The Catharine Valley Trail (CVT) currently offers 9 miles of multi-use trail (hiking, biking & cross country skiing), and when completed in 2009 will span 12 miles and connect Watkins Glen State Park and Mark Twain State Park in the Southern Tier of New York State. Most of the trail is on portions of abandoned Northern Central Railroad and Chemung Canal towpath corridors in New York's Finger Lakes region. The trail spans Schuyler and Chemung counties, passing through the communities of Watkins Glen, Montour Falls, Millport, and Pine Valley to Horseheads. There are two RonTec restrooms (composting) along the trail.

**Attractions:**
- Watkins Glen State Park
- Seneca Lake Wineries
- Montour Falls

**Food**
- Busy Mart (Pine Valley)

**Distance**: 9 miles

**Difficulty**: ★ ★