

Brave Women FLX

Sterling Nature Center

Sterling Nature Center is a spectacular 1,428 acre nature preserve in the northeastern corner of Cayuga County, in the town of Sterling. With nearly two miles of Lake Ontario shoreline, the nature center features glacially formed bluffs and stunning scenic vistas. Inland, there is a 5 acre, man made pond, a beaver constructed wetland and several nature wetlands.



One of the highlights of the nature center is the heron rookery, located in the beaver constructed wetland, on the Heron Trail at the park. The rookery, featuring several dozen nests, is located on 60 acres of flooded wetlands. They offer a small viewing area with benches. Be sure to bring a pair of binoculars to view these majestic birds, which as adults stand at 4 feet and a wing spans approaching 6 feet. In addition to the herons, there is usually a pair of osprey nesting there along with a number of ducks and kingfishers. Often a beaver can be spotted swimming by.

The center's mission is to manage the areas natural resources and to promote an understanding and appreciation for the natural world. The nature center is open every day from dawn until dusk and admission is free. The center features approximately 10 miles of well marked trails along the shoreline. During the winter season, the trails remain open to cross country skiing, snow shoeing and hiking. There are designated trails for snowmobiling as well. Dogs are permitted on the grounds, but must be kept on a leash, and animal waste must be removed.

Fly by Night Cookie Company - Owned by legendary baker, Bonnie Bridson. Her cookies are rich, beautiful and unique! Each cookie has a back story along with it's own individual flavoring setting them apart from the norm. She makes dozens of varieties; sugar cookies, filled cookies, chocolate cookies, rum balls, scones, and pastries of all varied sorts. Bonnie also offers party platters and a cookie mailing service. This is a must visit stop while in Fair Haven. (You must also see the miniature village she has created in the "Hamlet of Minimally")



Hardware Café and General Store - A unique blend of homestyle cooking, gourmet coffee, and local products. Owners Susan and Larry Lemon, strive to keep it the kind of place that they like to frequent. A place where people can connect. Good food and unique quality merchandise at affordable pricing. Full breakfast and lunch are served every day. Gourmet coffees, teas, smoothies, ice cream and other specialty drinks are always available. They offer dinner specials and a varied menu with vegan and gluten free options. They also feature a variety of local products including honey and maple syrup, books by local authors, crafts by local artisans as well as apparel, jewelry, gifts, toys and more. Currently, the restaurant is open for take out only.



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



Sterling Cidery - Owners Jana House, Lesley Gould, Brandon Furber and Craig Arnold recently purchased the Cidery after joking that if it ever went up for sale, they would buy it. They have many plans for the future of the business, but with our current situation, they are open on Fridays and Saturdays only for growler pick up. They offer craft ciders made by hand, starting from 100% local apples, transforming the fresh juice into delicious hard cider. Oaken, hopped, standard and cassis ciders are available.

Turner's 1816 House Bed & Breakfast - Sitting on 3 lovely acres in the village of Fair Haven, the 1816 House is within walking distance to downtown Fair Haven and Lake Ontario. It is also located across the street from the entrance to Fair Haven Beach State Park. One of the oldest houses in Fair Haven, it holds the charm of yesteryear, while offering all of the conveniences of today. Owners Susan and Larry Lemon (of the Hardware Café) purchased the property and renovated it with the vision of turning it into a new kind of B&B. With a flexible approach to meals, the owners strive to connect you with the local "flavor" of Fair Haven.



Colloca Estate Winery - Set upon 100 acres and 900 feet of unobstructed waterfront, the Colloca Estate Winery reminds you more of a State Park than a winery. The site was specifically chosen to develop the "Lake Effect Vineyard;" not only for the very special microclimate, but the Finger Lakes region enjoys the nutrient rich soil provided by the glaciers that carved out the region. The result is a production of world class wines. They offer Chardonnay, Dry Riesling, Sparkling Brut, Lake Effect Riesling, Lake Effect Dry Riesling, Syrah and Cabernet Sauvignon. The tasting room is open Friday, Saturday and Sunday 12-6 with reservations required. The Winery Lounge is open Friday 4-8pm, Saturday/Sunday 12-8pm, and take out or curbside pick up is available.

