



# Empire State Trail

Connecting New York's extraordinary experiences, people, and places.

## Ticonderoga to Whitehall

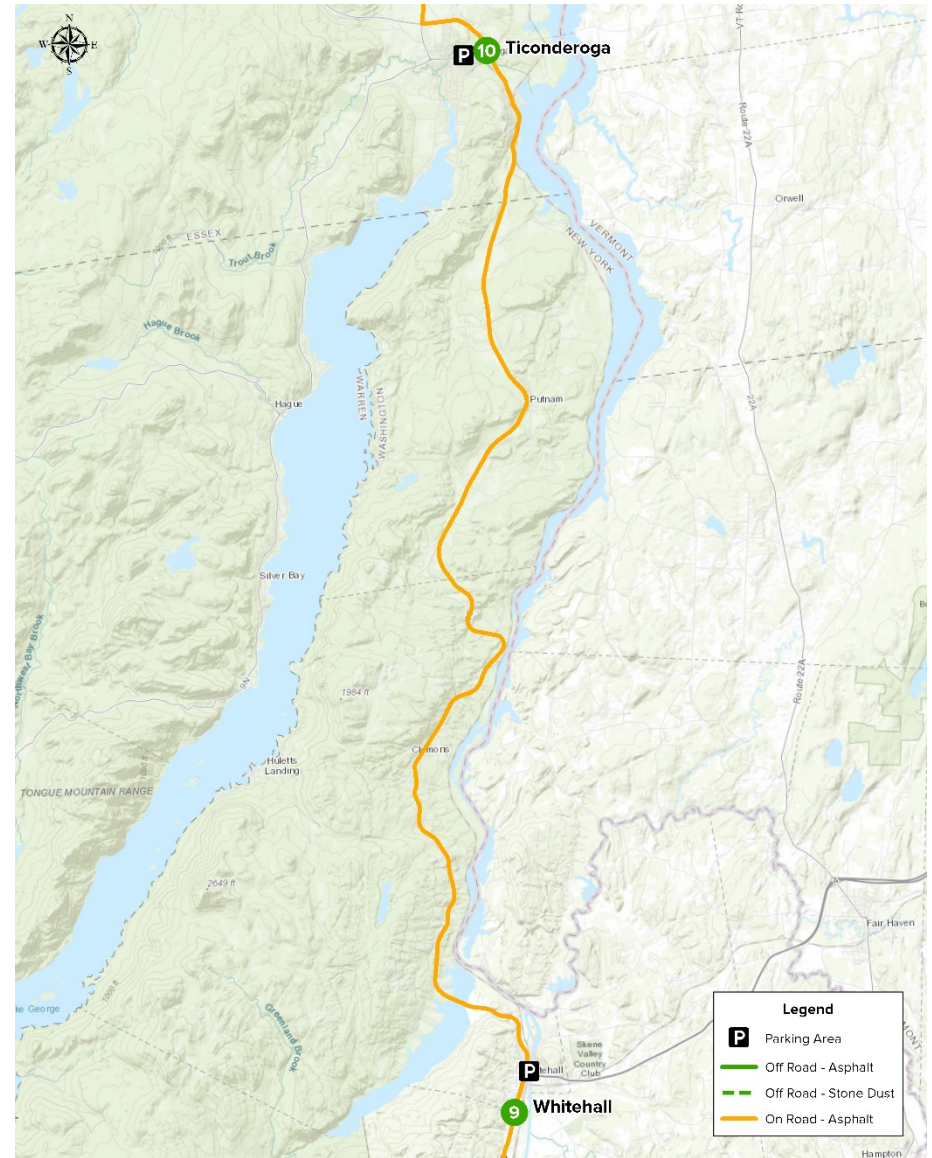
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

**Start** 10 Ticonderoga

Turn	Notes	Distance
↑	Head south on NY-22 S/New York State Bicycle Rte 9 toward River Rd	25.5 mi

**End** 9 Whitehall

## Southbound along Champlain Valley Trail



**Disclaimer:** Trail users may encounter temporary or permanent changes to the trail route as described in this cue sheet. Trail users must exercise discretion at all times to assure personal safety, including staying alert for movements by vehicles and other trail users, as well as possible modifications to the trail route.