MEDIA ADVISORY: Cycling the Hudson Valley Bike Tour
DAYS 1-3: HUDSON→KINGSTON→HYDE PARK

More than 100 cyclists take six-day tour through Hudson Valley
—10th anniversary Cycling the Hudson Valley starts July 28 in Hudson—

ALBANY, N.Y. – Over 100 bicyclists from 15 states and Canada are participating in the 10th anniversary Cycling the Hudson Valley event, organized by Parks & Trails New York, a statewide not-for-profit organization. The 200-mile bicycle tour ends on Sunday, August 3 in New York City.

“Cycling the Hudson Valley 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 77, plus many volunteers in communities along the route ready to welcome riders and help them discover what makes the Hudson Valley so unique.”

On the first evening of the tour, participants will take a sunset boat ride on the Hudson River from the City of Hudson’s Riverfront Park. Cyclists will leave Columbia-Greene Community College, the location of the first night’s “tent city,” early on the morning of Tuesday July 29 to pedal to Kingston.

On the way to Kingston riders will visit the Olde Rhinebeck Aerodrome and historic downtown Rhinebeck. In Kingston, cyclists will explore the Stockade District and the Rondout area.

Leaving Kingston on July 30, riders will explore lively New Paltz, the home of Huguenot Street Historic Site, enjoy the Hudson Valley Rail Trail, and cross the renowned Walkway Over the Hudson into Hyde Park.

The Regina Coeli School in Hyde Park is the location of the “tent city” on July 30 and 31. Thursday, July 31 is a stopover day. Cyclists can either enjoy the many attractions in Hyde Park, including the Franklin D. Roosevelt, Eleanor Roosevelt and Vanderbilt Mansion National Historic Sites, or take an optional loop bicycle ride to visit Locust Grove or explore the Dutchess Rail Trail to Hopewell Junction.

Con Edison is the Premier Sponsor of Cycling the Hudson Valley and Harney & Sons is the Champion Sponsor. The Hudson River Valley Greenway and Hudson River Valley National Heritage Area are
Heritage Sponsors. Central Hudson Gas & Electric Corporation is a Sponsor along with Tourism Partners I Love New York and Columbia, Dutchess, Orange, Putnam and Ulster Counties.

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, including supporting outdoor recreation and economic development, expanding New York’s trail network, and advancing bicycle tourism. More information on Parks & Trails New York is available at [www.ptny.org](http://www.ptny.org).

The Hudson to Hyde Park schedule is as follows:

**Monday, July 28 – Hudson**
Overnight: Columbia-Greene Community College, 4400 Rt. 23, Hudson

2:00pm – 4:30pm – Registration – Columbia-Greene
5:00pm – 6:30pm – Dinner – Columbia-Greene
7:00pm – 8:30pm – Sunset cruise on the Hudson

**Tuesday, July 29 – Hudson to Kingston**
Overnight: Forsyth Park, 157 Lucas Ave, Kingston

6:30am – 8:00am – Breakfast – Columbia Green
8:00am – 11:00am – Rest Stop at Olde Rhinebeck Aerodrome
5:30pm – Introduction to Kingston by area bicycle and trail advocates.
Dinner – in area restaurants

**Wednesday, July 30 – Kingston to Hyde Park**
Overnight: Regina Coeli School, 4337 Albany Post Rd., Hyde Park

6:30am – 8:00am – Breakfast at Regina Coeli School
8:00am – 11:00am – Rest Stop at Wallkill View Farm Market
12:00pm – lunch in New Paltz
11:00am – 2:00pm – Rest Stop at Tony Williams Park in Lloyd
Afternoon - Visits to Hyde Park Historic Sites
5:00pm – 6:30pm – Dinner – Regina Coeli School
6:00pm – 8:30pm – Shuttle to concert at Vanderbilt Mansion or area restaurants

**Thursday, July 31 – Hyde Park Layover**
Overnight: Regina Coeli School, 4337 Albany Post Rd., Hyde Park

6:30am – 8:00am – Breakfast - Regina Coeli School
All Day – Two options:
1) **Loop bike ride:** Ride to visit Locust Grove or explore the Dutchess Rail Trail to Hopewell Junction
2) **Visits to Hyde Park Historic Sites:** FDR, Val-Kill, and Vanderbilt National Historic Sites, Locust Grove
5:00pm – 9:00pm – Shuttle to restaurants in Hyde Park and Rhinebeck.

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