



Empire State Trail

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

New Paltz to Llyod (Poughkeepsie)

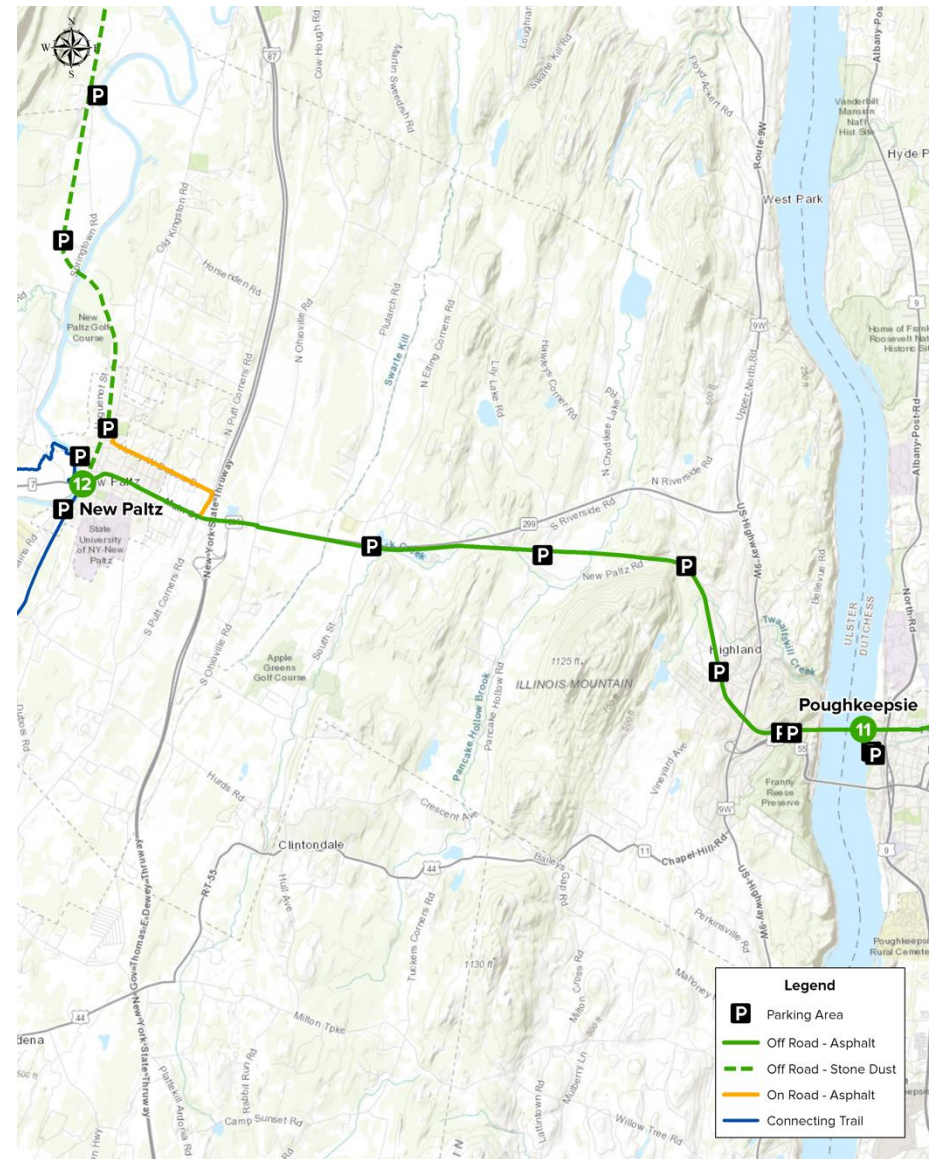
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start 12 **New Paltz**

Turn	Notes	Distance
←	Sharp left onto NY-299 E/Main St	2.86 mi
→	Turn right onto South St	52 ft
←	Turn left onto Hudson Valley Rail Trail	4.81 mi
←	Slight left to stay on Hudson Valley Rail Trail	0.584 mi
↑	Continue onto Walkway Over the Hudson	0.680 mi

End 11 **Llyod (Poughkeepsie)**

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.