



Empire State Trail

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

Frankfort to Utica

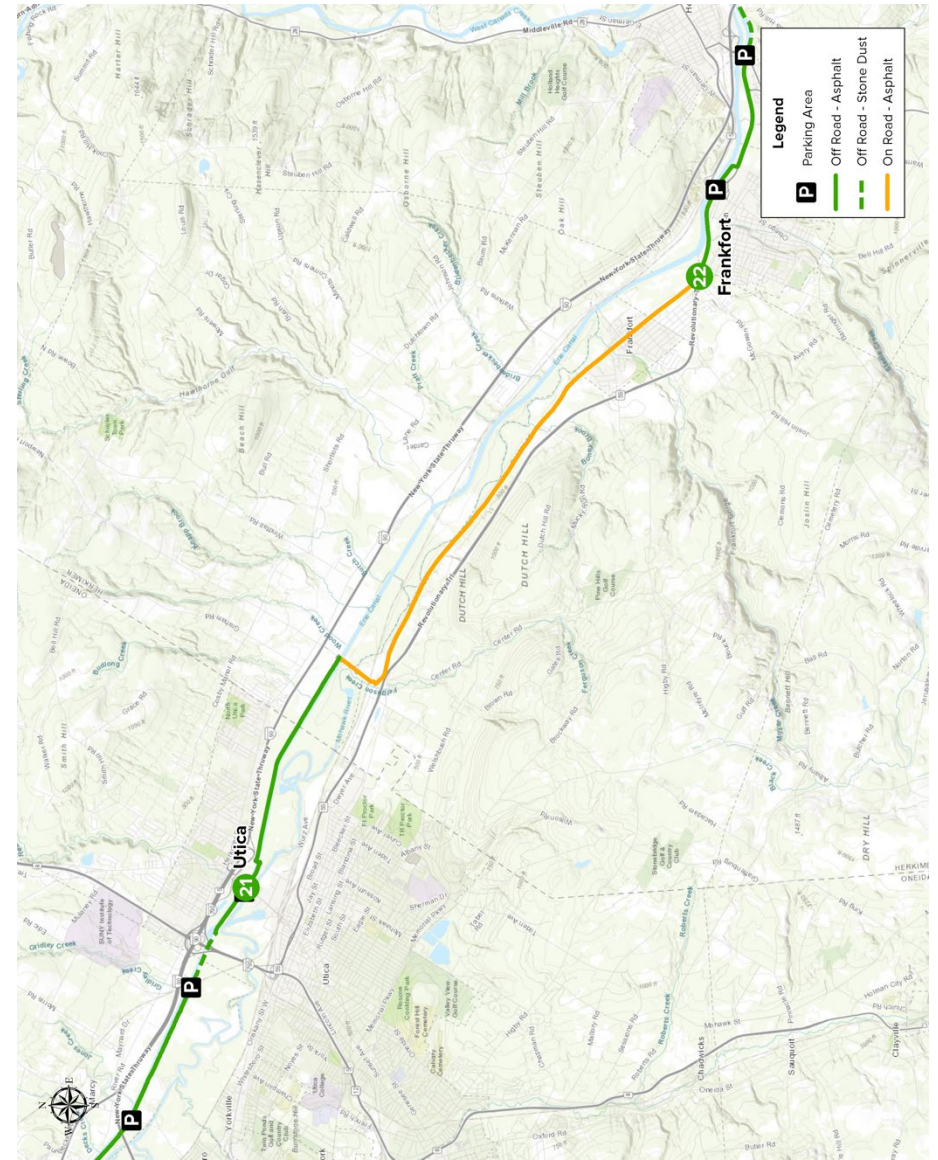
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start 22 **Frankfort**

Turn	Notes	Distance
↖	Head northwest on Acme Rd	0.871 mi
↑	Continue onto E Main St	1.27 mi
↑	Continue onto Southside Rd	4.98 mi
→	Turn right onto Dyke Rd Spur	436 ft
→	Turn right onto Dyke Rd	0.53 mi
←	Turn left on Erie Canalway Trail	3.0 mi
←	Turn left on Leland Ave	371 ft
↑	Exit Leland Ave before Incinerator Rd onto Erie Canalway Trail	-
↑	Continue on Erie Canalway Trail	0.45 mi

End 21 **Utica**

Westbound along Erie Canal 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.