

Where can you  
find the very  
best hikes,  
bikes, paddles,  
and outdoor  
adventures in the  
Finger Lakes?



[gofingerlakes.org](http://gofingerlakes.org)

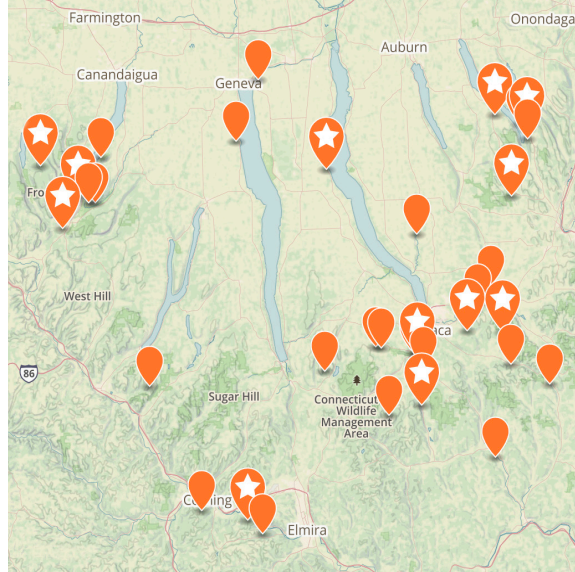
"Go Finger Lakes" is a mobile-ready web site with an interactive map featuring over 900 miles of trails! It is a free public service of the Finger Lakes Land Trust promoting conservation and recreation.



**GOFINGERLAKES™**  
FINGER LAKES LAND TRUST

**FLLT.ORG/MAP**

Discover dozens of free nature preserves  
of the Finger Lakes Land Trust



**WE NEED YOU!**

Help us save more land and water by  
donating and volunteering



**GIVE & JOIN**  
[FLLT.ORG/GIVE](http://FLLT.ORG/GIVE)



**VOLUNTEER**  
[FLLT.ORG/VOL](http://FLLT.ORG/VOL)



To conserve forever the lands  
and waters of the Finger Lakes  
region, ensuring scenic vistas,  
local foods, clean water, and  
wild places for everyone.

The Finger Lakes Land Trust (FLLT) is a nonprofit conservation organization working across 12 counties in Central New York. Since 1989, we have worked cooperatively with landowners and partners to protect some of the most treasured natural areas and open spaces in these vital watersheds. FLLT manages dozens of conservation areas that are free and open to the public for quiet recreation year-round. We also hold easements on protected lands that remain in private ownership. FLLT is supported by members, and you can help us do more!

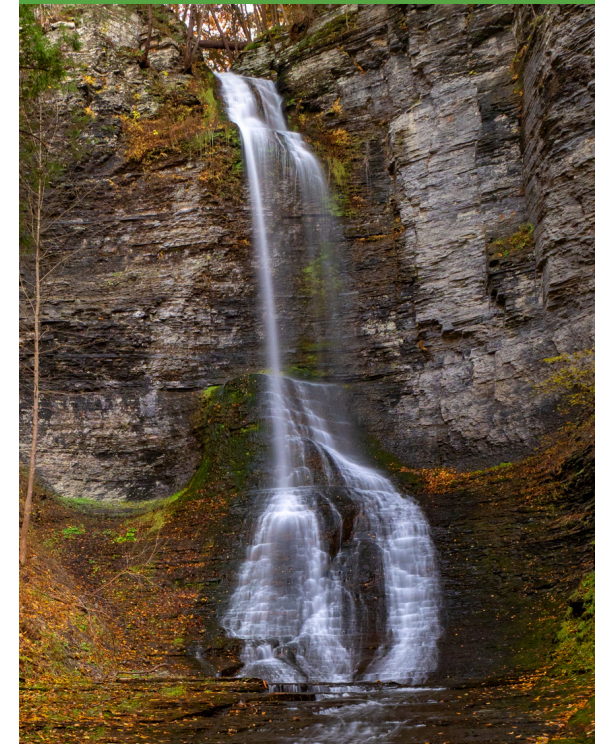
**FINGER LAKES LAND TRUST**

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[fllt.org](http://fllt.org) /[facebook](https://www.facebook.com/fllt) /[instagram](https://www.instagram.com/fllt) /[twitter](https://twitter.com/fllt)  
(607) 275-9487

**SWEEDLER &  
THAYER  
PRESERVES**

ITHACA, NY

**MAP & GUIDE**



**CONSERVED FOREVER  
OPEN TO ALL**

[FLLT.ORG/SWEEDLER](http://FLLT.ORG/SWEEDLER)





 **Acreeage:** 155 acres

 **County:** Tompkins

 **Trails:** 2.0 miles

The Finger Lakes Land Trust protects over 5,000 feet bordering Lick Brook; trails along the gorge rim provide a vigorous hike and dramatic examples of the area's geologic history and ecological systems.

### NATURAL HISTORY

The scouring effects of the last glaciers can be seen in the multiple waterfalls that splash down along Lick Brook on its journey to Cayuga Lake, including one that is nearly 140 feet tall. Perpetual protection of this area allows ample opportunity for hiking, including access to Buttermilk Falls State Park via a spur of the Finger Lakes Trail, while protecting the water quality of Cayuga Lake.

### HISTORY

In 1993, the Finger Lakes Land Trust purchased 128 acres from Moss and Kristin Sweedler, creating the Sweedler Preserve at Lick Brook. In February 2011, the Thayer family donated 20 acres which, combined with an adjacent seven-acre parcel acquired by the Land Trust in 2008, now comprise the William J. and Marjory L. Thayer Preserve.

#### ACTIVITIES

Hiking  
Running  
Birdwatching

#### DOGS

Keep your dog leashed and under control at all times

#### HOURS

Open dawn to dusk all year, except January special deer season – see [fllt.org/sweedler](http://fllt.org/sweedler)

#### POLICIES

See [fllt.org/policies](http://fllt.org/policies)

#### LEARN MORE

See [fllt.org/sweedler](http://fllt.org/sweedler) for history, photos, and an interactive map.

PHOTOS: (COVER) CHRIS RAY, (L) NIGEL KENT, (R) CHRIS RAY

