FINGER LAKES TRAIL

* 562 mile long east/west trail across the Southern Tier of NY, a mix of public and private lands
* Begins in Allegany State Park in Western NY / ends in the Catskills near Slide Mt.
* Additional 300 miles of north/south "branch" trails
* From Allegany State Park to Cortland County, the FLT is part of the North Country Trail (NCT)
  -a National Scenic Trail from North Dakota to Crown Point Historic Site, NY
* Main Trail is marked with 2" x 6" white painted blazes, major branch trails are blazed orange, yellow and blue.
* Two blazes indicate a turn in the trail.
* FLT offers great opportunities for hiking, camping, backpacking, and Service Projects, including Eagle Leadership Service Projects

For INFORMATION about the Trail, write:
Finger Lakes Trail Conference (FLTC) Service Center
6111 Visitor Center Rd
Mt. Morris, NY 14510
Phone 585-658-9320
E-Mail address = FLTinfo@fingerlakestrail.org
Website = www.fingerlakestrail.org

FLT MAPS:
33 maps (M1 thru M33) for Main Trail, 562 miles / 18 maps for 300 miles branch trails
Order maps on-line (www.fingerlakestrail.org) or call 585-658-9320
Price ranges from 86 cents to $1.88 each, varies based on quantity purchased
20% FLTC member discount

PLANNING A HIKE or CAMPOUT -- Please Plan Well!!!

* Study up-to-date maps and guides
  + Check FLTC website for Trail Condition Reports, listed by map number / submit any map or trail problems you come across to Joe Dabes, KABJND@msn.com
  + Make a trip plan (where / when you are starting & finishing, share with all participants)
  + Respect the generosity of landowners; minimize all impacts on the environment
  + Avoid seasonal restrictions due to hunting
* Vehicle parking
  + Plan to only use trailheads with sufficient parking space for the vehicles required
  + Parking areas are marked on FLT maps, be sure to park well off the road surface
  + Do not leave valuables visible in the vehicle
  + Winter conditions often make it impossible to use designated parking locations
* What to bring for a hike - consider
  + Day pack
  + Hiking boots / insole / socks / gaiters
  + Rain gear / other clothing
  + Poles
  + Water bottles (insulated in cold / hot weather)
  + Emergency headlamp, first aid kit, toilet paper

* Drinking water – Giardia lamblia
    + All water along the Trail System must be treated
      Filter, boil for 5 minutes, or use water-purification tablets
    + Do not contaminate any water supplies with human waste disposal,
      or washing yourself or dishes, etc.
    + Use outhouses when available, if not, dig 4 to 6 inch hole 200 feet from water,
      trail or campsites, cover completely with dirt after using
* Camping .
    + Visit camping areas ahead of time, camping areas / water sources found on FLT maps
    + Adequate tenting space, water availability, outhouse, general accessibility, fires??
    + Minimize impacts using "Leave No Trace" ethics to the extent it is practical
    + Be prepared to share facilities with others at any lean-to or campsite
    + Use "bear bag" at night, suspend from tree branch 4' from trunk and 12 'above ground
    + Carry out food all non-burnable materials (foil, cans, glass, etc)
    + Use only dead and down wood for campfires, best to use a gas stove for cooking
    + Spilled food attracts animals, do not cook or prepare food in lean-tos or tents
* Camping on state and private lands:
    + State Forest lands -- set up camp at least 150 feet from trail, roads and sources of water.
      Groups of more than nine people or any size group staying over three days in the
      same location must get a permit from the Department of Environmental Conservation,
      contact the nearest Regional Office to locate Forest Ranger responsible for area you plan to use
      (addresses available from the FLTC).
    + State Wildlife Management Areas -- not permitted, except with DEC permission
    + New York State Parks -- camping at designated sites only
    + Private lands -- Camping or campfires are not permitted on private land unless a campsite
      is indicated on an FLTC map
* Respect private property and all landowner requests
    + Stay on the trail, don't take shortcuts or walk on farmer's crops.
    + Camp or build fires only at designated campsites indicated on a FLTC map.
    + Take out what you brought in. Do not disturb plants or animals.
    + Clean up the Trail and campsite, leaving it better than you found it.
    + If you bring a pet, keep it under control and bury its waste to protect water supplies.
    + If asked by a landowner not to use the Trail to cross the landowner's property, please comply
      and report the situation to FLTC@Frontiernet.net

FLT SERVICE PROJECTS (EAGLE AND OTHERS)

* Trail presents numerous opportunities for service and conservation projects
    + Examples of recent Eagle Service Projects – lean-tos, bridges, signage, and trail
      Re-routes
* Contact for service project info:
    + Local hiking clubs involved with FLT maintenance (see list on FLTC website)
    + Finger Lakes Trail Conference, Trail Operations Office in Rochester (585-288-7191),
      fltc@frontiernet.net
    + Presentations about the FLT are arranged through the FLTC Office.

JOIN THE FLTC

* Membership (individual $25 per year, or $15 for scout units) -- applications found on FLTC website
* FLT e-mail listserv -- free and open to both members and non-members
    + To subscribe send 'blank' note to: fingerlakestrail-subscribe@yahoogroups.com

By: Larry Blumberg 2007 Updated by Howard Beye 2008