

Brave Women FLX

Bear Swamp State Forest

Bear Swamp State Forest is located on two state forests and covers 3,539 acres in the town of Sempronius, NY. A large wetland and creek bisect the forest and provide excellent opportunities to paddle through warm months. Bear Swamp also offers a 14.3 mile multiple use trail system. All trails are designated by color and marked with circular DEC trail marker signs. These trails have been designed to offer family based cross-country skiing, hiking, horseback riding and mountain biking. There are 12.5 miles of snowmobile trails on Bear Swamp, which include 2.5 miles of corridor trail and the 10-mile Bear Swamp/Ridge Road loop trail. Some claim this to be one of the best kept secrets of the Finger Lakes!



At the heart of the state forest is Bear Swamp and its creek. It is the largest tributary of Skaneateles Lake. Cross-country skiing and snow shoeing are permitted on all multiple use trails. The terrain is mostly flat while moving north to south, making skiing the trail system a lot of fun. Horseback riding is allowed on the multiple use trails, with proof of current negative Coggins certificate for all horses.

Practice “Leave no Trace Principles”. All users of Bear Swamp State Forest must follow all State Land Use Regulations and should follow all Outdoor Safety Practices for the safety of the user and the protection of the resource.

Summerhill Brewing Co. - Sallee and Jeff Ten Eyck, sparked by a fire of desire, turned their hobby into a business. They saw it as a way of supporting the community and promoting the beautiful area where we live. They offer a variety of different beers that they consistently have on tap, and they also serve locally crafted wines and ciders from other nearby wineries. They also offer yoga classes twice per week (although currently the classes are held virtually.) The kitchen at Summerhill is now open! All food is available to eat in or to go. They offer Taco Thursdays with build your own tacos, pizza and soft pretzels, and Sunday Brunch. They are open Thursdays and Fridays 3-8p, Saturdays 1-8p and Sundays 11a-5p.



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After you explore the park be sure to check out these women-owned businesses near by!



Long Point Winery - Located on the east side of Cayuga Lake, Long Point sits on 72 acres of land overlooking beautiful Cayuga Lake. Known for producing the finest dry reds and white wines, they have collected numerous awards for their wines such as red Zinfandel, Syrah, Cabernet Sauvignon, and dry Riesling. Owners Rosemary and Gary Barletta invite you to join them in their love of wine tasting and experience Long Point. Open in Jan.: Friday-Sunday 10a-5p, Feb. & March: Monday-Thursday 12-5p, Friday-Sunday 10a-5p. Amelia's Deli is the on-site eatery open Friday-Saturday 11a-4p and Sunday 11a-3p.

Bright Leaf Vineyard - Owners Donna and Michael Wilson purchased a farm along the east shore of Cayuga Lake, to satisfy the longtime itch of owning a vineyard and winery. Bright Leaf Vineyard is really two vineyards, including an upper and lower field, divided by a quarry of Tully limestone. This creates two different soil types allowing differentiated areas for the red and white varieties. The tasting room overlooks the lake with unforgettable views of the vineyard and the lake. Come visit for the award winning wine and stay for the stunning views! Currently they are open for curbside pick-up only. Call ahead for any changes 315-364-5323.



Prison City Pub & Brewery - Owners Dawn & Marc have expanded to two locations, the original on State Street, and now on North Street, both in Auburn. The State Street location offers their infamous brews along with delectable food offerings. The North Street location is open for take-out beer only. They have garnered national attention with many awards including the Best Beer in NYS in 2019, Bronze, Silver, and Gold in 2019 NYS Craft Beer Competition, and Gold in 2019 TAP NY Beer Festival. The Pub & Brewery on State Street is open Monday-Saturday 11:30a-9p and Sunday 11a-8p. North Street is Thursday-Saturday 12-8p and Sunday 12-6p.

Izzo's White Barn Winery - A family owned and operated boutique winery, they are located in Cayuga along historic Route 20 between Auburn and Seneca Falls. Along with the signature white barn, the venue features their petite vineyards, two ponds and a large green space for celebrating your special event. The wine offering is a reflection of the Finger Lakes Region. Tastings are done by appointment. Call to book at 315-283-8095 or to book a private event call 315-406-7446.



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