



Regional Bicycle Map

1 0 1 2 Miles

1 0 1 2 Kilometers

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	14	15	16	17	18	19	20	
1	Lake George	0.0	2.0	4.0	6.0	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0
2	100 Route 140 Bridge	2.0	4.0	6.0	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0
3	Adirondack College	4.0	6.0	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0
4	Quaker Road Bridge	6.0	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0
5	Ridge Street	8.0	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0
6	Dowson's Great Falls	10.0	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0
7	S. S. F. Blue Trail	12.0	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0
8	Feeder Dam	14.0	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0
9	Grand Falls	16.0	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0
10	VI 4 (Hudson Falls)	18.0	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0	58.0
11	Five Colored (Hudson Falls)	20.0	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0	58.0	60.0
12	Amtrak Station (Fort Edward)	22.0	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0	58.0	60.0	62.0
13	Fort Edward State Park	24.0	26.0	28.0	30.0	32.0	34.0	36.0	38.0	40.0	42.0	44.0	46.0	48.0	50.0	52.0	54.0	56.0	58.0	60.0	62.0	64.0

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)** [Red line symbol]
- Multi-use Trail (Dibor surface)** [Green line symbol]

- Cyclists, inline skaters, and pedestrians should never travel more than two abreast. When the trail is busy, cyclists and skaters should travel single file.
- Trail users should keep to the right side of the trail, with slow moving traffic keeping as far right as possible. Do not impede the ability of others to pass you.
- Travel at a speed that allows you to be in control at all times. Always be prepared to react to other users or obstacles.
- When passing slower traffic, pass on the left. Alert those being passed of your approach. Do not overtake other users rapidly without warning.
- Be alert and use extra caution when crossing roadways and when climbing or descending hills.
- 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.
- All cycling and inline skater are strongly encouraged to wear helmets and other appropriate protective gear at all times.
- Before your trip, make sure that your bicycle, skates, and / or other equipment is in safe and proper working condition.
- Drugs **ARE NOT ALLOWED** on or along the Warren County Bikeway.
- Respect the trail 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 responsibility for exercising appropriate judgment and protecting their own personal safety.

See reverse side for full symbol explanation

