

Mohawk-Hudson Bikeway

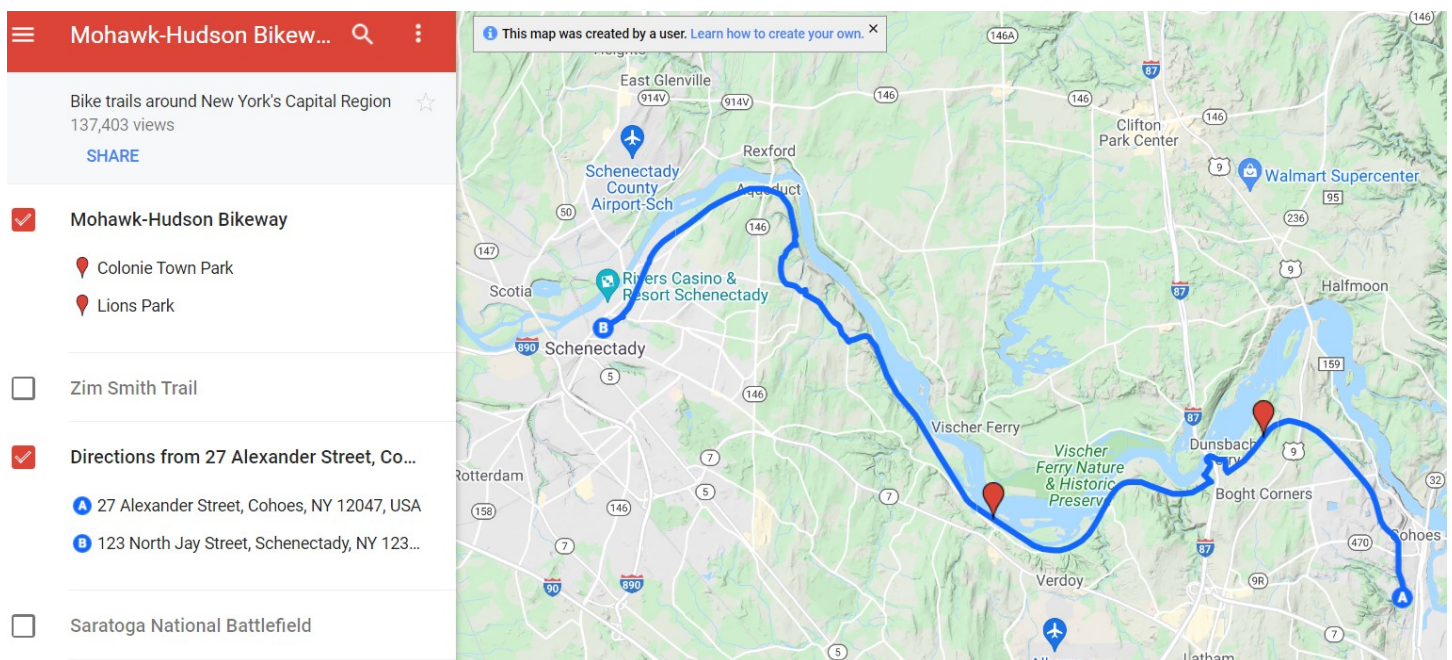
The Mohawk-Hudson Bike-Hike Trail extends from Albany to Rotterdam, connecting to the Erie Canalway bike trail system to extend further west along the Mohawk River. Most of the trail consists of paved bike paths; however, you will ride on roads for brief portions of the route, with clear signs directing you back to the dedicated bike path. For instance, you'll bike under the Twin Bridges of the Adirondack Northway (I-87) shortly after heading west from the Colonie Town Park.

This trail traverses through residential neighborhoods, woods, and fields, with a significant portion riding parallel to the Mohawk River and resulting in some beautiful views. Landmarks along the way include Lock 7 on the Mohawk River, as well as an old train station building at Lions Park.

While the terrain is relatively flat in most portions, you will encounter a few hills in portions of the trail. Be watchful for walkers, bikers, and other exercisers of all ages and levels.

Suggested starting points with plenty of parking are the Colonie Town Park, not far off from Rte. 9 south of the Crescent Bridge that crosses the Mohawk River, and the Lions Park in Niskayuna. You'll see both of these locations marked on the map further down on this page. A number of other smaller parking areas dot the trail as it traverses the path of the river.

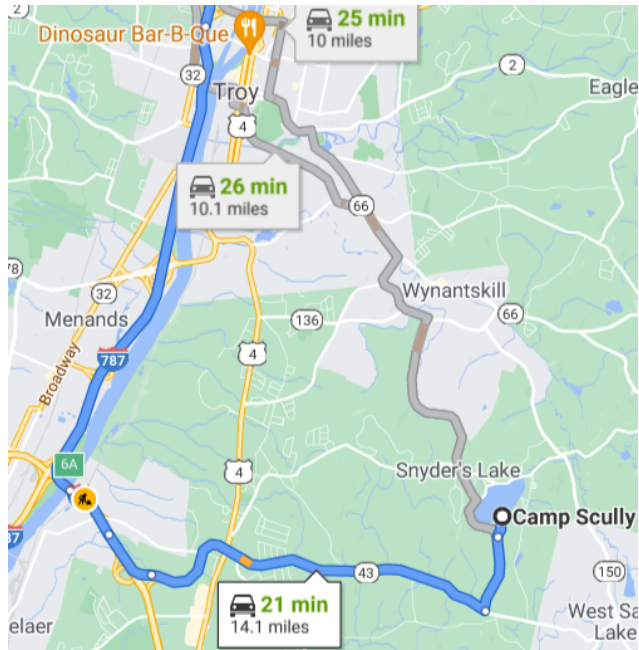
Trail heads are approximately 20-30 minutes from Camp Scully



Getting There

From Camp Scully

Get on **I-90 W** from **NY-43 W**, Take exit 6A to merge onto I-787 N toward Troy
Or alternate route up Rt 66 and then Rt 7



Direct to Alexander Street Trail head

27 Alexander Street, Cohoes, NY 12047 – (Spot A on above Map)

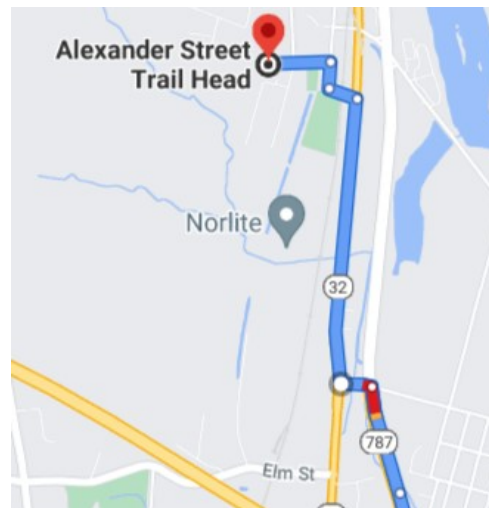
From NY-787 Turn left onto Tibbits Ave (signs for Maplewood)

Turn right onto NY-32 N/Cohoes Rd

Turn left onto Bridge St.

Bridge St turns right and becomes Lincoln Ave.

Turn left onto Alexander St.



Direct to Colonie Town Park Trail Head

278 Schermerhorn Rd #184, Cohoes, NY 12047 (red drop on above map)

From I-787, Take exit 9W to merge onto NY-7 W toward I-87/Schenectady/Saratoga Springs

Use the left lane to take the US-9 exit toward NY-9R/Latham

Continue on **U.S. 9 N**. Drive to Schermerhorn Rd

