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MEDIA ADVISORY - Great Hudson Valley Pedal
DAYS 4-6: HYDE PARK→GARRISON→NYACK→NYC

150 cyclists take six-day tour through Hudson Valley
—Walkway Over the Hudson highlight of 7th annual
Great Hudson Valley Pedal—

ALBANY, N.Y. – Some 150 bicyclists from 24 states and Canada are participating in the 7th annual *Great Hudson Valley Pedal* event, organized by Parks & Trails New York, a statewide not-for-profit organization. The 200-mile bicycle tour ends on Sunday, August 21 in New York City.

“The *Great Hudson Valley Pedal* is bound to be a fun and exciting event,” says Robin Dropkin, Executive Director of Parks & Trails New York. “We have riders spanning ages 6 to 80, plus many volunteers in communities along the route ready to welcome riders and help them discover what makes the Hudson Valley region so unique.”

Cyclists will leave Hyde Park the morning of Friday, August 19, cross the Walkway over the Hudson, a highlight of the tour for many cyclists, stop at the historic Gomez Mill House and end up in Garrison, where St Basils Academy is the location of the “tent city.”

Saturday, August 20, begins with a tour of West Point, the oldest military academy in the country. Riders will pass through the dramatic and scenic gorge of the Hudson River as it cuts through the Appalachians. They will visit Bear Mountain State Park, the park nestled along the Hudson River that welcomes more visitors every year than Yellowstone. Riders will end their day in Nyack, at Nyack Beach State Park, with a dinner and celebration to mark the last evening of the tour.

On Sunday, August 21, the final day of the *Great Hudson Valley Pedal*, cyclists will cross the George Washington Bridge for their last panoramic river crossing. They will then follow the bike path along the west side of Manhattan to reach South Street Seaport, the end point of the tour.

The Hudson River Valley Greenway and Hudson River Valley National Heritage Area are the premier sponsors of the *Great Hudson Valley Pedal*. Con Edison is the Champion Corporate Sponsor and Central Hudson Gas & Electric Corporation is the Leading Hudson Valley Sponsors. I Love New York and the Tourism Promotion Agencies of Columbia, Dutchess, Orange, Rockland and Ulster counties are also sponsors.

Parks & Trails New York is a statewide not-for-profit 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.

The Hyde Park to NYC schedule is as follows:

Friday August 19 – Hyde Park to Garrison

Overnight: St Basils Academy, 79 Saint Basil's Road, Garrison

6:30am– 8:00am – Breakfast at Regina Coeli School

7:00am - morning meeting at breakfast

8:00am – 11:00am – Morning Rest Stop – Gomez Mill House

11:00pm – 4:00pm –St. Lukes Episcopal Church, Rt 9D Beacon

Beacon Mountain Hike -Time TBA from Rest Stop

5:00pm – 6:30pm – Dinner – St Basils Academy

7:00pm – 9:00pm – Music at campsite - Kathleen Premble

Saturday August 20 – Garrison to Nyack

Overnight: Upper Plateau Nyack Beach State Park, Nyack

6:30am– 8:00am – Breakfast - St Basils Academy

7:00am - morning meeting at breakfast

8:30am – 9:00am – Gather in the West Point Museum Visitors Center Parking Lot

9:00am –10:30am – West Point Bus Tour

12:00pm – 5:00 pm – Afternoon Rest stop- Riverfront Park, Grassy Point Rd, Stony Point

2:00pm – 6:00pm – Shuttle to downtown Nyack (2 mi)

5:00pm – 6:30pm – Dinner at the campsite

6:30pm – 8:30pm – Announcements & Music - Dan Pelletier

Sunday, August 21 – Nyack to NYC

6:30am– 8:00am – Breakfast at the Runcible Spoon

8:00am –11:00pm–Morning Rest Stop-Englewood Picnic Area

10:30am – 3:00pm Tour Finish—South Street Seaport

4:00pm – Shuttle Leaves for Albany

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