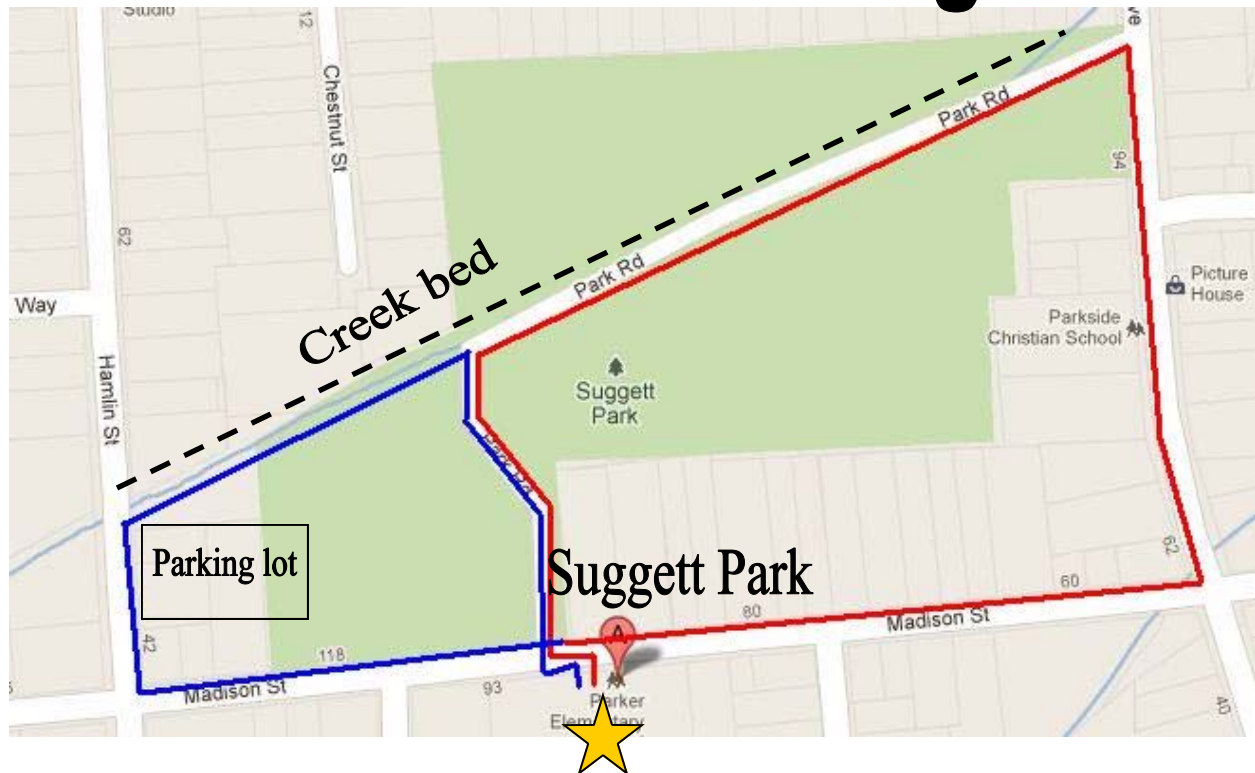


Parker Elementary

School Walking Route



Parker Elementary School!

Red Route 0.6 Miles, 12 minutes

1. From Parker Elementary, cross Madison St. and follow the path in through Suggett Park.
2. Turn right on Homer Ave.
3. Turn right on Madison St.

Did you get back to the school but you still want to walk?

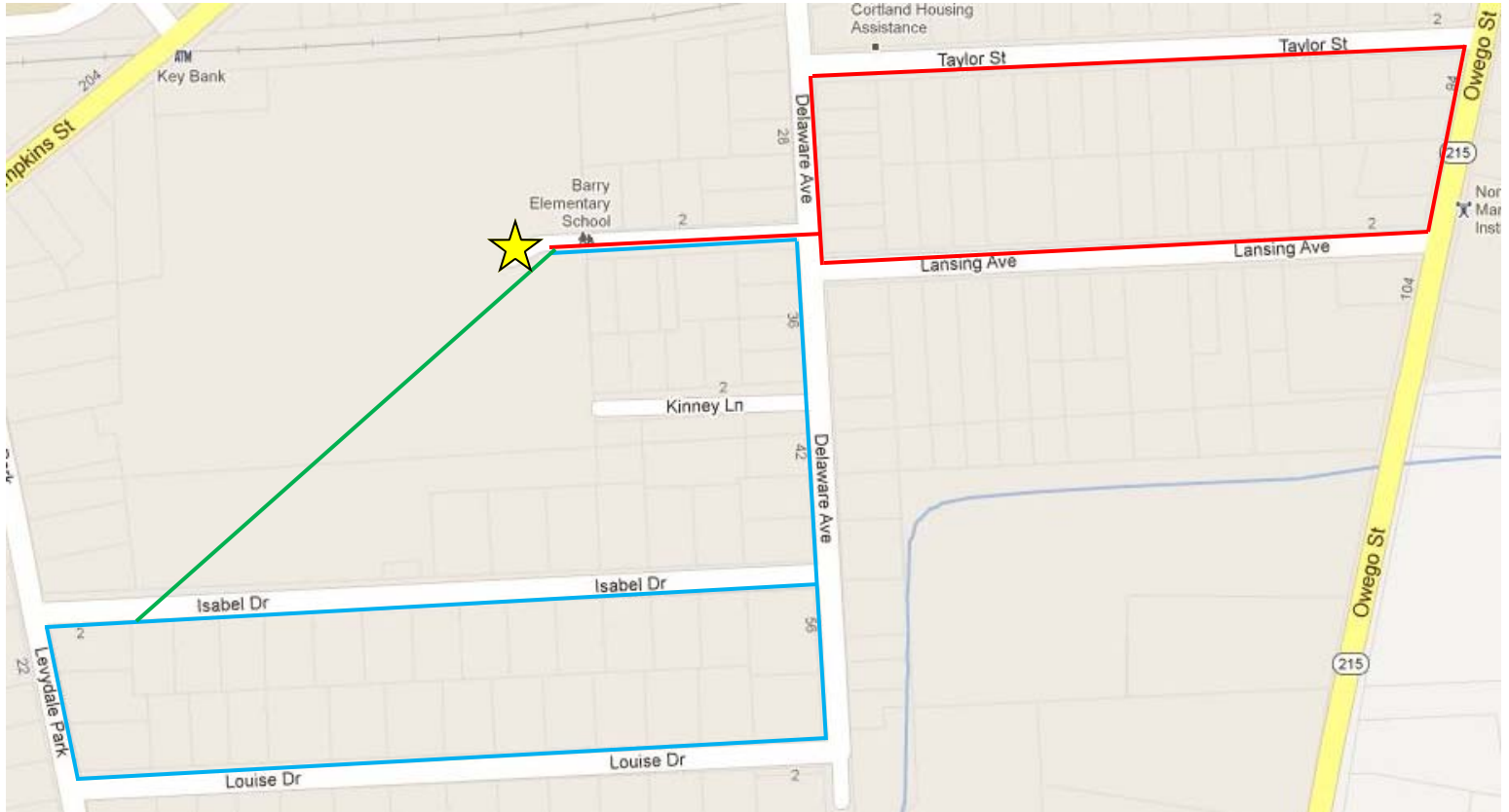
Blue Route, 0.4 Miles, 8 minutes

1. Continue down Madison St., (away from Homer Ave.) to Hamlin St.
2. Turn right on Hamlin St.
3. Before the bridge, turn right into the parking lot. Follow the creek bed— This is grass, no pavement, so be weather-conscious!
4. When you come upon the paved walking path, turn right to take you back towards the school.

Notes:

Walking times are estimates based on a moderate speed in good conditions. Ice, snow, your walking speed, and the type of shoe you wear will affect your walking time. Use common sense while walking. The walking path through Suggett Park may not be lit at night, so bring a friend if walking in the dark.

Barry Elementary School Walking Route



Red Route — 0.7 miles, 14 minutes, difficulty: *easy*.

1. Proceed down Raymond Ave to Delaware Ave.
2. Turn right on to Delaware Ave and make a quick left on to Lansing Ave.
3. Follow Lansing Ave to the end. Turn left on Owego Street.
4. Follow Owego until Taylor Street. Turn left on Taylor Street.
5. Follow Taylor until the end. Turn left on to Delaware.
6. Follow Delaware until Raymond Street. Turn right on to Raymond and follow back to school.

Blue Route — 1.0 miles, 18 minutes, difficulty: *moderate*. Note: There are few sidewalks on this route.

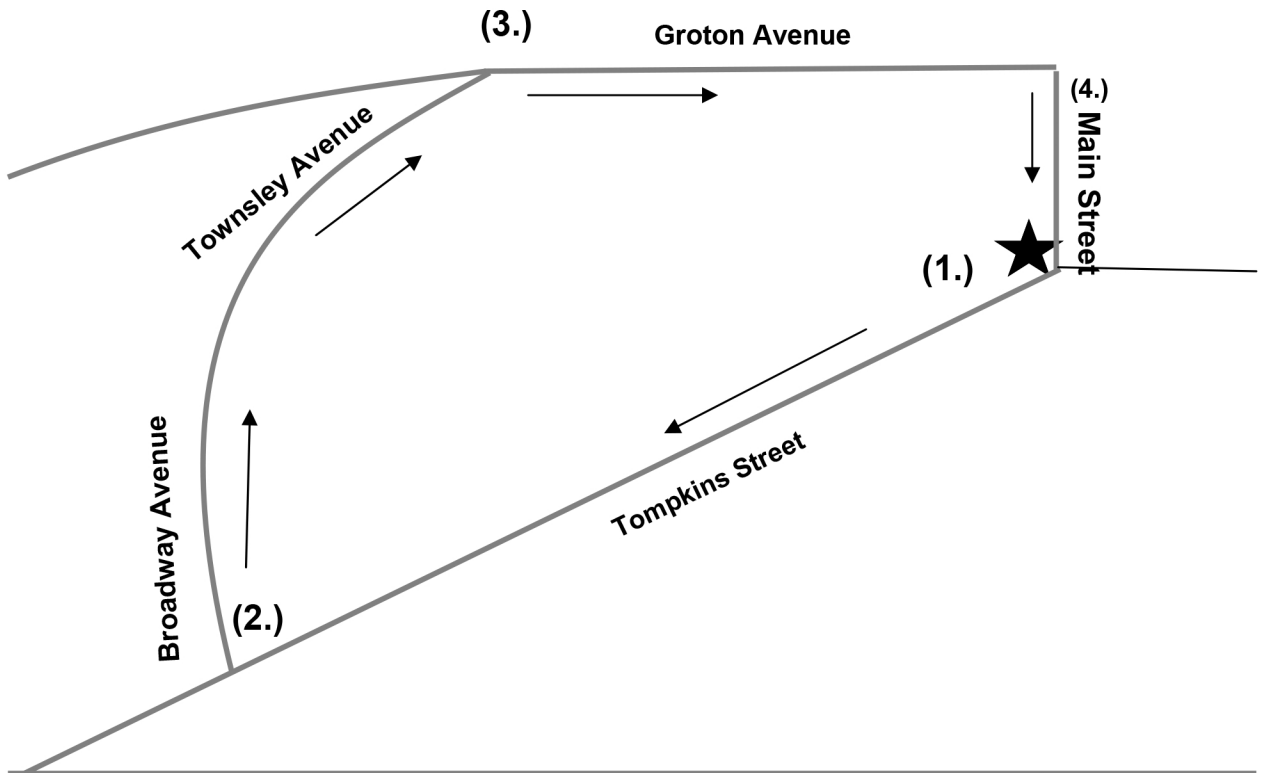
1. Proceed down Raymond Ave to Delaware Ave. Turn right on to Delaware Ave.
2. Follow Delaware until reaching Louise Drive. Turn right on to Louise Drive. (Note: Louise Dr. has a small hill)
3. Follow Louise Drive to the end and the turn right on to Levysdale Park.
4. Follow Levysdale Park north. Then turn right on to Isabel Drive.
5. Follow Isabel Drive to the end. Then turn left on to Delaware Ave.
6. Follow Delaware Ave to Raymond Ave. Turn left on to Raymond and follow it back to the school.

Green Shortcut — *Want to shorten your walking route?*

1. When on the Blue Route, cut through the Barry Elementary School Playground just after turning on Isabel Drive.

Note: Walking times are estimates based on a moderate speed in good conditions. Ice, snow, your walking speed, and the type of shoe you wear will affect your walking time. Use common sense while walking.

★ = Starting Point

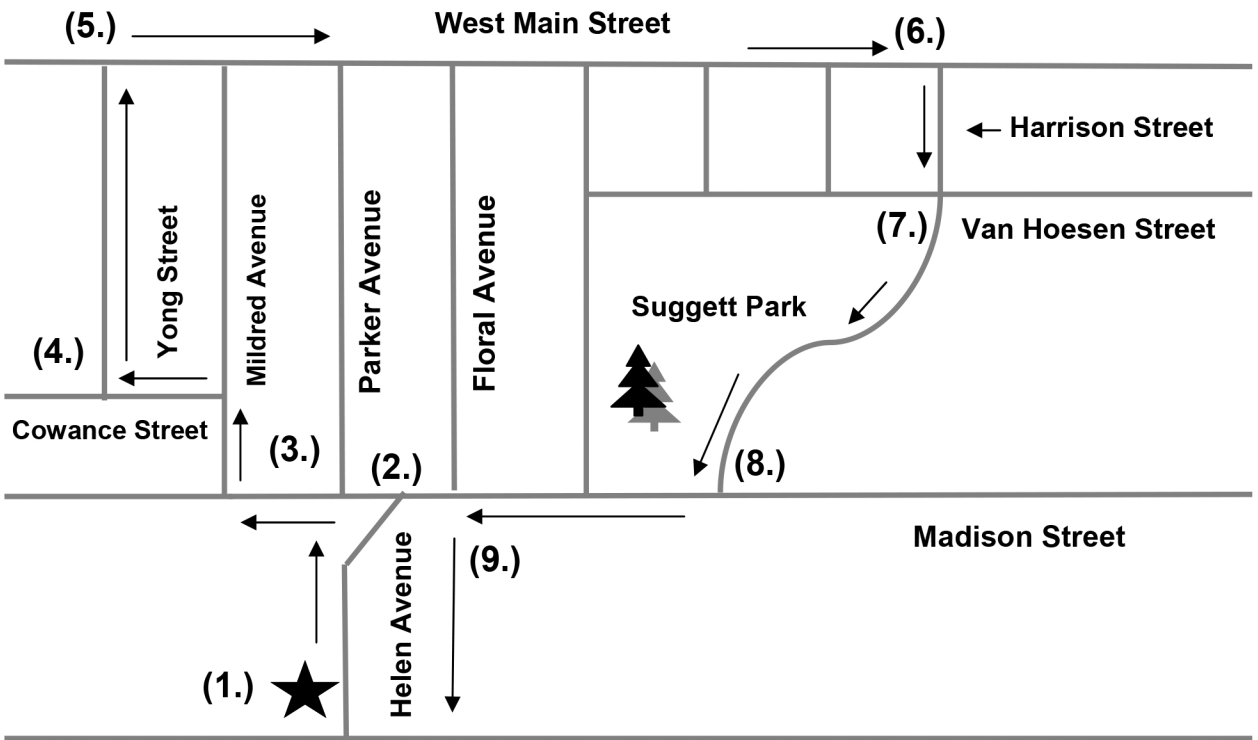


1. Begin in front of YMCA and head down Tompkins Street.
2. Turn Right onto Broadway and continue onto Townsley Avenue.
3. Turn right on Groton Avenue and continue to Main Street.
4. Turn right on Main Street and continue to starting point.

Length of Route = 2.3 miles



★ = Starting Point

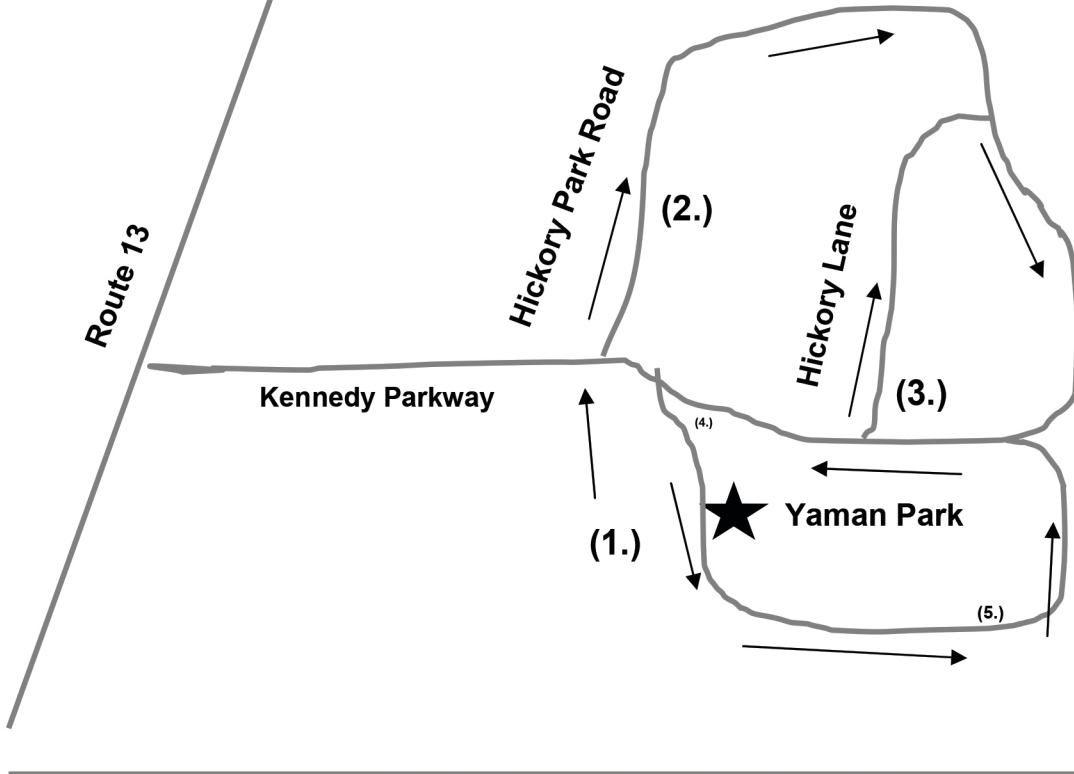


1. Begin at the corner of Groton Avenue and Helen Avenue. Continue along Helen Avenue toward Madison Street.
2. Turn left onto Madison Street and continue to Mildred Avenue.
3. Turn right onto Mildred Avenue and continue toward Cowance Street. Take left on Cowance Street.
4. Take a right onto Young Street toward West Main Street.
5. Turn right onto West Main Street, toward Harrison Street.
6. Turn right onto Harrison street, toward Van Hoesen Street.
7. Cross Van Hoesen Street and enter Suggett Park, turning right onto walkway through park.
8. Continue through parking lot and turn right onto Madison Street continuing along this street.
9. Turn left onto Helen Avenue and return to starting point.

Length of Route = 2.5 miles

CORTLAND COUNTY

★ = Starting Point



1. Begin at the entrance of Yaman Park.
2. Turn right out of the park toward Hickory Park Road, walking the large circle of this road.
3. Near end of the large circle turn right onto Hickory Lane, walking small circle starting on Hickory Lane. Hickory Lane will connect back to Hickory Park Road.
4. Continue toward starting point, enter Parking Lot and walk toward right side of lot (toward I-81 & Yaman Park picnic area).
5. Continue walking on path toward back side of Yaman Beach, return to parking lot.

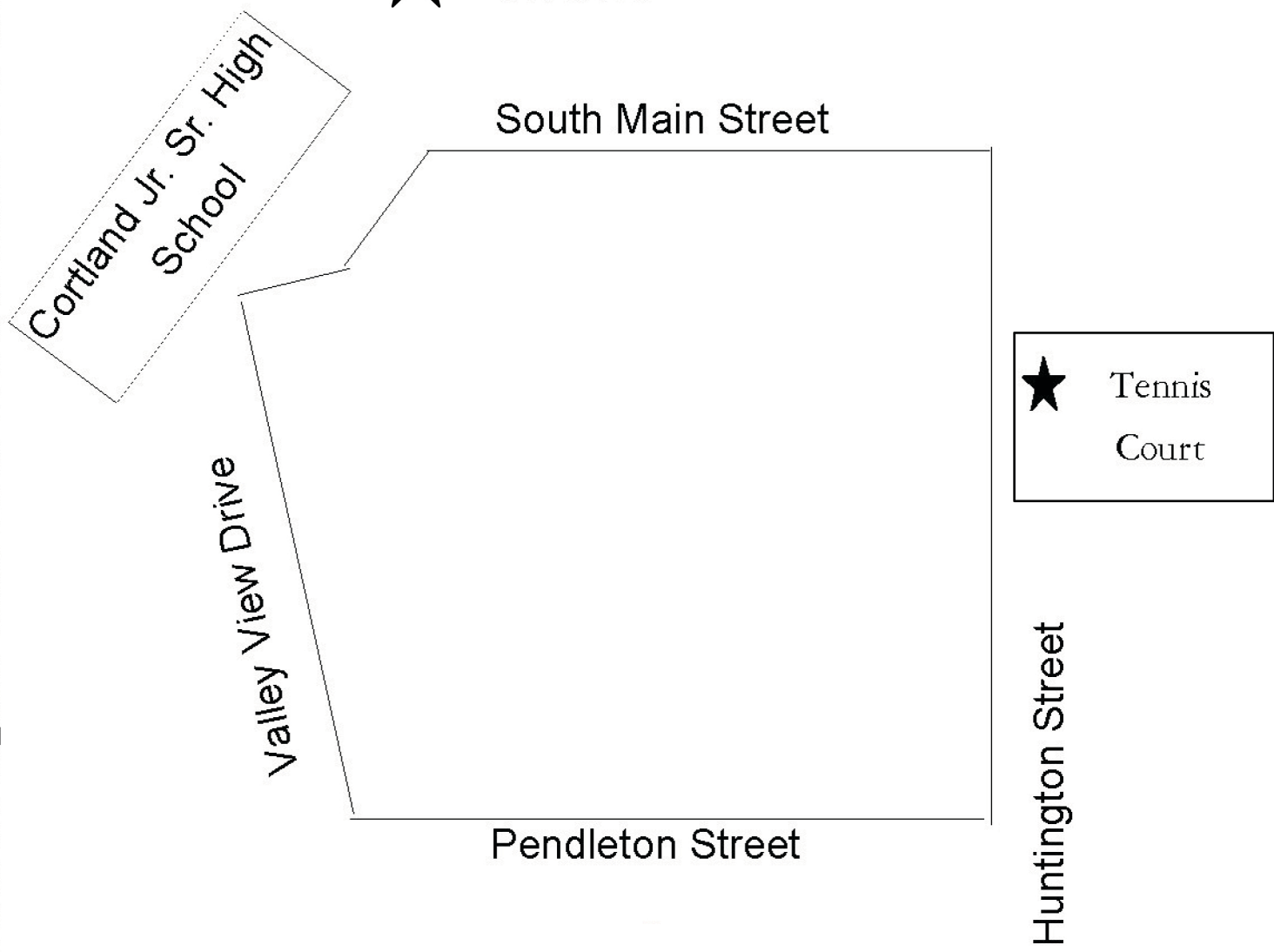
Length of Route = 2 miles



CORTLAND COUNTY

Length of route 2 miles

★ = Start



Smith Elementary School Walking Route



Red Route– 1 mile, 15 minutes

From Smith Elementary School:

1. Turn Left on Wheeler Avenue
2. Right on Elizabeth Street
3. Right on Evergreen Street
4. Left on 5th Avenue
5. Left on Main Street
6. Left on Copeland Avenue

Loop back to the school by turning:

7. Right on Evergreen Street
8. Left on Elizabeth Street
9. Left on Wheeler Avenue

Blue Route– 1 Mile, 15 minutes

From Smith Elementary School:

1. Turn Left on Wheeler Avenue
2. Right on Elizabeth Street
3. Right on Evergreen Street
4. Left on Copeland Avenue
5. Left on West Main Street

6. Left on Loope Street (Note: Part of this road lacks sidewalks)
7. Left on Alvena Avenue

Loop back to the school by turning:

8. Right on Copeland Avenue
9. Right on Evergreen Street
10. Left on Elizabeth Street
11. Left on Wheeler Avenue

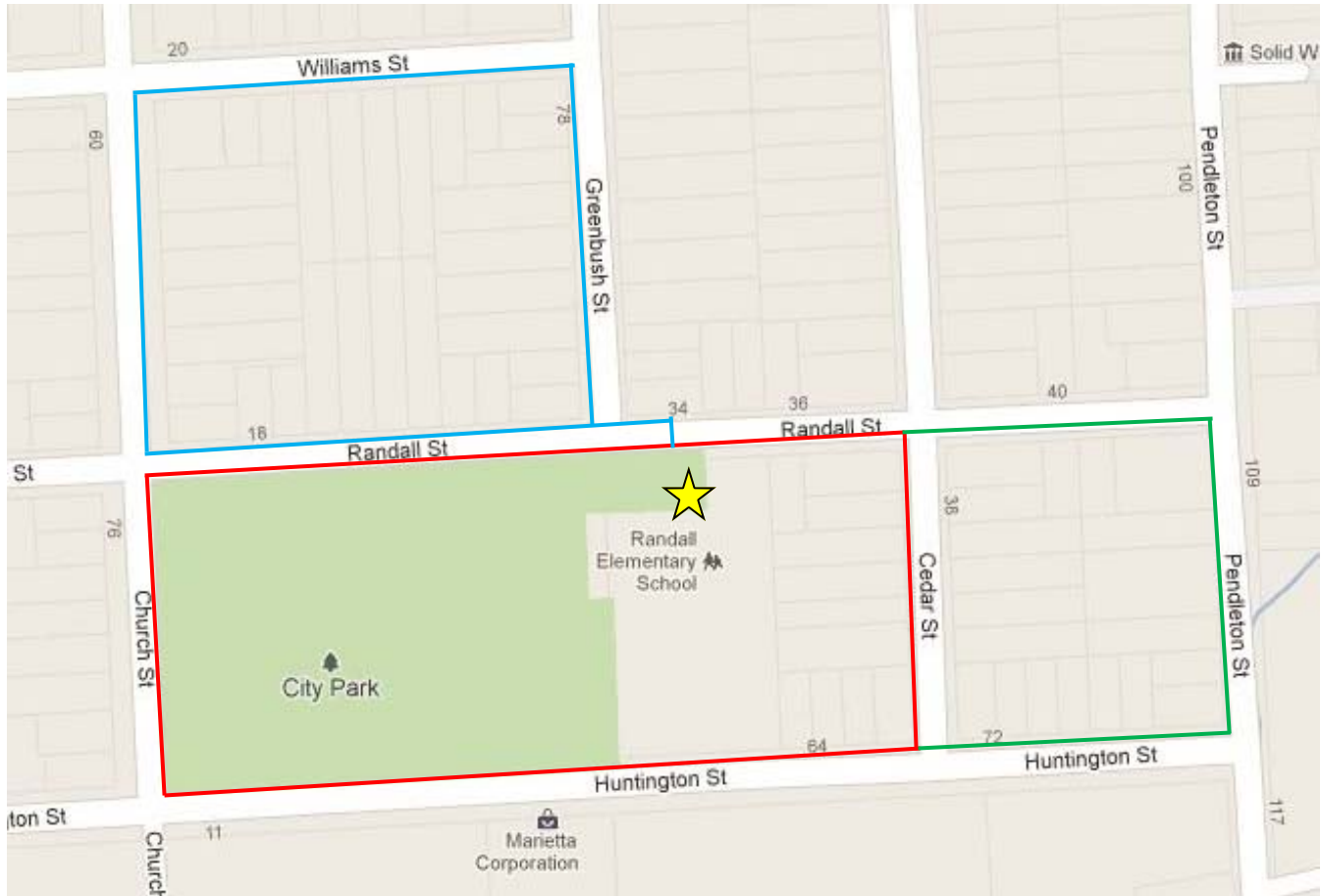
Notes:

Walking times are estimates based on a moderate speed in good conditions.

Ice, snow, your walking speed, and the type of shoe you wear will affect your walking time.

Use common sense while walking, and give yourself extra time to get to your classroom.

Randall Elementary School Walking Route



Blue Route — 0.5 miles, 10 minutes, difficulty: *easy*.

1. From Randall Elementary School, cross Randall Street and turn left. Proceed west toward Church Street.
2. Turn right on to Church Street.
3. Turn right on to Williams Street.
4. Turn right on to Greenbush Street. Continue until you have reached the school.

Red Route — 0.6 miles, 12 minutes, difficulty: *easy*.

1. Cross Randall Street to access sidewalk. Proceed west toward Church Street.
2. Cross Church Street to access side walk. Turn left down Church Street and proceed south to Huntington St.
3. Turn right on Cedar Street.
4. Turn right on Randall Street. Continue until have reached the school.

Green Extension — 0.8 miles, 15 minutes (when combined with Red Route), difficulty: *moderate*.

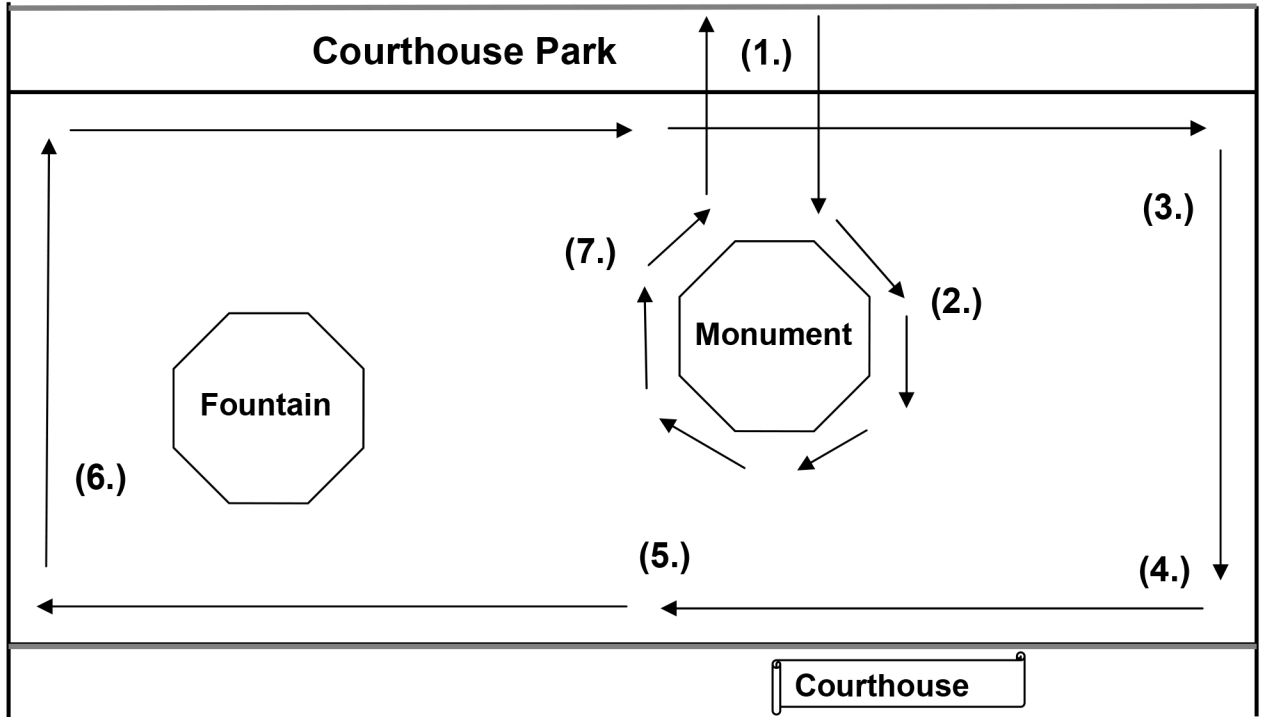
Want to extend your walking route?

1. Once on the Red Route, continue down Huntington Street until you reach Pendleton Street.
2. Take a left on Pendleton Street and another left on Randall. Continue back to the school.

Note: Walking times are estimates based on a moderate speed in good conditions. Ice, snow, your walking speed, and the type of shoe you wear will affect your walking time. Use common sense while walking. There are sidewalks on at least one side of the street on all routes.

★ Starting Point

★ County Office Building



1. Begin in front of the Cortland County Office Building on 60 Central Avenue, then cross Central Avenue to Courthouse Park entrance
2. Circle the monument, then follow sidewalk along the north side of park to Greenbush Street,
3. Take right on Greenbush and walk along this street.
4. Turn right onto sidewalk, heading back into park.
5. Walk past Courthouse toward Church Street.
6. Take right on Church Street, go past fountain, turn right back into park.
7. Circle the monument again and return to County Office Building.

Length of Route=1/2 mile

Membership Form



Name: _____
 Address: _____
 City: _____
 State/Zip Code: _____
 Phone: _____
 Email: _____

**Please note: we will not loan, sell, or in any way release our members' data to outside sources*

Would you like to receive our electronic newsletter?

YES NO ALREADY DO
 Are you: A New Member OR Renewing

Senior/Student Membership \$25

Individual Membership \$35

Subscription to our newsletter, *Woodland Whispers*
 Information on public programs & member events
 Individual member discounts on all public program admission fees

Family Membership \$45

Subscription to our newsletter, *Woodland Whispers*
 Information on public programs & member events
 Family member discounts on all public program admission fees
 Discount on Winter, Spring, and Summer Adventure Day Camps

Lifetime Membership One time gift of \$700

All benefits of a Contributor Membership, plus:
 Recognition in newsletter, *Woodland Whispers*
 Life membership, with no need to renew

I would like to make an additional tax-deductible contribution of \$ _____

Volunteer Opportunities

Interested in volunteering? We need volunteers with the following skills and interests; please check any and all categories that intrigue you!

Trail Maintenance Staffing our Visitor's Center

Lawn care and gardening Other:

How would you like to volunteer? _____

Lime Hollow 2020 Events

*** Small Fee Required**

- January 11, Nature Hike, 10am
- January 28, Science and Suds, 7pm (Located at CBC)
- February 8, Nature Hike 10am
- February 25, Science and Suds, 7pm (Located at CBC)
- March 14, 10am Hike
- March 24, Science and Suds, 7pm (Located at CBC)
- March 28, Maple Sugarin' 8-1pm*
- April 11, Nature Hike, 10am
- April 26, Earth Day Clean up, 1-4pm
- April 28, Science and Suds, 7pm (Located at CBC)
- May 2, Bird Hike, 7am
- May 9, Bird Hike, 7am
- May 9, Nature Hike, 10am
- May 16, Bird Hike, 7am
- May 23, Bird Walk , 7am
- May 30, Bird Hike, 7am
- June 13 Nature Hike 10am
- June 20, Father's Day 5K
- July 11 Nature Hike 10am
- August 8, Nature Hike 10am
- September 12, Nature Hike 10am
- September 20, Trail Work Day 1-4pm
- October 10, Nature Hike 10am
- October 18 Trail Work Day, 1-4pm
- October 15, Creatures of the Night 5-8pm*
- November 14, Nature Hike 10am
- November 28, First Day of Tree Sale
- December 5, Wreath Making, 10am & 1:30pm*
- December 12, Nature Hike, 10am



Lime Hollow Nature Center

338 McLean Road
 Cortland, NY 13045
 T/F (607) 662-4632

Emergency Number: 607-745-1331
 www.limehollow.org

It's where you belong!



Trail System

Visitor Center Hours

Monday-Friday: 10am-5pm
 Saturday: Noon-4pm
 Sunday: Closed

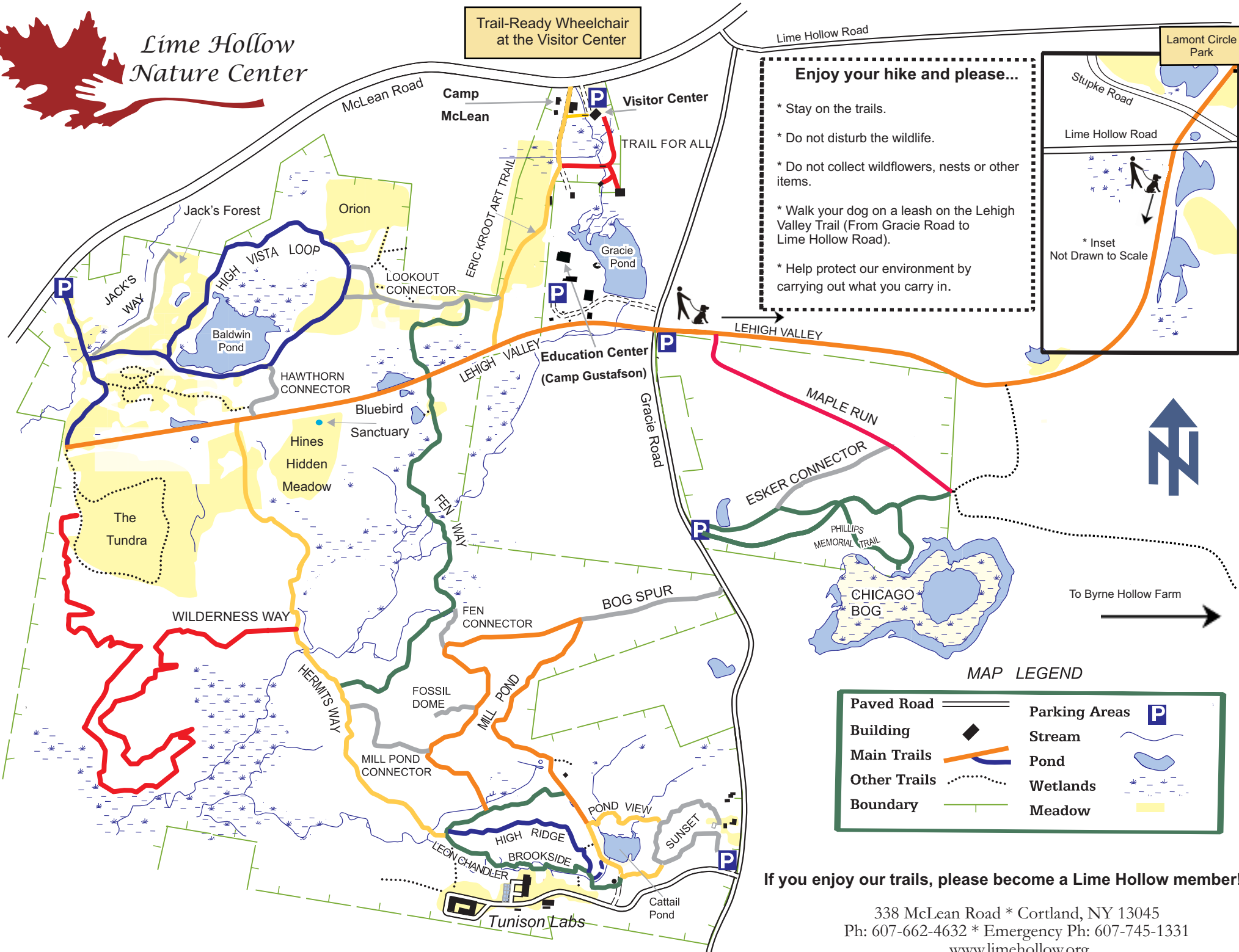
***Trails open dawn to dusk**

Trail Blazes	Length	Difficulty
◆ Trail for All	1058 ft/ .2 mi	(easy)
◆ Eric Kroot Art Trail	2820 ft/ .53 mi	(easy)
◇ Lookout Connector	1290 ft/ .24 mi	(moderate)
◆ High Vista Loop	4916 ft/ .93 mi	(moderate)
◇ Hawthorn Grove Connector	413 ft/ .08 mi	(moderate)
◆ Lehigh Valley Trail	13391 ft/ 2.54 mi	(easy)
◆ Lehigh Valley: Dog Friendly	6864 ft/ 1.1 mi	(easy)
◆ Fen Way	3781 ft/ .72 mi	(moderate)
◆ Hermits Way	3538 ft/ .67 mi	(moderate)
◇ Fen Connector	272 ft/ .05 mi	(moderate)
◇ Bog Spur	955 ft/ .18 mi	(easy)
◆ Phillips Memorial Trail	4441 ft/ .84 mi	(moderate)
◆ Mill Pond Loop	4230 ft/ .8 mi	(difficult)
◇ Mill Pond Connector	776 ft/ .15 mi	(difficult)
◆ Leon Chandler Brookside	2239 ft/ .42 mi	(easy)
◆ High Ridge	1174ft/ .22 mi	(moderate)
◆ Pond View	1348 ft/ .26 mi	(moderate)
◇ Sunset Loop	1347 ft/ .26 mi	(moderate)
◆ Wilderness Way	7120 ft/ 1.35 mi	(moderate)
◆ Maple Run	1056 ft/.3 mi	(moderate)
◇ Esker Connector	1584 ft/.2 mi	(difficult)



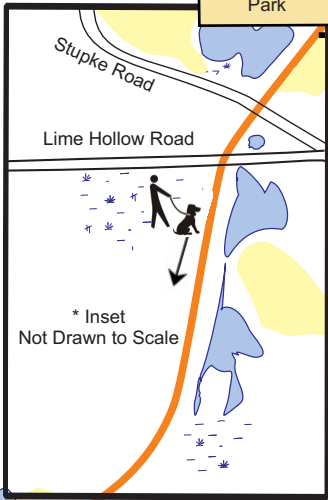
Lime Hollow Nature Center

Trail-Ready Wheelchair at the Visitor Center



Enjoy your hike and please...

- * Stay on the trails.
- * Do not disturb the wildlife.
- * Do not collect wildflowers, nests or other items.
- * Walk your dog on a leash on the Lehigh Valley Trail (From Gracie Road to Lime Hollow Road).
- * Help protect our environment by carrying out what you carry in.



To Byrne Hollow Farm →

MAP LEGEND

Paved Road		Parking Areas	
Building		Stream	
Main Trails		Pond	
Other Trails		Wetlands	
Boundary		Meadow	

If you enjoy our trails, please become a Lime Hollow member!

338 McLean Road * Cortland, NY 13045
 Ph: 607-662-4632 * Emergency Ph: 607-745-1331
www.limehollow.org

Campus Walking Trails

Trail #1: The Upper Campus Loop (0.4 miles)

1. Start outside The Bookmark. Walk toward Bowers Hall.
2. Walk past Sperry Center and turn right.
3. Walk between Old Main and Moffett Center to Graham Ave.
4. Turn right at Graham Ave.
5. Turn right at Prospect Terr. by Dowd Fine Arts Center.
6. Walk past the library, turn right and end at The Bookmark.

Trail #2: Downtown Loop (1.35 miles)

1. Follow steps one through three for Trail #1.
2. Cross Graham Ave. at crosswalk.
3. Turn left and walk to corner of West Court St.
4. At West Court St. turn right.
5. Follow West Court Street to Main St.
6. Turn right on Main St.
7. Turn right on Tompkins St.
8. Turn right on Prospect Terr. (steep hill).
9. Walk past the library, turn right and end at The Bookmark.

Trail #3: Residence Hall Loop (0.9 miles)

1. Start outside The Bookmark. Walk toward Prospect Terr./ Neubig Rd. and take a right down the hill.
2. Turn left at crosswalk in front of Van Hoesen Hall and take the service road between the pay parking lot and Neubig Hall.
3. Follow the service road to Warren St.
4. Turn right at Warren St.
5. Turn right at Broadway St.
6. Turn right at Neubig Rd. traffic light.
7. Follow Neubig Rd./Prospect Terr. to The Bookmark (steep hill).

Trail #4: Athletics Loop (2.3 miles)

1. Start outside The Bookmark. Walk toward Prospect Terr./ Neubig Rd. and take a right down the hill.
2. Follow Prospect Terr./Neubig Rd. to Broadway St.
3. At traffic light cross Broadway St. to Pashley Dr.
4. Follow Pashley Dr. to the service road between Lusk Field House and the tennis courts and turn right.
5. Follow the service road past the tennis courts, Park Center and the baseball field.
6. Cross Lankler Dr. where the service road ends (no crosswalk, be careful).
7. Follow Lankler Dr. past the Stadium Complex until you reach Stratton Dr. (stay on the sidewalk).
8. Turn around.
9. Retrace the route to The Bookmark (steep hill).

Trail #5: Professional Studies Building Loop (0.4 miles)

1. Start at bus shelter by Park Center.
2. Walk right on Folmer Dr. until you reach the stop sign.
3. Turn left and continue on to Pashley Dr., walking behind the Professional Studies Building.
4. Turn left on Folmer Dr. and return to bus shelter.

Trail # 6 Park Center Loop (1.3 miles)

1. Start at bus shelter by Park Center.
2. Walk right on Folmer Dr. until you reach the stop sign.
3. Cross Folmer Dr. (no crosswalk, be careful)
4. Turn right. Be careful as you walk on the grass until the sidewalk picks up. Continue on to Lankler Dr.
5. Turn left on Lankler Dr. and walk past Stadium Complex until you reach Stratton Dr.
6. Turn around.
7. Retrace route back to step #3 and continue straight ahead to Pashley Dr.
8. Follow Pashley Dr., walking behind the Professional Studies Building.
9. Turn left on Folmer Dr. and return to bus shelter.

Trail # 7 Lower Campus Loop (2.1 miles)

1. Follow step #1-5 for Trail #6.
2. Turn left (sidewalk ends, stay on grass) and follow Stratton Dr. to the stop sign at the entrance to Service Group.
3. Turn around.
4. Follow steps #7-9 for Trail #6.



Campus Walking Trails Map

Walking for Wellness

Seven
Different
Trails!



Walking Tips

- Wear comfortable shoes.
- Wear reflective clothing at night.
- Stay on sidewalks and away from traffic as much as possible.
- Cross streets at crosswalks.
- Pay attention to traffic signals.
- Consider walking with a buddy, especially at night.
- Be extra cautious when icy conditions exist.

Walking for Wellness is sponsored by Women's Initiatives

Additional copies of this brochure can be obtained at the trail head located outside The Bookmark and outside the main entrance to Park Center. You may also download the brochure online at www.cortland.edu/campustrail/map.pdf.

SUNY
Cortland

SUNY
Cortland

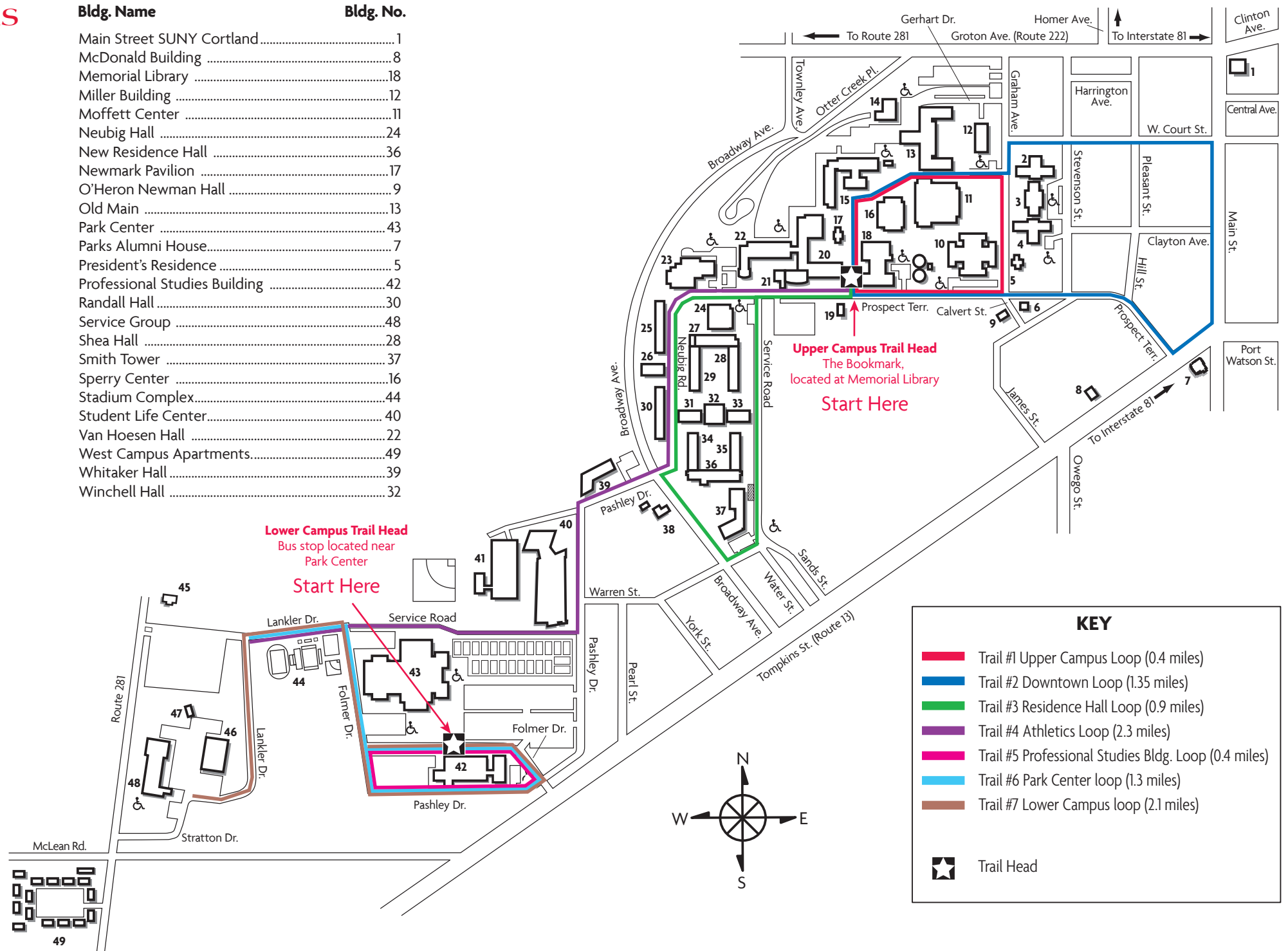
Campus Walking Trails

SUNY Cortland offers seven campus walking trails ranging from 0.4 to 2.3 miles. There is an upper campus trail head located at The Bookmark, the cafe in Memorial Library, and a lower campus trail head located at the bus shelter on Folmer Drive by Park Center. The Downtown Loop trail takes you to Main Street so you can do some errands while getting some fresh air and exercise.

Walking can help you improve your health, tone muscles, lose weight, reduce stress, improve your sleep and stay mentally alert. Walking has the lowest dropout and injury rates of all exercise programs, is easy, convenient and inexpensive — all you need is a good pair of shoes.

Bldg. Name	Bldg. No.
Main Street SUNY Cortland	1
McDonald Building	8
Memorial Library	18
Miller Building	12
Moffett Center	11
Neubig Hall	24
New Residence Hall	36
Newmark Pavilion	17
O'Heron Newman Hall	9
Old Main	13
Park Center	43
Parks Alumni House	7
President's Residence	5
Professional Studies Building	42
Randall Hall	30
Service Group	48
Shea Hall	28
Smith Tower	37
Sperry Center	16
Stadium Complex	44
Student Life Center	40
Van Hoesen Hall	22
West Campus Apartments	49
Whitaker Hall	39
Winchell Hall	32

Bldg. Name	Bldg. No.
Alger Hall	31
Bishop Hall	29
Bowers Hall	15
Broadway House	38
Brockway Hall	3
Casey Tower	37
Chemical Mgmt. Facility	47
Cheney Hall	2
Clark Hall	26
Commissary/Receiving	46
Corey Union	23
Cornish Hall	20
DeGroat Hall	4
Dowd Fine Arts Center	10
Education Building	21
Fitzgerald Hall	25
Glass Tower Hall	27
Grounds Service Building	45
Hayes Hall	34
Heating Plant	14
Hendrick Hall	35
Higgins Hall	33
Interfaith Center	6
Leadership House	19
Lusk Field House	41



KEY

- Trail #1 Upper Campus Loop (0.4 miles)
- Trail #2 Downtown Loop (1.35 miles)
- Trail #3 Residence Hall Loop (0.9 miles)
- Trail #4 Athletics Loop (2.3 miles)
- Trail #5 Professional Studies Bldg. Loop (0.4 miles)
- Trail #6 Park Center loop (1.3 miles)
- Trail #7 Lower Campus loop (2.1 miles)

★ Trail Head