



2026

TrailLink Unlimited 

Guides



Albany County Helderberg- Hudson Rail Trail

New York



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Following the route of the former Delaware & Hudson (D&H) Railway, the Albany County Helderberg-Hudson Rail Trail serves as a scenic oasis and community connector for residents living southwest of Albany. 9 miles of flat, asphalt-surfaced pathways are available through several of the state capital's suburbs. The pathway largely traverses residential areas but offers views of picturesque bridges, creeks, and woodlands throughout. Watch for deer, turkeys, bald eagles, and other wildlife along the way.

About the Route

Leaving off just south of Albany—where there's a trail-

specific parking lot—the trail heads west, quickly crossing under the I-87/New York State Thruway. This eastern end of the trail is not far from the Hudson River, and the trail's grade gently climbs as it moves away from the river. A mile from the endpoint, trail users will cross an old railroad bridge over Normans Kill (kill being a Dutch term for "creek").

From the bridge, it's 2.2 miles to Bethlehem Veterans Memorial Park, which includes several benches to rest and enjoy the peaceful setting. From Bethlehem West, trail users will also find three trailside workout stations. Along the way, the trail passes within blocks of the center of the pleasant hamlet of Delmar, which provides a variety of services, such as restaurants and shopping.

Artwork is being added to the trail, and as trail users move through Delmar, they will see a whimsical mural of bright flowers and trees painted by a local artist near the intersection of Adams Street and Hudson Avenue. A mile farther down the trail, traveling under Cherry Avenue, trail users will also see the pillars of the overpass painted with floral motifs.

After continuing through Slingerlands, where there is a parking lot on Kenwood Avenue behind the Slingerlands Fire District, there are 3.7 miles more to go before reaching Voorheesville. At the end of the trail in Voorheesville, trail users will find a pavilion that harks back to the railway station that once occupied the space.



Albany County Helderberg-Hudson Rail Trail

New York

States: New York

Counties: Albany, Schenectady

Length: 8.9 miles

Trail end points: Old South Pearl St (Albany) to
Grove St (Voorheesville)

Trail surfaces: Asphalt, Crushed Stone

Trail category: Rail-Trail

Trail activities: Bike, Inline

Skating, Walking, Wheelchair Accessible, Cross
Country Skiing

Parking & Trail Access

The Albany County Helderberg-Hudson Rail Trail runs between Grove St (Voorheesville) and Old South Pearl St (Albany).

Parking is available at:

- 8 Grove St. (Voorheesville)
- 699 Kenwood Ave. (Slingerlands)
- 722 S Pearl St. (Albany)

Please see [TrailLink Map](#) for all parking options and detailed directions.



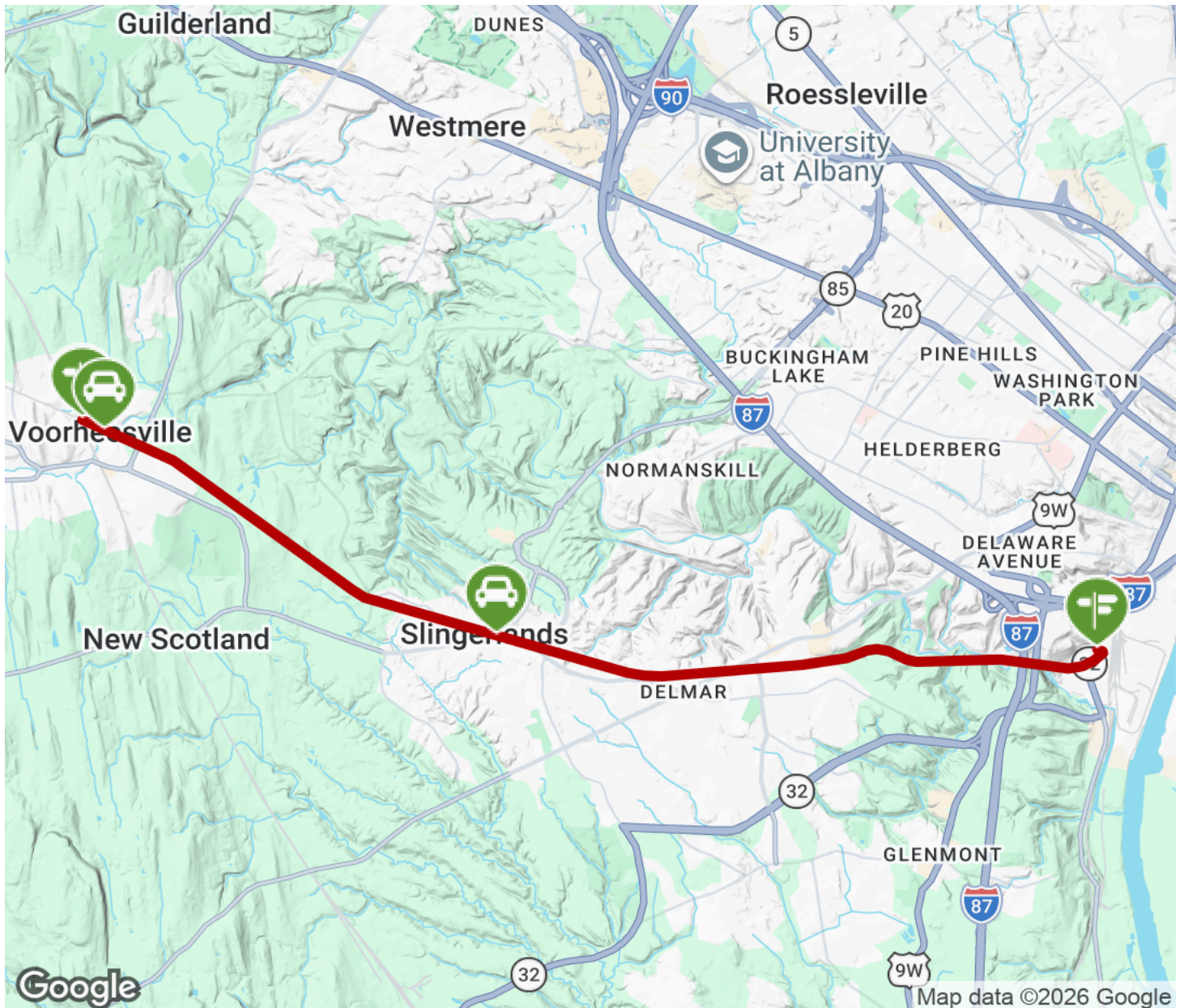
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Trailhead



Restroom



Parking



Water Fountain



Tunnel



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