					Canal								
				Total	or Rail	Multi		Creek			Back		
			Difficulty	Mileage	Trail	use	Hike	Walk	Bike	Ski	Horses	Pack	Paved	BK
Seneca County														
	Esker Brook Trail (Montezuma National Wildlife Refuge)		E	1.5			x			x				TH
	Esker Brook Trail (Montezuma National Wildlife Refuge)		E	1.5			x			x				BD
		An easy hike along Esker Brook.												
	Turtle Pond Trail (Montezuma National Wildlife Refuge)		E	1.0			x			x				
		A short, buggy loop.												
	Malone's Creekside Trail (Montezuma National Wildlife Refuge)		E	1.2			x			x				
		An easy loop along a creek and through a marsh area.												
	Marten's Tract Trail (Montezuma National Wildlife Refuge)		E	3.0			x			x				
		Trails on top of dikes to a marsh area.												
	Helmer's Marsh Trail (Montezuma National Wildlife Refuge)		E	1.0			x			x				
		A short rail-trail through a marsh.												
	No-Tan-Takto Trail (Finger Lakes National Forest)		E	4.5			x			x		x		ST
		Part of the Finger Lakes Forest loop trail system.												
	Interloken Trail (Finger Lakes National Forest)		E	12.0			x			x		x		ST
		A great hiking or backpacking trail that intersects the Finger Lakes Trail.												
	Backbone Trail (Finger Lakes National Forest)		E	5.5			x			x		x		ST
		Part of the Finger Lakes Forest loop trail system.												
	Burnt Hill Trail (Finger Lakes National Forest)		E	2.5			x			x		x		
	Gorge Trail (Finger Lakes National Forest)		M	1.2			x					x		WF
														TH
														ST
		Follow a gorge with small waterfalls.												
	Ravine Trail (Finger Lakes National Forest)		M	0.7			x					x		WF
														TH
														ST
		Loop through a ravine with small waterfalls.												
	Finger Lakes National Forest - Butcher Hill		M	5.0			x							PE
		Part of the Finger Lakes Forest loop trail system.												
	Southslope Trail (Finger Lakes National Forest)		E	4.0			x			x		x		TH
														ST
		Part of the Finger Lakes Forest loop trail system.												
	Sampson State Park - Lake Trail		E	1.7		x	x		x	x				TB
		An abandoned road parallel to Seneca Lake.												
	Sampson State Park		E	13.0		x	x		x	x				ST
		Ride an extensive network of abandoned old roads.												
	Frank J. Ludovico Sculpture Trail		E	1.0	x		x							
		A rail-trail parallel to the Erie Canal and decorated with sculptures.												