

# Brave Women FLX

## Montezuma

**Montezuma Wildlife Refuge** is a wildlife preserve that encompasses part of the Montezuma swamp at the north end of Cayuga Lake. The preserve is 10,000 acres of swamps, pools and channels and is a stopping point for migratory birds. Located between Rochester and Syracuse, it includes parts of Seneca, Cayuga and Wayne Counties. The Montezuma Marshes were designated a National Natural Landmark in May 1973. It was cited as “one of the best examples of undisturbed woodlands in New York or New England.”

A specific spot on the Atlantic Flyway, the Refuge provides crucial habitat for migratory waterfowl and other birds. Marsh and water birds found at the refuge include the great blue heron, green-backed heron, great egret, black-crowned night heron, Virginia rail, sora, bitterns, common moorhen and pied-billed grebes. The refuge also has an area where bald eagles have been nesting in recent years. Ducks and geese, including Canada geese, snow geese, black ducks and mallards are common at the refuge.

First the Algonquin Indians and later the Cayugas of the Iroquois Nation were the earliest known inhabitants to make their home and utilize the marsh. The name “Montezuma” was first used in 1806 when Dr. Peter Clark named his hilltop home “Montezuma” after the palace of the Aztec Emperor Montezuma in Mexico City. Eventually, the marsh, the village and the refuge would all acquire the name. (Wikipedia.com) In addition to providing animal habitat, the refuge also provides opportunities for people to observe wildlife. The refuge trails are open during daylight hours, seven days per week. The Mac Visitors Center is open Tues-Sat 10a-4p, and the Refuge Visitor Center and the Wildlife Drive are currently closed. Please visit responsibly.

**Montezuma Winery** - The Martin family (Ginny, George, Bill & Ed) started a honey production business that turned into a mini empire. They began with Montezuma Winery creating fruit wines. They then expanded to honey and grape wines. From there, they added Hidden Marsh Distillery, creating spirits including Bee Vodka that is triple distilled from honey. Next, they started Idol Ridge Winery, a B&B behind Idol Ridge, Alder Creek Distillery and Fossenvue Winery, named after the women’s suffrage camp Fossenvue. Open Sun-Thurs 9a-5:30p and Fri-Sat 9a-6p. Pre packaged samples can be brought to an outdoor heated building where you taste on your own. Curb side pick up is also available. Spirits and wine all available.



# Brave Women FLX

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



**Café XIX** - Across the street from the statue is this wonderful café offering breakfast, lunch, celebratory cakes, pies and catering. This eatery is more than the typical, as it celebrates the women's suffragist movement with its décor and atmosphere. The walls are adorned with modern, sleek portraits of influential women's suffrage activists. The owner and chef, Casey, is passionate about her town's history and believes that the determination and devotion women's rights activists exhibited in their fight for equality, has set a precedent for their product and service. In homage to these great leaders, they strive for excellence, whether it be fresh ingredients, local coffees or friendly staff.

**CVDesigns Boutique** - Owner and designer, Christine VanDusen, has created an inviting boutique in the heart of Seneca Falls. Offering the latest in fashion, quality home and seasonal décor, furniture, accessories and gifts, this can be your one stop shop. Whether you're dressing up or dressing down, CVDesigns has you covered! In addition to the storefront, CVDesigns also offers 24 hour delivery to local customers and if you order online, she will ship nationwide.

**Sinicropi Florist** - Owner Joyce Sinicropi has been in business for over 45 years. A florist and gift shop, she offers the freshest flowers in the Finger Lakes, Made in the USA and FLX products, wine related gifts, baby items and It's a Wonderful Life themed gift options. Joyce offers a Forget Me Not service that you can enroll to have flowers delivered on special dates (in case you forget!) Curbside pick up available.

**The Downtown Deli** - Established in 1994, Ann Sandroni has been serving giant NY style deli sandwiches, subs, bagels, soups and salads to the happy people of the beautiful Finger Lakes Region. Downtown deli has a steady stream of loyal customers that love the fast, friendly service and the New York flavor. Beer and Wine are available as well. "Our store makes you feel like you're sitting in Times Square."

**Barrister's Bed & Breakfast** - Barrister's is a stately village inn, located in the historic Seneca Falls. Owners Diane and Ken welcome you, and strive to make your stay more enjoyable with a commitment to service and comfort. The home was originally built in 1860 by Attorney Charles Weed and his wife Sarah. The home was designed with fine details such as quarter-sawn oak paneling, carved oak mantles, graceful stained glass windows and expansive porches. Barrister's is concerned about your health and well being and is following all guidelines for safety from the CDC. They offer a full house rental as well as individual rooms, all year round.



[www.BraveWomenFLX.com](http://www.BraveWomenFLX.com)  
@BraveWomenFLX

