



# Regional Bicycle Map

## Bicycle Facilities:

-  Separated right of way (paved, asphalt)
-  Separated right of way (other surface)
-  Unimproved separated right of way (not paved)
-  Designated on-street bike route
-  Proposed designated on-street connector

## Other Symbols:

-  Interstate
-  U.S. Highway
-  State Highway
-  County Highway
-  City
-  Village
-  Hydrography
-  Parks
-  Picnic Area
-  Information
-  Amtrak Station
-  GGFT Terminal
-  Hospital
-  Museums / Libraries
-  County Boundary
-  Town Boundary
-  Other roads

## RIDE RESPONSIBLY!

New York State Vehicle and Traffic Laws require that bicyclists:

- (1) Obey all traffic regulations
- (2) Never ride against traffic
- (3) Under the age of 14 must wear a helmet
- (4) Use hand signals
- (5) Use lights when riding at night

**Motorists and Bicyclists note:**  
Except where prohibited by law, bicyclists are allowed on all public roadways.

Please direct any questions or comments to:  
Adirondack / Glens Falls Transportation Council  
Washington County Municipal Center  
383 Upper Broadway  
Fort Edward, NY 12828 518-746-2199



## Distance Chart - Approximate Mileage (distance will vary by route taken)

Marker #	Location	1	2	3	4	5	6	7	8	9	10	11	12	13
1	Lake George	0.0	3.6	7.2	7.6	8.7	9.4	10.2	11.2	9.1	12.7	13.8	16.5	17.0
2	NYS Route 149 bridge	3.6	0.0	3.6	4.0	5.1	5.8	6.6	7.6	5.5	9.1	10.2	12.9	13.4
3	Adirondack Comm. College	7.2	3.6	0.0	1.8	2.9	3.6	4.4	5.4	3.3	6.9	8.0	10.7	11.2
4	Quaker Road bridge	7.6	4.0	1.8	0.0	1.1	1.8	2.6	3.6	1.5	5.1	6.2	8.9	9.4
5	Ridge Street	8.7	5.1	2.9	1.1	0.0	0.7	1.5	2.5	1.1	4.0	5.1	7.8	8.3
6	Downtown Glens Falls	9.4	5.8	3.6	1.8	0.7	0.0	0.8	1.8	1.8	3.6	4.7	7.4	7.9
7	S. G. F. Bike Trail	10.2	6.6	4.4	2.6	1.5	0.8	0.0	2.3	2.0	4.2	5.3	8.0	8.5
8	Feeder Dam	11.2	7.6	5.4	3.6	2.5	1.8	2.3	0.0	4.4	5.7	6.8	9.5	10.0
9	Crandall Park	9.1	5.5	3.3	1.5	1.1	1.8	2.0	4.4	0.0	5.1	6.2	8.9	9.5
10	US 4 (Hudson Falls)	12.7	9.1	6.9	5.1	4.0	3.6	4.2	5.7	5.1	0.0	1.1	3.8	4.3
11	Five Combines (Hudson Falls)	13.8	10.2	8.0	6.2	5.1	4.7	5.3	6.8	6.2	1.1	0.0	2.7	3.2
12	Amtrak Station (Fort Edward)	16.5	12.9	10.7	8.9	7.8	7.4	8.0	9.5	8.9	3.8	2.7	0.0	0.5
13	Fort Edward Yacht Basin	17.0	13.4	11.2	9.4	8.3	7.9	8.5	10.0	9.4	4.3	3.2	0.5	0.0

Calories burned per mile: (figures provided by Glens Falls Hospital Wellness Program)

Mode	Miles Per Hour	Time	120 lbs.	150 lbs.	180 lbs.
Walking	3.0	20 min.	66 cal.	82 cal.	98 cal.
Cycling	10.0	6 min.	31 cal.	38 cal.	46 cal.

## Basic safety and courtesy guidelines for users of Multi-use Trails:

-  Multi-use Trail (asphalt)
-  Multi-use Trail (Other surface)

1. Cyclists, inline skaters, and pedestrians should never travel more than two abreast. When the trail is busy, cyclists and skaters should travel single file.
2. All trail users should keep to the right side of the trail, with slow moving traffic keeping as far right as possible. Do not impair the ability of others to pass you.
3. Travel at a speed that allows you to be in control at all times. Always be prepared to react to other users or obstacles.
4. When passing slower traffic, pass on the left. Alert those being passed of your approach. Do not overtake other users rapidly without warning.
5. Be alert and use extra caution when crossing roadways and when climbing or descending hills.
6. If you must stop, move yourself and any equipment completely off of the trail. All users should always check to see that it is clear behind them before making any sudden stops or changes in direction.
7. All cyclists and inline skaters are strongly encouraged to wear helmets and other appropriate protective gear at all times.
8. Before your trip, make sure that your bicycle, skates, and / or other equipment is in safe and proper working condition.
9. Dogs ARE NOT ALLOWED on or along the Warren County Bikeway.
10. Respect the trails and the private properties that border them. Carry out anything that you carry in.

There is a risk of personal injury inherent to any form of physical activity. Although multi-use trails do separate cyclists and pedestrians from some of the potential dangers of motorized vehicle traffic, it is impossible to remove all potential hazards to trail users. Adherence to the guidelines listed above, though not comprehensive, can reduce the occurrence of accidents and related injuries. Individual trail users bear the ultimate responsibilities for exercising appropriate judgment and protecting their own personal safety.

