



Empire State Trail

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

Van Cortland Park to Elmsford

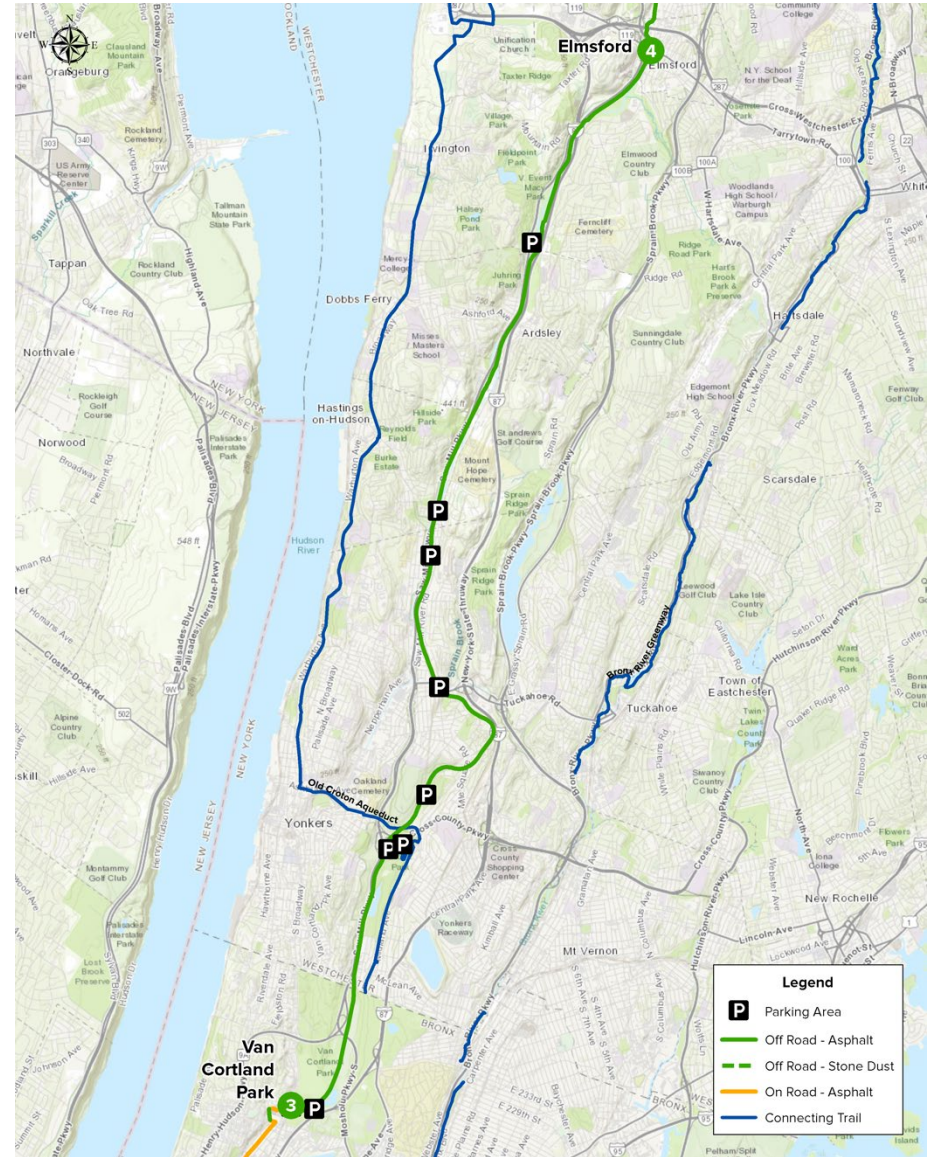
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start **3** Van Cortland Park

Turn	Notes	Distance
↗	Head east	751 ft
↖	Slight left toward John Kieran Nature Trail - Walk your bicycle	341 ft
→	Turn right onto John Kieran Nature Trail	73 ft
↖	Turn left onto Old Putnam Trail	1.27 mi
↑	Continue onto S County Trailway	1.44 mi
→	Slight right to stay on S County Trailway	10.6 mi
↗	Head east	751 ft

End **4** Elmsford

Northbound 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.