



FRESHWATER COASTLINE

Cayuga County contains the most freshwater coastline in all of New York State, making it the perfect getaway for anyone interested in activities on the water. 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

DOROTHY MCILROY BIRD SANCTUARY

For bird watchers and nature enthusiasts, the Dorothy McIlroy Bird Sanctuary is a haven. This wetland sanctuary is home to diverse bird species and unique flora which are typically only found in the Adirondacks.

STERLING NATURE CENTER

Brand new in 2024, 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.

NOTEWORTHY TRAILS

CARPENTER FALLS

This trail's boardwalk and viewing platform allow visitors of all ages and abilities to witness the area's beautiful waterfall.

ERIE CANAL HERITAGE TRAIL

Connecting Buffalo to Albany, this historic path is open to hikers, bicyclists, horseback riders, and more.

INNS OF AURORA NATURE TRAIL

Mapped out by the #1 resort in New York State, 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, Emerson Park offers picnic spots, walking trails, and playgrounds; and it houses the Merry-Go-Round Theater.

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

Named for President Millard Fillmore, this oasis of cool, dense woods culminates in a narrow gorge with five stunning waterfalls.

LONG POINT STATE PARK

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

MONTEZUMA HERITAGE PARK

With 150+ acres of preserved land, this park allows for walking, biking, fishing, and more.

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 provides excellent opportunities for birding, paddling, and fishing.