

# Long Distance Trails

## Northville-Placid Trail

Contact: Department of  
Environmental Conservation  
Regional Headquarters  
Ray Brook, NY 12977  
(518) 897-1200

Route: Northville, Fulton County  
to Lake Placid, Essex  
County.

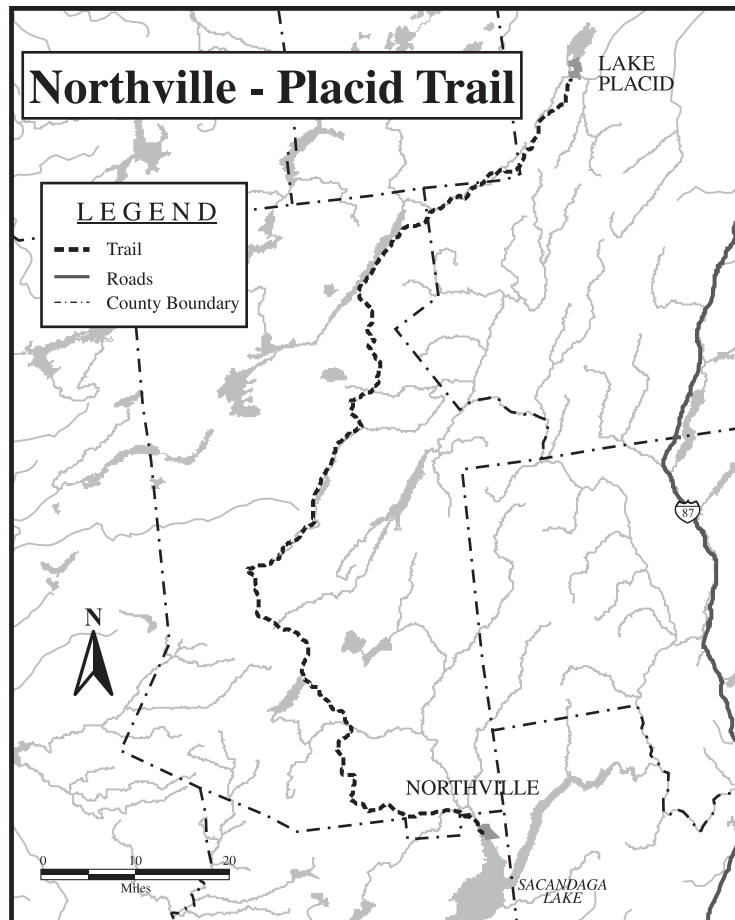
Distance: 133 miles.

The Northville-Placid Trail runs through approximately 133 miles of Adirondack forests. The trail crosses state and private lands, with a large portion of trail mileage in wilderness areas. The terrain on this trail may be rugged because more remote trail segments receive limited maintenance. When you encounter private land, please stay on the trail. Respect the

landowner's rights and do not trespass. The trail is marked with blue markers and requires an average of 19 days to hike.

The trail follows a northerly course from the scenic Adirondack foothills to the breathtaking High Peaks region to the north. Lakes and ponds of all sizes and uncounted streams lie near the trail as it winds northward up valleys, along ridges and over mountains. The land is mostly forested, and though none of the timber is virgin, trees of considerable size reflect over 50 years of state ownership and conservation.

Excellent trout fishing in the spring, bass, pickerel and pike fishing in the summer and fall and big game hunting in the fall, are permitted according to state rules and regulations.



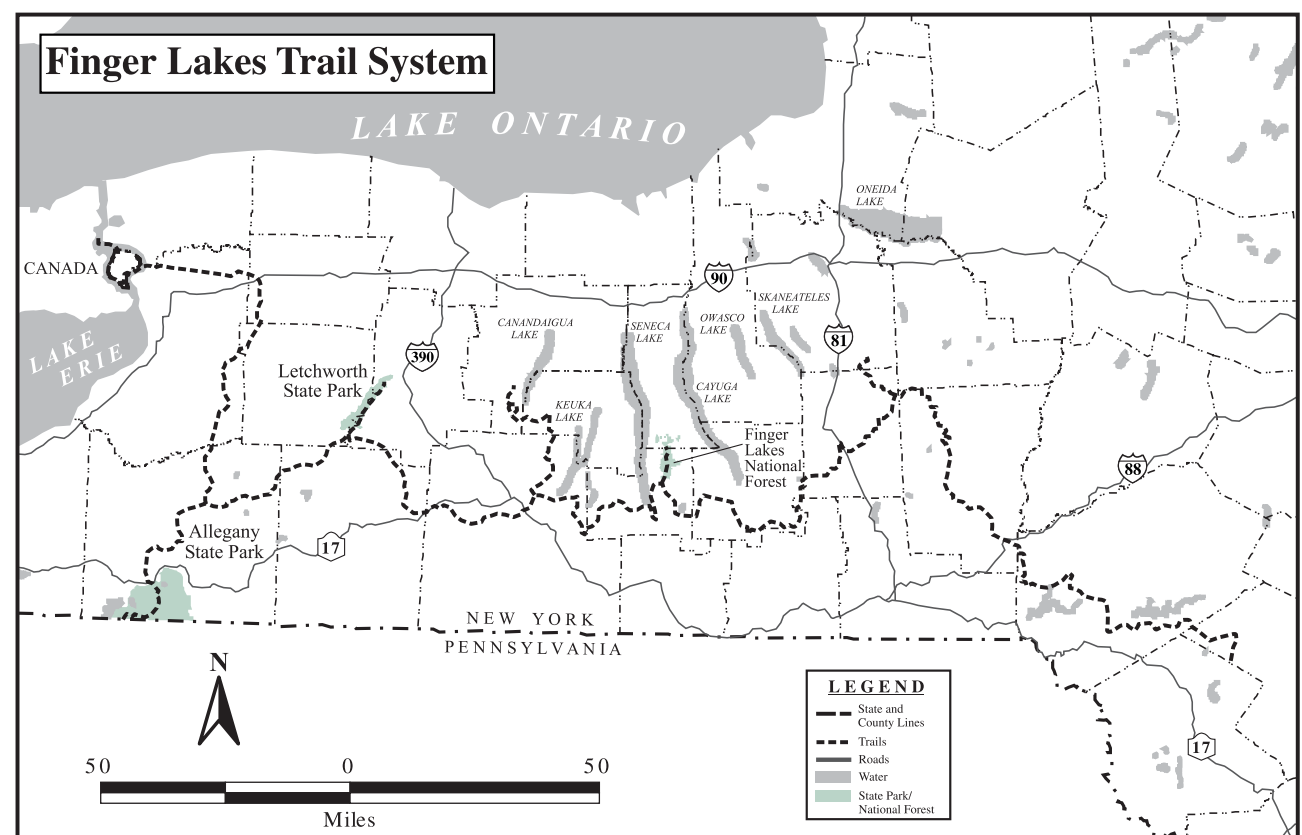
## **Finger Lakes Trail System**

Contact: Finger Lakes Trail  
Conference  
PO Box 18048  
Rochester, NY 14618

Route: From Allegany State Park and the Lewiston-Queenstone Bridge on the Niagara River to the Finger Lakes National Forest, and then eastward to the Catskill Park where it connects with the Long Path Trail.

Distance: 800 miles (in the system.)

Much of the Finger Lakes Trail is on private land. The continued use of the trail and trail system depends on the rights of the private property owners who have given permission for people to walk through their property. There are a number of branch trails which emanate from the main cross state trail. These trails take you to interesting natural features and villages of New York State.



## The Long Path

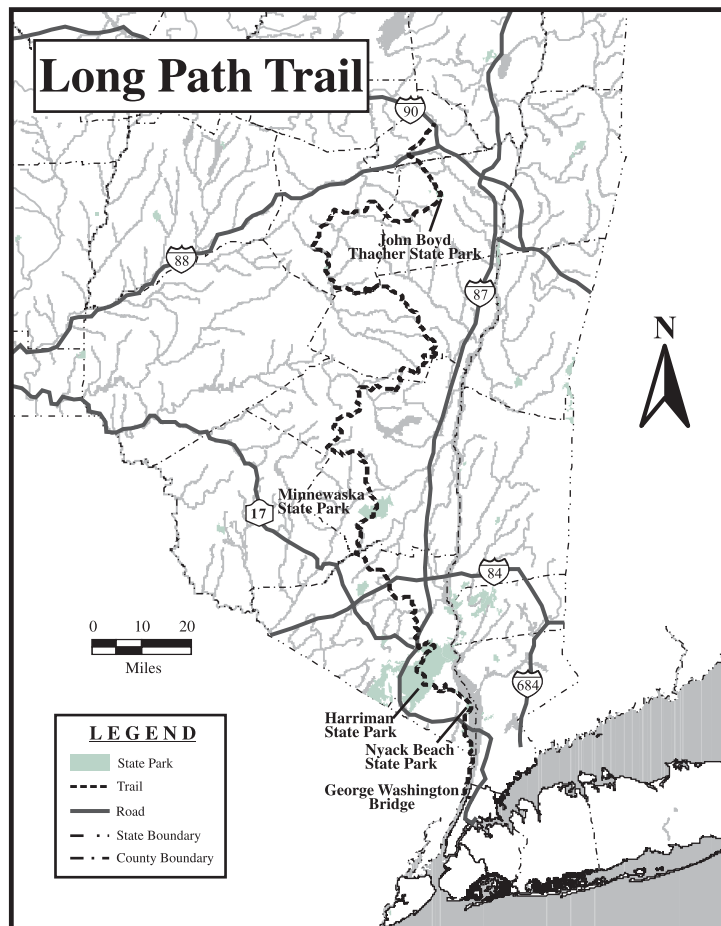
Contact: New York-New Jersey Trail Conference  
156 Ramapo Valley Road  
Mahwah, NJ 07430-1199  
(201) 512-9348

Route: Fort Lee, New Jersey to John Boyd Thacher State Park.

Distance: 326 miles.

In the 1930s, Paul and Vincent Schaefer developed the idea of creating a New York version of Vermont's Long Trail. Vincent Schaefer envisioned New York's Long Path as an unmarked meandering route from the George Washington Bridge to Whiteface Mountain in the Adirondacks. Currently, the trail travels from Fort Lee on the New Jersey side of the George Washington Bridge through the Palisades, many State Parks and State Forest lands, the Shawangunk Mountains, the Catskill Mountains, the Helderberg Escarpment to reach its terminus in John Boyd

Thacher State Park just west of Albany. The NY-NJ Trail Conference is working on extending the trail to the Mohawk River and into the Adirondacks. The trail offers hikers a variety of experiences from partial day hikes to backpacking adventures. For most of its length the trail is marked with turquoise paint blazes except within the Catskill Park, where plastic discs of various colors mark the trail. Within the Catskill Park, several lean-tos are available for overnight camping. Sections of the path are on private property and in use through the permission of the land owner. When traveling these segments, respect the rights of the landowner by staying on the trail and do not camp, build fires or litter. Contact the New York-New Jersey Trail Conference for more information regarding the route of the Long Path.



# National Scenic Trails

## North Country Scenic Trail

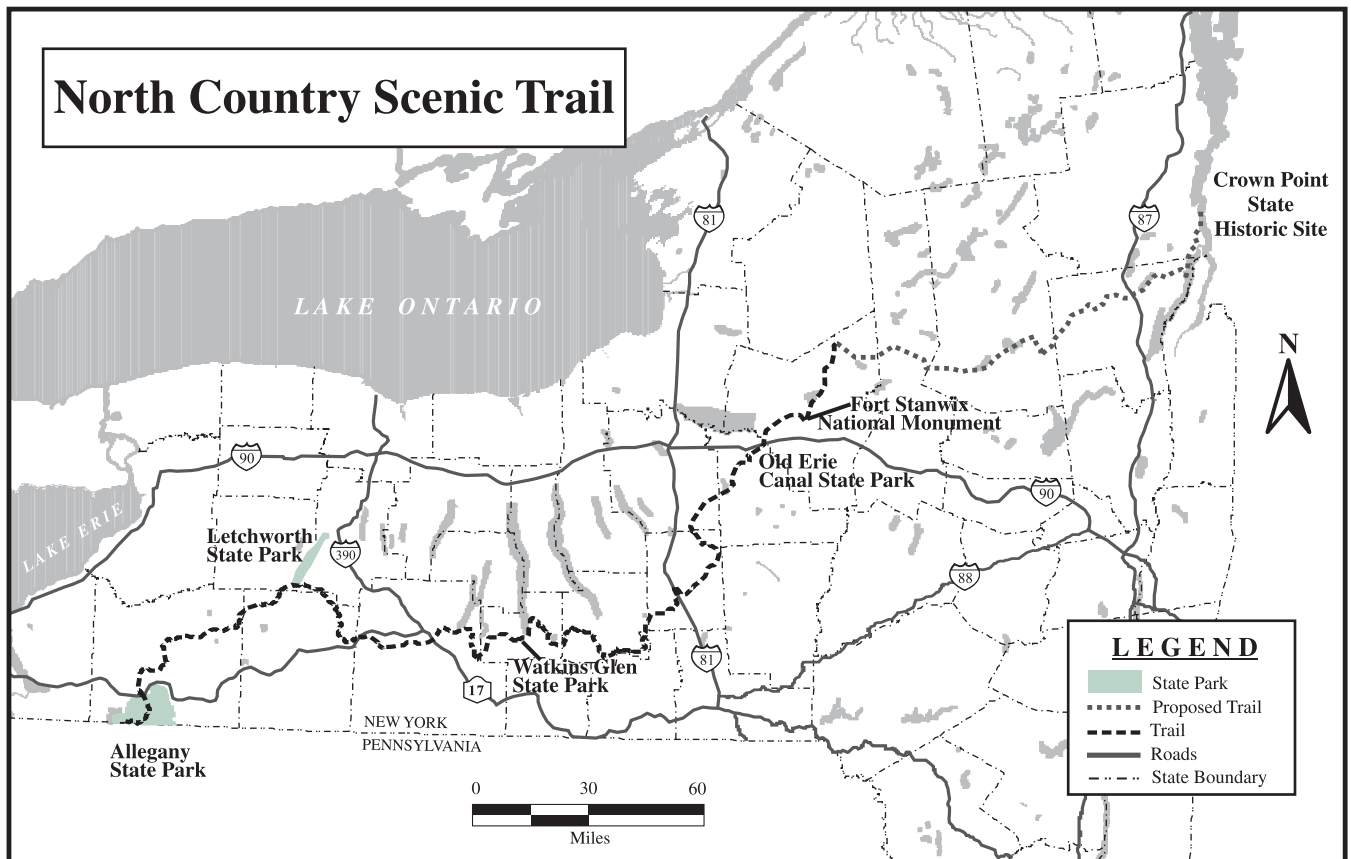
Contact: North Country Trail Association  
49 Monroe Center,  
Suite 200B  
Grand Rapids, MI 49546  
(616) 454-5506

Route: Allegany State Park to  
Crown Point State Historic  
Site, Port Henry, NY.

Distance: 250 + 300 miles of the  
Finger Lakes Trail.

The trail enters New York State at Allegany State Park from Pennsylvania. The trail is not complete through New York but follows 300 miles of the existing Finger Lakes Trail. The trail crosses the Genesee River in Letchworth State Park and continues eastward to Watkins Glen State Park. Near Cortland, the trail

turns north and eventually intersects with the old towpath of the Old Erie Canal State Park. The trail reaches Rome, NY, and Fort Stanwix National Monument, then follows the Old Black River Canal to Booneville, NY. At this point the trail enters the Adirondack Park. The trail's original legislated route was proposed to cross the High Peaks Wilderness of the Adirondack mountains. A more widely accepted route through the southern Adirondacks has since been proposed and is shown on the map. When completed, the trail will cross this six-million-acre park and reach its eastern terminus at Crown Point State Historic Site on the shores of Lake Champlain.



## Appalachian Scenic Trail

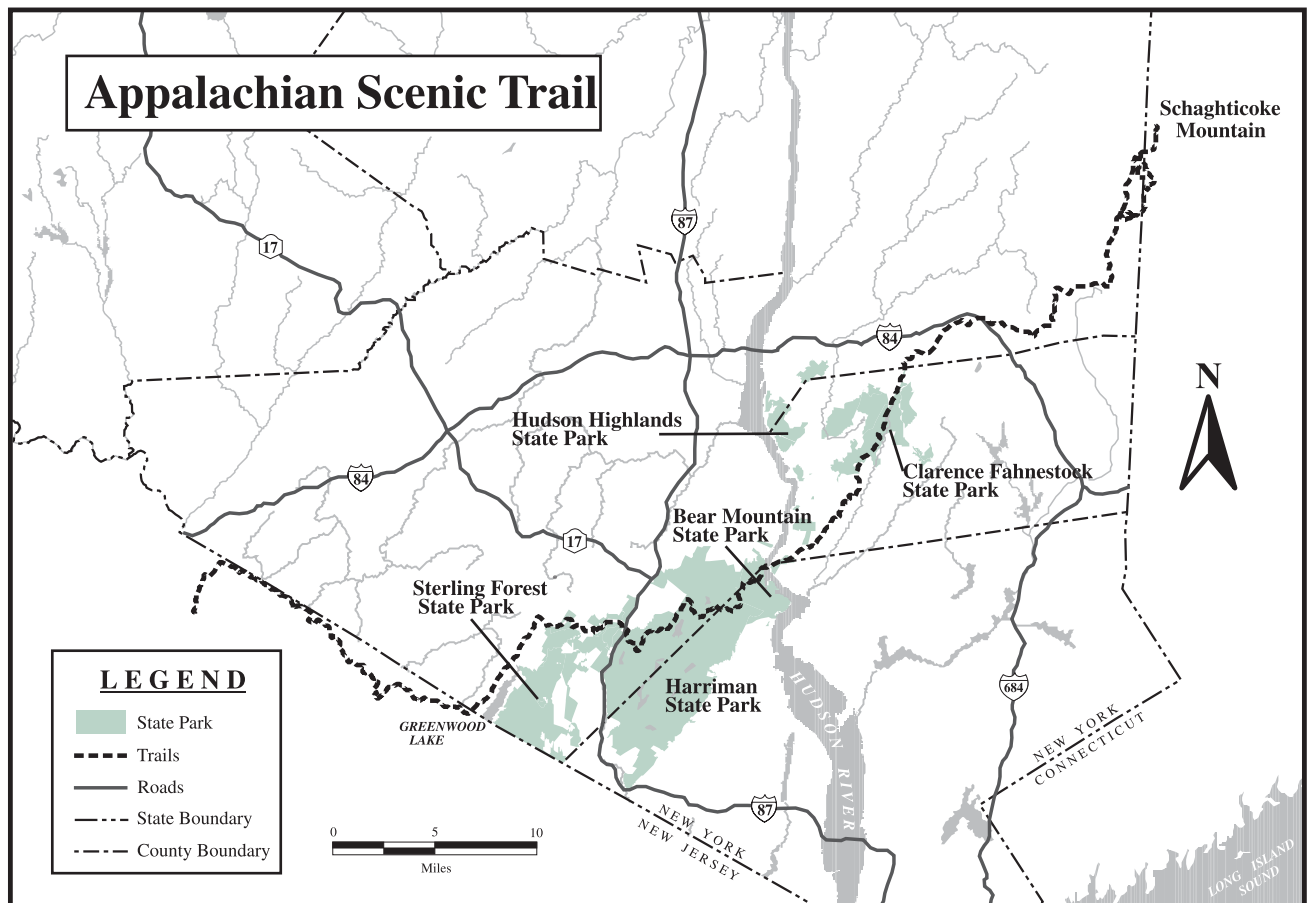
Contact: Appalachian Trail  
Conference  
PO Box 807  
Harpers Ferry, WV 25425  
(305) 535-6331

Route: Schaghticoke Mountain  
to Greenwood Lake.

Distance: 95 miles.

The trail is primarily a wilderness footpath which extends from Baxter State Park in Maine to Springer Mountain in Georgia. The entire length is 2,100 miles. Traveling from north to south, the trail enters New York at Schaghticoke Mountain. The trail continues in a

southwesterly direction to Fahnestock State Park, crosses the Hudson River via the Bear Mountain Bridge and heads toward the Bear Mountain/Harriman State Park section. This section was the first part of the Appalachian Trail to be completed. The trail continues through the new Sterling Forest® State Park, skirting around Greenwood Lake, and enters into New Jersey.



# Greenways

## Hudson River Valley Greenway

Contact: Hudson River Valley  
Greenway  
Capitol Building  
Room 254  
Albany, NY 12224  
(518) 473-3835

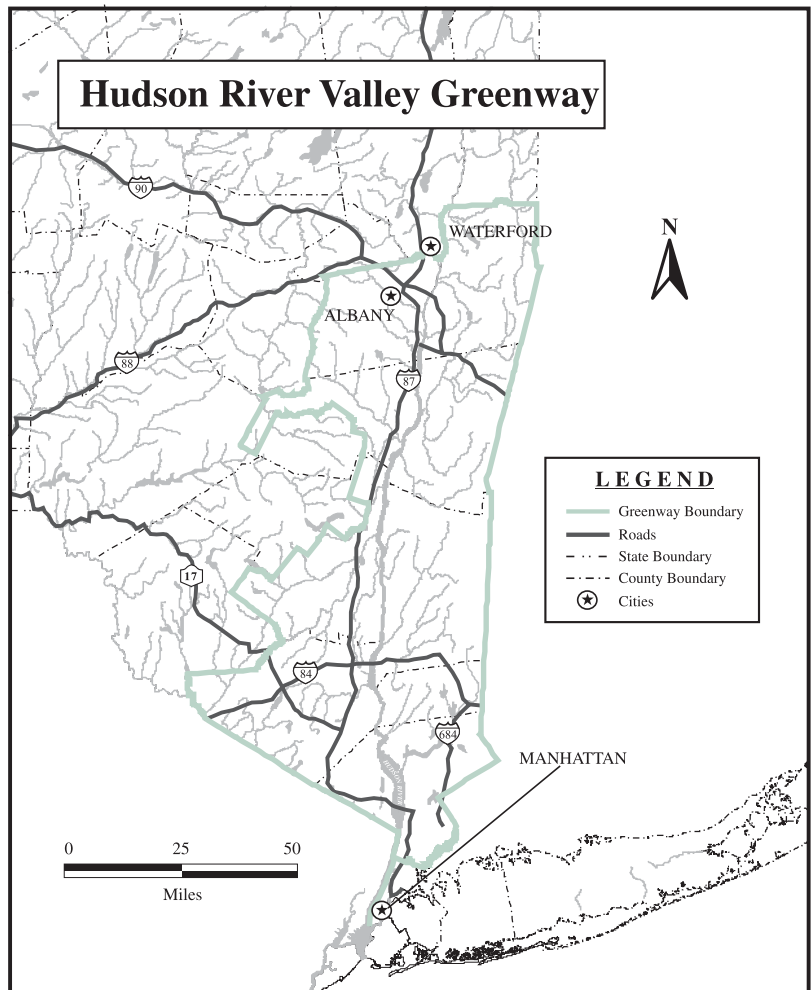
Route: New York City to the  
Village of Waterford.

Distances: 137 nautical miles, 156  
miles of bike route, and  
135 miles of community-  
based trails.

This state program works with state agencies, municipal governments, non-profits and citizen groups to identify, link, and develop local trails as part of a regional trail system. This network includes scenic byways, heritage trails, on-road bike routes,

trails created from abandoned railroad rights-of-way, as well as simple footpaths. Trails designated as part of this regional system allow for strolls to the river's edge, mountain hikes, horseback rides, walks through riverside villages, to bike rides along country roads, access to hunting or fishing areas, and visits to historic sites or heritage areas. The historic Hudson River is a major shipping lane also open to recreational boaters. Efforts continue to be made to increase access to the river for recreational uses.

When completed, the Greenway will have a network of interconnecting, various-use trails that will help recreationists to explore the Hudson River Valley from New York City to the Village of Waterford in Saratoga County.



## Genesee Valley Greenway

Contact: Friends of the Genesee Valley Greenway  
PO Box 42  
Mt. Morris, NY 14510  
(716) 658 - 2569

Route: From Rochester, NY, to Letchworth State Park.

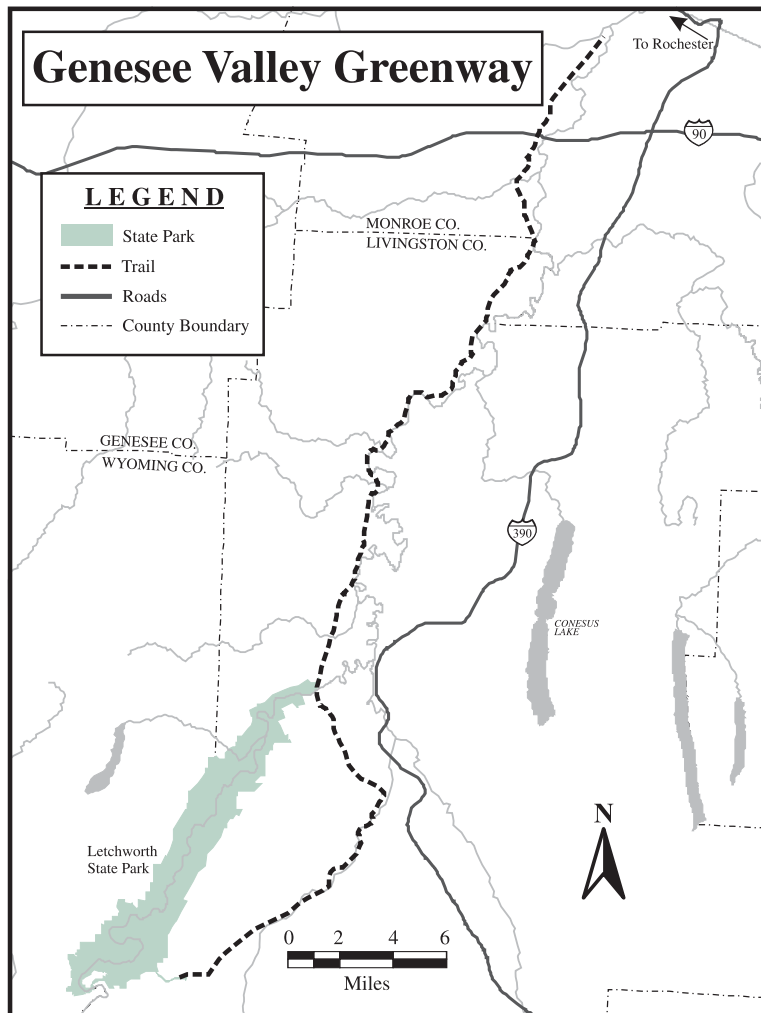
Distance: 50 miles open for use.

The trail is complete from its junction with the Barge Canal in Rochester to a few miles south of Mt. Morris (30 miles). More than seven miles are open from Nunda through Letchworth State Park, and in Allegany County there are five miles open in Cuba.

The Greenway follows the path of the old Genesee Valley Canal and the abandoned Pennsylvania Rail-

road. The Canal operated in the mid-1800s as a link between the Erie Canal and the Allegheny River. It ceased operation in 1878 and the right-of-way was taken over by the railroad, which ran passenger trains until the time of the Depression and freight service into the 1960s. The trail now follows the canal's bed, towpath and railroad bed.

The Greenway is a multiple-use trail with a natural surface that provides opportunities for walking, jogging, cross-country skiing, biking, birding, and more. The trail winds through scenic woodlands, rolling farmlands and peaceful valleys. When complete, this trail will extend to the Pennsylvania border making the trail approximately 90 miles long.



# The Canalway Trail

NY Thruway Authority  
200 Southern Blvd.  
Albany, NY 12201  
(518) 436-3034

Route: Lockport, NY, to Albany, NY, to Glens Falls, NY.

Distance: 220 miles (524 miles when completed).

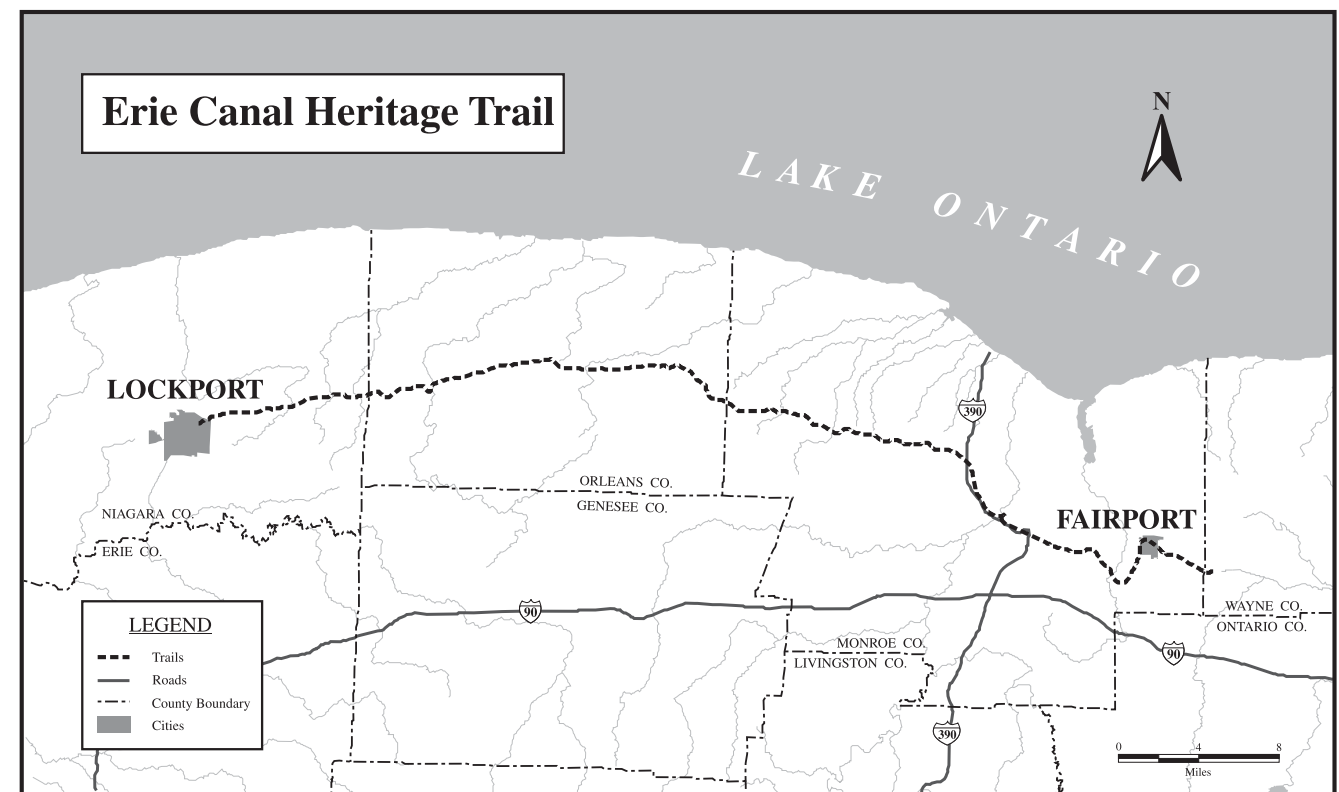
The Canalway Trail is a multi-use trail following the canal system that opened the Atlantic Ocean to the Great Lakes. Currently, the trail system is comprised of four major trail segments. These segments follow old canal towpaths and abandoned railway corridors.

## Erie Canal Heritage Trail

Route: Lockport, NY, to Fairport, NY.

Distance: 70 miles.

This segment follows the towpath of the Erie Canal. The trail is also designated as a National Recreation Trail. Most of the trail has a gravel surface, but some sections are paved. Motorized vehicles are not allowed, but uses such as biking, hiking, cross-country skiing and horseback riding are permitted on the trail.





## **Old Erie Canal State Historic Park**

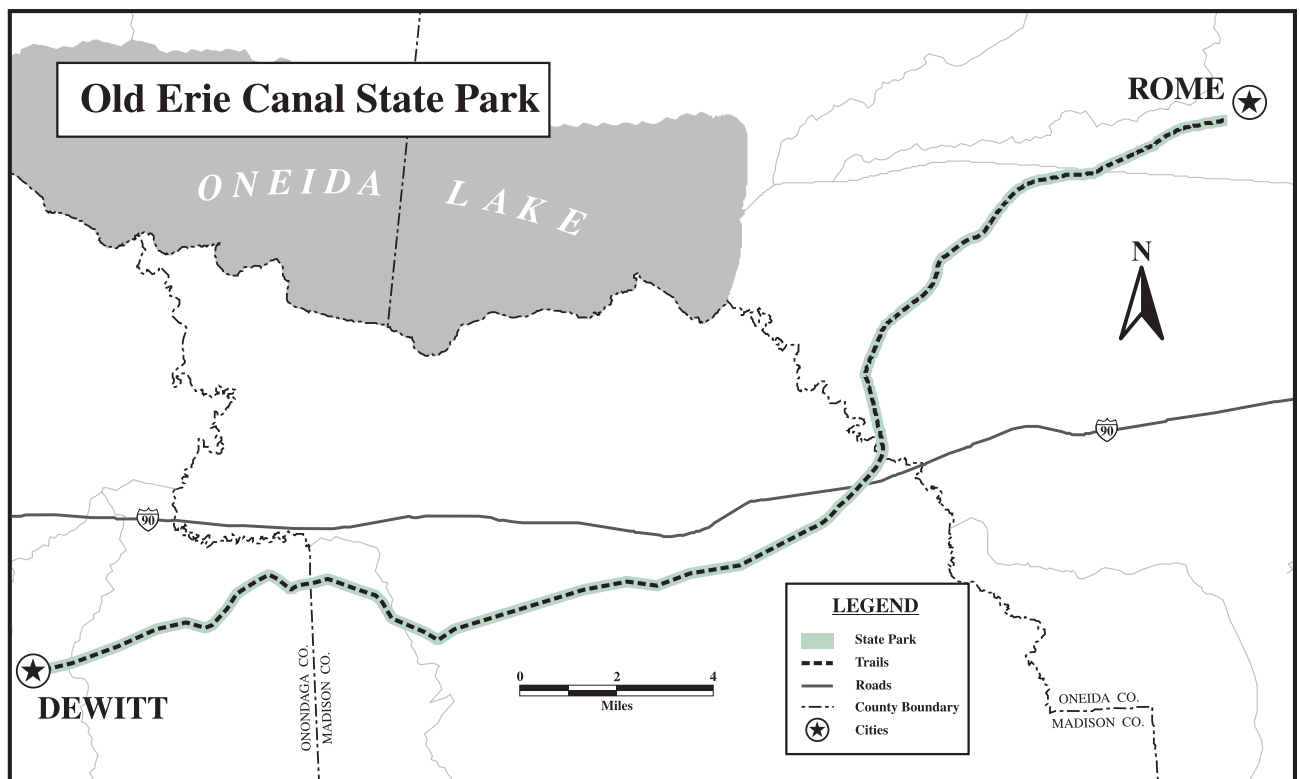
Contact: Andrus Road RD #2  
Kirkville, NY 13082  
(315) 687-7821

Route: Dewitt, NY, to Rome, NY

Distance: 36 miles.

This trail segment follows abandoned portions of the original Erie Canal. This segment is also designated as a National Recreation Trail. The linear park which makes up this trail segment offers picnic areas, parking, restrooms, and foot bridges for access to the towpath of

the old Erie Canal. The trail is surfaced with stone dust and accommodates trail uses such as hiking, biking, cross-country skiing and horseback riding. No motorized vehicles are allowed.



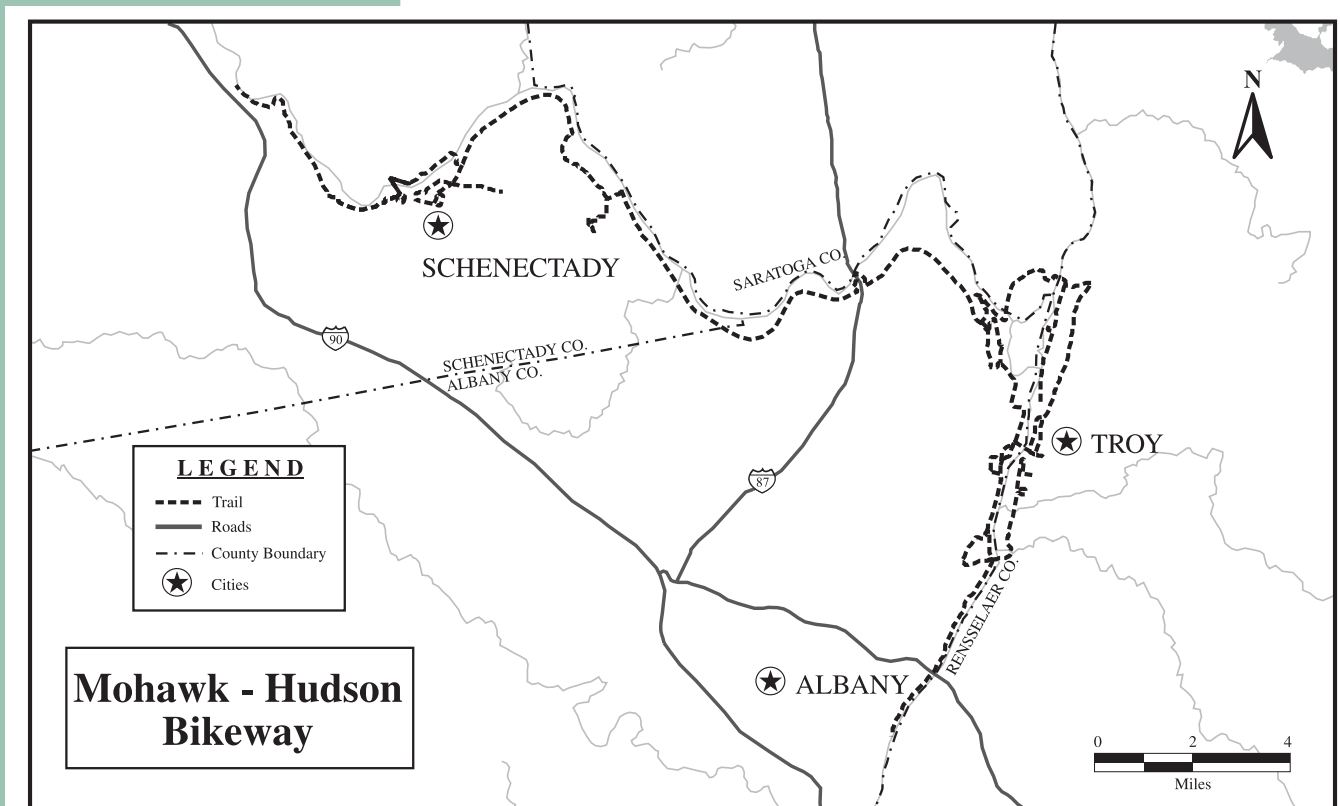
## Mohawk-Hudson Bikeway

Route: Rotterdam Junction, NY,  
to Cohoes, NY, to Albany,  
NY.

Distance: Approximately 30 miles.

This trail segment is built on the abandoned towpath of the old Erie Canal and the old Penn Central Railroad bed. There are a number of small parks to stop at along the way for a picnic or a rest. There are some short on-road trail sections along the way, and one brings you to the overlook of the Cohoes Falls, where the Mohawk and Hudson

Rivers converge. From this point the trail heads southward to Albany, where it stops at the Erastus Corning Preserve. The trail is paved asphalt, except when it travels through the Colonie Town Park, where it is surfaced with stone dust. Motorized vehicles are not allowed. The trail is used most often by bikers, hikers and cross-country skiers.



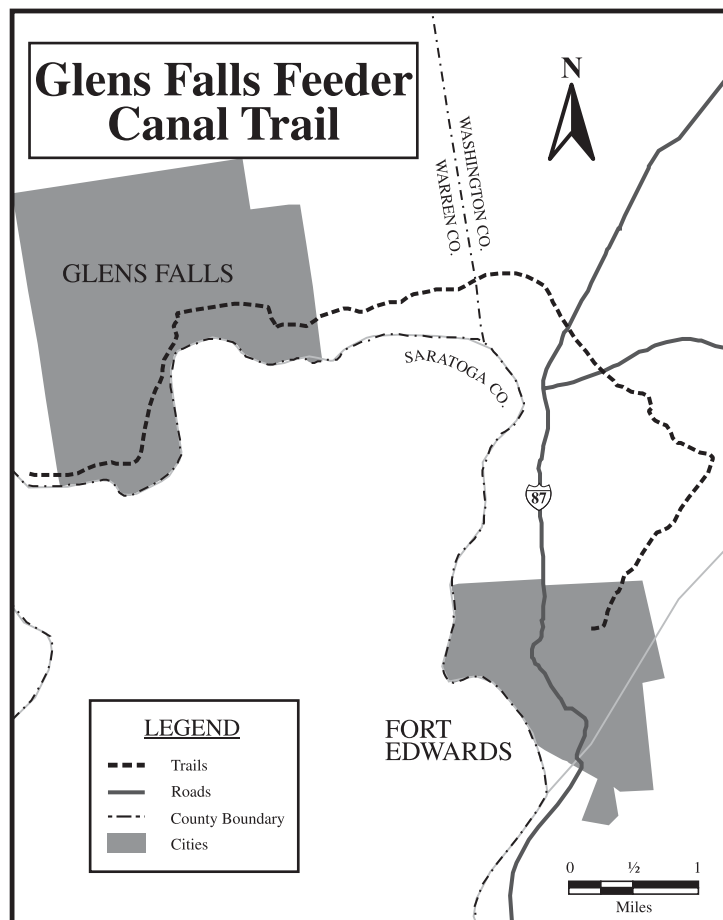
## **Glens Falls Feeder Canal Trail**

Route: Glens Falls, NY, to Fort Edward, NY.

Distance: 8 miles.

This trail segment follows the towpath of the Feeder Canal, which is one of the last surviving sections of New York State's original 1820s canal system. The Feeder Canal was completed in 1829 to help maintain the water level in the Champlain Canal, which runs from Fort Ann to Fort Edward. The Feeder Canal runs from the Feeder Dam on the Hudson River through Glens Falls and to the

Champlain Canal in Fort Edward. The trail is surfaced with stone dust. Trail uses include hiking, biking and cross-country skiing. No motorized vehicles are allowed.



# Trails and Routes

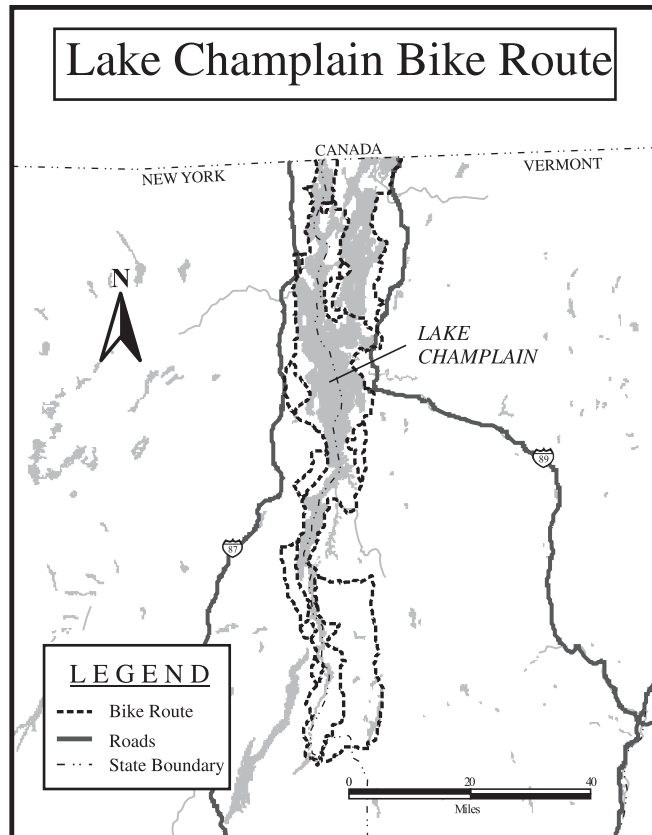
## Lake Champlain Bike Route

Contact: Lake Champlain  
Bikeways  
C/O Lake Champlain  
Visitors Center  
RR1, Box 220,  
Crown Point, NY 12928  
(518) 597-4646

Route: Whitehall, NY, to  
Chambly, Quebec,  
Canada.

Distance: 163 miles (New York  
side) 200 miles (Vermont  
side).

This interstate and international bike route encircles Lake Champlain, for the most part following paved, rural roads, although some sections are unpaved. These unpaved roads provide interesting views as well as other types of biking experiences. The bike route provides access to local services and spectacular scenery. Also, some alternate routes are provided to allow the cyclist to customize his/her personal experience.



## Long Island Greenbelt Trail System

Contact: Long Island Greenbelt Trail Conference  
23 Deer Path Road  
Central Islip, NY 11722  
(516) 360-0753

Long Island Greenbelt Trail: 31.8 miles.  
Nassau-Suffolk Greenbelt Trail: 19.5 miles.  
Walt Whitman Trail: 5.5 miles.  
Walt Whitman Loop: 4.2 miles.  
Pine Barrens Trail: 50 miles.

The system consists of five major trails which provide opportunities to experience diverse ecosystems and solitary experiences.

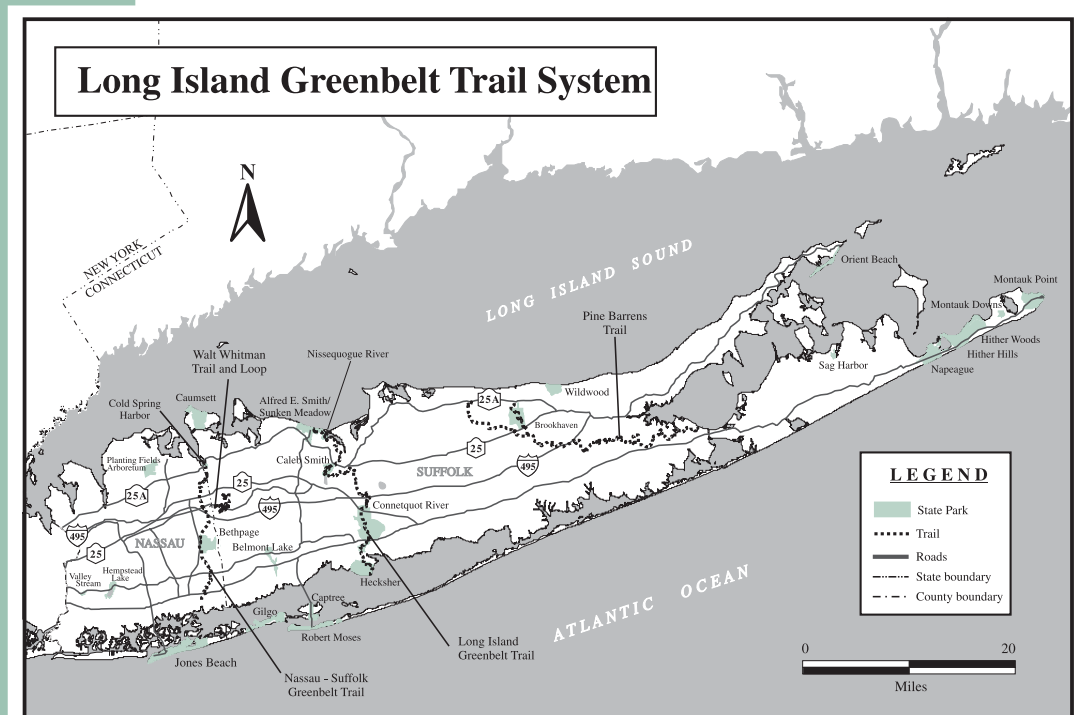
The Long Island Greenbelt Trail is the oldest in the system and travels in a north-south direction from Sunken Meadows State Park to Hecksher State Park following the routes of the Connetquot and Nissequogue Rivers. The trail features beaches, pine barrens, deciduous forests, and tidal marshes. Observant hikers may spot deer, fox, raccoon, opossum, egret, kingfisher and many other species.

The Nassau-Suffolk Greenbelt Trail is also a north-south route from Cold Spring Harbor State Park to Massapequa. In an area of heavy development, this trail is a narrow belt of green space that offers sights of picturesque ponds, morainal ridges, open fields and incredibly diverse flora and fauna. The

northern end offers a surprising challenge in contrast to "flat" Long Island. Both the Long Island Greenbelt Trail and the Nassau-Suffolk Greenbelt trail have been designated National Recreation Trails.

The Walt Whitman Trail and Loop Trail take the hiker on a trip through history. The Walt Whitman Trail begins at Walt Whitman's birth place, a world renowned historic site, and ends at the Nassau- Suffolk Greenbelt Trail giving users access to more hiking opportunities. The Loop Trail stays on the property of a county park. This loop offers views of the Atlantic Ocean as it travels through hills of oaks, maples, and hickories mixed with beech, mountain laurel and trailing arbutus.

Lastly, the Pine Barrens Trail bisects the core area of a fire adapted ecosystem. The Long Island Pine Barrens incorporate the largest tract of undeveloped land on the island. Walt Whitman noted that the area has a peculiar aroma. This aroma is derived from the pitch pines, scrub oak, blueberry, huckleberry, bearberry, wintergreen and sweet fern found throughout the area. Hikers may find deer, fox, flying squirrels, grouse and pheasants. The trail is marked with blazes from Rocky Point to the Shinnecock Canal. Because of the area's susceptibility to fire, the route is subject to frequent changes.



# Notes



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# Helpful Advice

Use caution and be sure that children are supervised while using the trails. It is advisable that you hike with someone.

Trails often lead to remote locations. You should:

- Let someone know where you are going and when you expect to return.
- Take a map and compass, and know how to use them.
- Wear proper clothing and shoes. Clothes should be loose-fitting and offer protection from wind, rain and cold. The weather at the foot of a mountain is often quite different from that at the top.
- Sign in at trailhead registers, where available.
- Bring your own water. Never assume that any water found along the trail is completely clean and safe to drink.

Insects can be annoying and may cause illness. Mosquitoes are common throughout New York. Black flies are troublesome in the Adirondack and Catskill Mountains in the spring. Deer ticks can cause Lyme Disease. Know about the precautions to prevent tick bites and the symptoms of Lyme Disease.

Poison Ivy may be found along New York State trails. Know the characteristics of the plant and be careful.

Be careful with fire. When building a campfire use only dead and down wood.

Please stay on the trail, especially when crossing private lands.

Many trails are in "Carry-in, Carry-

out" facilities. This means if you carry it in, carry it back out with you. This on-your-honor policy helps to keep our trails, state parks and forests clean. Litter is a problem for the environment and unsightly to others.

Know the symptoms of hypothermia, its causes and how to treat it. In the winter, wear or pack additional warm clothing and take other necessary precautions.

Only a few poisonous snakes are found in New York State, and snake bites are rare. If you are bitten and are in doubt as to whether the snake is poisonous, assume that it is and seek medical help as quickly as possible.

If someone is injured, treat the injury and make the injured person as comfortable as possible. Do not leave the injured person alone, if possible. Someone should go for help, using the trail. Contact a forest or park ranger, state employee or police officer with information about the person, where the injured person may be located, the extent of the injury and how it happened.

If you get lost, STOP where you are, make yourself comfortable, rest and prepare to stay warm and overnight. You have notified people where you are going and have signed a register. Help will arrive.

Be Careful and Enjoy New York State Trails.

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## Equipment Checklist

For a safe recreational experience, please determine which of the following items you may need whenever hiking within New York State. It is advisable to carry the following items:

- Map and compass
- Full canteen or water bottle
- Knife
- Flashlight with new batteries
- Sun protection (glasses, hat, sunscreen)
- Emergency food

- Insect protection
- First aid kit, personal medications, spare eyeglasses
- Rain gear and / or warm clothing
- Small plastic garbage bag to carry out your trash.

In addition, it is recommended that you check:

- Local weather forecasts
- Hunting seasons / Fishing regulations
- Permits

# A Guide to Weather in the Empire State

New York State experiences four distinct seasons and the weather can be unpredictable at times. The following information is provided to give outdoor enthusiasts a basis for planning their activities to compliment the potential weather conditions. These seasonal averages are to be used for general planning purposes only. Plan ahead and be prepared. Contact the National Weather Bureau of a local airport for up-to-date forecasts before starting out.

Mountainous regions will have widely varying temperatures, even in summer. In winter, special precautionary measures should be taken, such as taking appropriate equipment and notifying someone where you will be and when you will be back. Also, windchills can make the temperature much colder, so pay attention to wind speeds as well as temperature when planning your trip.

*Average High and Low Temperatures*

	Albany	Binghamton	Buffalo	Lake Placid	Long Island	New York City	Watertown
Weather Information	(518) 869-6347	(315) 729-4111	(716) 844-4444			(212) 976-0001	
Jan. Avg. High	30°	28°	30°	26°	38°	38°	28°
Jan. Avg. Low	12°	14°	17°	4°	24°	26°	8°
Apr. Avg. High	58°	53°	54°	50°	56°	61°	53°
Apr. Avg. Low	36°	35°	36°	26°	41°	44°	38°
July Avg. High	83°	78°	80°	77°	81°	85°	80°
July Avg. Low	60°	60°	61°	52°	66°	68°	61°
Oct. Avg. High	62°	57°	59°	55°	62°	66°	58°
Oct. Avg. Low	39°	40°	42°	33°	45°	50°	40°

*Wind Chill Factors*

Wind Speed (mph)	Air Temperature (Degrees F)																
	Calm	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30
5	43	37	32	27	22	16	11	6	0	-5	-10	-15	-21	-26	-31	-36	
10	34	28	22	16	10	3	-3	-9	-15	-21	-27	-34	-40	-46	-52	-58	
15	29	22	15	9	2	-5	-12	-18	-25	-32	-38	-45	-52	-59	-65	-72	
20	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-53	-60	-68	-75	-82	
25	22	15	8	0	-7	-15	-22	-30	-37	-44	-52	-59	-67	-74	-82	-89	
30	20	13	5	-3	-10	-18	-25	-33	-41	-48	-56	-64	-71	-79	-87	-94	
35	19	11	3	-5	-12	-20	-28	-36	-44	-51	-59	-67	-75	-83	-90	-98	
40	18	10	2	-6	-14	-22	-30	-38	-46	-53	-61	-69	-77	-85	-93	-101	
45	17	9	1	-7	-15	-23	-31	-39	-47	-55	-63	-71	-79	-87	-95	-103	
50	17	3	1	-7	-15	-23	-31	-40	-48	-56	-64	-72	-80	-88	-96	-104	

# Useful Telephone Numbers

## **Office of Parks, Recreation and Historic Preservation (OPRHP)**

Main Office, Albany (518) 474-0456

### **OPRHP Regional Offices:**

New York City Region, New York City (212) 866-3100

Long Island Region, Babylon (631) 669-1000

Palisades Region, Bear Mountain (845) 786-2701

Taconic Region, Staatsburg (845) 889-4100

Saratoga-Capital District Region, Saratoga Springs (518) 584-2000

Thousand Islands Region, Alexandria Bay (315) 482-2593

Central Region, Jamesville (315) 492-1756

Finger Lakes Region, Trumansburg (607) 387-7041

Genesee Region, Castile (585) 493-3600

Allegany Region, Salamanca (716) 354-9101

Niagara Region, Niagara Falls (716) 278-1770

## **Department of Environmental Conservation (DEC)**

Main Office, Albany (Campgrounds) (518) 457-2500

Main Office, Albany (Trails) (518) 402-9428

### **DEC Regional Offices**

Region 1 - Stony Brook (631) 444-0200

Region 2 - Long Island City (718) 482-4900

Region 3 - New Paltz (including the Catskill Preserve) (845) 256-3000

Region 4 - Schenectady (518) 357-2234

Region 5 - Ray Brook (including the Adirondack Preserve) (518) 897-1200

Region 5 - Emergency Assistance (Forest Rangers) (518) 891-0235

Region 6 - Watertown (315) 785-2239

Region 7 - Syracuse (315) 426-7400

Region 8 - Avon (585) 226-2466

Region 9 - Buffalo (716) 851-7000

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State Trails Coordinator (518) 486-2909

Lake Champlain Bikeways (802) 652-2453

NYS Canal System 1-800-422-6254

Appalachian Trail Conservancy (304) 535-6331

North Country Trail Assoc. 1-866-445-3628

Hudson River Valley Greenway (518) 473-3835

Parks and Trails New York (518) 434-1583

I Love NY (Department of Economic Development) 1-800-225-5697

State Police - Capital District Headquarters (518) 783-3211

Emergency (most localities, check before you go) 911

NYS Thruway Road Conditions 1-800-847-8929

### **Useful World Wide Web Sites**

Office of Parks Recreation and Historic Preservation [www.nysparks.com](http://www.nysparks.com)

Department of Environmental Conservation [www.dec.ny.us](http://www.dec.ny.us)

New York State Canals [www.nyscanals.gov](http://www.nyscanals.gov)

I Love NY [www.iloveny.com](http://www.iloveny.com)

Weather conditions [www.weather.com](http://www.weather.com)

United State Geological Survey [www.usgs.gov](http://www.usgs.gov)

U.S.G.S. map orders <http://store.usgs.gov>

National Park Service [www.nps.gov](http://www.nps.gov)

New York-New Jersey Trails Conference [www.nynjtc.org](http://www.nynjtc.org)

Adirondack Mountain Club [www.adk.org](http://www.adk.org)

Rails-To-Trails Conservancy [www.railtrails.org](http://www.railtrails.org)

Genesee Valley Greenway [www.fogvg.org](http://www.fogvg.org)

Finger Lakes Trails Conference [www.fingerlakestrail.org](http://www.fingerlakestrail.org)

North Country Trail Association [www.northcountrytrail.org](http://www.northcountrytrail.org)

New York State Horse Council [www.nyshc.org](http://www.nyshc.org)

Parks and Trails New York [www.ptny.org](http://www.ptny.org)



**State of New York** • David A. Paterson, Governor

**NYS Office of Parks, Recreation and Historic Preservation** • Carol Ash, Commissioner

**Department of Environmental Conservation** • Alexander B. Grannis, Commissioner

**New York State Canal Corporation** • John Buono, Chairman