The Nathaniel Rand '12 Memorial Gorge Safety Education Program, Cornell University's gorge safety educational effort, is named in memory of a student who died in a gorge drowning accident in July 2011. The program's goal is to prevent future tragedies by informing visitors about safe and responsible use of the gorges. The program currently includes educational initiatives such as the gorge stewards, orientation hikes for new students, educational programming for orientation leaders and residence advisors, a gorge safety website and video, and this brochure.

About Cornell Plantations

Fall Creek and Cascadilla gorges and their trails are part of 3,400 acres of natural areas, both on-campus and throughout the region, managed by Cornell Plantations in support of Cornell's academic mission.

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 gorge and its forested, rocky slopes from five trails. The Risley Trail and the Horseshoe Falls Trail follow steps down to viewing areas at creek level. The Rim Trail and the pedestrian suspension bridge offer stunning views of the gorge. The Triphammer Foot Bridge offers a bird’s-eye view of Triphammer Falls below. 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.

Upper Cascadilla Gorge Trail

This trail is accessible from seven entry points, and follows Cascadilla Creek along a gentler grade, offering an easy hike. Eddy Dam Bridge crosses over a scenic waterfall at the trail’s east end. The trail is open year round, but only a small portion is maintained during winter.

FOR EMERGENCIES CALL: 607-255-1111

“These waters are extremely dangerous and are filled with entangling debris. Several undercutts 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