

# SPRING GUIDE

Spend smarter this spring with our guide to budget-friendly trails, managing financial stress, and why it pays to "go bananas!"



The 46ers DVD is available at [wcn.org/shop](http://wcn.org/shop).  
DVD \$29.95 | Blu-ray \$34.95

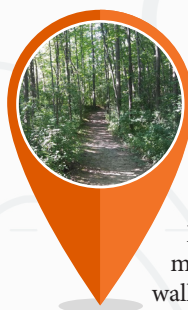
## Budget-friendly trail and park adventures across the region

Welcome spring and celebrate the beauty of Central New York, the Finger Lakes, and Mohawk Valley.

### Jones Park Loop

97 State Line Rd. | Vestal, NY 13850  
Broome County | **FREE**

Jones Park Loop is a moderate 3.1-mile loop trail with plenty of wildlife. The trail offers a number of activity options and is accessible year-round. Dogs are also able to use this trail but must be kept on leash.



### Montezuma Heritage Park

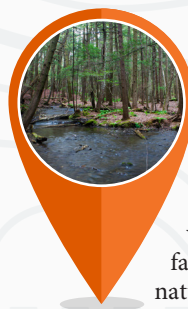
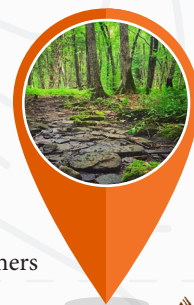
8115 High St. | Montezuma, NY 13117  
Cayuga County | **FREE**

This 160-acre park along the Seneca River/NYS Barge Canal is part of the eastern portion of the Seneca River Crossing Canal Historic District and is designated on the National Register of Historic Places. Eleven nature walking trails meander through the natural and man-made landscape which includes the Richmond Aqueduct. Enjoy walking, biking, cross-country skiing, bird watching, and fishing.

### Bowman Lake State Park

745 Bliven Sherman Rd. | Oxford, NY 13830  
Chenango County | **\$5/Car**

Bowman Lake State Park is a 966.94-acre remote sylvan retreat known as "a camper's paradise." Scenic park roads wind through evergreen and hardwood forests to shady campsites. There is a sandy lakefront for swimmers and sunbathers with several picnic areas nearby. The lake is regularly stocked with trout, and birdwatchers can spot as many as 103 species of birds. The park also has a nature center. Bowman Lake also offers new "rustic" cabins.



### Lime Hollow Nature Center

338 McLean Rd. | Cortland, NY 13045  
Cortland County | **FREE**

The Center encompasses nearly 447 acres of beautiful rolling hills and shallow glacial valleys (kame-and-kettle topography), forests, fields, streams, numerous ponds, including many marl ponds and vernal (seasonal) pools, a peat bog, and a great diversity of flora and fauna. Enjoy more than 12 miles of open-to-the-public, free trails, nature programs, and adventure day camps for youth.

## DID YOU KNOW?

# 12

On the first day of spring (March 20), there are 12 hours of daylight and 12 hours of darkness.

### Bramley Mountain Trail

Glen Burnie Rd. | Delhi, NY 13753  
Delaware County | **FREE**

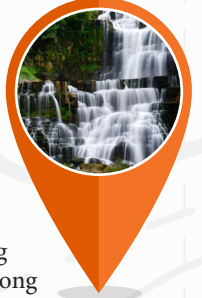
The Bramley Mountain Trail is four miles in length. The complete loop visits the 2,817-foot summit at the site of a former fire tower, a beautiful abandoned bluestone quarry, and cliffs and caves that lie between. The hike to the quarry is on a wooded road with little elevation gain, making an easy hike of about .9 miles. After the quarry, the trail continues as a foot path designed to gradually ascend about 1.2 miles through mixed hardwoods while passing stone walls and many impressive rock outcroppings and cliffs, some with caves. The Summit Trail is a 1.8-mile direct hike to the top.



### Chittenango Falls State Park

2300 Rathbun Rd. | Cazenovia, NY 13035  
Madison County  
**Weekdays: \$3/Car | Weekends/Holidays: \$5/Car**

A scenic 167-foot waterfall is the main attraction of Chittenango Falls State Park. Glacial sculpting more than 40 million year-old bedrock is responsible for this scenic feature. An interesting variety of both plants and wildlife may be found along the trails. Visitors can view the falls from the top, walk the winding trail into the gorge, view the falls from the footbridge, and return to the top along the small trail on the opposite side of the gorge. Activities include fishing, hiking, and picnicking. You'll also find a nice playground at the park, tables, and grills. The Gorge Trail loop hike is one mile starting from the parking area and looping back around from the eastern side of the gorge. There are about four miles of hiking trails to explore in the park.



### Black River Feeder Canal Trail

NYS Rt. 12 | Boonville, NY 13309  
Herkimer County | **FREE**

This trail follows the Black River Canal Towpath that links Boonville to Forestport. Running from Erwin Park at Boonville to Alder Pond at Forestport, it is a quiet walk or bike trip through woods and fields along the old towpath. The 77-mile canal was built between 1837 and 1855, connecting to the water of the Erie Canal.

Across from the Erwin Park entry, travelers can visit the Boonville Black River Canal Museum which preserves houses and displays artifacts from the canal era. Kayaking and swimming are also popular activities along the route and it serves as an educational field trip destination.



### Verona Beach State Park

6541 Lakeshore Road South | Verona Beach, NY 13162  
Oneida County  
**\$7 from 8 a.m.–6 p.m. Daily**  
**Swimming/Beach use included in fee**

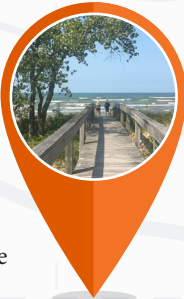


Verona Beach State Park is located on the eastern shore of Oneida Lake. Shaded picnic areas and the campground are adjacent to the beach with an excellent view of the water. The lake, Black Creek, cattail marshes, and bottomland hardwood swamps give Verona Beach one of the most diverse aquatic habitats in the Central Region, and well worth a hike on the "Woods and Wetland" nature trail. The winter season hosts snowmobilers, cross-country skiers, and ice fishermen. The eastern portion of the park is open for hunting deer, small game, and waterfowl, in season.

### Southwick Beach State Park

8119 Southwicks Place | Henderson, NY 13650  
Jefferson County  
**Day Use (Peak) \$8 | After 4 p.m. \$6**

Southwick Beach State Park is known for its long sandy beach. Campers and day users of this park enjoy picnicking, hiking, and games on the playing fields. The park is adjacent to the Lakeview Wildlife Management Area, home to the environmentally sensitive coastal sand dunes. Nature, hiking, cross-country skiing and snowshoeing trails adjoin the wildlife management area and its trail system, which visitors are encouraged to use. During the winter, snowmobiles are permitted in the park. Deer hunting is allowed south of the park entrance in season.



### Green Lakes State Park

7900 Green Lakes Rd. | Fayetteville, NY 13066  
Onondaga County | **FREE Now–May 26**

Green Lakes State Park features two glacial lakes surrounded by upland forest. The larger of the two lakes, referred to as Green Lake, has a sandy public beach with swimming access. In summer the beach tends to get crowded, but the network of park trails that surrounds the lake tends to remain peaceful. Another special feature of the park is the 18-hole Green Lakes State Park Golf course. Other amenities including the seven cabins, 137 campsites, playgrounds, and 18-hole golf course make for a fun extended family stay. The forested area surrounding the lakes is filled with old growth trees and several trails.



### Whetstone Gulf State Park

6065 W Rd. | Lowville, NY 13367  
Lewis County  
**Day Use (Peak) \$7 | After 4 p.m. \$5**  
**Day Use (Non-Peak) \$6 | After 4 p.m. \$4**

Whetstone Gulf State Park is built in and around a stunning three-mile gorge cut into the eastern edge of the Tug Hill Plateau. The park has 56 wooded campsites, some of which have electricity, a scenic picnic area along Whetstone Creek, a man-made swimming area, and trails for hiking and cross-country skiing.





### Grimes Glen

4703 Vine St. | Naples, NY 14512  
Ontario County | **FREE**

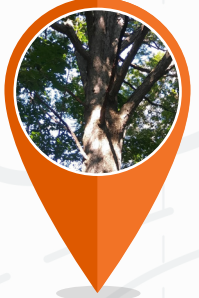
Grimes Glen is a 1.1-mile moderately trafficked out-and-back trail. Visitors can discover the sights, sounds, and smells of pristine Grimes Creek—its bubbling cascades, crystal clear pools, and two 60-foot waterfalls, all framed by majestic hemlock trees, bountiful wildflowers in spring, and shale bluffs towering up to 200 feet overhead. The trail is primarily used for hiking, walking, nature trips, and birding and is best-used from April until September. Dogs can use the trail but must be kept on leash.



### Esker Brook Nature Trail

3395 Routes 5 & 20 East | Seneca Falls, NY 13148  
Seneca County | **FREE**

Esker Brook Nature Trail is a 1.2-mile moderately trafficked loop trail featuring beautiful wild flowers. The trail is suited for all skill levels and is primarily used for hiking, walking, nature trips, and birding. The trails is best-used from January to October.



### Great Bear Recreational Trails

Great Bear Rd. | Fulton, NY 13069  
Oswego County | **FREE**

Friends of Great Bear is made up of residents of Oswego County who conserve and protect the Great Bear Recreation Area. This unique area is owned by the City of Fulton and the Town of Volney. A diversity of flora and fauna, varying terrain, and the Oswego River and Oswego Canal make Great Bear a great place for non-motorized recreation such as hiking, mountain biking, snowshoeing, and cross-country skiing. Trails are all “single track” wooded trails. You can also walk down the Oswego River to swim or to fish.



### Taughannock Falls State Park

2221 Taughannock Rd. | Trumansburg, NY 14886  
Tompkins County | **\$8/Car**

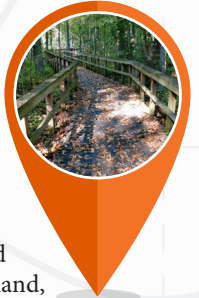
Taughannock Falls is one of the outstanding natural attractions of the Northeast. Exciting to view in any season, this 215-foot waterfall stands three stories taller than Niagara Falls, with walls nearly 400 feet high. Enjoy four trails that wander along Taughannock Creek, camping, cabins on Cayuga Lake, marina, boat launch, and lake swimming.



### Huckleberry Swamp

Catchpole Rd. | Lyons, NY 14489  
Wayne County | **FREE**

Huckleberry Swamp is a unique nature preserve and wildlife observation area. It has 79 acres of diverse, high quality wetlands for bird and wildlife habitat conservation. A wildlife observation deck and boardwalk meander through a variety of wetland habitats including Emergent Marsh, Green Ash Wetland, and Red Maple Wetland. Huckleberry Swamp provides significant functions including storm water retention, groundwater recharge, wildlife habitat, and possibly rare plant habitat. Limited to hiking only.



### Sleeping Lion Trail

1527 County Highway 31 | Cooperstown, NY 13326  
Otsego County | **FREE**

Sleeping Lion Trail is a 2.4-mile moderately trafficked loop trail featuring a lake and is rated as moderate. The trail offers a number of activity options and is best-used from March until October. Dogs can use this trail but must be kept on a leash.



### Keuka Lake State Park

3560 Pepper Rd. | Bluff Point, NY 14478  
Yates County | **\$7 Entry Fee/Car**

Located in the heart of wine country, this park has a gentle charm, offering views of vineyard-covered slopes, glimmering water, and a clear blue sky. The park’s camping areas have 150 tent and trailer sites, with 53 of those having electric hookups. A swimming beach, picnic shelter, boat launch ramp, docking space, and hiking trails open several recreational avenues to visitors.



### Watkins Glen State Park

1009 N. Franklin St. | Watkins Glen, NY 14891  
Schuyler County | **FREE**

Watkins Glen State Park is one of the most famous of the New York State Parks. Within two miles, the glen’s stream descends 400 feet past 200-foot cliffs, generating 19 waterfalls along its course. There are three main park trails: Indian, Gorge, and Southern Rim. The Gorge and Southern Rim Trails are closer to the waterfalls. The Indian Trail takes you to the upper entrance, through the woods. The Gorge Trail winds 1.3 miles over and under the waterfalls, along hundreds of stone steps, plus through the spray of Cavern Cascade. The Rim Trails overlook the gorge. A 4.4 mile section of the North Country National Scenic Trail passes through the park. The Finger Lakes Trail coincides with the North Country Trail in the park. There is a suspension bridge that crosses high above the gorge, connecting the Indian Trail with the Finger Lakes Trail and North Country National Scenic Trail.



### PRO TIP:

Buy an Empire Pass for \$80. The Empire Pass is your key to all-season enjoyment at New York State Parks. Passes are available for different lengths of time, choose from: One year, Multi-year or, the Lifetime Empire Pass.

Sources, photos, and descriptions from: [iloveny.com](http://iloveny.com), [visitcentralnewyork.com](http://visitcentralnewyork.com), [parks.ny.gov](http://parks.ny.gov), [CNYhiking.com](http://CNYhiking.com), [alltrails.com](http://alltrails.com), [tourcayuga.com](http://tourcayuga.com), [Catskill Mountain Club](http://Catskill Mountain Club), [NYfalls.com](http://NYfalls.com), [fws.gov](http://fws.gov), [trailink.com](http://trailink.com).