



2026

TrailLink Unlimited 

Guides   



**I-390 Bike Path**  
*New York*



## I-390 Bike Path

New York

*The I-390 Bike Path is a 5-mile paved trail starting in Greece and ending at the Island Cottage Woods Preserves just south of Lake Ontario.*



The I-390 Bike Path is a 5-mile paved trail starting in Greece and ending at the Island Cottage Woods Preserves just south of Lake Ontario. The trail starts just after crossing Route 104 using the pedestrian bridge. The trail heads through a nicely wooded area neighboring to the side of residential houses and traveling through the Greece Olympia High School grounds. There are breaks in this quaint ride to make several street crossings only to return back to the wooded scenery. Due to the break-ups there are many connections to schools and residential communities and stores. Although stopping just short of the shoreline, it is possible to continue your travels to the lake.



## I-390 Bike Path

New York

**States:** New York

**Counties:** Monroe

Length: 5.3miles

**Trail end points:** W. Ridge Rd. to Island

Cottage Rd.

**Trail surfaces:** Asphalt

**Trail category:** Greenway/Non-RT

**Trail activities:** Bike,Inline

Skating,Walking,Wheelchair Accessible

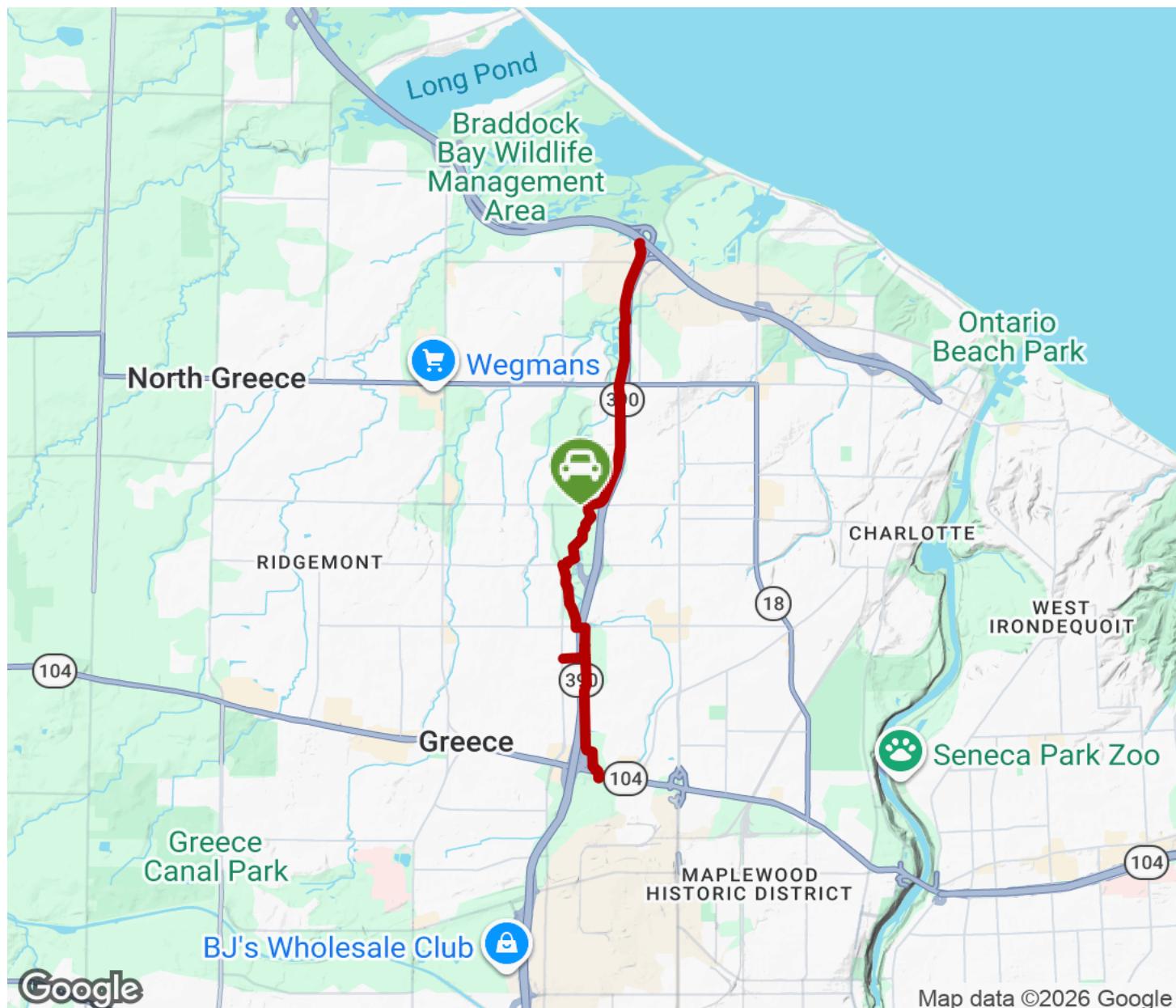
## Parking & Trail Access

The are several stores surrouding the West Ridge Road trailhead to park at before getting on the pedestrian bridge to start your journey.



## I-390 Bike Path

New York



Map data ©2026 Google



Trailhead



Restroom



Parking



Water Fountain



Tunnel



**TrailLink**  
by Rails-to-Trails Conservancy

[TrailLink.com](https://www.TrailLink.com)