



Empire State Trail

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

Little Falls to Frankfort

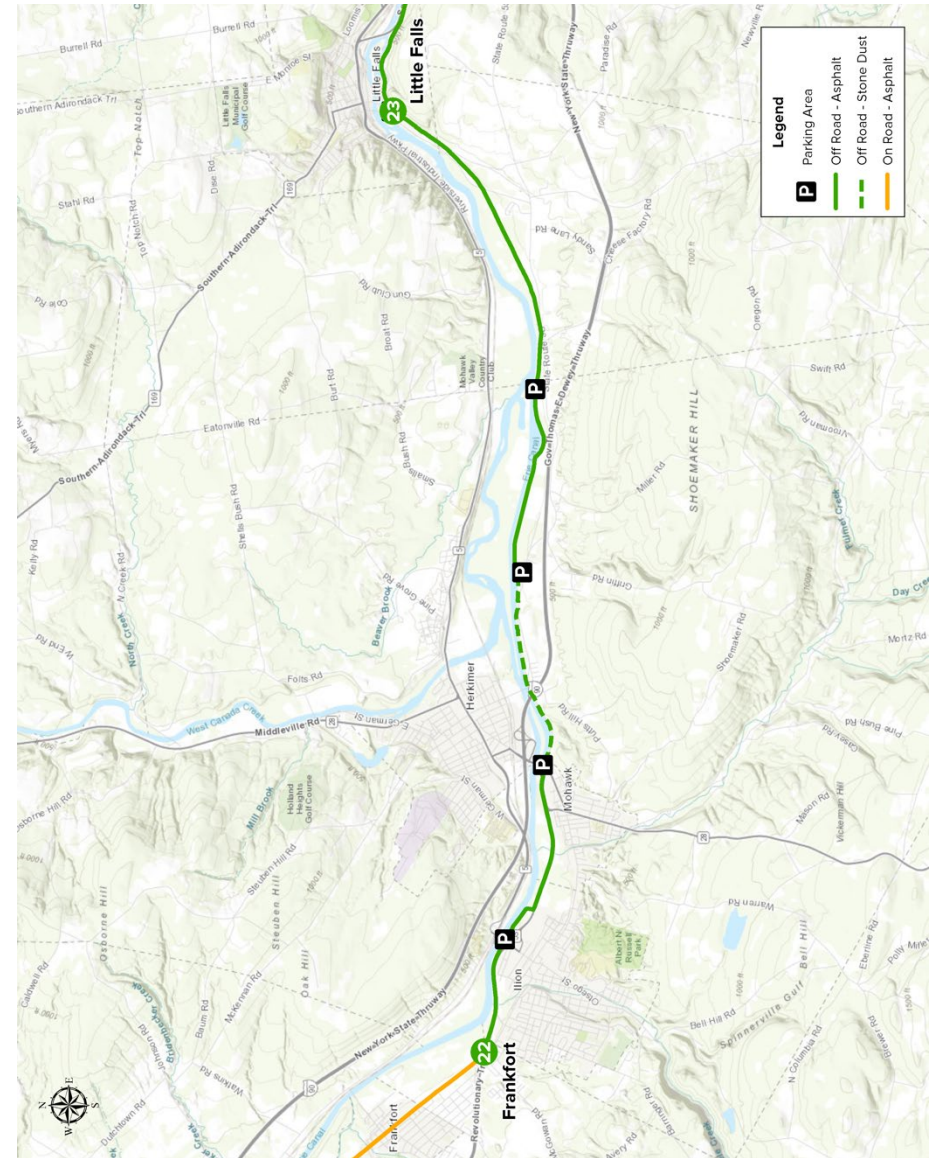
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start **23 Little Falls**

Turn	Notes	Distance
↑	Continue on Erie Canalway Trail	10.78 mi

End **22 Frankfort**

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.