



UPPER ENTRANCE
3310 Route 409
Watkins Glen, NY 14891
[elevation 1,002ft / 305m]

Watkins Glen State Park Trail Map

No alcohol or pets allowed on the Gorge Trail

To Hidden Valley Group
Camp: Turn left on
White's Hollow Rd.

KEY

- Parking
- Restroom
- Accessible Restroom
- Picnic Area
- Gift Shop
- Shuttle Stop
- Campground
- Visitor Center
- Playground
- Rentable Shelter
- Trail Shelter
- Food Service
- Restroom with showers
- Swimming Pool
- Scenic Overlook

TRAIL LEGEND

- North Rim Trail 1.1 mi / 1.8km
- Gorge Trail - - - - - 1.5 mi / 2.4km
- South Rim Trail - . - . - 1.8 mi / 2.9km
- Lover's Lane 0.3 mi / 0.5km
- Paved Roads —————

The Finger Lakes Trail is called the South Rim Trail in the park. It is blazed with white rectangles and connects the Catskills to Allegany State Park!

HIKE THE GORGE TRAIL SAFELY!

This iconic trail can be accessed at sites marked on this map by filled in circles: **1, 2, 3, 6, 11, and 12**.

- **NO DOGS OR ALCOHOL ALLOWED** on this trail.
- **STAY ON DESIGNATED TRAILS.** Serious accidents and fatalities occur when patrons go off the trails. **NO LITTERING.**
- **NO SWIMMING OR ENTERING THE GORGE**--\$250 fine per person.
- **CLOSED IN WINTER** (early Nov - mid May) for falling rock.
- **WEAR PROPER FOOTWEAR AND DO NOT PICK WILDFLOWERS.**



Suggested Hikes

With 19 waterfalls, there is no wrong way to explore the natural beauty of Watkins Glen. Here are a few suggested hikes.

From South Entrance

Challenging • 3 miles
South Entrance > Couch's Staircase > Cavern Cascade > Jacob's Ladder to Upper Entrance > Return on North Rim Trail > Suspension Bridge > South Entrance

Moderate • 2 miles

Couch's Staircase > Cavern Cascade > Exit left at Mile Point Bridge > Go left on the South Rim Trail > At fork, stay right towards South Entrance

Easy

Suspension Bridge > Lover's Lane > Enter Gorge Trail, stay right towards Glen Cathedral > Enjoy as much as you like and return the same way

From Main Entrance

Challenging • 3 miles
Enter Gorge Trail > Jacob's Ladder > Upper Entrance > North Rim Trail > Suspension Bridge > Left to South Rim Trail > Couch's Staircase > Main Entrance

Moderate • 2 miles

Enter Gorge Trail > Glen Cathedral > Turn back and exit gorge at Lover's Lane > Suspension Bridge > Point Lookout > Gorge Trail > Left to Main Entrance

From Upper Entrance

Challenging • 3 miles
Jacob's Ladder to Gorge Trail > Exit up Couch's Staircase > Turn right on South Rim Trail > Suspension Bridge > Left on North Rim Trail > Upper Entrance

Moderate • 2 miles

Jacob's Ladder to Gorge Trail > Exit up stairs at Lover's Lane > Left onto North Rim Trail > Upper Entrance

Features of the Gorge Trail

Learn more about the landmarks labeled on the map above. Look for interpretive panels along the way that reveal more about the natural history around you.

- 1 SENTRY BRIDGE** Look for a round flume hole in the rock where water was once diverted to power a mill in the 1800's where the visitor center now stands.
- 2 COUCH'S STAIRCASE** 120 stairs covered in shade-loving ferns.
- 3 POINT LOOKOUT** Gaze down into the sculpted rocks of the gorge.
- 4 CAVERN CASCADE** Walk behind this waterfall in a narrow space where water has undercut the layer of sandstone by eroding away crumbly shale beneath. Travel through the Spiral Tunnel, handcut in 1927.
- 5 SUSPENSION BRIDGE** Built in 1870, this bridge stands 85 feet above the creek and connects the Rim Trails. The dining room of the Glen Mountain House, a private resort, peered over the gorge next to the bridge before burning down in 1903.
- 6 LOVER'S LANE LOOKOUT** This poured concrete lookout is all that remains of the old trail that was destroyed by the flood of 1935. Look carefully in the steps to see the year stamped in which it was created.
- 7 GLEN CATHEDRAL** Notice the horizontal layers of sandstone and shale formed 380 million years ago! Look down and observe the ripples in the rock you stand upon. They were created by wave action on the bottom of an ancient seafloor that eventually turned to stone.
- 8 CENTRAL CASCADE** Plunging more than 60 feet, this is the highest waterfall in the gorge.
- 9 RAINBOW FALLS** On a sunny afternoon, the light strikes this waterfall creating a symphony of color. Notice the series of small, smooth, rounded plunge pools. These show us where waterfalls once were, and how the creek has changed the landscape over time.
- 10 FROWNING CLIFF** This narrow part of the gorge receives so little sunlight, that few plants grow here and ice remains on the trail through late spring.
- 11 MILE POINT BRIDGE** This structure, like the rest of the Gorge Trail, is part of the stone masonry constructed by the Civilian Conservation Corps after the flood of 1935.
- 12 JACOB'S LADDER** Ascend 180 stairs to the Upper Entrance.

SENECA LAKE

414

4th Street

Downtown Watkins Glen (Not to scale)

MAIN ENTRANCE
1000 N. Franklin Street

RV / Bus Parking
106 S. Franklin Street
Watkins Glen, NY 14891
[elevation 479ft / 146m]

329

SOUTH ENTRANCE
3528 Route 419
Watkins Glen, NY 14891

17

14

409

419