

IN THE HEART OF THE FINGER LAKES

CAYUGA

COUNTY

Outdoor Adventures
for Everyone

ACCESSIBLE WATERWAYS
HIDDEN FISHING SPOTS
AND MUCH MORE!

Major Events

FIND AN EVENT THAT SPEAKS TO YOU
TO PLAN YOUR PERFECT TRIP!





LITTLE SODUS BAY

Aerial view of Little Sodus Bay, your ideal location to contract a charter boat and explore the Great Lake Ontario where you will find world-class fishing. Lake Ontario is not only the widest-sweeping lake, but also has the greatest spectrum of fish in its waters. From cold water fish such as trout and salmon, it also holds world class fishing for vast schools of warm water fish such as both bass, northern pike, walleye and panfish.

A charter boat leaving
Little Sodus Bay,
Great Lake Ontario
Fair Haven NY

**TOUR CAYUGA IN THE
FINGER LAKES**

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Welcome

From the Director

We welcome you to Cayuga County where you will fall in love with our vistas, food, craft beverages, history and people. We hope you enjoy our magazine, and it encourages you to explore more of the area where you will make new memories and new friends.

Enjoy a scenic drive to the northern portion of our county where you will encounter the majestic shores of Lake Ontario and quaint village of Fair Haven. A tour down the Eastern shore of Cayuga Lake will spotlight the villages of Cayuga, Union Springs, and Aurora as well as several boutique wineries and wholesome farm to table restaurants. Take some time to truly rejuvenate at the Inns of Aurora Spa, named #1 resort in New York State. The southernmost locales of our county in Moravia and Summerhill welcome you with waterfalls, hiking and snowmobile trails, wine, cider, and beer, as well as succulent barbecue. As you head back northward along the shores of Owasco Lake to the center of the county you will encounter the city of Auburn, NY – the chosen hometown of Harriet Tubman. Auburn welcomes you to follow in Harriet Tubman’s legacy by visiting her home and her gravesite as well as the many sites that she frequented. Get to know the cook, nurse, Civil War hero, entrepreneur, philanthropist, suffragist, and Underground Railroad conductor who chose Auburn as her hometown.



We’re proud to live in Cayuga County within the beautiful Finger Lakes region of New York State, and we’re sure you will love your visit. The passion of the many family-owned businesses will be evident in all the places you visit, we’re proud to support a vibrant and welcoming tourism industry. Our office is open to help you navigate the county, reach out to us anytime.



KAREN KUHL
Executive Director, Cayuga County Tourism

Contents



20. HARRIET TUBMAN
Where you go matters. She chose Auburn, NY as her hometown.

24. ACCESSIBLE OUTDOORS
We believe the outdoors is for everyone. Experience the trails, parks and all the beauty mother nature has to offer.

26. CAST A LINE!
Explore the opportunities to get out on the water in Cayuga County, where we host the most freshwater coastline in NYS!

33. WINE TRAILS
Cayuga Lake Wine Trail was the first organized wine trail in the United States!

36. TASTE OF THE FINGER LAKES
Try your hand at a recipe or two right from our hometown culinarians!

44. INNS OF AURORA
Come and see why this property was voted #1 resort in New York State by Travel and Leisure!

56. HOME RUN!
Take in a ball game at the newly renovated Falcon Park.

60. EVENTS
A small sampling of the amazing events to enjoy in Cayuga County.

TOURCAYUGA.COM

CAYUGA_TOURISM

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CAYUGACOUNTYTOURISM

TOURCAYUGA
in the FINGER LAKES

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CAYUGA NATION

This area of New York is Cayuga Nation land. It is a culturally important place because of the proximity to Great Gully, ancestral burial mounds, and Cayuga Castle, the largest Cayuga town that existed before the Revolutionary War. The Great Gully trail incorporates privately owned property, the owners of which have generously allowed the public to enjoy a cool 1.5 mile walk along the creek. Visit with the utmost respect and gratitude to the current and original landowners.

Beautiful and
culturally significant.
Great Gully Creek
Union Springs NY

Spread Your Wings

Birding in the Finger Lakes



BIRDING: A FUN CRAZE

Take flight in all corners of Cayuga County. The Montezuma National Wildlife Refuge is so expansive it covers three counties north of I-90 and is home to waterfowl in the wetlands and raptors like bald eagles, whose population is on the rise. Farther north, Fair Haven Beach State Park is a multi-use park with incredible views right on Lake Ontario. The Dorothy McIlroy Bird Sanctuary in Summerhill is a 157-acre nature preserve which boasts some of the highest breeding bird diversity in New York State. Our little slice of heaven also features part of the Erie Canal trail, which is open year-round and a great way for all skill levels to enjoy a leisurely stroll or bike ride while on the prowl for birds to see.

**DOROTHY MCILROY
BIRD SANCTUARY**
1480-1652 Lake Como Road
Moravia NY

STERLING NATURE CENTER
1428 acres nestled in the picturesque setting in Sterling, the very top of Cayuga County. The Nature Center's mission is to manage and preserve the natural resources and to promote the education and appreciation of nature and the world around us. Throughout the year you can take advantage of the many educational classes, nature walks, guided paddles and more that they offer. Try your hand at snowshoeing along the bluff trails along Great Lake Ontario, free of charge. Or perhaps you prefer to enjoy the wilderness on your own, maps are provided.

The site is open year-round for you to enjoy hiking, cross-country skiing, and simple enjoyment of the glacially formed bluffs. The dramatic landscapes offer opportunities for families with strollers, couples, and friends of all ages and abilities with wheelchairs, walkers, and crutches to experience nature, connect and learn in the great outdoors.

There are big developments happening at the Sterling Nature Center. Construction is underway on a new building, paved surfaces and spaces for education classes and group gatherings. The new building expands spaces for educational

programs and an "accessible gateway to the surrounding nature center property" to bring the incredible views to all audiences.

Take flight in all corners of Cayuga County, which offers a wide variety of parks and trails where several bird species can be viewed and appreciated. Whether birding is your newest hobby, or you're an experience observer you can spread your wings here. The Montezuma National Wildlife Refuge is so expansive it covers three counties and is home to waterfowl in the wetlands and raptors like Bald Eagles. Explore 157-acres are the Dorothy McIlroy Bird Sanctuary. This nature preserve boasts some of the highest breeding bird diversity in New York State! Our little slice of heaven also features part of the Erie Canal trail, which is open year-round and a great way for all skill levels and abilities to enjoy a leisurely stroll or bike ride while on the prowl for fowl!

Enjoy free programs such as snowshoeing in the winter or a private birding tour, for a fee, at the Montezuma National Audubon Center. They offer programming and events throughout the year that are suitable for all ages and abilities.



Woodpecker spotted near sunset while birding in Cayuga County.
Sterling Nature Center
Sterling NY

Enjoy this multi-use trail along the historic Erie Canal!
Erie Canal Recreational Trail
 Auburn NY

Photo description can go here.
 Make them very descriptive.
Fillmore Glen State Park
 Moravia NY

Sterling Nature Center
 Sterling NY



FOUR SEASONS OF FUN

Cayuga County has everything you'd want for indoor and outdoor fun all year long. Historic locations that built Upstate New York and the history of America reside in Cayuga County where you can learn more about the Underground Railroad and Harriet Tubman, political figures who resided in the county, the building of America's first wine trail and so much more.

Winter isn't when the area sleeps either. You can find warm dining experiences, outdoor adventures like snowshoeing and skiing to make sure you get your blood pumping and find excitement in Cayuga County at any time.

Let's discover something new in Cayuga County at any time of the year where you can hear stories of the past and create new memories of your own!

SNOWSHOEING

There are free snowshoe rentals at Sterling Nature Center. Find them on Facebook!

Whether you are an avid biker, or still have your training wheels, biking in Cayuga County is for everyone! Nothing can compare to an old fashioned bike ride with friends, family, by yourself or even with your furry companion. Looking for all terrain? Training wheel friendly? Marathon prep? We've got you covered!

LONG TRAILS

The Erie Canalway Trail is part of the Empire State Trail which stretches South to North from NYC to Lake Champlain and East to West from Albany to Buffalo. This newly completed trail is the perfect biking experience for everyone. Take in the history of the Erie Canal, notably the portion of it that runs through Weedsport and Port Byron right here in Cayuga Cayuga. Stop for lunch at one of the homestyle diners here or pack a lunch and rest by the water.

SHORT TRAILS

If you're looking for a moderate ride, look no further than the Cayuga Community College Trail located in the city of Auburn. The college trail offers man-made ponds, benches for relaxation and information centers along the route that will give you some interesting details about the plants and birds plus some other nature-related facts along this biking trail. This is the perfect place to escape the hustle and bustle and find nature while still in the city of Auburn. It also offers an outdoor physical fitness area at its entrance that can be used as part of your biking experience for stretching or physical exercise before or after your ride.

EXPLORE NATURE

There is no question that biking and nature both offer some serious benefits to your health.

Cardiovascular activity can keep your lungs and heart strong and being in nature has been shown to improve mental health and clarity, so combined you are getting the best of both worlds.

LET'S GO

There are a plethora of biking trails in Cayuga County aside from the ones mentioned here. Some trails have over 10 miles of bike paths to explore. Whether you are looking for flat, moderate, tough terrain through dense woods, wide open spaces or along the water, we have the perfect biking trail for you. Check those tires, snap that helmet, pack those drinks and snacks, maybe even tighten up those training wheels and let's go for a ride!

JOIN THE 400-MILE RIDE!
www.ptny.org

Cayuga County offers you an array of possibilities as you plan your hike. Here you will find waterfalls, gorges, lakes, creeks, bluffs, meadows, farmlands, gullies, and lush woods. Many trails are pet friendly and some permit cycling as well.

NORTH TO SOUTH

From the ten miles of trails at Sterling Nature Center and picturesque sunsets on Lake Ontario to the waterfalls and gorge at Fillmore Glen, there are countless breathtaking trails to experience! Whether you are an avid hiker or new to hiking, there is something for everyone to enjoy while exploring the outdoors in Cayuga County.

Ensnconced in forest and then opening to farmland, the Auburn-Fleming trail offers seclusion and serenity. Just under two miles long and completely

flat, this trail is great for runners and families to enjoy.

NATURE FOR ALL

The accessibility to experience the beauty of nature belongs to everyone. The Owasco Outlet at Emerson Park is wheelchair accessible. Take your time strolling or rolling down the winding path along the outlet on your way to the end of the pier. Breathe and take in the picturesque view on Owasco Lake.

With blossoming flowers in the spring, lush greenery in the summer, fall foliage in autumn and snowy landscapes in the winter, hiking in Cayuga County can be enjoyed year-round. So, lace up your boots and grab a walking stick because the many hiking trails in Cayuga County are waiting to be explored!



Families making memories along the Erie Canalway. Erie Canal Heritage Park Port Byron NY

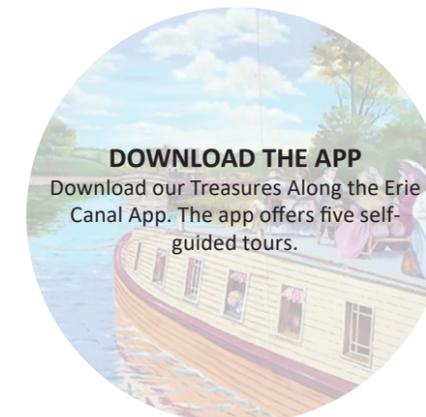
Enjoying the Canal

Celebrating the Bicentennial

Who would have thought that the feat of engineering of the Erie Canal would still be so present today? #DYK the Erie Canal is turning 200!?

Cayuga County has twelve miles of the Erie Canal that you can access at various locations. The Erie Canal Recreational Trail traverses Cayuga County from the Village of Jordan to the Seneca River and includes carved stone locks, the Centerport Aqueduct, Lock 52 and the Richmond Aqueduct. The Montezuma Heritage Park is a 140-acre park along the Seneca River/Barge Canal designated on the National Register of Historic Places! Old Erie Canal Heritage Park is located at lock 52 and offers visitors a glimpse into authentic life on the Erie Canal. Tour their visitor center, the Erie House 1895 tavern, a blacksmith shop, and mule barn! Venture to the village of Weedsport and visit the Old Brutus Historical Society for a full-scale mock-up of an early Erie Canal boat cabin interior!

Construction began in 1817 and opened in its entirety in 1825. This iconic waterway established settlement patterns, made New York the financial capital of the world and gave rise to a series of social and economic changes throughout America. Stay tuned for events celebrating its bicentennial!





A waterfront park featuring a playground, boat launches and more.
Emerson Park
 Auburn NY

Parks

County Parks Equal Community

Parks and protected public lands are proven to be critical to quality of life, while improving water and air quality, protecting groundwater, and providing a place for children and families to connect with nature and recreate outdoors together. Cayuga County is fortunate to have multiple hiking, biking, and snowmobiling trails to enjoy. From Fair Haven in the north along Lake Ontario down to Moravia in the southernmost part of the county. Providing short walks to challenging treks, there is a place for every activity level.

EMERSON PARK

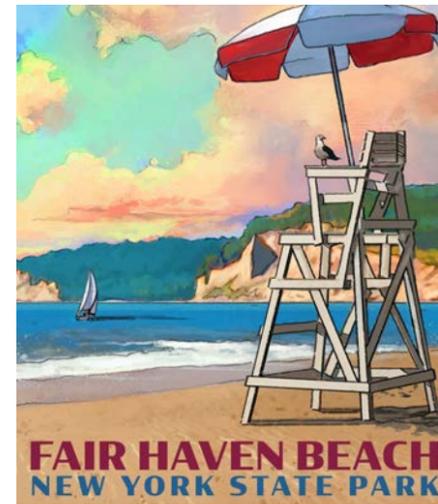
Located on the northern tip of Owasco Lake and right next to the city of Auburn. Enjoy the paved walking paths, giving opportunities for everyone to enjoy views of Owasco Lake, and the historic Merry-Go-Round Playhouse that houses the productions of The REV Theatre Co.

OWASCO FLATS

Along the northern tip of Owasco Lake, enjoy nature at its finest on this 89-acre preserve with trails on the lake and the Owasco Lake inlet. Views from this park feature a large fern and willow marsh plus a floodplain forest with the Owasco Inlet winding through its center. Owasco Flats was also the original name of the town of Moravia. This fertile valley was first cultivated by Native Americans.

STERLING NATURE CENTER

The Sterling Nature Center is a diverse natural habitat encompassing over 1400 acres of forest, wetlands, and meadows with two miles of Lake Ontario shoreline. An exciting new nature center building will soon be opening where expanded programs will immerse the visitors in this unique ecological site, inspiring them to explore the diversity that surrounds the center.



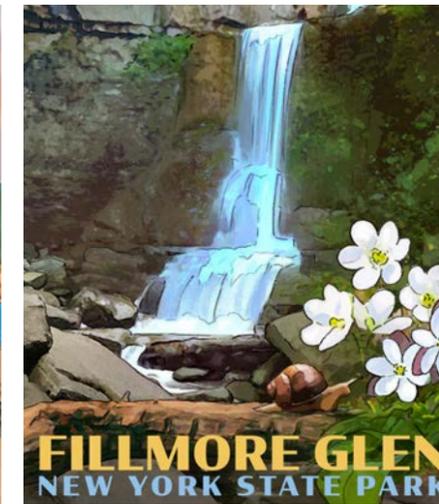
Fair Haven Beach State Park
 Fair Haven NY

It has been said that the sunsets here are rivaled in beauty only by those in Japan!

Fair Haven Beach State Park is located on the south eastern portion of the Lake Ontario shoreline. It boasts 600 feet of swim area and is considered one of the best public lakefronts in upstate New York. Towering shoreline bluffs, sandy beaches and adjoining hilly woodlands make for amazing views!

During the summer, visitors can enjoy sunbathing on the sandy beaches, swimming and the use of the diving boards in a designated lake area under Lifeguard supervision, and shaded picnic areas. Other activities include biking, hiking, fishing, and camping. In the winter, snowmobiling, snowshoeing, cross-country skiing and ice fishing are very popular.

Boat rentals are available and watercraft offered include row boats, paddle boats, canoes and kayaks. Park accommodations also include campgrounds and cabins (some sites contain electricity) and an 18-hole golf course.

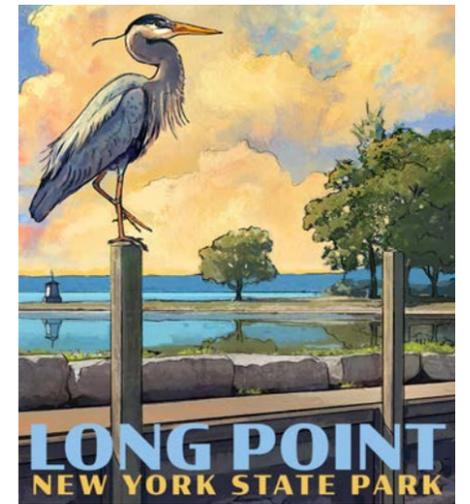


Fillmore Glen State Park
 Moravia NY

Fillmore Glen State Park, located in the quiet village of Moravia, is named for Millard Fillmore, 13th President of the US, who was born in a log cabin nearby. A replica of the cabin is located in the park.

With three well-marked trails you will enjoy an oasis of cool, dense woods leading into a long, narrow gorge, not to mention five waterfalls. The park also offers a stream-fed swimming hole with spectacular views and 60 campsites for rental. In the winter, hiking, cross-country skiing and snowmobiling are permitted on the unplowed roads.

From the large parking area, it's a short walk to the viewing area near the base of Cowshed Falls. This waterfall features a 30-foot main drop along with an upper and lower part that makes it about 50 feet in total height. Adjacent to the waterfall is a large rock overhang. It is said that cows would shelter here during storms.



Long Point State Park
 Aurora NY

Located on the eastern shore of Cayuga Lake just South of Aurora, NY in Finger Lakes wine country, Long Point State Park provides a 4-lane boat launch, a modern playground, picnic areas, fishing access, lake access, 4.5 miles of hiking trails, and spectacular sunset views over Cayuga Lake.

The easy access to shore makes it popular for paddlesports enthusiasts and fishermen alike. A variety of habitats exist within the 296-acre park, including lake shore, grasslands, brush land, spruce plantations, intermittent creek ravines, and mature forests. Long Point is also home to a variety of trees, flowering plants, birds, and wildlife which can be viewed from the hiking trails. In the winter, cross-country skiing and snowshoeing are allowed on the hiking trails and unplowed roads.

A unique appeal about the park is the abundance of Odin stones, also known as Fairy or Witch stones. Treasured by ancient peoples, it is said that if one looks through the hole, one will see beings not visible to the physical eye.

Sound On Film

Ted Case

In Auburn, NY the birthplace of commercially successful sound film originated in 1916. That year, Theodore “Ted” Case established the Case Research Laboratory with the help of his father, Willard, and a young Ivy League trained chemist, Earl I. Sponable. The Lab opened with a primary interest in photoelectric research, studying minerals to see how they reacted to light. Case employed men and women to be chemists, electricians, laboratorians, stenographers and more.

“HELLO”

The Lab created unique inventions such as an Infrared Signaling System for the US Navy which allowed for invisible ship-to-ship communication. In 1922, after developing a special light known as an AEO Light, Ted Case was able to record the word “hello” onto a film strip with near perfect clarity. This moment would lead to the creation of a sound film camera that could record both picture and audio simultaneously onto a film strip. This feat had been attempted by others, such as Thomas Edison and Lee de Forest, with little success.

THE FOX-CASE CORPORATION

Ted and his employees perfected their system, taking test films of locals such as Thomas Mott Osborne, and eventually teamed up with William Fox to form the Fox-Case Corporation. The Movietone sound film system was born out of this union and Fox used it to produce the first feature length optical sound track film, Sunrise (1927). Just before the start of the Great Depression, in 1929, Ted sold his shares in the Fox-Case Corporation and left the world of film behind. Today, the Lab operates as a museum dedicated to Ted Case, his employees and their groundbreaking work, which changed the film industry forever.



Original equipment inside the museum.
Theodore Case Research Lab
Auburn NY

In front of the Carriage House
Cayuga Museum, Auburn NY



GINKGO TREE AT THE CAYUGA MUSEUM OF HISTORY & ART

Ginkgo trees are some of the most popular ornamental trees in the United States. Often referred to as “living fossils,” ginkgos were a common tree species when dinosaurs roamed the Earth about 290 million years ago. Native to China, ginkgo seeds and the distinctive fan shaped leaves are used for their medicinal qualities.

The ginkgo at the Cayuga Museum is one of the largest ginkgo trees in New York. Likely first planted in the mid-19th century, it is actually two male trees that merged into one. When this giant turns its distinctive yellow in Autumn, local photographers, leaf peepers, and nature lovers alike all come out to appreciate the annual spectacle before all the leaves fall.

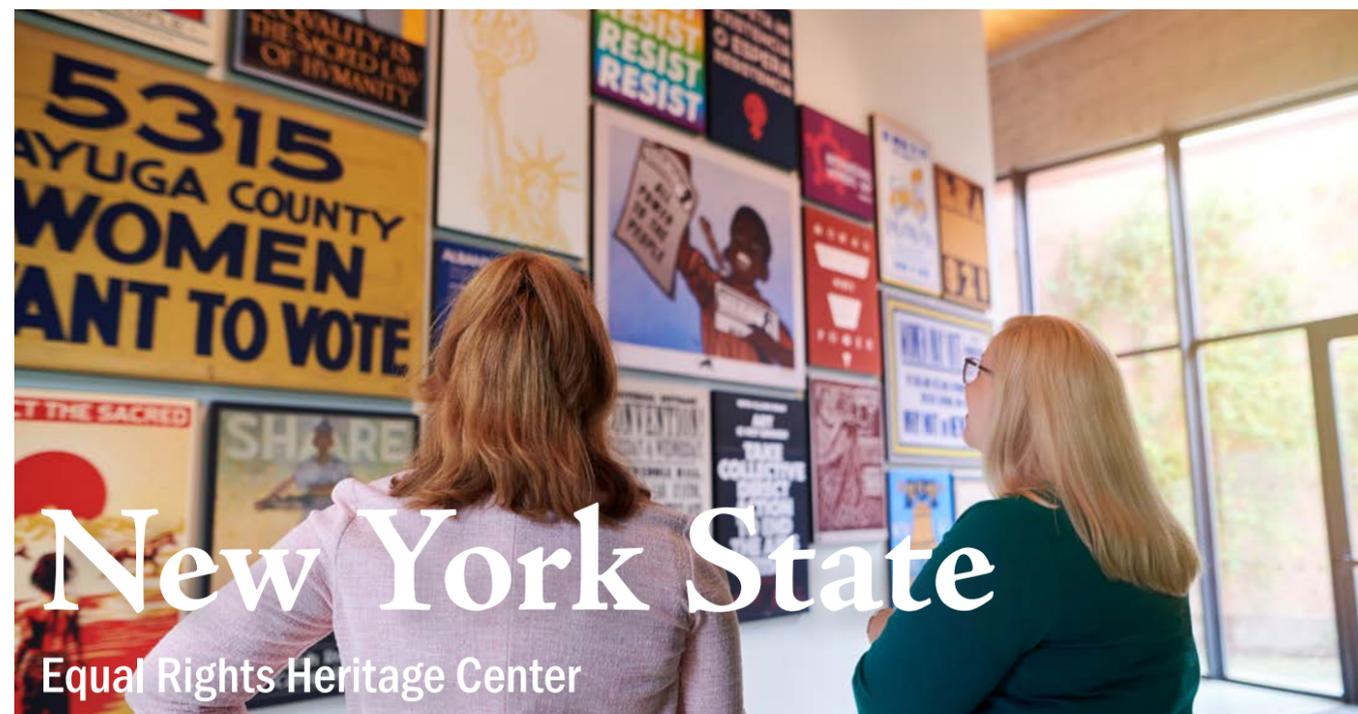
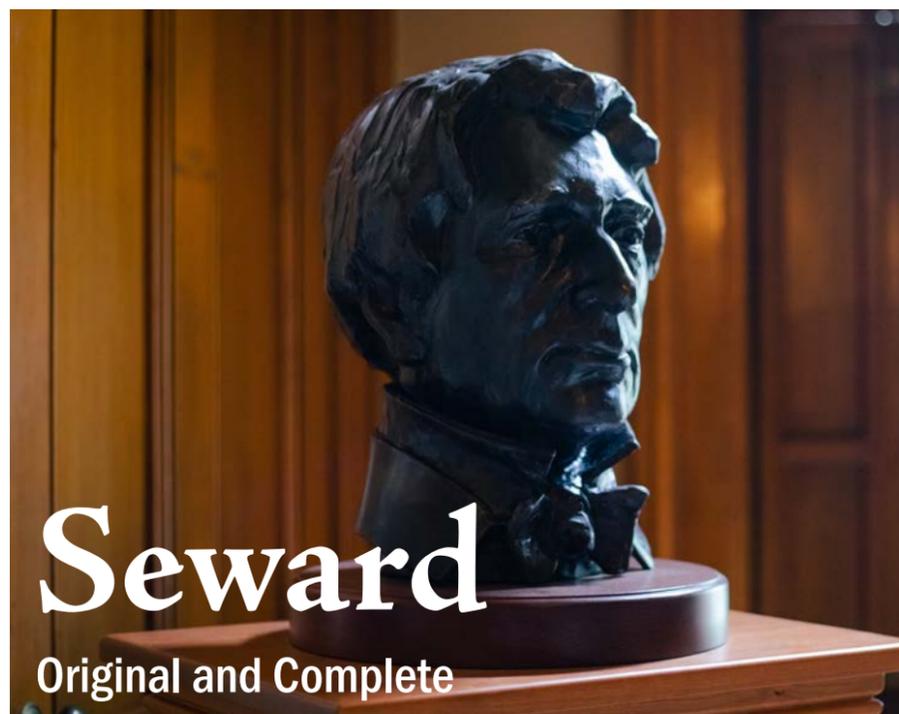
FUN FACT

Ginkgos are the only living members of their phylum ginkgophyta, which is like if humans were the only remaining vertebrates!

Bust of William H. Seward inside the library of the historic home.
The Seward House Museum
Auburn NY

The Seward House Museum
Auburn NY

Replicas of posters used at historic rallies, publications and more.
NYS Equal Rights Heritage Center
Auburn NY



ONE HOUSE, MANY STORIES

The Seward House Museum contains one of the most original collections in the United States. Nearly every object on display belonged to the several generations of the Seward family who lived at the 33 South Street, Auburn home from 1816 until the home became a museum in the 1950s. More than a well-preserved time capsule, the Seward House also offers an immersive experience. Whether you take one of the public tours or choose from a long menu of specialty options—on Seward and Lincoln, the Civil War, Harriet Tubman, the women of the family, or others—you'll connect with history like never before. Be transported into 19th century American life by visiting the Seward House Museum!

BOOK YOUR TOUR TODAY

The Seward House Museum is open Tuesday through Saturday (and Sundays in the summer) from March-December with tours on the hour from 10:00 AM until 5:00 PM. Call 315-252-1283 or visit sewardhouse.org

Seward

Original and Complete

PRESERVING THE PAST, PERCEIVING THE PRESENT

Why are people fascinated by the past? What is the importance of remembering history and considering different perspectives? How can we better understand our present by listening to the echoes of similar historical circumstances? A visit to the Seward House often sparks answers to these questions, which are different for every visitor. When you enter the 200+ year old home, you are instantly transported to a different time in our country— a tumultuous period that is reflective of many of the societal issues Americans still deal with today. The Seward family's legacy remains captivating to this day because people can connect with them through stories and an incredible collection of personal objects.

WITHIN THESE WALLS

The Seward House was home to 19th-century politicians and changemakers. Frances Miller Seward, the matriarch, was a staunch abolitionist, station-master on the Underground Railroad, and supporter of women's rights. William Henry Seward, the patriarch, led a long and complicated political career, beginning as a State Senator for New York and finishing as Secretary of State under Presidents Abraham Lincoln and Andrew Johnson. Most notably, he is remembered for Seward's Folly, or the national purchase of Alaska. When you visit the Seward House, you will not only hear about these reformers and their influence on American politics before and after the Civil War, but also about their family, friends, and everyday life throughout the 1800s. Visit today for a truly unique historical experience!

SEEING EQUAL RIGHTS IN NYS

From the Underground Railroad to the Women's Rights and LGBTQIA+ movements, New York State has been a leader in promoting equal rights. Opened on November 13, 2018, the NYS Equal Rights Heritage Center shines a light on the pioneers, marches, movements, and landmarks across the state that have come to symbolize a more inclusive world. The center's "Seeing Equal Rights in NYS" exhibit creates meaningful connections between past and present with a hands-on approach. Songs, speeches, trivia games, portraits, political posters, animated maps, and video timelines narrate 250 years of progressive history. With local landmarks like Memorial City Hall and Seward House Museum visible from the building, context becomes content that encourages visitors to experience the real historic sites.

HISTORY'S HOMETOWN

Auburn is a small city with a big history. As the home of monumental freedom fighters and industrial innovators—Harriet Tubman, William and Frances Seward, Theodore Case, Martha Coffin Wright, Thomas Mott Osborne—Auburn is well positioned to tell a wider story. It is because of this pivotal role in history that Auburn's visitor center was chosen to focus on New York's equal rights heritage.

Commissioned by the NYS Office of Parks, Recreation, and Historic Preservation and the City of Auburn, the heritage center is the first new civic building in Auburn in 40 years. The 7,500-square-foot center is located on the former site of the Women's Educational and Industrial Union. A bronze statue of Tubman facing north and in Civil War-era clothing anchors the center's plaza courtyard.

MORE THAN JUST A WELCOME CENTER

In addition to being a one-stop shop for traveler resources, the heritage center also houses a Taste NY Market and the offices for the Auburn Downtown Business Improvement District and Cayuga County Office of Tourism. The heritage center's public pedestrian spaces have been the site of community recreation, cultural events, peaceful protests, and makers' markets. Partnering with Auburn's Historic and Cultural Sites, the center has programmed annual events such as Passport to History, Brave Brews: Women in Craft Beverage Festival, Harriet Tubman Week, Auburn NY PRIDE, First Friday, Juneteenth, Holiday Traditions, and more with plans to continue developing programs.

Harriet Tubman Bicentennial

1922 – 2022

A Harriet Tubman Statue
standing outside.
NYS Equal Rights Heritage Center
Auburn NY

Determining Harriet Tubman's Birth Year

Enslavement in North America. Chattel. Owned. A servile existence at the mercy of an enslaver. Forced to work without pay, no rights, no voice. Corporal punishment wielded out indiscriminately. Living with the ever-present specter of your children being sold away. Coming of age fearing the auction block and being torn from family.

Such was the world of enslavement Harriet Tubman was born into. Named Araminta Ross at birth, her entrance was not noted in her enslaver's bible, there was no mention of the event in his letters, there was no birth certificate. In her book, "Harriet Tubman, Portrait of an American Hero: Bound for the Promised Land" historian Kate Clifford Larson describes a line item in the enslaver's log dated March 15, 1822, where he stated he had spent \$2 for a mid-wife for Rit, Tubman's mother.[1] Though there was no notation of the child's name born at that time, it is most likely Araminta's birth.

Seeking freedom in 1849, Harriet Tubman attempted to self-emancipate with two of her brothers.[2] The newspaper advertisement for their capture, put out by their enslaver, stated Tubman was about 27 years old.[3] Using this evidence, we again have Tubman's birthday in 1822. However, continued historical research and discovery of new evidence may, in the future, point to a specific day for Tubman's birth.

In 2022, we will be commemorating Harriet Tubman's 200th birthday, using the information currently uncovered. During this last year, the arc of Tubman's life from enslavement to freedom, her life's work, her accomplishments and impacts in her time and ours had been the focus of lectures and events. Though 2022 was her bicentennial, her spirit lives on not just in museums, but with the small business owners, residents and her final resting place at Fort Hill Cemetery.

BY KIMBERLY SZEWCZYK
Senior Interpretive Specialist
Harriet Tubman National Historical Park, Retired

FIND YOUR OASIS

While visiting Fillmore Glen State Park. Through dense woods, waterfalls, and a botanically rich glen it's a perfect site for all ages to explore. This year-round park offers access to swimming, fishing, hiking, cross-country skiing, and snowmobiling (where permitted). Bring your four-legged friend along for the adventure!

Enjoy one of 60 campsites as well as the stream-fed swimming pool.
Fillmore Glen State Park
Moravia NY





Enjoying a beautiful autumn day. Carpenter Falls Niles NY



Carpenter Falls Niles NY



Fillmore Glen State Park Moravia NY

CARPENTER FALLS

Carpenter Falls is located in the southeastern part of Cayuga County in the town of Niles has just completed an accessible pathway and observation deck to the stunning waterfall. This is the perfect stroll or roll; this addition has not only improved public access but also helps reduce long-term environmental impacts. This spectacular waterfall is a staggering 90 feet!

FILLMORE GLENN

Fillmore Glen is a 941- acre State Park. A glen is defined as a narrow valley, here you can connect with nature and immerse yourself in dense forest. Most of the trails are groomed or even paved pathways allowing for more equitable access to the outdoors and beautiful parks like this.

Accessible Outdoors

Recreation for Everyone

Lace up your hiking boots, grab your walking stick and experience, explore, and enjoy the great outdoors on one of Cayuga County's well-groomed trails.

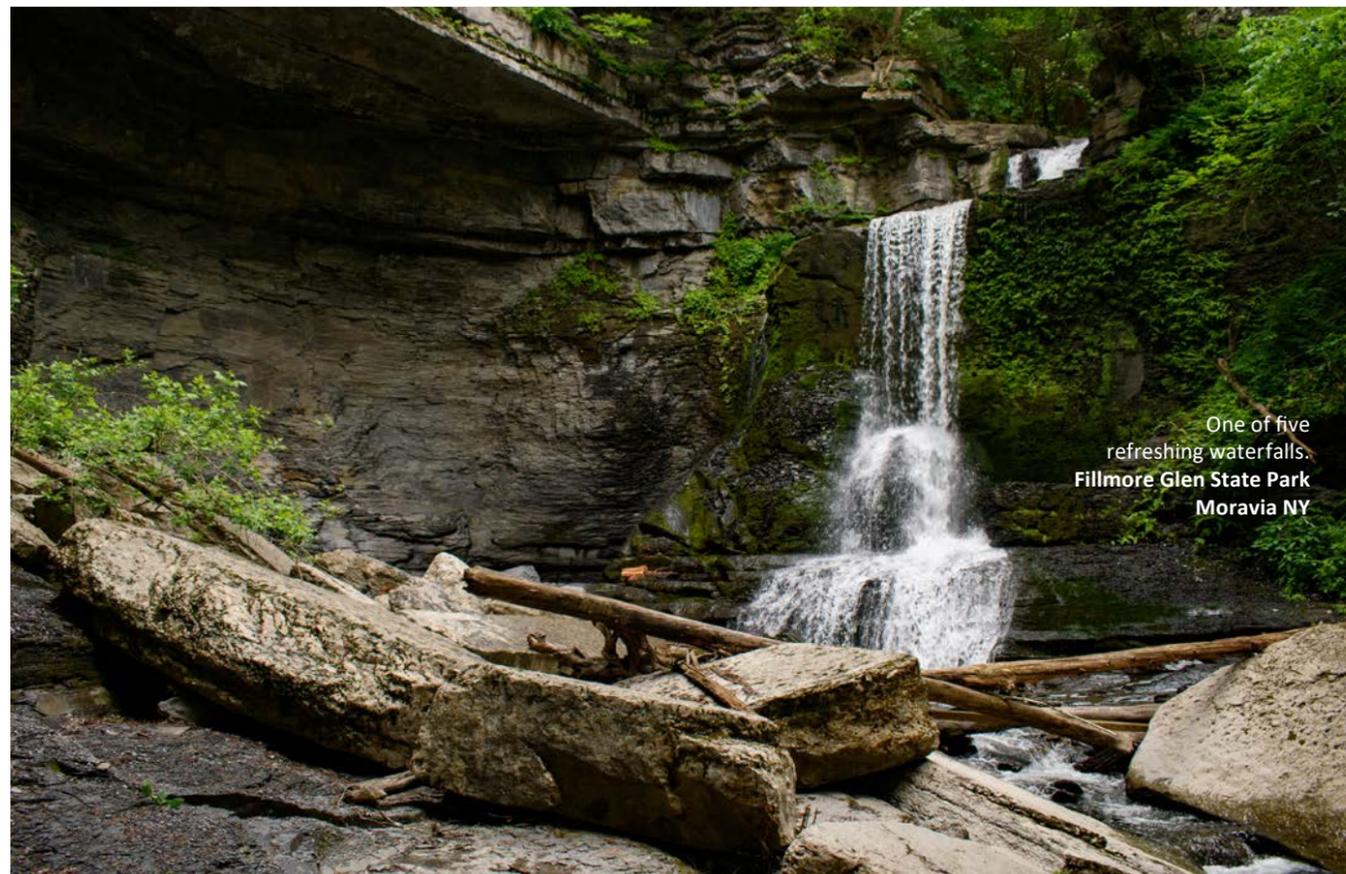
Cayuga County offers you an array of possibilities as you plan your hike. Here you will find waterfalls, gorges, lakes, creeks, bluffs, meadows, farmlands, gullies, and lush woods. Many trails are pet friendly and some permit cycling as well.

From the ten miles of trails at Sterling Nature Center and picturesque sunsets on Lake Ontario to the waterfalls and gorge at Fillmore Glen, there are countless breathtaking trails to experience! Whether you are an avid hiker or new to hiking, there is something for everyone to enjoy while exploring the outdoors in Cayuga County.

Ensnconed in forest and then opening to farmland, the Auburn-Fleming trail offers seclusion and serenity. Just under two miles long and completely flat, this trail is great for runners and families to enjoy.

The accessibility to experience the beauty of nature belongs to everyone. The Owasco Outlet at Emerson Park is wheelchair accessible. Enjoy the winding path along the outlet on your way to the end of the pier. Breathe and take in the picturesque view on Owasco Lake.

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One of five refreshing waterfalls. Fillmore Glen State Park Moravia NY



A charter boat heading out to Lake Ontario Little Sodus Bay Fair Haven NY

Cast a Line

The Most Freshwater Coastline in NYS

BY GEORGE FIORELLI
Tourism Ambassador

If you are looking for a great area to fish in New York State, try checking out Cayuga County in the Finger Lakes Region. Cayuga County boasts the most freshwater coastline in New York.

maximum depth of 435 feet deep. It has an average depth of 180 feet but the northern tip only reaches 18 feet at the deepest point. The lake averages 1.7 miles in width with the widest area near Aurora at 3.5 miles.

We have a wide range of lakes that will fit your angling and craft style, ranging from the Great Lake Ontario to Finger Lakes Cayuga and Owasco, to small lakes such as Lake Como, Duck Lake, and Otter Lake.

WIDE SPECTRUM OF BOTH COLD AND WARM WATER FISHING
The larger lakes such as Ontario, Cayuga, and Owasco offer visiting anglers a wide spectrum of fish. The ranges feature cold water fish such as landlocked salmon, lake trout, brown trout, and rainbow trout. Warm water fish such as largemouth bass, smallmouth bass, northern pike, pickerel, rock bass, yellow perch, sunfish, and crappie may be found in most of the lakes mentioned. The smaller, shallower lakes such as Lake Como, Duck Lake, and Otter Lake mostly offer warm water fishing. So pick your pond and fish on!

Whether you want to fish from the shore, fish in a stream, or motor out on one of the lakes, the opportunity exists in Cayuga County. Fishing can be done in either kayaks, small boats with a tiller motor, or a larger seaworthy craft that can run for miles.

Cayuga Lake is the largest Finger Lake that lies partially in Cayuga County. The lake is approximately 39 miles long. Cayuga Lake is the second deepest Finger Lake reaching a



CAYUGA LAKE
Cayuga Lake is one of the longest Finger Lakes stretching for approximately 40 miles. Its deepest spot reaches 435-feet. Good ramps to launch are Mudlock Canal Park in Cayuga, town ramps in Union Springs, and the state park at Long Point in Aurora. Great warm-water and cold-water fishing exists here.



DUCK LAKE
Duck Lake has 218 acres of water with 2.8 miles of shoreline. The deepest spot is around 20 feet. No motors are allowed on the lake but you can use the pay launch at Duck Lake Campground. The lake has warm water species.



GREAT LAKE ONTARIO
Lake Ontario is the smallest of the Great Lakes but has some of the greatest fishing available. World class fishing for warm-water and cold-water fish abounds there. Try using the state park ramp at Fair Haven to launch your boat.



LAKE COMO
Lake Como has 1.5 miles of shoreline. The maximum depth of the lake is only 22 feet. There is a ramp with access for a fee at the north end off County Road 103. The lake has various warm water species and also features a unique tiger musky fishery.



OTTER LAKE
Otter Lake near Meridian has a shoreline of 3.6 miles. The deepest spot in the middle reaches 14 feet deep. You can launch at the Leisure Acres Trailer Park for a fee. The lake is home to a variety of warm water species.



OWASCO LAKE
Owasco Lake is the only Finger Lake positioned entirely in Cayuga County. It stretches for almost 11 miles and is 177 feet deep. Most of Owasco Lake is about one mile across. Try using the Emerson Park ramp at the north end near Auburn or the South Shore Marina ramp near Moravia. Owasco offers robust warm water and cold water fishing.



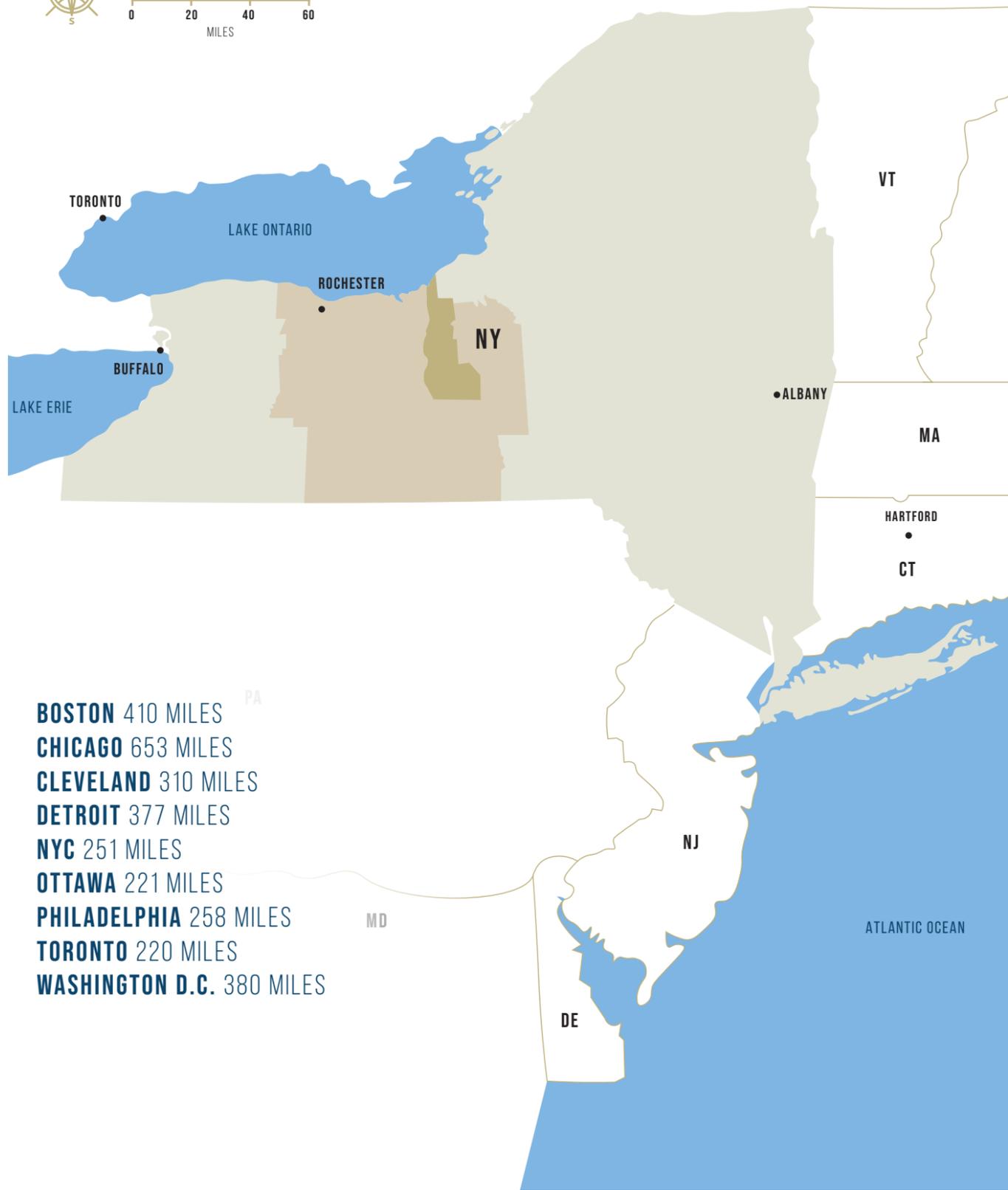
An angler tries his luck
at early summer bass.
Little Sodus Bay
Fair Haven NY



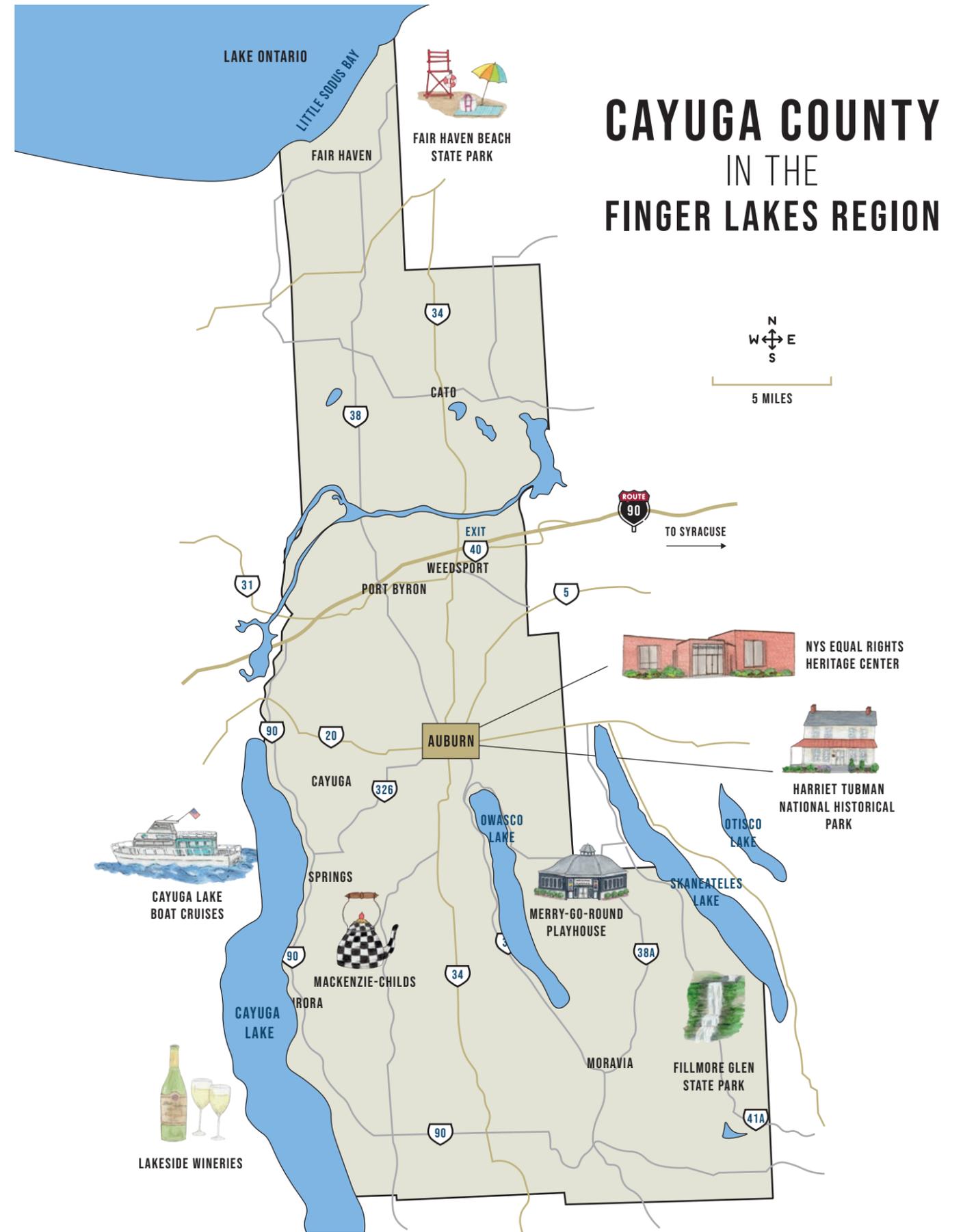
DO'S AND DON'T FOR FISHING

Try these do's and don'ts from
local angler, Michelle!

- DO know where to go in case of a storm or emergency
- DO fish with stealth to increase your chances
- DO take your kids
- DO use lures appropriate for the time of year
- DO keep a topographic map of the lake in your boat
- DO NOT throw your old fishing line or plastic in the lake
- DO NOT run from one area to another after only a few casts
- DO NOT keep fish you won't eat
- DO NOT be rude to other anglers
- DO NOT disregard "no wake" signs just because no one is watching



- BOSTON** 410 MILES
- CHICAGO** 653 MILES
- CLEVELAND** 310 MILES
- DETROIT** 377 MILES
- NYC** 251 MILES
- OTTAWA** 221 MILES
- PHILADELPHIA** 258 MILES
- TORONTO** 220 MILES
- WASHINGTON D.C.** 380 MILES



- NYS EQUAL RIGHTS HERITAGE CENTER**
- HARRIET TUBMAN NATIONAL HISTORICAL PARK**



The author is shown enjoying a winery tour. Heart & Hands Wine Company Union Springs NY

Wines

Inspired by Nature

As a Lifestyle television producer, I've always wanted to visit regions that produce wine and create content to highlight these places as they always seemed to exude an air of beauty and glamour. Imagine my surprise when I "discovered" the Finger Lakes region in NY State and was able to create a limited series wine show titled, "Korked with Kesana Francis."

THREE DISTINCT TRAILS

Nestled in the Northwest Region of New York between Rochester and Syracuse, the Finger Lakes wine region consists of three distinct lake wine trails, Cayuga, Keuka, and Seneca which boast some of the best wine in the country. One thing that stands out is the uniqueness of the vineyards I visited and how they felt boutique in different ways. Take for example, Heart and Hands

Winery and Quarry Ridge Winery, both located on the Cayuga Lake Wine Trail. Heart and Hands has an intimate, classy feel as it is on the smaller, quaint side, offers high end wine glasses and corks their wine bottles with beautiful, environment friendly glass corks. Alternatively, Quarry Ridge Winery features a mix between a rustic and sports atmosphere where one can either enjoy a wine, wings and a Giants game or sit outside by the firepit sipping a beer. And the best thing about both locales? They are perched on hillsides that grant visitors breathtaking views of Cayuga Lake.

WATCH THE SHOW

You can find episodes of "Korked with Kesana Francis" on BRIC TV, Manhattan Neighborhood Network and Bronxnet.

FOR SHOWTIMES
instagram.com/allyshiareнай

BY ALLYSHIA RENAY
Lifestyle TV Host And Producer



Colloca Estate Winery
Fair Haven NY

LAKE ONTARIO WINE TRAIL

Home of great wineries, cideries and distilleries. The Lake Ontario Wine Trail stretches from the eastern corner of Monroe County, encompasses the vast majority of Wayne County and stretches into Cayuga County. From boutique wineries, distilleries, and cideries to charming bed & breakfasts, great restaurants, bountiful farm markets and unique shops and sites, adventure is waiting all who travel the Trail.

Colloca Estate Winery on the Lake Ontario Wine Trail is set upon a 103-acre estate boasting 900' of pristine waterfront ensconced on Little Sodus Bay, an inlet of the Great Lake Ontario in the Village of Fair Haven, New York. Home to the eleven-acre Lake Effect Vineyard® planted to 100% grafted vinifera Riesling, Chardonnay and Pinot Noir vines, the Estate currently produces five wines grown on property.

The Lake Ontario Wine Trail incorporates three annual events to explore: Roll out the Barrels to start the season in April; Sweet and Savory in June; and Christmas Around the World in December. No matter the season you will enjoy the Trail.



Cayuga Lake Wine Trail
Various Locations

CAYUGA LAKE WINE TRAIL

Cayuga Lake, the longest and second deepest lake in the Finger Lakes region is America's first wine trail! Along the trail you'll find rich history about grape growing and wine making in the Finger Lakes. Sample award winning wines ranging from dry to sweet and even an impressive collection of Rieslings which are quickly becoming the wine for which the Finger Lakes region is best known.

Learn about the winemakers, owners, and grapes grown along the shores of Cayuga Lake at the 13 member wineries of the Cayuga Lake Wine Trail. Experience tours of the vineyards, winemaking facilities, and tastings rooms where you'll learn the unique story of each location and member winery that will leave you wanting to learn more.

Discover the nuances to the perfect wine and meal pairing and enjoy culinary delights at cafés and markets found right in winery locations.

If you're looking for the perfect wine to take home, give to friends or family, or more, you'll find it all along the Cayuga Lake Wine Trail!



Heart & Hands Winery
Union Springs NY

BOUTIQUE EXPERIENCES

Finger Lakes wineries tend to be on the smaller side as compared to west coast wineries, and many are family owned and operated. For this reason, it is not uncommon to meet an owner, winemaker or vineyard manager while visiting a winery. Winery tasting rooms offer a variety of experiences, from casual walk-in tastings to more in-depth tasting experiences and tours which are available by appointment. Visitors can enjoy sipping wine in a tasting room, a cellar or in the middle of a vineyard with a beautiful view of one of the Finger Lakes. The scene is laid-back and casual, and the wineries offer warm, welcoming hospitality in addition to world-class wines.

The Finger Lakes region is internationally renowned for Riesling, but is also known for its Cabernet Franc, Pinot Noir, Sparkling Wines, Chardonnay and Ice Wine, as well as wines made from Native and French American Hybrid grapes. With 11 wineries in In Cayuga County, you will find small boutique wineries with unique experiences, larger wineries creating seasonal events that draw a big crowd and everything in between.



Beer & Cider

The Craft Beverage Scene

BEER

Cayuga County and the Finger Lakes Region are world-renowned for our wines, but we are also home to a growing number of award-winning craft breweries. The Region boasts over 100 craft breweries located along the Finger Lakes, which you can experience across roughly 200 miles across the central part of New York State.

Cayuga County's breweries range from very small nano-breweries to cutting-edge microbreweries. Our craft beer scene is second to none with each brewery offering their own special styles and flavors, and super fun names that will make you want to try one just for the namesake!

With eight breweries you can enjoy scenic rural locations like Aurora, Locke & Moravia, or in the bustling downtowns of Auburn and Weedsport you won't be disappointed at any stop. Ales, lagers, stouts, and sours, we've got them all! Many breweries now offer board games, live entertainment, trivia nights and more for guests, so pull up a chair, order your pint and have a (responsibly) good time!

CIDER

Upstate New York has always been known for its apple orchards and sweet ciders but hard cider, the apple-based alcoholic beverage that is typically about the strength of beer, is becoming a more popular beverage of choice. Hard ciders can be dry or sweet, mild, or tart, made purely from apples or with added ingredients like berries and spices.

Sterling Cidery in northern Cayuga County makes all of their craft ciders by hand, starting with fresh-pressed local apples. Their oaken and hopped ciders are aged with American oak and cascade hops, respectively. Pick your favorite to fill the growler to take home with you. Grisamore Cider Works, and Galmor Farm in the south are also family run establishments serving up a crisp and refreshing cider, hard or not. Join the fun with tastings, often live entertainment and the rural setting of these craft beverage makers.

History books tell us that Thomas Jefferson and George Washington were huge cider fans, so why not make a little of your own history by enjoying a Finger Lakes Cider?!

Various Locations
Auburn NY



JOIN US AT
Brave Brews

CELEBRATING WOMEN BREWERS

The Brave Brews weekend-long winter festival in Auburn, NY happens the first weekend of March (Women's History Month) and supports the women and non-binary individuals of New York's burgeoning craft beverage industry. Women currently make up only 2% of brewery owned businesses within the US. The festival was inspired by the local success of Pink Boots Collaboration Brew Day® held at Prison City Brewing. This growing event encompasses First Friday programming in Auburn's Historic Sites, ice carving competitions, Prison City Brewing's fire and ice festival and Seward House Museum's The Real Housewives of Cayuga County Specialty Tours. The event features rotating special guests and events. In 2023, the festival welcomed Pink Boots Society Founder Teri Fahrenndorf to Auburn for Brave Brews! Find more info at bravebrewfest.com.



Enjoy a cider flight made from local apples.
Grisamore Cider Works
Locke NY



Enjoy a beautiful and delicious breakfast.
1833 Kitchen
Aurora NY

Farm Fresh Eats

Fine Dining to Farm Fresh

Cayuga County and the Finger Lakes are famous for their fresh fruit, herbs, vegetables and dairy products. Many of our restaurants feature the freshest and the finest quality products from local farms on their seasonal menus. “Farm to Table” brings vision of beautifully plated meals with bright, fresh ingredients creatively put together by talented chefs. The Finger Lakes offers many amazing culinary experiences where your eyes and palate will delight with the food in front of you. Choosing from places like 1833 Kitchen and Bar, Salt of the Earth, Moro’s Table, The Restaurant at Elderberry Pond, or Oak & Vine is a hard enough choice, but once you’ve picked the restaurant you must choose among the delicious options on the menu. That is why you need more time in the area to enjoy the options!

With more time here, you can see more of where your food originates. The Finger Lakes has a plethora of things to see and do, and the scenic drives from one place to the

other is one of the attractions. As you drive around take a moment to appreciate how little your food travels to get to your plate. Our small farms and vineyards are a sight to behold and in addition to preserving our landscape, they provide great tasting food and drink!

FARM MARKETS AND ROADSIDE FARM STANDS

Be sure to visit one of our Farmers’ Markets or roadside farm stands so you can take some of the flavor of the Finger Lakes home with you. Auburn, King Ferry, Moravia, Port Byron and Union Springs all have weekly Farmers Markets that feature local eggs, fresh bread, farmstead cheese, jams and jellies, herbs, and honey as well as vegetables, plants and even local arts and crafts.

HISTORIC FLOUR MILL

New Hope Mills started in Niles, NY as a flour mill servicing the local farming community in 1823. Now, 200 years later the business is still alive and thriving! You will

want to stop by their Café and Store in Auburn to enjoy a delicious meal and decide which of their over 20 pancake mixes to take home. While in the Café you will be surrounded by antique milling equipment and natural wood features, the atmosphere truly conjures a flare of nostalgia. With country distinctions and quality products, you will find yourself stepping back in time. While the historic mill in Niles is no longer used for producing flour, they are proudly preserving this piece of our American Heritage with the goal of developing an operational museum.



SHOP DIRECTLY FROM THE DAIRY FARM

Hillcrest Dairy/Ripley Family Farm is a family owned and operated milk bottling plant. The Farm is a seven-generation farm established in 1896 and the milk comes from their Guernsey Cows, which produce top-quality A2 “golden milk”. The golden color come from milk packed with extra nutrients, most importantly beta-carotene which makes it easier to digest. You can find Hillcrest Dairy products in many local shops, but the best is to drop in at the farm itself and buy your milk straight from the source as many of our farm to table restaurants do. Make sure to try their chocolate milk, you’ll be inspired to leave your own milk testimonial!

EXTENDING THE GROWING SEASON

The vegetable growing season is from July to October in the Finger Lakes,

but several creative entrepreneurs have found a way to extend their growing season. Abby Lepak is the girl behind Farm Girl Greens and in a barn next to her house she grows luscious greens indoors year-round. You will enjoy these green in many of your meals in our local restaurants. Just as creative Linda Eldred of Strawberry Fields has elongated the strawberry growing season from one month to five by using Hydroponics.

Hydroponics involves growing plants without soil, using water-based mineral water solutions instead. Stop by for U-picks and enjoy them as an ingredient in many of the local restaurants and bakeries.

FINGER LAKES SWEET TREAT TRAIL

The Sweet Treat Trail is another great way to taste and understand the bounty of Cayuga County. Stop at any of the 20 stops along this unique trail to see, sample and meet the producers of fine Finger Lakes products. Spread throughout the county, this is a great trail to follow to experience how varied the agriculture is here in Cayuga County by those who work the land firsthand.

Finding the food that fits our dietary restrictions can sometimes be challenging, especially for those of us with a sweet tooth. This year we celebrate that sweets are within reach! Whether your diet is vegan, gluten free, or dairy free our Sweet Treat Trail partners have put together treats to celebrate you!

Gretchen’s Confections – “Kokomo”
Auburn NY



INCLUSIVE TREATS

CAFÉ 108
Chia Parfait

FLY BY NIGHT COOKIE
No Preservatives, ever! Some gluten free

GRETCHEN’S CONFECTIONS
Kokomo. This candy is Vegan!

MOONFLOWER MACARONS
Gluten Free Cookie, Macarons are naturally gluten free

NEW HOPE MILLS
Vegan Pancake

OWEN ORCHARDS
Apples

POTTER’S FARM TO FORK
Gluten Free Chocolate Truffle Torte

STANDING STONE HONEY BEE PRODUCTS
Honey

STRAWBERRY FIELDS
Fresh local strawberries June-October

SMOKEY HOLLOW
Vegan Maple Syrup. That’s right, not all maple syrup is vegan.

THE VILLAGE MARKET
Gluten-free Granola Bar

Always delicious
treats to enjoy.
New Hope Mills
Auburn NY



Coffee Cake

NEW HOPE MILLS - COFFEE CAKE

DIRECTIONS:

In a small bowl, combine the crumble ingredients and set aside.

Preheat oven to 350°F. In a medium bowl, combine the pancake mix and cinnamon, set aside. In an electric mixer, cream together sugar, egg, and butter. Add the milk alternatively with the dry ingredients. Mix until well combined and pour into a parchment lined and well-greased 8x8 pan. Top with the prepared crumble and bake for 25 minutes.

Prepare a glaze by whisking powdered sugar, milk, and vanilla extract together. Once coffee cake is cool, drizzle glaze on top.

INGREDIENTS FOR THE CRUMBLE:

- ¼ cup New Hope Mills Buttermilk Pancake Mix
- ½ cup brown sugar
- 2 Tbsp melted butter
- 1 tsp cinnamon
- ¼ tsp cloves

INGREDIENTS FOR THE CAKE:

- 5 cups New Hope Mills Buttermilk Pancake Mix
- 4 Tbsp sugar
- 1 tsp cinnamon
- 1 egg
- 3 Tbsp softened butter
- ½ cup milk

INGREDIENTS FOR THE GLAZE (OPTIONAL):

- 5 cups powdered sugar
- 3-4 Tbsp milk
- 2 tsp vanilla extract

Enjoy fun drinks and
a lively atmosphere.
Lavish Lounge
Auburn NY



Reggae Rum Punch

LAVISH LOUNGE - RUM PUNCH

DIRECTIONS:

Serve in Schooner glass (looks like an oversized margarita goblet).

Mix all ingredients well.

Drizzle grenadine over drink and garnish with Maraschino Cherries.

INGREDIENTS:

- 1 ½ oz. Jamacian White Rum
- ½ oz. Pineapple Rum
- 2 oz. Pineapple Juice
- 2 oz. Orange Juice
- ½ oz. Lime Juice
- Splash of Grenadine
- Garnish with lemon wheel or wedge and a cherry.

WELCOME TO THE CARIBBEAN

Can a cocktail transport you to a Caribbean Island? If any cocktail can, it would be those at the Lavish Lounge. Pair it with Saucy Coconut Shrimp, Oxtail Soup and Fried Plantains, and you might as well call in a vacation day and Salsa dance into the night.

Lavish Lounge is a relaxing & charming venue serving delicious authentic Jamaican & American cuisine

LAVISH LOUNGE, BAR AND RESTAURANT

288 Genesee St, Auburn, NY 13021
(315) 252.2337



KING FERRY CORNER STORE

A gas station, gift shop, bakery, sandwiches, soup, groceries and much more make this a destination in itself! The location in King Ferry with nearby Finger Lakes award winning wineries this trip offers epic road trip views along the historic Route 90. They are a stop on the unique Finger Lakes Sweet Treat Trail.



Rustic & Elegant Experiences

Agritourism

Beautiful bounty at the award-winning organic farm restaurant.
Elderberry Pond Restaurant
Auburn NY



Strawberry Fields Hydroponic Farm & Florist
Auburn NY

STRAWBERRY FIELDS

Linda Eldred, owner of Strawberry Fields Hydroponic Farm and Florist, has offered a unique and exciting experience in growing hydroponic strawberries.

What makes this so unique is that the strawberries are grown up off the ground in stacks, allowing patrons to pick from the end of June until the end of October! “We love to educate the public by giving tours and explaining how it all works!” says Linda Eldred, owner.

Welcoming motor coach tours and offering refreshments, a charming gift shop, a complimentary gift for all to take home, a visit to Strawberry Fields is the friendly experience in the gorgeous Finger Lakes that you will not want to miss!

Finishing their 13th season, they now have up to 17,000 strawberry plants, a floral shop, a sunflower maze in August, and fresh-cut Christmas trees grown right here in the Finger Lakes. They also support many local artisans selling their products in the gift shop. They have such delicious jams made with their strawberries which you will love to try and also strawberry blossom honey, too!

Come and experience this unique hydroponic farm in the heart of the Finger Lakes. “Enter as strangers, leave as friends!”



Little Yard Farms
Moravia, NY

GREENHOUSE GATHERINGS

“I can live with failure; it’s never having tried that I can’t live with,” I told my husband. That’s how we bought the farm.

I had been a sous-chef and a kitchen manager for years, but I wanted nights with my baby, a weekend with a friend now and then, and holidays with my family. No matter how accommodating, there was no restaurant that was going to offer that. I was going to have to build it.

We began with almost nothing—a singlewide trailer and 25 acres of land off of Craigslist—and lost even more in the first year. And yet...ever so slowly, our business grew through word of mouth.

Soon we were catering parties and providing meal delivery across the Finger Lakes. People often asked, “Can we come to the farm?” But it was a real, working farm, with lots of messes and manure.

Still, people’s desire to connect to the source of their enjoyment made me want to make a space that was both functional and pretty—a space where the grittiness of real-life farming meets the inspiration of togetherness and nourishment.

That’s how Greenhouse Gatherings were born. I set up a beautiful indoor space on-site. I implemented a sliding scale so that folks who usually couldn’t afford anything fancy could leave my table feeling loved and celebrated, right in the center of all that provides: the land, the animals, and many welcome, new friends.



Picturesque views with Cayuga Lake in the background.
Inns of Aurora Spa
 Aurora NY

The Inns of Aurora

New York's #1 Resort Hotel & Spa

Anchored on the shore of Cayuga Lake and surrounded by 350 acres of bucolic fields and vineyards, the Inns of Aurora is the iconic Finger Lakes resort removed from the busy pace of modern life. Its five grand, luxuriously restored estates—tucked among the tiny, historic Village of Aurora—layer the spirit of a simpler time with a contemporary approach to wellness and design. For those who travel to Aurora, a deeply restorative experience of natural beauty and heartfelt hospitality awaits.

FIVE BOUTIQUE INNS

Dispersed within the walkable village, each of the five Inns of Aurora feature inspired interior design, eclectic antiques, and an exceptional collection of contemporary original art. Thoughtful touches and legendary service are the hallmarks of the Inns of Aurora, where dedicated on-site innkeepers serve as hosts and guides for personalized guest stays.

IMMERSIVE EXPERIENCES

A robust activities calendar—ranging from yoga classes to essential oil blending workshops, guided lantern-lit hikes to archery lessons—allows visitors countless opportunities to make memories to last a lifetime. The creative culinary team hosts a bevy of experiences at the standout Aurora Cooks! demonstration kitchen, from multi-course dinner parties to chocolate tastings.

LAKESIDE HAVEN

Over 40 miles long, Cayuga Lake serves as the dramatic backdrop of Aurora. Enjoy the simple pleasure of roasting s'mores over the lakeside fire pit, plan for a fishing excursion with a private captain and guide, or enjoy a kayak paddle down the calm shoreline.

INNS OF AURORA
innsofaurora.com

Description or Location Name Here
 Aurora NY



THE SPA AT THE INNS OF AURORA

Crowning the eastern ridge overlooking Aurora, the Spa at the Inns of Aurora is a farm-inspired wellness campus where Ayurvedic traditions, healing hydrotherapy, and deeply personalized treatments meet. In this pastoral setting, time stands still— farm fields sway in the breeze, ancient trees stand proud and tall, and the lake glistens in the sun. When you're here, you're somewhere special.

Four hot pools, two cold plunges, steam rooms, and single-gender and co-ed saunas create two full hydrotherapy circuits, ushering guests through restorative cycles of hot, cool, and warm water. Hydrotherapy itineraries customized to each treatment on the extensive menu create effortless guides for a deeply healing spa day.

Throughout your visit, enjoy the complimentary café, the light-filled salon, cozy Tranquility Room, and expansive lawns with views to the surrounding pastures, ponds, and Cayuga Lake.



Cozy up in one of our unique Inns.
Inns of Aurora
 Aurora NY



Enjoying the fall season and connecting with nature. Bayview Wellness Center Fair Haven NY

A Focus On You

Make Your Wellness a Priority This Year

Too often people get caught up in the hustle and bustle of everyday life. Running between work, family obligations, meet-ups with friends, and more, many folks overlook their own well being. But taking care of your own mental health and physical wellness is a critical component to a fulfilling life. After all, you can't pour from an empty cup. So, we've put together this list of wellness-focused businesses in Cayuga County that will help you get back on track. From hardcore workouts to relaxing self-indulgence, here's to a healthier and happier you.

WHERE PHYSICAL HEALTH MEETS MENTAL WELLBEING

Most of the businesses and treatments that promote

overall wellness combine a mixture of physical and mental activities. Starting with open and clear communication, both interpersonally and personally, is key. These local therapists help guide clients through mental exercises, reducing stress and clarifying concerns. Then the physical components, both strenuous and relaxing, help center the body for peak performance.

Wellness can be both preventative and reactive. A proper mix of techniques are required for a person to improve their overall well being. For example, regular meditation proves helpful to many people. But a day at the spa can restore any temporary stressors someone is experiencing. Add to that proper nutrition - with the occasional treats - and the result is a well-balanced, healthy life.

ADONIA SPA

Auburn NY

www.adoniasalon.com

When you look good, you feel good. And the team at Adonia Salon & Spa is ready to help you look your best. Services for both men and women include hair removal, eyelash extensions, spray tans, facials, make up, brow shaping, and more.

CRYSTAL CLEAR HEALTH & WELLNESS

Auburn NY

crystalclearlifecoaching.org

At Crystal Clear Health & Wellness, clients can partake in a variety of unique services. Options include holistic nutrition with personalized dietary plans and weight management, tarot and oracle card readings, life coaching, and even metaphysical supplies including herbs, candles, and crystals.

BAYVIEW WELLNESS CENTER

Fair Haven NY

www.bayviewwellnesscenter.com

The team at Bayview Wellness Center specialize in massage, yoga, and counseling. Together, the trio of services provide a well-rounded experience for customers, helping them gain balance and control of their mental and physical health and well being.

THE CENTER

Auburn NY

www.thecenter4wellness.com

Located in an historic church, The Center is a holistic sanctuary, providing a mixture of Eastern and Western therapies catered to the individual needs of each person. Led by Mary Ann Giacona, the therapists offer a variety of services, including reiki, reflexology, acupuncture, dream analysis, and more.

Barbara Jeans Auburn NY



BLACK-OWNED WELLNESS BUSINESSES

Our health is one of the most important aspects of our lives because it is central to all that we do. When in good mental and physical health, the areas of our life that are important to us align. Good health is critical for women of color. Statistics show that 4 out of 5 African American women are overweight, which can lead to high blood pressure, diabetes, heart disease and stroke. These preventable conditions and diseases are often caused by stress or lack of health care. Living in good health is a birthright to which we all should have access.

JSY'NEEM & THINGS, JSYNINE MCLEOD:

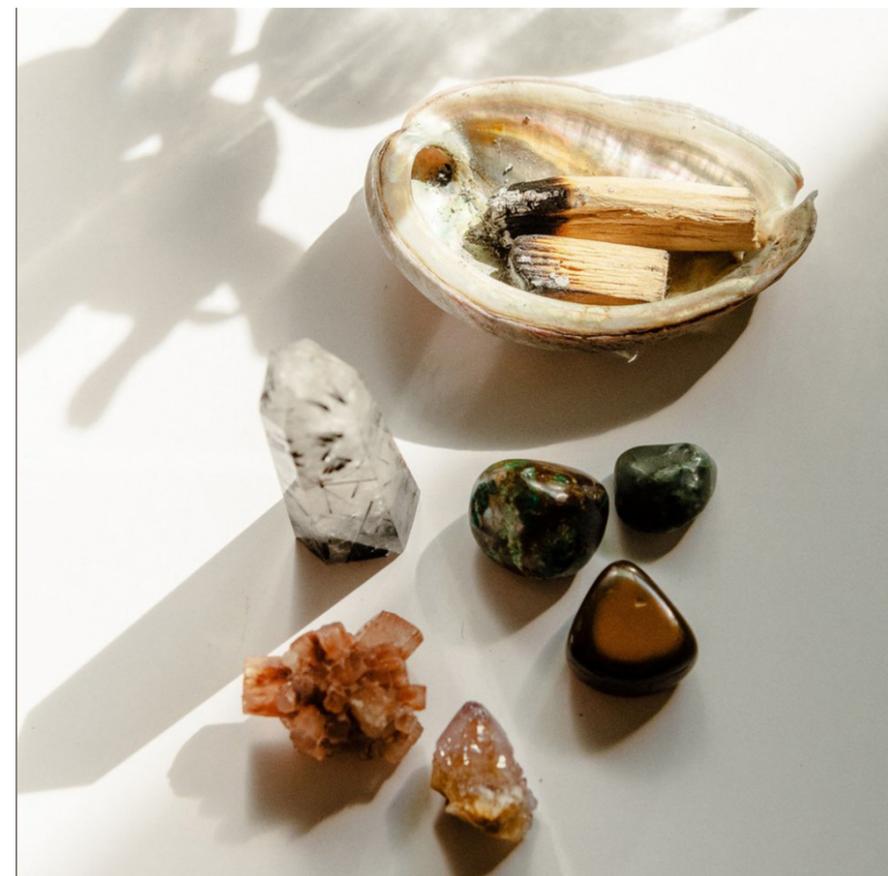
Hair care and skin care products created from the antioxidant Neem Oil to effectively treat, heal, and soothe.

SIGNATURES TOUCH, ROWENA MCKOY-SPADE:

Handmade, chemical free, natural skin care and hair care products for healing and growth to rejuvenate your body.

BARBARA JEANS HAIR & BODY PRODUCTS, JASMINE FREEMAN:

All natural, chemical-free body butters and hair oils to hydrate and restore all hair and skin types.



THE REV THEATRE CO.

Nestled on the shores of Owasco Lake amidst Emerson Park, this historic playhouse once housed an actual merry-go-round that is now believed to be in Hershey Park. The now 501 seat theatre offers Broadway caliber shows from May through October. When visiting Cayuga County this is a must see!

Check out therevtheatre.com for showtimes.

*The Merry-Go-Round Playhouse houses the REV Theatre Co. Auburn NY



Auburn's Hidden Jewel

World Class Theatre

Three miles south of downtown Auburn, steps away from the northern shore of Owasco Lake, sits a century-old building. A former carousel enclosure, it was once filled with shrieks of pleasure and delight as revelers, young and old alike, rode the painted ponies it housed and escaped the warm summer sun shining down on what was then called Enna Jettick Park. Today, that building is the Merry-Go-Round Playhouse and it is filled with sounds of a different kind: beautiful singing voices, uproarious laughter, and thunderous applause.

The Playhouse is the home of The REV Theatre Company, one of the premier professional theatre companies in New York State. Each year, The REV attracts highly seasoned artists whose resumes are lined with Broadway, national tour, film, and television credits, to Central New York. Combining their skills with the craftsmanship and artistry of a seasonal production staff that often exceeds 200, The REV has garnered a reputation — on both the local and national landscape — for creating imaginative theatrical experiences at the highest levels of artistry and execution.

In addition to its reputation for producing high profile musical theatre, education has been at the heart of the company's operations since its founding in 1958. The REV On Tour is one of the most robust professional educational theatre programs in the country, bringing professional theatre performances and workshops to schools across New York State at minimal cost to the districts. In the summer months, The REV On Tour brings free public performances to parks and libraries throughout Central New York.

Whether it's a blockbuster show at the Merry-Go-Round Playhouse or an immersive, family-friendly show in a local park, no trip to Cayuga County is complete without taking in a production from The REV.



Broadway quality performances by
The Rev Theater Co.
Merry Go Round Theater
Auburn NY

The Schweinfurth Arts Center celebrates artists, big and small.
Schweinfurth Arts Center
 Auburn NY

A lively performance on the Main Stage.
Auburn Public Theater
 Auburn NY



Art Centers

Highlighting Local Talent

ART = COMMUNITY

Sprinkled throughout the county are locally run art centers of all sizes. Not only are they all uniquely sized, but they also offer contemporary and historical exhibits. Many feature local artists, but it wouldn't be out of the ordinary to see state, national or international artists on display. From the Tiffany windows at Willard Memorial Chapel to classes; open competitions, arts, and culture come alive in Cayuga County! Fair Haven is a hidden gem for our artistic visitors, with South Shore Artisans, Fair Haven Arts Center, and the Hardware Café's unique gift shop, where you will encounter a multitude of local artisans' work experience,

SUPPORTING THE ARTS

Fair Haven Arts Center, Schweinfurth Art Center, NYS Equal Rights Heritage Center, Cayuga Museum of History & Art, and many of the Historical Societies' missions are to celebrate

art and bring that to both the local communities and the visitors.

CONNECTING WITH ART AND COMMUNITY

If visual arts inspire and intrigue you, visit the Schweinfurth Art Center for contemporary exhibitions on fine arts, architecture and design or attend an art class there and create your own works of art! Spend the day exploring Wells College, located in the quaint village of Aurora, this liberal arts college offers a variety of events and self-guided tours. Explore their historic campus and enjoy art exhibits, special programs, guest lectures and more.

While most exhibits are during the summer months inspired murals are on display year-round along the Auburn Public Art Trail in downtown Auburn. One of our newest murals features the work of Arthur Hutchinson who created a

mural showcasing the lesser-known side, a side beyond a conductor on the Underground Railroad, to hero Harriet Tubman.

SEE WHAT'S ON EXHIBIT AT SCHWEINFURTH BY VISITING:
schweinfurthartcenter.org



Schweinfurth Arts Center
 Auburn NY



Small Stage, Big Acts

Local Theater

WHY HAVE A THEATER?

Theaters are not only ubiquitous, they're also as old as the hills. Literally. From Ancient Greece to the smallest of rural towns in the world today and across every continent, billions of people have put on a play, been in a play, watched a play or done two or even all three of those things. Originally invented as a way to provide catharsis for the audience, plays to this very day still do exactly that. They teach us empathy and help us heal.

WHY IN THE MIDDLE OF DOWNTOWN AUBURN?

We showcase what makes us most proud, what best defines us, the thing to which we most easily relate. In a city like Auburn, rich in history and with a proud and deep tradition of equal rights activism, the number of local stories that have been told as well as those that are still waiting to be told are nearly endless. To say

nothing of the stories from the so-called outside world that are equally deserving of our collective gaze and attention. Located in the heart of downtown, Auburn Public Theater seeks to be just that, the emotional heart of our city.

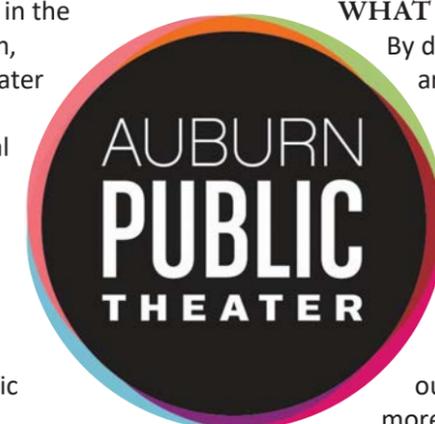
HOW DOES IT WORK?

By offering affordable access to all, Auburn Public Theater seeks to make the performing arts a common experience for everyone, through classes, films, plays, music, comedy and more. With all of this offered at affordable and pay-what-you-can pricing, gone are the days of restricted access. Here are the days of a performing arts center that is open and available to serve every single person in our community as

well as friends from neighboring communities, both near and far.

WHAT IS THE RESULT?

By democratizing the arts, a more just, a more copacetic, and a far more entertaining version of the world is realized. More laughter, more tears, more understanding of ourselves and others, more equality, more diversity, more inclusion, more of everything that is good and right comes through. It is your friendly neighborhood performing arts center that aims to take you to that better place. All you have to do is walk through our doors.



BY ANGELA DADDABBO
 Artistic Director, Auburn Public Theater

MACKENZIE-CHILDS

A staple since 1983 MacKenzie-Childs has been a Finger Lakes icon. Set on a tranquil Victorian farm overlooking Cayuga Lake. Internationally recognized patterns of Courty Check, Patience Brewster, colorful handmade ceramics, home accessories and more. Enjoy tours of the 15-room farmhouse and the grounds which are open to the public include a duck pond, greenhouse, and a small herd of Scottish Highland cattle.



Beautifully landscaped gardens year-round.
Mackenzie Childs
Aurora NY



Aerial view of the new upgraded baseball field.
Falcon Park
Auburn NY

BY DON LEWIS
Co-owner of the Auburn Doubledays

Auburn Doubledays

Take Me Out to the Ball Game

The roots of baseball in Auburn run deep- over 160 years deep. The area's first organized baseball league can be traced back to 1860. It would be another 41 years before the National Association of Professional Baseball Leagues (now known as Minor League Baseball) would be formed in 1901 and headquartered in Auburn, with Auburn Independents' third baseman John H. Farrell as secretary.

Today's team traces its roots back to 1957 and the formation of Auburn Community Baseball, Inc., a non-profit company owned by the City of Auburn. From 1958 to 2020, they were members of Minor League Baseball's New York-Penn League and have since competed under the guise of nine different team names through various Major League Baseball affiliations. In 1996, one year after moving into the newly renovated Leo Pinckney Field at Falcon Park, the team adopted its current name, the "Doubledays," after Abner Doubleday, the Civil War general and Auburn native credited with inventing the game of baseball. This claim, made by baseball's Mills Commission in 1907, was never made by Doubleday during his lifetime and has since been debunked by baseball historians. But, fictitious or not, the story lives on through the team's official mascot, Abner, who wears the number 96 in honor of the team's birth year.

Today, the Auburn Doubledays are a beloved collegiate summer baseball team of the Perfect Game Collegiate Baseball League. The team plays 26 home games in June and July, with playoffs starting in August. Fireworks, fundraisers, and various free events are held throughout the year at Falcon Park- like the Annual Home Run Halloween Event with trick-or-treating right on the field! Starting in May 2023, the Doubledays will feature live music on the field on select Friday nights for their new summer series: *Rockin' The Ballpark*.

FOR MORE INFO AND SCHEDULE
www.auburndoubledays.com

Enjoy scenic vistas on this 18-hole course.
Springbrook Golf Course
 Fair Haven Beach State Park



Golf

FORE, Actually There are 12 Courses

ABOVE PAR PLAYING

Cayuga County has been called a golfer's paradise! It is home to 12 golf courses that run the gamut from private, semi-private, some with country club style full-service clubhouses, to casual public courses. All our courses offer affordable golfing on a well-maintained greens with challenges for any level of player. Schedule a tee time at one of our courses and enjoy golfing on a picturesque and challenging course.

Established in 1925, Highland Park Golf Club, with its rolling greens is one of the most challenging golf courses in Cayuga County. Highland Park Golf Club is a semi-private club that encourages guest golfers with a welcoming environment and can host events in their clubhouse. Down in King Ferry the King Ferry Golf

Club is a public Scottish-links style course overlooking the east shore of Cayuga lake at King Ferry Golf Club. The course has a driving range along with chipping and putting greens. Located in northern Cayuga County on Lake Ontario, Springbrook Greens is an 18-hole public golf course that has been owned and operated by the State of New York since 2006. The course offers both links-style holes and traditional wooded play and challenging course. and features scenic vistas, including the course's signature 11th hole overlooking Sterling Marsh with distant views of the lake. (Not) Lastly, Fillmore Golf Club is an 18-hole public golf course nestled in the heart of the Finger Lakes region, overlooking Owasco Lake. Enjoy a round of golf while taking in the breathtaking view of the lake and hills.

Try mini-golf on the shores of Owasco Lake.
Tom Thumb Drive-In
 Auburn NY



Emerson Park
 Auburn NY

Enjoy this course in a groomed park setting.
Emerson Park
 Auburn NY



SOMETHING FOR EVERYONE

Emerson Park sits at the northern tip of Owasco Lake in Auburn, NY and offers something for the whole family to enjoy. It offers a wide variety of events throughout the year including concerts, live music, 4th of July fireworks, a Father's Day car show, disc golf tournaments, and movie nights. Combine this special programming with traditional summer fun activities like swimming, fishing, kayaking, and disc golf, and the fun is just waiting for you!

The Great Race Triathlon happening on August 13th, 2023 offers a fun competitive environment. Hundreds of 2, 3, or 4 person teams begin with a runner (4 miles) who hands off to a biker (12.4 miles) who then hand off to their kayaker 2 canoeists, or paddleboarder (2.5 miles). Young or old, serious racers or beginners, compete for glory or the pursuit of fun and fitness.

Don't miss a stop across the street at the Ward O'Hara Agricultural Museum, a perfect place for families of all ages!



Disc Golf

Baskets vs. Holes, Clubs vs. Hands

GOLF... NOT GOLF

The game of disc golf is scored exactly as traditional golf. Your drivers, mid-ranges, approaches, and putters are discs designed to fly at varying speeds with a unique range of flight characteristics. Your target is a basket with chains that cushion your shot as it lands. Each course presents challenges including water hazards, bunkers, difficult tree placements, elevated baskets, and anything else your friendly course designer can create.

FAMILY TRADITIONS

My father and I began playing disc golf when I was 11 years old. The shared activity started as a walk in the woods with something to do, and with a natural love of the outdoors, we took to it quickly. I look back on it now, 18 years later and think to

myself... Why am I still missing putts? But then again, how can you beat a day spent in Emerson Park?!

A GROWING SPORT

I'm very grateful to have found a game that consistently presents new challenges to solve. A game that has introduced me to a new, supportive community in Cayuga County. A game that has allowed athletes of all ages to remain actively engaged. And now, with new players joining the sport at an unprecedented rate, and live coverage allowing the game to be exposed to the world, I would like to say, "Welcome! I hope you enjoy every minute of your time on the course. I hope to see you out there one day."

BY IAN MILLER
 Cayuga County Tourism Ambassador



See jesters and other characters dressed in traditional garb.
Sterling Renaissance Festival
Sterling NY

Major Events

To Help You Plan the Perfect Trip



Citywide
Auburn NY

HARRIET TUBMAN WEEK
This city-wide celebration of Harriet Tubman is held in March and celebrates her life and legacy. Walk the streets in the town she called home for over 50 years. Visit her home, gravesite and the church she worshipped in. Learn more about this Civil War Hero and Conductor on the Underground Railroad. Special events will be held all week.



Various Locations
Auburn NY

HOLIDAY TRADITIONS
On the second Sunday of December in Auburn NY, museums and churches open their doors to the public offering free admission, music, refreshments, activities and more. Locations include the Seward House Museum, Willard Memorial Chapel, Cayuga Museum, Schweinfurth Art Center, Ward O'Hara Ag Museum, and Equal Rights Heritage Center.



Main Street
Fair Haven NY

PORCH FEST
On the second Sunday of August, the quaint village of Fair Haven transforms into a musical destination with porches becoming stages for musical performances. As you walk between the stages consisting of porches and lawns, there are plenty of local treats to enjoy. This is a family-friendly event that brings people together through music.



Fillmore Glen
Moravia NY

FILLMORE DAYS FEATURING THE BATHTUB RACES
Fillmore Days are held on the second weekend in August. This free event includes live music, local craft beer, wine, food, artisan vendors and bathtub races.

If you have never seen a bathtub race, you don't know what you are missing!



15385 Farden Road
Sterling NY

STERLING RENAISSANCE FESTIVAL
Step through the gates and into the village of Warwick, England in 1585. This Elizabethan Renaissance Festival set in a shady forest and boasts more than 100 live shows daily, jousting matches, family games, fine arts, demonstrations and refreshments. Festival is held weekends in July and August. Merriment awaits!



Various Locations
Countywide

FOURTH OF JULY FIREWORKS
Grab your lawn chair, your blanket and get ready to enjoy the Fourth of July fireworks. Cayuga County has some of the best spots!

Auburn festivities will include a symphony performance at Emerson Park Pavilion. Fair Haven festivities include a parade, fireworks over Little Sodus Bay and a boat parade.



Prison City North Street
Auburn NY

BRAVE BREWS
Brave Brews supports the women of New York's craft beverage industry. This weekend festival starts with Pink Boots Collaboration Brew Day and concludes with the Fire and Ice Festival. Festival activities include roaring fire pits, live music, food trucks, entertainment, wine, beer and fireworks. Don't miss the magnificent ice sculptures and drink luge!



Starts in Montezuma NY
Ends in Homer NY

ROUTE 90 GARAGE SALE
The annual 50-mile Route 90 Garage Sale takes on a festival atmosphere each year as friends, family members and the occasional family dog go searching for treasures. Stretching along Route 90, the sale runs from Montezuma to Homer. Sale is held the last full weekend in July from 9 a.m. to 5 p.m., rain or shine.



Downtown
Auburn NY

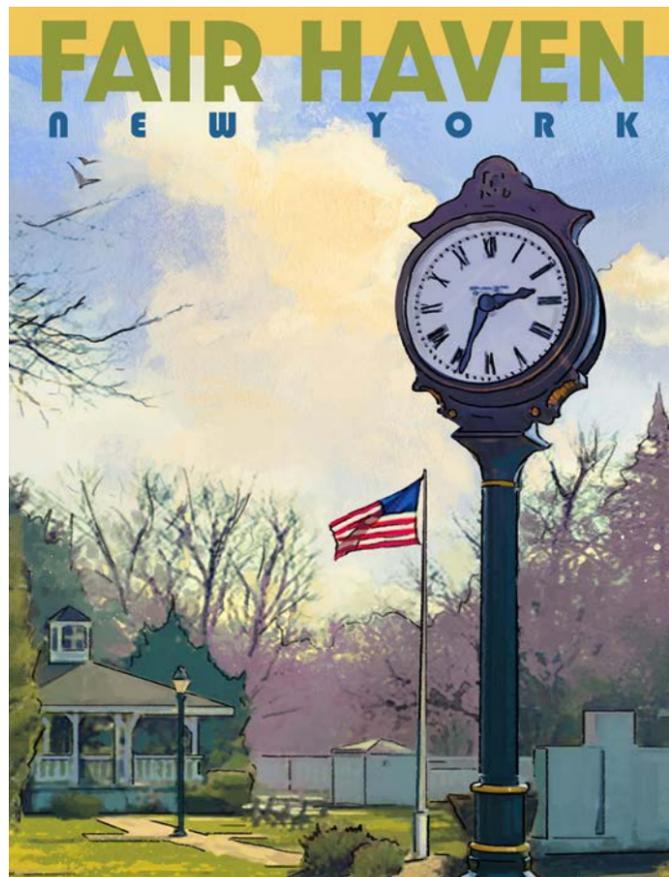
TOMATOFEST
If you are looking for a summer cap off event, visit downtown Auburn, the second weekend in September. TomatoFest is a two-day street festival that offers something for the whole family. Join us for good food, live music, live performances, and craft vendors. This event is a fundraiser for local food pantries.



OWASCO LAKE

is teeming with life both above and below the surface! Enjoy several activities on or near the water such as SUP boarding or kayaking with your pooch at Owasco Paddles. Walk, stroll, or roll the accessible paths through Emerson Park. Looking for night life? From May through October, take in a Broadway-caliber show at The REV Theatre Co., along the northern coast of Owasco Lake. Cast your line below the surface and reel in one of several kinds of fish that dwell in the deep waters. Did you know Owasco Lake is the sixth largest of the Finger Lakes?

Boat traffic on a warm
finger lakes summer day.
Owasco Lake
Auburn NY



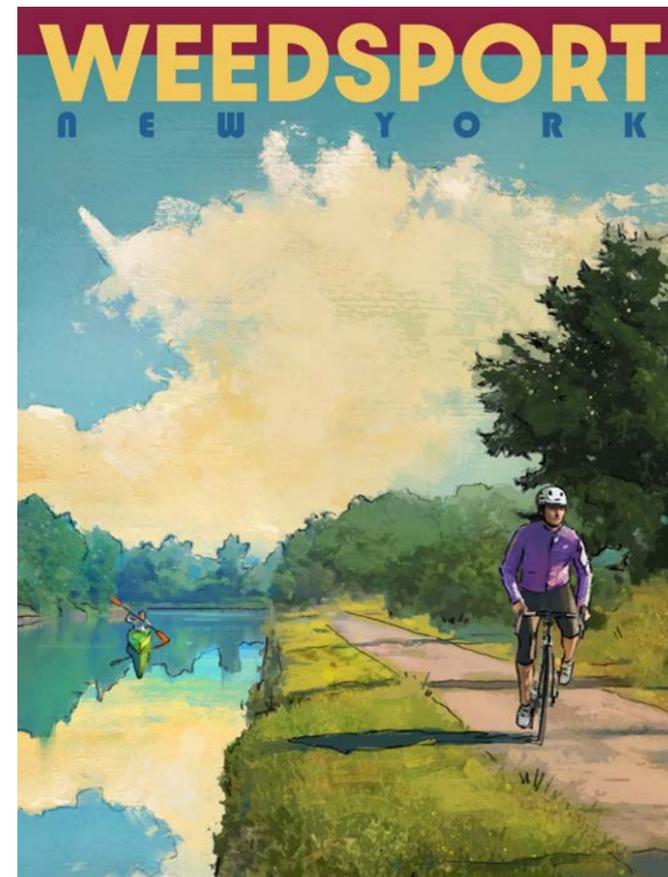
Quintessential Town Square
Fair Haven NY

FAIR HAVEN

Fair Haven is a delightful and quaint village surrounding Little Sodus Bay. Once a shipping port, it is now a resort community that features some of the best fishing, swimming, boating and camping in New York State. Located in the heart of the village is Fair Haven Bandstand Park, a charming community park where concerts and art shows are offered in the summer and where the village Christmas tree stands in the winter. Plenty of seating is available year-round for those strolling through the village to stop, relax and take it all in. Enjoy a stroll down Main Street and visit the shops for locally produced one-of-a-kind gifts and to relish some home cooking and baking.

Savor award winning wines at Colloca Estate Winery or sample locally made cider at Sterling Cidery.

Fair Haven Arts Center plays host to numerous events throughout the year and the village showcases several local and regional art and craft shows.



Part of the 360 mile Erie Canal Heritage Corridor
Weedsport NY

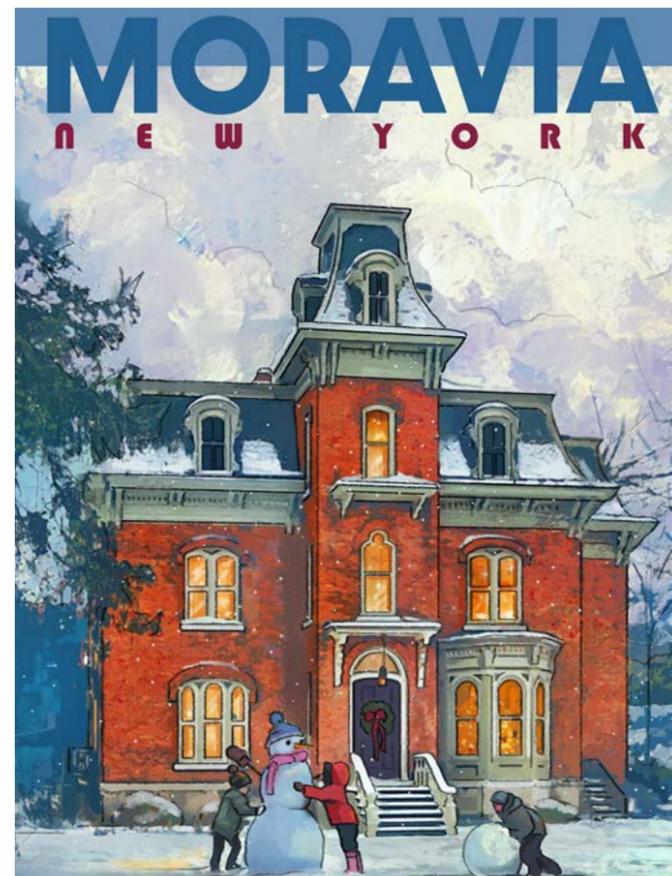
WEEDSPORT

Founded in 1821 by Elihu and Edward Weed, Weedsport was formerly named “Weed’s Basin” because of a basin (boat turnaround), built by the Weed brothers during the Erie Canal era. The name evolved into Weed’s Port due to being a port on the Erie Canal. Weedsport (incorporated in 1831) is a delightful little village in Cayuga County. It is situated about half an hour from Syracuse, around one hour from Rochester, and only a few minutes from Auburn.

In the beginning, Weedsport was a robustly successful community with an economic boom that lasted until 1841, when the new Auburn-Syracuse Railroad put the village into direct competition with the City of Auburn.

Experience a bit of history with a walk or bike ride along the groomed path of the Erie Canal Trail. This 3.1 mile section begins off NY-34 at the Arby’s restaurant.

Peaceful Winter Scene
Moravia NY



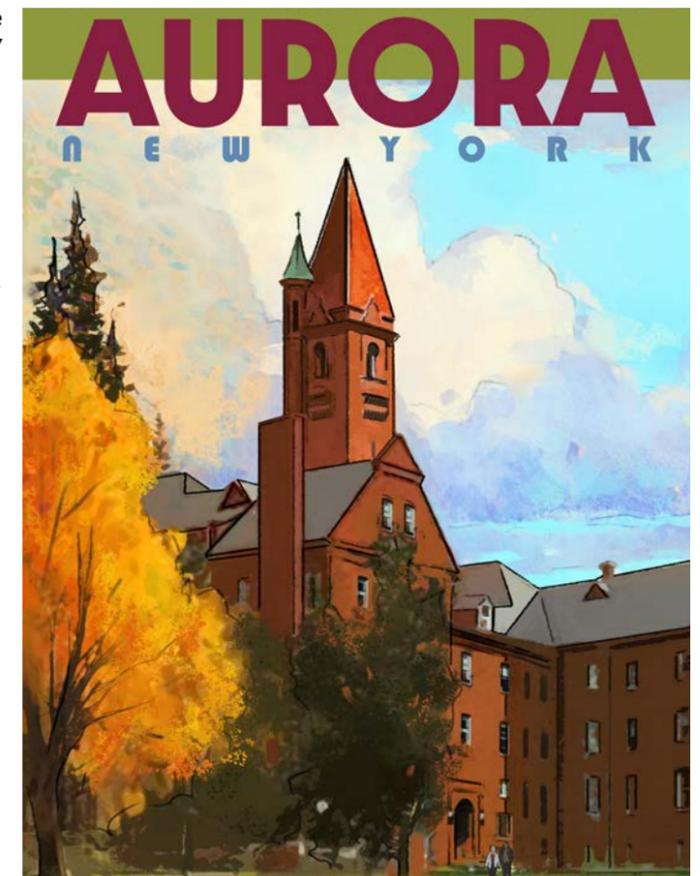
MORAVIA

The village of Moravia was founded in 1789 by John Stoyell, a Revolutionary War veteran. It was then called “Owasco Flats.” This picturesque village provides scenic beauty as well as historical, recreational, and cultural interests to visitors and was once the site of a Native American Village. The village boasts many noteworthy examples of 19th century architecture. Two historic districts have been listed on the State and National Register of Historic Places. A walk through the streets conveys a strong sense of post-Civil War American life in an upstate New York village.

The Powers Library, erected in 1880, is the oldest continuously used library in New York. Moravia was known as the last bastion of the Whigs, the defunct political party of US President, Millard Fillmore.

Notable people who came from Moravia include Millard and Abigail Fillmore, President and First Lady of the United States, and John D. Rockefeller, American industrialist and wealthiest person in modern history.

Wells College
Aurora NY



AURORA

Founded in 1789, Aurora is nestled on the banks of Cayuga Lake. This small village looks like it could have been ripped from the pages of a history book. Visitors love the idyllic lakeside setting, historical buildings, and its proximity to the country’s oldest wine trail. Many of its buildings are on the National Register of Historic Places.

Built in 1833 by Colonel E.B. Morgan, The Aurora Inn was once a stagecoach stop for the Wells Fargo Express. The original stagecoach still exists and is used at commencement ceremonies at nearby Wells College. The Aurora Inn has been meticulously refurbished and is now part of the historic Inns of Aurora.

Another interesting historical building is the Morgan Opera House. It once served as a community center and housed a library and a jail. Today the 117-year-old building hosts concerts and other live performances.

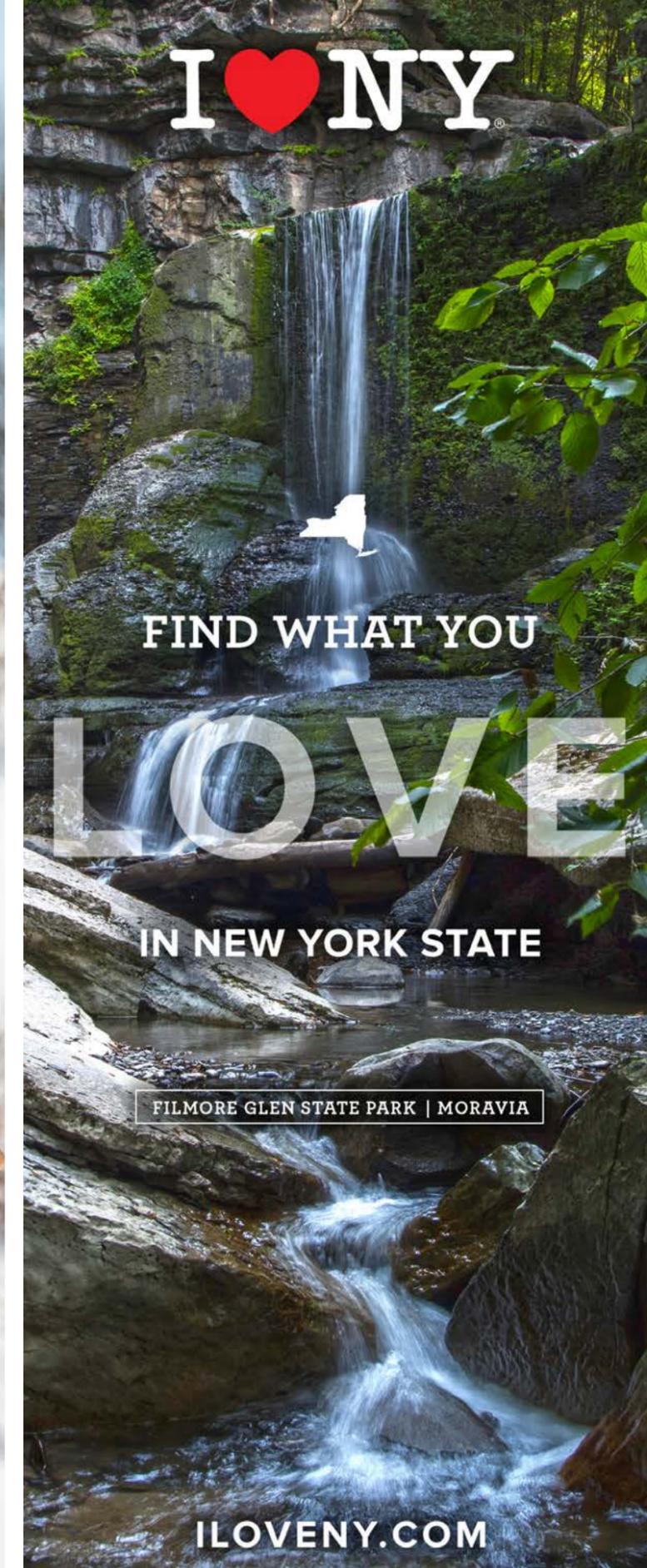
Visit Aurora, NY and be transported to another time.

YEAR-ROUND DESTINATION

Winter is a magical time to visit the region. Enjoy snowshoeing, sledding, snowmobiling, and lots of cozy meals next to a warm fire. No matter the season you choose to get to know us, you will make special memories that last a lifetime.



Contemplating the next sled run.
Science Hill
Weedsport NY



I ♥ NY



FIND WHAT YOU

LOVE

IN NEW YORK STATE

FILMORE GLEN STATE PARK | MORAVIA

ILOVENY.COM

TOUR CAYUGA

in the FINGER LAKES

25 South Street
Auburn, NY 13021
tourcayuga.com



Great friends, great views
and great wines await you.
Quarry Ridge Winery
Union Springs NY