



Distance 0.9 miles full loop

Difficulty ★★ ★
relatively flat surface

Approx. Time 20 minutes
walking

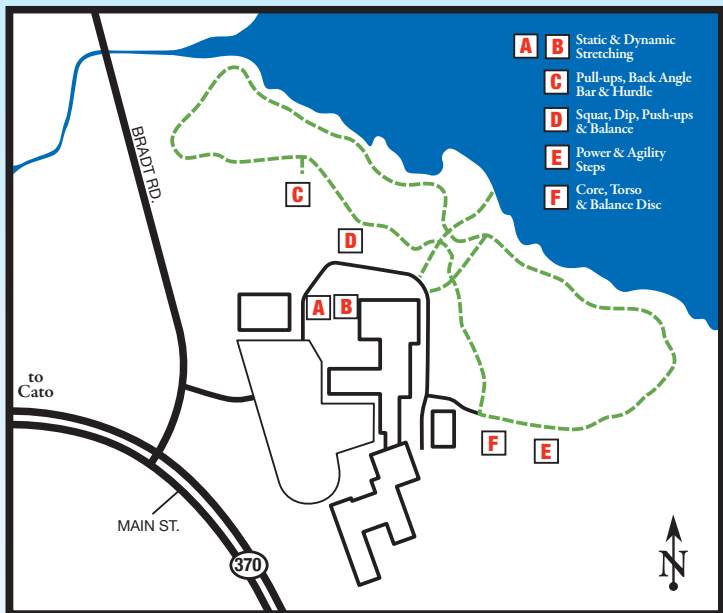
Cato-Meridian Recreation Trail

Cayuga County

HEALTHY CHOICES

TRAILS





- A B** Static & Dynamic Stretching
- C** Pull-ups, Back Angle Bar & Hurdle
- D** Squat, Dip, Push-ups & Balance
- E** Power & Agility Steps
- F** Core, Torso & Balance Disc

The trail is mostly grass and some sections of the trail may collect water and can be muddy in the spring.

There are several entrances to the trail.

Nature trail – is located behind the recreation center, middle and elementary schools.

Observatory station – in the center of the trail is a wooded pavilion with a bench located on the water. It is great for viewing migratory waterfowl in the fall and spring and other wildlife such as deer and bald eagles.

Bald eagle nesting sites – throughout the trail.

Placements of five fitness stations are located outside of the trail.

Station A Welcome Sign and Station B Static and Dynamic Stretching Station - are located on the front lawn of the recreation center.

Station C Pull ups, Back, Angle Bar and Hurdle and Station D Squat, dip, Push-ups and Balance Stations - are adjacent to the recreation center on the left side across the road near the trail entrance.

Station E Power and Agility Steps and Station F Core, Torso, and Balance Disc – are located in the back of the middle school building bordering the field hockey field.

Snowshoes are available for winter hiking when the Recreation Center is open. Participants must register and sign out the equipment at the main desk.

CATO-MERIDIAN RECREATION CENTER

2851 Route 370
 Cato, NY 13033 315-626-6735
catomeridian.org/rec.cfm

