

COHOES NEIGHBORHOODS' WALK

Two walks are available. The 5K walk is rated **1A** and the 10K walk is rated **2A**.

Starting Point: Berkley Park

204 Berkley Ave

Cohoes, NY 12047 Website: <https://ny-cohoes.civicplus.com/Facilities>

Berkley Park is open daily from 7AM to 9PM. Restrooms are available at gas stations along US 9 or at Stewart's along NYS 9R. Parking is available along Berkley Avenue in front of the park.

DIRECTIONS TO START: Cohoes is located in eastern New York State, approximately 8 miles north of Albany where the Mohawk River flows into the Hudson River.

From the North: Take I-87 to Exit 8. At the end of the ramp, at the traffic light, go left onto Crescent Vischer Ferry Rd. Continue for about 2 miles to Route 9. Right on Route 9 to drive over the Crescent Bridge. Continue on Route 9 for 2.5 miles to the traffic light on Boght Rd (Cumberland Farms and Mobil Station on the left). Left onto Boght Rd which becomes Manor Ave. Continue on Manor Ave to Berkley Ave. Turn right onto Berkley Ave. and continue to the Start Point at Berkley Park on your left.

From the South: Take I-87 North to Exit 7 towards Cohoes/Latham (US 9, NYS 9R). Continue to bear to the right on the ramp to US 9/NYS 9R. Continue north on US 9 to the traffic light at Boght Rd. (Cumberland Farms and Mobil Station on your right). Turn right onto Boght Rd. which becomes Manor Ave. Continue on Manor Ave to Berkley Ave. Turn right onto Berkley Ave. and continue to the Start Point at Berkley Park on your left.

From the West: Take the New York State Thruway (I-90) towards Albany. Take Exit 1N north to the Northway (I-87) to Exit 7. Follow the South directions listed above.

From the East: Take I-90 towards Albany/Buffalo over the Hudson River. Take Exit 1N to I-87 towards Saratoga/Montreal. Continue on I-87 north to Exit 7. Follow the South directions listed above.

Course Description: Cohoes is an incorporated city located in the northeast corner of Albany County in the U.S. state of New York. It is called the "Spindle City" because of the importance of textile manufacturing to its growth in the 19th century. The city's factories processed cotton from the Deep South. However, since this is a neighborhood walk, it will not go through the textile district. However, it is a pleasant walk through 2 and/or 3 lovely neighborhoods.

The following map & directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

For immediate emergency assistance call 911.

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COHOES NEIGHBORHOODS' 5K WALK – 1A

Start by facing Berkley Ave.

1. **RIGHT** on Berkley Ave, pass the playground, and walk to Manor Ave. (Par for the Course)
2. **RIGHT** on Manor Ave. Walk downhill and look for the Mohawk Hudson Bike Path, which is part of the Empire State Trail (Rails to Trails).
3. **LEFT** to cross Manor and enter the Bike Path. (Note the bikes for rent on bike racks.)
4. **CONTINUE** on the Bike Path for just over a half mile. Just past the wooden railings and the Empire State Trail marker, look for 5 iron posts on the left leading to a dirt path.
5. **LEFT** onto the dirt path and continue to 3rd St.
6. **LEFT** on 3rd St to New York Ave.
7. **LEFT** on New York Ave. to 2nd St.
8. **RIGHT** on 2nd St. to Manor Ave.
9. **CROSS** Manor Ave to Berkley Ave.
10. **CONTINUE** on Berkley, passing the Start Point, to Vliet Blvd.
11. **CROSS** Vliet Blvd.
12. **RIGHT** on Vliet Blvd one block to Pleasant St.
13. **LEFT** on Pleasant Ave. Walk up the short hill and note that Pleasant Ave becomes Ziemke Farms Lane. On the right, just past Meadowlark Dr. look for the paved walking path.
14. **RIGHT** on the paved walking path. Continue on path walking between the backyards of the townhouses, crossing Morningside Terrace (No street sign).
15. **CONTINUE** on the path to the corner of a pool area. Continue to walk keeping the pools on your right as you turn right along the fencing and exit to Meadowlark Dr. (No street sign but you're across from House #38.)
16. **RIGHT** onto Meadowlark Dr and continue to stop sign at Ziemke Farms Lane.
17. **LEFT** on Ziemke Farms Ln. Walk down the hill as Ziemke Farms Ln quickly becomes Pleasant St.
18. **CROSS** Vliet St. passing the brick buildings (water works and firehouse) to Bullock Lane.
19. **RIGHT** onto Bullock Lane and walk to and cross Berkley Ave.
20. **LEFT** on Berkley Ave and return to Berkley Park, the Start Point.

Special Programs	
Par for the Course	Rails to Trails

AFTER YOUR EVENT: Be sure to log back into the OSB system to 'finish/complete' your online registration after doing the event. The OSB system does not deduct any event fee from a participant's Event Bank until they have submitted event completion info including the date of the event, the distance, and the selection of applicable Special Programs that person is participating in. (Nevertheless, a fee of \$2 for a downloaded PDF is deducted from the user's Event Bank when the PDF is downloaded. Later, any PDF fees are credited back to a user's Event Bank when he/she submits the event completion info as a paying-for-credit participant. Note, however, the \$2 coupon for the downloaded PDF will expire in 60 days.) Also note that an event registration expires after 30 days, but if your registrations lapses, you may re-register without cost.

COHOES NEIGHBORHOODS' 10 KM WALK - 2A

Start by facing Berkley Ave.

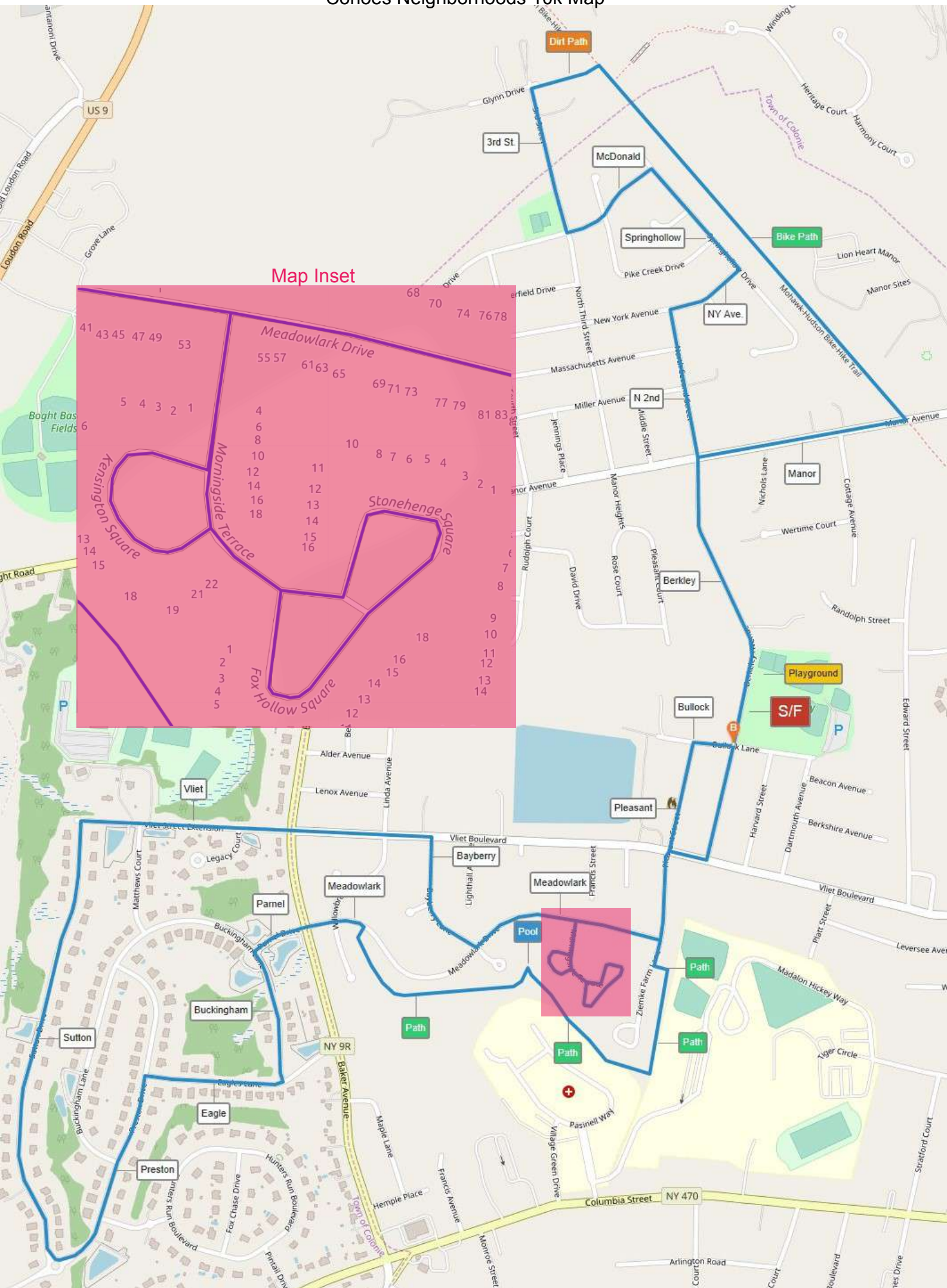
1. **RIGHT** on Berkley Ave, pass the playground, and walk to Manor Ave. (*Par for the Course*)
2. **RIGHT** on Manor Ave. Walk downhill and look for the Mohawk Hudson Bike Path, which is part of the Empire State Trail. (*Rails to Trails*)
3. **LEFT** to cross Manor and enter the Bike Path. (Note the bikes for rent on bike racks.)
4. **CONTINUE** on the Bike Path for just over a half mile. Just past the wooden railings and the Empire State Trail marker, look for 5 iron posts on the left leading to a dirt path.
5. **LEFT** onto the dirt path and continue to 3rd St.
6. **LEFT** on 3rd St. to McDonald Dr.
7. **LEFT** on McDonald Dr. At the end of McDonald Dr is Springhollow Dr.
8. **RIGHT** on Springhollow Dr. to New York Ave.
9. **RIGHT** on New York Ave. to 2nd St.
10. **LEFT** on 2nd St to Manor Ave.
11. **CROSS** Manor Ave. to Berkley Ave. (2nd St becomes Berkley after crossing Manor).
12. **CONTINUE** on Berkley, passing the Start Point, to Vliet Blvd. Cross Vliet Blvd.
13. **RIGHT** on Vliet Blvd. one block to Pleasant St.
14. **LEFT** on Pleasant. Walk up the short hill and note that Pleasant Ave becomes Ziemke Farms Ln. After passing Meadowlark Dr. and just before the first townhouse on the *left* there is a walking path.
15. **LEFT** onto the walking path and continue on the paved path behind the townhouses. As you approach the pool area take a sharp left away from the pool area to stay on the path behind the townhouses.
16. **CONTINUE** on the path to its end at Meadowlark Dr. (No street sign, but House #10 is across the road.)
17. **LEFT** onto Meadowlark Dr. and continue to Baker Ave.
18. **CROSS** Baker Ave. to Parnel Dr. Walk to Buckingham Ln.
19. **LEFT** at Buckingham Ln. to Eagles Ln.
20. **RIGHT** on Eagles Ln. uphill to Preston Dr.
21. **LEFT** on Preston Dr. Continue to the traffic circle and look for Sutton Dr.
22. **RIGHT** onto Sutton Dr., continue to the end at Vliet St. Extension.
23. **RIGHT** on Vliet St. Extension. Cross Baker Ave. Look for Bayberry Ln. on the right.
24. **RIGHT** onto Bayberry to Meadowlark Dr.
25. **LEFT** on Meadowlark Dr. to Morningside Terrace. (Refer to the map inset to clarify directions #25 – #30).
26. **RIGHT** onto Morningside Terrace and walk to Kensington Square.
27. **RIGHT** to circle Kensington Square, return to Morningside.
28. **RIGHT** onto Morningside.
29. **RIGHT** onto Fox Hollow Square. Continue straight to Stonehenge Square which curves and returns to Morningside Terrace.
30. **RIGHT** onto Morningside Terrace and continue to Meadowlark Dr.
31. **RIGHT** onto Meadowlark Dr. Walk to the stop sign at Ziemke Farms Ln.
32. **LEFT** at the stop sign to walk on Ziemke Farms Ln. Walk down the hill as Ziemke Farms Ln. quickly becomes Pleasant St.
33. **CROSS** Vliet St. passing the brick buildings (water works and firehouse) to Bullock Ln.
34. **RIGHT** onto Bullock Ln. and walk to and cross Berkley Ave.
35. **LEFT** on Berkley Ave and return to Berkley Park, the Start Point.

COHOES NEIGHBORHOODS' 10 KM WALK - 2A

Special Programs	
Par for the Course	Rails to Trails

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Cohoes Neighborhoods 10k Map



Map Inset