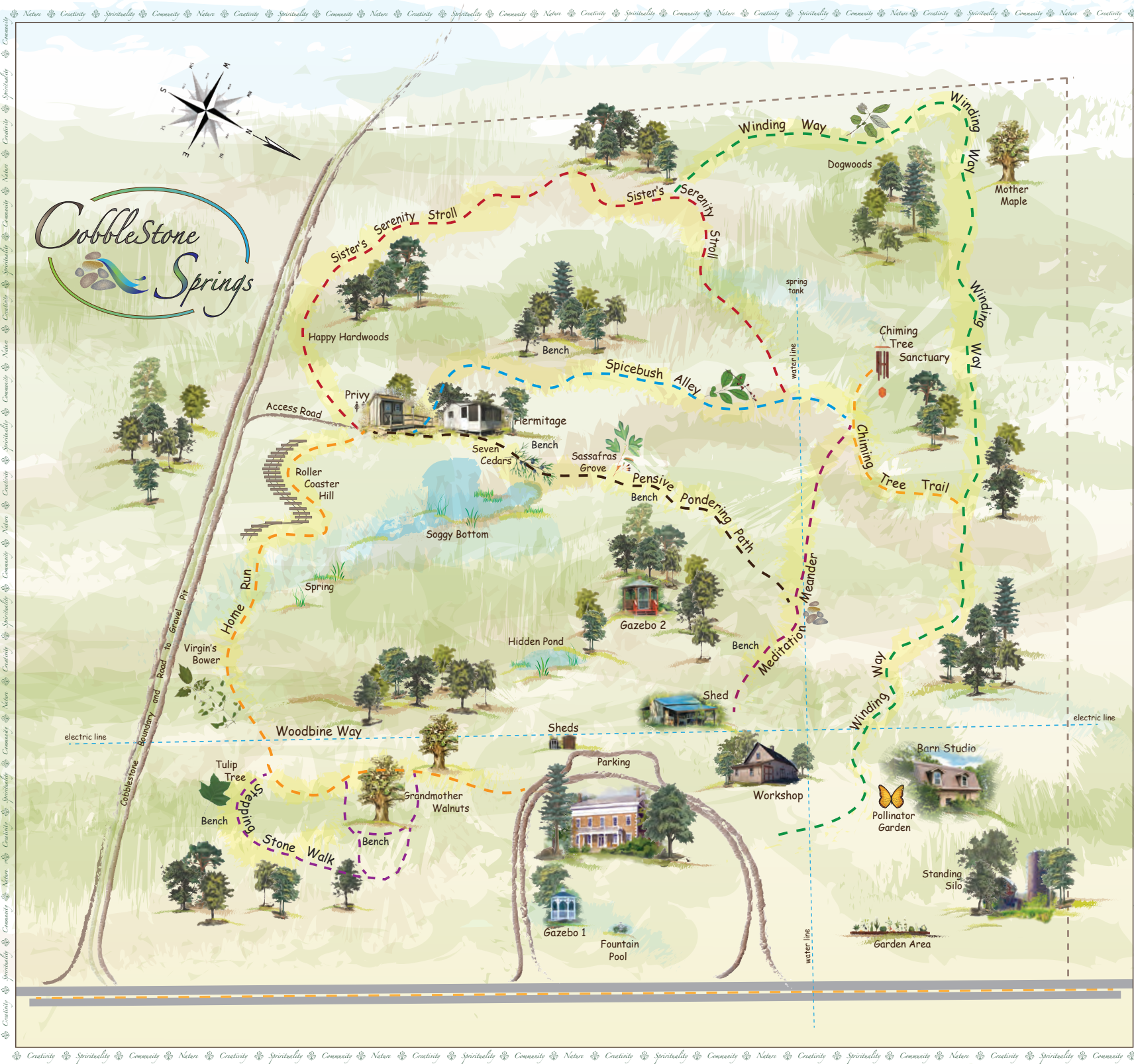


Welcome to Cobblestone Springs Trail System



The trails shown here total less than a mile of easy walking, with much to see along the way. An outer loop (Winding Way to Sisters Serenity Stroll to Home Run) follows the perimeter of the property and offers higher ground. The inner loop (Meditation Meander to Spicebush Alley to Pensive Pondering Pond Path) passes our "chapel," the Chiming Tree Sanctuary, and reaches the Hermitage and Privy to connect with the outer loop near the pond and springs. Downhill brings you back to the main house.

To the lower left of the map, you'll see a small side loop, the Stepping Stone Path. Here short trails wander through the woods, with inspirational words on stones along the way. We encourage you to pause and reflect on whichever words fit your needs.

OUR NATURAL SURROUNDINGS

Trails wind through the woods to carry you into nature, where you can explore and refresh your senses. Benches in convenient locations allow you to rest and observe, and especially, to relax into the beautiful environment of our Finger Lakes area.

A WALK IN THE WOODS ~ YEAR AROUND

Surprises and treasures greet your explorations along our trails. Designed to be an outdoor opportunity for renewal, the trails encourage you to wander at will. Thanks to the numerous springs on the property, trails may be wet in some spots.



FLORA AND FAUNA

You will discover a diverse assortment of native shrubs and wildflowers. Native sassafras and spicebush, tulip trees, and wildflowers encourage our commitment to restore native plants and wildlife habitat. In mid-July, feel free to graze the numerous ripe black raspberries along the trails near Chiming Tree Sanctuary—a refreshing treat as you wander.

Once farmed, the property has reverted, through natural processes, into woodlands. Our “Grandmother Walnut” trees have reseeded the surrounding area, but invasive shrubs and other exotic plants have become abundant as well. If you’d like to learn a little more about the ecology of the area, ask our staff.

POLLINATOR GARDEN

At the beginning of Winding Way, our pollinator garden displays a mix of native and traditional garden plants. It’s a good place to get introduced to spicebush and some of the wildflowers that occur in more open meadows, as well as those you’ll see in the woods. If you’re patient, you may see bees or butterflies visiting the flowers; this garden is intended to be a feast for them!

Ask at the house for a list of plants seen here—and if you spot something we haven’t listed, please let us know!

Many black walnut trees make up the dominant structure of our woods, but careful observers will find ferns, wildflowers, and interesting shrubs. Honeysuckles and other invasive shrubs are more numerous than we would like, but you can still find diverse examples of the native flora of the Finger Lakes. Meet a few of the native shrubs and trees along our trails:



Spicebush seems to be everywhere, but it’s easiest to spot in early spring, when its bright yellow flowers fill the woods, feeding hungry pollinators well before orchard trees and wildflowers are available. The berries feed birds and small mammals when they ripen. Leaves and berries can also be used in teas.



Dogwoods are also abundant, and provide welcome clusters of white flowers in late spring and, later, berries relished by birds and mammals.



Older trees of red-cedar, or juniper, occur in only a few spots, especially near the Hermitage. They generally prefer drier open sites, and are gradually being replaced by species that tolerate wet soil and shade.



Virgin’s bower, or clematis, is a vine that is common on the south side, along Home Run trail. Its feathery fruits, its most unusual feature, are easily seen in fall.



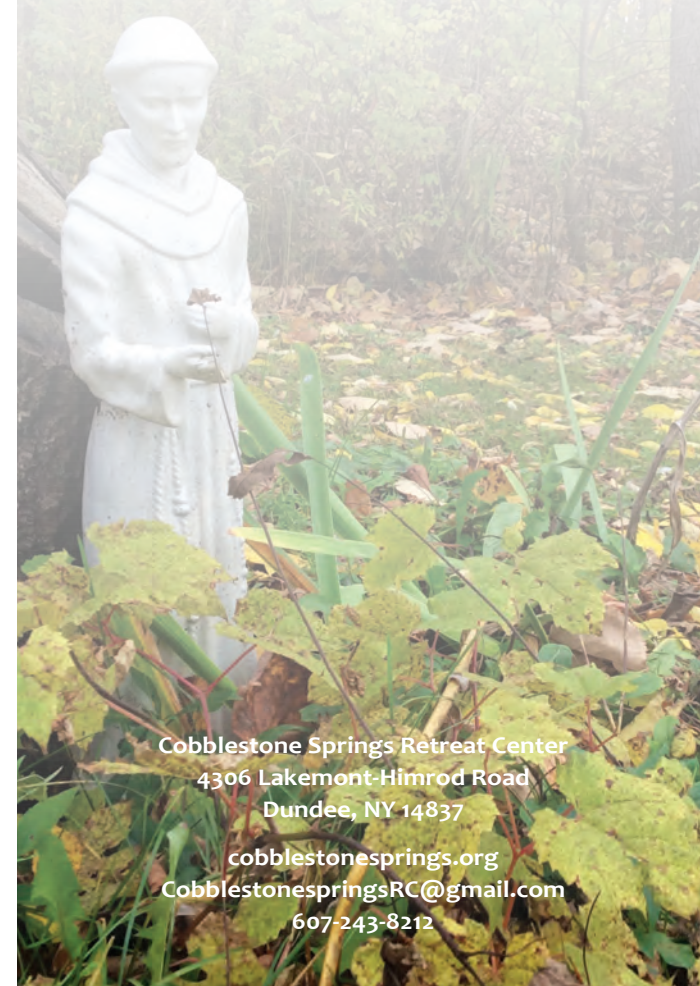
At “Sassafras Grove,” look for the mitten-shaped leaves on small seedlings along the trail, then try to find their “mother tree.” Roots of these plants were a source of original “root beer,” and its bark and roots are still used in herbal teas.



Tulip tree has leaves with a distinctive truncated shape, as if they’ve been munched. Its large yellow-orange flowers reveal its ties to the Magnolia family, but are rarely seen in the treetops above you. Keep a close eye to spot saplings along the trail.



MAP AND NATURE GUIDE



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