

Albany Pine Bush Preserve

The Discovery Center
195 New Karner Rd., (NY155)
Albany, NY 12205
(518) 456-0655

Welcome to the Albany Pine Bush Preserve. The Albany Pine Bush is one of the best remaining examples in the world of an inland pine barrens. This gently rolling sand-plain is home to a unique variety of rare plants and animals including the federally endangered Karner Blue Butterfly. Walks and hikes (or snowshoeing) can be done 24/7/365. However, the free public interpretive center is only open daily 9-4, and 10-4 on weekends/holidays except New Year's Day, Thanksgiving, Christmas Eve and Christmas. Inside and outside restrooms, but call first. Many public restrooms are located along the NY5 & NY20 commercial corridors.

We are offering 5k and 10k hikes (and one 12k) on each of five different trails: One trail is rated 1A, which is mostly in a residential neighborhood. Most are rated 2B due to the unpaved rolling sandhill terrain. Two of the trails begin at the Discovery Center. The other three are accessed via a short drive from there. Directions to each starting point are at the top of each set of hiking directions.

DIRECTIONS TO THE DISCOVERY CENTER: From I-87 take exit 2W (Rt 5 West, Central Avenue). Follow Rt 5 for about 2 miles, then turn left onto Rt 155 (New Karner Rd). Continue on Rt 155 for about 1.2 miles. Turn left at a traffic light in front of The Discovery Center, 195 New Karner Road. From Route 20 (Western Avenue), go north on Rt 155 (New Karner Road) for 1.9 miles. Turn right at the light to the Discovery Center at 195 New Karner Road.

AFTER YOUR WALK, please be sure to log back into the OSB system to “finish/complete” your online registration. The OSB system does not deduct any walking fee from your Event Bank until you have submitted walk completion info including the date the event walk walked, the distance walked, and the selection of applicable special programs you're participating in. (Nevertheless, a fee of \$2 for a downloaded pdf is deducted from your Event Bank when the pdf is downloaded. Later, any pdf fee is credited back to your Event Bank when you submit the walk completion info as a paying-for-credit walker. Note, however, the \$2 coupon for the downloaded pdf will expire in 60 days).

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

Emergency - call 911

POC: Wayne Knapp, pinebushwalk@walkescv.org, (518) 469-7298

**LOLITA
&
THE ALBANY PINE BUSH PRESERVE**

(Excerpts from a January '20 TAW article)

What does *Lolita* have in common with the Karner Blue Butterfly?

It's common knowledge that *Lolita* was written by Vladimir Nabokov. But who would have guessed he was also a lepidopterist! In 1944 Nabokov first identified and described a subspecies of butterfly and named it after the New York hamlet in which it was discovered, Karner.

The Karner Blue Butterfly can be found within the Albany Pine Bush Preserve, one of the best remaining examples in the world of an inland pine barrens. The preserve is known for its gentle rolling sand dunes formed by the drainage of glacial Lake Albany 10,000 years ago. It is home to a unique variety of rare plants and animals, including the federally endangered Karner Blue Butterfly. It feeds on blue lupine which matures in late May. There are two generations of Karner blues per year, the first in late May to mid-June, and the second from mid-July to mid-August.

We have designed 5k and 10k hikes (and one 12k) on each of five different trails. Because most of the hikes are off-pavement, boots and poles should be considered. Also for your safety, please take proper precautions to prevent tick bites and check yourself thoroughly afterward.

I hope you have a chance to visit the Pine Bush. You probably won't bump into Lolita or Vladimir, but you may spot a Karner Blue Butterfly!

Wayne Knapp

**Albany Pine Bush
Karner Barrens 5k Hike**
The Discovery Center at
195 New Karner Road (NY155)
Albany, NY 12205

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Rating: 2B - unpaved rolling sandhills with some roots, rocks, soft sand. Boots/poles optional.

Directions to Starting Point: ***From Albany, take NY5 west, then NY155 south for 1.2 miles to a traffic light, then turn left into the Discovery Center. ***From Schenectady take NY5 east, then NY155 south for 1.2 miles to a traffic light, and turn left into the Discovery Center.

Restrooms: Inside restrooms and water, plus outside compost toilets. The cover page lists days and times of operation, but call first. NY5 and NY20 commercial corridors have many public restrooms along the way.

Hike Directions:

1. Exiting the Discovery Center building, take a **SHARP LEFT** on a macadam path that winds through an outdoor native flora exhibit, until it returns to the front entrance.
2. Facing the front entrance, turn **LEFT** on a red paver walkway, reading the signs along the way.
3. First **RIGHT** on slate pavers toward the outdoor compost toilets.
4. **LEFT** before the toilets and walk underneath the canopy.
5. Just after the canopy, **LEFT** on red pavers to a "T" at the Discovery Trail.
6. **RIGHT** on the Discovery Trail, walk diagonally left across the road, as it goes uphill on a winding ramp to the Yellow Trail on the left.
7. **LEFT** on the Yellow Trail. Continue on this perimeter trail for 2.17 miles until coming to the Blue Trail on the right.
8. **RIGHT** on the Blue Trail, up a series of log steps, until intersecting with the Yellow and Green Trails.
9. **CONTINUE** on the Blue/Yellow trail for only a short 0.04 miles to Trailhead #1.
10. **RIGHT** to exit the Blue/Yellow trail at Trailhead #1, returning to the Start/Finish at the Discovery Center.

APB Karner Barrens 5k Map



Albany Pine Bush
Karner Barrens 10k Hike
The Discovery Center at
195 New Karner Road (NY155)
Albany, NY 12205

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Rating: 2B - unpaved rolling sandhills with some roots, rocks, soft sand. Boots/poles optional.

Directions to Starting Point: ***From Albany, take NY5 west, then NY155 south for 1.2 miles to a traffic light, then turn left into the Discovery Center. ***From Schenectady, take NY5 east, then NY155 south for 1.2 miles to a traffic light, then turn left into the Discovery Center.

Restrooms: Inside restrooms and water, plus outside compost toilets. The cover page lists days and times of operation, but call first.

Hike Directions:

1. Exiting the Discovery Center building, **RIGHT** on the red paver walkway.
2. **RIGHT** at the next red paver walkway toward the Karner Barrens East Trailhead #1.
3. From Trailhead #1, walk up the short path and take an immediate **RIGHT** on the Blue/Yellow trail.
4. **CONTINUE** on the Yellow perimeter trail for 2.17 miles in a counter-clockwise direction until it "T's" with the macadam Discovery Trail.
5. **LEFT** on the Discovery Trail for a short distance, over a footbridge, until it "T's" with the Blue trail.
6. **LEFT** on the Blue trail, down a series of log steps, until it "T's" at the Blue/Yellow trail.
7. **RIGHT** on Blue/Yellow trail and go past Trailhead #1 for a short 0.04 miles.
8. First **LEFT** on the Discovery Trail, back over the footbridge onto the macadam path for a short distance to the Yellow Trail on the right.
9. First **RIGHT** on the perimeter Yellow trail for 2.17 miles until reaching the Blue trail on the right.
10. **RIGHT** on the Blue trail, back up the series of log steps until reaching the green Discovery Trail on the right
11. **RIGHT** on the Discovery Trail as it winds down a ramp back to the Discovery Center.

APB Karner Barrens 10k Map



**Albany Pine Bush Preserve
Truax & Kings Barrens Trails
5k & 10k Hikes**

The Discovery Center at
195 New Karner Rd. (NY155)
Albany, NY 12205

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Emergency - call 911

POC: Wayne Knapp, pinebushwalk@walkesev.org, (518) 469-7298

Rating: 2B - unpaved rolling sandhills with some rocks, roots, soft sand. Boots/poles optional.

Directions to Starting Point: *** From Albany, take NY5 west, then NY155 south for 1.2 miles to a traffic light, then turn left into the Discovery Center. *** From Schenectady, take NY5 east, then NY155 south for 1.2 miles to a traffic light, and turn left into the Discovery Center.

Restrooms: Inside restrooms and water, plus outside compost toilet. See cover page, and call first.

1. Exiting the Discovery Center Building, turn **RIGHT** on red pavers through the informational signs.
2. **RIGHT** on red pavers to Karner Barrens Trailhead #1.
3. Walk up a short ramp and make an immediate **RIGHT** on the Blue/Yellow trail for 0.36 miles until the first trail on the right, the Green Trail.
4. **RIGHT** on the Green trail, entering the Truax Trail Barrens. You will walk beneath Route 155 (New Karner Road) and along the right side of the New York State Thruway (1-90).
5. **CONTINUE** to Old State Road.
6. **CAREFULLY CROSS** Old State Road to the right side of Kings Road.
7. **CONTINUE** on the path along the right side of Kings Road to Trailhead #12.
8. **RIGHT** at Trailhead #12 until coming to Location Marker #89 at a bend.
9. **5K WALKERS:** At Location Marker #89, **5k walkers REVERSE** course back to the Blue/Yellow Trail.
10. At the Blue/Yellow Trail, **5k Walkers** skip to #14.
11. **10K WALKERS: CONTINUE** on until the Green trail ends at Location Marker #83 and meets the Red trail (Kings Highway Barrens).
12. 10k walkers turn **RIGHT** on the Red Trail as it circles counterclockwise all the way around until returning to Location Marker #83 and the Green trail on the right. (Be sure to stay left all the way around the Red Trail - don't go out to Trailhead #9).
13. **RETURN** on the Green trail until it "T's" with the Blue/Yellow trail.
14. **5k & 10k walkers**, turn **LEFT** on the Blue/Yellow Trail for 0.36 miles back to Trailhead #1 on the left.
15. **EXIT LEFT** at the Blue/Yellow Trail at Trailhead #1, back to the Discovery Center and the Start/Finish.

APB Truax/Kings Barrens 5k & 10k Map



Albany Pine Bush Preserve
Madison Avenue Pinelands & Great Dune, Trailhead #7
5k & 10k Hikes
(just past) 100 Madison Avenue Extension,
Albany, NY 12203

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Emergency - call 911

POC: Wayne Knapp, pinebushwalk@walkescv.org, (518) 469-7298

Rating: 2B due to mostly gentle rolling sand hills. Boots and poles are an option but not necessary for most hikers.

Directions to the Starting Point: From Albany, take NY5 or NY20 west to NY 155 (New Karner Road). From NY5, turn south on NY155, from NY20, turn north. At Washington Avenue Extension, turn west at the light, which becomes Madison Avenue Ext. Proceed 0.2 miles to a stop sign. Then proceed straight ahead for another 0.25 miles until the road dead-ends at Trailhead #7, just past 100 Madison Avenue Extension. Park along either side of the road at the dead end.

Restrooms: None. The nearest ones are at the Discovery Center, 195 New Karner Rd. (NY155) - see cover page for days and times of operation, but call first. There's a new Stewarts on the east side of NY155, just north of NY20. And there are many restrooms along the commercial corridors of NY5 and NY20.

Hiking Directions:

1. From Trailhead #7, **walk west**, away from the parking area, **along the Purple Trail** for a short distance of 0.15 miles to the first trail on the left, the Yellow Trail.
2. **LEFT** on the Yellow Trail as it curves left and "Ts" at the White Trail.
3. **RIGHT** on the White Trail until it ends at the Red Trail, where the Great Dune section begins.
4. **RIGHT** on the Red Trail.
5. **5k HIKERS** continue all the way around on the Red Trail until it returns to the White Trail. This is a 1.8 mile loop that you'll walk counter-clockwise. The first section is 0.49 miles until it turns left just before entering a chute to Trailhead #8. (Do not go straight into Trailhead #8). The next section passes two entrances to the Blue Trail, then the Yellow Trail. From there, the Red Trail continues in a semicircle until returning to the White Trail on the right.
6. **5K HIKERS JUMP** to direction #16.
7. **10k HIKERS** continue on the Red Trail for 0.49 miles until the trail turns left just before Trailhead #8. (Do not go straight ahead to Trailhead #8).

8. **LEFT** to continue on the Red Trail to just past Location Marker #54 and the Blue Trail.
 9. **RIGHT** on the Blue Trail which circles counter-clockwise for 1.41 miles, until reconnecting with the Red Trail.
 10. **RIGHT** on the Red Trail for a short 0.12 miles until the Yellow Trail at the overhead power lines.
 11. **RIGHT** on the Yellow Trail along the power lines for a short 0.14 miles until turning right to continue on the Yellow Trail.
 12. **RIGHT** to continue on the Yellow Trail and you'll see Location Marker #55 in a short while.
 13. **CONTINUE** along the Yellow Trail for 1.2 miles, passing a short connector trail at 0.70 miles between Location Markers #57 & #58. The Yellow Trail will end at a "T" at the Blue Trail.
 14. **LEFT** on the Blue Trail for 0.39 miles until ending at the Red Trail.
 15. **RIGHT** on the Red Trail, past the other entrance to the Blue Trail, and past the Yellow Trail and power lines. From there, the trail will continue for 0.78 miles in a counter-clockwise semicircle back to the White Trail on the right, where you first entered the Red Trail.
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16. **RIGHT** on the White Trail for 0.38 miles until it becomes the Yellow Trail.
 17. **STRAIGHT** on the Yellow Trail for 0.13 miles to the Start/Finish at Trailhead #7.

APB Mad. & Grt. Dn. 5k & 10k Map



Albany Pine Bush Preserve
Madison Avenue Pinelands, Trailhead #7
Purple Trail 5k, 10k & 12k Directions
(just past) 100 Madison Avenue Extension,
Albany, NY 12203

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Directions to the Starting Point: From Albany or Schenectady, take NY5 or NY20 to NY155 (New Karner Road) in between. From NY5, turn south on NY155, from NY20, turn north. At Washington Avenue Extension, turn west at the light, which becomes Madison Avenue Extension. Proceed 0.2 miles to a stop sign. Then proceed straight ahead for another 0.25 miles until the road dead-ends at Trailhead #7, just past 100 Madison Avenue Extension. Park along either side of the road at the dead end.

Restrooms: None. The nearest ones are at the Discovery Center, 195 New Karner Rd. (NY155) - but call (518) 456-0655 first for current hours of operation. There's also a new Stewarts on the east side of NY155, just north of NY20. And there are many restrooms along the commercial corridors of both NY5 & NY20.

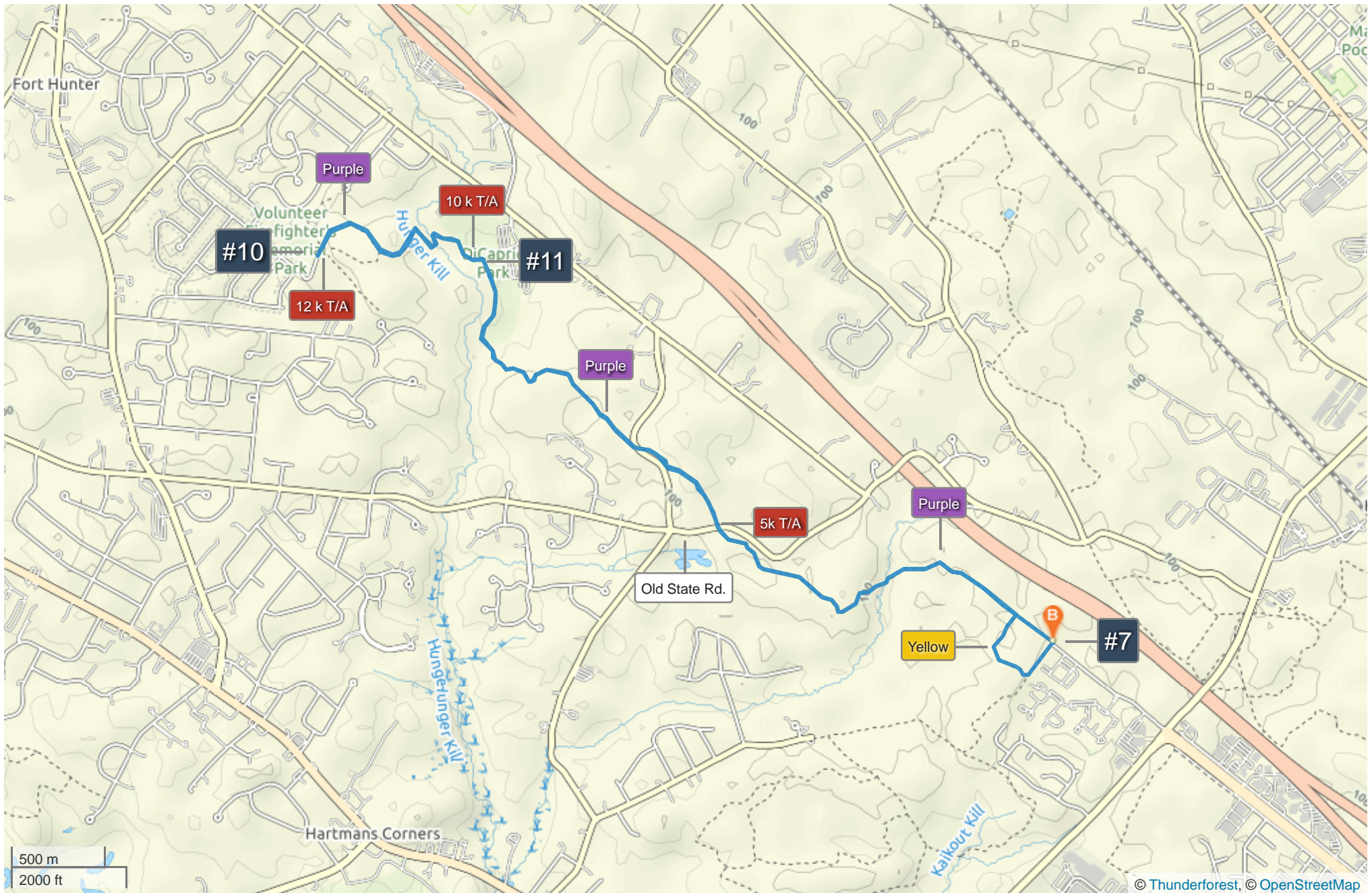
Rating: 2B due to rolling sand hills, possible roots, rocks and moderate elevation changes. Boots and poles are recommended for the 10k & 12k hikers due to elevation changes through ravines. During your hike, you might notice areas of downed Aspen trees, an invasive species. The preserve is being restored to the original pine barrens to promote growth of blue lupine, the Karner Blue Butterfly's only food source.

- **5k** - From Trailhead #7 with your back to the parking area, walk **STRAIGHT** ahead, which is west along the Purple Trail. You will cross the East Branch of the Hunger Kill before reaching Old State Road. At Old State Road, **TURN AROUND** and retrace your steps to Trailhead #7. (See note at end)
- **10k** - From Trailhead #7 with your back to the parking area, walk **STRAIGHT** ahead, which is west on the Purple Trail. You will cross the East Branch of the Hunger Kill, Old State Road, Siver Road, and the Hunger Kill until reaching Trailhead #11, DiCaprio Park. At Trailhead #11, **TURN AROUND** and retrace your steps to Trailhead #7. (See note at end)
- **12k** - From Trailhead #7 with your back to the parking area, walk **STRAIGHT** ahead, which is

west on the Purple Trail. You will cross the East Branch of the Hunger Kill, Old State Road, Siver Road, and the Hunger Kill until reaching Trailhead #11 DiCaprio Park. **CONTINUE** past Trailhead #11 along the left side of the field until the purple trail re-enters the woods on the **LEFT**. **CONTINUE** on the Purple trail, crossing another section of the Hunger Kill until ending at Trailhead #10 Hunger Kill Barrens. Then, **TURN AROUND** and retrace your steps to Trailhead #7. (See note at end)

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- For an extra 0.4k at the end of your hike, just before returning to Trailhead #7, take a right at the yellow trail which loops counter-clockwise back to the Start/Finish.

APB Purple Trail 5k, 10k, 12k



**Albany Pine Bush
Hunger Kill Barrens 5k, Trailhead #10,
(just past) 1046 DiBella Drive,
Schenectady, NY 12303**

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POC: Wayne Knapp, pinebushwalk@walkescv.org, (518) 469-7298

Rating: 1A - mostly residential streets with an easy trail through a park and woods.

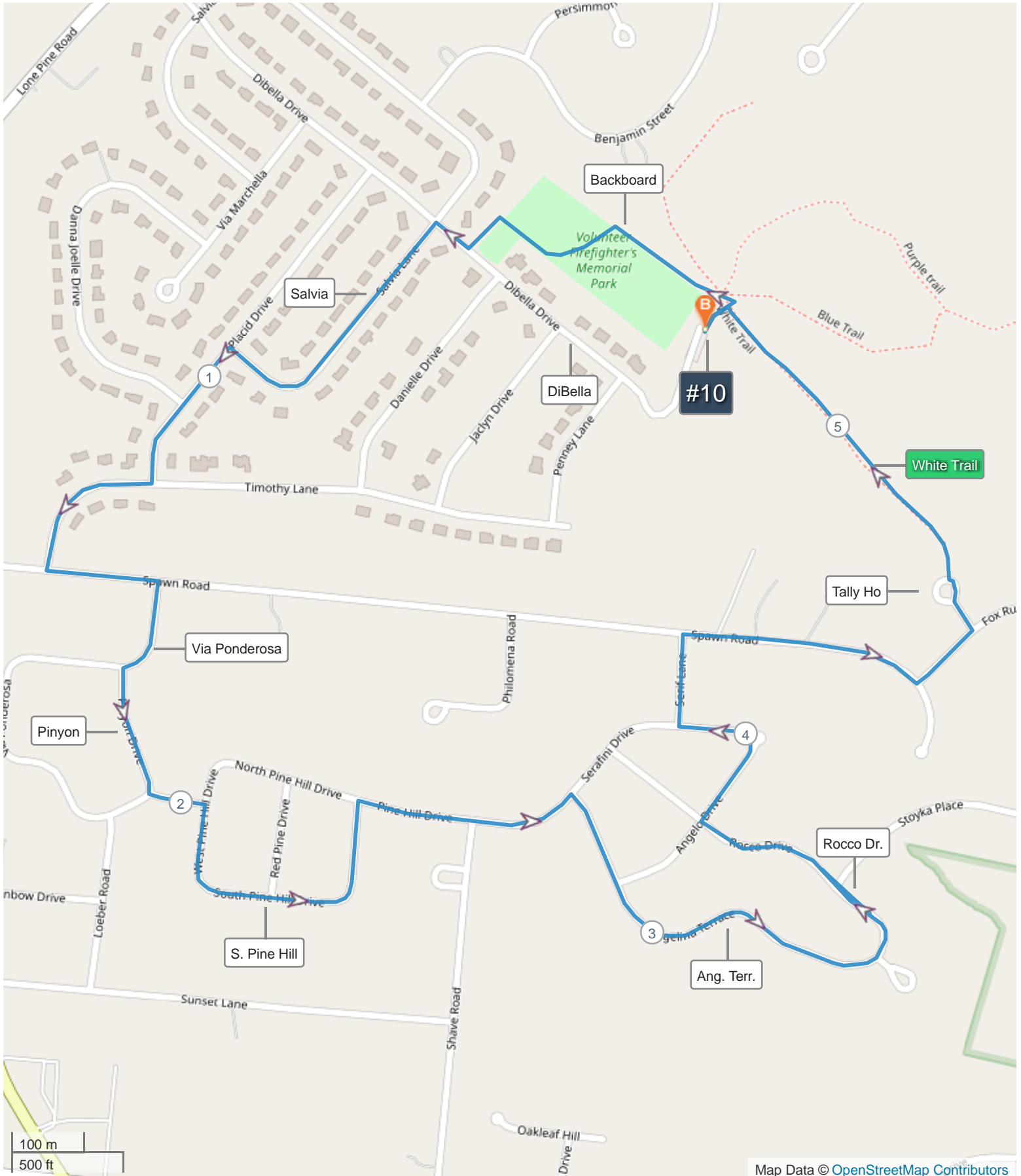
Directions to the Starting Point: ***From Albany, take NY20 west. Pass NY 155, pass NY146W on the left, right on NY146E for 1.3 miles, right on Spawn, left on Timothy, left on Penny, ending at DiBella Dr. Right on DiBella past a “Dead End” sign across from 1046 DiBella Dr., entering a rubble road into the Pine Bush. Drive to the end at a parking lot and Trailhead #10 - Hunger Kill Barrens. ***From Schenectady, take NY146W south past I-90. At the second traffic light, turn left onto Coons Road, right on Gregory Lane. Cross Lone Pine where Gregory becomes DiBella. Drive to the end of DiBella, past the “Dead End” sign across from 1046 DiBella Dr., to a parking lot at Trailhead #10 - Hunger Kill Barrens.

Restrooms: None. Stewarts and Cumberland Farms are located on NY20 & NY146W. A Cumberland Farms is at the roundabout at NY146 and Curry Rd. Dunkin Donuts is on NY146 near the 1-90 entrance.

Walk Directions:

1. Facing the Trailhead #10 sign, walk past it on the White/Blue/Purple trail for a short distance.
2. **LEFT** on the first path to the left (unmarked) toward a white basketball backboard in the distance. You will walk along the right side of an open field.
3. **CONTINUE** on a blacktop path past the backboard and into a baseball field.
4. **CONTINUE** on the blacktop path along the left side of the baseball field, until the path ends at DiBella Drive.
5. **RIGHT** on DiBella Drive to Salvia Ln.
6. **LEFT** on Salvia to Placid Dr.
7. **LEFT** on Placid to Timothy.
8. **RIGHT** on Timothy to Spawn.
9. **LEFT** on Spawn to Via Ponderosa.
10. **RIGHT** on Via Ponderosa to Pinyon.
11. **LEFT** on Pinyon to another section of Via Ponderosa.
12. **LEFT** on Via Ponderosa to W. Pine Hill Dr.
13. **RIGHT** on W. Pine Hill Dr., as it curves left to become S. Pine Hill, then E. Pine Hill, until ending at Pine Hill Dr.
14. **RIGHT** on Pine Hill Dr. to Angelina Terrace.
15. **RIGHT** on Angelina Terrace until it becomes Rocco Dr. at Huck Ct.
16. **CONTINUE** on Rocco as it goes uphill to Angelina Dr.
17. **RIGHT** on Angelina Dr., as it curves left and becomes Serafini Dr.
18. **RIGHT** on Serif Ln.
19. **RIGHT** on Spawn Rd.
20. **LEFT** on Fox Run Dr.
21. **LEFT** on Tally Ho Ct. almost halfway around the circle to the White Trail on the right.
22. **RIGHT** on the White Trail until coming to the intersection of the White, Blue and Purple trails. You’ll see a red fire hydrant on the right.
23. After the fire hydrant, take the first **LEFT** on the White/Blue/Purple trail back to Trailhead #10 and the Start/Finish.

APB Hunger Kill 5k Map



**Albany Pine Bush
Hunger Kill - DiCaprio Park 5k, Trailhead #10,
(just past) 1046 DiBella Dr.,
Schenectady, NY 12303**

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POC: Wayne Knapp, pinebushwalk@walkesev.org, (518) 469-7298

Rating: 2B - mostly rolling sand hills with one ravine. Boots/Poles recommended depending upon conditions.

Directions to the Starting Point: ***From Albany, take NY20 west. Pass NY 155, pass NY146W on the left, right on NY146E for 1.3 miles, right on Spawn, left on Timothy, left on Penny, ending on DiBella Dr. Right on DiBella past a “Dead End” sign across from 1046 DiBella, entering a rubble road into the Pine Bush. Drive to the end at a parking lot and Trailhead #10 - Hunger Kill Barrens. ***From Schenectady, take NY146W past I-90. At the second traffic light, turn left onto Coons Road, right on Gregory Lane. Cross Lone Pine where Gregory becomes DiBella. Drive to the end of DiBella, past the “Dead End” sign across from 1046 DiBella to a parking lot at Trailhead #10 - Hunger Kill Barrens.

Restrooms: None. Stewarts and Cumberland Farms are located on NY20 & NY146W. A Cumberland Farms is at the roundabout at NY146 and Curry Road. Dunkin Donuts is on NY146 near the 1-90 entrance.

1. Facing the Trailhead #10 sign, walk past it on the **White/Blue/Purple** trail for a short distance until coming to a convergence of trails.
2. Walk past the White Trail on the right and immediately turn **RIGHT** on the Blue Trail to the Purple Trail.
3. **RIGHT** on the Purple Trail as it meanders downhill, crosses a footbridge at the Hunger Kill, and continues uphill to Trailhead #11 at DiCaprio Park.
4. At Trailhead #11, **CONTINUE** on the Purple Trail along the right side of a large open field until the end of the field.
5. **LEFT** at the end of the field to the other side, then left along the other side of the field until reaching a parking lot on the right.
6. At the parking lot, walk along the left side blacktop path all the way to the end, as it curves to the right, ending at the road entrance to DiCaprio Park.
7. **LEFT** on the entranceway to E. Lydius St.
8. **LEFT** on E. Lydius St. along the sidewalk, crossing the Hunger Kill to the first street on the left, Woodsfield Dr.
9. **LEFT** on Woodsfield Dr., ending at Westwoods Ct.
10. **LEFT** on Westwoods Ct., ending at a cul-de-sac.
11. Walk halfway around the cul-de-sac to the White Trail.
12. **CONTINUE** on the White Trail, as it curves left to the Blue/Purple Trail.
13. **LEFT** on the Blue/Purple Trail until the Blue Trail on the right.
14. **RIGHT** on the Blue Trail back to the intersection of the White, Blue and Purple trails.
15. **STRAIGHT** on the White/Blue/Purple trail back to the Start/Finish.

APB Hunger/DiCaprio 5k Map

