



Empire State Trail

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

Cohoes to Niskayuna

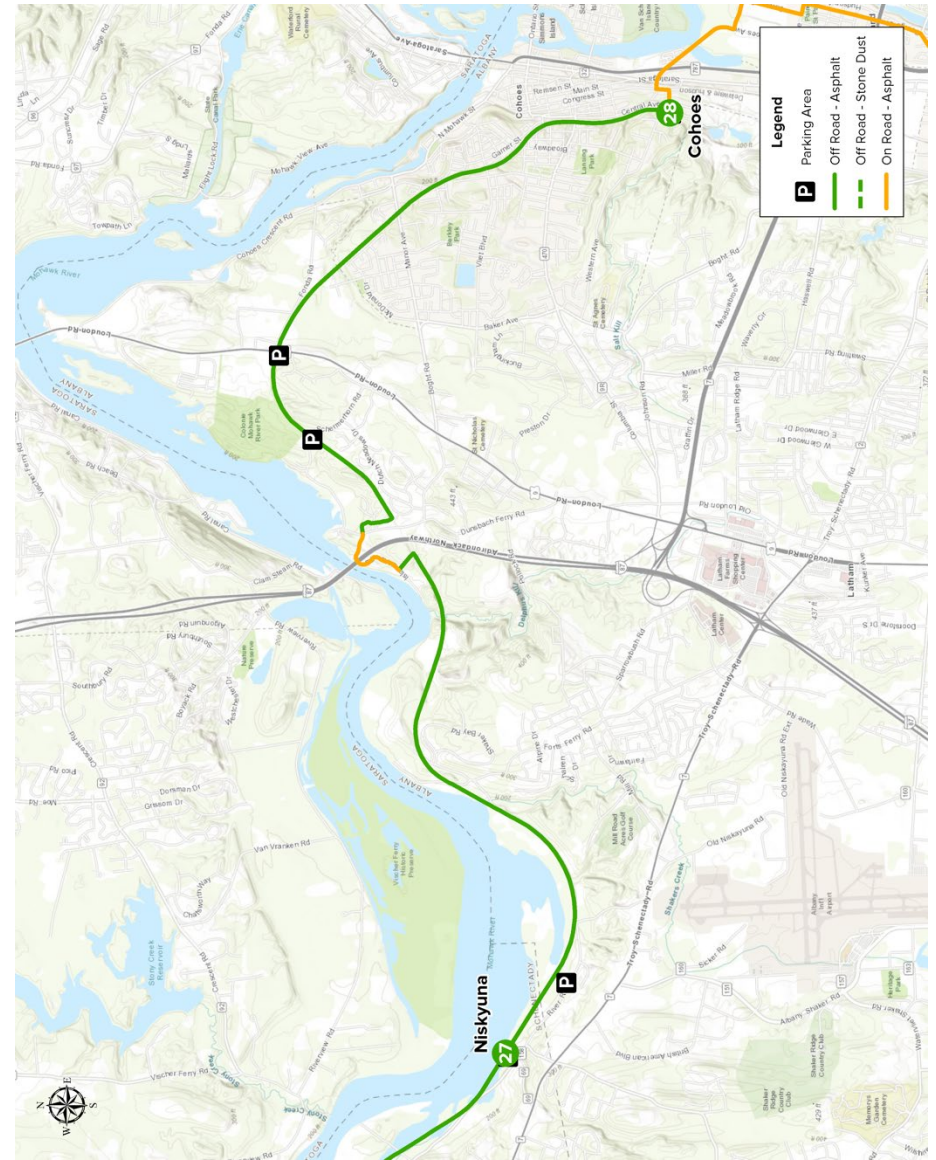
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start 28 Cohoes

Turn	Notes	Distance
↗	Head northeast on Mohawk Hudson Bikeway	4.57 mi
→	Turn right to stay on Mohawk Hudson Bikeway	0.267 mi
↑	Continue onto Island View Rd	0.508 mi
←	Turn left onto Mohawk Hudson Bikeway	4.07 mi

End 27 Niskayuna

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.