



# Empire State Trail

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

## Kinderhook to Nassau

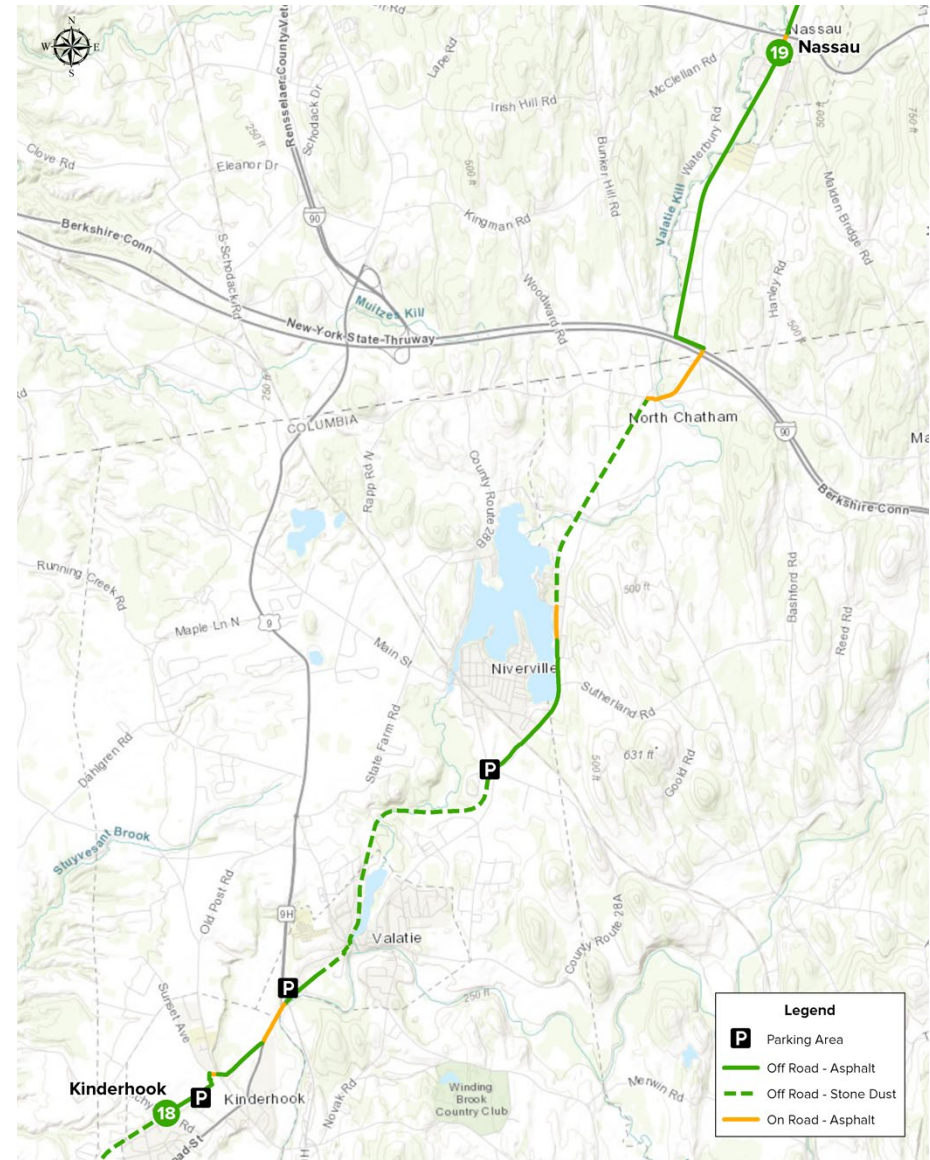
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

**Start** 18 **Kinderhook**

| Turn | Notes   | Distance |
|------|---|----------|
| →    | Turn right onto Sunset Ave                                | 359 ft   |
| ↗    | Head northeast on the Albany Hudson Electric Trail (AHET) | 0.46 mi  |
| ←    | Turn left on Chatham St – continue to follow U.S. 9 N     | 0.34 mi  |
| →    | Turn right onto Albany Hudson Electric Trail (AHET)       | 0.62 mi  |
| ←    | Turn left onto River St                                   | 79 ft    |
| →    | Turn right onto Albany Hudson Electric Trail (AHET)       | 3.5 mi   |
| ←    | Turn left onto NY-203 N                                   | 0.3 mi   |
| ←    | Turn left onto Albany Hudson Electric Trail (AHET)        | 1.82 mi  |
| →    | Turn right onto Route 32/Continue onto NY-203             | 0.646 mi |
| ←    | Turn left onto Albany Hudson Electric Trail (AHET)        | 2.57 mi  |

**End** 19 **Nassau**

## 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.