



# Empire State Trail

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

## East Greenbush to Albany

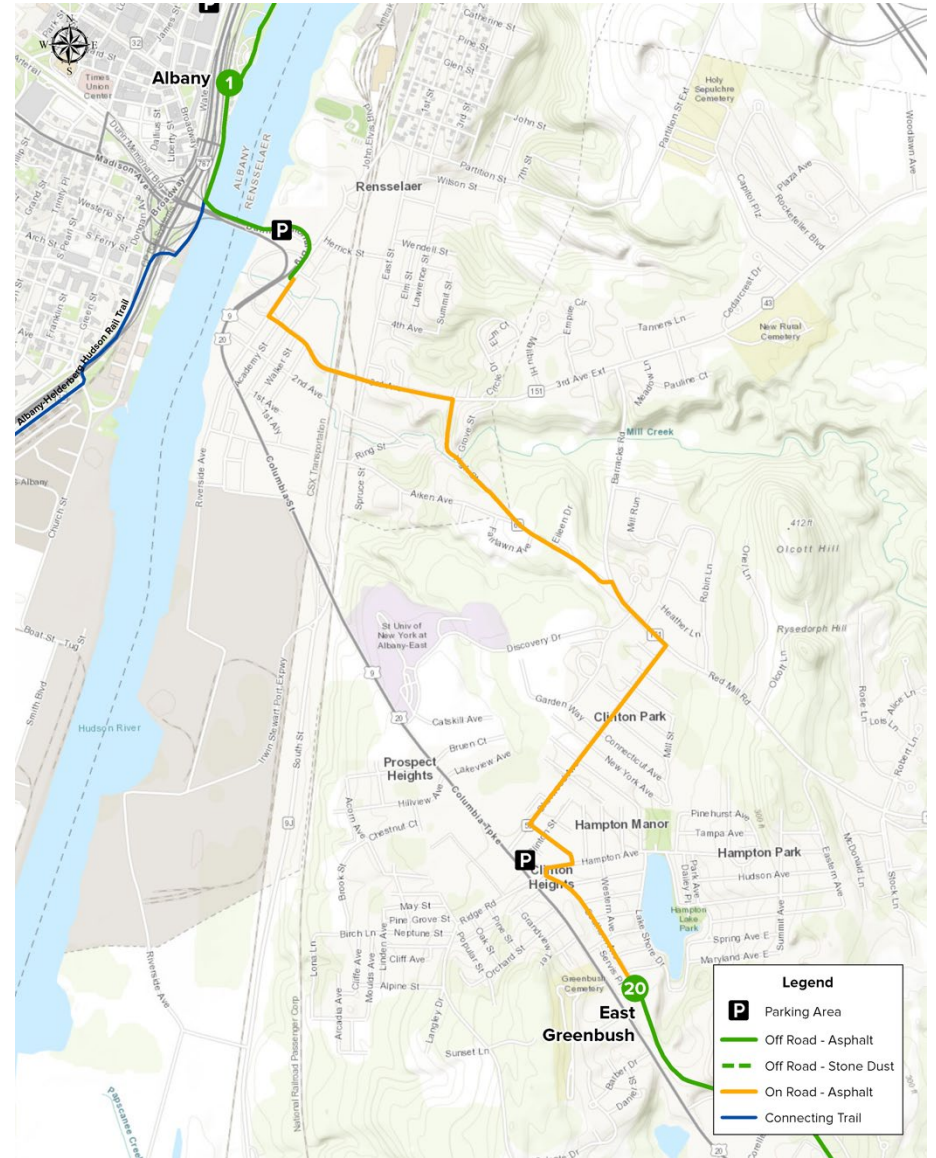
Step-by-step bicycle directions to follow for this segment of the Empire State Trail.

**Start** **20** East Greenbush

Turn	Notes	Distance
→	Turn right toward Hampton Ave	125 ft
→	Turn right onto Hampton Ave	374 ft
←	Turn left onto Muriel Ave	830 ft
→	Turn right onto Sherwood Ave	0.584 mi
←	Turn left onto NY-151 W	1,165 ft
←	Turn left onto Red Mill Rd	0.519 mi
↑	Continue onto High St	892 ft
←	Turn left onto 3rd Avenue Extension/New York State Bicycle Rte 5	0.518 mi
→	Turn right onto Broadway/New York State Bicycle Rte 5/New York State Bicycle Rte 9	689 ft
←	Turn left onto New York State Bicycle Rte 5/New York State Bicycle Rte 9Continue to follow New York State Bicycle Rte 5	0.578 mi
←	Turn left onto Mohawk Hudson Hike Bike Trail	942 ft
→	Turn right	13 ft

**End** **1** Albany

## 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.