



2026

TrailLink Unlimited 

Guides



**Albany South
End Multi-Use
Trail**
New York



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The Albany South End Multi-Use Trail is a 1.4-mile multi-used trail connecting the Albany County Helderberg-Hudson Rail Trail and



The Albany South End Multi-Use Trail is a 1.4-mile multi-used trail connecting the [Albany County Helderberg-Hudson Rail Trail](#) and the Mohwak-Hudson Trail, which is part of the Empire State Trail that stretches across New York.

The trail is paved and passes underneath I-787, providing a safe and off-street connection to downtown Albany.



TrailLink
by Rails-to-Trails Conservancy

TrailLink.com



Albany South End Multi-Use Trail

New York

States: New York

Counties: Albany

Length: 1.4miles

Trail end points: Empire State Trail to Albany
County Helderberg-Hudson Rail Trail

Trail surfaces: Asphalt

Trail category: Greenway/Non-RT

Trail activities: Bike, Walking, Wheelchair
Accessible

Parking & Trail Access

Parking is available at the southern end of the trail.