

## Gorge Trail

LETCORTH STATE PARK

### The Facts

DISTANCE:

**7 Miles**

DIFFICULTY:

**Moderate**

ELEVATION GAIN:

**400'**

REGION:



Letchworth is often called the Grand Canyon of the East, and once you set off on the Gorge Trail, you'll easily see why. The trail follows the western rim of the Letchworth Gorge with direct access to all of the spectacular vistas of the south end of the park including Tea Table Rock, Wolf Creek, the Great Bend Overlook, the Lower Falls, Middle Falls, Upper Falls and many, many incredible views not seen by the average park visitor. Also, you'll enjoy the wildlife and vegetation along the Genesee River. You'll find the northern trailhead in the lower St. Helena picnic area and its southern trailhead above the Upper Falls directly under the Railroad Trestle. If hiking seven miles is too challenging, you can create a shorter hike and still enjoy plenty of views. Take care with small children, since areas of the trail are exposed. **For more information, contact: (585) 493-3600.**



## Rim Trail

TAUGHANNOCK FALLS STATE PARK

### The Facts

DISTANCE:

**5 Miles**

DIFFICULTY:

**Moderate**

ELEVATION GAIN:

**500'**

REGION:



Taughannock Falls State Park's namesake waterfall is one of the outstanding natural attractions of the Northeast, and you can experience it up close on this one-of-a-kind hike. Taughannock Falls plunges 215 feet past rocky cliffs that tower nearly 400 feet above the gorge. The park offers spectacular views from above the falls, as well as other vistas of the gorge. This wonderful interpretive trail travels around the northern rim and southern rim so that you can view the area from all angles. You'll also enjoy views of the park's deciduous and conifer forest, and its wildlife, as well as seasonal wildflowers! The hike involves some uphill climbs, but the views are well worth the effort. **For more information, contact: (607) 387-6739.**



## Gorge Trails

NIAGARA FALLS STATE PARK

### The Facts

DISTANCE:

**6.2 Miles**

DIFFICULTY:

**Moderate**

ELEVATION GAIN:

**Varies**

REGION:



There's no better way to experience the Falls than to step away from the crowds and onto one of the famous park trails. Head straight for the Niagara Gorge Trailhead Center, which is located at the park's Discovery Center. This is your gateway to some of the best hiking and biking trails in the region. If you choose to experience Niagara Falls hiking along the full Gorge Trail system, be prepared for steep stairs and rocks you must climb over. Guided hikes are offered during the summer season. The easiest hike for families and beginners is the one-hour Great Gorge Scenic Overlook Hike. The Upper Great Gorge Hike takes two hours and is also recommended for all ages. Nearby, at Devil's Hole State Park and Whirlpool State Park, you'll find more challenging hikes that are limited to visitors age 8 and older. **For more information, contact: (716) 278-1770.**

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## North Country National Scenic Trail

ALLEGANY STATE PARK

### The Facts

DISTANCE:

**18 Miles**

DIFFICULTY:

**Moderate**

ELEVATION GAIN:

**700'**

REGION:



In its entirety, the North Country National Scenic Trail slices through seven states and covers a distance twice as long as the Appalachian Trail. It's truly one of the most impressive trails in the country, and you can enjoy a small sliver of its magic as it passes through Allegany State Park! The trail traverses almost 20 miles of Allegany State Park, traveling through a beautiful forest with gently rolling terrain. To begin, travel to the scenic view and trailhead area four miles south of Red House Campground located along ASP 1. The route is primarily through a forest of ash, maple and hemlock with July-blooming red elderberry bushes becoming more prevalent on the higher terrain. Fabulous fern understory extends for miles in such a thick covering that at times it appears you're hiking through a fairy tale forest. Ask about camping options at the park visitor center. **For more information, contact: (716) 354-9121.**



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# Featured Trails Guide



From relaxing nature walks to challenging scenic hikes, New York State Park trails offer something for everyone. Lace up your hiking shoes, grab your camera and come prepared to see dramatic waterfalls, sparkling lakes, deep gorges, stunning vistas, serene forests and more!



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