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## Spots still available for Great Hudson Valley Pedal Bicycle Tour August 16-21

*200-mile bicycle tour from Albany to NYC  
features five fabulous bridge crossings*

ALBANY, N.Y. – The 7th annual *Great Hudson Valley Pedal*—a six-day, 200-mile recreational bicycle tour from Albany to New York City—is scheduled for August 16-21, 2011.

*Great Hudson Valley Pedal* participants will pedal their way through one of the most picturesque river valleys in the world. The Franklin D. Roosevelt National Historic Site, Olana State Historic Site, and West Point are just a few of the many interesting stops along the way. Rich in history, culture, wineries, and gourmet cuisine, the Hudson Valley offers fantastic bicycling. The tour, which includes five panoramic bridge crossings, will ride along designated bike routes, scenic roads, and off-road trails, including the renowned Manhattan Waterfront Greenway along the west side of Manhattan.

Last year's *Great Hudson Valley Pedal* drew riders from 23 states.

“We are eager to showcase the magnificent Hudson Valley to cyclists from around the nation and the world,” says Robin Dropkin, Executive Director of Parks & Trails New York, which organizes the tour. “The Hudson Valley offers great cycling, great scenery, and great attractions, all the ingredients cyclists are looking for in a touring location.”

Parks & Trails New York is a statewide nonprofit organization working to create a network of parks, trails and open space across the state for all to use and enjoy. Funds raised will help support Parks & Trails New York's park and trail programs.

Included in the \$535 fee for the *Great Hudson Valley Pedal* are: camping accommodations every evening with showers and toilet facilities, five hearty breakfasts and four delicious dinners; two refreshment stops daily stocked with fruit, snacks and beverages; entertainment and historical presentations each evening; guided tours of historic sites, museums, and other attractions; T-shirt and water bottle; sag wagon and mobile mechanical support; baggage transport; daily maps and cue sheets; and marked routes. Fees increase after July 8.

A shuttle will be available at the end of the ride to transport riders and their bicycles back to Albany. Non-cycling friends and family of riders with their own transportation are welcome. Youths (under 18) enjoy a special half-price rate.

The Hudson River Valley Greenway and the Hudson River Valley National Heritage Area are premier sponsors of the *Great Hudson Valley Pedal*.

Mark Castiglione, Acting Executive Director of the Hudson River Valley Greenway and Hudson River Valley National Heritage Area, states, ““The Hudson River Valley is a diverse and spectacular region, and the Great Hudson Valley Pedal offers a fantastic way for cyclists to experience the wealth of natural, cultural and historic resources within our communities. The Hudson River Valley Greenway and Hudson River Valley National Heritage Area are pleased to be premier sponsors of the Great Hudson Valley Pedal for the seventh year in a row, and to continue our partnership with Parks and Trails New York.”

Other sponsors of the event include Champion Corporate Sponsor Con Edison and Leading Hudson Valley Sponsor Central Hudson. Dutchess, Rockland, Orange, Columbia, and Ulster Counties are also sponsors of the event.

For further information on the *Great Hudson Valley Pedal*, visit [www.ptny.org/hoodontour](http://www.ptny.org/hoodontour), e-mail [hoodontour@ptny.org](mailto:hoodontour@ptny.org), or call 518-434-1583.

For additional information about heritage sites and events throughout the Hudson Valley visit [www.hudsonrivervalley.com](http://www.hudsonrivervalley.com). For more information about the Hudson River Valley Greenway, please visit [www.hudsongreenway.ny.gov](http://www.hudsongreenway.ny.gov).

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