 2 hours if doing 3.4 miles loop)
<b>Difficulty:</b>	Easy (fairly level)
<b>Access:</b>	Seasonal, dirt roads; not all plowed November - April

This hike in the Pharsalia Wildlife Management Area (WMA) features scenic trails that are fairly level and has good parking for 8 cars. You'll see a picturesque pond, hardwoods and the remains of a CCC camp if doing the 3.4-mile loop.

**Parking GPS Coordinates:** N42° 37.267' W75° 43.805'

**Directions to the trailhead:** From NY 26, 1.2 miles south of South Otselic, take CR 42 east and south for 4.4 miles to NY 23. Turn left (east) on NY 23 for 0.5 mile, and then turn left (north) on John Smith Road. Follow it north for 0.8 mile; you will see a fairly large parking area on your left; the trail crossing is 100 yards north. From the east (Norwich), take NY 23 west for about 13 miles to the right turn (north) onto John Smith Road.

## MILES DESCRIPTION

- 0.0 John Smith Road (good parking just to south; 1940'). Not plowed in winter.
- 0.3 Dam at southern end of Jackson Pond. Bivouac area on SE end of Jackson Pond (to camp in Pharsalia WMA, secure permit from NY DEC, 1285 Fisher Ave., Cortland NY 13045, 607-753-3095; allow one week).

Pass a Trail register on the right; please sign the register.

- 1.1 Johnson Street (parking, 1970'). At this point, one option is to turn around and retrace your steps. This will take you back to your vehicle after having hiked 2.2 miles.

A second option is to turn right (east) on Johnson Street until you reach John Smith Road in 0.4 mile. Then turn right (south) on John Smith Road for 0.6 mile. This will take you back to your starting point after having walked a total of 2.1 miles.

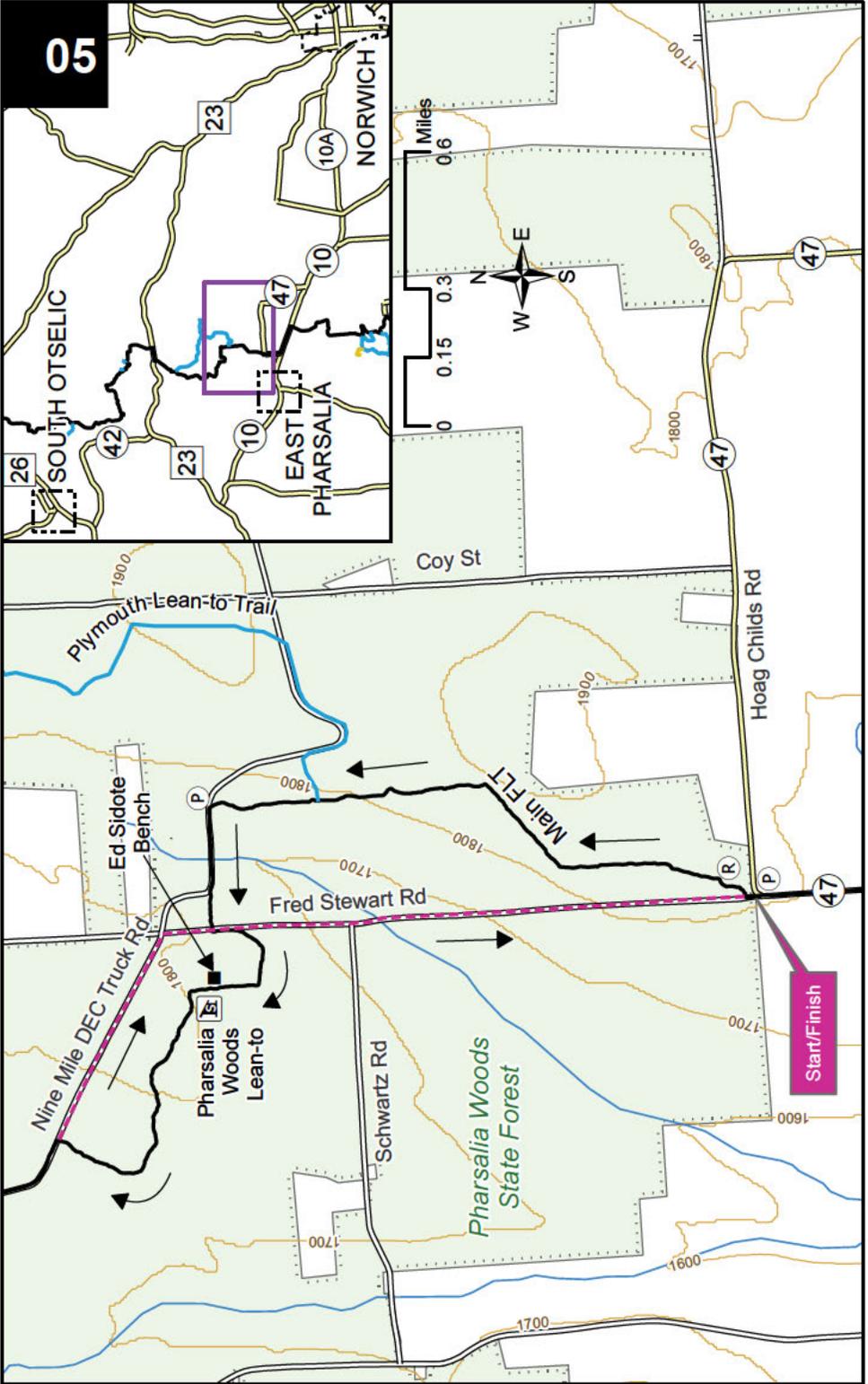
A third option (*the best one!*) is to turn right (east) on Johnson Street until you reach Elmer Jackson Road in 1.1 miles. Then turn right (south) for 0.3 mile. This takes you to a trailhead of the FLT (you may first wish to travel 0.1 mile farther south on Elmer Jackson Road for a view of another nice pond). Turn right (west) on the FLT and find the CCC Camp's remains 0.1 mile ahead; this includes stairs, steps and old foundations. Continue west on the FLT for a total of 3.4 miles back to your vehicle.



**Other nearby hikes:** Order FLT map M23 for an overview and other hikes.

**Nearby attractions:** There is a grocery store in South Otselic, and Ed Sidote, "Mr. FLT," recommends their sandwiches and subs.

05



# Stewart Road S to DEC Road West Loops

**E05**

**Distance:** 4.5 miles (Figure 8)  
**Hiking Time:** 2 hours  
**Difficulty:** Easy (mostly level)  
**Access:** Paved roads; good shoulder parking

This hike is entirely in New Michigan State Forest in mostly hardwoods, with cisterns, a bench, old rock fencing, a foundation and a new lean-to.

**Parking GPS Coordinates:** N42° 33.868' W75° 41.928'

**Directions to the trailhead:** From Norwich, take W. Main St. (soon becoming CR 10A) west for 5.5 miles, where it becomes CR 10. Continue west for 4.3 miles, and turn right on Fred Stewart Road (CR 47) for 0.5 mile; park at the intersection with Hoag Childes Road (also CR 47). From the west, go east on NY 23 from Cincinnatus for 7.3 miles, turn right (east) onto CR 10 for 4.8 miles, and then left (north) on Fred Stewart Road for 0.5 mile.

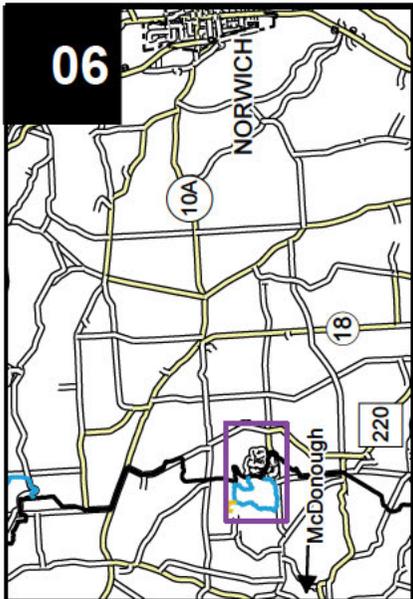
## MILES DESCRIPTION

- 0.0 The main (white-blazed) FLT heads north into the woods off Fred Stewart Road and soon passes a trail register on the left; please sign the register.
- 1.1 The blue-blazed Plymouth Lean-to Trail comes in from the right (east). The lean-to is 1.8 trail miles to the northeast. It is scheduled to be replaced soon by a new lean-to near here.
- 1.4 Turn left after reaching Nine Mile DEC Truck Road with shoulder parking.
- 1.5 Pass a CCC cistern (a small pond) on your left.
- 1.6 Ascend a gentle grade and cross Fred Stewart Road. The trail turns left (south) into pines and parallels the road.
- 1.8 Pass an old foundation on the left. The trail turns briefly west and then north along the remains of a rock wall.
- 2.0 Pass the Ed Sidote Bench, dedicated in 2010 to "Mr. FLT" by the FLT Bullthistles Hiking Club.
- 2.1 Pass the new Pharsalia Woods Lean-to (built in the fall, 2013) on the left.
- 2.7 The trail reaches Nine Mile DEC Truck Road after passing another CCC cistern on the left. Turn right (southeast) on Nine Mile DEC Truck Road and follow the road (or turn left for about a mile to follow the white blazes of the main FLT to examine an area damaged by a tornado several years ago with the trail now restored, and then retrace your route; **not on map**).
- 3.2 Turn right (south) on Fred Stewart Road.
- 4.5 Back to your vehicle.



**Other nearby hikes:** Order FLT map M23 for an overview and other hikes.

**Nearby attractions:** Bowman Lake State Park (S. P.) is just south of here with camping, swimming and a summer food concession. Nearby "watering holes" with decent food are the Balsam Inn in East Pharsalia and The Outpost Restaurant 1.5 miles south of Bowman Lake S. P. on NY 220.



# Kopac Trail Loop - Bowman Lake State Park

**E06**

**Distance:** 3.1 miles loop or 3.9 miles with a short out and back  
**Hiking Time:** 1.5 - 2 hours  
**Difficulty:** Easy  
**Access:** All paved roads; Bowman Lake State Park is open in the winter for cross-country skiing

This nearly level hike has many puncheons (wooden bridges) over muddy or wet areas. You will see lakes, an observation deck and views from a scenic dam.

**Parking GPS Coordinates:** N42° 31.251' W75° 41.170'

**Directions to the trailhead:** From Norwich, take W. Main St. (soon becoming CR 10A) west for 5.5 miles, at which point it becomes CR 10. After 0.9 mile on CR 10, turn left (south) onto CR 18 for 1.2 miles. Turn right (west) on Blivan Sherman Road for 2 miles to the park entrance. From NY 220 south of the park, take Sherman Road (NY 991A) north for 1.5 miles to the park's entrance.

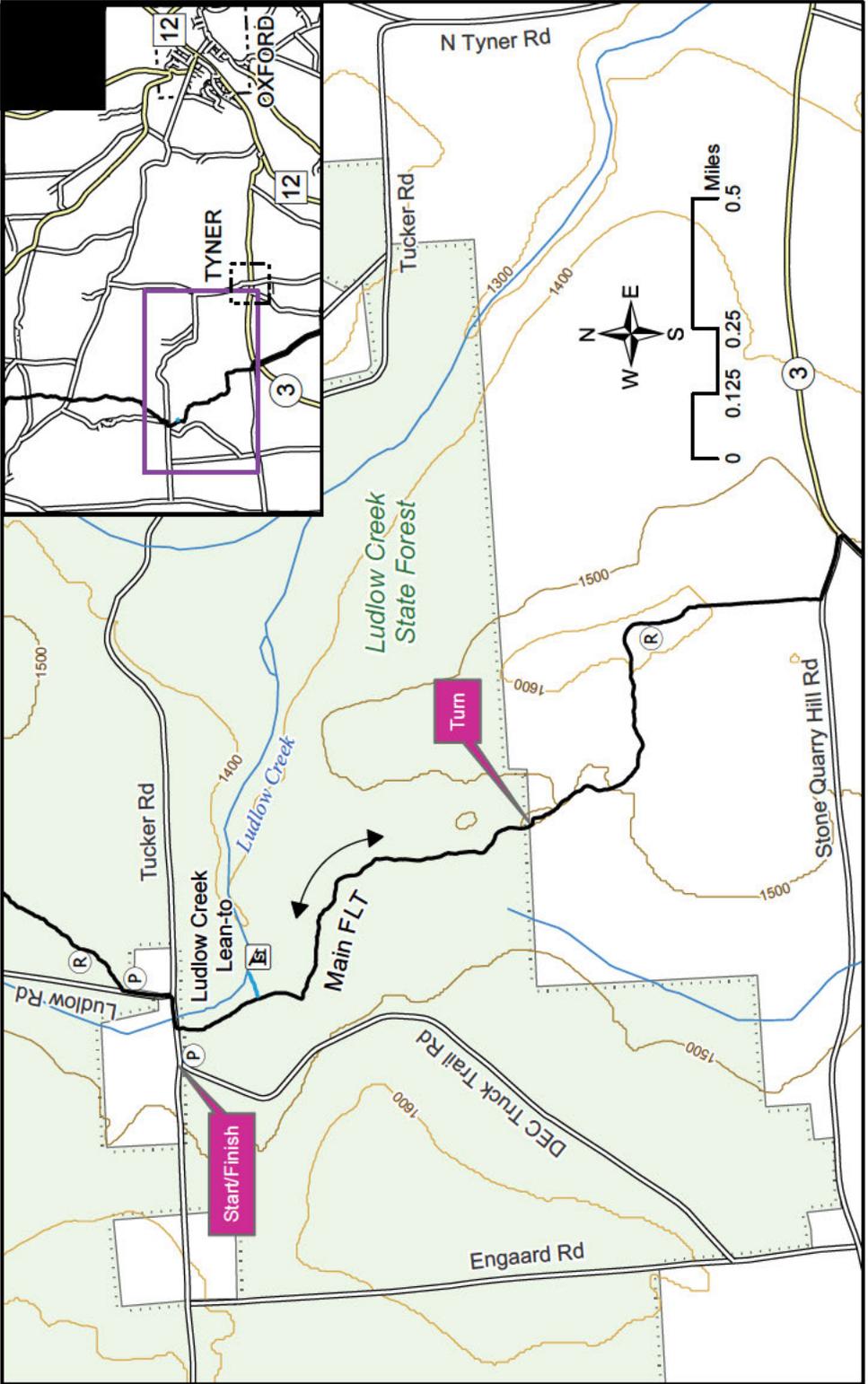
## MILES DESCRIPTION

- 0.0 Beach parking lot in Bowman Lake State Park (1600'). Walk north on the white-blazed Finger Lakes Trail.
- 0.1 Turn left (west) on the blue-blazed Kopac Trail.
- 0.3 Cross the yellow-blazed Lake Loop Trail and continue straight (west) on the blue-blazed trail.
- 0.4 Trail turns sharply right (north) and ascends gently over the next 0.4 mile.
- 0.8 The trail turns left (west) and levels out.
- 1.1 Reach an intersection on the right (north) with the yellow-blazed trail leading 0.4 mile to the Kopac Trail's tent site and the shore of Whaley Lake. The blue-blazed trail turns left (south). This short, level out and back is worth taking, adding 0.8 mile to the hike.
- 2.0 Reach an intersection to the right with the yellow-blazed, ADA-accessible trail. This trail makes a 0.1 mile loop to an observation deck. There is also a yellow-blazed spur off this loop to a parking lot located less than 0.1 mile to the south on Sherman Rd. Blue-blazed trail turns left (east).
- 2.5 The yellow-blazed Lake Loop Trail that you passed at 0.3 mile comes in from the left (north). Continue straight on the blue-blazed trail.
- 2.8 Blue blazes end at the intersection with the white-blazed FLT. Continue straight ahead (north), following the white blazes 0.3 mile to return to the parking lot and your vehicle.
- 3.1 Back to your vehicle. **Note:** If you walked the out and back to Whaley Lake, you have hiked 3.9 miles.



**Other nearby hikes:** Order FLT map M24 for an overview of the area.

**Nearby attractions:** These are in Bowman Lake State Park itself. There is a large campground (no electric hookups), a beach for swimming, numerous other hiking/XC ski trails and a food concession that is open in the summer.



# Ludlow Creek Lean-to Out and Back

E07

<b>Distance:</b>	1.8 miles out and back (or 3.6 miles if venturing to the next road, Stone Quarry Hill Road, and back)
<b>Hiking Time:</b>	1 hour (or 2 hours to Stone Quarry Hill Road)
<b>Difficulty:</b>	Easy
<b>Access:</b>	Seasonal roads; not plowed November - April

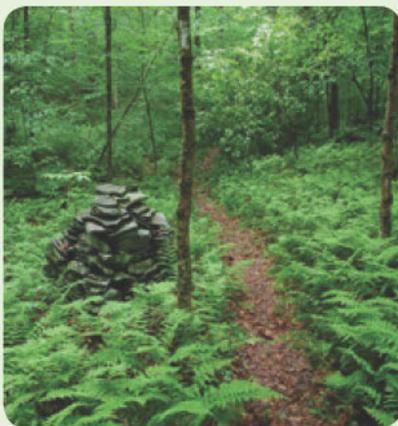
This hike visits a fairly new lean-to situated above a scenic section of Ludlow Creek. The hike traverses level terrain through hardwoods and is free of mud most of the year.

**Parking GPS Coordinates:** N42° 26.854' W75° 42.288'

**Directions to the trailhead:** From NY 12, 1.7 miles south of Oxford (or 11.6 miles north of Greene), turn west on CR 3. Continue 2 miles to the hamlet of Tyner and turn right (north) on N Tyner Rd. In 0.8 mile, bear left (west) uphill on Tucker Road (no road sign). Continue 2.4 miles to the DEC parking on the left at the intersection of the DEC Truck Trail Road.

## MILES DESCRIPTION

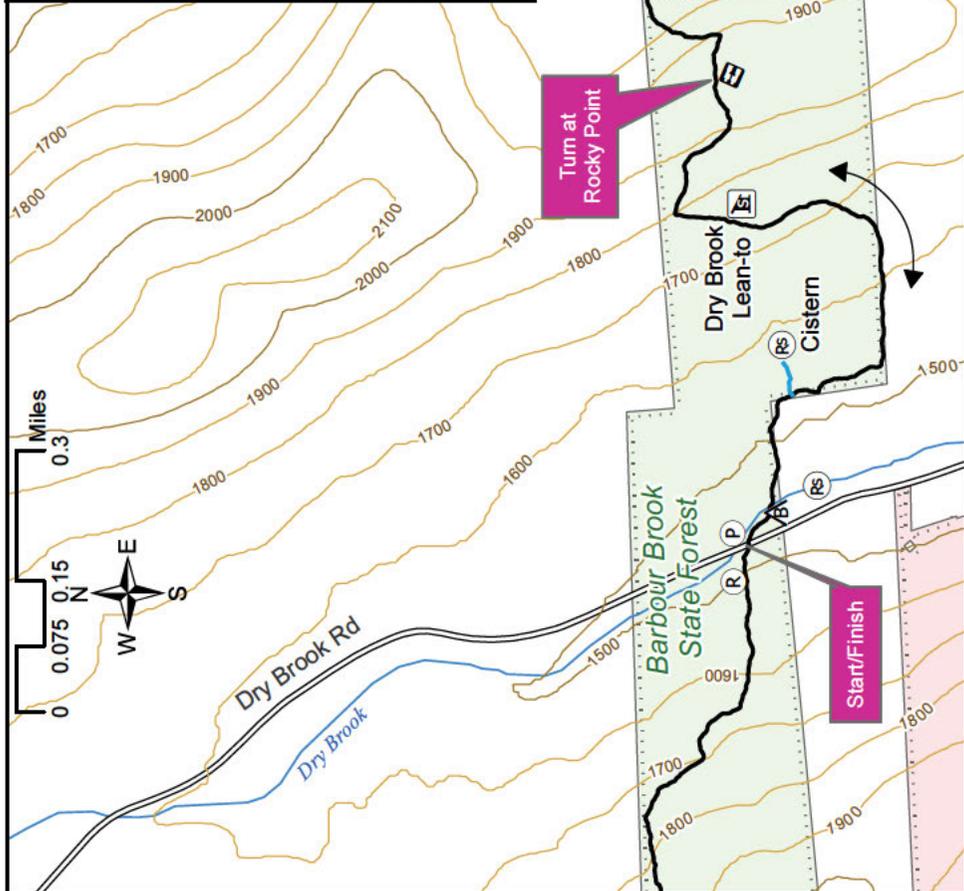
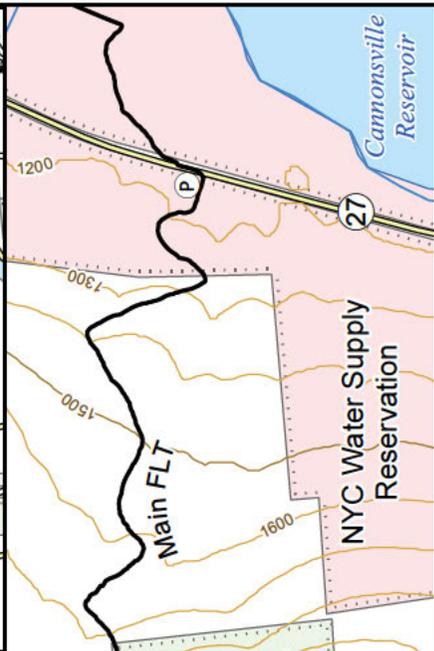
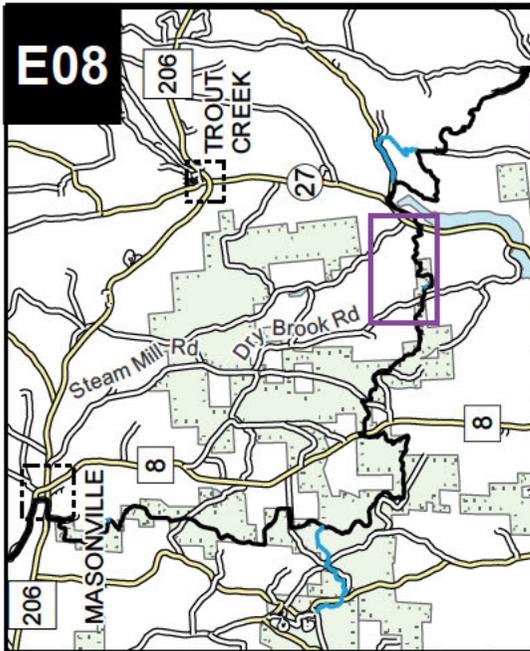
- 0.0 The white-blazed Finger Lakes Trail heads south from Tucker Road 100 yards east of the DEC parking area (midway between the junctions of Tucker Road with Ludlow Road and the DEC Truck Trail Road).
- 0.1 Ludlow Creek Lean-to is 100 yards east on the blue-blazed spur trail to the left. It sits in a nice setting above Ludlow Creek, a reliable stream. There is a fireplace, bench and outhouse. Built in 2000, it was a cooperative project by the Chenango County Healthy Heart Coalition, the Finger Lakes Trail Conference, the New York State Department of Environmental Conservation and the New York State Department of Correctional Services.
- 0.4 Note the rock piles. One theory is that this was an Indian cemetery, but it is more likely these are recent "White Man's" activities. Ahead, ATV tracks may crisscross the trail, so be careful to follow white blazes.
- 0.8 Take the left fork; seasonal spring on the left. Soon cross the creek on the bridge built by Kyle LaCotta as an Eagle Scout project in 2005.
- 0.9 Reach Ludlow Creek State Forest's boundary; you may turn around here and retrace your steps. However, you may wish to continue farther (now on private land) on this easy, level terrain to Stone Quarry Hill Road (please sign the Trail Register), which is an additional 0.9 mile, where you will want to turn back, because a long road walk begins at that point.
- 1.8 Back to your vehicle; 3.6 miles if you ventured all the way to Stone Quarry Hill Road.



**Other nearby hikes:** Order FLT map M24 for an overview of the area.

**Nearby attractions:** Bowman Lake State Park is just north of here. See E06 for a hike within the park, plus the park's attractions.

**E08**



# Dry Brook Lean-To and Rocky Point

E08

**Distance:** 1.8 miles out and back  
**Hiking Time:** 1 to 1.5 hours  
**Difficulty:** Moderate  
**Access:** Seasonal dirt roads; shoulder parking

This hike travels through hilly terrain in the foothills of the Catskills. It passes through both evergreen and deciduous forests in Barbour Brook State Forest. The hike features a bivouac area (tenting), a footbridge across Dry Brook, a cistern built by the CCC in the 1930s, a lean-to with an outhouse and a spectacular, rocky outcrop at the summit of the hike.

**Parking GPS Coordinates:** N42° 09.165' W75° 18.979'

**Directions to the trailhead:** You are *strongly urged* to use the GPS coordinates listed above, for the trailhead is not easy to spot! However, you can take CR 27 south from Trout Creek (on NY 206) for 5.3 miles and then turn right (west) on Dry Brook Road for 2.5 miles to the hard-to-see trailhead (*go slow!*). Shoulder parking on the east side of Dry Brook Road.

## MILES DESCRIPTION

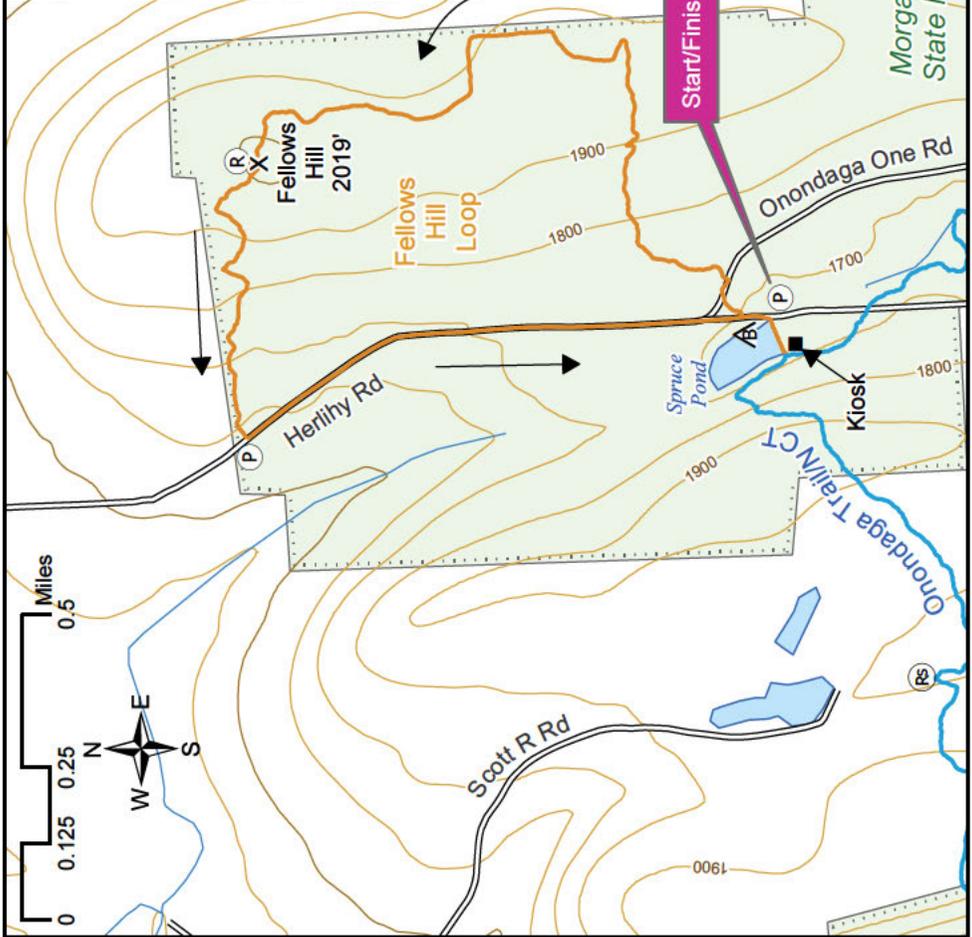
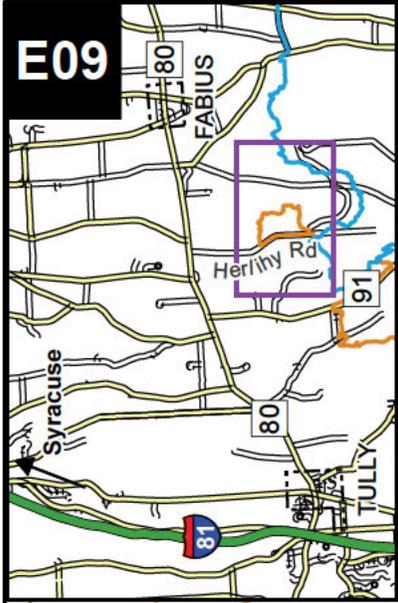
- 0.0 Head east from the parking area on the white-blazed Finger Lakes Trail. Soon walk through a designated bivouac area (tenting) and cross a footbridge built in 2004 as the Eagle Scout project of Andrew Schaefer of Troop 74, Deposit. The trail ascends through hardwoods and conifers.
- 0.2 Pass (*but please visit!*) the blue-blazed trail going 250' uphill to a cistern (small pond) to the east; reliable water, but treat.
- 0.7 Pass Dry Brook Lean-to (1750') with an outhouse on the right. No nearby water; the closest water is the cistern to the west. This lean-to was built in 1999 as the Eagle Scout project of Liam Fox of Troop 52, Bainbridge.
- 0.9 Reach Rocky Point (1950'). Stop and enjoy the striking rock formations. Turn around here and retrace your route back to the starting point. Or, if adventurous and want to experience even steeper trails, continue east on a soon-to-be, very steep downhill!
- 1.8 Back to your vehicle. Or longer if you were adventurous!



**Other nearby hikes:** Order FLT map M27 for an overview of the area. There are very nice hikes on this map to the east and north.

**Nearby attractions:** Oquaga Creek State Park is west of here. See map M27 for its location.

**E09**



# Fellows Hill Loop

E09

**Distance:** 3.5 miles loop  
**Hiking Time:** 2.0 hours  
**Difficulty:** Moderate (two climbs and two descents)  
**Access:** Herlihy Road is seasonal dirt at the designated parking

This hike features a stroll through hardwoods with a few evergreens, a scenic pond and a climb to the summit of a hill that is over 2,000 feet in elevation.

**Parking GPS Coordinates:** N42° 47.961' W76° 01.534'

**Directions to the trailhead:** From Exit 14 (Tully) of I-81, drive east on NY 80 for 5.3 miles. Turn right (south) on Herlihy Road and drive 2.2 miles to the DEC parking area at the southern end of Spruce Pond. From the east, Herlihy Road is 2.6 miles west of Fabius on NY 80.

## MILES DESCRIPTION

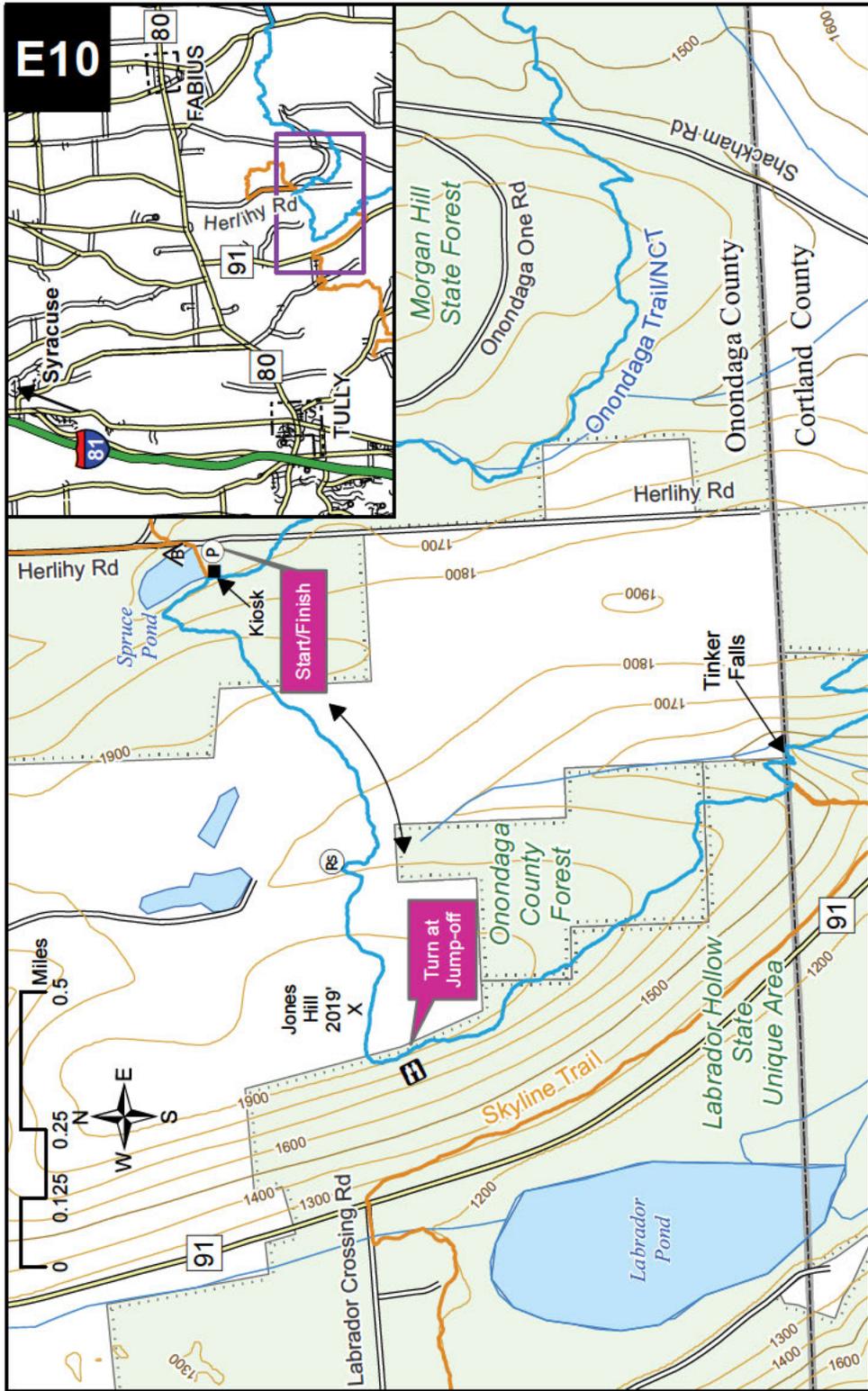
- 0.0 Begin at the parking lot on Herlihy Road next to the Spruce Pond dam (1700'; the blue-blazed Onondaga Trail and a North Country National Scenic Trail kiosk are 0.1 mile west across the dam) and follow the orange-blazed Fellows Hill Loop Trail north on Herlihy Road from the parking area for a short distance.
- 0.05 Turn right (east) off the road. The Spruce Pond Camping Area is on the left side of the road. Camping is allowed by permit only (one day or more) from Dept. of Environmental Conservation, Division of Lands and Forests, 1285 Fisher Ave., Cortland, NY 13045, (607) 753-3095; allow one week.
- 0.1 Cross the Onondaga One Road, turning briefly right onto the road and then leaving the road on the left. Begin the ~240' ascent of Fellows Hill.
- 1.5 Reach the top of Fellows Hill (2019') and a trail register; please sign the register. Continue following the trail to descend to the west.
- 2.1 Turn left (south) on Herlihy Rd. (1580') and then a quick right to descend gently into the woods. There is parking here except in winter, for this is a turn-around for snow plows.
- 2.6 Reach the bank of a creek, and then turn generally south.
- 3.3 After climbing gently, join blue-blazed Onondaga Trail continuing south.
- 3.4 Reach a North Country National Scenic Trail kiosk. Turn left across the dam of Spruce Pond, following orange blazes.
- 3.5 Arrive at the parking lot and your vehicle.



**Other nearby hikes:** Order FLT map O1 for an overview of the area. Another Passport East hike (E10) starts and finishes from this same DEC parking area.

**Nearby attractions:** The Labrador Hollow State Unique Area is just to the west of here. At the northern end of Labrador Pond, there is an interpretive boardwalk that you might enjoy. You might also like the very short hike from NY 91 to the base of Tinker Falls; see map O1 and the Trail Notes on the back.

# E10



# Spruce Pond to Hang Glider Jump-Off

E10

**Distance:** 3.0 miles (or 5.2 miles to Tinker Falls) out and back  
**Hiking Time:** 1.5 - 2 hours (or 3 hours if venturing to Tinker Falls)  
**Difficulty:** Moderate (two climbs)  
**Access:** Herlihy Road is seasonal and dirt at the designated parking

This hike on the Onondaga Trail/North Country Trail (NCT) features a stroll through hardwoods with a few evergreens, a scenic pond and a spectacular view looking down at the Labrador Hollow State Unique Area and beyond.

**Parking GPS Coordinates:** N42° 47.961' W76° 01.534'

**Directions to the trailhead:** From Exit 14 (Tully) of I-81, drive east on NY 80 for 5.35 miles. Turn right (south) on Herlihy Road and drive 2.2 miles to the DEC parking area at the southern end of Spruce Pond. From the east, Herlihy Road is 2.6 miles west of Fabius on NY 80.

## MILES DESCRIPTION

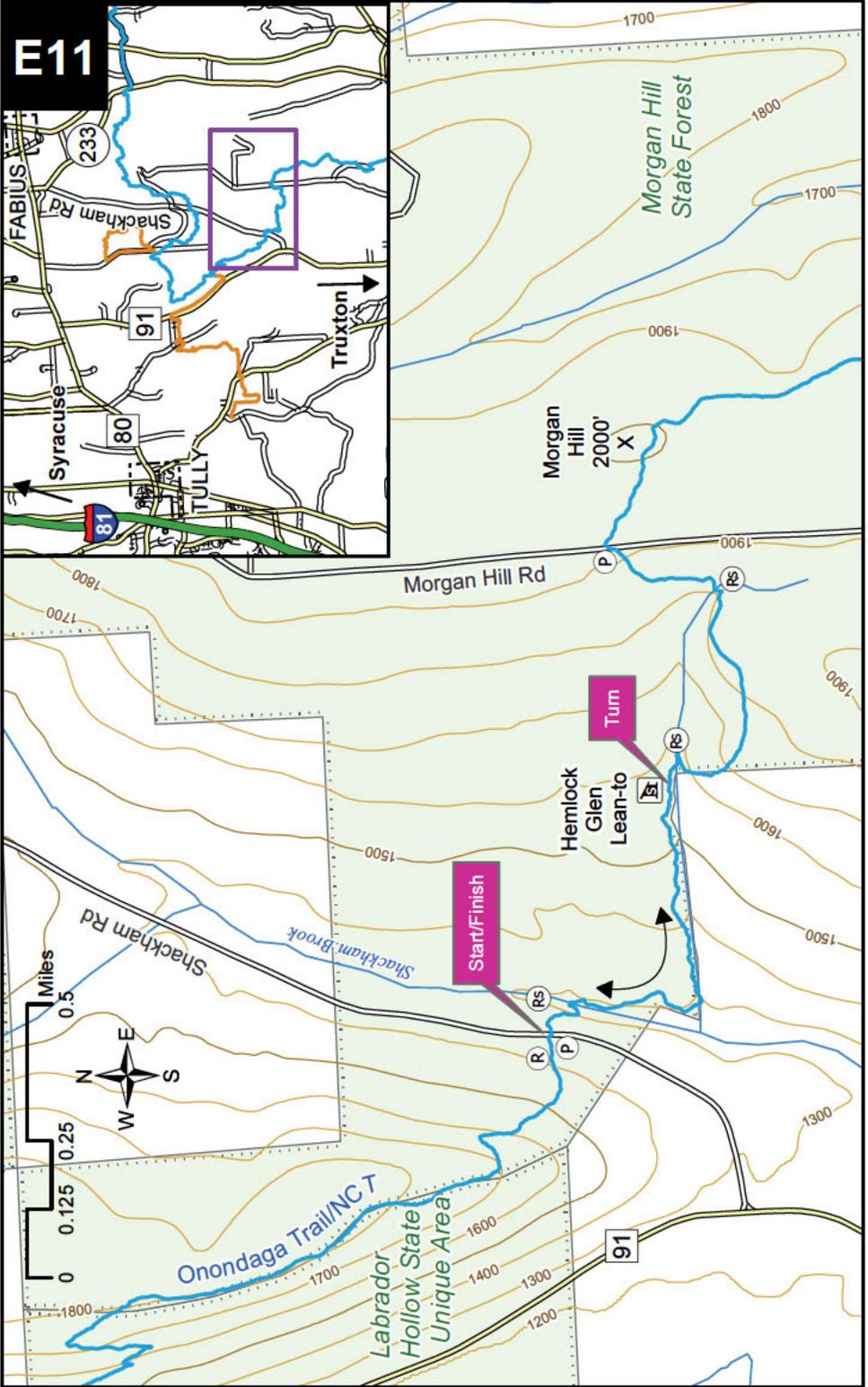
- 0.0 Begin at the parking lot on Herlihy Road next to the Spruce Pond dam (1700'). Hike west across the dam on the orange-blazed trail.
- 0.1 Reach a North Country Scenic Trail kiosk and the blue-blazed Onondaga Trail. Turn right (north) on the Onondaga Trail, first passing along the western shore of the pond and then beginning the first climb.
- 0.5 Leave Morgan Hill State Forest.
- 1.3 The summit of Jones Hill (1964') is just north of the trail.
- 1.4 Leave private land and enter Labrador Hollow State Unique Area.
- 1.5 Reach Jones Hill hang glider jump-off point (1920'). Enjoy surprising views of Labrador Pond and the narrow, deep, steep-walled valley. Here you can turn around and retrace your steps, but, if you want a longer hike, keep hiking south on the Onondaga Trail to reach the top of Tinker Falls 1.1 miles farther. This will make the total distance of your hike 5.2 miles.
- 3.0 Return to your vehicle.



**Other nearby hikes:** Order FLT map O1 for an overview of the area. Another Passport East hike (E09) starts and finishes from this same DEC parking area. Perhaps you'd like to do both of them on the same day.

**Nearby attractions:** The Labrador Hollow State Unique Area is just to the west of here. At the northern end of Labrador Pond, there is an interpretive boardwalk that you might enjoy. You might also like the very short hike from NY 91 to the base of Tinker Falls; see map O1 and the Trail Notes on the back.

E11



# Shackham Road to Hemlock Glen Lean-to

**E11**

<b>Distance:</b>	1.8 miles (or 3.6 miles to Morgan Hill's summit) out and back
<b>Hiking Time:</b>	1 hour (or 2 hours if venturing to Morgan Hill's summit)
<b>Difficulty:</b>	Easy to moderate (some climbing)
<b>Access:</b>	Paved roads; shoulder parking

This hike on the Onondaga Trail/North Country Trail (NCT) has a nice bridge over a large stream, a stream with small waterfalls and the Hemlock Glen Lean-to in a picturesque setting. If doing the longer hike, you'll climb to the summit of Morgan Hill, which is 2000'; can you catch your breath?

**Parking GPS Coordinates:** N42° 46.183' W76° 01.148'

**Directions to the trailhead:** From Truxton, head north on NY 91 for 3.7 miles, turn right for 0.5 mile on Shackham Road for shoulder parking at the trailhead. From I-81 in Tully (Exit 14), go 4.1 miles east on NY 80, turn right (south) for 4.5 miles on NY 91, and left for 0.5 mile on Shackham Road to the trailhead.

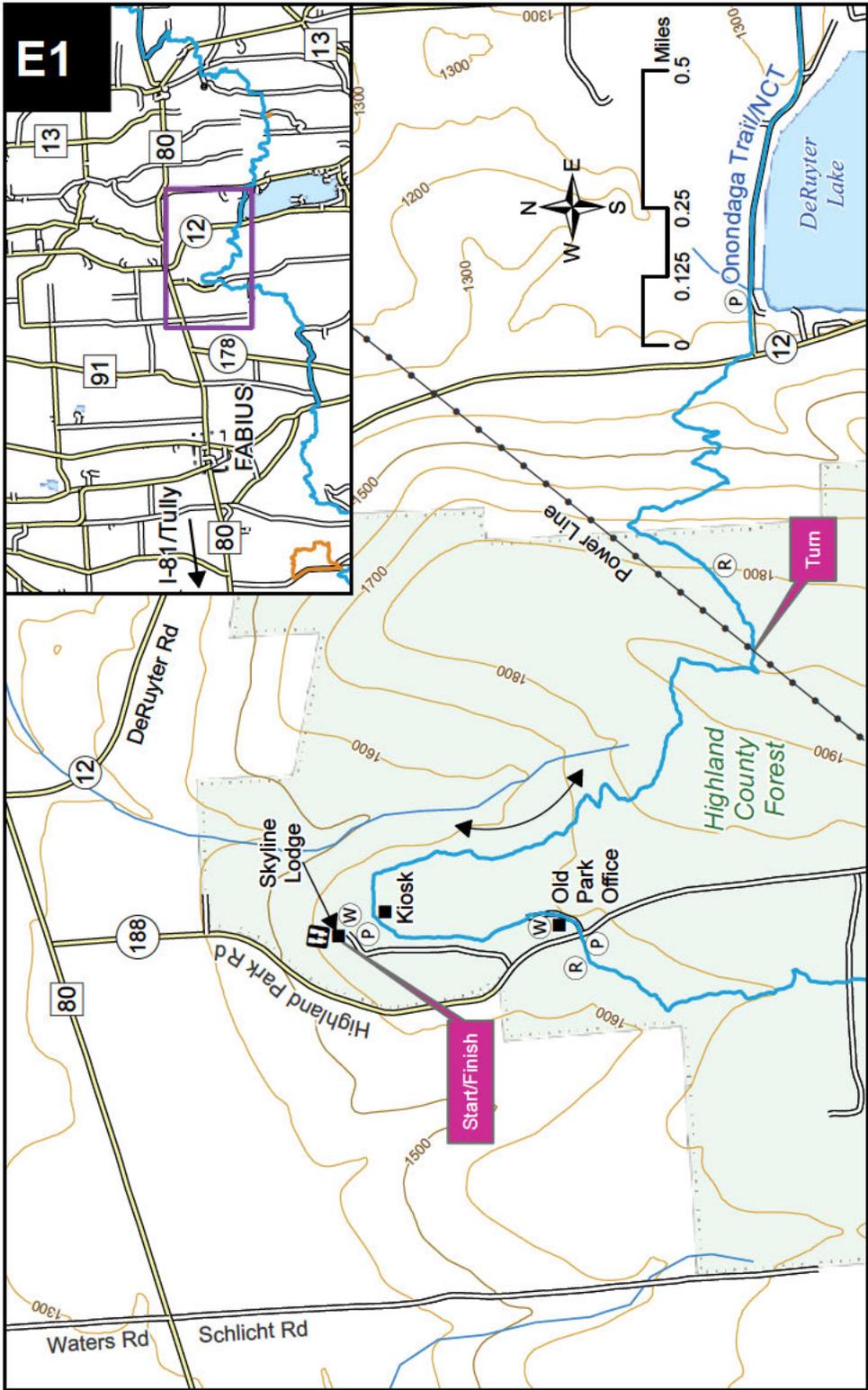
## MILES DESCRIPTION

- 0.0 The trail leaves Shackham Road, heading downhill to the east (1350').
- 0.1 Pass an illegal bivouac area (NYS DEC regulations stipulate that tenting sites must be at least 150' from streams), and then cross Shackham Brook on a large bridge. **Note:** This is the *southern* crossing of the Onondaga Trail on this road.
- 0.5 Note the waterfalls on the right.
- 0.9 Hemlock Glen Lean-to near Hemlock Brook (1640'); outhouse, picnic table and a fire ring. The trail descends through scenic Hemlock Glen. Turn around here and retrace your steps or, if adventurous, continue uphill 0.9 mile farther to Morgan Hill's summit after crossing Morgan Hill Road, which will give you a round-trip of 3.6 miles. You will find the remains of the concrete foundation for a former fire tower at the summit.
- 1.8 Back to your vehicle.



**Other nearby hikes:** Order FLT map O1 for an overview of the area.

**Nearby attractions:** The Labrador Hollow State Unique Area is just to the northwest of here. At the northern end of Labrador Pond, there is an interpretive boardwalk that you might enjoy. You might also like the very short hike from NY 91 to the base of Tinker Falls; see map O1 and the Trail Notes on the back.



# Highland Forest Park

**E12**

**Distance:** 2.6 miles (or 4.6 to DeRuyter Lake) out and back  
**Hiking Time:** 1.5 hours (or 3 hours to DeRuyter Lake)  
**Difficulty:** Easy (moderate to DeRuyter Lake)  
**Access:** Paved roads to the paved parking lot at Skyline Lodge

This hike is within Highland Forest Park, a large park in Onondaga County. The many trails in this park are popular for hiking, running and cross-country skiing. This hike uses the blue-blazed Onondaga Trail/North Country Trail (NCT), which in places is shared with some of the main trails in the park and in other places is relatively new. This hike goes through mainly deciduous forests. There is a great view to the north from Skyline Lodge!

**Parking GPS Coordinates:** N42° 50.217' W75° 55.384'

**Directions to the trailhead:** From Exit 14 (Tully) of I-81, drive east 10.9 miles on NY 80 and turn right on Highland Park Road (CR 188). Go uphill 0.9 mile and turn left for 0.2 mile to the Skyline Lodge's parking lot. An admission fee of \$1 per person is payable inside the lodge.

## MILES DESCRIPTION

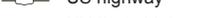
- 0.0 North Country National Scenic Trail kiosk and Skyline Lodge (1660'); parking, drinking water and restrooms. Be sure to take the blue-blazed trail east (*not south!*) from the kiosk that is on the main hiking trail in the park.
- 0.3 Right (south) off main park trail. Continue to follow blue blazes.
- 0.4 Cross a main park trail.
- 1.0 Right (south) on a main, north-south park trail. Here is the high point of the trail in the park (1920').
- 1.2 Left off north-south park trail. Very soon cross a park road/horse trail.
- 1.3 Reach a power line. You may turn around here and retrace your steps. However, you may also continue downhill (*switchbacks help ease the return trip uphill!*) to W. Lake Road and a view of DeRuyter Lake (1340'); please sign the Trail Register along the way.
- 2.6 Back to your vehicle (or 4.6 miles if you descended to DeRuyter Lake).



**Other nearby hikes:** Order FLT map O2 for an overview of the area. There are more than 20 miles of trails in Highland Forest, some designed for cross-country skiing. Check the Office in Skyline Lodge for a map.

**Nearby attractions:** There is a museum near the old park office, 0.4 mile south of the Start/Finish of this hike. Getting to it is a nice, easy walk. DeRuyter Lake, a fairly large lake, is to the southeast.

## Map Legend

 Finger Lakes Trail - white blazes	 Public campground
 Side trail - orange blazes	 Private campground
 Side trail - blue blazes	 Stream
 Side trail - yellow blazes	 Interstate highway
 Non FLT trail	 US highway
 Parking	 NY State highway
 Trail register	 County route
 Water, potable	 Town road
 Reliably running stream or spring (treat)	 Poor road
 Trail access point (number/letter each)	 Pipeline
 View	 Railroad
 Shelter	 Powerline
 Bivouac area (primitive campsite)	



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## How to Order Maps

The Finger Lakes Trail Conference (FLTC) produces up-to-date trail maps for the entire system. There are 62 maps that cover more than 950 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 detailed, “step-by-step” information for following the trail.

Maps may be ordered on-line from the FLTC. Prices start at \$2.35 per map, plus shipping and sales tax, and are discounted when you purchase more than three. The complete set of 62 maps is \$65.58 (as of 2013, plus shipping and tax). Members of the FLTC receive a 20% discount on maps and other items purchased from the FLTC. Individual maps with GPS track data for immediate download to your computer, smartphone or GPS may also be purchased. To order, go to our website, [www.FingerLakesTrail.org](http://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.

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Photo by Jacqui Wensich



# Instructions for Claiming Passport “Prizes”

The Passport Project is designed to encourage people to explore hiking and, more specifically, the Finger Lakes Trail. The sponsors have contributed generously to this project, because they feel that healthy living is important. Not only is hiking good exercise, but it can encourage young people to develop their love for the outdoors.

To encourage participation in this program, you are being offered incentives to hike at least four (4) of the 12 hikes in this booklet. To verify that you did a hike, make a rubbing of the trail marker on page 40 in one of the 12 spaces provided. Simply lay that page of your booklet over the lower, right corner of the trail marker and rub gently with a pencil or crayon. The image (map number) will then show on the page. When you complete at least four of the hikes, you may send in that page, and we will give you a special FLT patch indicating that you participated in this Passport Project AND coupons from our sponsors for discounts or free merchandise (subject to sponsor restrictions). When you complete at least 10 of the 12 hikes, we will also enter your name in a drawing for bigger prizes. Drawings will be held in October of each year for as long as Wegmans participates. You may send in only one prize registration form per Passport for a total of three submissions if you do at least 10 hikes in each of the Passport Series, so we encourage you to wait until you have done all of the hikes you intend to do before mailing it. Send your rubbings on page 40 to the Finger Lakes Trail Conference, 6111 Visitor Center Road, Mt. Morris, NY 14510.



FLT Patch

This program will last until the sponsors withdraw their support.

# 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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\_\_\_\_\_ **Life Family** \$600\*\*

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. Memberships received from December through March will expire the following year.

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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 prize.


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