



Empire State Trail

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

Amsterdam to Canajoharie

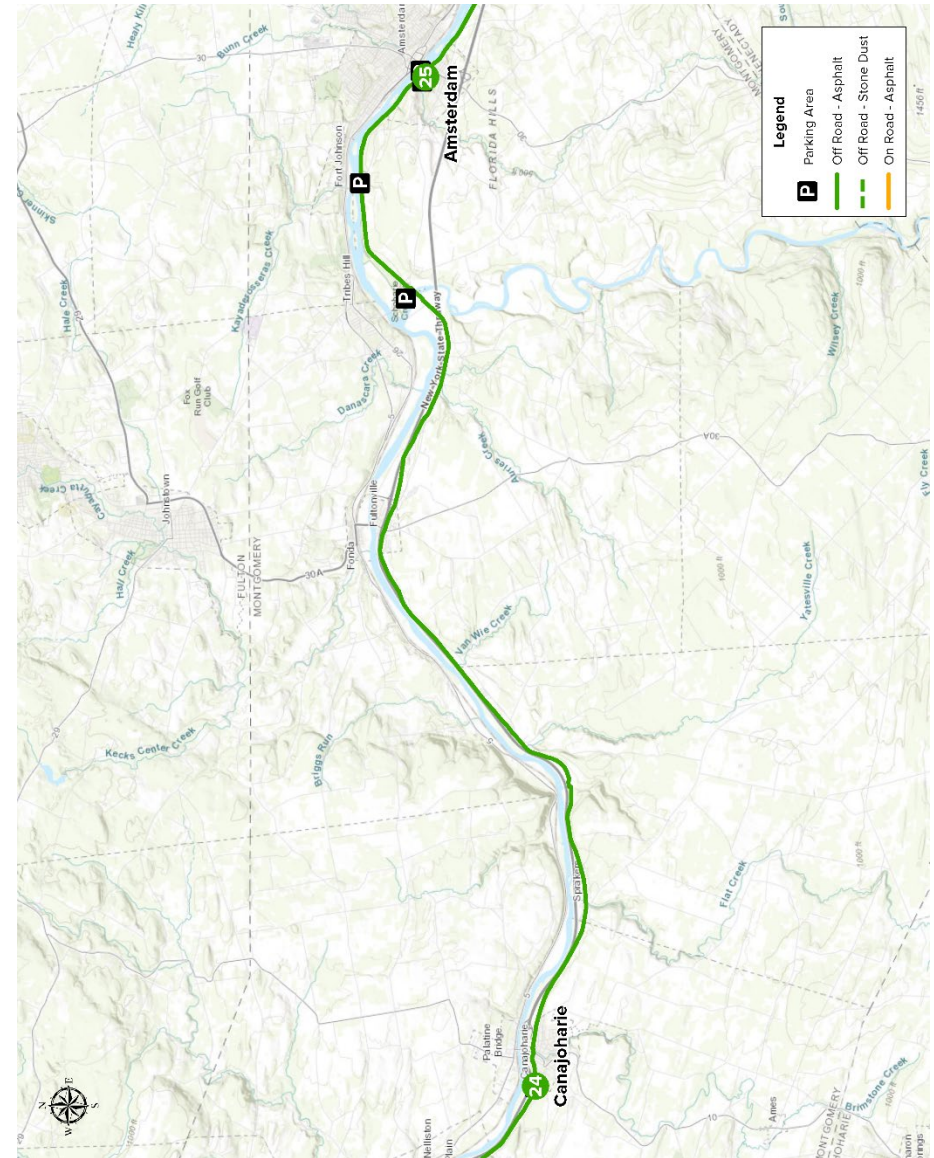
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start **25** Amsterdam

| Turn | Notes | Distance |
|------|---|----------|
| ↑ | Continue on Mohawk-Hudson Bike-Hike Trail/Mohawk Hudson Bikeway | 22.92 mi |

End **24** Canajoharie

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.