



Cascadilla Gorge near Stewart Avenue



Gorge stewards hike the gorges daily to provide information about trails, safety rules, natural history, activities, and swimming alternatives.



If you need emergency assistance in a gorge, call 911 and reference the letters and numbers on the closest red emergency locator sign to help first responders locate you.



Fall Creek Gorge

The Nathaniel Rand '12 Memorial Gorge Safety Education Program, Cornell University's gorge safety educational effort, is named in memory of a student who died in a gorge drowning accident in July 2011. The program's goal is to prevent future tragedies by informing visitors about safe and responsible use of the gorges. The program currently includes educational initiatives such as the gorge stewards, orientation hikes for new students, educational programming for orientation leaders and residence advisors, a gorge safety website and video, and this brochure.

About Cornell Botanic Gardens

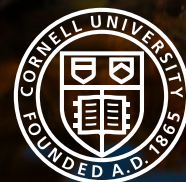
Fall Creek and Cascadilla gorges and their trails are part of 3,700 acres of natural areas, both on-campus and throughout the region, managed by Cornell Botanic Gardens in support of Cornell's academic mission. For more information, visit cornellbotanicgardens.org.

Diversity and Inclusion are a part of Cornell University's heritage. We're a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities. 5/15/24

CORNELL GORGE TRAIL MAP AND SAFETY INFORMATION

GORGES

The Nathaniel Rand '12 Memorial Gorge Safety Education Program



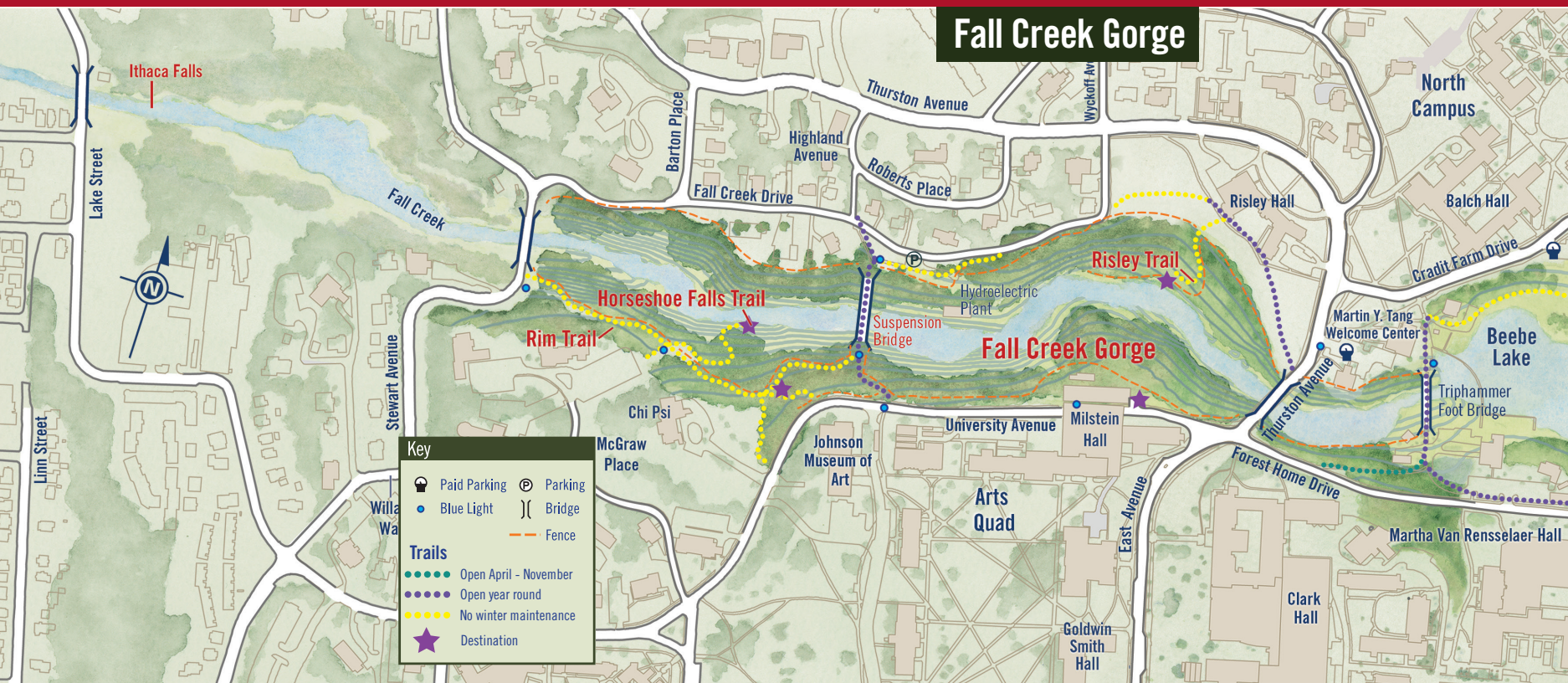
The Fall Creek and Cascadilla gorges frame the Cornell campus to the north and south—distinguishing the campus' natural beauty, while providing unique opportunities to study geology and the ecology of remarkably different habitats within and around the gorges. Trails built in the gorges allow us to explore and enjoy the stunning landscapes safely.

The gorges are beautiful, but dangerous too


- Respect and use the gorges safely
- Many people have been injured or killed through the misuse of the gorges and failure to pay attention to posted warning signs and gorge safety rules
- Risks of falling from gorge rims, being hit by falling rocks, and drowning in dangerous streams are always present
- Stay out of the gorges if you are under the influence of alcohol or other substances
- Be familiar with the gorge rules listed on the next page and remember to obey them

gorgesafety.cornell.edu

Cover: Ithaca Falls cascading into Fall Creek.



LIKE TO HIKE? 



Scan here for more trails around campus

cornellbotanicgardens.org/trails



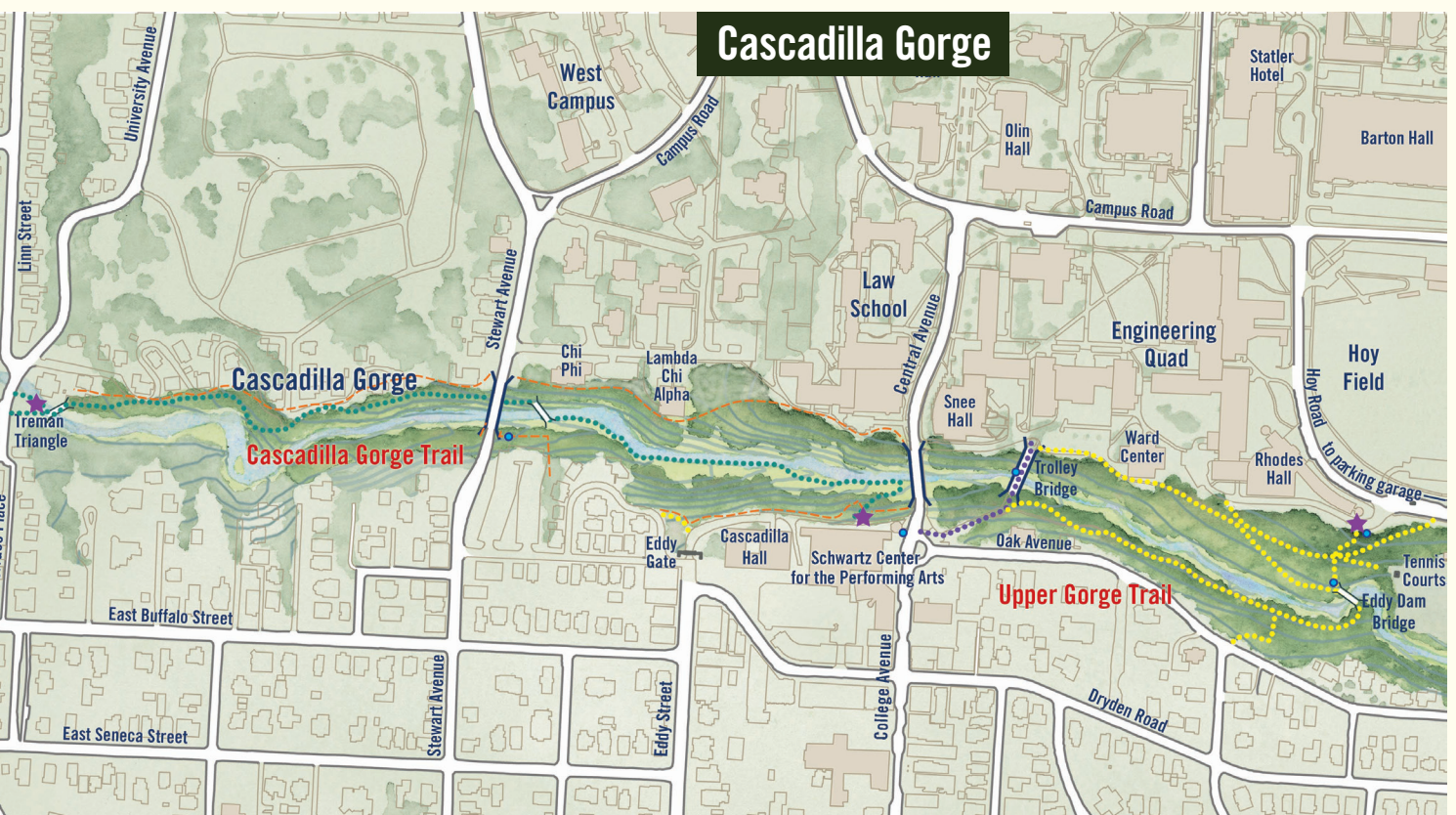
Eddy Dam Foot Bridge in Cascadilla Creek Gorge

Fall Creek Gorge Trails

Fall Creek Gorge begins west of Beebe Lake, and ends after spilling over 150-foot-high Ithaca Falls near Lake Street in downtown Ithaca. You can experience the steep gorge and its forested rocky slopes from five trails. The Risley Trail and the Horseshoe Falls Trail follow steps down to viewing areas at creek level. The Rim Trail and the pedestrian suspension bridge offer stunning views of the gorge. The Triphammer Foot Bridge offers a bird's-eye view of Triphammer Falls below. Though the trails are open year round, only a small portion is maintained during winter.

“Even as a highly trained, properly equipped professional diver, I wouldn't swim there if I did not have to recover a body.”

—Sgt. Scott Salino,
Cornell Police rescue diver



GORGE REGULATIONS

- Do not leave marked trails
- Walking in restricted areas creates an imminent risk of falling from cliffs or being hit by falling rocks
- Swimming is prohibited
- Streams in the gorges have dangerous, hidden currents and people have drowned in them
- Violations of these safety rules may jeopardize your life and the lives of rescue workers and result in your arrest and prosecution
- Use of alcohol or other substances increases all of the dangers outlined here
- Bicycles are prohibited
- Hike only on lighted trails after dark—cliff edges are closer than they look and it is easy to become disoriented in the dark
- Do not use trails that are closed in the winter

- Be aware of**
- Cliff edges
 - Falling rocks and trees
 - Hazardous trail surfaces

FOR EMERGENCIES CALL: 607-255-1111

Cascadilla Gorge Trail

Running from College Avenue in Collegetown to Linn Street in downtown Ithaca, this trail descends 400 feet, past several picturesque waterfalls within a deeply cut gorge. The trail is closed during winter.

Upper Cascadilla Gorge Trail

This trail is accessible from seven entry points and follows Cascadilla Creek along a gentler grade, offering an easy hike. Eddy Dam Bridge crosses over a scenic waterfall at the trail's east end. The trail is open year round, but only a small portion is maintained during winter.

Tour Fall Creek Gorge, Cascadilla Gorge or around Beebe Lake with your mobile device. Download "Pocketsights Tour Guide" from the App Store or Google Play. Scroll to select your desired tour.