

			Total	Canal or Rail	Multi		Creek					Back		
		Difficulty	Mileage	Trail	use	Hike	Walk	Bike	Ski	Horses	Pack	Paved	BK	
Tompkins County														
Buttermilk Falls State Park		D	3.7			x								WF
	Hike up the gorge, passing waterfalls and return on the rim trail.													
Robert H. Treman State Park		D	8.0			x								WF
	Hike up the gorge, passing waterfalls and return on the rim trail.													
Taughannock Falls State Park		D	5.0			x								WF
	A flat, easy walk to see a gorgeous waterfall or continue on the challenging hills out of the gully.													
Arnot State Forest		D	12.0			x			x					ST
	A remote series of gravel roads closed to cars and trails.													
Connecticut Hill State Wildlife Management Area		D	10.0			x		x						TB
Connecticut Hill State Wildlife Management Area		D	10.0			x		x						ST
Connecticut Hill State Wildlife Management Area - Connecticut Hill		D	8.4			x								PE
	Seasonal dirt roads and woodland trails through a hilly area.													
Hammond Hill Trails		D	11.0			x		mb	x					ST
	A network of trails that form a skiers paradise.													
Shindagin Hollow State Forest		D	30.0			x		mb	x					
	Rugged mountain biking trails for the enthusiast.													
Yellow Barn State Forest Trails		D	8.0			x			x					ST
	Steep trails up and down a hillside.													
Circle Greenway		E	10.5			x								
	Trails and sidewalks through Ithaca.													
Cornell Plantations		M	7.0			x								
	Trails through Cornell University lands.													
Dryden Lake Park Trail		E	4.2	x	x	x		x	x					TB
Dryden Lake Park Trail		E	4.2	x	x	x		x	x					ST
	A rail-trail that passes Dryden Lake.													
Cayuga Nature Center Trails		D	5.0			x			x					ST
	A series of loop trails through woods.													
South Hill Recreationway		E	3.5	x	x	x		x	x	x				TB
South Hill Recreationway		E	3.5	x	x	x		x	x	x				ST
	A rail-trail in Ithaca.													
Cayuga Trail		D	6.5			x								TH
	A beautiful woods hike that encircles Fall Creek.													
Sapsucker Woods Trails		E	4.2			x								TH
Sapsucker Woods Trails		E	4.2			x								BD
	Manicured loop trails, especially good for birdwatching.													
Sweedler Preserve Trail		D	1.8			x								WF
Sweedler Preserve Trail - Lick Brook Falls		D	1.8			x								TH
	A very steep hill to view waterfalls.													
East Ithaca Recreationway		E	1.1		x	x		x	x			x		TB
	A rail-trail in Ithaca.													
Cayuga Waterfront Trail		E	6.0		x	x		x	x			x		
	Follow the south shore of Cayuga Lake.													

Lindsay-Parsons Biodiversity Preserve	E	1.5			x								
A well-marked series of loop trails through diverse ecological regions.													
Ellis Hollow Nature Preserve	M	1.5			x								
A mild hike through a lush forest.													
Etna Nature Preserve	E	0.5			x								
A short, easy loop trail.													
Eldridge Wilderness	M	1.5			x								
Test your blaze-following skills to hike this woods loop.													
Goetchius Wetland Preserve	E	0.5			x								
A short woods loop hike.													
Cascadilla Falls	D	1.4			x								WF
Stone steps lead up through the Cascadilla Creek gorge.													
Triphammer, Forest, Foaming & Rocky Falls	D	2.0			x								WF
Follow the rim of Fall Creek gorge to view waterfalls.													
Potters Falls	D	4.8			x								WF
An easy woods walk along 6-Mile Creek to view waterfalls.													