



THOUSAND ISLANDS/ SEAWAY



VERMONT

NH



NEW YORK

ADIRONDACKS



CENTRAL NEW YORK



CATSKILLS



HUDSON VALLEY



CT

NJ
to Washington, D.C.

Atlantic Ocean

to Saint Lambert/Montréal

Rouses Point

Plattsburgh

Lake Placid

Westport

Port Henry

Ticonderoga

Whitehall

Castleton

Killington

Rutland

Okemo

White River Junction

Windsor

Fort Edward/
Glens Falls

VERMONT

Bellows Falls

Brattleboro

Rome

Utica

Saratoga Springs

CAPITAL/
SARATOGA

Schenectady

Albany-Rensselaer

Hudson

Rhinecliff

Poughkeepsie

HUDSON VALLEY

Croton-Harmon

New Haven

Bridgeport

Stamford

Yonkers

New Rochelle

New York City

LONG ISLAND

Berlin

Meridan

Wallingford

to Boston