

Outdoor Adventure Southern Finger Lakes Style

A remarkable landscape sets us apart. And we know how to make the most of it. Paddle, hike, bike, camp, soar. Prepare to be wowed!

“The forces that shaped the Finger Lakes also endowed the region with a fierce natural beauty. The surrounding hills are split into innumerable gorges, with hidden waterfalls, secret swimming holes and enough scenic outcrops to keep a landscape painter occupied for a lifetime. The lakes themselves, some of the deepest in the U.S., are enchanting—made more so, perhaps, by the lush vineyards that surround them.”

—Rohan Kamicheril, *United Hemispheres Magazine*



Take to the Skies

Soar with the Eagles in the Soaring Capital of America!

One of the most spectacular ways to experience the Southern Finger Lakes is from a motorless plane that's towed 4,000 ft. overhead before being released to soar in silence. The panoramic views will leave you spellbound! In fact, Conde Nast Traveler named soaring at Harris Hill as its #1 pick for fall adventures in the US! Whether you choose to take to the skies or remain grounded, you'll be overwhelmed by the breathtaking beauty of the Chemung Valley.

HarrisHillSoaring.org

On the Water

Paddle along the Palisades on the Chemung River

Paddle a kayak with experienced guides on the “Gentle Chemung” as it meanders around small islands and through glacier-carved cliffs, decked out in nature's splendor. Bald eagles, an abundance of wildlife, and gorgeous views round out the adventure. No paddling experience required.

STKTours.com

Like No Other

With its distinctive shape and panoramic landscape of steep hills dotted with vineyards, farmland, and forests, there are so many ways Keuka Lake can take your breath away. Don't have your own boat? No problem. Take a tour or enjoy a water taxi ride to excellent lakeside restaurants. Rent paddle boards, kayaks, jet skis, and pontoon boats. Experience the freedom of swimming in open water or enjoy the safety of lifeguarded swimming close to shore. For a unique perspective experience the “Y-shaped” wonder that is Keuka Lake from the air with a scenic seaplane flight.

FingerLakesSeaplanes.com



By Land



19 Waterfalls in Less Than 2 Miles—Over, Under, and Behind You!

For generations, the park and gorge have offered a breathtaking walking experience of cliffs and waterfalls winding through a deep chasm. Within 2 miles the stream descends 400 feet past 200-foot cliffs, generating 19 waterfalls along its course. Beyond the Gorge Trail, the park also boasts an Olympic swimming pool, picnic areas and pavilions, camping, RV sites, cabins, and a playground. It was even voted one of the top 3 state parks in the country in a USA Today reader's choice poll.

<https://parks.ny.gov/parks/142/>



Take in the Finger Lakes National Forest on Horseback

With Painted Bar Stables in the Finger Lakes National Forest, breathe in the fresh air and take in the incredible views, from atop a gentle horse. Their experience will mingle the fun of horseback riding with the sights of the beautiful Finger Lakes region. They even offer moonlight trail rides!

PaintedBarStables.com



Explore the Heart of the Region on Wilderness Footpaths

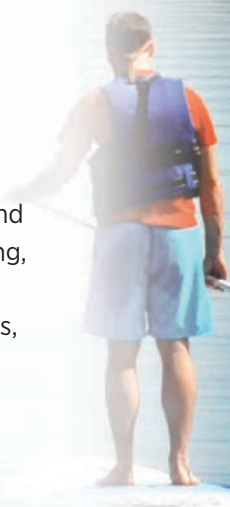
You wouldn't think something nearly 1,000 miles long would be a secret, yet many people are only just now discovering the scenic footpaths that make up the Finger Lakes Trail. Open year-round and maintained by an extensive core of volunteers, the trail offers hiking, skiing, snowshoeing, trail running, nature appreciation, birding, geocaching, camping where permitted, waterfalls, ravines, canyons, rivers, streams, cliffs, forests, and more.

FLTConference.org



New York State's Only National Forest

The Finger Lakes National Forest Encompasses over 16,000 acres between Seneca and Cayuga Lakes. It is the only national forest in New York State and one of only three in the northeast. With over 30 miles of interconnecting trails that traverse gorges, ravines, pastures, and woodlands, it will amaze you with its scenic beauty. The National Forest is open to the public for camping, hiking, trail running, backpacking, biking, camping, horseback riding, hunting, snowmobiling, snowshoeing, and cross country skiing.



Other Outdoor Adventures Include:

Guided Hike with Ranger Outfitters, Catharine Valley Trail, Sugar Hill State Forest, Fishing at Finger Lakes Preserve, The Finger Lakes National Forest, Tanglewood Nature Center, Goat Yoga at ZiegenVine Homestead, Stony Brook State Park, Spencer Crest Nature Center, 4 Rivers (Tioga, Cohocton, Canisteo, Chemung) . . .

The Finger Lakes was named a “Top 10 Wine Travel Destination for 2015” by *Wine Enthusiast*. Although, that begins and ends with the making of incredible wines, there’s a lot more to the story. Explore our remarkable scenery, learn about our rich heritage, be inspired by our innovators, and see for yourselves just what makes the Finger Lakes so special.



“A paradise of luscious greenery and relaxation, breathtaking beauty and the kind of leisure you would not expect to find in the Empire State.”

—Yaara Shalom, YNetNews Israel