Today, the Capital District covers some 2,000 square miles along the edge of the Mohawk and Hudson Valleys. What remains of the original capital district includes the communities of Troy, Schenectady, and New York. The area was settled in the early 17th century by French and Dutch traders, who used the Mohawk and Hudson watersheds for transportation and trade.

In the 18th century, the region was a center for the fur trade, and the Mohawk and Hudson rivers were critical in the achievement of America's independence. The Mohawk-Hudson Bike-Hike Trail, the many views of our majestic rivers will be an unforgettable experience.

Local Attractions
- Stockade Historic District Information: 518-374-0263
- Schenectady Museum & Planetarium Information: 518-382-7890
- Professional Wrestling Hall of Fame
- Kiwanis City Preserve
- Plotter Kill Aqueduct
- Mohawk River CVB
- Local Attractions Index

With the completion of the southern section, the route extends over 20 miles north from Transportation Park to the city of Rotterdam. A variety of scenic views await those who choose to continue, including the historic Mohawk-Hudson Canal, which was constructed in the early 19th century to transport goods and supplies between the Hudson River and Lake Erie. Today, the canal is a popular destination for canoeing, kayaking, and fishing. The Mohawk-Hudson Bike-Hike Trail is a 52-mile route that connects the city of Troy with the city of Rotterdam. The trail is a great way to experience the beautiful scenery and history of the Mohawk Valley.

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