



# Empire State Trail

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

## Nassau to Kinderhook

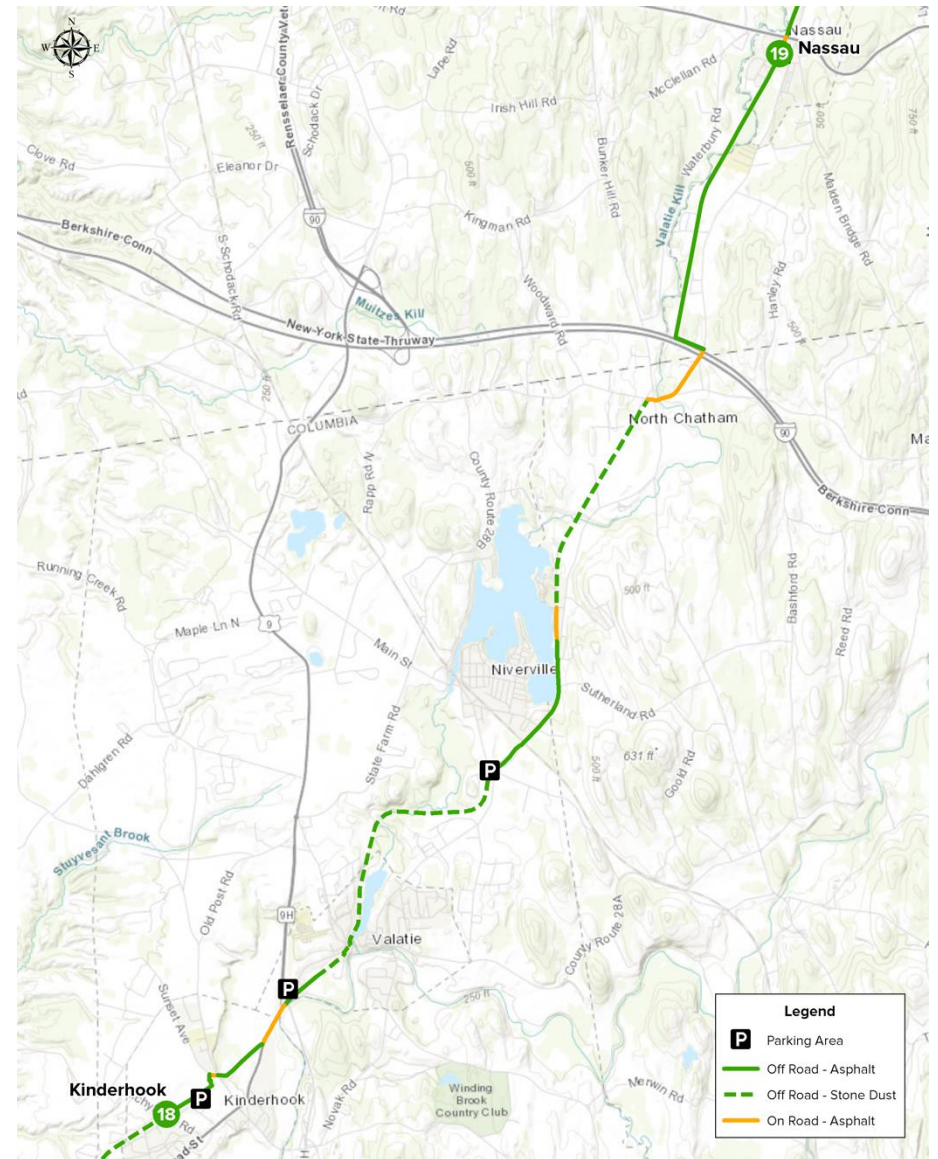
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

Start **19** Nassau

Turn	Notes	Distance
↑	Continue onto the Albany Hudson Electric Trail (AHET)	2.57 mi
→	Turn right onto NY-203 S/Chatham St	-
↑	Continue to follow NY-203 S	0.64 mi
→	Turn right onto Route 32	423 ft
←	Turn left onto the Albany Hudson Electric Trail (AHET)	1.82 mi
↑	Continue onto Niagara Mohawk Rd	0.26 mi
→	Slight right onto E Shore Dr	85 ft
↑	Continue onto the Albany Hudson Electric Trail (AHET)	3.38 mi
←	Turn left onto River St	67 ft
→	Turn right onto Albany Hudson Electric Trail (AHET)	0.62 mi
←	Turn left onto U.S. 9 S/Chatham St	0.34 mi
→	Turn right onto Albany Hudson Electric Trail (AHET)	0.46 mi
↑	Continue onto Sunset Ave	359 ft
←	Turn left onto Albany Hudson Electric Trail (AHET)	0.52 mi

End **18** Kinderhook

## 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.