



Day Hiking

Finger Lakes National Forest



Interloken Trail

Caring for the Land and Serving People

Trail Facts:

Length: 12 miles one way	Feature: Ponds, Variety of Forest Types, Views
Max. Elevation Change: 560 feet	USGS maps: Finger Lakes National Forest Quad
Amount of use: Moderate	Hiking level: Easy Blaze: Orange
Average hike time: 12 - 14 hours round trip	Use restrictions: No motorized vehicles. Horses and mountain bikes are restricted to certain sections.
Camping: Dispersed camping on the Forest is allowed or Blueberry Patch Campground (fee area).	

Trail Description:

The Interloken Trail traverses 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. **Please close gates behind you.** This trail can be wet in the spring and fall. Plan a stop at the Foster Pond and Teeter Pond areas or make a shorter loop hike with one of the several intersecting trails. There are outstanding vistas to the west, including views of Seneca Lake. Please practice Leave No Trace ethics, such as carry out what you carry in.

Horses are allowed on the trail from the southern end of the trail to the Burnt Hill Trail.

Mountain bikes and horses are allowed on the north end of the trail between Seneca and Parmenter Roads.

Note: Trails are closed to horse users from March 15th thru May 1st due to muddy conditions.

Directions:

From the South, take State Route 14 North (Exit 52 off State Route 17) to Watkins Glen, NY. In Watkins Glen, turn right at the Fourth St intersection onto State Route 414 North. Go approximately 9 miles north, past the Hector Ranger Station of the Finger Lakes National Forest. 0.5 miles past the Ranger Station, turn right on Schuyler County Route 2. Follow CR 2 for 4.0 miles until you reach the Blueberry Patch Campground and parking area.

From the North, take State Route 414 South to Hector, NY (Exit 41 off I-90). In Hector, 0.5 miles past Dandy Mini Mart, turn left onto Schuyler County Route 2. Follow CR 2 for 4.0 miles until you reach the Blueberry Patch Campground and parking area.



U.S. Department of Agriculture



Forest Service

Finger Lakes National Forest

5218 State Route 414, Hector, NY 14841

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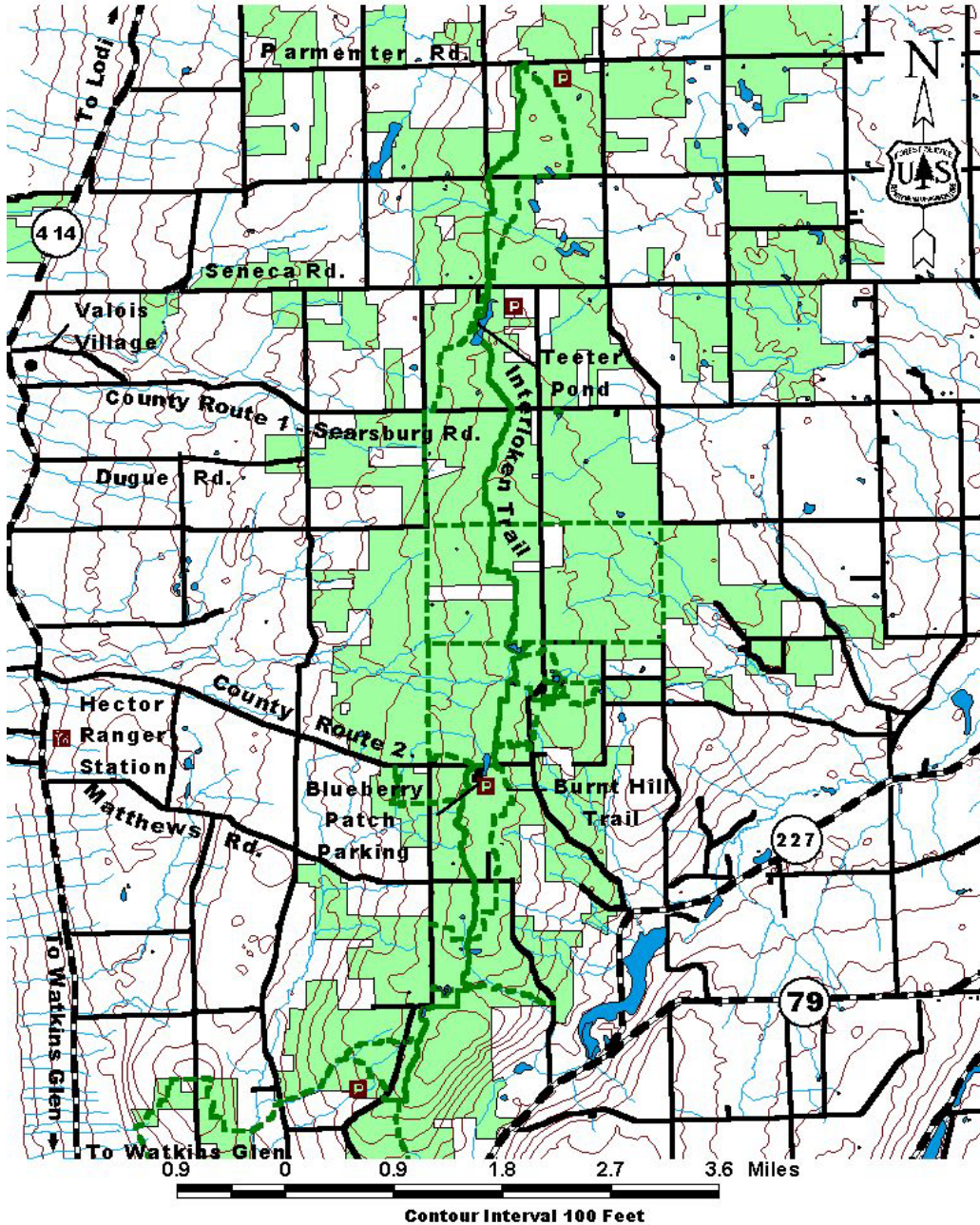
Website: www.fs.usda.gov/fingerlakes

The USDA is an equal opportunity provider and employer.

Area Services:

Food and Services: Hector shops and fuel stations		
For all Emergencies: 911		
Police: (607) 535-6642 or 911	Fire: (607) 535-6642 or 911	Rescue: (607) 535-6642 or 911

Map:



For More Information:

Hector Ranger Station, 5218 State Route 414, Hector, NY 14841, (607) 546-4470

This Recreation Guide is Available in Large Print at Forest Service Information Centers