

Brave Women FLX

Cumming Nature Center

Cumming Nature Center is a dynamic 900-acre environmental education facility located near Naples, NY. Owned by the Rochester Museum and Science Center, it celebrates the unique landscape and culture of the Finger Lakes Region through hands-on learning opportunities and thoughtful exhibits. Nestled between Canandaigua and Honeoye Lakes, this nature preserve is as beautiful as it is vast. Visitors can explore the visitors center and hike more than 15 miles of trails through diverse habitats. From rare hemlock bogs to active beaver ponds to the iconic 90-year old red pine stand, there's something for everyone at CNC!

Winter is a beautiful time of year at the Cumming Nature Center! Enjoy 12 miles of groomed ski trails and a 3-mile loop for snow shoeing. A \$15 ski package and \$5 snow shoe rentals are available. There is also a \$5 per person admission during ski and snow shoe season for trail maintenance. They also offer ski lessons each Saturday (snow willing!) and you can also call to potentially book a Sunday lesson as well. Register online or call 585-374-6160.

All ski lessons are dependent on weather conditions.

The nature center's landscape is constantly changing. Day by day and season by season, the cycles of nature play out in vernal pools, quiet glades, and deep snowbanks. The best part is, you can experience all of it! Check out the website to see all of their upcoming events. (www.rmssc.org/cumming-nature-center) Cumming Nature Center recognizes the intrinsic relationship between children and nature. They offer three forest school programs that nurture that relationship through unstructured play, curiosity-driven exploratory learning, hands on science projects, and outdoor skills development, all within a physically safe and emotionally supportive environment. (Rochester Museum and Science website)

The Finger Lakes Barn Quilt Trail - visit flxbarnquilttrail.com for the map. There's no better way to experience the beauty of the Finger Lakes Region than by hitting the road and taking in the scenic vistas. We invite you to spend your day exploring the Finger Lakes Barn Quilt Trail! Launched in 2018, the trail is a collection of barn quilts painted on barns and buildings displayed throughout the Finger Lakes. Along the trail, you can find farm markets, restaurants, natural areas, and back road adventures! We invite you to discover these roadside gems - colorful painted and crafted blocks of quilt design - and enjoy the beauty of the Finger Lakes...all while in the comfort of your car. It's the perfect time to see this treasure of FLX...socially distanced.



Brave Women FLX

After you check out all the nature trails be sure to check out these women-owned businesses near by!

Wohlschlegel's Naples Maple Farm - Bobbi and Garry Wohlschlegel's Naples Maple Farm evokes a sundry blend of a modern maple syrup sugar house with a great appreciation for the history of the trade and our environment. They invite you to come visit to not only take in the scenic forest, but also to learn how a maple farm operates and taste the delicious product! Whether it's pure NY maple syrup, flavored maple goods, maple sweets or gifts, they have the mineral rich maple products you're looking for. The store is usually open Saturdays and Sundays from 10-2pm, but it's always good to call ahead to be sure. (585) 775-7770. You can also visit the online store and they will ship directly to you.

Roots Café - Owned by sisters Melissa and Michelle, Roots Café is a recent addition to Inspire Moore Winery, in the eye catching and historic 1865 blue and purple Victorian home with amazing lake views. Snuggled in the quaint, artistic village of Naples, this unique café is about more than just serving the freshest, most beautiful food in the area. They believe that a community that supports each other can only thrive. Be it the farmers who grow their produce, supply them with locally sourced meats, or put flowers on the tables. They are all connected. They are currently serving Thursday-Saturday Lunch 11-3pm, Dinner 5-8pm and Sunday Brunch 11a- 3p. Reservations are strongly recommended by calling (585) 374-9800

Monica's Pies - The Finger Lakes is considered the grape capitol of the world, and Naples NY is noted for grape pies. Monica Schenk is the local town's grape pie queen. Using the abundance of locally grown grapes, Monica creates all kinds of jams, jellies, conserves, and gifts along with a vast array of different kinds of pies. Not all pies are sweet; Monica creates an amazing chicken pot pie and three cheese spinach quiche! She is open on Weekends from 9-5 and you can call ahead to place an order at (585) 374-2139.

Carriage House Quilts - An independent quilt shop specializing in the finest quality 100% cotton fabric. The shop is in a 140 year old carriage house. They also offer a wide selection of books and patterns to delight you. Carriage House is fully stocked with all of the notions and tools you will need to create your very own special quilts. The shop has something to offer everyone whether you're a beginner or an expert or just want to buy a gift for the quilter in your life. They offer classes at different times throughout the year with many project ideas. Come by and see us Monday-Saturday 10a-3p. Or you can call us at (585) 374-9580.



www.BraveWomenFLX.com
@BraveWomenFLX

