EMPIRE STATE TRAIL
ROUSES POINT
PLATTSBURGH
Adirondack Park
CHAMPLAIN CANALWAY
LAKE GEORGE
ROME
ROCHESTER
PENDLETON
CLYDE
CAMILLUS
DE WITT
SARATOGA SPRINGS
UTICA
LITTLE FALLS
SYRACUSE
PORT BYRON
AMSTERDAM
BUFFALO
ALBANY
ERIE CANALWAY
HUDSON
HUDSON RIVER VALLEY
Catskill Park
KINGSTON
POUGHKEEPSIE
BREWSTER
NEW YORK CITY
LEGEND
Proposed Empire State Trail Off-Road Route
Proposed Empire State Trail On-Road Route
Existing Empire State Trail Off-Road Route
0 5 10 20 30 40 Miles
N
February 15, 2018