

Cycling: Bicycling the Byways of Ithaca and Beyond

Faculty: Dr. Mark Holton, Co-Director of Cornell Outdoor Education with Laurie Cuomo from the Cornell Outdoor Education team

Week One: July 6 – 12, 2025

Schedule: Monday - Friday, 9-12 and 1:30-3:30, except Wednesday afternoon.

Location: Daily ride routes will be shared with registered participants.

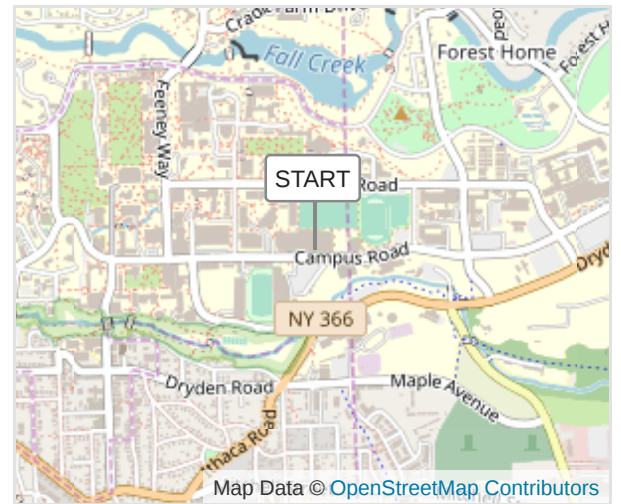


CAU DAY 1 AM Bartels To North Campus

ROUTE INFORMATION

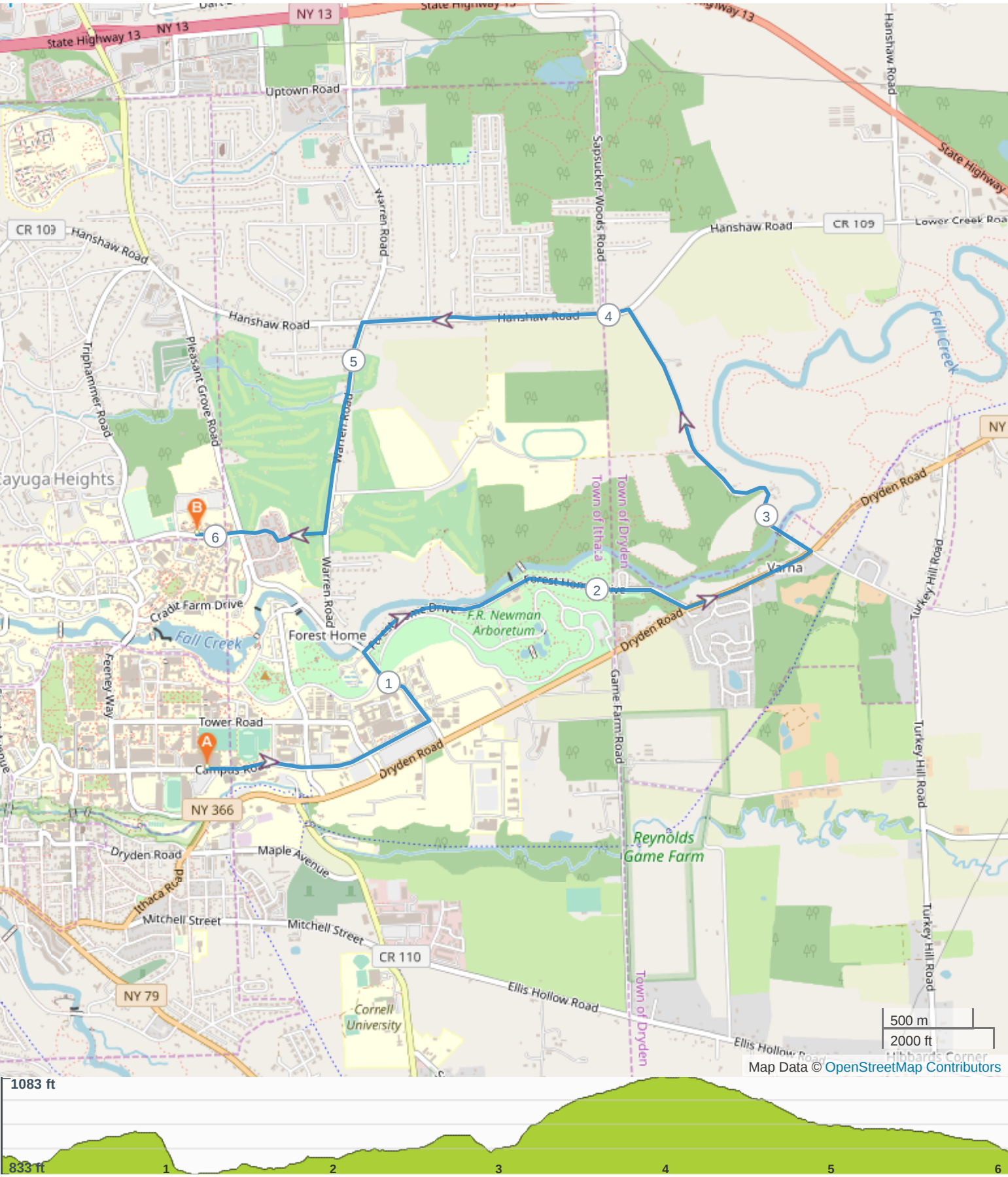


ROUTE LENGTH	6.055 miles
ASCENT	403 ft
DESCENT	400 ft
HILLS	⬆ 41.7% ⬇ 39.8% ➡ 18.5%
TERRAIN	Road 🏠
START	LAT: 42.445248, LNG: -76.476354



NOTES

CAU DAY 1 AM Bartels To North Campus



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.795	←	Turn left onto Caldwell Road
3	1.049	→	Turn right onto Arboretum Road
4	1.061	↘	Turn sharp right onto Caldwell Road
5	1.137	→	Turn right onto Forest Home Drive
6	2.329	↖	Turn slight left onto Dryden Road
7	2.790	↙	Turn sharp left onto Freese Road
8	3.925	←	Turn left onto Hanshaw Road
9	4.520	→	Turn right onto Stony Brook Lane
10	4.524	→	Turn right onto Hanshaw Road
11	4.552	←	Turn left onto Stony Brook Lane
12	4.556	→	Turn right onto Hanshaw Road
13	4.871	↘	Turn sharp right onto Warren Road
14	5.602	→	Turn right
15	5.724	↖	Turn slight left
16	5.733	↗	Turn slight right
17	5.763	→	Turn right onto Hasbrouck Circle
18	6.055		FINISH

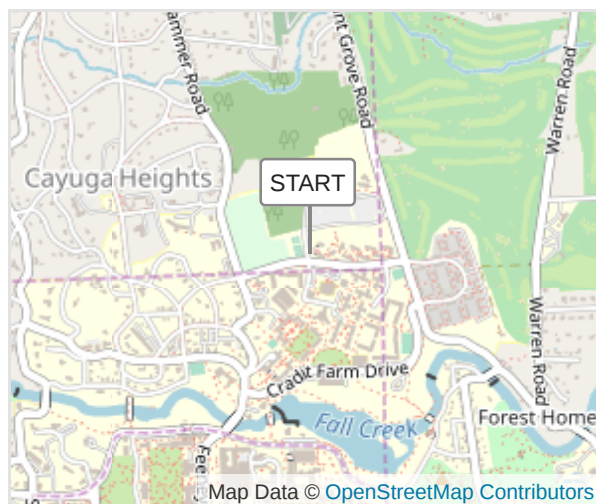


CAU DAY 1 PM Ellis Hollow

ROUTE INFORMATION

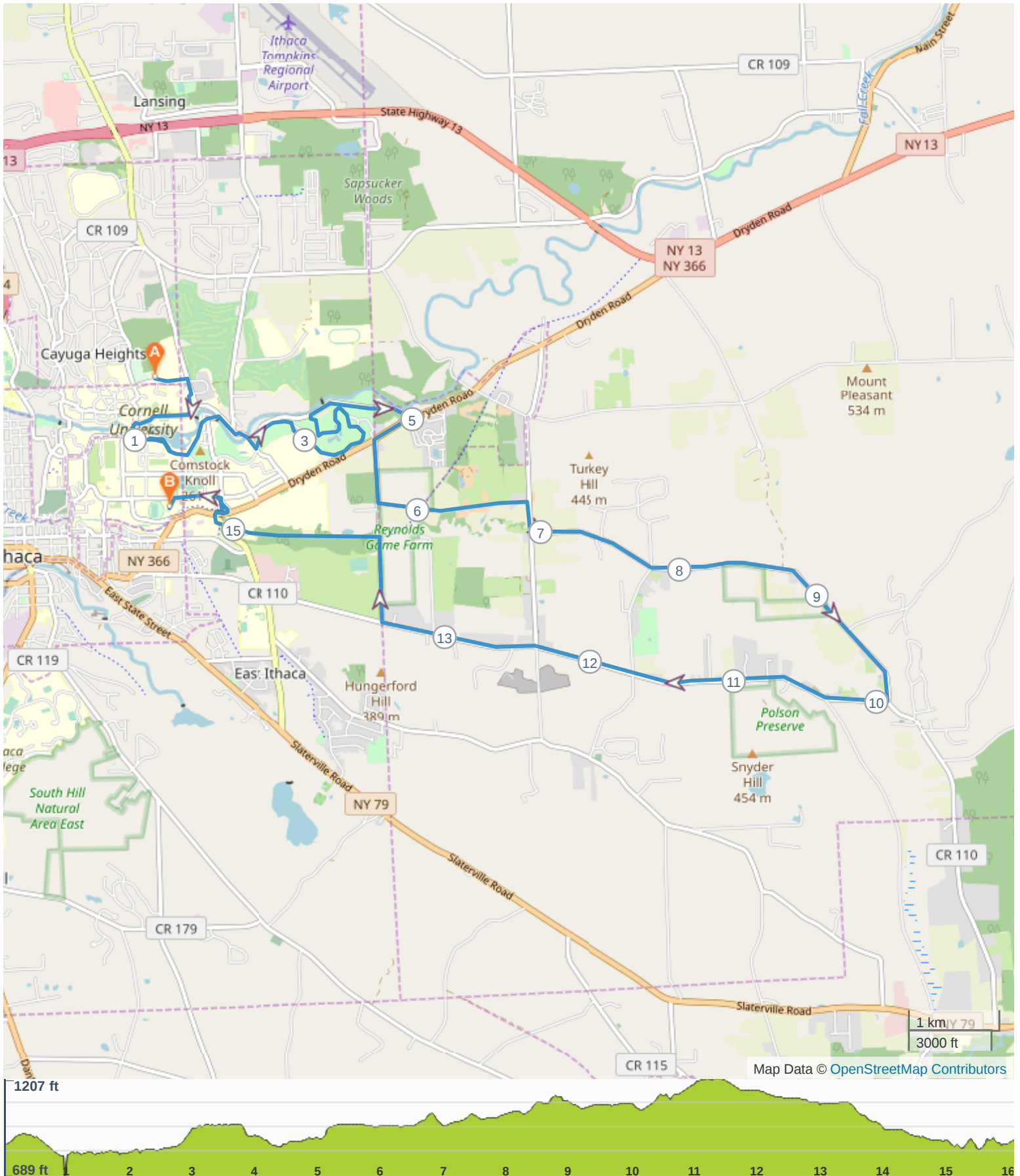


ROUTE LENGTH	16.083 miles
ASCENT	1122 ft
DESCENT	1102 ft
HILLS	⬆ 40.1% ⬇ 41.1% ➡ 18.8%
TERRAIN	Mixed 
START	LAT: 42.456843, LNG: -76.478336



NOTES

CAU DAY 1 Ellis Hollow



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.002	←	Turn left onto Jessup Road
3	0.171	→	Turn right onto Program House Drive
4	0.173	→	Turn right onto Jessup Road
5	0.219	→	Turn right onto Pleasant Grove Road
6	0.325	→	Turn right onto Cradit Farm Drive
7	0.856	←	Turn left onto Thurston Avenue
8	0.963	↙	Turn sharp left onto Forest Home Drive
9	1.123	←	Turn left
10	1.133	→	Turn right
11	1.216		Keep right
12	1.397	↖	Turn slight left
13	1.408		Keep right
14	1.479	←	Turn left
15	1.489	←	Turn left onto Forest Home Drive
16	2.426	←	Turn left onto Forest Home Drive
17	2.430	←	Turn left
18	2.434	→	Turn right onto Forest Home Drive
19	2.437	←	Turn left onto Caldwell Road
20	2.513	↙	Turn sharp left onto Arboretum Road
21	2.882	→	Turn right onto Arboretum Road
22	3.710	↖	Turn slight left onto Arboretum Road
23	5.009	↘	Turn sharp right onto Dryden Road
24	5.305	←	Turn left onto Game Farm Road
25	5.737	←	Turn left onto Stevenson Road
26	6.761	→	Turn right onto Turkey Hill Road
27	6.927	←	Turn left onto Ellis Hollow Creek Road
28	9.914	↘	Turn sharp right onto Ellis Hollow Road
29	11.678	→	Turn right onto Genung Road
30	11.682	↘	Turn sharp right onto Ellis Hollow Road
31	13.423	→	Turn right onto Game Farm Road
32	14.002	←	Turn left onto East Ithaca Recreation Way
33	15.474	←	Turn left onto Synchrotron Drive

No	Miles	Turn	Directions
34	15.483	←	Turn left onto Dryden Road
35	15.569	←	Turn left onto Judd Falls Road
36	15.686	←	Turn left onto Campus Road
37	16.004	←	Turn left onto Kite Hill Drive
38	16.083		FINISH

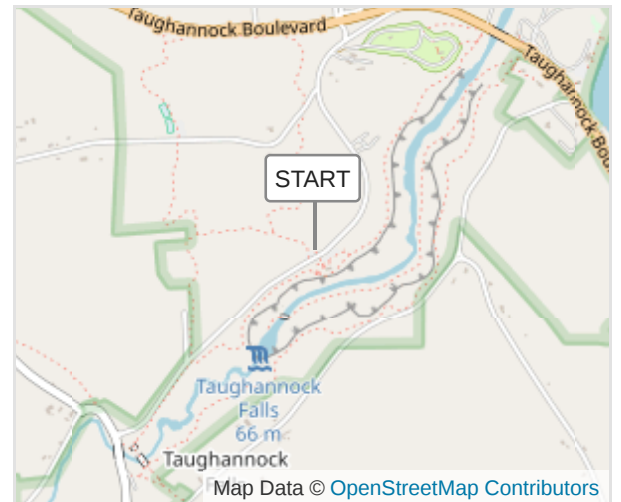


CAU DAY 2 AM Trumansburg

ROUTE INFORMATION

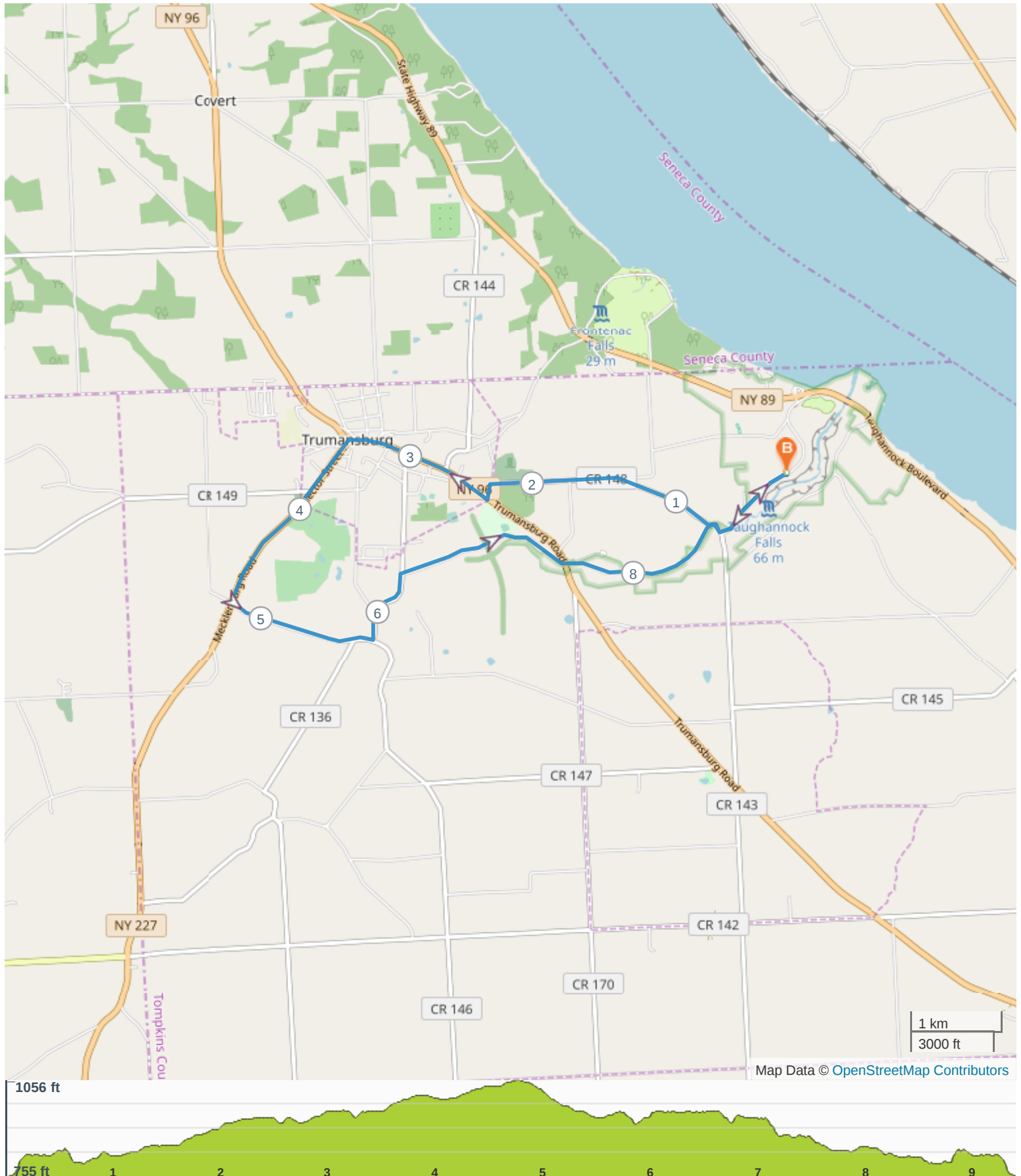


ROUTE LENGTH	9.395 miles
ASCENT	583 ft
DESCENT	577 ft
HILLS	⬆ 45.5% ⬇ 35.9% ➡ 18.6%
TERRAIN	Road 🏠
START	LAT: 42.538885, LNG: -76.608092



NOTES

CAU DAY 2 AM Trumansburg



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.601	➔	Turn right onto Taughannock Park Road
3	0.703	➔	Turn right onto Falls Road
4	2.270	➔	Turn right onto Cemetery Street
5	2.377	↘	Turn sharp right onto East Main Street
6	3.257		Keep right onto Old Main Street
7	3.305	↶	Turn left onto Washington Street
8	3.316	➔	Turn right onto West Main Street
9	3.427	↶	Turn left onto Hector Street
10	4.785	↶	Turn left onto Curry Road
11	5.796	↶	Turn left onto South Street
12	6.327	➔	Turn right onto Rabbit Run Road
13	8.780	↶	Turn left onto Taughannock Park Road
14	9.362	➔	Turn right
15	9.393	➔	Turn right
16	9.395		FINISH

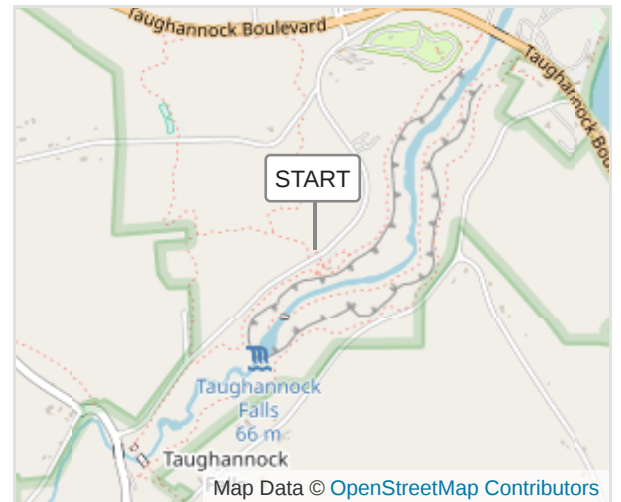


CAU DAY 2 PM Black Diamond Trail

ROUTE INFORMATION

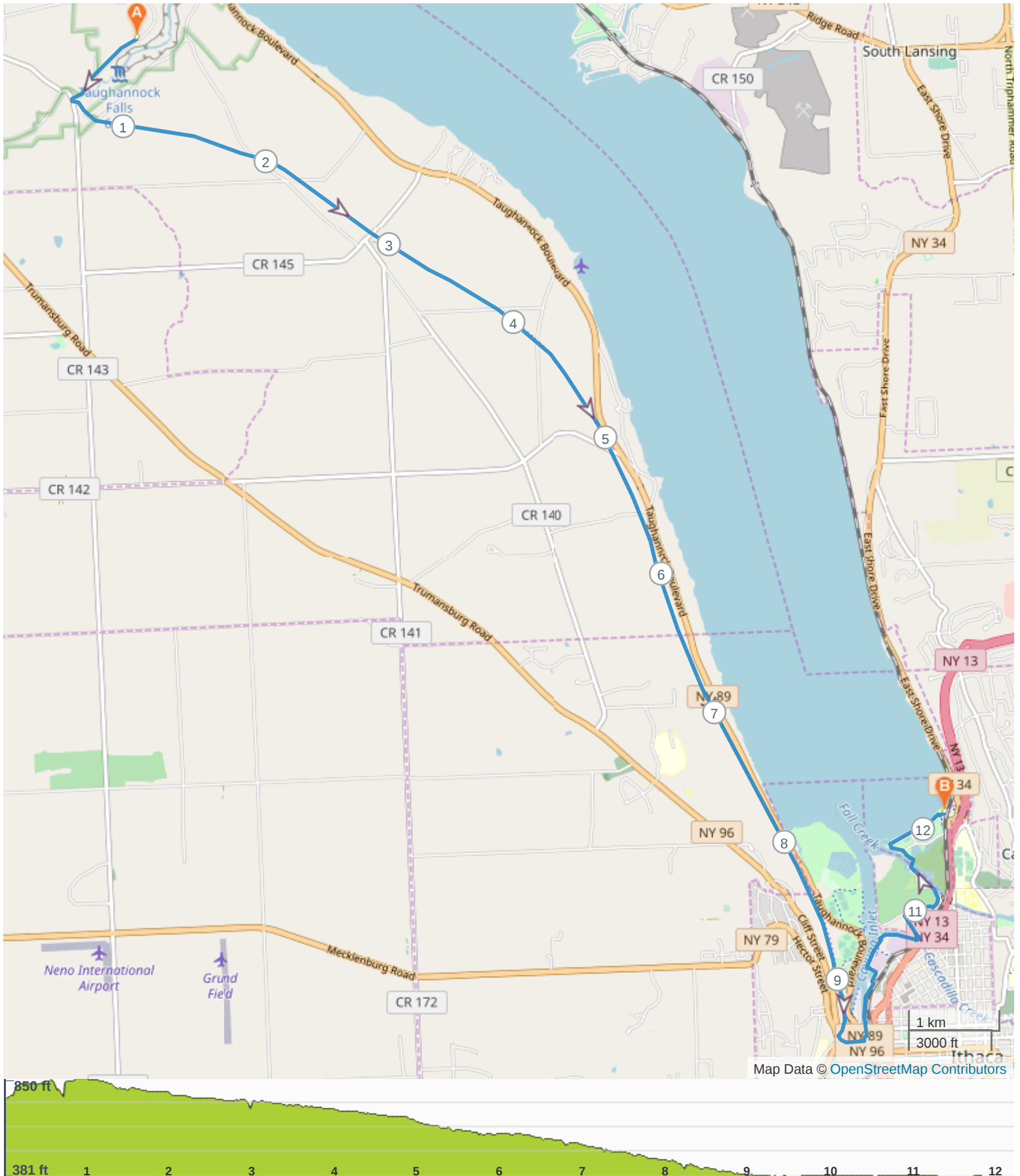


ROUTE LENGTH	12.214 miles
ASCENT	321 ft
DESCENT	698 ft
HILLS	⬆ 14.2% ⬇ 49.1% ➡ 36.7%
TERRAIN	Road 🛣
START	LAT: 42.538892, LNG: -76.608075



NOTES

CAU DAY 2 PM Black Diamond Trail



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.589	↖	Keep left onto Jacksonville Road
3	0.602	←	Turn left onto Jacksonville Road
4	9.379	↙	Turn sharp left onto Cayuga Waterfront Trail
5	9.564	↘	Turn sharp right
6	9.568	→	Turn right onto Cayuga Waterfront Trail
7	9.687	←	Turn left
8	9.691	↙	Turn sharp left onto Cayuga Waterfront Trail
9	10.721	↗	Turn slight right onto Cayuga Waterfront Trail
10	10.725	↗	Keep right onto Cayuga Waterfront Trail
11	12.161	←	Turn left onto Stewart Park Road
12	12.167		Keep left
13	12.214		FINISH



CAU Day 3 Lansing

ROUTE INFORMATION



ROUTE LENGTH 12.767 miles

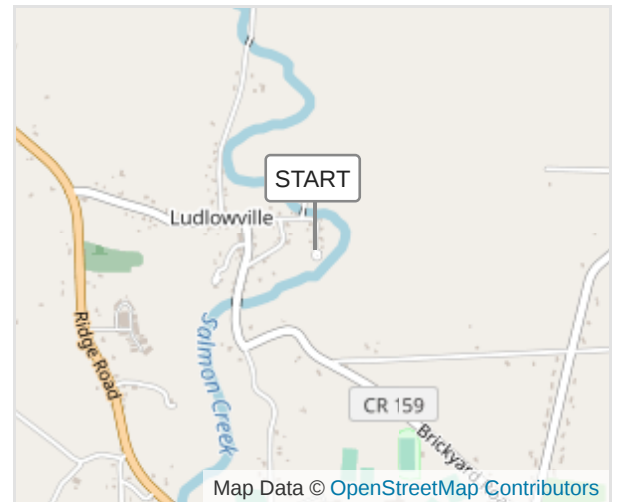
ASCENT 862 ft

DESCENT 908 ft

HILLS ⬆ 38.2% | ⬇ 42.1% | ➡ 19.7%

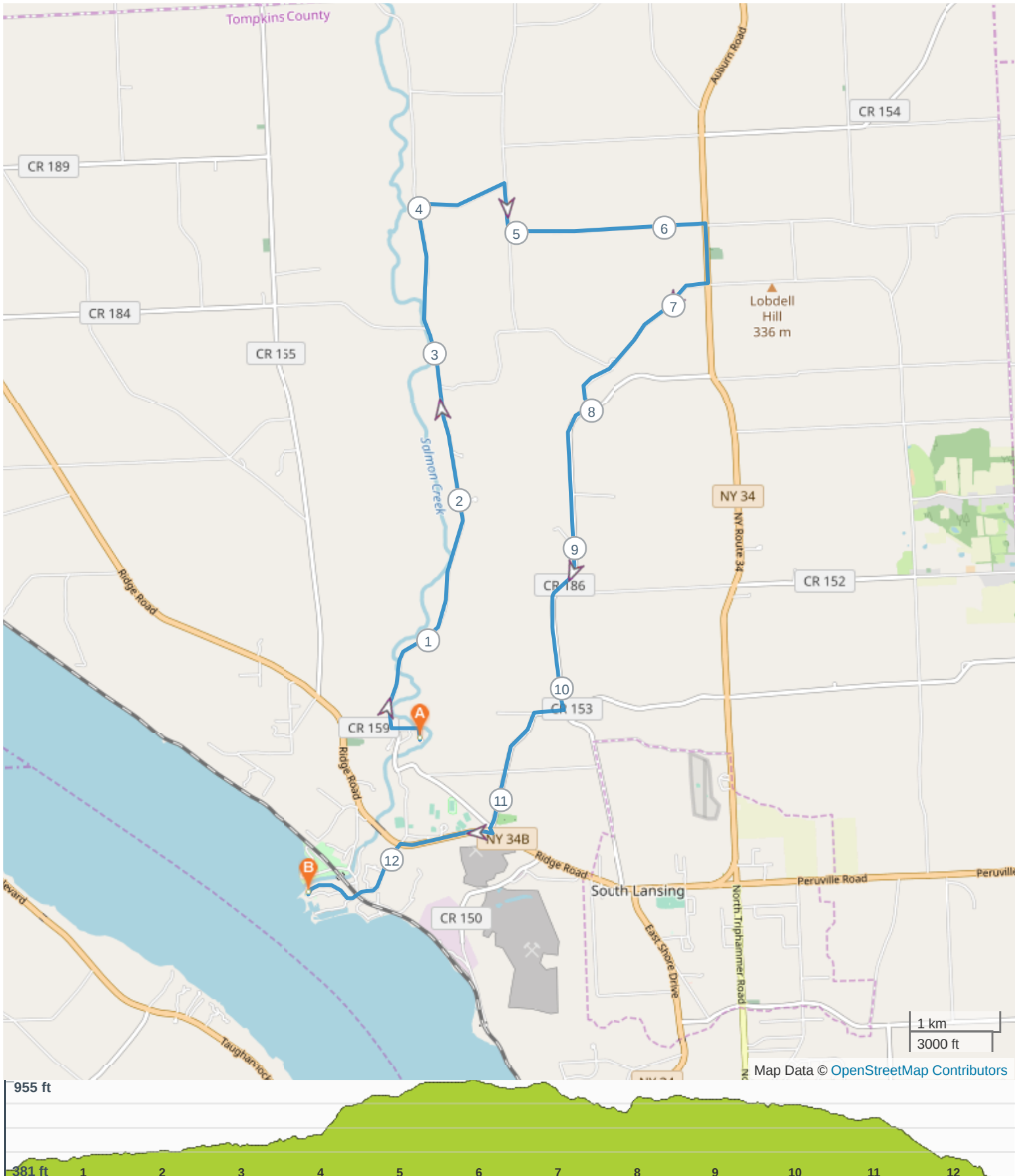
TERRAIN Road **A**

START **LAT: 42.552407, LNG: -76.534542**



NOTES

CAU Day 3 Lansing



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on Mill Street
2	0.287	➔	Turn right onto Salmon Creek Road
3	4.001	➔	Turn right onto Brooks Hill Road
4	4.627	⬅	Turn left onto Holden Road
5	4.956	⬅	Turn left onto Storm Road
6	6.287	➔	Turn right onto NY Route 34
7	6.696	➔	Turn right onto Gulf Road
8	7.987	➔	Turn right onto Conlon Road
9	10.156	⬅	Turn left onto Buck Road
10	11.206	↘	Turn sharp right onto Brickyard Road
11	11.250	⬅	Turn left onto Ridge Road
12	11.887	⬅	Turn left onto Myers Road
13	12.427	↗	Turn slight right onto Park Park Road
14	12.475		Keep right onto Lansing Park Road
15	12.767		FINISH



CAU Day 4 AM Danby

ROUTE INFORMATION

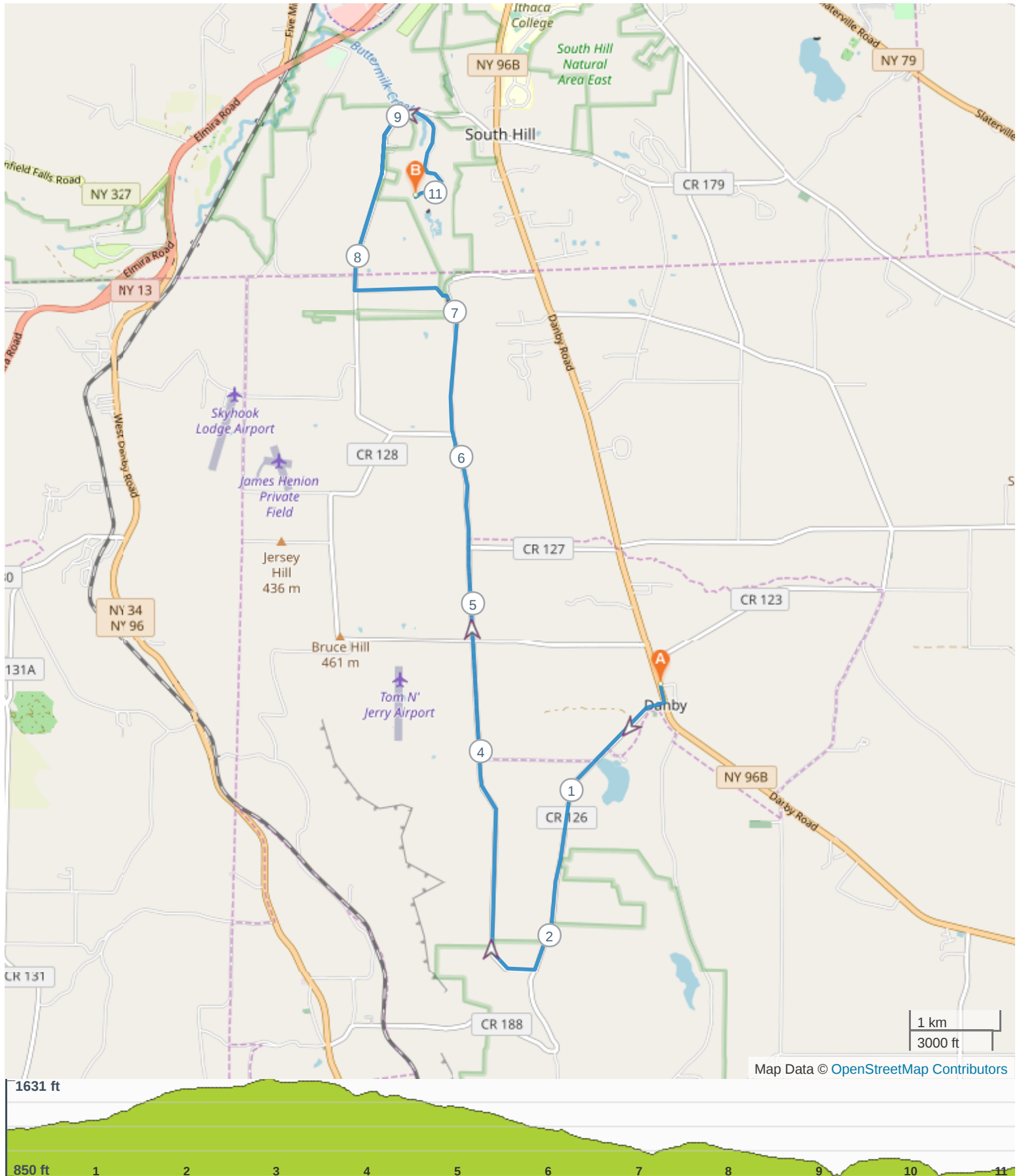


ROUTE LENGTH	11.147 miles
ASCENT	843 ft
DESCENT	1145 ft
HILLS	⬆ 38.2% ⬇ 52.3% ➡ 9.6%
TERRAIN	Road 🏠
START	LAT: 42.354146, LNG: -76.481406



NOTES

CAU Day 4 AM Danby



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.007	←	Turn left onto Danby Road
3	0.128	→	Turn right onto Bald Hill Road
4	2.262	→	Turn right onto Comfort Road
5	7.105	←	Turn left onto Yapple Road
6	7.756	→	Turn right onto West King Road
7	10.316	→	Turn right onto Upper Buttermilk Falls Road
8	11.136	←	Turn left
9	11.147		FINISH



CAU DAY 4 PM Shindagin

ROUTE INFORMATION



ROUTE LENGTH 13.385 miles

ASCENT 620 ft

DESCENT 1187 ft

HILLS ⬆ 26.8% | ⬇ 54.8% | ➡ 18.4%

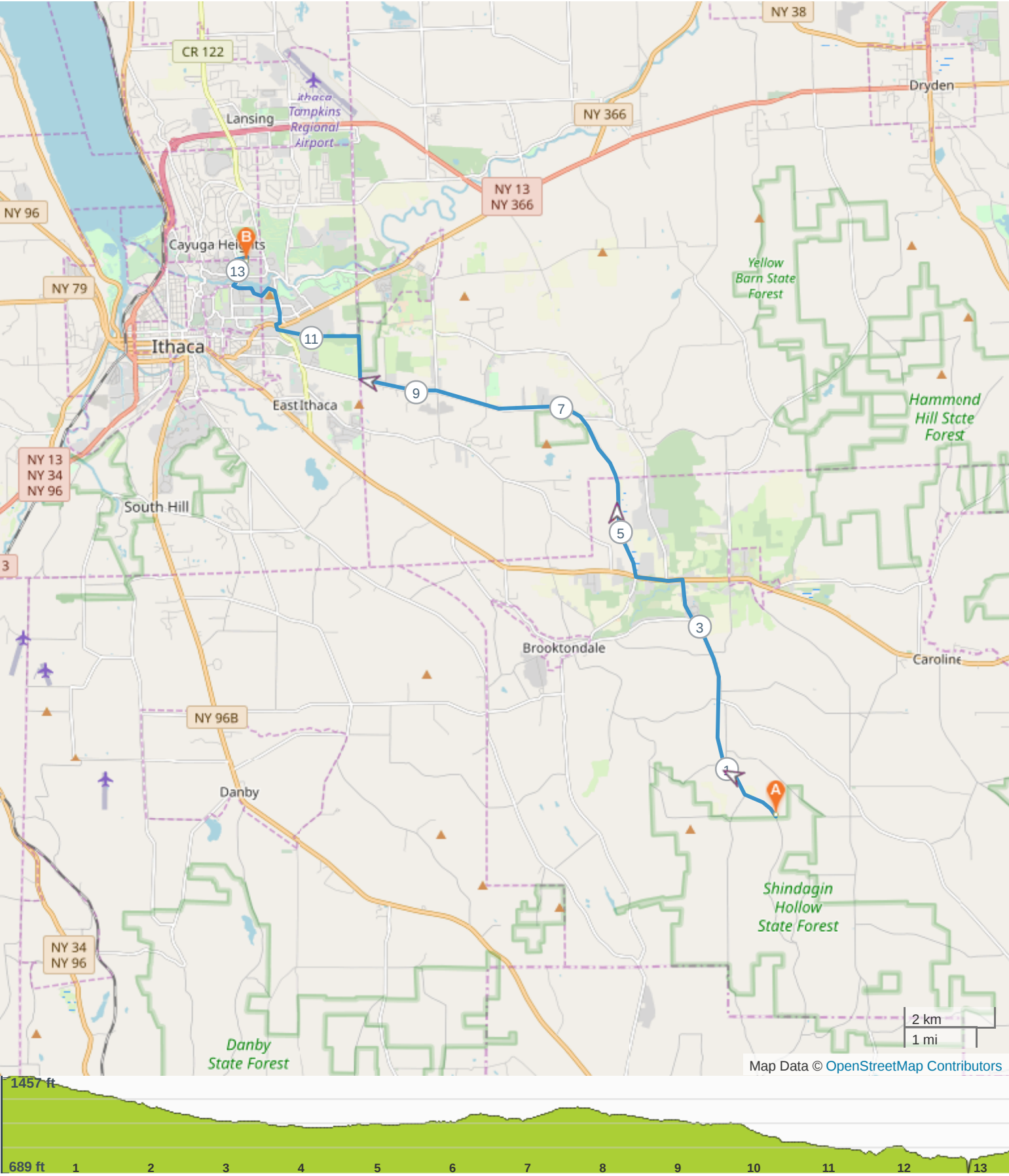
TERRAIN Mixed

START **LAT:** 42.347257, **LNG:** -76.338182



NOTES

CAU DAY 4 PM Shindagin



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on Shindagin Hollow Road
2	3.098	➔	Turn right onto Boiceville Road
3	3.688	➡	Turn left onto Slaterville Road
4	4.329	⬅	Turn sharp left onto Thomas Road
5	6.681	⬅	Turn slight left onto Ellis Hollow Road
6	7.294	➔	Turn right
7	7.300	➔	Turn right onto Ellis Hollow Road
8	8.700	➔	Turn right onto Turkey Hill Road
9	8.705	➔	Turn right onto Ellis Hollow Road
10	9.765	⬅	Turn sharp left onto Game Farm Road
11	10.344	➔	Turn right onto Dryden Rail Trail
12	11.435	↗	Keep right onto East Ithaca Recreation Way
13	11.532	➡	Turn left
14	11.692	➔	Turn right onto Campus Road
15	11.697	➡	Turn left onto Judd Falls Road
16	11.852	➔	Turn right onto Tower Road
17	11.853	➔	Turn right onto Judd Falls Road
18	12.077	➡	Turn left onto McIntyre Place
19	12.171	➡	Turn left onto Forest Home Drive
20	12.727	⬇	Turn sharp right
21	12.731	➔	Turn right onto Forest Home Drive
22	12.737	⬇	Turn sharp right onto Thurston Avenue
23	12.881	➔	Turn right onto Wait Avenue
24	13.000	➔	Turn right onto Triphammer Road
25	13.142	➔	Turn right onto Jessup Road
26	13.299	⬅	Turn sharp left onto Northcross Road
27	13.385		FINISH



CAU Day 5 Owasko

ROUTE INFORMATION

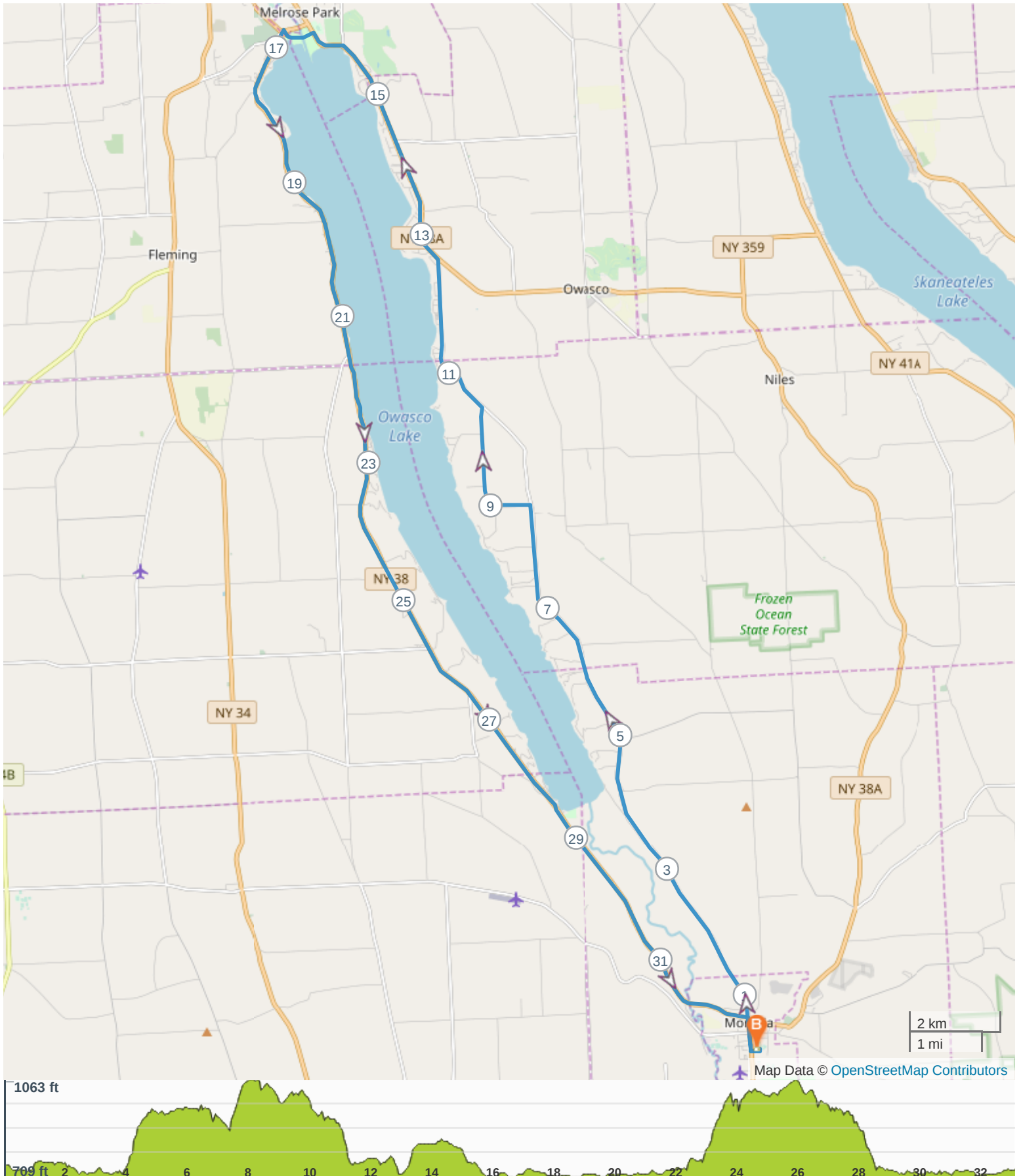


ROUTE LENGTH	33.112 miles
ASCENT	1837 ft
DESCENT	1840 ft
HILLS	⬆ 37.3% ⬇ 35.0% ➡ 27.7%
TERRAIN	Road 🏠
START	LAT: 42.706879, LNG: -76.419154



NOTES

CAU Day 5 Owasco



ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on
2	0.141	➔	Turn right
3	0.195	➔	Turn right onto South Main Street
4	8.430	⬅	Turn left onto Sam Adams Road
5	10.313	⬅	Turn left onto Rockefeller Road
6	12.405	➔	Turn right
7	12.421	➔	Turn right onto Rockefeller Road
8	12.565	⬅	Turn left onto East Lake Road
9	13.061		Keep left onto Schmidt Lane
10	13.279	↰	Turn slight left onto East Lake Road
11	16.253	⬅	Turn left
12	16.345	⬅	Turn left
13	16.353	➔	Turn right
14	16.678	⬇	At roundabout, take exit 4 onto State Highway 38
15	16.837	↗	Turn slight right onto West Lake Road
16	22.164	⬅	Turn left onto Fire Lane 31
17	22.315	⬅	Turn left onto West Lake Road
18	28.322	⬇	Turn sharp left
19	28.454		Keep right
20	28.518	↰	Turn slight left onto West Lake Road
21	32.579	➔	Turn right onto Main Street
22	33.039	⬅	Turn left
23	33.112		FINISH