

Genesee Valley Greenway State Park



Map Location



Trail legend

- Paved
- Stone dust or natural
- On-Road
- Connecting trails
- Trail sites
- P Parking
- 5 One mile intervals



SCAN FOR:
• Access to Maps
• Trail Conditions
• Trail Closures
• Suggested Detours



FOR AMENITIES, VISIT THE INTERACTIVE MAP AT: www.map.fogvg.org



60-75 minutes

of daily moderate-intensity physical activity can eliminate the increased risk of death that comes from sitting down for long periods of time.*

*Source: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(16\)30370-1/fulltext#%20](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(16)30370-1/fulltext#%20)

Upping your daily steps?

10,000 steps a day is approximately 5 miles for most people or about 2 hours of being physically active.



Just starting?

Start small and celebrate successes! Pace yourself and listen to your body. Stretching and hydrating will help get you back on the trail tomorrow.



Going for distance?

Be prepared:
<https://www.dec.ny.gov/outdoor/28708.html>



To download a copy of the map on your phone, please scan the code here or visit the park's website at:



<https://parks.ny.gov/documents/parks/GeneseeValleyGreenwayGeneseeValleyGreenwayTrailMap.pdf>

Hey there!

Scan this QR code to hear a special message from Assemblywoman Andrea Bailey.



★ ★

ANDREA BAILEY

NEW YORK STATE ASSEMBLY

THE GENESEE VALLEY
GREENWAY STATE PARK

offers 90 miles of diverse open space to explore, from wetlands to rivers, farms, gorges and more! Following the Genesee Valley Canal (1840-1878) and Pennsylvania Railroad Rochester Branch (1882-1963) from the Erie Canalway Trail in Rochester's Genesee Valley Park, with plans to extend the trail to Hinsdale in Cattaraugus County, the trail offers something for everyone – history buffs, naturalists, preservationists, personal fitness buffs, or those just looking to clear their heads. Pets are welcome in day use areas, but must be kept on a leash (no longer than 6-feet in length) and limited to two pets per person.

New York State Assembly • Albany, NY 12248

ASSEMBLYWOMAN ANDREA
BAILEY INVITES YOU TO

EXPLORE
THE GENESEE
VALLEY
GREENWAY

★ ★

ANDREA BAILEY

NEW YORK STATE ASSEMBLY

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For more information on this or any other state issue, contact Assemblywoman Bailey:
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For more information
on the trail:
Genesee Valley Greenway State Park
1 Letchworth State Park
Castile, NY 14427
<https://parks.ny.gov/parks/geneseevalleygreenway/details.aspx>
(585) 493-3614