



Five-Star Trails: Finger Lakes and Central New York: Your Guide to the Area's Most Beautiful Hikes

Timothy Starmer

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The Finger Lakes and Central New York are not known for rugged mountains and their panoramic vistas which are so commonly sought in the Adirondacks to the north. They hardly could be - the area was scoured clean by glaciers millennia ago. But don't let that fool you, the region is full of natural wonders of its own. Instead of mountains and ridges, the region is known for rolling drumlins, an abundance of scenic gorges, quiet woodlands, beautiful waterfalls and picturesque lakes. The trails included in **Five-Star Trails: New York's Finger Lakes and Central Region** feature a broad mixture of these landscapes and were carefully selected to give the most varied but also rewarding experience when picking a trail.

An assortment of state parks, local parks, state forests, conservancy areas, wildlife preserves, and nature centers riddle the region, and choice selections from each means you can find a trail that suits your preference for how civil or wild you might desire. Trails for all experience levels are included and provide opportunities for adventure for novice and expert alike.

Some of these trails are well known and their inclusion in this new guide is no surprise. However far more are lesser known and a little more off the beaten path. Though these trails are not hard to find they are hard to find any real details about. What should you expect along the trail? Is the terrain rough? Will there be interesting things along the trip? Is the trail appropriate and/or safe for children? Well that lack of information is no longer an issue.

Each trail has been thoroughly researched, recently hiked and includes a detailed description, trail profiles and map. At a glance ratings in important categories such as Scenery, Trail Condition, Difficulty, Solitude and appropriateness for children let you quickly select a trail that fits your tastes and ability. Other useful information such as fees, restrictions for dogs on the trail as well as advice on when to visit offers you the best information so you can plan your trip with ease.

Sized to fit in a pocket, this guide is convenient to keep in the car or toss into a backpack. Driving directions direct hikers to the nearest trailhead parking areas, and GPS trailhead coordinates get them to the start of the trail.

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Vickie Gilbert:

In this particular era which is the greater man or woman or who has ability in doing something more are more valuable than other. Do you want to become one among it? It is just simple strategy to have that. What you need to do is just spending your time very little but quite enough to enjoy a look at some books. On the list of books in the top listing in your reading list will be Five-Star Trails: Finger Lakes and Central New

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