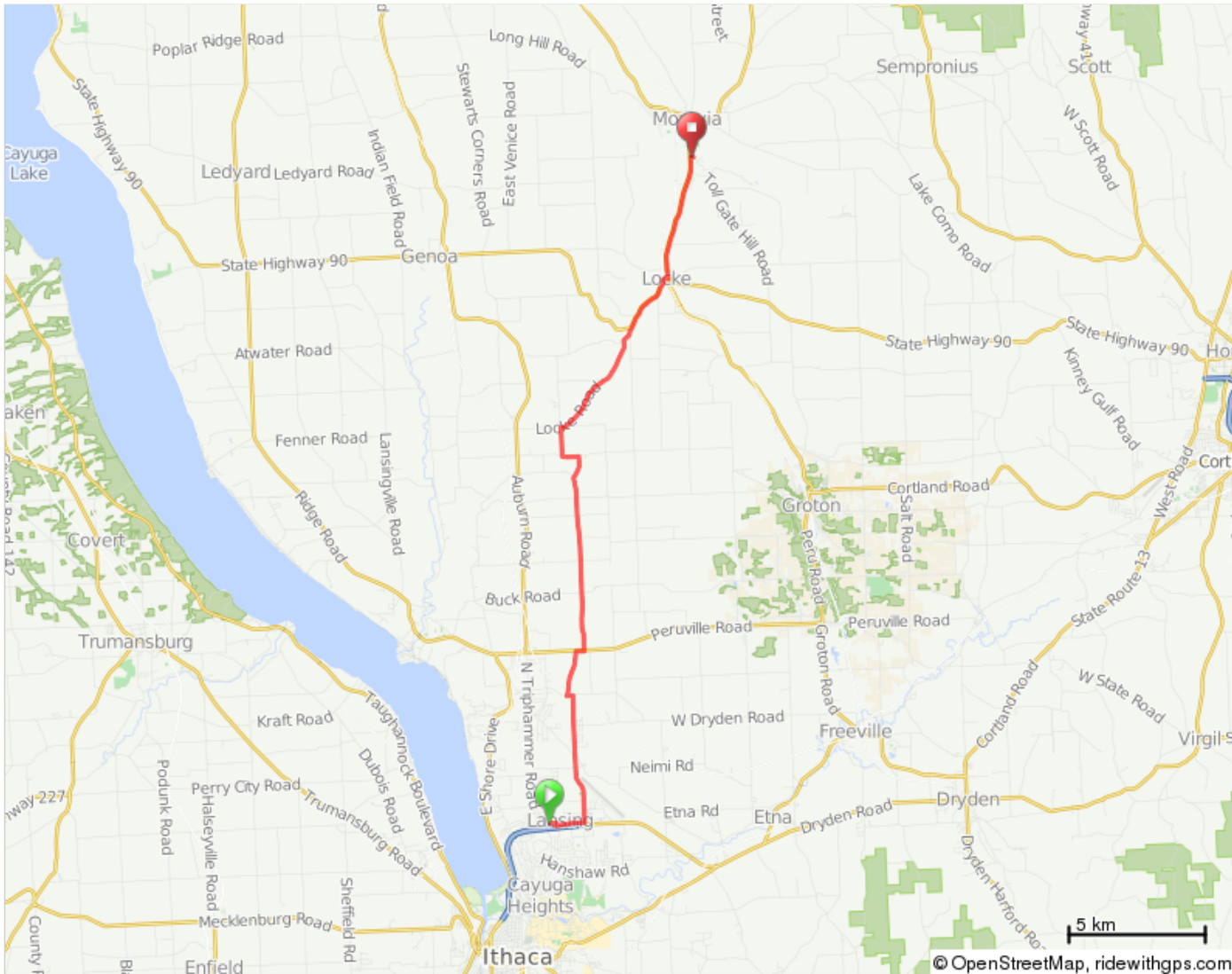
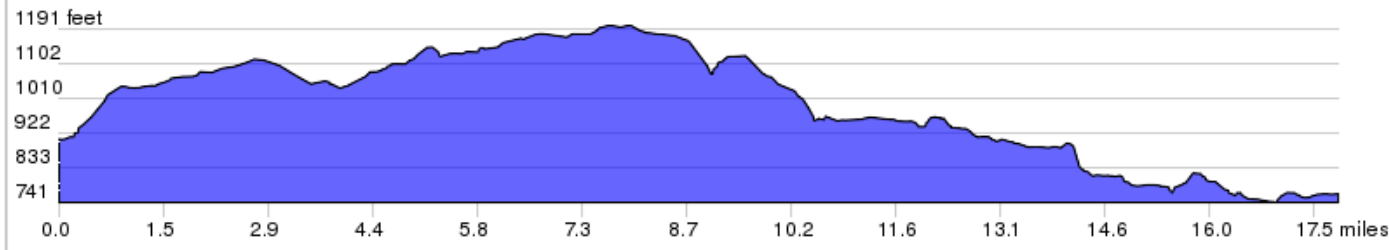


2013 FLW Day 1



Distance: 17.8 mi
Elevation: + 649 / - 790 ft



2013 FLW Day 1

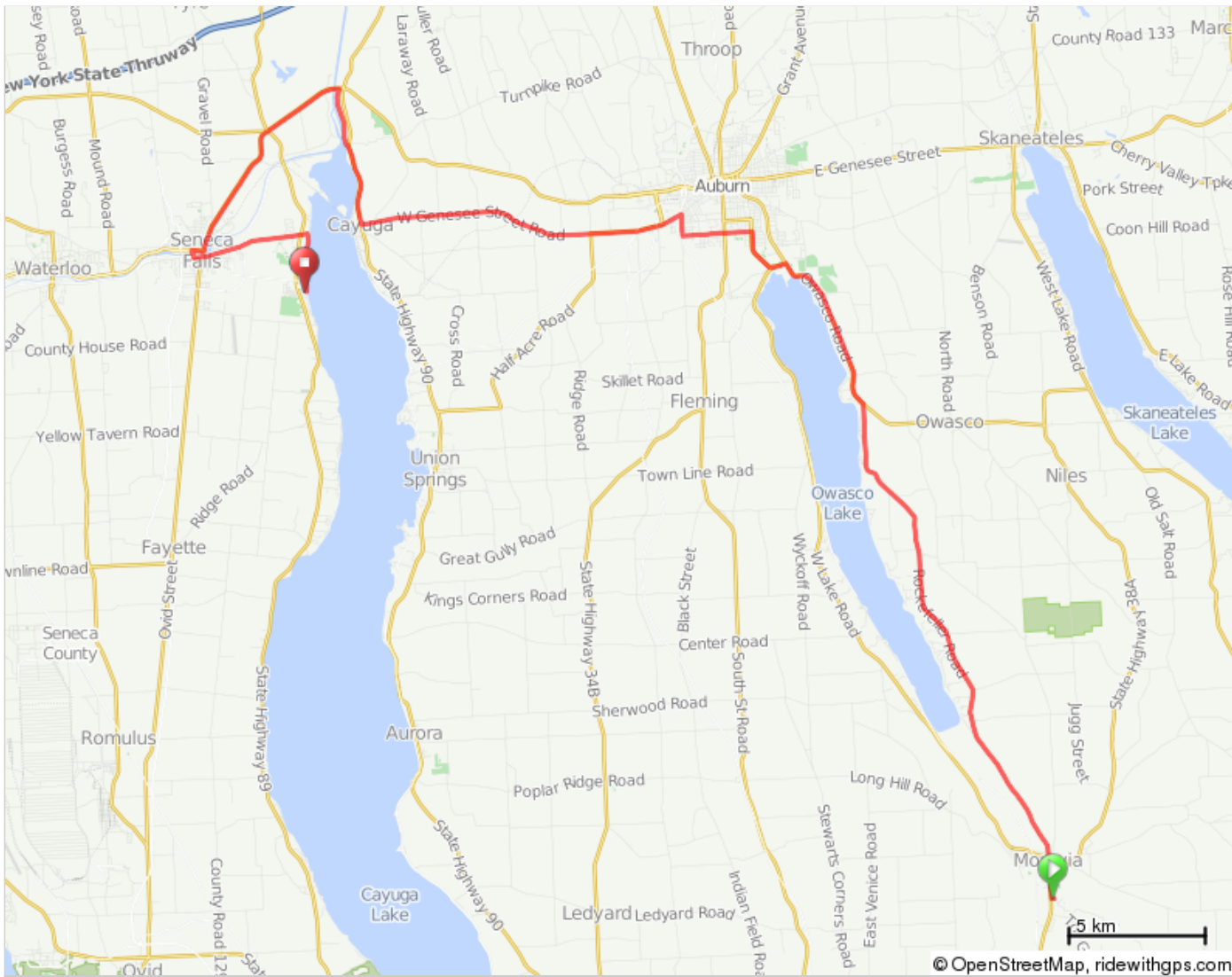
| | | | |
|------|---|--|-----|
| 0.0 | 🚩 | Start of route | 0.1 |
| 0.1 | → | Go to the east end of the parking lot, find the small trail, then R on Dart Dr | 0.7 |
| 0.9 | ← | L onto Co Rd 121/Warren Rd | 2.9 |
| 3.8 | ← | L onto Asbury Rd/County Rd 108 | 0.1 |
| 3.9 | → | R onto Benson Rd | 1.0 |
| 4.9 | → | R onto New York 34B S/Peru South Lansing Rd/Peruville Rd | 0.2 |
| 5.1 | ← | L onto Van Ostrand Rd | 4.4 |
| 9.6 | ← | L onto N Lansing School Rd | 0.4 |
| 9.9 | → | R onto Breed Rd | 0.6 |
| 10.6 | → | R onto County Rd 154/Locke Rd | 0.1 |

10.6 miles. +468/-415 feet

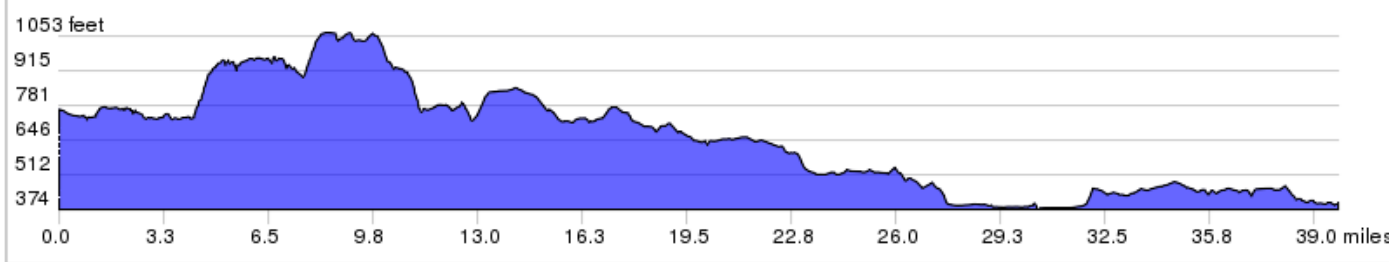
| | | | |
|------|---|--|-----|
| 10.7 | ← | L at "Y" to stay on County Rd 154/Locke Rd | 2.4 |
| 13.1 | → | R to stay on County Route 48/Creek Rd | 0.4 |
| 13.5 | → | R onto NY-90 S | 1.4 |
| 14.9 | ← | L onto NY-38 N/Main St | 2.8 |
| 17.7 | → | R into Fillmore Glen State Park | 0.1 |
| 17.8 | ↑ | Campground office, we reserved sites 14 & 16 in loop B | 0.0 |
| 17.8 | 🚩 | End of route | 0.0 |

7.2 miles. +136/-326 feet

2013 FLW Day 2



Distance: 39.8 mi
Elevation: + 1506 / - 1870 ft



2013 FLW Day 2

| | | | |
|------|---|---|------|
| 0.0 | 🚩 | Start of route | 0.0 |
| 0.0 | ↑ | Follow Park Rd to main park entrance/exit | 0.1 |
| 0.1 | → | R onto S Main St (becomes Rockefeller Rd) | 12.5 |
| 12.5 | ← | L onto New York 38A N/E Lake Rd | 3.8 |
| 16.4 | ← | L onto White Bridge Rd | 0.3 |
| 16.6 | ☁ | Convenience store on L just before traffic circle | 0.0 |
| 16.7 | → | At the traffic circle, 1st exit R onto NY-38 N/Lake Ave | 1.0 |
| 17.7 | ← | L onto Metcalf Dr | 0.6 |
| 18.3 | ↑ | Continue onto Clymer St | 0.7 |
| 19.0 | ← | L onto Thornton Ave | 0.0 |

19.0 miles. +945/-1000 feet

| | | | |
|------|---|---|-----|
| 19.0 | → | Immediate R onto Clymer St | 0.2 |
| 19.3 | → | R onto Dunning Ave | 0.5 |
| 19.8 | ← | L onto Genesee St | 7.4 |
| 27.2 | → | R onto NY-90N/Willard St | 1.6 |
| 28.8 | ← | Slight L at "Y" onto River Rd | 0.2 |
| 29.0 | ← | L to stay on River Rd | 1.3 |
| 30.3 | ← | L onto NY-5 W/US-20 W/Auburn Rd/Clark Street Rd | 5.0 |
| 35.3 | → | R onto Fall St | 0.1 |
| 35.5 | ☁ | Small cafes on L along Fall St | 0.1 |
| 35.6 | ↑ | Women's Rights National Historical Park on R | 0.1 |

16.5 miles. +319/-567 feet

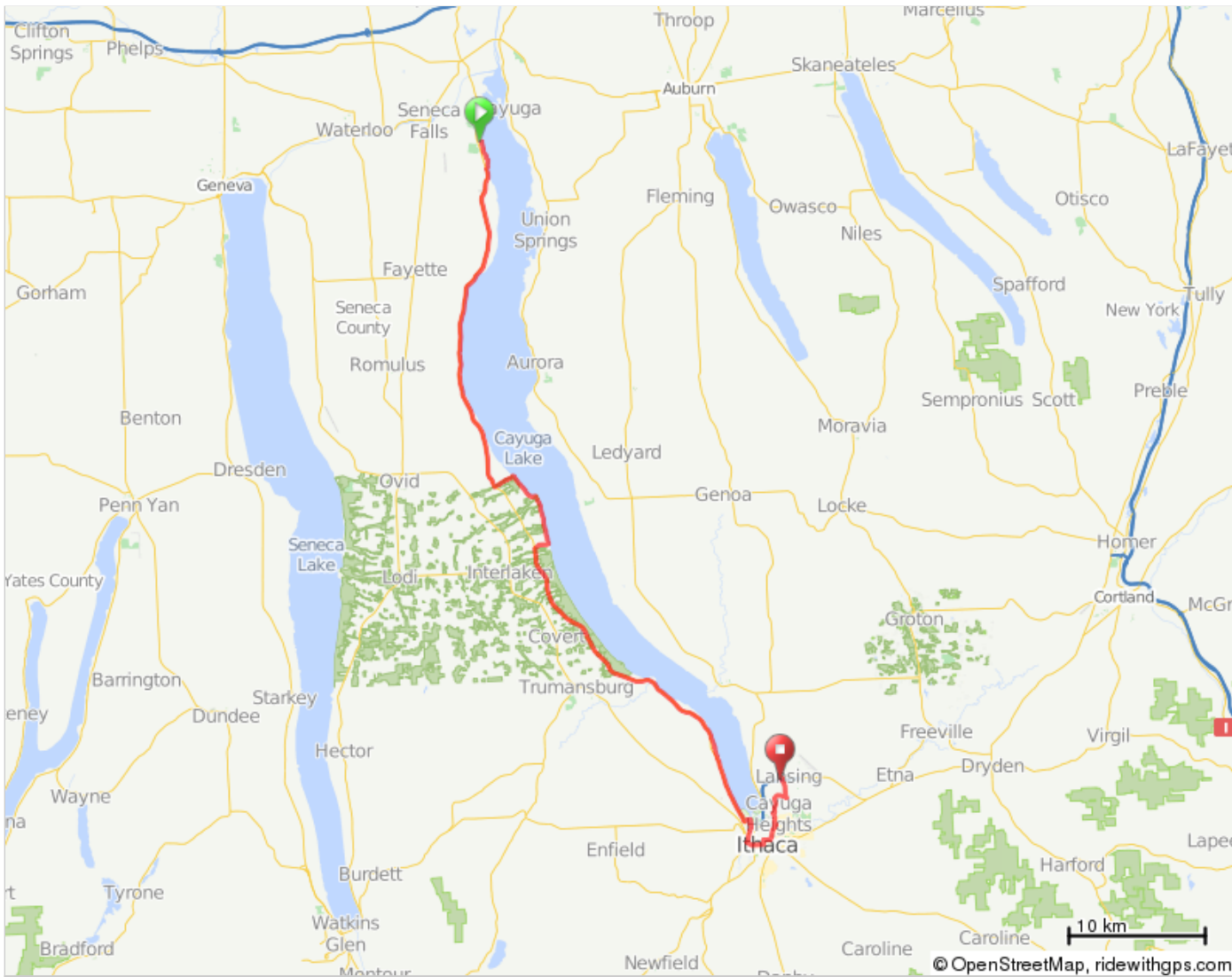
| | | | |
|------|---|--|-----|
| 35.7 | ← | L onto S Walnut St (park alongside Erie Canal) | 0.0 |
| 35.7 | ← | L onto Water St | 0.0 |
| 35.7 | → | Immediate R onto Bridge St | 0.1 |
| 35.8 | ← | L onto W Bayard St | 0.4 |
| 36.2 | ☁ | Supermarket -- Urban Sun, 20 E Bayard St, Seneca Falls | 2.1 |
| 38.3 | ↑ | Cross NY-89 onto Lake Rd | 0.1 |
| 38.5 | → | R onto County Rd 116/Lower Lake Rd | 1.3 |
| 39.8 | → | R onto Cayuga Lake State Park Rd | 0.0 |

4.2 miles. +97/-148 feet

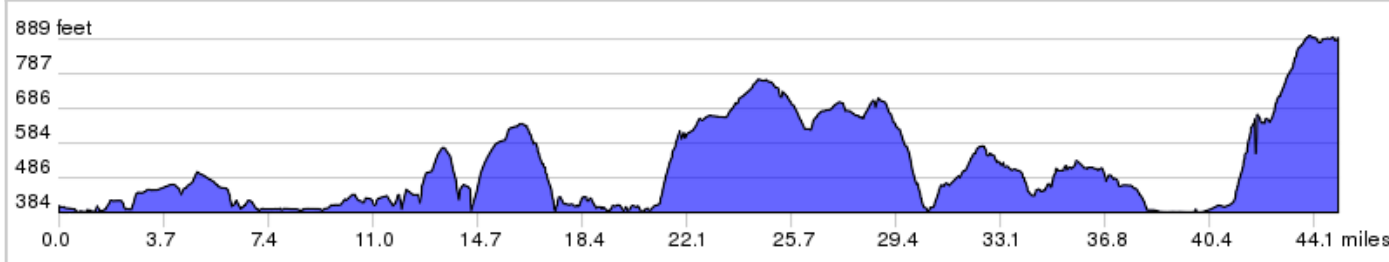
| | | | |
|------|---|--|-----|
| 39.8 | → | Campground office on right. We reserved sites 16 & 17 in east electric | 0.0 |
| 39.8 | 🚩 | End of route | 0.0 |

0.0 miles. +0/-0 feet

2013 FLW Day 3



Distance: 45.0 mi
Elevation: + 2759 / - 2266 ft



2013 FLW Day 3

| | | | |
|------|---|--|------|
| 0.0 | 🚩 | Start of route | 0.0 |
| 0.0 | → | From C.G. office, R onto County Rd 116/Lower Lake Rd | 1.0 |
| 1.0 | ☁ | Wolffy's restaurant on L | 0.3 |
| 1.3 | ← | L onto NY-89 S | 15.1 |
| 16.4 | ← | L onto Wyers Point Rd | 2.8 |
| 19.2 | ☁ | Sheldrake Point Winery on R | 2.6 |
| 21.8 | ← | L onto NY-89 S | 1.2 |
| 23.0 | ☁ | Cayuga Creamery ice cream and snacks on L | 11.3 |
| 34.4 | ← | L at "Y" onto Maplewood Rd (bypasses hill) | 1.1 |

34.4 miles. +1803/-1764 feet

| | | | |
|------|---|---|-----|
| 35.4 | ↑ | Glenwood Pines restaurant on left, then Continue onto NY-89 S | 3.1 |
| 38.5 | ← | L at park rd just after Hangar Theater | 0.1 |
| 38.6 | ↑ | Join Cayuga Waterfront Trail on right, but go straight | 0.5 |
| 39.2 | ← | L and go over small bridge to stay on trail | 0.6 |
| 39.7 | ↑ | Follow trail under roadway, NY-89 | 0.2 |
| 39.9 | ↑ | Follow trail under 2 roadways, NY-96 & State St | 0.0 |
| 40.0 | → | Go up short steep hill, trail ends, then R onto Floral Ave | 0.0 |

5.6 miles. +58/-180 feet

| | | | |
|------|---|---|-----|
| 40.0 | → | R onto W Martin Luther King Jr. St/W State St | 0.8 |
| 40.8 | ← | L onto N Geneva St | 0.2 |
| 41.0 | → | R onto W Court St | 0.3 |
| 41.3 | ← | L onto Linn St | 0.0 |
| 41.3 | ↑ | Follow University Ave up the hill | 0.6 |
| 41.9 | ← | L onto Stewart Ave | 0.8 |
| 42.7 | → | R onto Hanshaw Rd | 0.7 |
| 43.4 | → | Keep R at the fork to stay on Hanshaw Rd | 0.6 |
| 44.0 | ← | L onto N Triphammer Rd | 0.9 |
| 44.9 | → | R into Cayuga Mall | 0.0 |
| 45.0 | 🚩 | End of route | 0.0 |

5.0 miles. +645/-138 feet