

New York Empire State Trail



Legend

- ★ Featured Federal/State Parks/Historic Sites
- ⋯ Regional and National Trails
- Empire State Trail
- State Lands

Counties			
Western New York	Mohawk Valley	Capital District	Mid Hudson
Erie	Oneida	Albany	Ulster
Niagara	Herkimer	Rensselaer	Dutchess
	Montgomery	Columbia	Putnam
Finger Lakes		Schenectady	Westchester
Orleans	North Country	Saratoga	Bronx
Monroe	Clinton	Warren	New York
Wayne	Essex	Washington	
Central New York			
Cayuga			
Onondaga			
Madison			



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Please note: Empire State Trail route is shown as approximate and subject to change.