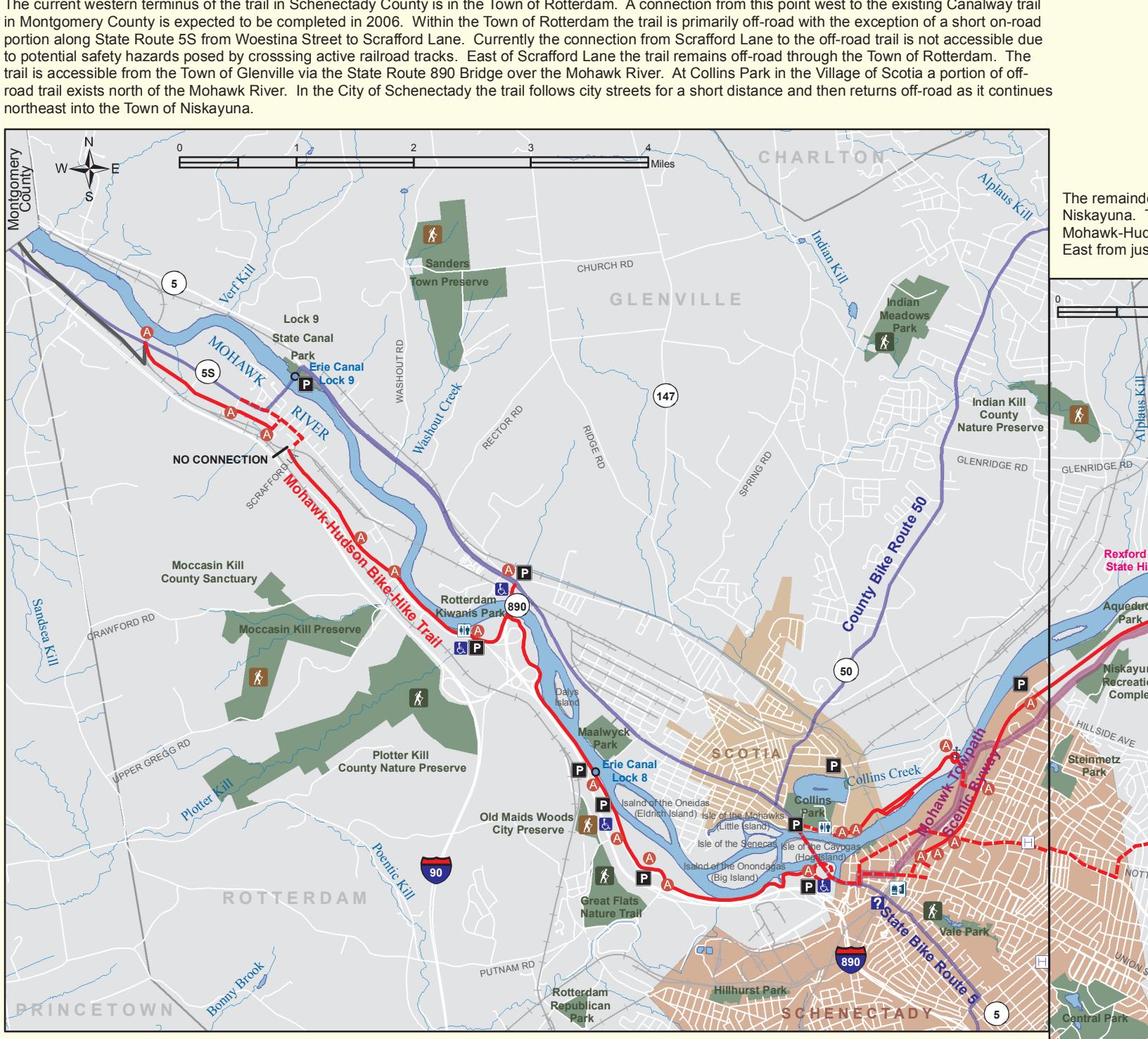


MOHAWK-HUDSON BIKE-HIKE TRAIL - SCHENECTADY COUNTY

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. The portions of the trail on 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.

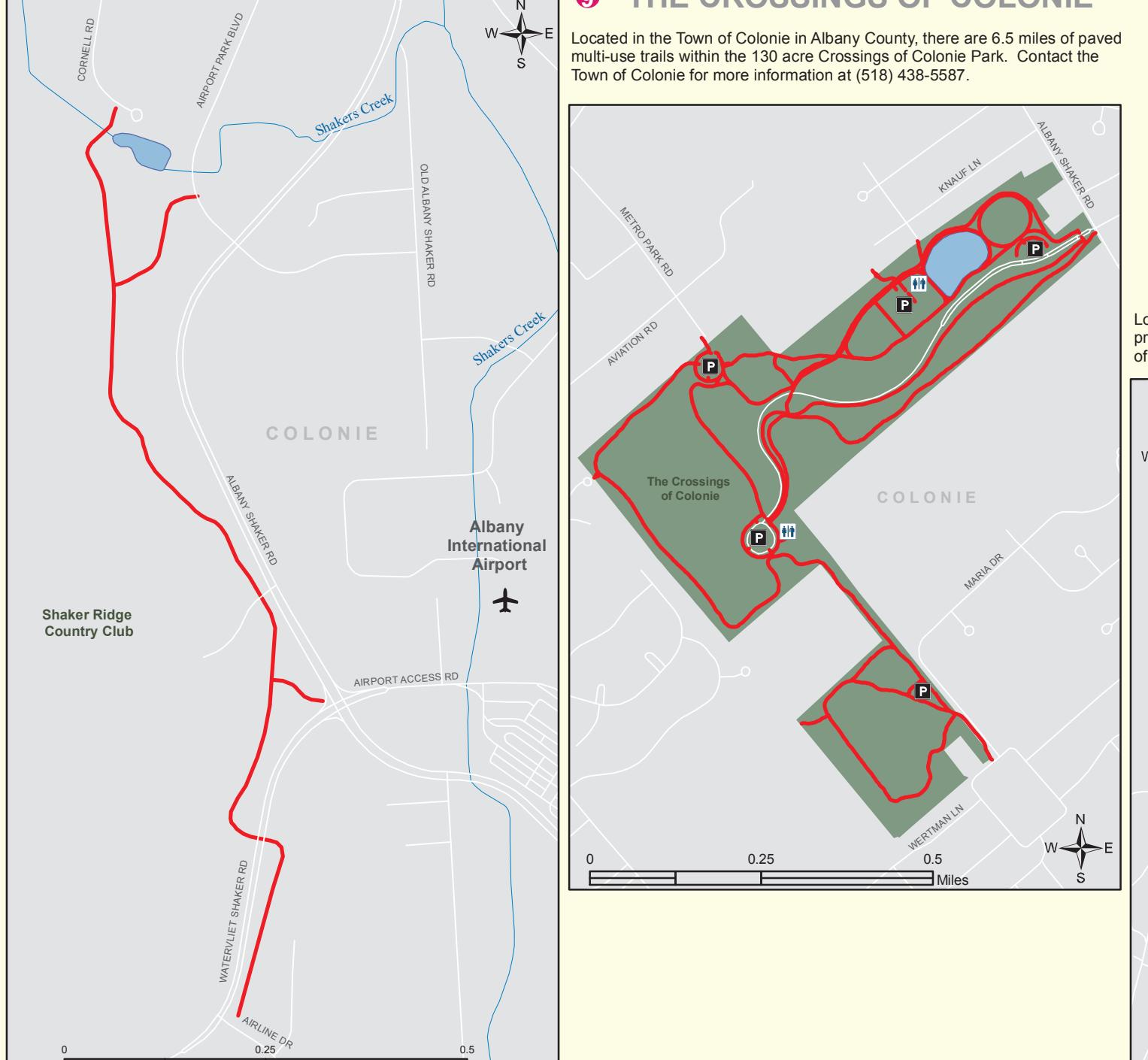
1 ROTTERDAM - NISKAYUNA



2 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 Airline Drive. For more information contact the Albany County DPW at (518) 765-2055.

3 THE CROSSINGS OF COLONIE

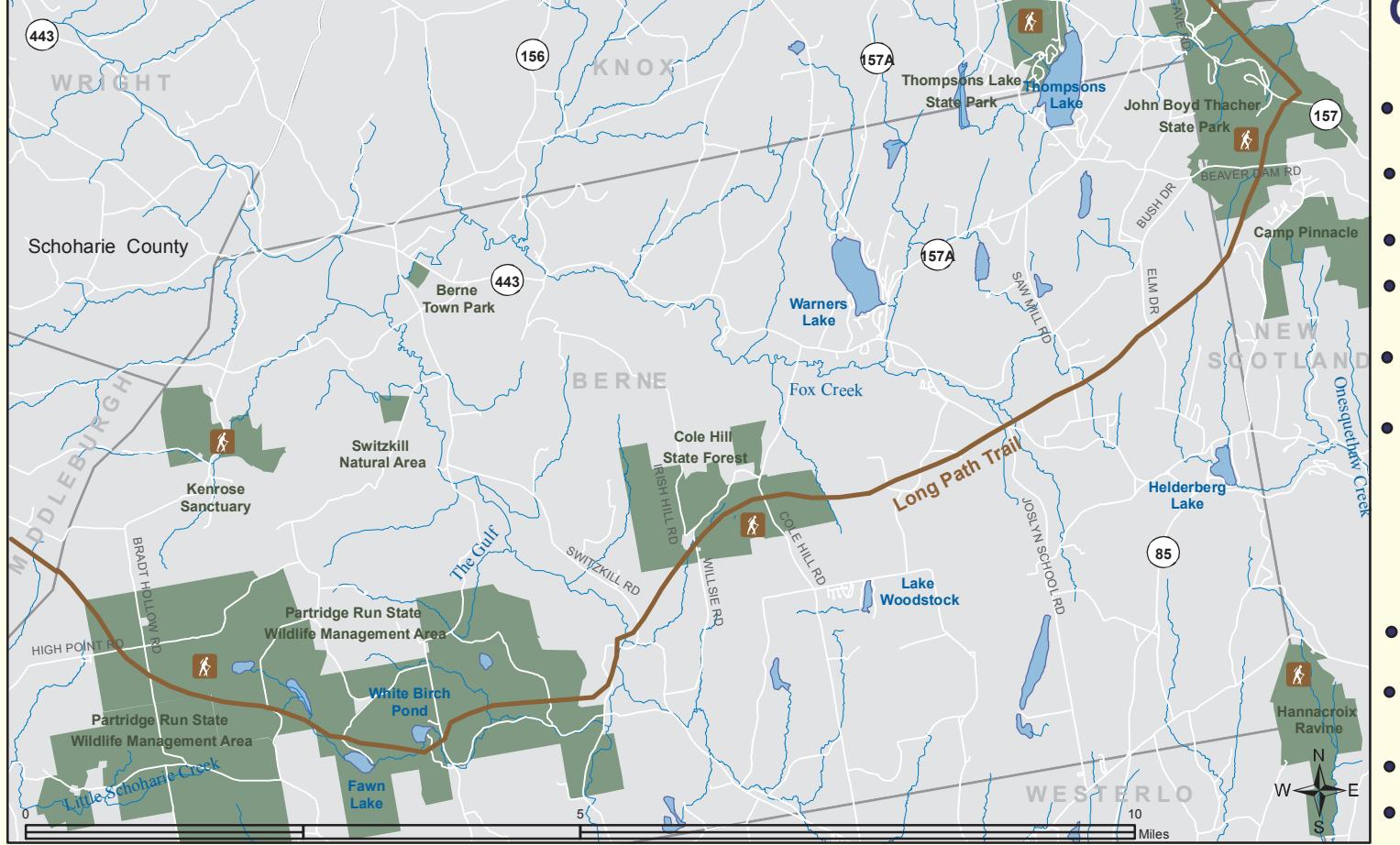


4 THE LONG PATH TRAIL

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 Partrigue Run Wildlife Management Area. Clusters of the peaks and the Catskill Mountains can be seen as the trail passes through Partrigue Run. Leaving Partrigue 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) 685-9699.



5 THE 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 to 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 Towns of Colonie and the City of Cohoes. The northern end of Watervliet the trail returns off-road and follows the shoreline of the Hudson River through the Village of Malta 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.

6 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - 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 2006. 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.

7 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - COHES

The trail follows the Mohawk River through the Town of Cohes. The trail is primarily off-road, following the riverbank and crossing overfalls and locks. The trail continues through Cohes and into the City of Albany.

8 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - WATERVLIET

The trail follows the Mohawk River through the Town of Watervliet. The trail is primarily off-road, following the riverbank and crossing overfalls and locks. The trail continues through Watervliet and into the City of Albany.

9 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - COHES

The trail follows the Mohawk River through the Town of Cohes. The trail is primarily off-road, following the riverbank and crossing overfalls and locks. The trail continues through Cohes and into the City of Albany.

10 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - GREEN ISLAND

The trail follows the Mohawk River through the Village of Green Island. The trail is primarily off-road, following the riverbank and crossing overfalls and locks. The trail continues through Green Island and into the City of Albany.

11 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - COHES

The trail follows the Mohawk River through the Town of Cohes. The trail is primarily off-road, following the riverbank and crossing overfalls and locks. The trail continues through Cohes and into the City of Albany.

12 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - GREEN ISLAND

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13 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - COHES

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15 THE MOHAWK-HUDSON BIKE-HIKE TRAIL - COHES

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