Mohawk-Hudson Bike-Hike Trail - Cohoes to Rotterdam Junction Section

The Mohawk-Hudson Bike-Hike Trail, a 30-mile off-road trail system, connects the communities of Cohoes, Rotterdam, and Colonie. The trail is part of the Mohawk-Hudson Bike-Hike Trail system, which spans over 150 miles from Lake Erie to Lake Champlain.

ALONG THE MOHAWK-HUDSON BIKE-HIKE TRAIL - A BRIEF HISTORY

Looking at the confluence of the Mohawk and Hudson Rivers, it’s clear why Cohoes is known as the “Heart of the Mohawk Valley.” The Mohawk River, which flows through Mohawk Harbor, provides a natural waterway for trade and transportation.

The Mohawk and Hudson Rivers were instrumental in the early development of the Mohawk Valley. The rivers served as a natural barrier against invading Europeans, and the abundance of waterfowl and fish attracted Native Americans. The Dutch and English settled along the banks of the rivers, establishing farms and trading posts.

Today, the Mohawk-Hudson Bike-Hike Trail system connects communities and provides a leisurely way to enjoy the natural beauty of the Mohawk Valley. The trail is a popular destination for cyclists, hikers, and nature lovers.

With the exception of the sections that pass through Mohawk Harbor, the trail is relatively flat and easy to navigate. The trail is well-maintained and marked with signs to guide cyclists and hikers along the way.

We all know that exercise is good for your body, but it’s also good for your mind! The trail offers a serene environment where you can unwind and enjoy the surrounding nature.

The Mohawk-Hudson Bike-Hike Trail is a great way to explore the Mohawk Valley and connect with nature. Whether you’re a seasoned cyclist or a casual hiker, the trail offers something for everyone.

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