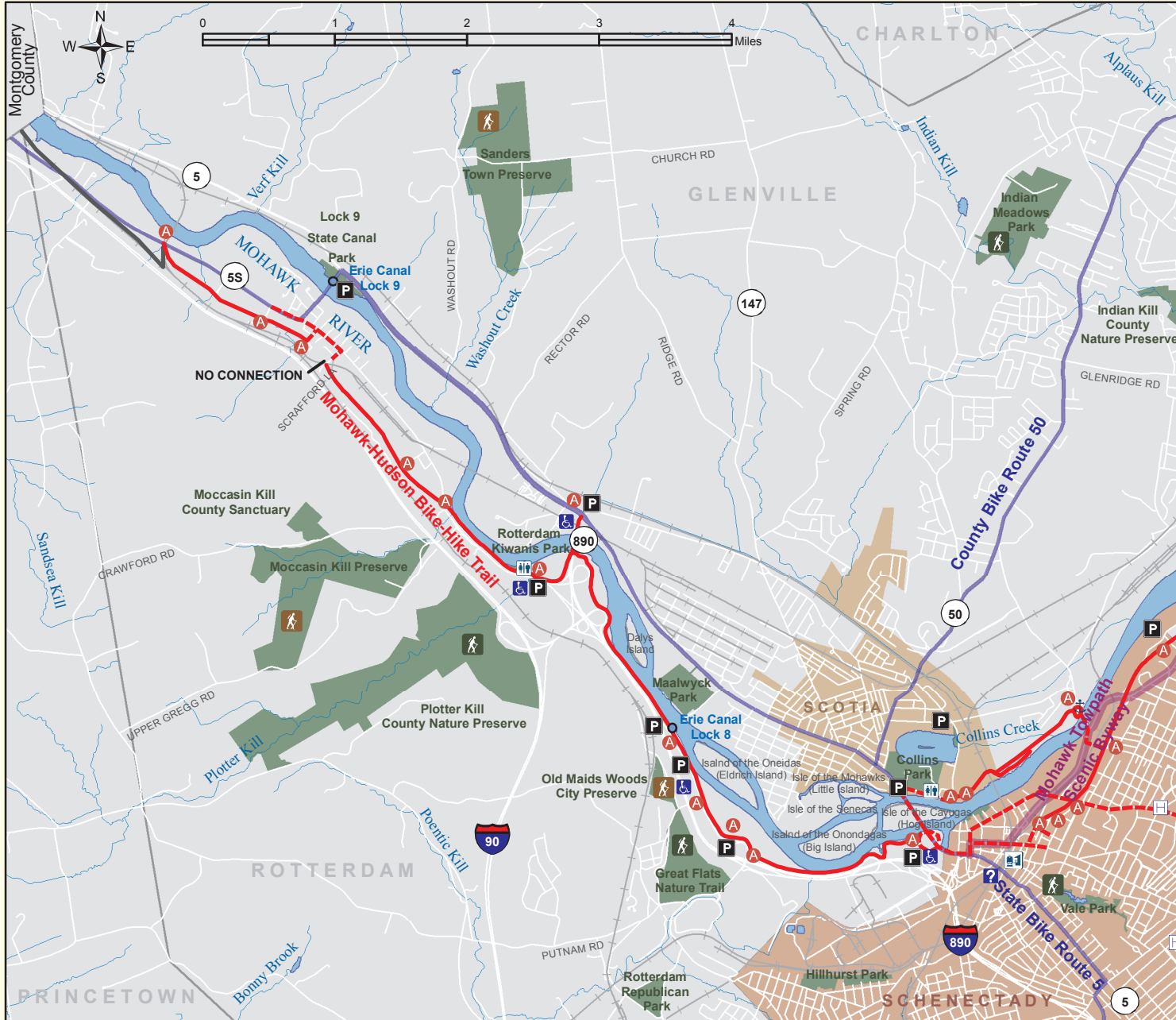


MOHAWK-HUDSON BIKE-HIKE TRAIL - SCHENECTADY COUNTY

The Mohawk-Hudson Bike-Hike Trail is the region's most continuous bicycle and pedestrian facility. Most of the trail is paved and off-road; built upon former railroad grades and canal towpaths. Portions of the trail travel on local streets. The Schenectady County portion of the trail stretches across the entire county generally following the Mohawk River. Including both on and off-road sections, the facility provides over 20 miles of trail. For more information on the Schenectady County portion of the trail contact the Schenectady County Planning Department at (518) 386-2225.

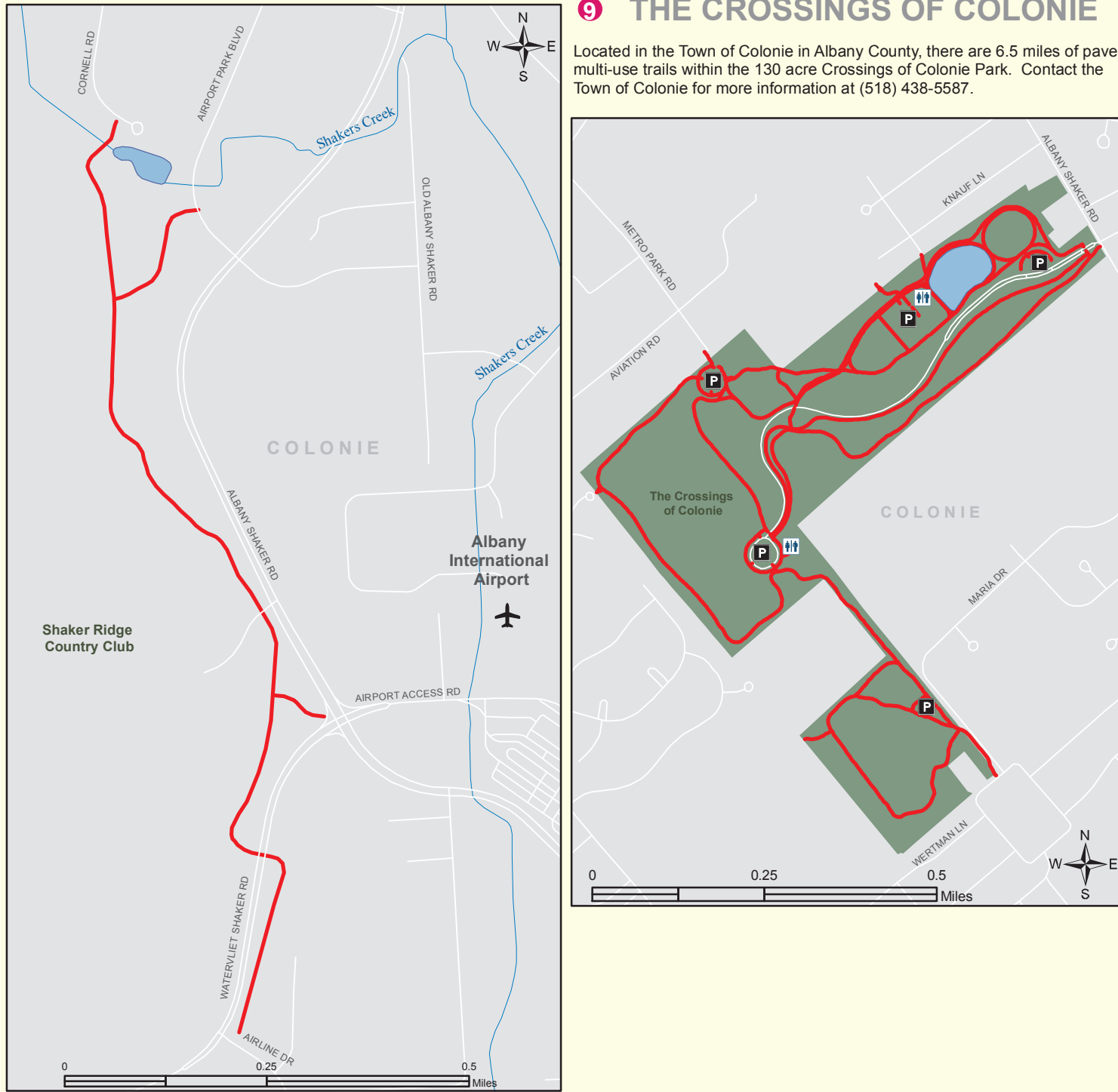
1 ROTTERDAM - NISKAYUNA

The current western terminus of the trail in Schenectady County is in the Town of Rotterdam. A connection from this point west to the existing Canaway trail in Montgomery County is expected to be completed in 2008. Within the Town of Rotterdam the trail is primarily off-road with the exception of a short on-road portion along State Route 55 from Westina Street to Scafford Lane. Currently the connection from Scafford Lane to the off-road trail is not accessible due to potential safety hazards posed by crossing active railroad tracks. East of Scafford Lane the trail remains off-road through the Town of Rotterdam. The trail is accessible from the Town of Glenville via the State Route 890 Bridge over the Mohawk River. At Collins Park in the Village of Scotia a portion of off-road trail exists north of the Mohawk River. In the City of Schenectady the trail follows city streets for a short distance and then turns off-road as it continues northeast into the Town of Niskayuna.



6 ALBANY SHAKER TRAIL

The Albany Shaker Trail is a paved trail mainly along Albany Shaker and Watervliet Shaker Roads in the Town of Colonie in Albany County. The trail connects to the British American Office Park. Construction is currently under way on the southern end along Watervliet Shaker Road to Antine Drive. For more information contact the Albany County DPW at (518) 765-2055.



9 THE CROSSINGS OF COLONIE

Located in the Town of Colonie in Albany County, there are 6.5 miles of paved multi-use trails within the 130 acre Crossings of Colonie Park. Contact the Town of Colonie for more information at (518) 438-5587.

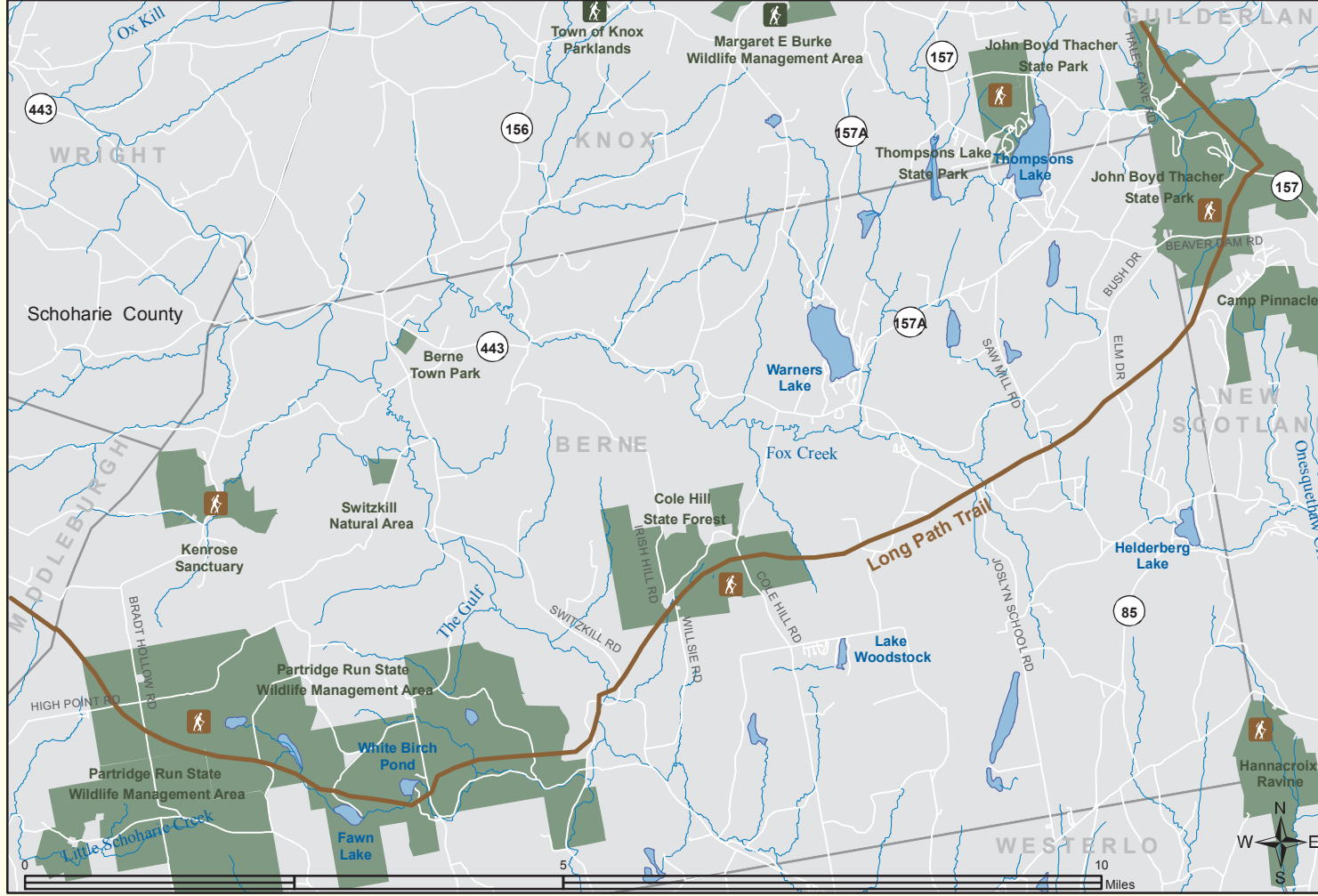


18 THE LONG PATH TRAIL

The Long Path Trail is a 326 mile hiking path stretching from the George Washington Bridge in Fort Lee, New Jersey to John Boyd Thacher State Park in the Towns of New Scotland and Guilderland in Albany County. There are future plans to extend the trail to the Adirondack Mountains.

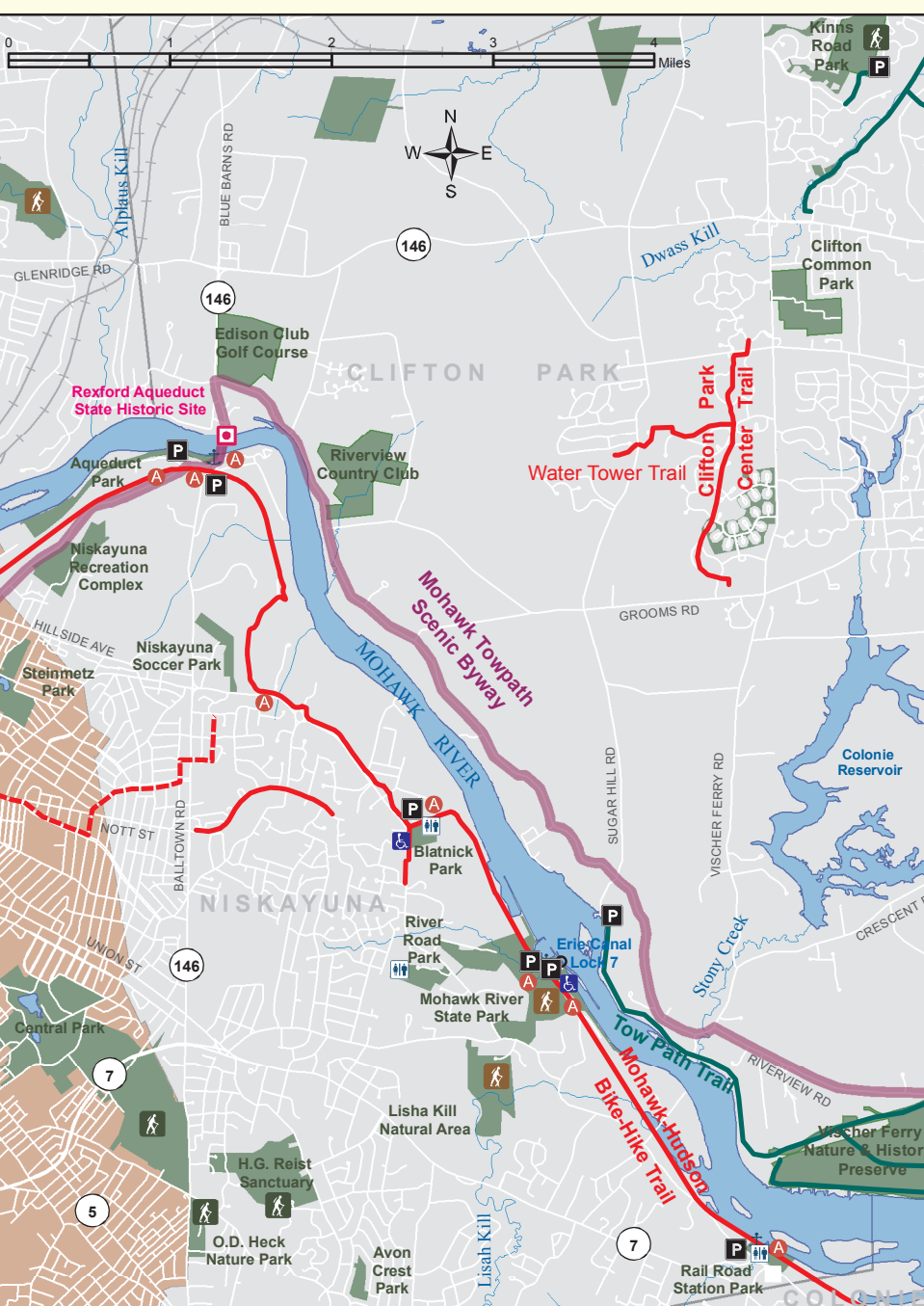
The Long Path Trail enters the western portion of Albany County in the Town of Berne, near Partridge Run Wildlife Management Area. Glimpses of the peaks of the Catskill Mountains can be seen as the trail passes through Partridge Run. Leaving Partridge Run and heading northeast, the trail crosses private land and continues through Cole Hill State Forest. East of Cole Hill the trail follows the Helderberg Escarpment to its current northern terminus in John Boyd Thacher State Park. Within the park The Long Path follows the historic Indian Ladder Trail with spectacular views of the Hudson Valley and The Taconic Mountains.

The Long Path Trail is marked for the majority of its length. Sections of the trail traverse private land, please respect the private landowners. During big game hunting season the trail is closed. For more information contact the New York-New Jersey Trail Conference at (212) 665-5699.



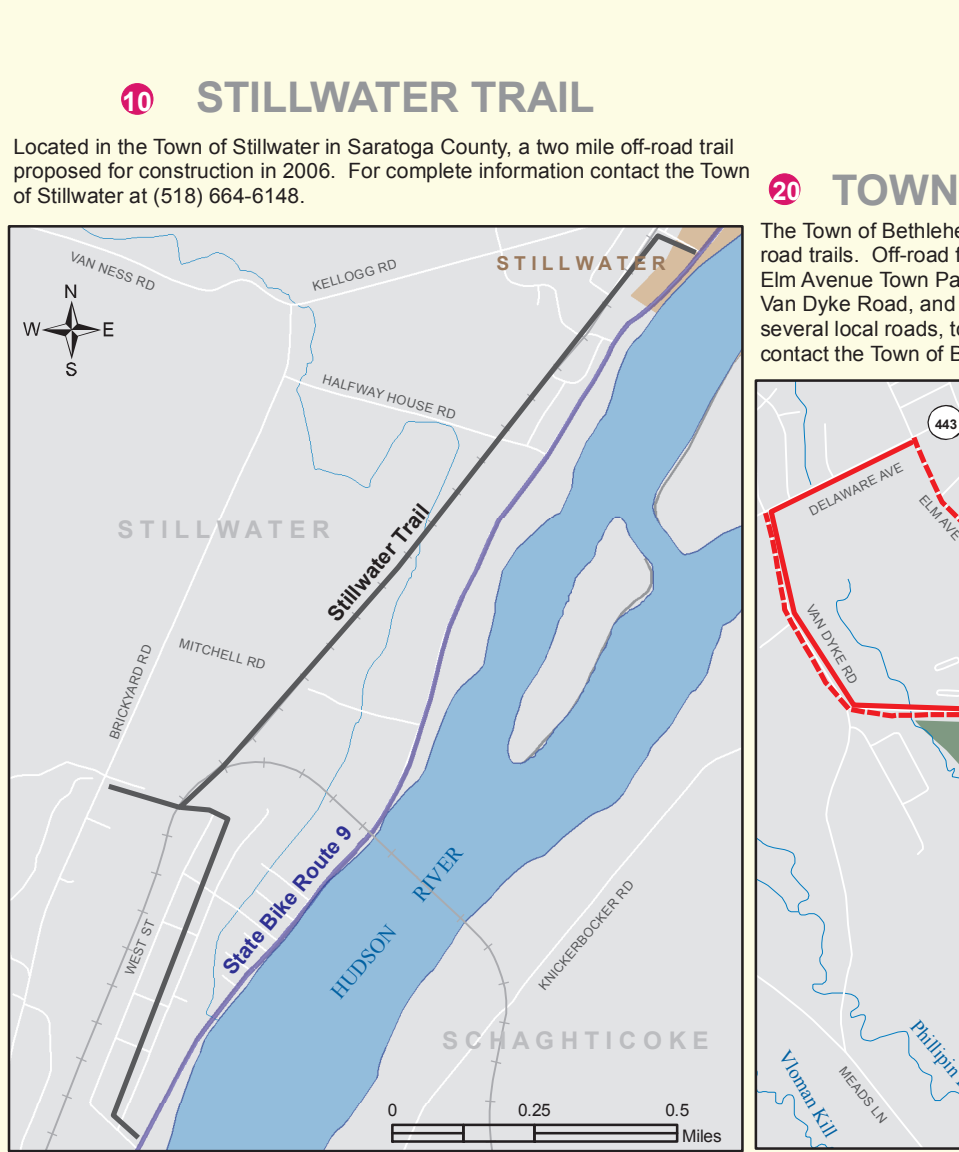
2 NISKAYUNA

The remainder of the Mohawk-Hudson Bike-Hike Trail in Schenectady County is within the Town of Niskayuna. There are many parks and trail amenities located in this stretch of the trail. In addition to the Mohawk-Hudson Bike-Hike Trail, a paved one mile trail exists in the Town of Niskayuna along Not St. East from just east of Balltown Road to just west of Fox Hollow Road.



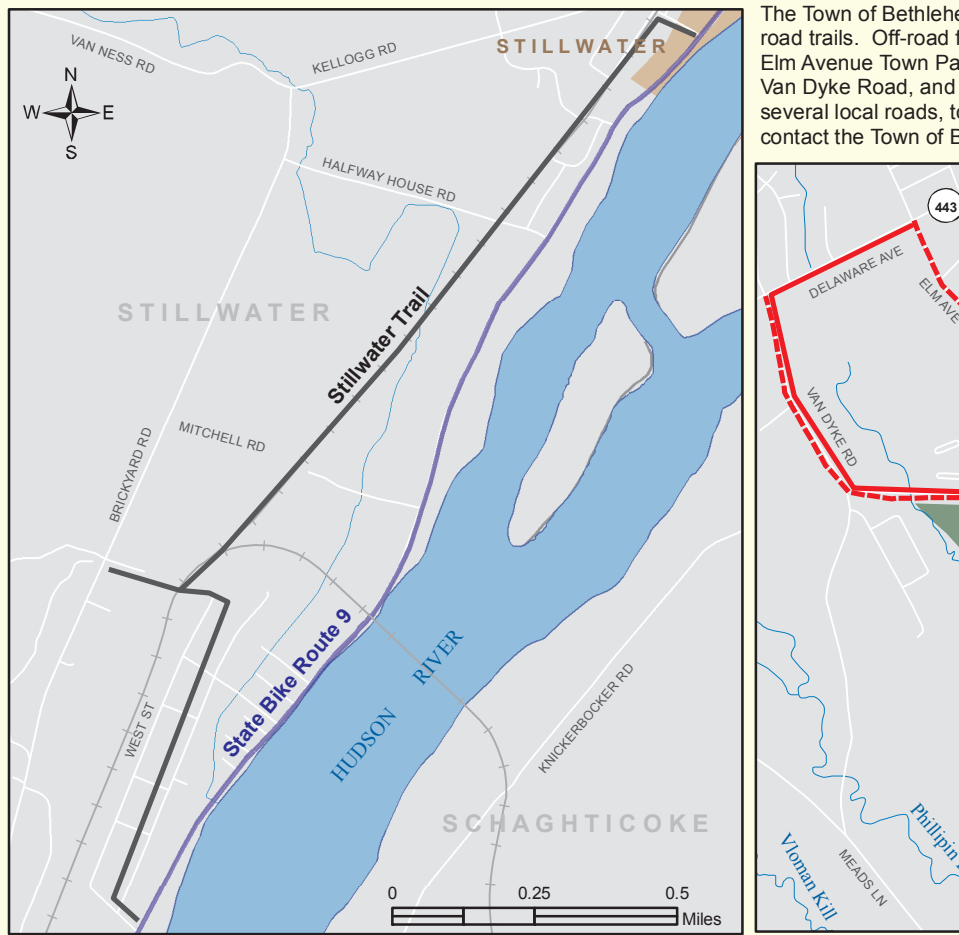
11 VISCHER FERRY NATURE & HISTORIC PRESERVE

Approximately 10 miles of level walking and nature trails located in the Town of Clifton Park in Saratoga County. The towpath of the old Erie Canal passes through the preserve and continues west to a lookout over falls and Lock 7 of the modern Erie Canal. For more information contact the Town of Clifton Park at (518) 371-6651.



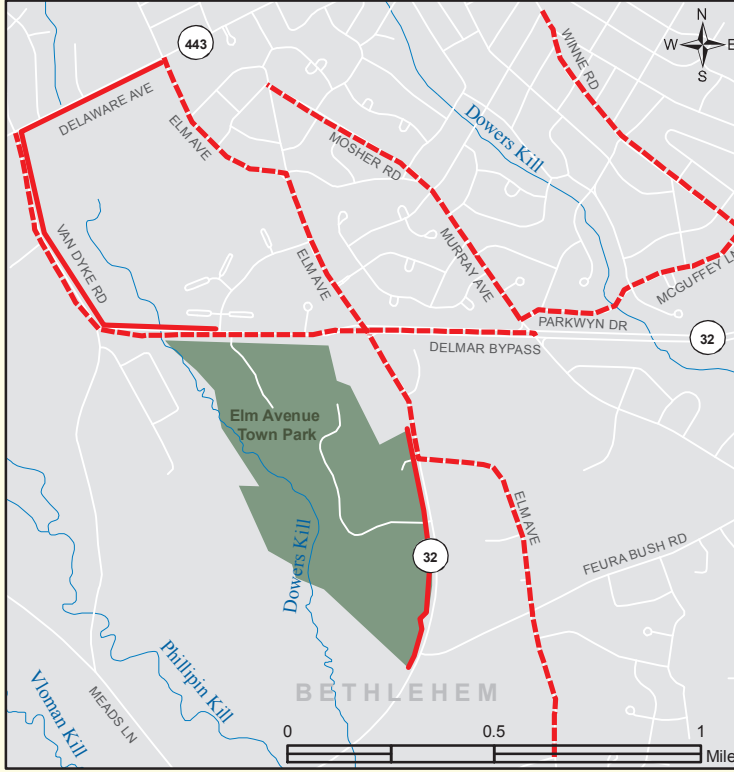
16 STILLWATER TRAIL

Located in the Town of Stillwater in Saratoga County, a two mile off-road trail proposed for construction in 2005. For complete information contact the Town of Stillwater at (518) 664-5148.



20 TOWN OF BETHLEHEM TRAILS

The Town of Bethlehem in Albany County contains several miles of on and off-road trails. Off-road facilities include a half mile trail along the eastern edge of Elm Avenue Town Park as well as a one mile trail along the Delmar Bypass, Van Dyke Road, and Delaware Avenue. On-road bicycle routes are signed on several local roads, totalling approximately five miles. For more information contact the Town of Bethlehem at (518) 439-4955.



LEGEND

- Trail Access
- Trailhead Parking
- Restroom Facilities
- Accessible Trailhead
- Visitors Center
- Hospitals
- Amtrak Stations
- Interstates
- State Routes
- Railroad Tracks
- Streams
- Nature or Walking Trail
- Hiking Trail
- Multi-Use Trail
- Off-Road Bike Trail
- Signed On-Road Bike Route
- State/County Bike Route
- Scenic Byway
- Proposed Trail Construction 2006
- Roads
- Lakes and Rivers
- Parks and Recreational Lands
- Villages
- Cities
- Canal Lock
- Boat Launch
- Historic Sites
- Hiking Trails
- Nature/Walking Trails
- Bikes Prohibited
- Points of Interest
- US Routes

ON-ROAD BICYCLING

- Obey all traffic signs and signals. Stop at red lights and follow lane markings.
- Always travel in the appropriate direction. Ride right with traffic. Do not ride on sidewalks.
- When turning, use turn lanes and proper hand signals.
- Be cautious of hazards in the roadway such as drainage grates, potholes, sand, gravel, and other debris.
- Stay aware of traffic around you. Confirm that you are seen by making eye contact with motorists at intersections and when merging.
- Be aware of parked vehicles, opening doors and re-entering traffic.

SAFETY

- Bicyclists and inline skaters are strongly encouraged to wear helmets and other protective gear at all times.
- Wear reflective clothing and use lights/reflectors when traveling at night or in low visibility conditions.
- Make sure all equipment is in proper working condition.
- Maintain a safe and controllable speed at all times.
- Be alert when crossing roadways. With the absence of motor vehicles on trails, do not become lulled into a false sense of security.

3 RENSSELAER LAKE TRAIL

Approximately one mile of paved trail located in the City of Albany traversing the Rensselaer Lake Preserve and Park and the Albany Pine Bush Preserve. The trail is level and accessible. Contact the Albany Pine Bush Preserve Commission at (518) 456-0655 for more information.

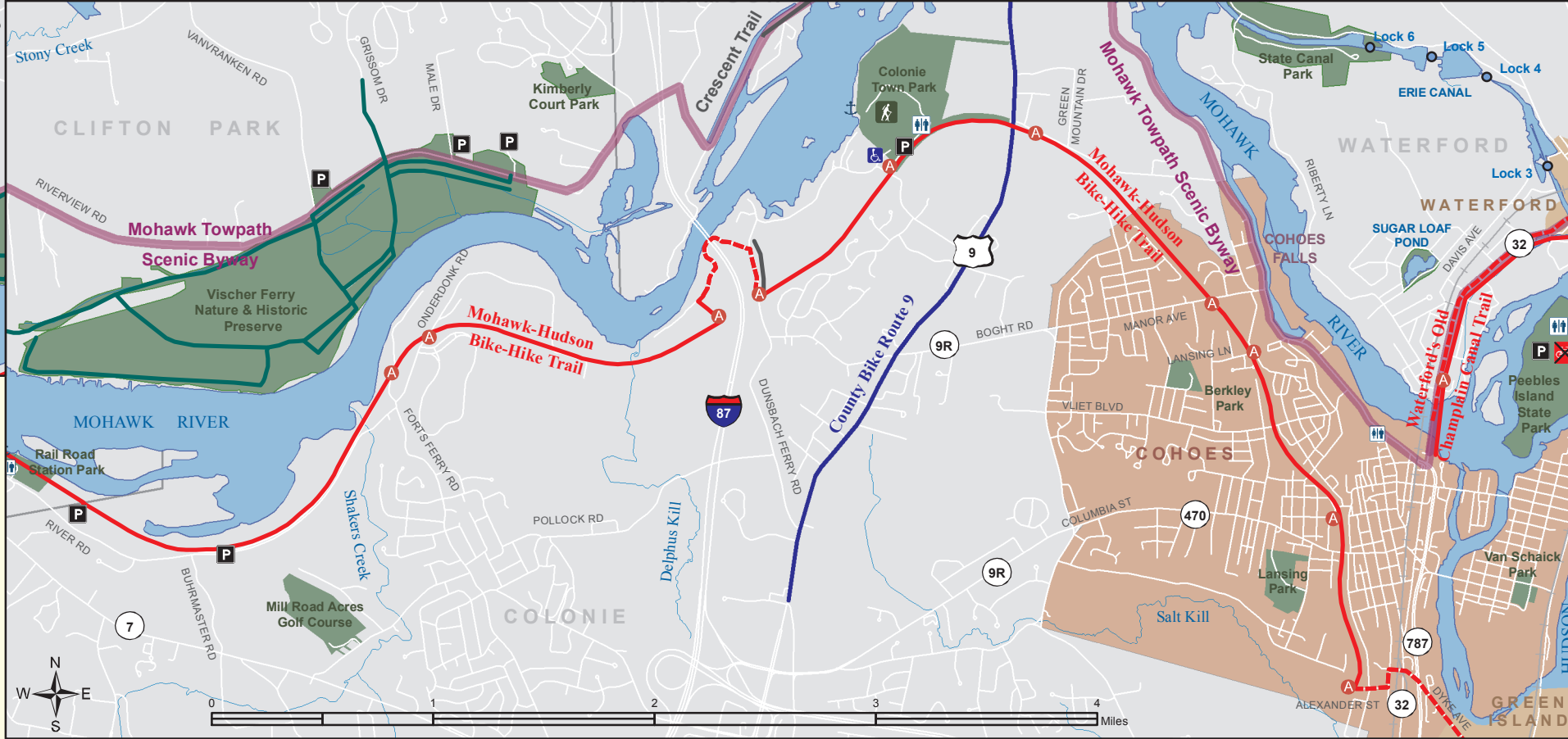


MOHAWK-HUDSON BIKE-HIKE TRAIL - ALBANY COUNTY

In general the Albany County portion of the Mohawk-Hudson Bike-Hike Trail follows the course of the Mohawk River from the Schenectady/Albany County boundary through the Town of Colonie eastward near the confluence of the Mohawk and Hudson Rivers in the City of Cohoes. From this point the trail heads south along local roads in the Village of Green Island and the City of Watervliet. At the southern end of Watervliet the trail returns off-road and follows the shoreline of the Hudson River through the Village of Menands into the City of Albany. Including both on and off-road sections, the facility provides over 15 miles of trail. For more information on the Albany County portion of the trail contact the Albany County DPW at (518) 765-2055.

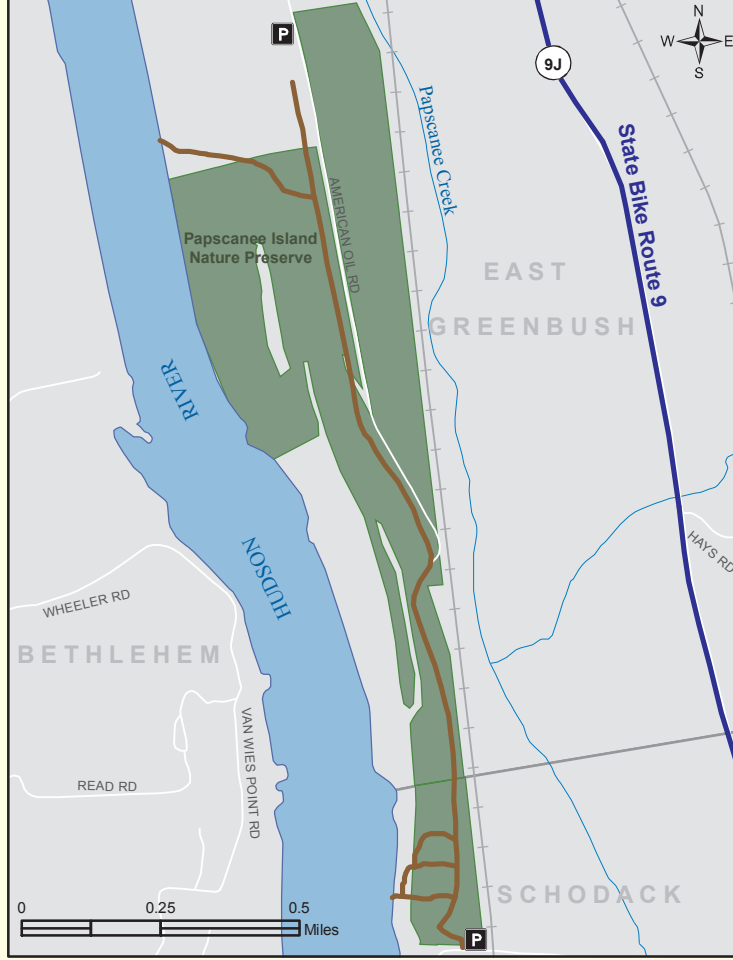
12 COLONIE - GREEN ISLAND

The trail is primarily off-road in the Town of Colonie with the exception of a small on-road section near Interstate 87. The on-road segment of the trail along Dunsbach Ferry Road will likely become off-road sometime in 2005. The trail remains off-road in the City of Cohoes until the junction with Alexander Street, where the trail returns on-road as it heads to the south and east into the Village of Green Island.

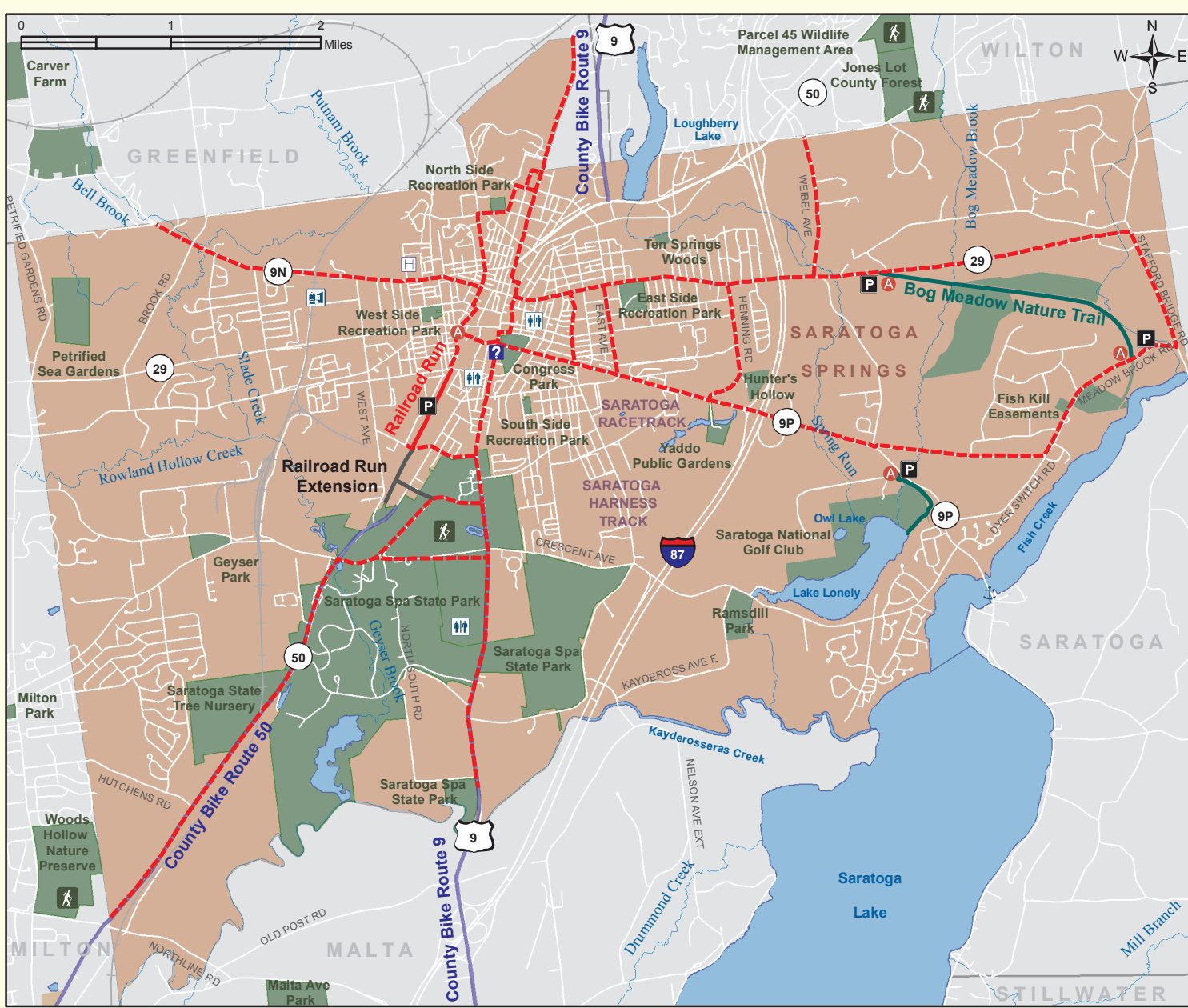


4 PAPSCANEE ISLAND NATURE PRESERVE

Managed by the Rensselaer County Environmental Management Council and owned by the Open Space Institute, Papsweeney Island Nature Preserve is located just south of the City of Rensselaer in the Towns of East Greenbush and Schodack in Rensselaer County. There are 2.5 miles of level hiking trails in the 250 acre preserve. Contact the Rensselaer County Environmental Management Council at (518) 270-2880 for more information.

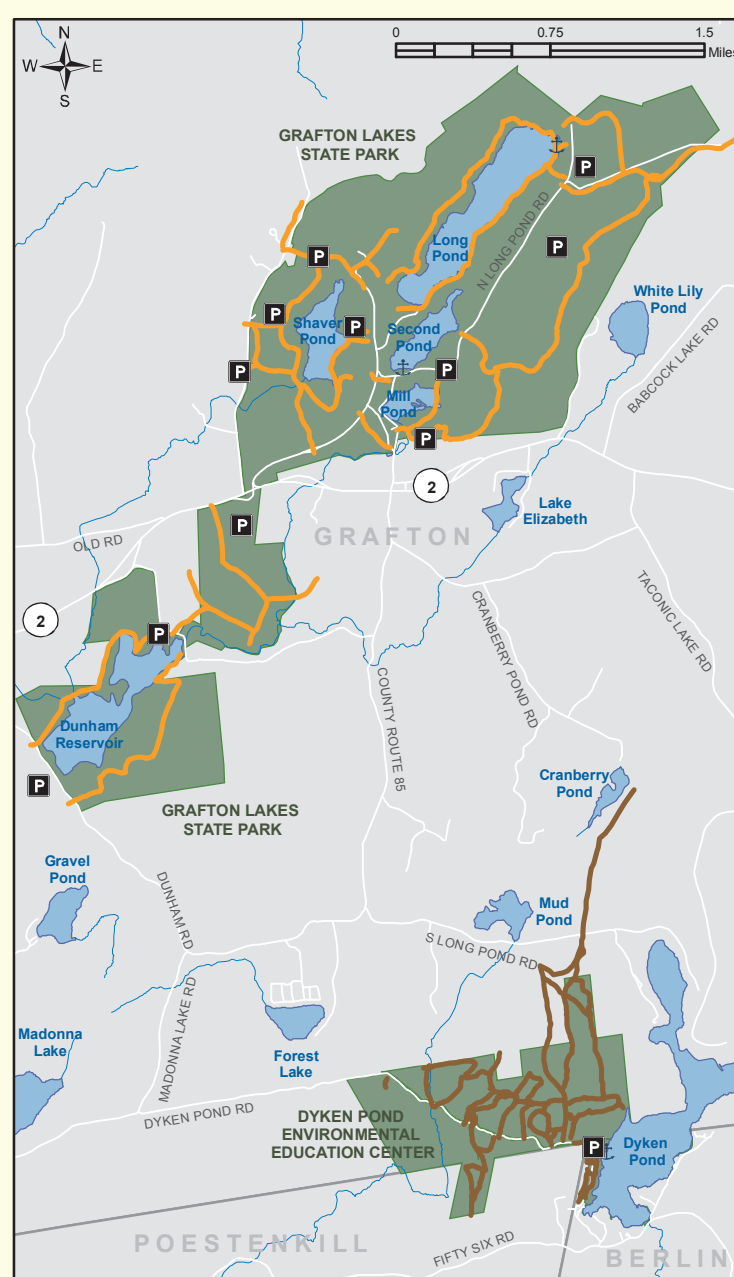


The City of Saratoga Springs in Saratoga County contains two major trails as well as a signed on-road bicycle and pedestrian network. Railroad Run is a dual asphaltized dirt trail built on an old railroad bed. The half mile long trail is located between Congress Avenue and West Circular Street. Trail parking is available in the Elm Street/Empire Street area. Please be careful not to trespass on nearby private property. An extension of the Railroad Run Trail is planned for 2006. The extension will connect the existing portion to the Saratoga Spa State Park. The Bog Meadow Nature Trail is a two mile trail and boardwalk system between Meadow Brook Road and Lake Avenue. The trail passes through three distinct wetland areas identified by interpretive signage. Additionally there is a public nature trail at the Saratoga National Golf Club. With a viewing area of Lake Lonely at the southern end, this trail is an easy half mile walk through a forested area. The trail is open year round and is accessible from Route 8P Union Avenue. Designated parking for the trail is available at the access point. For complete information on any of the on or off-road bicycle and pedestrian facilities in Saratoga Springs contact the Saratoga P.L.A.N. at (518) 587-5554 or the Saratoga Springs Department of Public Works at (518) 587-3550.



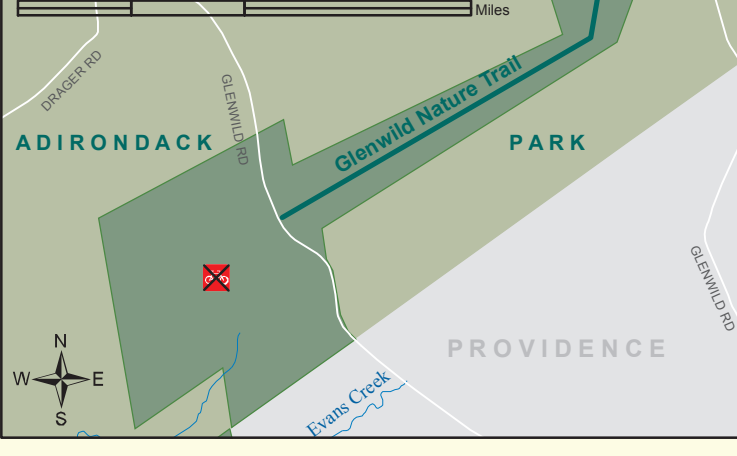
15 GRAFTON LAKES STATE PARK

Located in the Town of Grafton, in Rensselaer County over 12 miles of hiking trails mostly in wooded areas, with many old dirt roads for biking. Contact the park at (518) 279-1155 for complete information.



14 GLENWILD NATURE TRAIL

Located in the Town of Providence in Saratoga County, approximately one mile of trail situated in a 138 acre wooded preserve. The trail is an easy walk and old logging road. The trail is located within the Adirondack Park and owned by Saratoga P.L.A.N. For more information contact Saratoga P.L.A.N. at (518) 587-5554.



25 TACONIC CREST TRAIL

Approximately 25 miles of trail following the summits of the Taconic Mountains along the Eastern border of Rensselaer County, crossing back and forth between New York, Massachusetts, and Vermont. The trail traverses both public and private land and in some cases, portions along private land may not be accessed. For the most up to date information please contact the R-TLC at (518) 238-2832.

The northern terminus of the trail is located near NY State Route 346, in the town of Petersburg, just west of the Vermont State Line and the House, River bridge. Connections can be made to the Upper and Lower Prosser Hollow Trails from the access point on Prosser Hollow Road. The Lewis Hollow Trail can be accessed from Lewis Hollow Road via Armby Road. Near the Petersburg Pass Scenic Area, the trail can be accessed from NY State Route 2. Please use caution when crossing Route 2 as sharp curves make pedestrian visibility difficult for vehicular traffic.

The Greene Hollow Trail in the Town of Berlin can be accessed from Greene Hollow Road/Catfield Road. Berlin Mountain, the highest point of the Taconic Mountains in New York State and the highest point in Rensselaer County, can be accessed via Cowdry Hollow and Cornstock Hollow Roads. The Southeast Hollow and Cornstock Hollow Trails are accessible from Southeast and Cornstock Hollow Roads. In the Town of Stephentown, the Robinson Hollow Trail is accessible from Robinson Hollow Way.

Currently the access to the Taconic Crest Trail at Rounds Mountain is closed, however there is legal access to part of the property owned by New York State, but not to the summit of Rounds Mountain. Proceed about one mile on Rounds Mountain Road to the posted signage. This marks the southern terminus of the trail in New York State.



24 DYKEN POND ENVIRONMENTAL EDUCATION CENTER TRAILS

Located at the convergence of the Towns of Grafton, Berlin, and Poestenkill, in Rensselaer County, the center contains over six miles of marked hiking trails. For complete information contact the center at (518) 658-2055.



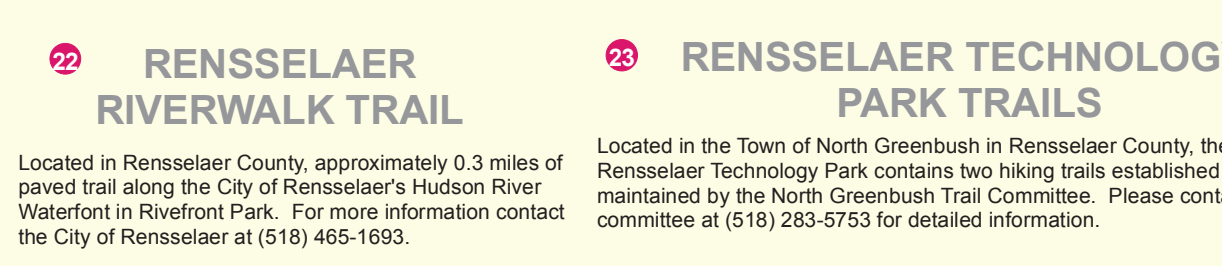
25 UNCLE SAM BIKEWAY

Three miles of paved trail located in the City of Troy in Rensselaer County. Built upon an old railroad bed the bikeway is level with gentle curves. Connections exist on-road to State Bike Route 9, the Old Champlain Canal Trail, the Mohawk Hudson Bike-Hike Trail, and the Mohawk Towpath Scenic Byway. Contact the City of Troy Recreation Department at (518) 270-1114 for more information.



23 GREEN ISLAND - ALBANY

The Mohawk-Hudson Bike-Hike Trail continues on-road through the Village of Green Island and the City of Watervliet. At the 4th Street parking area in Watervliet the trail returns off-road and remains off-road until its southern terminus in the City of Albany's Coming Preserve. The Schuyler Platts Trail and Cultural Park, a state historic site is accessible from the 4th Street parking area as well.



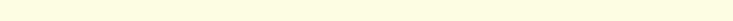
22 RENSSELAER RIVERWALK TRAIL

Located in Rensselaer County, approximately 0.3 miles of paved trail along the City of Rensselaer's Hudson River Waterfront in Riverton Park. For more information contact the City of Rensselaer at (518) 465-1693.



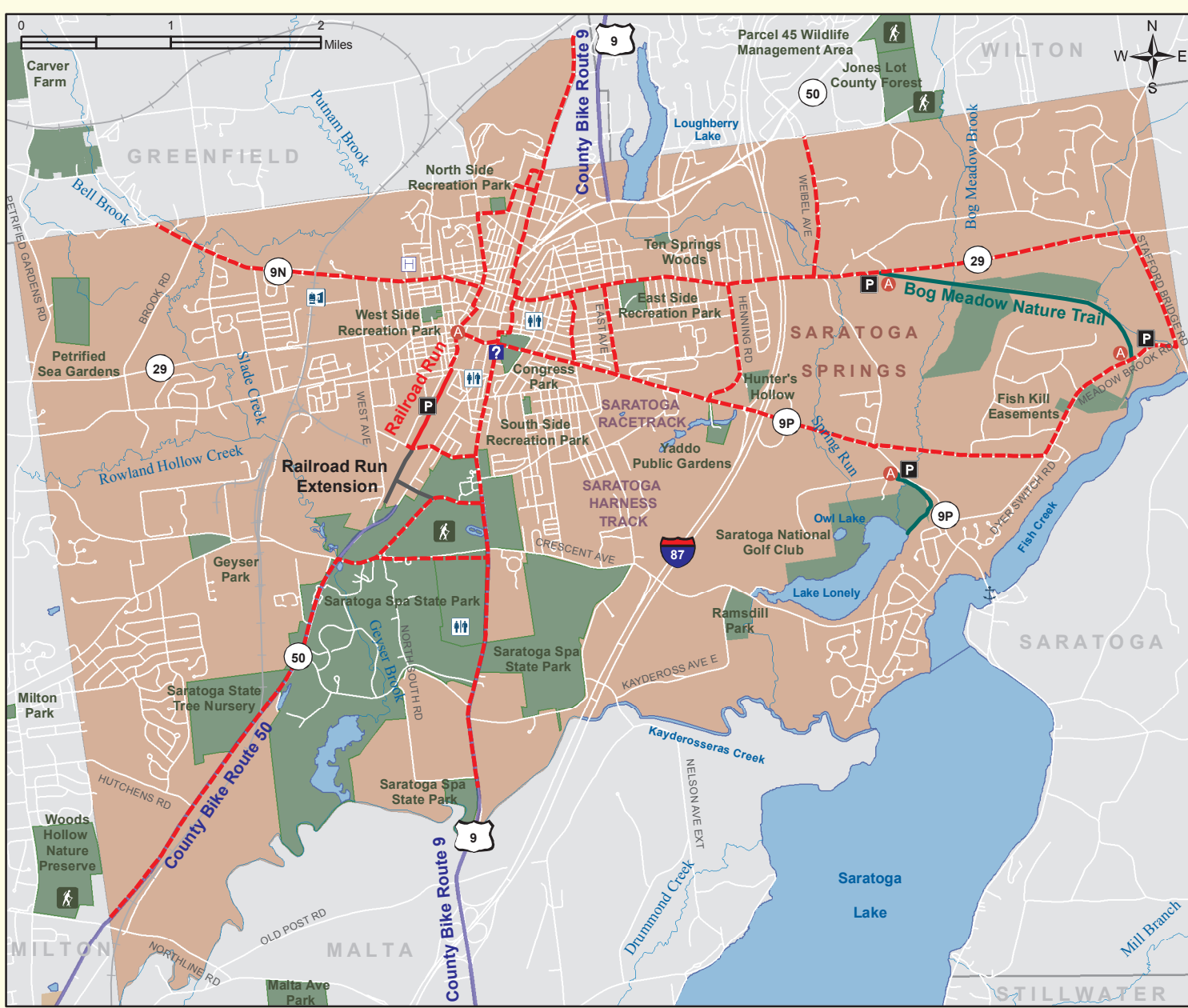
26 RENSSELAER TECHNOLOGY PARK TRAILS

Located in the Town of North Greenbush in Rensselaer County, the Rensselaer Technology Park contains two hiking trails established and maintained by the North Greenbush Trail Committee. Please contact the committee at (518) 283-5753 for detailed information.



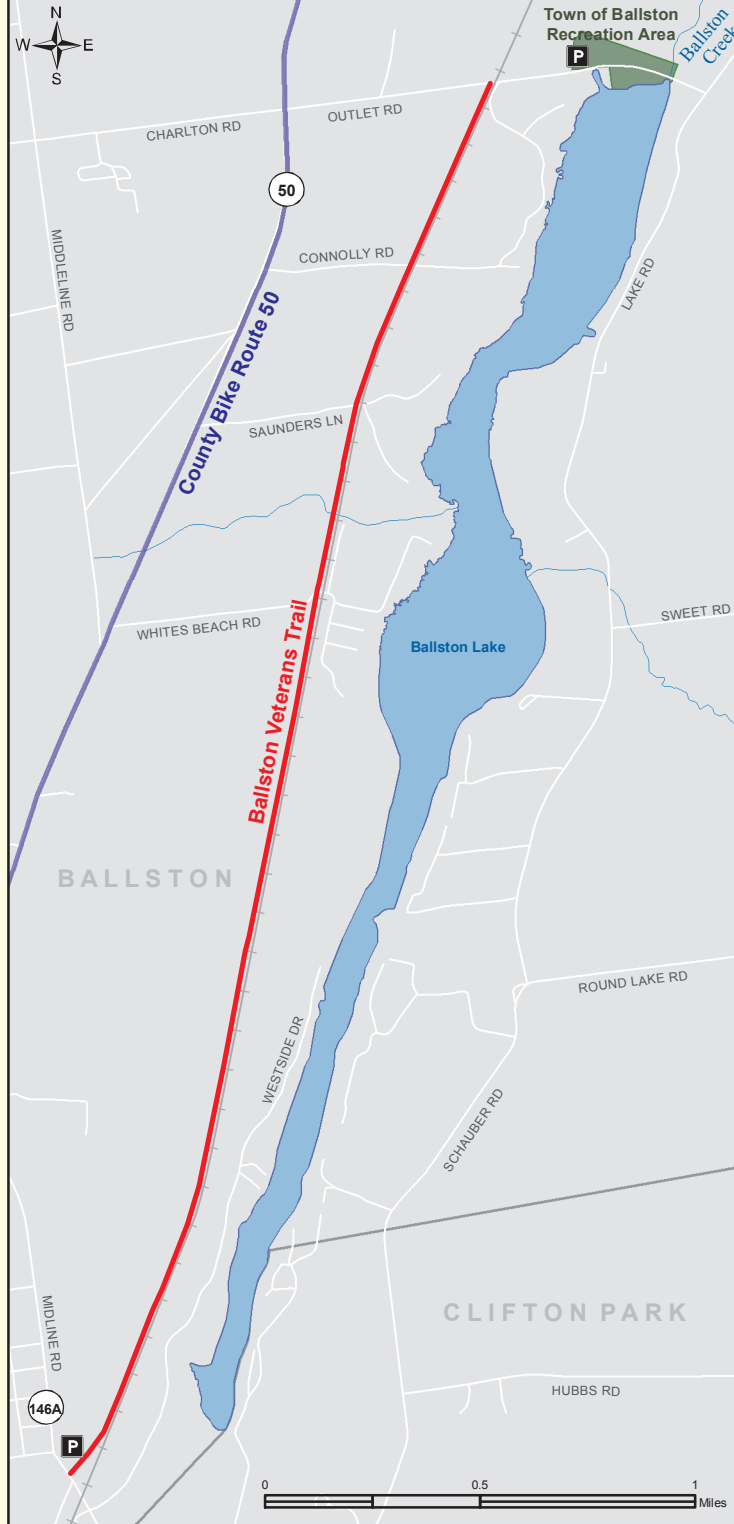
6 SARATOGA SPRINGS TRAILS

The City of Saratoga Springs in Saratoga County contains two major trails as well as a signed on-road bicycle and pedestrian network. Railroad Run is a dual asphaltized dirt trail built on an old railroad bed. The half mile long trail is located between Congress Avenue and West Circular Street. Trail parking is available in the Elm Street/Empire Street area. Please be careful not to trespass on nearby private property. An extension of the Railroad Run Trail is planned for 2006. The extension will connect the existing portion to the Saratoga Spa State Park. The Bog Meadow Nature Trail is a two mile trail and boardwalk system between Meadow Brook Road and Lake Avenue. The trail passes through three distinct wetland areas identified by interpretive signage. Additionally there is a public nature trail at the Saratoga National Golf Club. With a viewing area of Lake Lonely at the southern end, this trail is an easy half mile walk through a forested area. The trail is open year round and is accessible from Route 8P Union Avenue. Designated parking for the trail is available at the access point. For complete information on any of the on or off-road bicycle and pedestrian facilities in Saratoga Springs contact the Saratoga P.L.A.N. at (518) 587-5554 or the Saratoga Springs Department of Public Works at (518) 587-3550.



6 BALLSTON VETERANS TRAIL

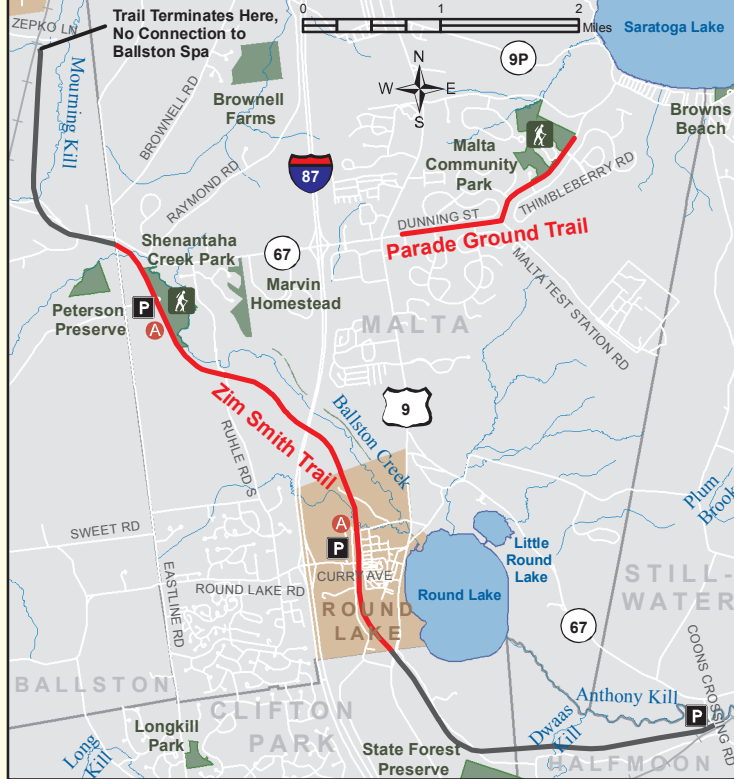
Three and a half miles of paved level trail built upon the old Schenectady Saratoga trolley line adjacent to current railroad tracks in the Town of Ballston in Saratoga County. For complete information contact the Town of Ballston at (518) 885-8502.



7 ZIM SMITH TRAIL & PARADE GROUND TRAIL

The Zim Smith Trail is currently paved for about 4 miles in the Town of Malta and the Village of Round Lake in Saratoga County. Plans are in place to pave an additional 2 miles in the Town of Ballston and almost 3 miles in the Towns of Clifton Park and Halfmoon. For more information contact the Saratoga County Planning Department at (518) 884-4705.

The Parade Ground Trail in the Town of Malta consists of 1.5 miles of paved trail, partially along the Malta Community Park. The park contains two of the area's best nature trails. Bicycles are not allowed on the nature trail. For more information contact the Town of Malta Department of Parks, Recreation, and Human Services at (518) 892-4411.



17 JIM TEDISCO PATH

Approximately 0.5 miles of gravel trail through a wooded area in the Village of Ballston Spa in Saratoga County. The southern end, located near Front Street and the Old Iron Spring, a historic site of healing mineral waters is accessible by stairway only. At the northern end near Prospect Street access and parking are level with the trail.



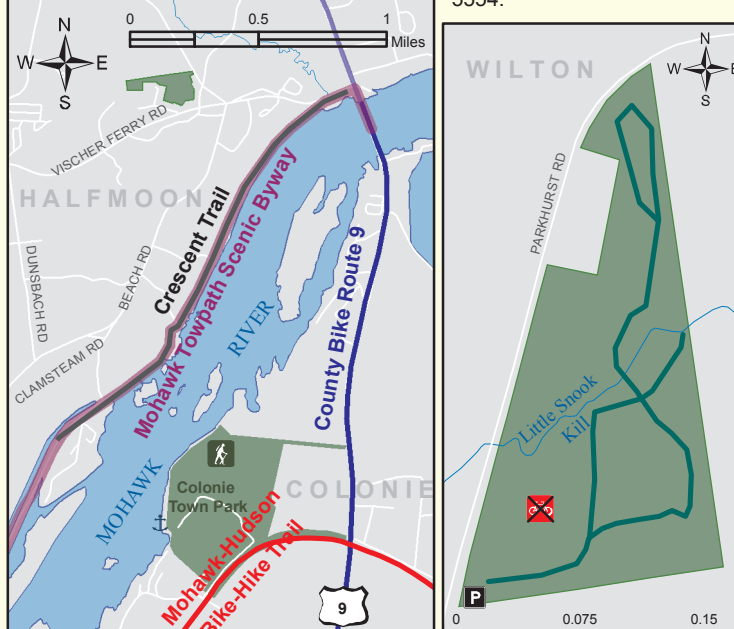
16 ORRA PHELPS NATURE TRAIL

Located in the Town of Wilton in Saratoga County the trail is part of an 18 acre preserve. Bicycles are prohibited. For more information contact Saratoga P.L.A.N. at (518) 587-5554.



15 CRESCENT TRAIL

Approximately two miles of off-road trail planned for 2005 construction in the Town of Halfmoon in Saratoga County. The trail will be constructed along Canal Road, part of the existing Mohawk Towpath Scenic Byway. For complete information contact the Town of Halfmoon at (518) 371-7410.



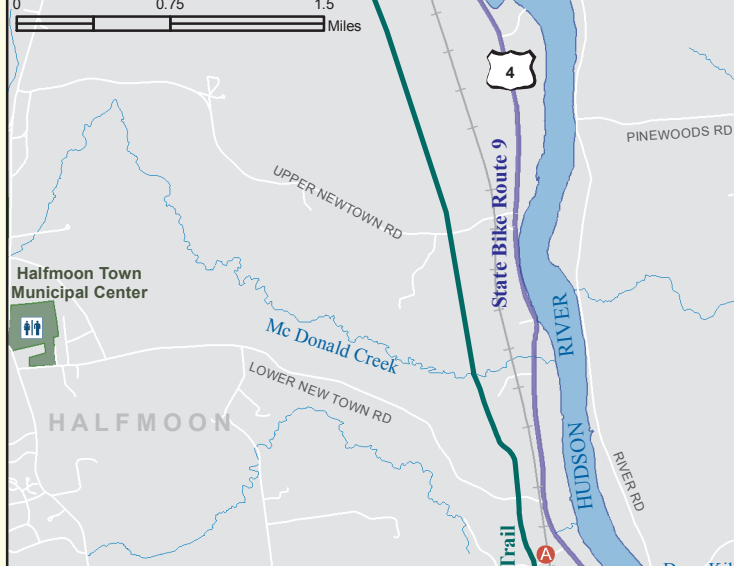
27 OLD CHAMPLAIN CANAL TRAIL

Approximately 1.5 miles of hard-packed dirt towpath has been restored in the Village of Schuylerville in Saratoga County. Parking is available at the Post Office. Signage for the trail is located at the rear of the parking lot. For more information contact the Village of Schuylerville at (518) 695-3881.



28 OLD CHAMPLAIN CANAL TRAIL

Several miles of paved and hard-packed dirt towpath trail along the Old Champlain Canal in the Towns of Watervliet and Halfmoon in Saratoga County. On-road connections exist to the Uncle Sam Bikeway, the Mohawk-Hudson Bike-Hike Trail, the Mohawk Towpath Scenic Byway, and State Bike Route 9.



29 SARATOGA NATIONAL HISTORICAL PARK

Owned by the National Park Service and located in the Town of Stillwater in Saratoga County the park contains approximately 3000 acres of woods and open fields with many trails. The Wilkinson Trail is approximately 4 miles long and is a designated National Historic Trail. A portion of the Old Champlain Canal towpath exists near the Route 4 entrance. Bikes are allowed on paved roads only. For more information contact the park at (518) 664-9821.



30 HADLEY MOUNTAIN STATE FIRE TOWER TRAIL

The Hadley Mountain State Fire Tower Trail is located in the Town of Hadley in Saratoga County. The trail is about 2 miles long and climbs to the summit of Hadley Mountain in the Adirondack Park. The summit allows for a spectacular view of the high peaks of the Adirondacks to the north and Sacandaga Lake to the south. For more information contact the New York State Department of Environmental Conservation at (518) 623-3871.

