

[RAIL TRAIL](#)[EAST TRAIL](#)[WEST TRAIL](#)[RULES](#)[DOG RULES](#)

# VESTAL RAIL TRAIL

## Welcome to the Vestal Rail Trail!

Vestal Rail Trail East is 2.1 miles (3.4 km) long. It runs between North Main Street and African Road and is located just north of and parallel to the Vestal Parkway (Rt. 434).

The trail has a twelve foot wide paved path and eight feet of grass on either side of the trail. Available for walking, skating, running, and cycling.

Parking is available on Stage Road and on the east side of the Shoppes at Vestal. Restrooms are available at the African Road (east) end of the trail. The trail has benches, a gazebo, a scenic overlook and nature trail, dog waste facilities, and is next to the Twin Orchards - Myrtle Street park.

Vestal Rail Trail West is 1.75 miles (2.8 km) long. It runs between Castle Gardens Road and Main Street.

Parking is available at Castle Gardens in a grassy area that is visible upon entering the neighborhood. Additionally, the lot on Stage Road serves as a parking area for both trails.



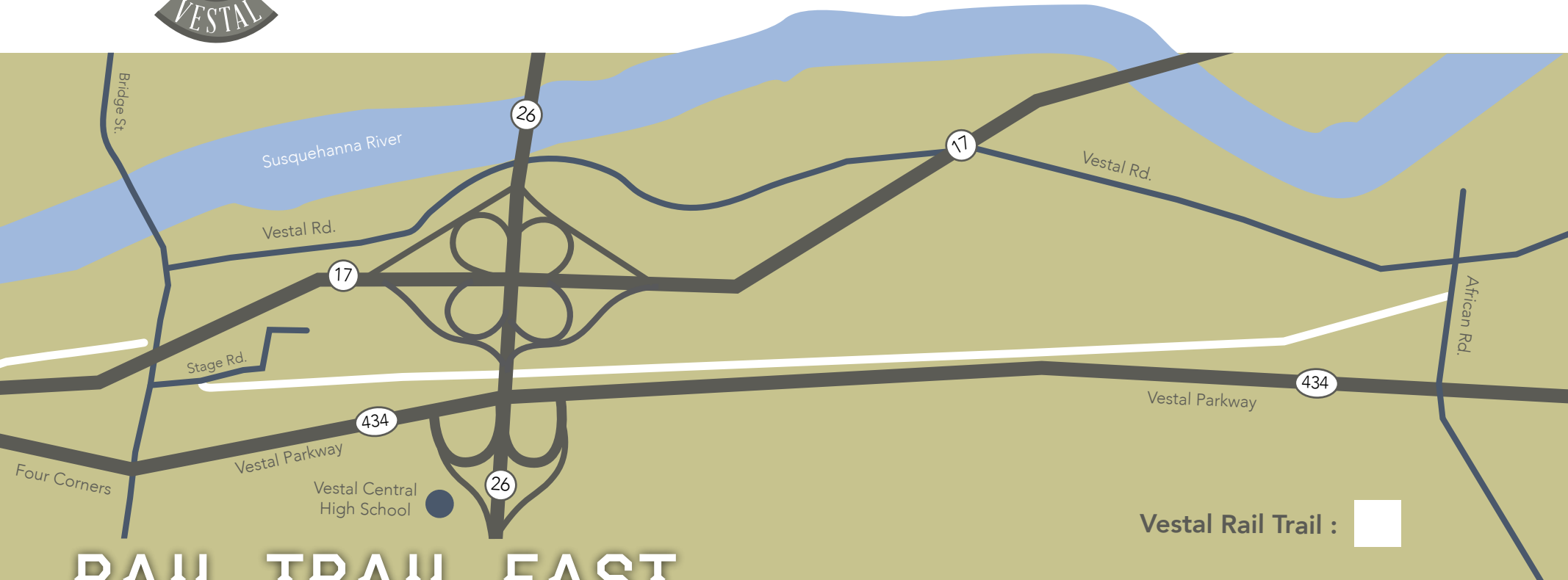
RAIL TRAIL

EAST TRAIL

WEST TRAIL

RULES

DOG RULES



Vestal Rail Trail :

# RAIL TRAIL EAST



RAIL TRAIL

EAST TRAIL

WEST TRAIL

RULES

DOG RULES



# RAIL TRAIL WEST



[RAIL TRAIL](#)[EAST TRAIL](#)[WEST TRAIL](#)[RULES](#)[DOG RULES](#)

# TRAIL RULES

The following are helpful tips to keep your visit safe and enjoyable:

## Hours:

The trail is open half an hour before sunrise and half an hour after sunset.

## Permitted:

Walking, jogging, biking, skateboarding, roller blading, cross country skiing, use of skateboards, strollers, and wagons.

## Prohibited:

Alcohol, loitering, littering; this is a "Carry in - Carry Out" recreational area.

## Walkers and Runners:

- Keep to the Right
- Pass on the Left
- Keep children close and to the Right
- Do not block the Full Width of the trail
- Dogs on four foot leash
- Clean up after your pet
- Earphones may obstruct hearing

## Wheel Traffic:

- Ride to the right
- Pass on the Left
- Audible signals are helpful:  
Ex: Ring a bell, Verbalize ("Pass")
- Single File
- Dogs must be under control of a person who is walking. Said person shall not be on a bicycle, roller blades or similar device.
- Keep speed below 10 MPH





RAIL TRAIL

EAST TRAIL

WEST TRAIL

RULES

DOG RULES



# DOG RULES

**Dogs shall be permitted on the Vestal Rail Trail under the following conditions, rules will be strictly enforced and fined if nessecary:**

- Dogs shall at all times be on a leash no longer than four feet, and no more than two dogs per person shall be permitted.
- Dogs must be under control of a person who is walking. Said person shall not be on a bicycle, roller blades or similar device.

- All dogs must have a New York State Dog License Identification tag affixed to their collar. (If visiting they must have an appropriate tag from their home state.)
- It shall be the duty of each dog owner or person having possession or control of a dog to remove any feces left by the dog on park property and to dispose of the same in a safe and sanitary manner. Please clean up or dogs will be prohibited on the trail.

- It shall be unlawful for any owner of any dog to permit or allow the dog to chase, jump upon or otherwise harass any person in such a manner as to reasonably cause intimidation or fear, or to put such person in reasonable apprehension of bodily harm or injury.