ITH

ACA
GOR
GES
NATURE ON CAMPUS

Go hiking or take a stroll around campus at these beautiful spots that make our campus so unique!

GET INVOLVED!
Join Nature Rx (naturerx.cornell.edu) if you want to help connect our Cornell community to the natural beauty of our campus.

GORGE SAFETY

Multiple studies have concluded that spending a few hours each week in nature can improve mood, cognitive ability, alertness, ability to concentrate, social connection, and overall sense of well-being.
Gorge swimming is prohibited on Cornell’s campus. Follow gorge regulations for your own safety. Visit gorgesafety.cornell.edu for more information.

Visit tinyurl.com/studentgreenguide to learn more about sustainable living at Cornell!

KAYAK/CANOEING

CAYUGA LAKE
SWIMMING

TAUGHANNOCK FALLS STATE PARK

ROBERT H. TREMAN STATE PARK
BEEBE LAKE
ITHACA IS GORGE

GET INVOLVED

CORNELL BOTANIC GARDENS

CASCADILLA GORGE

MEER LANE

PULL CREEK GORGE

FAIRFAX MILL GORGE

MITCHELL WILLOT GORGE

INTERMURAL FALLS STATE PARK

CASCADILLAfälle STATE PARK

KAYAK/CANOERING

SWIMMING

GORGE SAFETY

With gallons of water, the gorge is a special place.
Follow guidelines and enjoy your time safely.

Gorge swimming is prohibited on Cornell's campus.