



TRAILS

- W HUFF & PUFF TRAIL (WHITE) 0.7
- B REED'S RIDGE TRAIL (BLUE) 0.4
- Y MEDITATION TRAIL (YELLOW) 0.9
- R OVERLOOK TRAIL (RED) 0.6
- B WATERFALL TRAIL (BLUE) 0.1
- O CRYSTAL HILLS TRAIL (ORANGE)
- SACRED GROVE TRAIL (GREEN)
- VERNAL POND TRAIL (GREEN)
- BRANCH OF THE FINGER LAKES TRAIL
- SECTION OF THE GREAT EASTERN TRAIL

ROADS

- COUNTY ROUTE
- TOWN ROAD
- SEASONAL ROAD

LANDMARKS

- STREAM
- P PARKING
- ARCHERY
- LABYRINTH
- CLIMBING TOWER
- FIRE CIRCLE
- WATERFALL
- GAGA

USATF - 3KM - Cross-Country Course

