



# Empire State Trail

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

## Plattsburgh to Rouses Point

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

**Start** 13 Plattsburgh

Turn	Notes	Distance
→	Head east on Jay St toward Macomb St	853 ft
←	Jay St turns slightly left and becomes Bridge St	0.421 mi
→	Turn right onto City Hall Pl/New York State Bicycle Rte 9	-
↑	Continue to follow New York State Bicycle Rte 9	1.12 mi
→	Turn right onto U.S. 9 S/N Margaret St/New York State Bicycle Rte 9	-
↑	Continue to follow U.S. 9 S/New York State Bicycle Rte 9	16.2 mi
→	Turn right onto NY-9B E/Lake St/New York State Bicycle Rte 9	-
↑	Continue to follow Lake St/New York State Bicycle Rte 9	7.88 mi

**End** 14 Rouses Point / Canadian Border

## Northbound 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.