



## Pack your Plaids!

Autumn is the perfect time to get outside and breathe in that fresh fall air. So pack your preferred plaid and hit the trails!

We're flush with parks and nature centers to get your fit on. Stretch your feathers at the **Montezuma National Wildlife Refuge** or the **Dorothy McIlroy Bird Sanctuary**.

Get your miles in along the historic **Erie Canal** using the newly completed **Empire State Trail**. We're not saying you have to finish all 750 miles, but we think the miles in our destination are pretty special.

Explore **Carpenter Falls**, the newly completed accessible platform to view the falls couldn't make it any easier to access this stunning 90 foot ribbon plunge. Looking for a bit more of a sweat session, take the steep trail that is for more experienced hikers.



## State Parks Challenge

Cayuga County is home to three beautiful state parks. Spread throughout the county it's a great way to see the whole area.

Get that perfect fall photo at Fair Haven Beach State Park in the north, Long Point State Park in central and Fillmore Glen in the south.

Tag us in your photos at all 3 and receive a set of illustrated posters!

@Cayuga\_Tourism

**Montezuma National Wildlife Refuge**  
3395 State Route 90 Seneca Falls

**Dorothy McIlroy Bird Sanctuary**  
1480 Lake Como Road Moravia

**Carpenter Falls**  
Apple Tree Point Niles