



# Empire State Trail

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

## Albany to East Greenbush

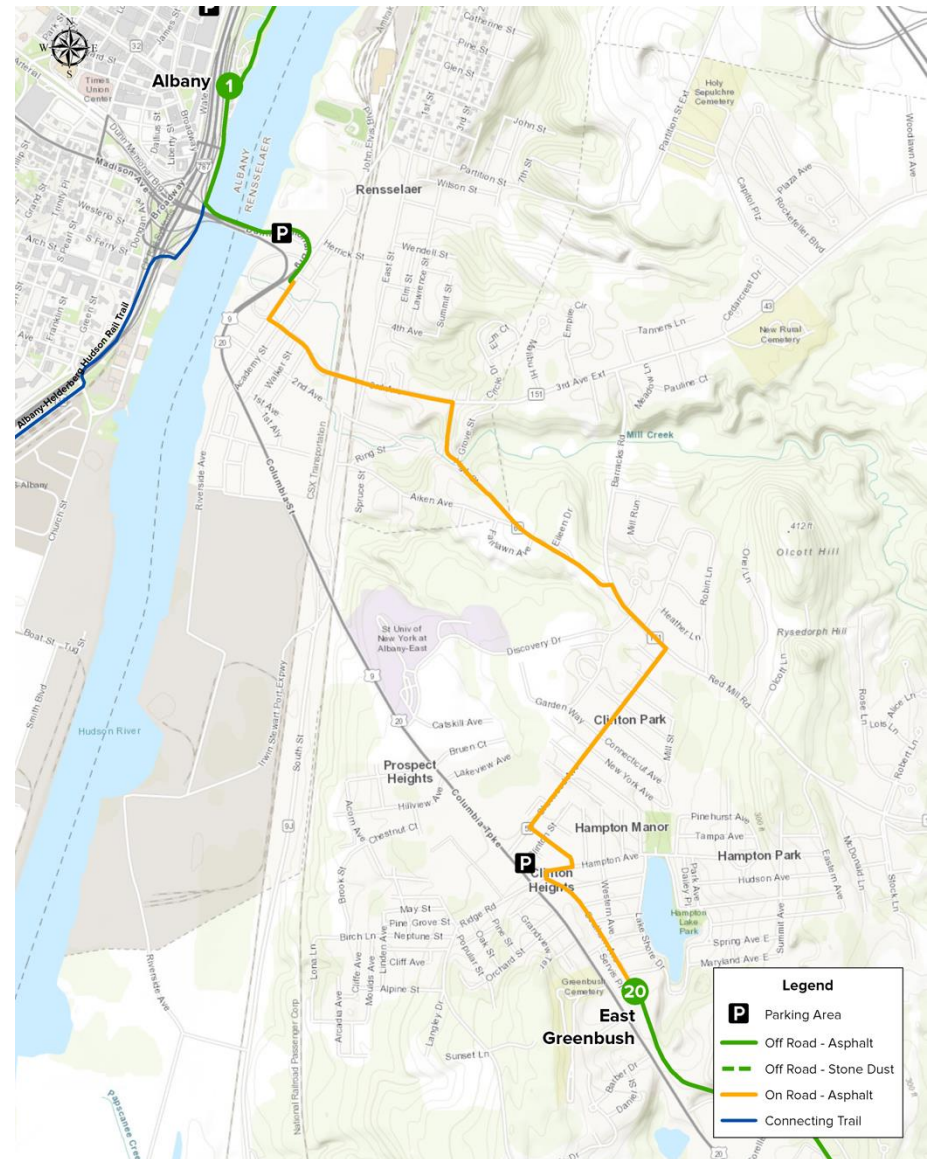
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

**Start** 1 Albany

Turn	Notes	Distance
	Head south on Mohawk Hudson Hike Bike Trail	942 ft
→	Turn right onto New York State Bicycle Rte 5	36 ft
←	Turn left onto New York State Bicycle Rte 5/New York State Bicycle Rte 9	0.571 mi
→	Turn right onto Broadway/New York State Bicycle Rte 5/New York State Bicycle Rte 9	623 ft
←	Turn left onto 3rd Avenue Extension/New York State Bicycle Rte 5/New York State Bicycle Rte 9	-
↑	Continue to follow 3rd Avenue Extension/New York State Bicycle Rte 5	0.546 mi
→	Turn right onto High St	892 ft
↑	Continue onto Red Mill Rd	0.519 mi
→	Turn right onto NY-151 E	1,165 ft
→	Turn right onto Sherwood Ave	0.584 mi
←	Turn left onto Muriel Ave	830 ft
→	Turn right onto Hampton Ave	374 ft
←	Turn left toward Southern Ave	125 ft

**End** 20 East Greenbush

## Southbound along Hudson Valley Greenway 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.