



### **FRESHWATER COASTLINE**

Cayuga County contains the most freshwater coastline in all of New York State, making it the perfect getaway for anyone interested in water-central activities. Whether you're into fishing, swimming, boating, or more—you're sure to find it here.

### **DIVERSE ECOSYSTEMS**

From the tranquil lake shores to cascading waterfalls, glacial bluffs to dense wetlands, there is a wealth of natural diversity in Cayuga County—offering endless options for hikers, birdwatchers, campers, nature enthusiasts, and more.

### **ACCESSIBLE OUTDOORS**

Here in Cayuga County, outdoor adventure is available to all. Many of our parks have boardwalk-lined trails, and the Village of Union Springs recently installed an adaptive kayak launch on the shores of Cayuga Lake, making both land and water adventures accessible to wheelchair users.

# GET OUTSIDE

*in Cayuga County.*

Nestled in the heart of upstate New York, Cayuga County in the Finger Lakes region unveils a world of **natural wonders and breathtaking landscapes.**

Go beyond your comfort zone in the great outdoors.

## NATURE CENTERS

### MONTEZUMA NATIONAL WILDLIFE REFUGE

For bird watchers and wildlife enthusiasts, Montezuma National Wildlife Refuge is a haven. Home to diverse bird species and other wildlife, the refuge boasts a vast network of trails and observation points.

### STERLING NATURE CENTER

Sterling Nature Center is truly a wilderness wonderland. A treasure trove of wetlands, lakefront beauty, and hiking trails, It's easy to find solace in this sanctuary of natural beauty.

## TRAILS

### CARPENTER FALLS

This trail's boardwalk and viewing platform allowing visitors of all abilities to witness this spectacular waterfall.

### ERIE CANAL HERITAGE TRAIL

This historic path is open to hikers, bicyclists, horseback riders, and more.

### INNS OF AURORA NATURE TRAIL

Mapped out by the Inns of Aurora's Outdoorsman, this trail highlights areas of natural beauty and historic significance.

(Please note: Given the extent of Cayuga County's natural beauty, it is impossible to list all of our trails here. Many of our parks, nature centers, and other areas have trails of their own, which can be found on their websites.)

## FORESTS & PARKS

### BEAR SWAMP STATE FOREST

Bisected by a large wetland and creek, this forest shines both on and off the water.

### EMERSON PARK

Great for families, this park offers picnic spots, walking trails, and playgrounds.

### FAIR HAVEN BEACH STATE PARK

This park offers one of the finest lakefronts in the state—with towering shoreline bluffs, sandy beaches, and hilly woodlands.

### FILLMORE GLEN STATE PARK

The birthplace of President Millard Fillmore, this park is an oasis of cool, dense woods culminating in a narrow waterfall gorge.

### LONG POINT STATE PARK

Located on a serene, remote peninsula, Long Point State Park offers a relaxing atmosphere with gorgeous views.

### MONTEZUMA HERITAGE PARK

This park's historic natural resource sites tell the story of New York's Canal System.

### OLD ERIE CANAL HERITAGE PARK

Featuring an in-tact Erie Canal Lock, this park offers a glimpse of life on the canal.

### OWASCO FLATS

This inlet inlet provides excellent birding, paddling, and fishing.