



Finger Lakes National Forest



Mountain Biking

Caring for the Land and Serving People

General Forest Information:

Non-motorized off-road vehicles, such as mountain bikes, are limited to trails specifically signed open to mountain bikes and Forest Service Roads open to vehicular travel.

Bicycle use is specifically prohibited on the Finger Lakes Trail (North Country National Scenic Trail), Gorge Trail, Potomac Trail, Ravine Trail, Southslope Trail and the southern portion of the Interloken Trail.

Where is mountain biking permitted in the Finger Lakes NF?

Backbone: The Backbone Trail begins at the Backbone Horse Campground. The trail traverses the Forest through shrublands, pastures, old roads, and many old homestead sites. It intersects the Interloken and Burnt Hill Trail to the south and the No-Tan-Takto trail to the north. It is a relatively flat, primitive trail with natural tread, gravel in wet places, and traverses through fenced pastures. From the north the Backbone Trail can be accessed at the corners of Ball Diamond and Wardner Corners Road, at the Foster Pond Parking area, or at several other locations. Follow the signs and blaze marks.

Length:	5.5 miles (one way)
Max Elevation Change:	134 feet
Blaze:	Blue

Burnt Hill Trail: Burnt hill trail is located on the southern end of the Forest, extending south from Picnic Area Road. It includes forests, shrublands and pastures and offers many beautiful vistas along the way. It is a primitive trail with a natural tread. It has gravel in wet areas and traverses through fenced pastures. Please close gates behind you! The trail intersects the Interloken Trail.

Length:	2.5 miles (one way)
Max Elevation Change:	134 feet
Blaze:	Blue



U.S. Department of Agriculture



Forest Service

Finger Lakes National Forest

5218 State Route 414, Hector, NY 14841

Phone:(607) 546-4470

FAX:(607) 546-4474

Website: www.fs.fed.us/r9/forests/greenmountain

Interloken: The Interloken trail traverse the Forest from north to south and is a branch of the Finger Lakes Trail system. It passes through various terrain and vegetation. Southern portions are somewhat steeper and more forested; northern portions are flatter, more open, and travel through pasture lands. This trail can be wet in the spring and fall. Plant a stop at the Foster Pond and Teeter Pond areas or make a shorter loop hike with on the several intersecting trails. There are outstanding vistas to the west, including views of Seneca Lake. Note: Mountain bikes are only allowed on the north end of the trail, essentially north of the intersection with the Burn Hill Trail (near the Blueberry Patch Campground)

Length:	6 miles (one way) – allowable for Mountain Biking
Max Elevation Change:	560 feet
Blaze:	Orange

No-Tan-Takto: This trail is nearly all open pastureland and traverses the Forest in a north/south direction between the Backbone Horse Campground and Parmenter Road. The No-Tan-Takto Trail is accessed from the corner where Ball Diamond Road and Wardner Corners Road connect. The Trail goes north into Seneca County and crosses the Interloken Trail at Seneca Road. The trail follow Townsend Road east for about 0.5 miels then runs north to the parking area on Parmenter Road. In some the pastures there are outstanding vistas, including view of Seneca Lake to the west and Cayuga Lakes to the east. The trail is relatively flat, with a primitive trail tread, gravel in wet portions, and traverses thru fenced pastures. Note: There is no camping allowed within pastures while livestock are present (May 15 – October 31).

Length:	4.5 miles (one way)
Max Elevation Change:	134 feet
Blaze:	Yellow

Please keep in mind:

Many of the trails open for Mountain Biking pass through pastures - - please make sure you close gates behind you!

In addition, these trails are open to “multiple use” in that they are open to hikers as well as Horseback Riders. Please be considerate of other users:

- Respect other visitors and protect the quality of their experience
- Be courteous. Yield to other users on the trail.
- Step to the downhill side of the trail when encountering pack stock.
- Let nature’s sounds prevail. Avoid loud voices and noises.

For More Information:

Hector Ranger District, 5218 State Route 414, Hector, NY 14841, (607) 546-4470
Website: www.fs.usda.gov/main/gmfl