

OUTDOOR ADVENTURES



PARKS & TRAILS NEW YORK

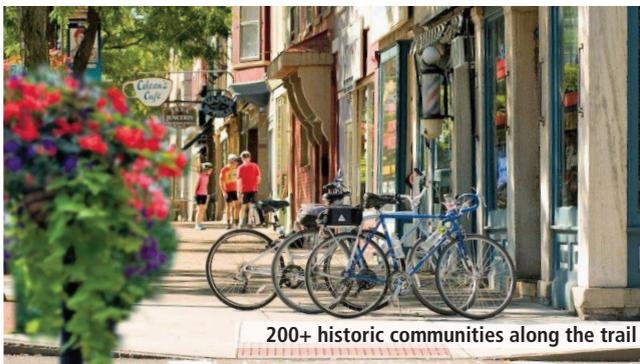
Bike, hike, snowshoe or ski
the new 750-mile Empire State Trail



Whether you love history, cycling for miles, finding local cuisine or being on the water, the Erie Canal and Canalway Trail have the destinations for you. Step off the train and spend a day - or a lifetime - discovering New York State's 524 miles of canals and more than 350 miles of trails. Let Amtrak be your method of escape, then charter a boat, cycle the trail or visit a museum within the 200+ communities that stretch from Albany to Buffalo.

There's more! Due for completion in 2020, the Empire State Trail will provide a continuous route from New York City to Canada and from Albany to Buffalo, the longest multi-use recreational path in the country. Most of it already exists. The new Empire State Trail will connect the existing Erie Canalway, Champlain Valley and Hudson River Valley trails, creating a multi-use, year-round path to New York State's natural, historic and cultural splendors.

Take the train! Access to the Empire State Trail is close to most Amtrak stations across the state.



200+ historic communities along the trail



Village of Little Falls