

## Finger Lakes Region Volkssport Club

Watkins Glen, NY Walk (Y239) (5K or 10K) © 2021 FLRVC

Emergency contact info: 911 or Park Office: 607-535-4511

Event info and concerns: Doug Gausman 607-237-2525

**New in 2021:** This walk is now run remotely using the AVA Online Start Box (OSB). The event is open from May 31 through October 31. To sign in for the walk, you must register with the AVA OSB and follow their guidelines. Three things are required to become an OSB user: 1) a unique e-mail address not shared with any other user; 2) response to an e-mail sent from the OSB to that address; and 3) completion of several short forms online including your agreement to the AVA athletic waiver. Once you are registered, you will have access to the OSB features. To register, go to [my.AVA.org](http://my.AVA.org) to set up your New Account, then follow the series of pop up instructions to Create an Account.

***NOTE: Due to the Covid-19 pandemic, all walkers should be wearing a mask and practicing social distancing. Be careful and stay safe. Although the park is open, the gift shop and other facilities are not always open.***

***(NOTE: These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.)***

### **Directions to Watkins Glen, NY**

From the northeast or west, take I-90 into New York state, then take exit 42 South and follow NY-14 South to Watkins Glen. From the southeast take I-81 north to Binghamton, then take I-86 (Route 17) west to exit 52 and follow NY-14 North to Watkins Glen.

**Walk location info:** Watkins Glen is located at GPS coordinates: 42 deg, 22 min, 31.19 N and 76 deg, 52 min, 9.59 W. The street address for the Wal-Mart (Start Point) in Watkins Glen is 515 E. 4<sup>th</sup> Street; Watkins Glen, NY. The maps show the walk route through the village of Watkins Glen and the walk route through Watkins Glen State Park. 5K and 10K walks are available. Restrooms are available at the Wal-Mart when open and are also available at the foot of Seneca Lake; and at the entrance to Watkins Glen State Park.

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**Page 6** Other FLRVC walks in the area

## Finger Lakes Region Volkssport Club

### Watkins Glen, NY Walk (Y0239) (5K or 10K) © 2021 FLRVC

Emergency contact info: 911 or  
Park Office: 607-535-4511  
Event concerns: Doug Gausman (POC)  
607-237-2525

**NOTE: Due to the Covid-19 pandemic, all walkers should be wearing a mask and practicing social distancing. Be careful and stay safe. Although the park is open, the gift shop and other facilities are not always open.**

#### DIRECTIONS FOR 5K and 10K WALKS

*The walks take you along the foot of Seneca Lake, through the village of Watkins Glen, and then through the stunning gorge in Watkins Glen State Park. The walks are rated 3C since they involve climbing stone steps in the state park and are not suitable for strollers or wheelchairs. To get to the new start point, follow Route 414 along the foot of Seneca Lake. You will soon see a Wal-Mart on the right. Drive into the Wal-Mart parking area and carefully park so as not to interfere with shoppers. There are restrooms available here if WalMart is open. There are also restroom facilities available at the foot of Seneca Lake in the harbor area.*

#### **PART 1: Walking through the village**

1. Walk out of the Wal-Mart parking lot and turn LEFT walking along Route 414 using sidewalks when possible. Be careful and watch for traffic. You will be walking along the foot of Seneca Lake.

*(NOTE: Seneca Lake is one of the beautiful Finger Lakes in this region of New York State. It is the largest and deepest of the Finger Lakes and is 35 miles long. The lake covers 67 square miles. It was carved out by a glacier many years ago.)*

2. Follow Route 414 for a short distance then turn RIGHT toward the lake carefully crossing Route 414 to Decatur Street.

3. Walk down Decatur Street to the waterfront area, crossing the parking lot then turning LEFT on the walkway and walking into Seneca Harbor Park. Enjoy the view of Seneca Lake.

4. Follow the walkway through the park past the restaurant to N. Franklin Street.

5. Turn LEFT on N. Franklin Street (Route 14) and follow the street as it continues through the village of Watkins Glen. There are interesting restaurants and shops here. Notice the mural on the building; the cinema; the ice cream shop, and the bakery.

6. Continue walking through the village until you reach 10th Street. At this point, turn RIGHT and carefully cross N. Franklin street. (Route 14) and walk into the entrance area of Watkins Glen State Park.

#### **PART 2: Walking through Watkins Glen State Park**

1. As you enter the park, follow the walkway to the Gorge Trail entrance. You will be walking through the glen on the Gorge Trail. There are restrooms here.

2. Follow the Gorge Trail through the entrance tunnel and into the glen.

*(NOTE: Watkins Glen has long been a favorite spot for tourists in this area and became a New York State Park in 1924.)*

**DIRECTIONS FOR Watkins Glen, NY  
5K/10K WALK © FLRVC 2021  
Page 2 of 2**

3. Cross the bridge and turn RIGHT following the Gorge Trail.
4. Cross the gorge again by walking under the Cavern Cascade and enter the Spiral Tunnel.

*(NOTE: This waterfall has eroded this narrow section of the gorge and the deep pools below. Waterfalls have carved Watkins Glen out of the rock over thousands of years. The bridge is 85 feet above the creek.)*

5. As you leave the Spiral Tunnel, continue on the Gorge Trail and watch for the Lover's Lane trail to the right.

**NOTE: This is the point at which you will decide to walk either the 5K or the 10K route. Step 6a below is the 5K that returns to the SP. Step 6b is the 10K that will continue through the park on the Gorge Trail.**

6a. **\*\*5K Walk:** From this point, take the Lover's Lane Trail up to the Indian Trail. Turn right on the Indian Trail and follow it all the way to the new steps leading back to the park entrance. Go to Step 3 in **Part 3: Walking back to the village.** You will be walking back out of the park and through the Village of Watkins Glen back to the Wal-Mart parking area.

6b. **\*\*\*10K Walk:** Continue on the Gorge Trail to the Central Cascade. Cross the bridge at the Central Cascade and turn RIGHT following the Gorge Trail.

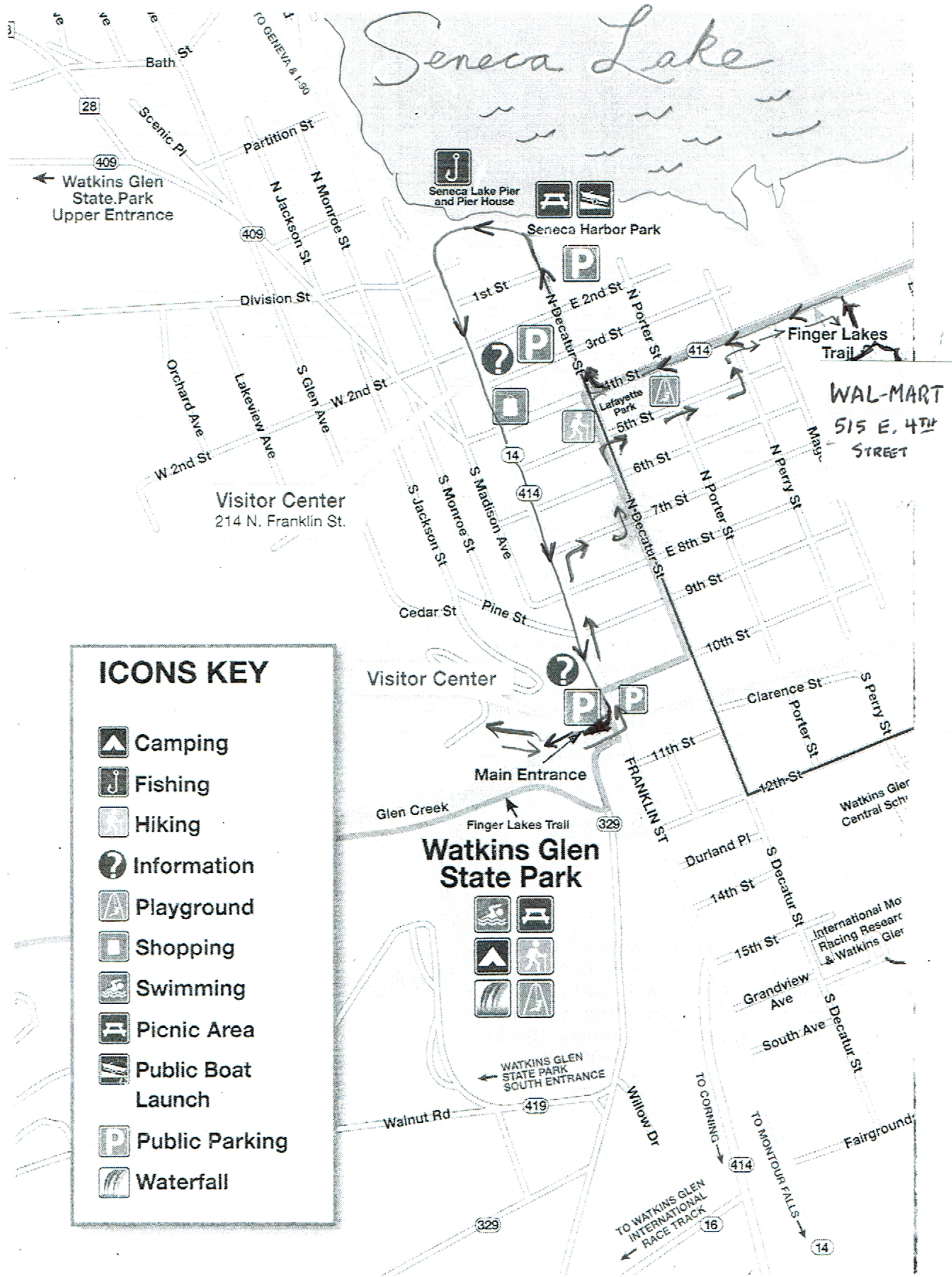
7. Cross the creek again at the next bridge and proceed on the Gorge Trail.
8. Follow the Gorge Trail to a series of steps leading up out of the gorge.

Carefully climb the steps leading you to the upper entrance area to the park. Take your time and enjoy the exercise.

**PART 3: Walking back to the village**

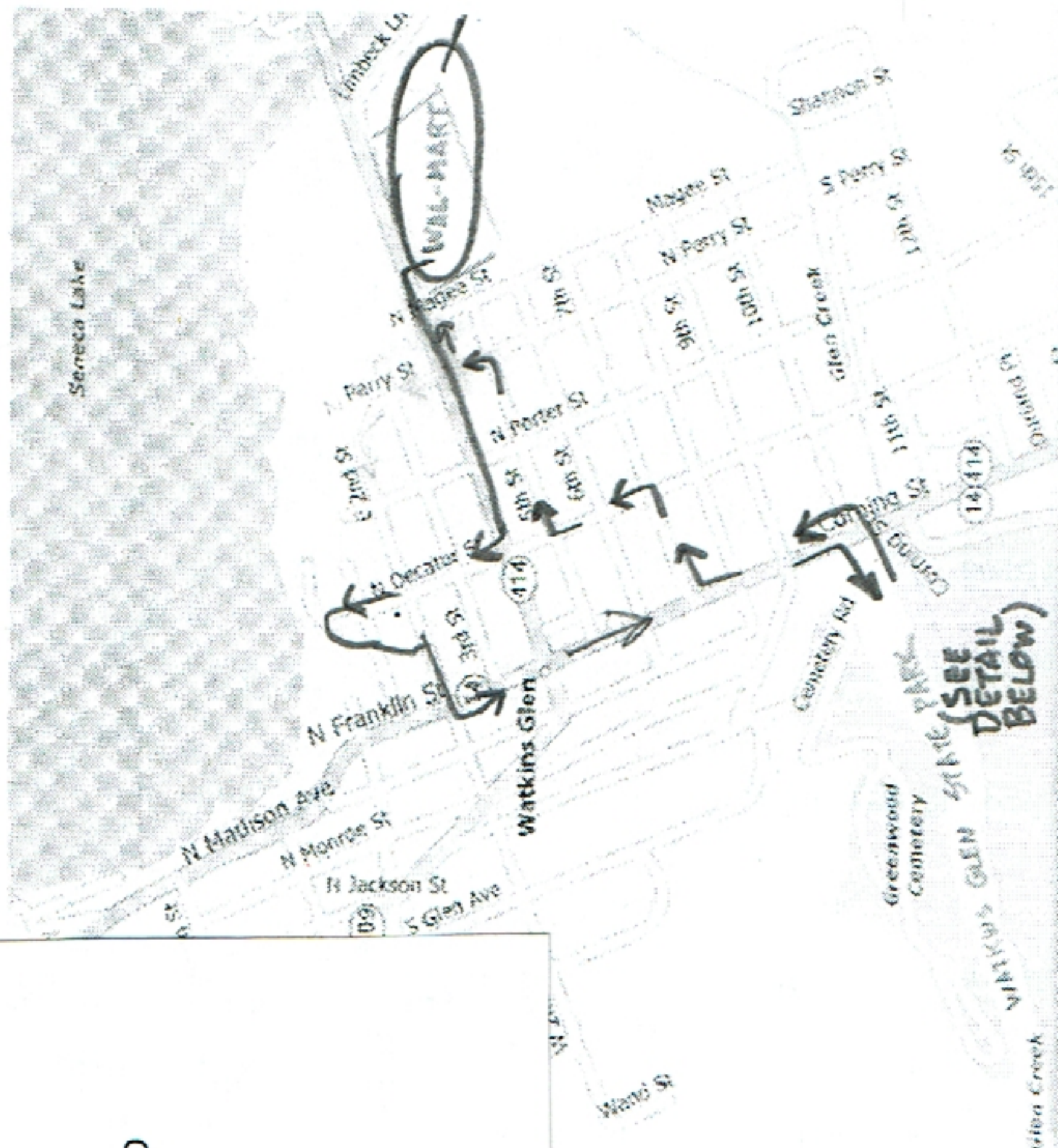
1. Walk back to the steps leading down into the gorge but turn LEFT on the Indian Trail before you descend into the gorge.
2. Follow the Indian Trail along the rim of the gorge all the way to the new staircase leading back to the park entrance area. Take your time and enjoy the views of the gorge.
3. Carefully walk down this set of stairs and return to the park entrance area.
4. Walk out of Watkins Glen State Park, carefully cross N. Franklin Street (Route 14), then turn LEFT on N. Franklin Street and walk back toward the village of Watkins Glen.
5. Turn RIGHT on 7th Street and follow 7th St. to N. Decatur Street.
6. Turn LEFT on N. Decatur St. then walk two blocks down to 5th Street.
7. Turn RIGHT at 5th St. and walk several blocks then turn LEFT at N. Perry St.
8. After a short distance, turn RIGHT at Route 414 and carefully return to the Wal-Mart parking area. We hope that you enjoyed your walk and look forward to seeing you at other area walks soon. Thank you for walking here today.

**Walk completion and credit: Be sure to log back in to the OSB system to "finish and complete" your online reservation after doing the event. The OSB system does not deduct any event fee from a walker's Event Bank until they have submitted event completion info including the day the event was walked along with any special programs in which they are participating.**



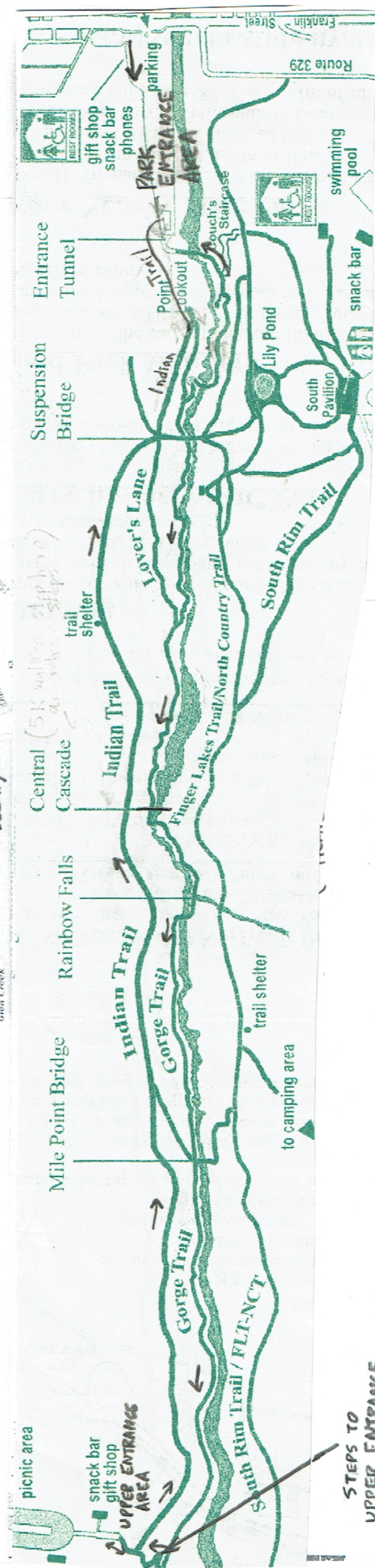
WATKINS GLEN, NEW YORK

Refer to walk directions to determine 5K/10K routes through Watkins Glen State Park



**FLRVC**

Watkins Glen Walk (5K/10K)  
 Drive to Wal-Mart parking area and park so as not to interfere with shoppers. Lock your car before beginning the walk.



Watkins Glen State Park  
 (Trail detail)

## **Finger Lakes Region Volkssport Club (FLRVC)**

The FLRVC invites you to walk some of our other walks in the Finger Lakes area. Information on these walks can be found on the FLRVC web site ([flrvc.org](http://flrvc.org)) or the AVA website ([my.AVA.org](http://my.AVA.org)). These include:

1. Ithaca, NY: This walk goes through part of the Cornell University campus and along a number of interesting streets in Ithaca. Highlights include views of the gorge and a favorite stop is the Cornell Dairy Bar where they have fantastic ice cream. In the spring or summer, you will also enjoy the plantings around the arboretum. Both 5K and 10K walks are available. Start point is the Best Western Inn; East Hill Plaza; Ithaca, NY.
2. Cortland, NY: this walk takes you through an interesting area of Cortland. Highlights are Cortland Water Works, views of a protected wildlife area, and historic homes along Tompkins Street. Start Point is the Cortland YMCA, 22 Tompkins Street, Cortland, NY.
3. Binghamton, NY: Binghamton offers a choice of several walks. One of the most popular is a 5K walk that skirts both the Susquehanna and Chenango rivers and offers a nice walk around town. Start Point is the Binghamton YMCA, 61 Susquehanna Street, Binghamton, NY.
4. Dryden, NY: the walk takes you through several nice residential areas of Dryden and along an interesting rail trail (Jim Schug Trail). Start Point is the Queen Diner, 48 North Street, Dryden, NY.

For more information on these and other walks, please see our club web site: [flrvc.org](http://flrvc.org)