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Central Zone

The Central Zone is made up of the OPRHP's Central and Finger Lakes State Park Regions and DEC's Region 7 and portions of Region 8.

OPRHP Regions

Central NY Region
6105 East Seneca Turnpike
Jamesville, NY 12708-9516
(315) 492-1756

Finger Lakes Region
2221 Taughannock Park Road
P.O. Box 1055
Trumansburg, NY 14886-1055
(607) 387-7041

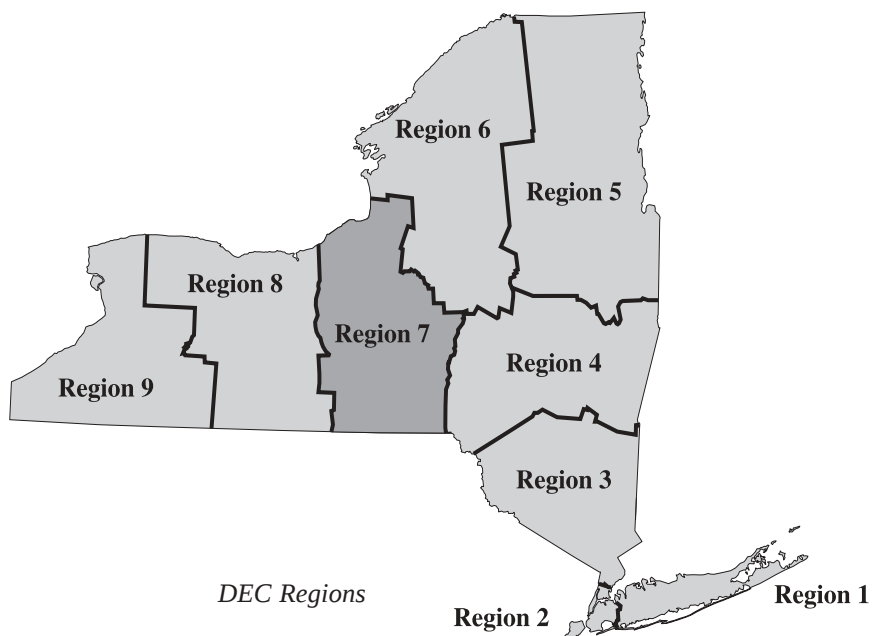
DEC Regions

Region 7
615 Erie Blvd. West
Syracuse, NY 13204-2400
(315) 426-7400

Region 8
6274 Avon Lima Road
Avon, NY 14414-9519
(716) 226-2466



OPRHP State Park Regions



DEC Regions

State Parks Central Zone

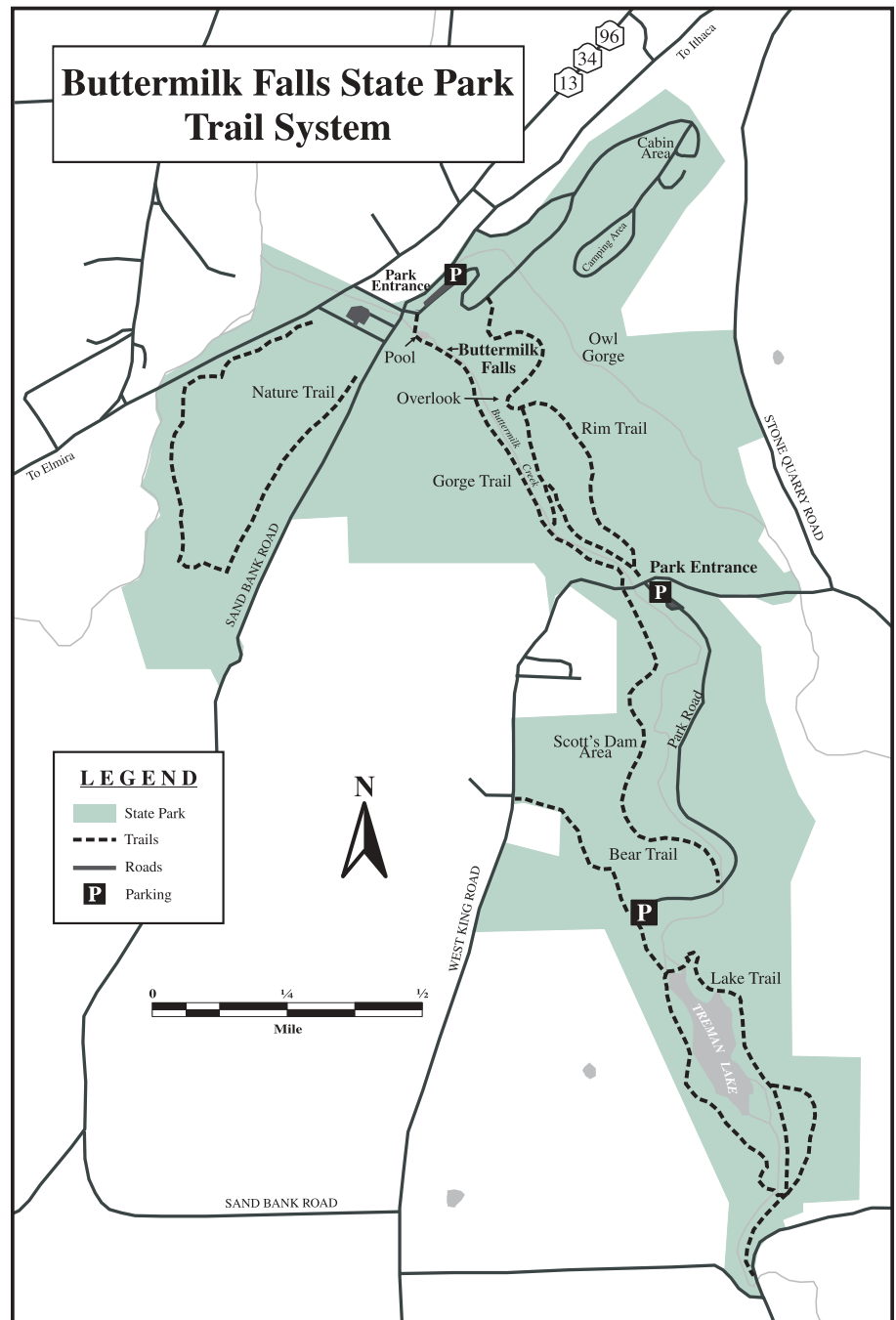


Buttermilk Falls State Park

Contact: RD #10
Ithaca, NY 14850
(607)273-5761

Gorge Trail: 0.75 miles.
Rim Trail: 0.75 miles.
Bear Trail: 1.25 miles.
Treman Lake Trail: 1.5 miles.
Larch Meadows Trail: 1 mile.

The Larch Meadow Nature Trail encircles the Larch Meadows Wetlands. This wetland has survived from glacial times and is home to many animal species. The Gorge and Rim Trails traverse the length of the gorge. Along these trails are views of Buttermilk Creek and its numerous waterfalls. Buttermilk Falls, the main attraction of the park, is where the Gorge Trail begins. Both the Gorge and Rim Trail provide spectacular views from the high cliffs, sculpted pools and Pinnacle Rock. Further upstream the Gorge Trail intersects with Bear Trail. Bear Trail follows along the route of Buttermilk Creek up to Lake Treman. The Lake Treman Trail encircles the lake and provides picnic areas and vistas of the quiet lake.



Green Lakes State Park

Contact: 7900 Green Lakes Rd.
Fayetteville, NY 13066
(315) 634-6111

20 miles of trails.

The trails in Green Lakes State Park are open to hikers, bicyclists and cross-country skiers. The trail that encircles both lakes takes about two hours to complete.

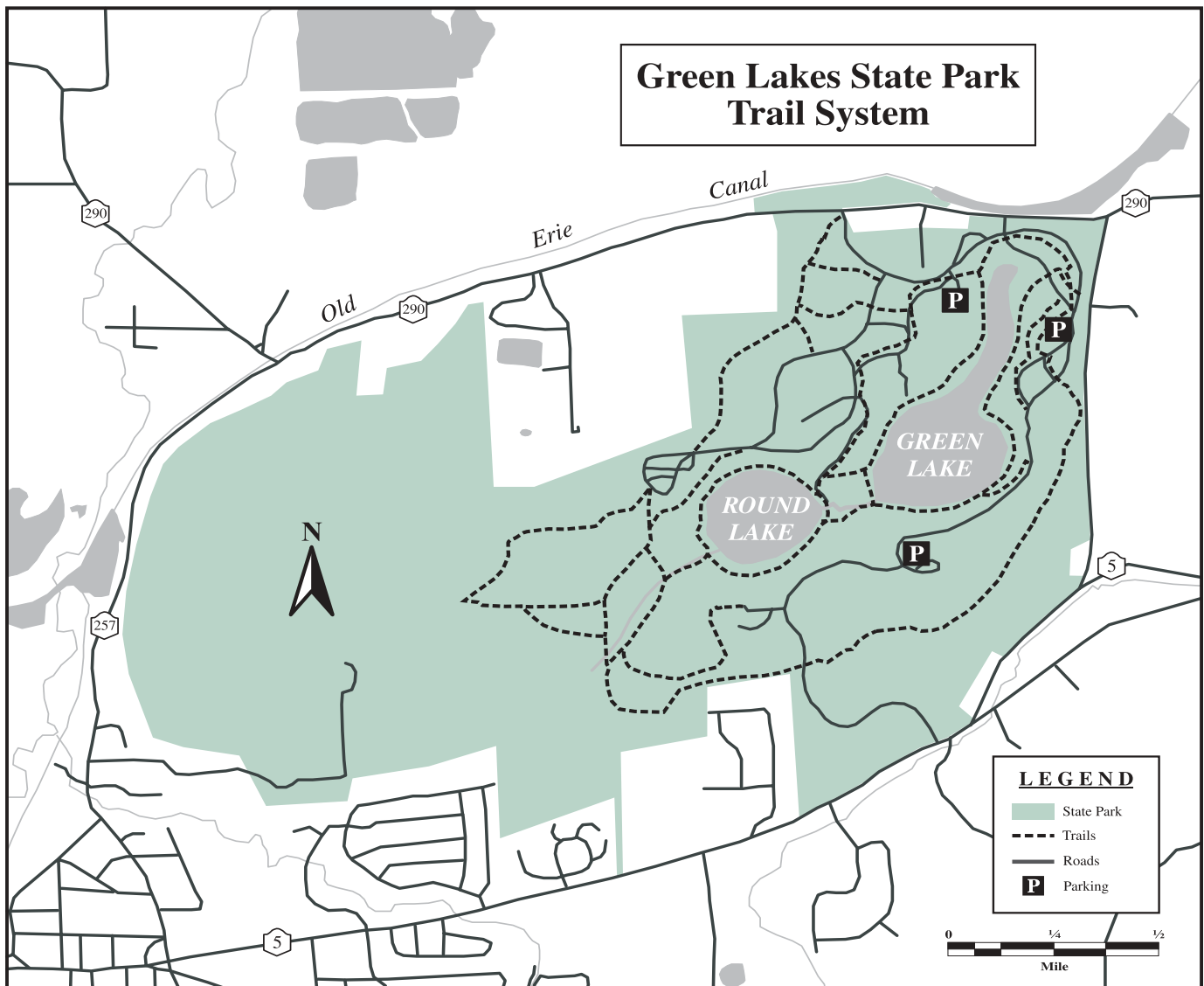
The two lakes in this park are meromictic lakes, which means that the surface waters of the lake do not mix

with the bottom waters, thus forming distinct water layers. They are blue-green in color and are the main attraction of the park. These two lakes are two of only a few of the meromictic lakes found in the United States. The U. S. Department of the Interior designated Round Lake as a National Landmark in 1975.

When the glaciers of the last ice age melted, tremendous amounts of water are believed to have spilled over great waterfalls to carve out these lakes.

While hiking around these lakes, deposits of marl (rocks that have high concentrations of clay and calcium carbonate) may be found along the shorelines. There are several species of algae and snail shells to be seen in these interesting reefs.

Other trails wind through mature upland hardwood forests and present a wide diversity of flora and fauna to the careful observer. Hikers may be treated to the sound of the wood thrush or to the sight of the pileated woodpecker. Trails through the golf course area are used in the winter by cross-country skiers.

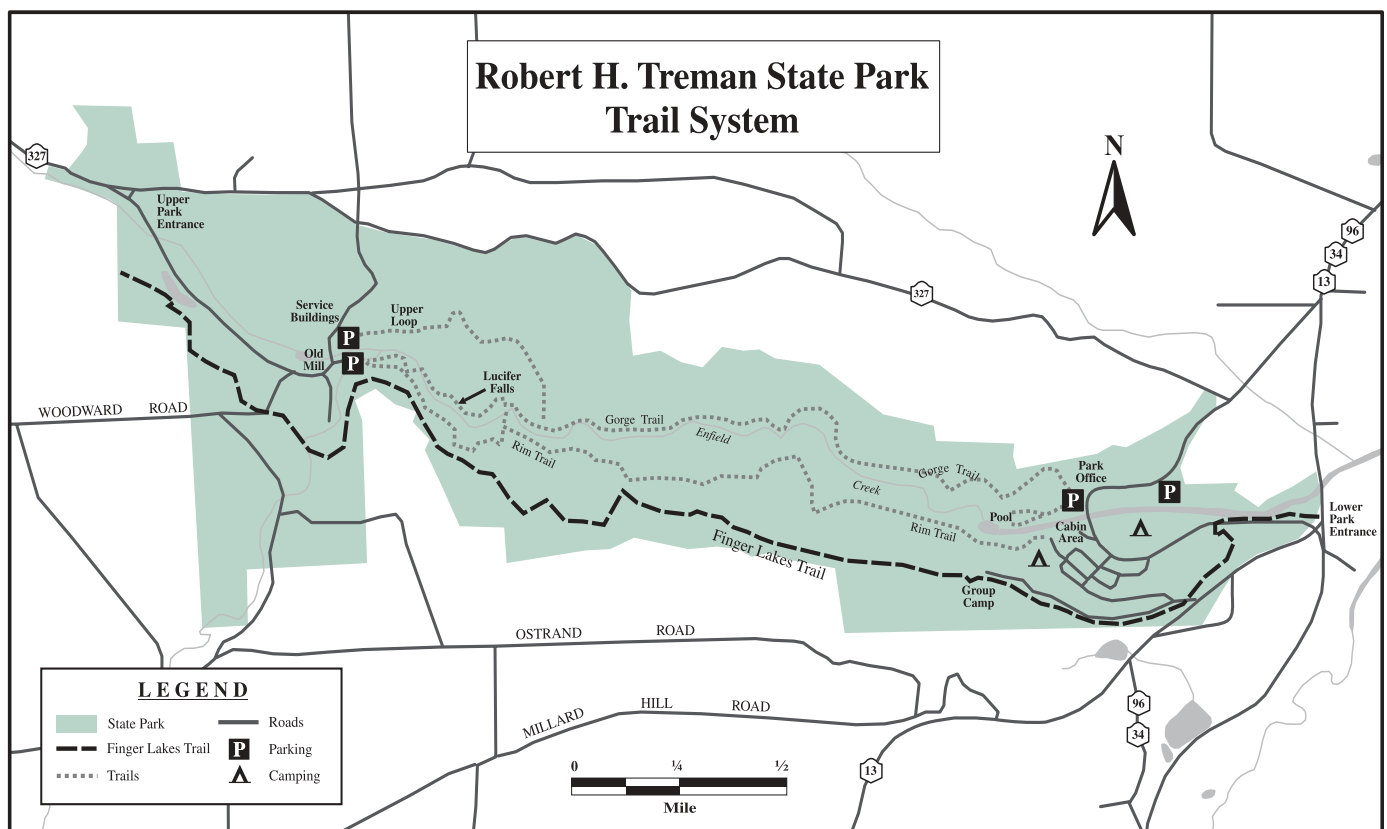


Robert H. Treman State Park

Contact: RD #10
Ithaca, NY 14850
(607) 273-3440

Gorge Trail: 2.25 miles.
Rim Trail: 2.25 miles.
Upper Loop: 0.5 miles.
Finger Lakes Trail: 3 miles.

Like Taughannock Falls and Buttermilk Falls State Parks, Robert H. Treman State Park's trails follow the edge of a glen or gorge. Beginning at the entrance in the upper end of the park, the first 0.5 miles provides scenic views of the post glacial gorge. Lucifer Falls is the highest cascade in the park at 115 feet high. A beautiful pathway and steps leading to the falls provide spectacular views.



Selkirk Shores State Park

Contact: 7101 State Rte. 3
Pulaski, NY 13142
(315) 298-5737

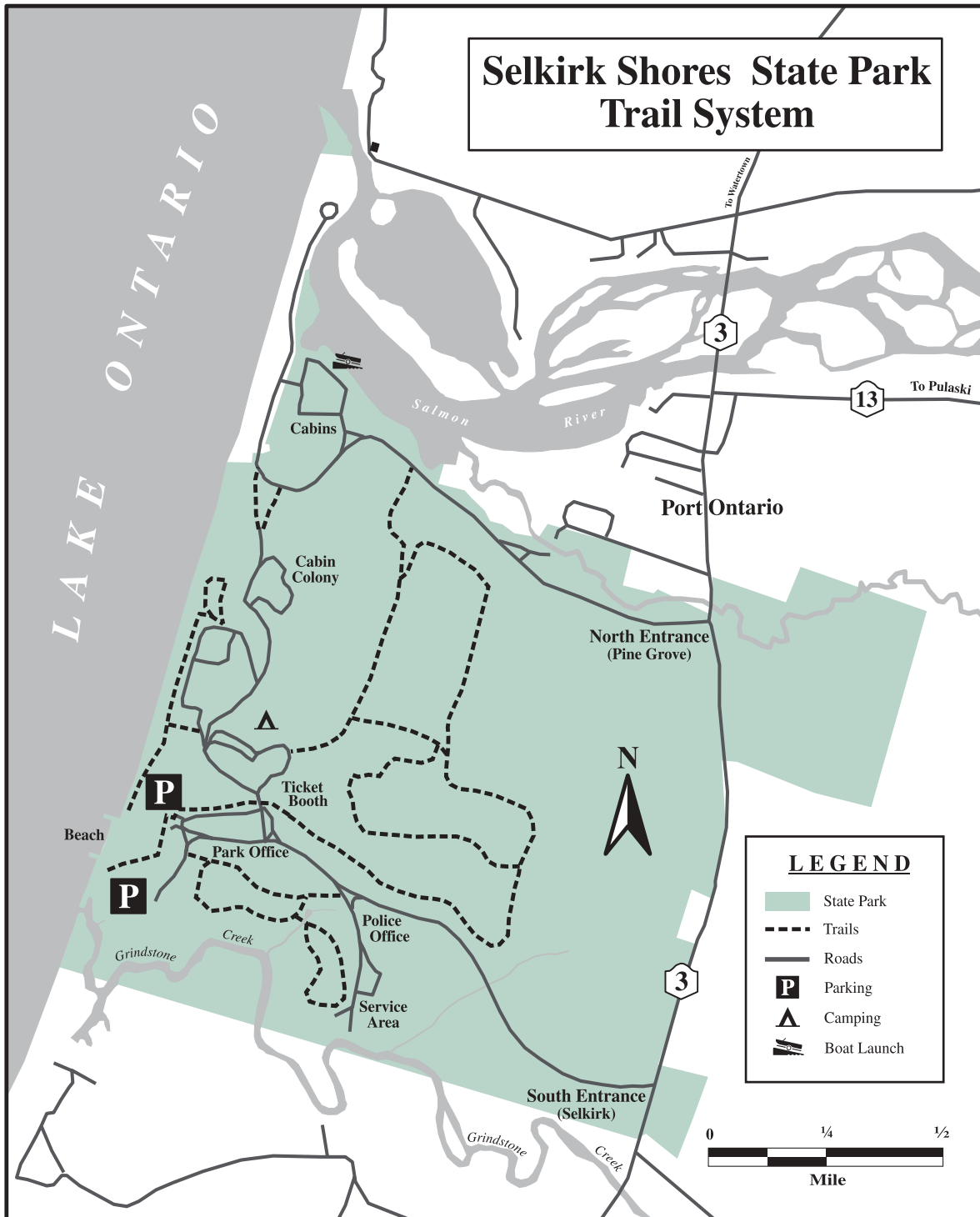
5 miles of trails.

The trails provide spectacular views of the eroded bluffs and cliffs paralleling the Lake Ontario shores.

They then move inland and weave their way through a mix of mature woodlands, meadows and grassland areas.

Hiking takes place on the designated cross-country ski trails during the summer months. Guided nature walks are offered on a regular basis for the campers and day visitors. Biking is also allowed in the park. The cross-country

ski trails follow generally flat and gently rolling terrain, providing easy skiing for the novice and easy walking for the day hiker.



Taughannock Falls State Park

Contact: Box 1055
Trumansburg, NY 14886
(607) 387-6739

Rim Trail: 5 miles.

Summer is the perfect time to enjoy the beauty of New York State's Finger Lakes and wine country. While you're there, visit Taughannock Falls State Park, located a short drive north of Ithaca.

The hiking trails at Taughannock Falls State Park have spectacular views. The geological formations at the park include 215-foot Taughannock Falls, which is 33 feet taller than Niagara Falls and is the highest vertical single-drop waterfall in the northeastern U.S. It can be seen from two lookout points: one from below at the end of the 0.75-mile

Gorge Trail, the other from above at the Falls Overlook on Taughannock Park Road.

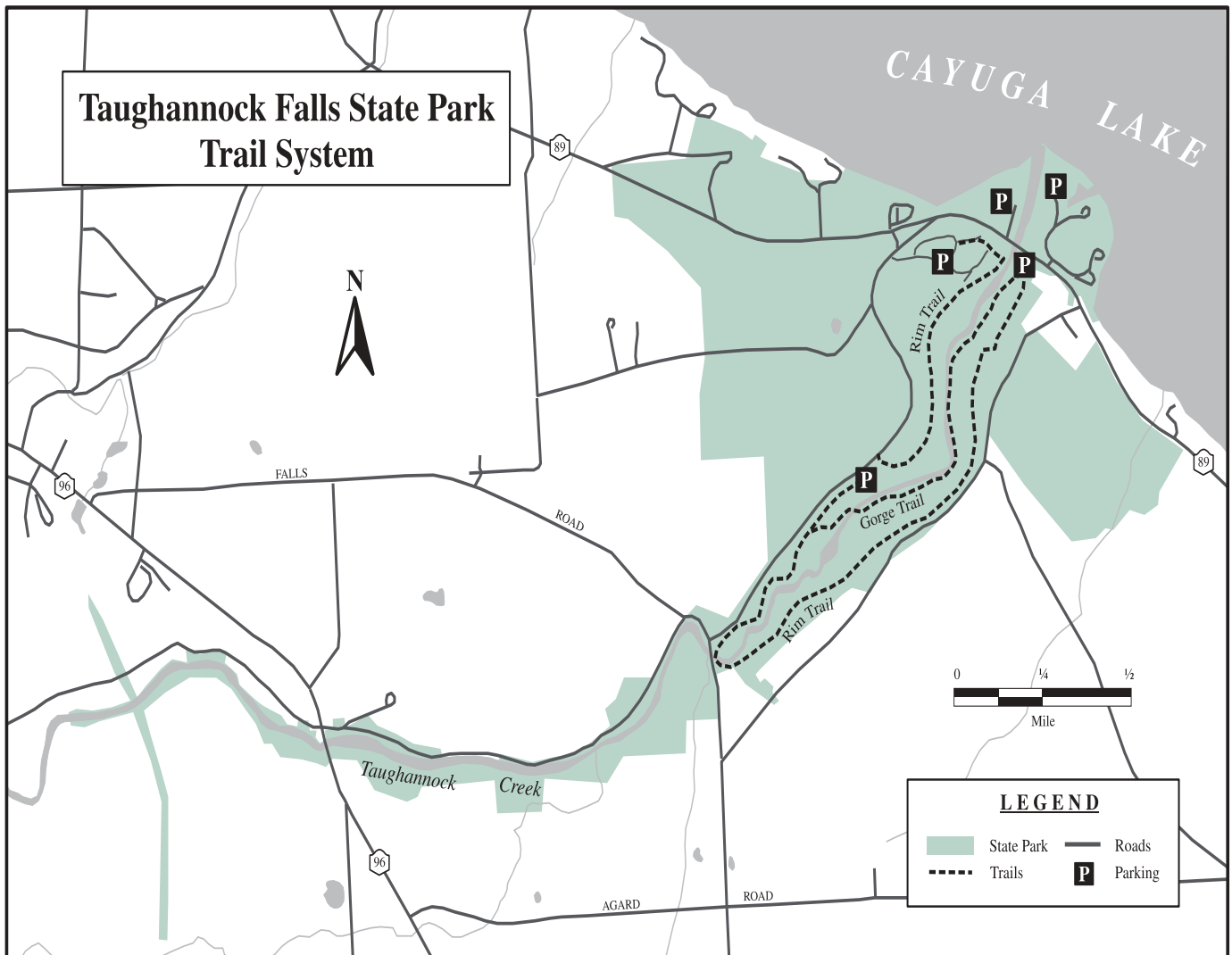
The more recent history of Taughannock Falls goes back hundreds of years to when the Six Nations Confederacy of the Iroquois controlled all of central and western New York State and had domain over a much larger area to the south and west.

Much earlier, during the past million years, great continental glaciers advanced and retreated over Canada and the northern United States. The present Finger Lakes, including Cayuga Lake, were formed in deep troughs gouged by the most recent glaciers about ten thousand years ago.

The streams which poured over the newly-steepened slopes after the glaciers retreated rapidly cut into the

soft shales of the hillsides, forming the present day gorges. Where layers of resistant rock (such as limestone and sandstone) were encountered, waterfalls and cascades resulted.

To learn more about the formation of Taughannock Falls, Cayuga Lake and the ecology of the gorge, pick up a nature trail brochure from the park office or the parking lot attendant and walk the easy trail through the gorge to the falls. Other trail activities at Taughannock Falls include hiking and cross-country skiing.



State Parks

Finger Lakes Region

Park Name	Phone Number	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C o u n t y	S n o w m o b i l e
Buttermilk Falls	1 (607) 273-576	◆	◆					
Cayuga Lake	(315) 568-5163	◆	◆		◆	◆	◆	◆
Fair Haven Beach	5 (315) 947-520	◆	◆			◆	◆	◆
Fillmore Glen	(315) 497-0130	◆	◆			◆	◆	◆
Keuka Lake	6 (315) 536-366	◆				◆	◆	◆
Pinnacle	(607) 359-2767	◆				◆		
Sampson	2 (315) 585-639				◆	◆	◆	◆
Seneca Lake	(315) 789-2331	◆			◆	◆		
Harriet Hollister Spencer	1 (716) 335-811	◆			◆	◆		
Stony Brook	(716) 355-8111	◆	◆			◆		
Taughannock Falls	9 (607) 387-673	◆	◆ ^H			◆		
Mark Twain	(607) 739-0034	◆				◆		
Allan H. Treman	0 (607) 272-146	◆						
Robert H. Treman	(607) 273-3440	◆						
Watkins Glen	1 (607) 535-451	◆			◆	◆		
Ganondagan	(716) 924-5848	◆	◆					

Central Region

Park Name	Phone Number	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C o u n t y	S n o w m o b i l e
Battle Island	(315) 593-3408					◆		
Bowman Lake	8 (607) 334-271	◆	◆		◆	◆	◆	◆
Chenango Valley	(607) 648-5102	◆	◆		◆	◆		
Chittenango Falls	0 (315) 655-962	◆	◆					
Clark Reservation	(315) 492-1590	◆	◆					
Delta Lake	0 (315) 337-467	◆	◆		◆	◆	◆	◆
Gilbert Lake	(607) 432-2114	◆	◆		◆	◆	◆	◆
Glimmerglass	2 (607) 547-866	◆	◆		◆	◆	◆	◆
Green Lakes	(315) 637-6111	◆	◆		◆	◆		
Hunts Pond	9 (607) 859-224	◆				◆	◆	◆
Old Erie Canal	(315) 687-7821	◆	◆ ^H	◆	◆		◆	◆
Oquaga Creek	0 (607) 467-416	◆	◆		◆	◆		
Pixley Falls	(315) 942-4713	◆	◆			◆		
Selkirk Shores	7 (315) 298-573	◆	◆		◆	◆	◆	◆
Verona Beach	(315) 762-4463	◆	◆	◆	◆	◆	◆	◆
Herkimer Home	8 (315) 823-039	◆						
Hyde Hall	(607) 547-5098	◆			◆	◆		
John Burroughs Memorial	6 (315) 492-175	◆ ^H						
Lorenzo	(315) 655-3200					◆		
Oriskany Battlefield	4 (315) 768-722	◆						

◆= services available

^R=Rentals Available

^H= Handicapped accessible

^P=Permit Required

State Lands and Forests

Central Zone



Brookfield Trail System

Contact: Department of
Environmental Conservation
Rte 80, Box 594
Sherburne, NY 13460
(607) 674-4036
(weekdays 8 AM-4 PM)

Horse/snowmobile trails: 130 miles.

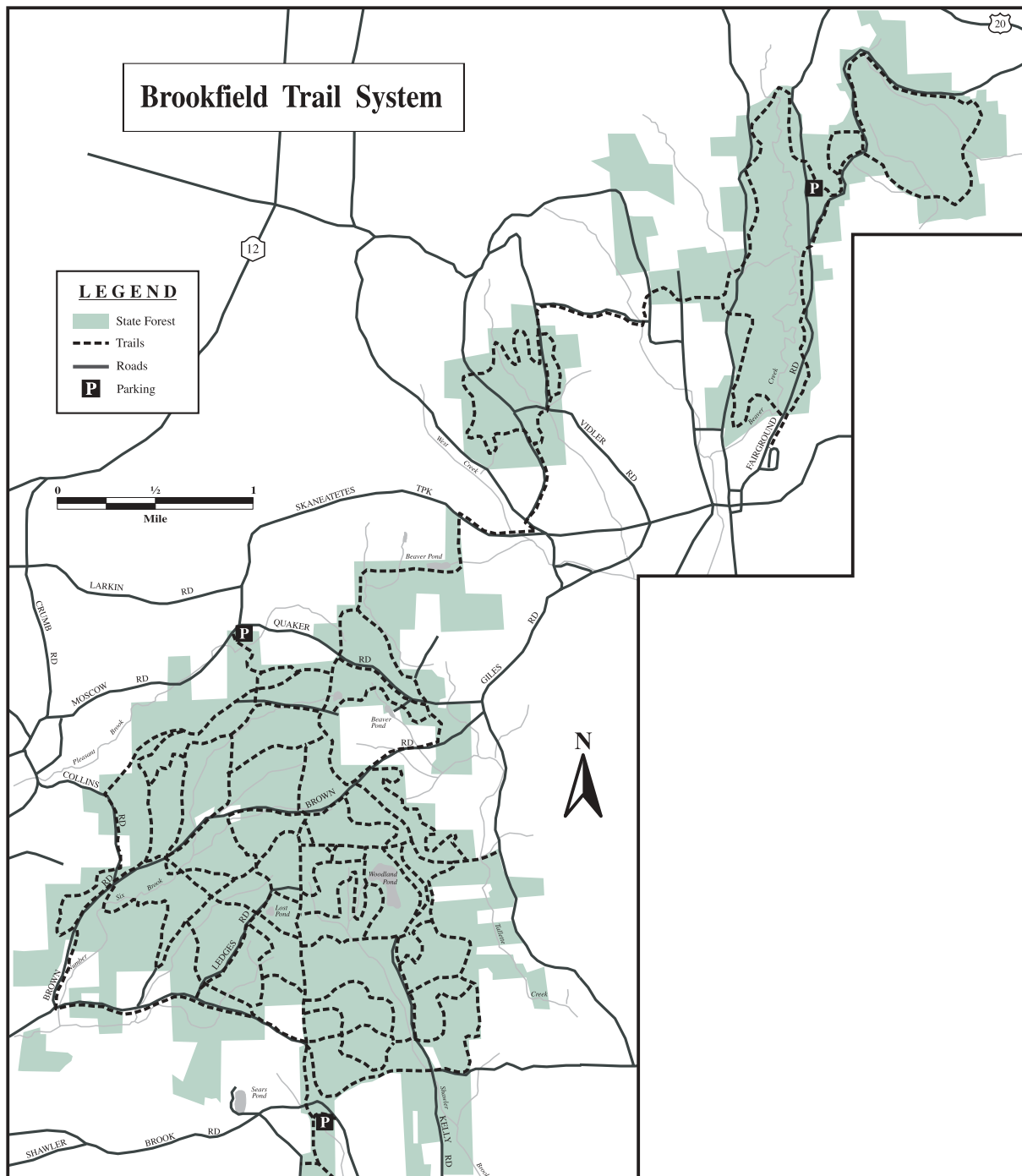
These trails are located in the state forests of southeastern Madison County. The system begins at an assembly area on Moscow Rd.

The assembly and camping area accommodates approximately 150 horses and campers with covered and uncovered tie stalls, stallion box stalls, a pavilion, and picnicking and camping facilities. Drinking water, accessible toilets and an accessible mounting platform are also provided.

The trails are open to hikers, cross-country skiers, equestrians and snowmobilers. The trails are identified on the map and on the ground by color

and number. A diversity of terrain and scenery exists in this area. One may observe an array of native plants and wildlife species in this woodland environment.

Keep in mind the forest, along with all nature, belongs to everyone. Have respect for others and all of the natural world while enjoying your travels.



Sugar Hill State Reforestation Area

Contact: Department of
Environmental Conservation
7291 Coon Rd.
Bath, NY 14810-9728
(607) 776-2165

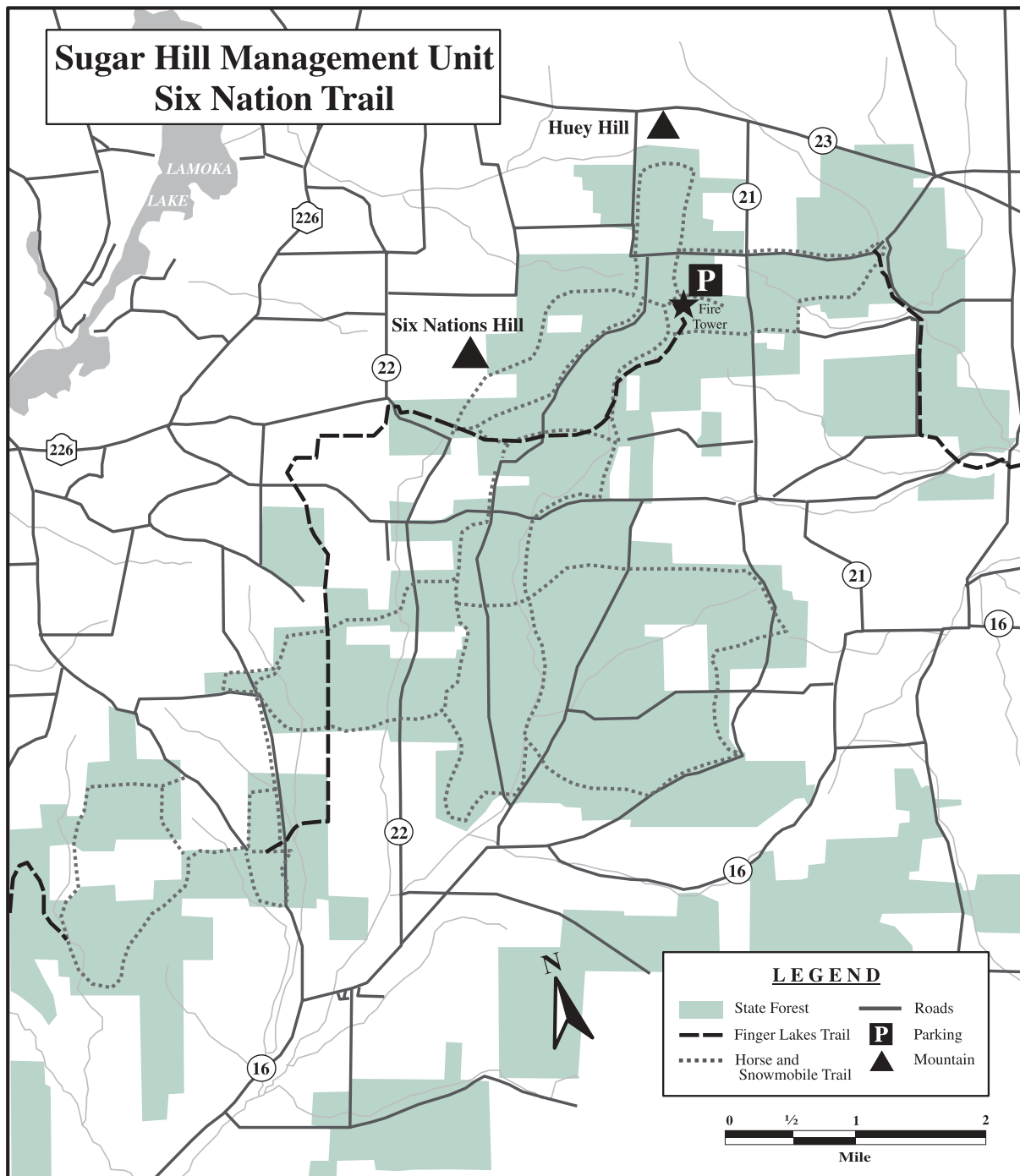
Trail: 40 miles.

Sugar Hill State Forest comprises 9,085 acres west of Watkins Glen in Schuyler County. Trails include a horse

and snowmobile trail, and a recreational trail which crosses the mountains separating Keuka and Seneca Lakes. Along with these trails, the forest also includes a portion of the Finger Lakes Trail, the Sugar Hill Fire Tower (the last operational tower in the Finger Lakes Area,) and the Sugar Hill Archery Course. In addition to the several recreational features, the forest offers Goldmine Hollow, an abandoned gold

mine, which provides an interesting historical sidelight.

This forest is popular among hikers, horseback riders, snowmobilers, archers, picnickers and hunters. A rustic sign along County Route 23, halfway between Watkins Glen and Tyrone, identifies a convenient starting point for exploration of this portion of the Finger Lakes.



State Lands and Forests

DEC Region 7
Syracuse - (315) 427-7400

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u n s t r y	C o n s t r y	S n o w m o b i l e
Broome	1	Triangle	◆						◆
Broome	2	Melondy Hill	◆						
Broome	3	Hawkins Pond	◆				◆		
Broome	4	Marsh Pond	◆						
Broome	5	Skyline Drive	◆						
Broome	6	Cascade Valley	◆						
Broome	7	Page Pond	◆						
Broome	8	Whittacker Swamp	◆						
Broome	9	Cat Hollow	◆						
Broome/ Chenango	1	Beaver Flow	◆						
Broome/ Tioga	1	Tracey Creek	◆						
Chenango	1 & 11	Bowman Creek	◆						◆
Chenango	2 & 25	Beaver Meadow	◆						◆
Chenango	3	South Hill	◆		◆				
Chenango	4	Basswood	◆						
Chenango	5 & 24	New Michigan	◆						◆
Chenango	6	Ludlow Creek	◆						
Chenango	7	Willey Brook	◆						
Chenango	8	Skinner Hill	◆						
Chenango	9 & 15	Melondy Hill	◆						◆
Chenango	10 & 30	Bobell Hill	◆						
Chenango	12, 19 & 32	Five Streams							◆
Chenango	13	Oak Ridge	◆						
Chenango	14	Ambler	◆						
Chenango	16	Pitcher Springs	◆						

DEC Region 7 (Continued)

Syracuse - (315) 427-7400

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s t r y	C o u n t y	S n o w m o b i l e
Chenango	17 & 34	Balsam Swamp	◆						
Chenango	18 & 23	Lincklaen	◆						
Chenango	20	Bucks Brook	◆						
Chenango	21	Otselic	◆						
Chenango	22	Perkins Pond	◆						
Chenango	26	Geneganslet	◆						◆
Chenango	27	Coventry	◆						
Chenango	28	Red Brook	◆						
Chenango	29	Lyon Brook	◆						
Chenango	31	Whaupanaucan	◆					◆	
Chenango	33	Bumps Creek	◆						
Chenango	35	Long Pond	◆						◆
Chenango	36	Pigeon Hill	◆						
Chenango	37	Pine Ridge	◆						
Chenango	38	Hunts Pond	◆						
Chenango/ Madison	1 & 2	Mariposa	◆						
Madison	1 & 4	Charles E. Baker	◆		◆				
Madison	2	Earlville	◆						
Madison	3	Three Springs	◆						
Madison	5	Muller Hill	◆						◆
Madison	6	Brookfield Railroad	◆		◆				
Madison	7	Lebanon	◆						
Madison	8	Texas Hill	◆						
Madison	9	DeRuyter	◆						
Madison	10	Morrow Mountain	◆						
Madison	11 & 12	Beaver Creek	◆		◆				
Madison	13	Stoney Pond	◆					◆	◆
Madison/ Onondaga	1	Gorton Lake	◆						◆

DEC Region 7 (Continued)

Syracuse - (315) 427-7400

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o u s s	C o u n t r y	S n o w m o b i l e
Cayuga	1 & 4	Bear Swamp	◆		◆	◆	◆		
Cayuga	2	Summer Hill	◆		◆				
Cayuga	3	Frozen Ocean	◆				◆		
Cortland	1	Hewitt	◆						
Cortland	2	Seacord Hill/ Mt. Roderrick	◆						
Cortland	3	James D. Kennedy Memorial	◆						
Cortland	4	Morgan Hill	◆						◆
Cortland	5	Kettlebail	◆						
Cortland	6	Cuyler Hill	◆						
Cortland	7	Donahue Woods	◆						
Cortland	8	Maxon Creek	◆						
Cortland	9 & 10	Tuller Hill	◆		◆				
Cortland	11	Griggs Gulf	◆						
Cortland	12	Baker School House	◆						
Cortland	14 & 15	Hoxie Gorge	◆						
Cortland	16	Dog Hollow	◆						
Cortland	17	Gee Brook							
Onondaga	1	Morgan Hill	◆						◆
Onondaga	UA	Labrador Hollow	◆	◆					
Oswego	1	Kasoag	◆						
Oswego	3	Klondike	◆						
Oswego	4 & 5	Chateaugay	◆				◆		
Oswego	6	Altmar	◆						◆
Oswego	7	Sandy Creek	◆						
Oswego	8	Salmon River	◆				◆	◆	
Oswego	9	O'Hara	◆						
Oswego	10	Hall Island	◆						◆
Oswego	11	Orton Hollow	◆						
Oswego	12	Trout Brook	◆						
Oswego	13	Stone Hill	◆						
Oswego	14	Battle Hill	◆						
Oswego		Salmon River Falls	◆	◆					
Oswego		Sandy Pond Beach	◆	◆					

DEC Region 7 (Continued)

Syracuse - (315) 427-7400

County	Unit No.	Common Name	H i k i n g	N a t u r e	E q u e s t r i a n	B i k i n g	C r o s s t r y	S n o w m o b i l e
Oswego-Lewis	1	West Osceola	◆					◆
Tioga	1	Fairfield	◆					
Tioga	2	Oakley Corners	◆			◆	◆	
Tioga	3	Robinson Hollow	◆					
Tioga	4	Anderson Hill	◆					
Tioga	5	Turkey Hill	◆					
Tioga	6	Ketchumville	◆		◆			
Tioga	7	Jenksville	◆		◆	◆	◆	
Tioga	8	Michigan Hill	◆					
Broome-Tioga	2	Beaver Dam	◆					
Tompkins	1	Danby	◆					
Tompkins	2	Hammond Hill	◆		◆	◆	◆	◆
Tompkins	3	Shindagin Hollow	◆					
Tompkins	4	Potato Hill	◆					
Tompkins	5	Yellow Barn	◆					
Tompkins	6	Newfield	◆					
Tompkins-Schuyler	1	Cliffside	◆					