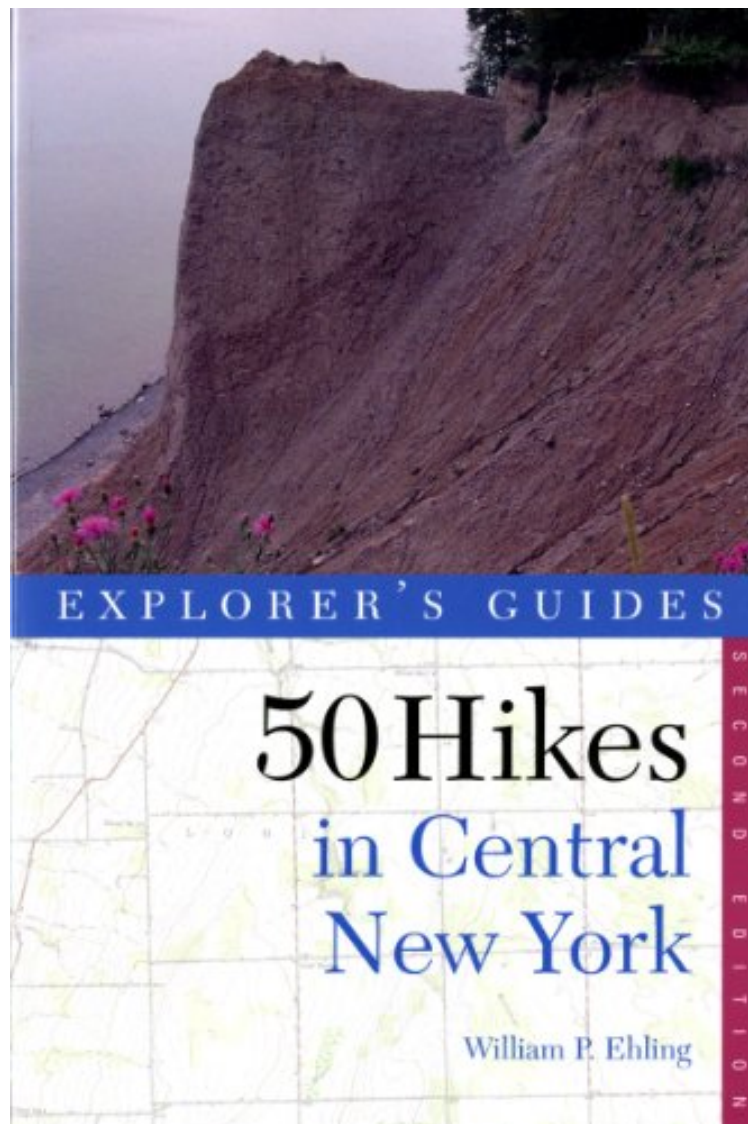


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This pastoral region of hills, forests, lakes, vineyards, and gorges offers the hiker some of the most scenic landscapes in the Empire State. The 50 hikes described here have been thoroughly checked and updated for the second edition, and include many new excursions, among them Buttermilk Falls, Watkins Glen, the Black River Canal Towpath, and the recently-designated Finger Lakes National Forest. These outings are designed to take you into wildlife management and wilderness areas where few man-made elements intrude, through marshland and game refuges, and along wild streams and deep gorgesall merely an hour or so from upstate metropolitan centers. Excursions range from half-day walks for families to overnight circuits for campers or backpackers and many of them are suitable for ski-touring or snowshoeing. For each, you will find: easy-to-follow directions to the trailhead; walking distances; vertical rise; landmarks; estimated hiking time; and a topographical trail map.