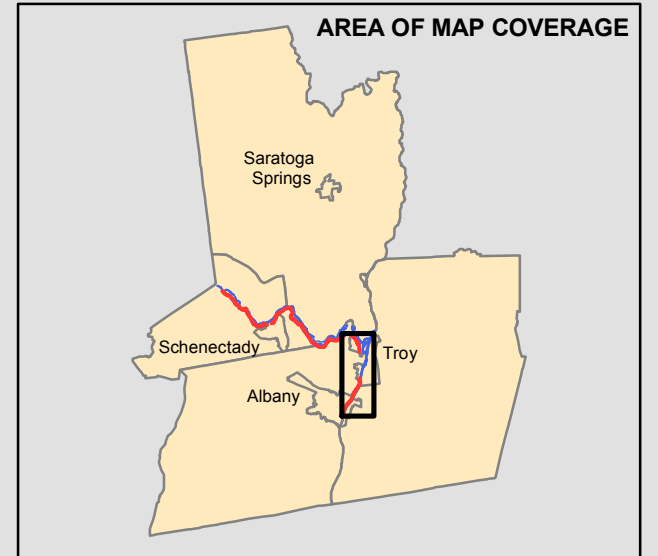
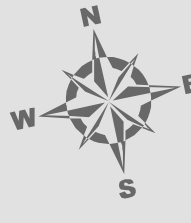
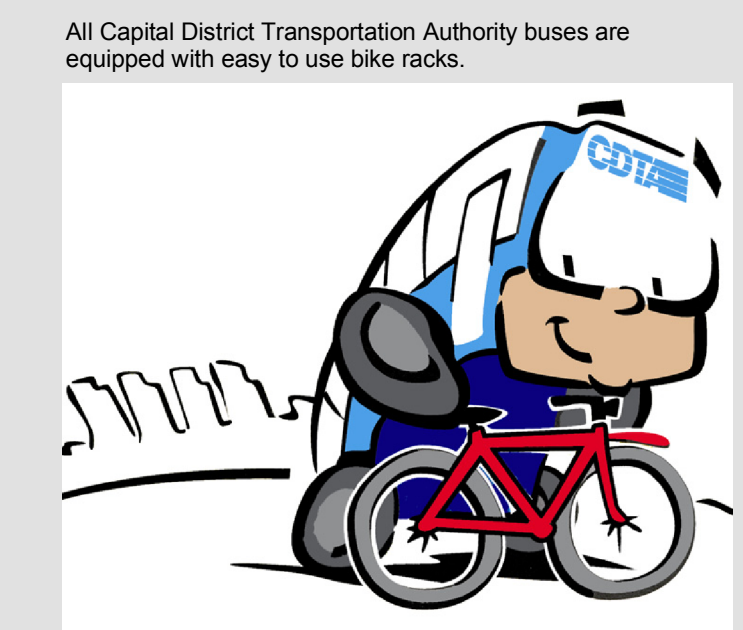
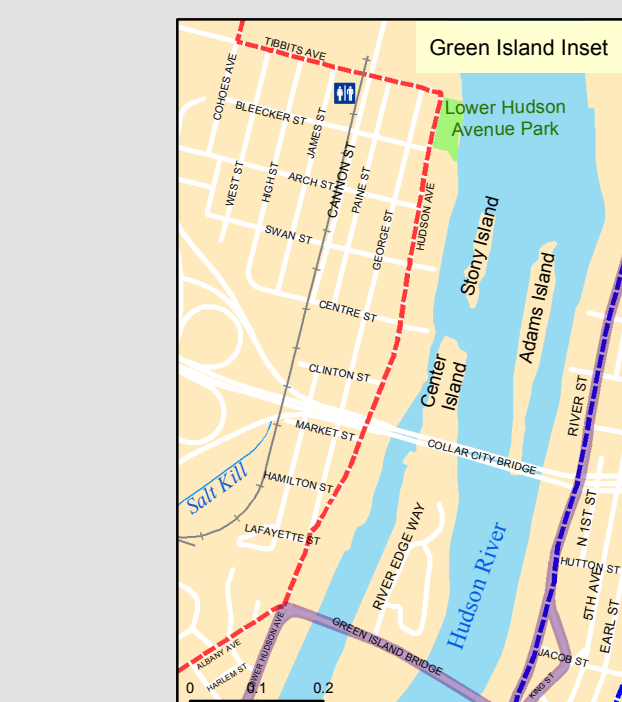
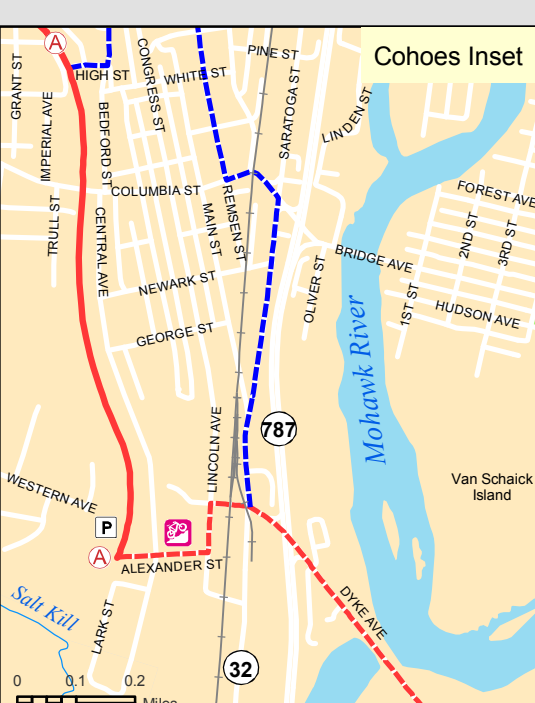


Mohawk-Hudson Bike-Hike Trail - Albany to Cohoes Section



If it were not for a few vantage points along the trail overlooking the City of Cohoes, you would be unaware of traveling through the river city at the confluence of the Mohawk and Hudson Rivers. Side trips to the historic mills, Cohoes Falls overlook, and other historic sites are enjoyable and educational.

For those trail users interested in a tour of the river communities that developed around the labor and industry movements of the turn of the century, follow the local streets to the Uncle Sam Trail. The scenic approach at the northerly end is through Van Schaick Island on Ontario Street, then Peebles Island and Waterford to Lansingburgh on the Troy-Waterford Bridge, site of one of the first bridges to cross the Hudson River. From the south, follow the bike trail signs across the Green Island Bridge. The Uncle Sam Trail follows an old railroad that is tucked into the side of the hill overlooking Troy.



All Capital District Transportation Authority buses are equipped with easy to use bike racks.
For more information regarding Bikeable Buses contact CDTA: 518-482-8822 www.cdta.org/riding/maps_bikeable_bus.php

From the Menands area south to the City of Albany, you can explore the lagoons, open fields, and stands of old poplar trees along the floodplain of the Hudson River. Here the water rises and falls with the tide and a small sandy beach can be found with unspoiled views of the river's edge.

Exercise trails, outdoor sculptures, and experimental rice fields are all evidence of the renewed interest in the Hudson River. The Erastus Corning Riverfront Preserve, the award winning riverfront attraction, terminates the southerly end of the trail. The Preserve is accessible from many points, including the Hudson River Way Pedestrian Bridge and the Quay Street underpass at the base of Broadway in Albany and the Dunn Memorial Bridge pedestrian walkway from Rensselaer.

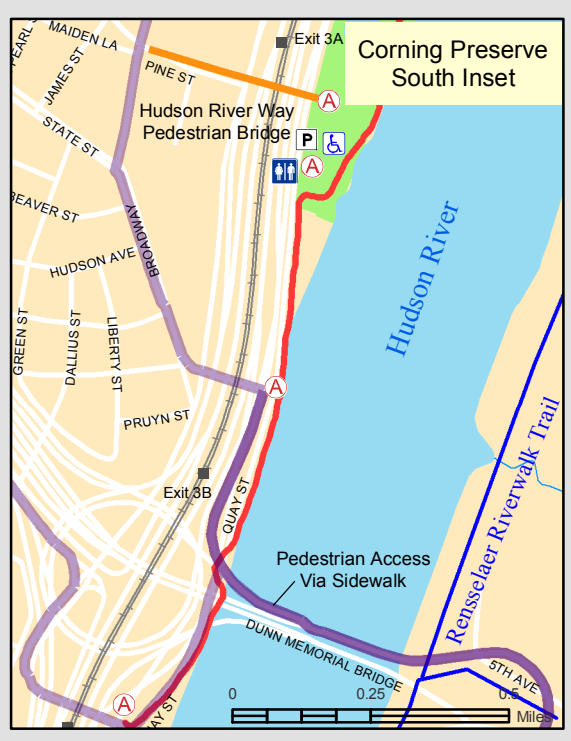
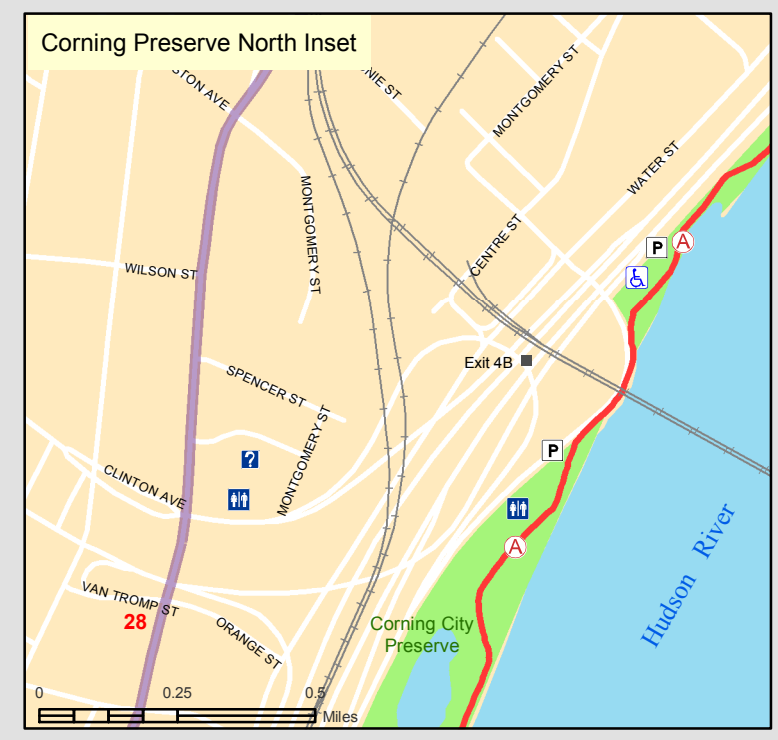
- ### Local Attractions Index
- Fort Crallo State Historic Site Information: 518-463-8738
 - Schuyler Mansion State Historic Site Information: 518-434-0834
 - Albany Institute of History & Art Information: 518-463-4478
 - Tom Broek Mansion Information: 518-436-9826
 - Cohoes Falls
 - Cohoes Music Hall Box Office: 518-237-5858
 - USS Slater Information: 518-431-1943
 - New York State Executive Mansion Information: 518-473-7521
 - Cathedral of the Immaculate Conception
 - Cultural Education Center, NYS Archives Information: 518-474-6926
 - New York State Museum & Library Information: 518-474-8777, 5355
 - New York State Women Veterans Memorial
 - Korean War Veterans Memorial
 - Corning Tower Observation Deck Information: 518-474-2418
 - The Egg Box Office: 518-473-1845
 - Times Union Center Information: 518-487-2000
 - New York State Capitol Information: 518-474-2418
 - Capital Repertory Theatre Information: 518-462-4531
 - Palace Theatre Information: 518-465-3334
 - Russell Sage College Information: 518-244-2000
 - Troy Savings Bank Music Hall Box Office: 518-273-0038
 - Rensselaer Polytechnic Institute Information: 518-276-6000
 - Van Schaick Mansion Information: 518-235-2699
 - Oakwood Cemetery Information: 518-272-7520
 - Albany Rural Cemetery Information: 518-463-7017
 - Rensselaer Technology Park Information: 518-283-7102
 - First Church in Albany Information: 518-463-4449
 - Palace City Hall Information: 518-462-4775
 - Albany City Hall Information: 518-434-5284
 - St. Peter's Church Information: 518-434-3502
 - Historic Cherry Hill Information: 518-434-4791
 - Dutch Apple Cruises Information: 518-463-0220
 - Watervliet Arsenal Museum Information: 518-266-5805
 - Captain JP Cruise Line Information: 518-270-1901
 - Troy Waterfront Farmer's Market Information: 518-274-5138
 - Rensselaer County Historical Society Information: 518-272-7232
 - The Children's Museum of Science and Technology Information: 518-235-2120
 - Harmony Mills Complex

The Cohoes section, the Uncle Sam Trail, and the Hudson River section all meet at the Green Island Bridge. The trail follows local streets in this area. Take time to visit some of the many small neighborhood stores or travel to downtown Troy and visit the Troy Riverfront Park immediately south of the Green Island Bridge or the RiverSpark Visitor's Center at 251 River St.

LEGEND

- Trail Access
- Trailhead Parking
- Steep Hill
- Restroom Facilities
- Visitors Center
- Rail Station
- Accessible Trailhead
- Hospitals
- Canal Locks
- Interstate Highway Exits
- Local Attractions (Please see Index)
- Mohawk - Hudson Bike - Hike Trail (On-Road)
- Mohawk - Hudson Bike - Hike Trail (Off-Road)
- Connecting Trails (On-Road)
- Connecting Trails (Off-Road)
- Gravel/Stone Dust Trails
- State Bike Routes 5 & 9
- Mohawk Towpath Scenic Byway
- Hudson River Way Pedestrian Bridge
- Railroad Tracks
- Roads
- Streams
- Lakes and Ponds
- Rivers
- Parks and Nature Preserves
- Cities, Villages, and Towns

1 inch equals 0.35 miles



- ### SAFETY & COURTESY
- ◆ Bicyclists and inline skaters are strongly encouraged to wear helmets and other protective gear at all times.
 - ◆ Wear reflective clothing and use lights/reflectors when traveling at night or in other low visibility conditions.
 - ◆ Extend courtesy to all trail users and respect their rights.
 - ◆ Be aware when crossing at intersections. With the absence of motor vehicles on the trails, do not become lulled into a false sense of security.
 - ◆ Let others know when you are about to pass them. Use a bell, horn, or politely announce "passing on your left."
 - ◆ Use extra caution when crossing roadways and when climbing or descending hills.
 - ◆ Always travel in the appropriate direction. Walk left, ride right.
 - ◆ Respect the trails and the private property that borders them. Carry out anything carried in. Please use trash receptacles where provided.
 - ◆ Obey all posted rules and regulations.

- ### MAKING THE TRANSITION TO TRAFFIC
- After gaining confidence in your bicycle handling skills on the trail, follow these recommendations to safely and efficiently ride with traffic:
- ◆ Be predictable- always ride in the same direction as traffic. Motorists will not expect the bicyclist riding on the wrong side of the roadway.
 - ◆ Be visible- wear bright clothing and a helmet. Let motorists know that you are a part of traffic by riding your bicycle where you can be seen and making your intentions known to motorists.
 - ◆ Be alert- do not assume that you have the right of way. Make eye contact with motorists at intersections.
 - ◆ Obey traffic laws- in order to expect motorists to share the road with bicyclists, you must gain their respect by obeying traffic laws.

Additional information on traffic laws regarding bicyclists and pedestrians are available from the NYS Governor's Traffic Safety Committee: www.nysgsc.state.ny.us