TRAIL GUIDES & CELL PHONE TOURS
SAMPSON STATE PARK

- **Cell Phone Tour instructions**
  - On your cell phone dial (607)216-6062
  - Follow the prompt, dial the three digit code indicated on the marker
  - Listen and enjoy!

- **Trail Rules**
  - Be courteous to others
  - Do not block the trail
  - Announce when passing
  - Wear a helmet. New York State Law Requires all cyclists 14 and under to wear a helmet
  - Do not use cell phone while in motion
New York State of Opportunity. Parks, Recreation and Historic Preservation

Cell Phone Tour Call # 607-216-6062

101 Finger Lakes Vineyards & Wineries
102 Physical Features of the Lake
103 Lake Trout Capital of the World
104 Glaciers
105 Naming Seneca Lake
106 Legend of the Lake

Key
- Bathrooms

Length: 5.54 miles
Difficulty Level: Easy

Approximate Time to Bike:
1 Hour

Legend:
- Seneca Lake Multi-Use Trail
- Cell Phone Tour Stop

Scale: 0" to 1" = 0' to .5 Mile N
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111 Introduction to Sampson State Park
112 Barracks, Drill Field and Mess Hall
113 Court House and Fire Hall
114 Chemical Weapons Training
115 Role of Women on the Base
116 Drill Hall Training
117 Theater and Bus Station
118 Storage Warehouses & Trains
119 The Firing Range
120 The Post Exchange
121 Schooling on Base

Key

- Bathrooms

Length: 6.2 miles
Difficulty Level: Easy

Approximate Time to Bike:
1 hour 10 minutes
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131 Forest Habitat & Trees
132 Ash Trees and Emerald Ash Borer
133 Field Habitat
134 Wild Grape and Red Pine
135 Funky Fungus!
136 Predatory Mammals
137 Forecasting with Clouds
138 Poisonous Plants
139 Fauna

Key
- Bathrooms
- Nature Multi-Use Trail
- Cell Phone Tour Stop

Length: 2.69 miles
Difficulty Level: Easy

Approximate Time to Bike: 29 minutes