

## See Upstate New York from a bicycle -- go bike the Erie Canal route

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The 11th annual cross-state bicycle tour along the Erie Canal - Cycling the Erie Canal - is scheduled for July 12-13. Cycling the Erie Canal is an eight-day, 400-mile, recreational bicycle tour from Buffalo to Albany along the legendary Erie Canal.

Last year's Cycling the Erie Canal drew riders from 38 states. Over one-third of the riders were from New York State. For more information on Cycling the Erie Canal, e-mail [eriecanaltour@ptny.org](mailto:eriecanaltour@ptny.org) or visit [the event website](#).

Included in the \$525 fee for Cycling the Erie Canal are: camping accommodations every evening with showers and toilet facilities, several with pools or lakes for swimming; eight hearty breakfasts and six delicious dinners; two refreshment stops daily stocked with fruit, snacks and beverages; entertainment and historical presentations each evening; guided tours of the Canal, 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.

Cycling the Erie Canal riders will enjoy fine scenery and fascinating history. The Erie Canal corridor is designated a National Heritage Corridor, one of only 37 across the nation. The bicycle tour passes through historic canal villages and rural countryside. Along the way, canal historians and local experts will introduce participants to the people, places and things that make the Erie Canal so unique and so important to the history of New York State and the country. About three-quarters of the ride is off-road, on the traffic-free Canalway Trail; the rest is on rural roads with good shoulders.

"New Yorkers were as amazed as out-of-staters at the beauty of the Erie Canal corridor as well as its cultural and historic richness," says Robin Dropkin, executive director of Parks and Trails New York, and organizer of the annual cross-state bike ride.

Cycling the Erie Canal is a great ride for cyclists of all abilities and ages. Last year, the oldest rider was in his 80's while the youngest participant was three-years-old. For most days, the route follows the canal along level ground. Several days in the Finger Lakes have a few rolling hills and there are two long gradual climbs in the Mohawk Valley.

Two weekend ride options are available, from Buffalo to Pittsford on July 11 to July 13 and from Canajoharie to Albany on July 17 to July 19. A shuttle will be available at the beginning of the ride to transport riders and their bicycles to Buffalo. Non-cycling friends and family of riders with their own transportation are welcome. Youths under 18 enjoy a special half-price rate.

The NYS Canal Corporation, the agency charged with operating, maintaining and promoting New York's Canal System and the Canalway Trail, is the Premier State Sponsor of the event for the 11th straight year.

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