

Day 7 – Rome to Little Falls

Aug 30 - Monday (mapped miles = 39.5)

Several thru-riders complain about poor directional signs leaving Rome. Check the routing notes. Ask westbound riders about the conditions of the trail at Ilion. Can eastbound cyclists ride the new section of trail, and where does it start?

Leave the hotel by turning **right** onto

N. JAMES STR. Ride 0.6 mi and

BEFORE THE BRIDGE, turn **left** onto the

ERIE CANALWAY TRAIL. Continue for 0.6 mi and turn **right** on

WHITESBORO STR and to go under the highway and continue

on the trail across a bridge. Continue on

HARBOR WAY/E. WHITEBORO STR to turn **right** onto

MILL STR. Using Mill Str., cross the bridge and railroad tracks. At the

INTERSECTION WITH STOPLIGHT (Martin Str), use the crosswalk to

enter the trail on the left. Stay on the **Martin Str sidepath** (on the left side of the street) and

follow it as it turns **left** at the intersection with Hwy 49 (at the stoplight). Stay on the **ECT** to

the

TRAILHEAD PARK on the **left** (at the junction where Hwy 49 turns). Follow the

ERIE CANALWAY TRAIL on the left at the trailway parking area. Continue for 5.5 mi and turn

left on

RIVER STR (just after the Citgo station) in Oriskany. Ride 0.6 mi and turn **left** onto

SIDE TRAIL which takes us under the bridge and makes a **right** turn onto the

ERIE CANALWAY TRAIL. Continue on the trail for about 5.3 mi, under a highway, through a

small park area near Lock 20, and turn **right** onto

BARNES AVE. Then make a **sharp left** onto

ERIE CANALWAY TRAIL. Continue on the trail for about 1.75 mi, but at the

PARKING LOT on Harbor Lock Rd (near the NY Dept of Transportation facility), leave the trail

(do not go under the underpass) and take the street to the **right** through the parking lot and

turn **left** on

N. GENESSEE STR. Ride 0.5 mi with traffic into town and turn **right** onto

NY-5 East (first stoplight) –(becomes **Auert Ave** and then **Herkheimer Rd**).

Follow Hwy 5 for 3.2 miles and turn **right** on

DYKE RD. Cross the canal and railroad tracks and turn **left** onto

DYKE RD SPUR, leading to **SOUTHSIDE RD.** Turn **left** onto **Southside Rd** and follow it 7 mi

through Frankfort. Continue on

MAIN STR through Frankfort and watch for a trailhead connection in Ilion. (or follow Hwy 5S)

>> It is not very clear where this new section of trail begins. (Possibly where Southside/Acme Rd passes under Hwy 5S.) If we do not find the trail connection or it is not open, continue through Ilion on Main Str (turns into E. Clark Str for 2 blocks) and

rejoin the trail (Mohawk-Hudson Trail) on the east side of Mohawk, where Main Str intersects with Hwy 5S.

Continue on the

ERIE CANALWAY/MOHAWK-HUDSON TRAIL for 8.5 miles and turn **left** onto **CASLER STR** on the outskirts of Little Falls. Then turn **right** onto **HWY 167**. Cross the bridge and turn **right** onto **ELIZABETH STR**. At the next intersection, turn **right** onto **CANAL STR** and ride to the **parking lot** for the **INN AT STONE MILL**.