



Empire State Trail

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

Rouses Point to Plattsburgh

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

Start 14 Rouses Point / Canadian Border

Turn	Notes	Distance
↑	Head south on US-11 S/Lake St/New York State Bicycle Rte 9 toward US-2 E	-
↑	Continue to follow Lake St/New York State Bicycle Rte 9	7.93 mi
←	Turn left onto U.S. 9 S/New York State Bicycle Rte 9	16.2 mi
←	Turn left onto Cumberland Ave/New York State Bicycle Rte 9	-
↑	Continue to follow New York State Bicycle Rte 9	1.12 mi
←	Turn left onto Bridge St/New York State Bicycle Rte 9	-
↑	Continue to follow Bridge St	0.421 mi
	Bridge St turns slightly right and becomes Jay St	853 ft

End 13 Plattsburgh

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.