

Watkins Glen 1 Mile Urban Trail

A 1 Mile Urban Trail is an area around a city/village that is outlined by painted markers on the sidewalk (i.e. footprints or in our case, race cars). Starting at any point along the trail, follow the race cars back to where you began and you've walked one mile! The 1 Mile Urban Trail in the Village of Watkins Glen was implemented by Cornell Cooperative Extension of Schuyler County with assistance from the Bicycle and Pedestrian Advisory Committee (BACPAC).

The purpose of the trail is to encourage people to be more active, to provide walkers with a good benchmark of how far they have walked and to raise awareness of walking as an important form of transportation. What's more, walking the Urban Trail is a great way to see and experience Watkins Glen. The route will take you along the beautiful waterfront, down the Main Street business district and through Watkins Glen's neighborhoods.

Another benefit of the Urban Trail is its relationship to the Catharine Valley Trail (CVT) – a multi-use trail linking Watkins Glen and Seneca Lake to Horseheads. Both trails follow the same path along Decatur Street to the waterfront. Blending the two trails together provides residents and visitors alike with the opportunity to experience Watkins Glen and the beautiful nature that surrounds it.



Watkins Glen State Park

Watkins Glen State Park is the most famous of the Finger Lakes State Parks, with a reputation for leaving visitors spellbound. Within two miles, the glen's stream descends 400 feet past 200-foot cliffs, generating 19 waterfalls along its course. The gorge path winds over and under waterfalls and through the spray of Cavern Cascade. Rim trails overlook the gorge. Campers and day-visitors can enjoy the Olympic-size pool, tent and trailer campsites, picnic facilities and excellent fishing in nearby Seneca Lake or Catharine Creek, which is renowned for its annual spring run of rainbow trout.

Glen Creek collects hillside water originating on Sugar Hill. This water flows into Seneca Lake which flows to Cayuga Lake then onto Lake Ontario and eventually the St. Lawrence River to its terminus, the Great North Atlantic.

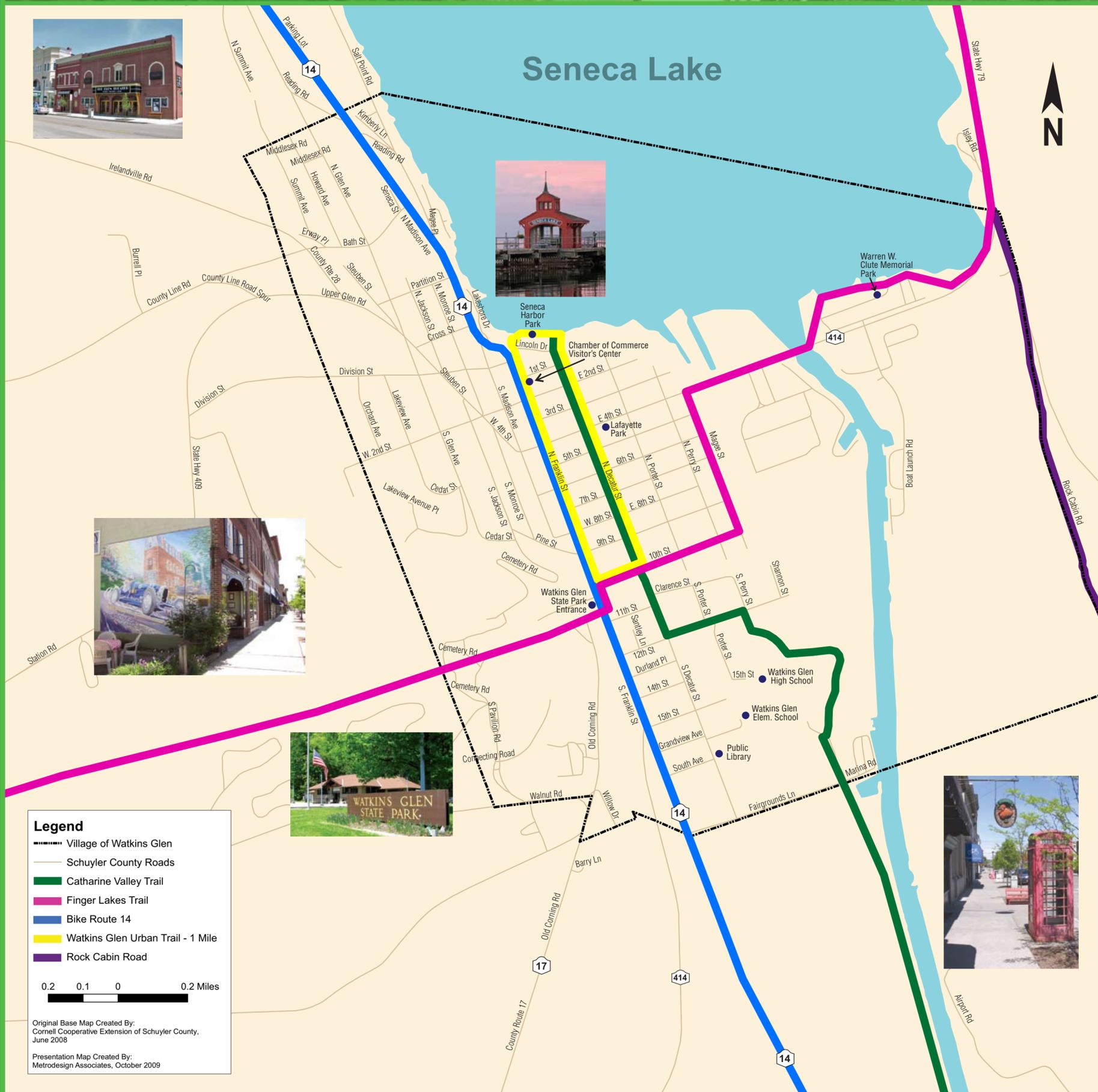
In addition to the spellbinding scenery, this park offers a list of usual park amenities including biking, camping, hunting, a children's playground, showers, swimming opportunities, fishing,

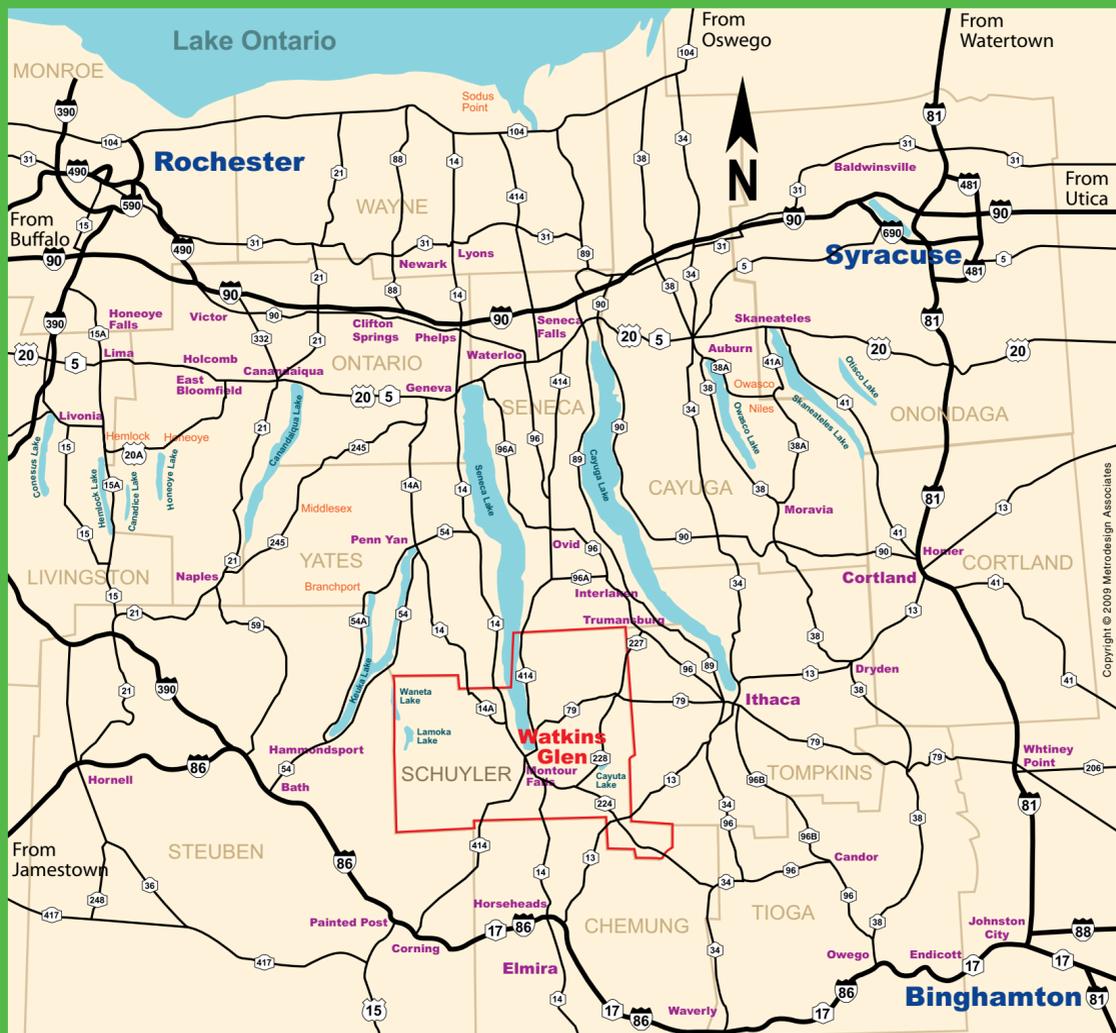
hiking, picnicking, picnic pavilion rental, recreation programs, cross-country skiing in winter and even a gift shop. The park is open year-round with the gorge trails closing in winter. Bow hunting for white-tailed deer is permitted in season.

The Watkins Glen area experiences average January temperatures above 22 degrees Fahrenheit (above -6 degrees Celsius). It is important to note that this area receives some of the heaviest snowfalls in the nation. Summer temperatures average around 72 degrees Fahrenheit (around 22 degrees Celsius). Precipitation in the region ranges from less than 36 inches to approximately 40 inches of rain and snowmelt.

For more information visit <http://areas.wildernet.com/>

Walk, Hike & Bike in WATKINS GLEN





Finger Lakes Trail

The main Finger Lakes Trail begins at the Pennsylvania-New York border in Allegany State Park and continues to the Long Path in the Catskill Preserve. The main trail runs approximately 562 miles and is the longest continuous foot trail in New York State. There are five branch trails and 6 loop trails that extend from the main trail increasing hiking accessibility throughout the state. The entire system is about 900 miles. A new branch trail will connect existing hiking trails in the Appalachians (Great Eastern Trail) from Alabama to New York in South Bradford just west of Schuyler County. The North County Trail (4600 miles-six states) runs concurrently on the Finger Lakes Trail from the Allegany to the Onondaga Branch Trail north of Cortland.

The entire Finger Lakes Trail system is open free for the use of the general public. People using the trail should be aware of hunting seasons as some sections will be closed to hikers. Check www.fingerlakestrail.org for current trail conditions and possible closings or re-routes.

Recently GPS'd water resistant maps with detailed hiking instructions on the back may be purchased from the service center for a nominal fee. Along with affordable membership fees, these maps help to finance the trail which is maintained by volunteers. Members also receive a discount for all purchases from the service center. Use the web address or call 585-658-9320. The center is located in Mt. Morris and is open most Mondays and Thursdays. Please call ahead.

Schuyler County contains approximately 25 miles of main trail and another 14 miles of loop trails. The Queen Catharine Marsh Loop ('Q' Trail) is a jewel surrounding the Wildlife Management Area which acts as a sponge for Seneca Lake. Fishing, birding and biking are also popular in this area. There is a newly completed handicapped accessible section from Marina Road to Route 14. The Catharine Valley Trail connects with the 'Q' trail. You can try a group hike organized by local clubs and the FLTC or just hike for a few miles. If you are looking for a challenge you can join those 290 End to Enders who have walked the entire main trail.



Bike Route 14



Look for these signs along Bike Route 14.

Bike Route 14 goes through the Village of Montour Falls, the Village of Watkins Glen and up the west side of Seneca Lake. It is ideal for both beginners and cycling enthusiasts. With wide shoulders for safety and plenty of opportunities to enjoy the spectacular views, Bike Route 14 offers residents and visitors an exceptional biking experience.

Rock Cabin Road

Rare Nodding Wild Onion and three uncommon butterfly species can be seen on properties along its eastern border. The road is an excellent nature trail with large stands of wildflowers visible in the proper seasons.

Roadside stands of Hackberry trees attract the three unusual butterfly species - Tawny Emperor, Hackberry and Snout. Also, proximity to the Queen Catharine Marsh makes this road an outstanding bird watching area.



View of the Queen Catharine Marsh from Rock Cabin Road.

CALENDAR OF EVENTS

APRIL

WGI opens for the season

JUNE

The Waterfront Festival featuring the Cardboard Boat Regatta Historic Race
Montour Falls Fireman's Carnival

JULY

Fireworks
IRL Racing
Wine Festival
Hector Fair

AUGUST

Italian American Festival
NASCAR

SEPTEMBER

Vintage Grand Prix Festival

OCTOBER

The Falls Harvest Festival

DECEMBER

Village Christmas



Photo by: Michael Pollak

BIKING SAFETY TIPS & LAWS

WEAR A HELMET

- Bicyclists ages 1 through 13 are required to wear an approved helmet when riding. Passengers ages 1 through 4 must wear a helmet and be fastened in a suitable seat. No passengers under age 1 are permitted. * Some local laws in New York State require riders of all ages to wear helmets.
- All cyclists should wear a properly fitting helmet bearing a certification by one of the following groups:
 - Consumer Product Safety Commission (CPSC)
 - American Society for Testing and Materials (ASTM)
 - Snell Memorial Foundation

FOLLOW THE RULES OF THE ROAD

- Obey traffic regulations: stop at red lights, obey signs, observe speed limits, and follow lane markings. * Cyclists in New York State have the same rights and responsibilities as motorized vehicle operators.
- Never ride against traffic. * Drivers do not expect bicyclists riding on the wrong side of the street. Even in marked bike lanes, ride in the direction of traffic. Bicyclists may not ride on sidewalks or other areas intended for pedestrian-only use.
- Use hand signals. Signal in advance of turns. *
- Never wear headphones while cycling. *

SHARE THE ROAD WITH VEHICLES & PEDESTRIANS

- Be aware of your surroundings. Make eye contact with motorists and pedestrians. Watch for debris and obstructions in your path.
- Ride predictably in traffic. Avoid weaving between vehicles and dodging between parked cars.
- Use a horn, bell, or voice warning when passing pedestrians or slow-moving cyclists.
- Always yield to pedestrians. Yield to other vehicles as appropriate.
- Be careful at intersections. If necessary, dismount your bicycle and cross at pedestrian crosswalks.

* Indicates legal requirements in New York State

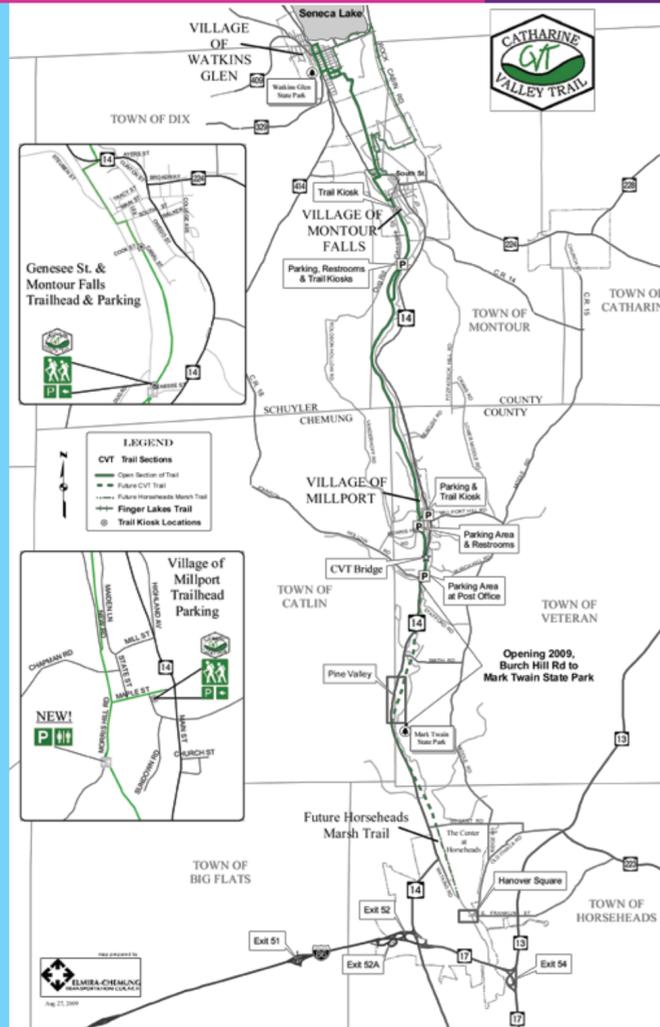
OUTFIT YOUR BODY

- Wear close-fitting, light-colored clothing that is appropriate for the season. Pant clips keep clothing from catching or rubbing on gears and chains.
- If you must ride at night, wear clothing with reflective patches or stripes. Some helmets can be outfitted with front and rear lights.
- On long trips, plan regular rest breaks. Avoid dehydration by drinking plenty of fluids. Pack nutritious foods for energy.
- For extended rides, plan for safety and comfort. Carry a first aid kit and know how to use it for minor emergencies. Pack clothing for unexpectedly cold or wet weather. Plan meal breaks and overnight stops in advance. Leave a copy of your itinerary with someone at home.

OUTFIT YOUR BICYCLE

- Use lights at night, both front and rear. * The headlight should be bright white and visible from 500 feet. The rear reflector or taillight should be visible from 300 feet. At least one of the lights should be visible at least 200 feet from the side.
- Your bicycle should also be equipped with wheel and pedal reflectors, or other reflective surfaces. *
- Make sure your bicycle fits your body, and keep it in good condition.
- Carry a tool kit on long road trips and learn how to perform basic repairs.

For more information visit <https://www.nysdot.gov/divisions/operating/opdm/local-programs-bureau/biking>



Catharine Valley Trail

When completed, the Catharine Valley Trail (CVT) will be a 12-mile, multi-use trail that will connect Watkins Glen State Park and Mark Twain State Park in the Southern Tier of New York State. Most of the trail is on portions of abandoned Northern Central Railroad and Chemung Canal towpath corridors in New York State. The trail spans Schuyler and Chemung counties, passing through the communities of Watkins Glen, Montour Falls, Millport, and Pine Valley to Horseheads.

Friends of the Catharine Valley Trail

124 East 4th Street
PO Box 210
Watkins Glen, NY 14891

<http://www.cvtfriends.elmirampo.org>
info@catharinevalleytrail.org



Photo by: Jacquie Wensich

Walk, Hike & Bike in WATKINS GLEN



Photos by: Michael Pollak



The official Visitor's Center for Watkins Glen and Schuyler County!

100 N. Franklin Street Watkins Glen, NY 14891

Have travel questions, need official maps or guides? Stop in, give us a call, or visit us on the web!
800.607.4552 www.watkinsglenchamber.com

If you're a race enthusiast, or a fan of adrenaline rushes, then you've heard of Watkins Glen. Whether here to check out a NASCAR race, or to feel the rich history from America's first original road course, race fans are on the right track when they come to Watkins Glen.

Maybe you wish you could feel the wind in your hair the way those race car drivers do. Not to worry! Take the time on your vacation to step aboard one of our Finger Lakes' water attractions. Go sailing, try a guided kayak tour, take a dinner cruise, rent a watercraft – or bring your own vessel to set adrift!

Breathtaking beauty can't be forgotten. As you make your ascent through the Watkins Glen State Park and gorge, you can't help but to notice the cascading waterfalls. Or, how about following one of the many trails throughout the county that lead to open fields where your family – even your pets, can enjoy the fresh air. By the way, did you know that Schuyler County has the only National Forest (Finger Lakes National Forest) in New York State within its terrain?

Looking for a different trail? How about a trail that will tantalize your taste buds? Take an afternoon to delve into the area's culinary masterpieces, or check out the Seneca Lake Wine Trail. If wine isn't your favorite, Schuyler County has two micro-breweries that are always brewing up local favorites, as well as a brand new distillery that offers locally made spirits from locally grown ingredients! See what the buzz is all about as these neighborhood chefs form their creations that use the local bounty and pair it with the region's wonderful wines. These foods come straight from our farms to your table. It's a fabulous marriage of fresh food and wine. It's a combination that you can find all right here – and only here.

So why wouldn't you come and visit Watkins Glen and Schuyler County? There is something special at every turn, and it's just waiting for you to discover it!