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.

**Gorge Regulations:**
- Stay on trails or within designated areas
- Swimming is prohibited
- Do not walk on closed trails or other restricted areas marked by fences, gates, and railings
- Violators are subject to arrest

"These waters are extremely dangerous and are filled with entangling debris. Several undercuts exist near the base of the falls, where bodies are typically recovered. 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

For your safety:
- Hike only on lighted trails after dark
- Use caution on trails not maintained during winter
- Bicycles are prohibited on gorge trails

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

Many people have been injured, and several killed, through the misuse of these natural wonders, but most of these incidents could have been avoided. Use of alcohol increases all of the dangers outlined in this brochure. Violation of these safety guidelines may place you and/or rescue workers in danger.

The areas surrounding the Fall Creek and Cascadilla gorges are part of 4,000 acres of natural areas, both on-campus and throughout the region, managed by Cornell Plantations in support of Cornell’s academic mission. A gorge stewards program has been established as part of the university’s comprehensive approach to gorge safety. These experienced gorge ambassadors walk the gorges during the summer and other times of warm weather to provide information about trails, safety rules, natural history, activities, and swimming alternatives. Feel welcome to ask questions or get advice from a gorge steward.
Please respect and use the gorges safely.
Along with their beauty, the gorges hold potential danger. The natural forces of wind, water, and ice that sculpted these unique landscapes are always at work. Rocks continue to fall from cliff sides and stream currents are strong, though they often don’t appear to be.
Many people have been injured or killed through the misuse of the gorges, but most of these incidents could have been avoided by paying close attention to the safety guidelines for the gorges.

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 gorges and its forested rocky slopes from four trails. The Risley Trail and Horseshoe Falls Trail follow steps down to viewing areas at creek level. The Rim Trail and pedestrian suspension bridge offer stunning views of the gorge. Though the trails are open year round, only a small portion is maintained during winter.

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.
Please note: Due to repairs, this trail is partially closed from Collegetown to the Stewart Avenue Bridge. The trail is only accessible from the Linn Street entrance in downtown Ithaca.

Upper Gorge Trail
Accessible from College Avenue across from the Schwartz Center for the Performing Arts, this trail follows Cascadilla Creek along a gentler grade. The trail is open year round, but only a small portion is maintained during winter.