

Take a hike on

THE FINGER LAKES TRAIL!



Nearly 1000 miles of fun and adventure await you on the longest continuous footpath in New York State.

Stretching from the NY/PA border on the west to the Catskill Mountains on the east, the Finger Lakes Trail system offers a hiking adventure for everyone.



Beginners can explore shorter scenic hikes alongside gorges and waterfalls while more experienced backpackers can plan longer hikes that take advantage of the well-maintained footpath, lean-tos and camping areas spread out along the trail.

Maintained and continually enhanced by volunteers, the footpath is easy to locate and follow. Maps and descriptive booklets may be purchased or downloaded to make your trip planning easy and secure.



FingerLakesTrail.org

The Finger Lakes Trail system consists of a 562 mile long main trail and six branch trails. It is part of a national trail network that includes the Great Eastern Trail and the North Country National Scenic Trail.



Finger Lakes Trail Conference members love to hike and are happy to assist anyone new to hiking or new to the Finger Lakes Trail. Just contact the FLTC office and someone is ready to answer your questions! Join us on Facebook or visit our website for more information, trail conditions and planned activities.



So, come on—take a hike!



Get a map and take a hike or join a work team on an outing or project! Membership is open to anyone interested in supporting our mission to create, maintain, enhance and promote a footpath across New York State. **Forever!**



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