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West Milford
Messenger -

Registration open for 200-mile bike tour

Great Hudson Valley Pedal: 6-day August tour from Albany to NYC

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

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. The tour includes five panoramic bridge crossings, including the Walkway Over the Hudson, rides along designated bike routes, scenic roads, and off-road trails, such as the Manhattan Waterfront Greenway along the west side of Manhattan.

Last year's Pedal drew riders from 22 states. About one-third of the riders were from New York State.

"In-state riders were amazed at the beauty of the Hudson River Valley as well as its cultural and historic richness," said Robin Dropkin, executive director of Parks and Trails New York, a statewide nonprofit organization which organizes of the annual Hudson Valley bike ride.

"We are eager to showcase the magnificent Hudson Valley to cyclists from around the nation and the world," said Dropkin. "The Hudson Valley offers great cycling, great scenery, and great attractions, all the ingredients cyclists are looking for in a touring location."

Pedal will cover 35-45 miles a day

The \$535 fee for the Great Hudson Valley Pedal includes daily cue sheets and marked routes for 35-45 miles of cycling per day, camping accommodations every evening with showers and toilet facilities, five breakfasts and four 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; and baggage transport.

A shuttle will be available at the end of the ride to transport riders and their bicycles back to Albany for an additional fee. Non-cycling friends and family of riders with their own transportation are welcome. Youths (18 and under) 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. 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 more information on the Great Hudson Valley Pedal, e-mail hudsonstour@ptny.org or visit www.ptny.org/hudsonstour.

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