



Embrace New York's Finger Lakes Area Sun-Sat, Oct. 15-21 & Oct. 22-28, 2017

According to Native American legend, the Great Spirit laid his hands on this land to bless it, leaving imprints of his fingers, which filled with water ... and became known as the Finger Lakes.



- * *Explore state parks voted 1st and 3rd best in the country ~ and see why*
- * *Hike the rim of the "Grand Canyon of the East," and then river-raft through it*
- * *Discover 28 waterfalls and countless cascades*
- * *Hike Lake Ontario's coastline, admiring rock formations chiseled by waves and wind*
- * *Ride horseback through golden woodlands and gentle streams*
- * *Tour rolling hills & valleys dotted with vineyards... crazy-quilt-patterned fields... woods ablaze in autumn colors... livestock grazing in meadows*
- * *Savor local wines and amazing vistas on our wine-tasting tour around Keuka Lake*

Explore. Dream. Discover. ~ Trailbound Trips
This trip is rated "👟👟 Energetic" (see last page)

Sunday, October 15 & 22

Fly into the Rochester, NY, airport, where we'll meet and drive you to our *Ramada Geneva Lakefront* in the charming town of Geneva, NY. Our lake-view rooms nestle on the shores of **Geneva Lake**, the deepest and largest of New York's 11 sparkling Finger Lakes.

We'll pick up drinks/trail food you'd like for the hotel. Then, settle into your room, stroll the 2.5-mile footpath hugging the lakeshore, or relax in a lakeside chair to bask in tranquility.

In the evening, we're guests at nearby **Bellhurst Castle** to relish a brief tour of this grand estate, a delicious dinner, and warm ambience.

Monday, October 16 & 23

Enjoy the sights as we travel through vineyards and bucolic countryside to **Watkins Glen**, at the base of Geneva Lake. Voted America's **3rd best state park**, Watkins Glen treats you to 19 waterfalls, plunge pools, and 200-foot ancient stone cliffs on this 3-mile hike. You'll tread stone staircases, tunnels and bridges crafted by the Civilian Conservation Corps in the '30s, plus trek paths winding through old-growth forests.

After our hike, revel in more NY beauty on a one-hour **horseback ride** through rolling, autumn woodlands and gentle streams. Tour the stable, meet the horses, and munch your trail lunch at the farm. OR, opt for a beer, beef sandwich, and beautiful deck view at **Two Goats Brewery**.

Take in the views as we circle pretty Seneca Lake and return to our lakeside rooms to relax. Stroll to a favorite Geneva restaurant for pizza and pasta.



Revel in a waterfall wonderland at Watkins Glen.



Ride through golden woodlands and quiet streams.



Enter this land of vineyards, sparkling lakes, and picture-postcard scenery.

I feel so blessed to have these fun experiences, to enjoy this beautiful world, to have time away to think, and to challenge myself. I like spending time with my good friend and meeting the other women. These trips also inspire me to stay healthy so I can continue exploring new opportunities. ~ "Farm Wife"



Thrill to amazing canyon views and fun as you raft through the “Grand Canyon of the East” with an experienced guide.



Find peace in a misty autumn morning on the canyon’s rim.



Walk the canyon rim with views of the Genesee River and its three majestic falls.

Tuesday, October 17 & 24

You’ll love this day! Enjoy picture-postcard scenery as we travel to **Letchworth State Park**, last year voted the **country’s best state park**! Called the Grand Canyon of the East, the gorge’s rock walls tower 550 feet above the Genesee River. We’ll hike 2.5 miles on the rim trail from the river’s showy Lower Falls to the majestic Middle and Upper Falls. After a trail lunch at the Upper Falls, we’ll **river raft** 5½ miles on the Genesee River through spectacular scenery and fun rapids (below the waterfalls). If water levels are too low to raft, we’ll paddle inflatable sit-on-top kayaks.

Dine at the historic *Glen Iris Inn*, perched on a cliff overlooking Middle Falls. It is the former home of William Letchworth, who bequeathed this land to the state.

Wednesday, October 18 & 25

In the morning, hike 2½ miles on the **Keuka Lake Outlet Trail**. This historic, flat path follows a lovely stream that was once a canal connecting Keuka and Seneca Lakes. This trail treats us to one of the area’s prettiest waterfalls. Then, circle beautiful Keuka Lake by van for photo ops and **wine-tasting** at three wineries that boast views as wonderful as their wines! In addition to wine-tasting at *Bully Hill Vineyard*, we’ll lunch there and tour the vineyards.

After relaxing at our hotel, celebrate at nearby **Ventosa Vineyard** with 2-for-1 happy hour, Mediterranean food, beautiful views, and live music.

Trailbound allows me to experience so many new adventures with such a fun group of women. The trips also help me step outside my comfort zone a lot!
~ “Fearless”

Thursday, October 19 & 26

This day's two hikes introduce you to Lake Ontario's bluffs, coastline, and old-growth forests. Our **Chimney Bluffs** trail features rocky spires and chimneys chiseled by waves and wind. **Sterling Nature Center** also boasts beautiful wooded shorelines, panoramic vistas, and cobblestone beaches. Enjoy dinner at a favorite local Geneva restaurant.

Friday, October 20 & 27

This show-stopping day treats you to 3 state parks, 5 waterfalls, and countless cascades. A gentle 1½-mile round-trip gorge hike takes us to 215-foot-high **Taughannock Falls**, the highest free-falling waterfall east of the Rockies. We'll then explore **Tremans State Park's** cliffs, forests, cascades, and waterfalls, including jaw-dropping 115-foot Lucifer Falls. You can choose between a 5-mile or 2.5-mile hike. Our next stop is **Buttermilk Falls**, which shows off two frothy 90-foot cascades. To top off the day, walk to the base of **Ithaca Falls**, 105 feet high and 175 feet wide.

Reminisce about our day ~ and our trip ~ over a yummy, lakeside dinner at the *Boatyard Grill*.

Saturday, October 21 & 28

Return home filled with memories, friends, confidence, and love of nature. We'll transport you to Rochester's airport within specified time frames.

Your trip cost of \$1,968/pp includes:

- 6 nights, double-occupancy,**at the *Ramada Geneva Lakefront*, with WiFi, workout room, mini-pool, restaurant, bar, access to the shore path, and lakefront seating. Your room has 2 comfy queen beds, views of Geneva Lake, mini-fridge, microwave, and a safe.
- Great daily hikes and explorations led by experienced, friendly women guides.
- Transportation throughout the week, including shuttles to/from Rochester's airport within stated time frames.
- Wine tasting at three vineyards.
- Park fees and permits.
- Hotel maid tips.
- Online photos of the trip.
- Advance booklet packed with trip itineraries, details, and tips ~ plus area info and maps.
- Unforgettable memories, warm friendships, renewed confidence, and great stories.

** A solo room upgrade is an additional \$400/pp, pending room availability.

Because not everyone may choose to river-raft or horseback ride, those costs are not included in the trip price. Meals are also not included.



Hike along Lake Ontario's gorgeous shoreline.



Discover 28 waterfalls as we explore the Finger Lake region.

Explore New York's Finger Lakes...

We're sorry, but both of our October 2017 trips to New York are now filled. We hope you'll add your name to our wait list; fill out and return the form below. There is no obligation & no cost. We'll contact you if we have a trip opening. Thank you!

1. Your contact info:

Your name: _____

Address: _____

State/Zip: _____

Cell phone: _____

E-mail: _____

I prefer rooming solo for an additional \$400 _____

2. Preferred 2017 Dates:

Sun-Sat, Oct. 15-21 ___ Sun-Sat, Oct. 22 - 28 _____

3. Mail this form to:

Trailbound Trips, 533 S. Summit St. Barrington, IL 60010

Questions? Don't hesitate to contact Carol Ruhter at 847-381-9374 or at TrailboundTrips@gmail.com

Trip Difficulty Rating:   **Energetic**

Daily mileage: 4-8

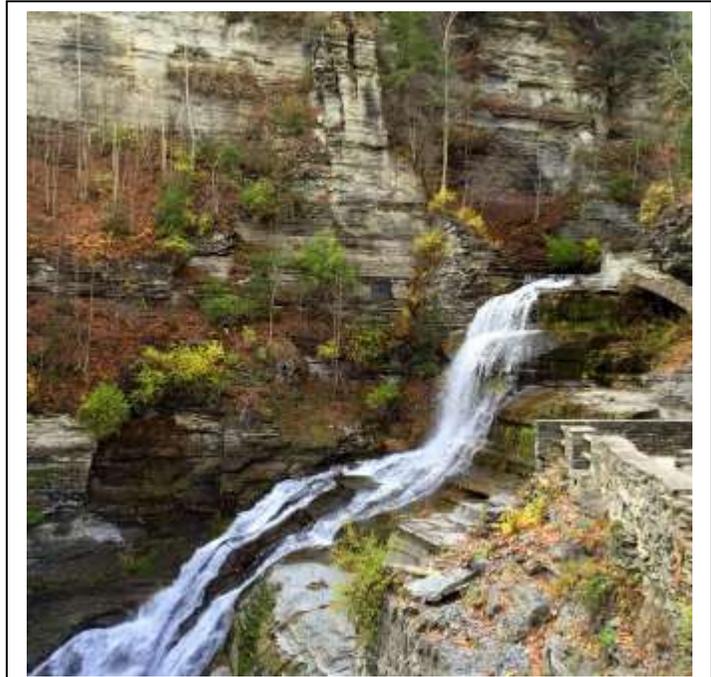
Terrain: Gently rolling with some steeper areas

Elevation gains: Up to 500 feet

Trailbound weeklong trips in this category: Sedona, NY Finger Lakes, Big Sur

Happy trails!

Carol "Scout" Ruhter



Hike to Lucifer Falls, cascading 115 feet down rugged terrain.



Hike along this canyon, and then raft through it!

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did do ... Explore. Dream. Discover."

~Mark Twain