

Cycling the Erie Canal

I N N T O I N N

A three-day, self-guided bicycle tour along the Erie Canalway Trail between Little Falls and Albany featuring descriptions of the route, attractions, and lodging



I N T R O

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Outstanding Bicycling and Sightseeing

Outstanding bicycling and sightseeing await you along the Erie Canal. Experience lively canal towns and scenic rural landscapes. The trail between Little Falls and Albany follows along sections of the active canal and ventures into canal-side communities and historic districts. You will see more locks during this three-day journey than along any other segment of the Erie Canalway Trail. Visible are modern locks 1-17, seven enlarged Erie Canal locks, a Clinton's Ditch lock and a Champlain Canal side-cut lock in Waterford.

Views of several aqueducts and the Big and Little Noses along the Mohawk River will provide ample photo opportunities. Military buffs can visit historic sites from the Revolutionary War and French and Indian War. Those interested in places honoring Native American culture and religious martyrdom will also be pleased with the rich and varied heritage found in this part of New York State. Rare geological formations and local Erie Canal history are plentiful throughout the ride. Forts, museums, shrines, art galleries, waterfalls, state parks and great shopping opportunities line the way for an outstanding three-day adventure.

The Canalway Trail is, for the most part, flat, making bicycle touring an ideal way to enjoy this historic and scenic region. Each day brings miles of peaceful cycling and easy access to attractions and services. Each evening offers the hospitality of a fine B&B or inn, each with its own special ambiance.

At Your Own Pace

Set your own pace on this self-guided tour. Stop at an interesting historic site, visit an art gallery, linger over a cup of coffee, or simply relax on the banks of the Canal.

This three-day itinerary is described from west to east, starting in Little Falls, but you may choose to do the trip from east to west, starting in Albany. Or, you may choose to cycle more or fewer miles each day. You'll find accommodations in many of the canal towns between Little Falls and Albany and can shift your schedule according to your interests. You may even find there is so much to see in one town, you will choose to stay more than a day before moving on to the next location.

Cyclists Welcome

The B&B's and inns listed in this self-guided tour welcome cyclists and will go out of their way to accommodate your needs. In the evenings, they will gladly secure your bike inside or in a locked storage area and assist you with your transportation needs. With advance notice, some may even be willing to transport luggage or vehicles for an additional fee.

Starting Point - Little Falls

Starting Point

Little Falls is the starting point of your journey. Once in Little Falls, you may want to visit some special points of interest or even spend an extra day before heading east. After breakfast, begin your day at **Historic Canal Place**, a refurbished industrial area with two 19th-century stone mill buildings, original canal-side structures, antique and art galleries, shops, restaurants, a performing arts center, and the **Little Falls Historical Museum**.

Take a few pictures and listen to the falls - the original reason settlers were attracted to the area. Compared to the "Big Falls" miles downstream in Cohoes, these were considered the "Little Falls." To this day, they are both a source of water power and scenic beauty. Visit Cathedral Point on **Moss Island** and observe the turkey vultures and hawks soaring overhead, as you spend the day exploring a maze of deep chimney potholes, scoured in stone by the swirling waters. The largest ones, some 20-feet high and more than 10-feet wide, were formed thousands of years ago when this area was the outlet of a huge inland sea, leaving cathedral-like formations facing the river and geological features such as Profile Rock.

If one searches carefully, "Little Falls Diamonds" can be located along various outcroppings. Excellent examples of these unique quartz crystals are on display at the **Little Falls Historical Society Museum**. If you have a bit more time to spend, you can even do some of your own "diamond" mining at **Crystal Grove Mining**. Here the owner will supply all the tools you need to mine and has even been known to provide a dinner delivery to bicyclists staying at his campground.

Canal enthusiasts should spend the time to watch Lock 17 fill, knowing that at 40.5-feet high, it is the largest lock on the enlarged Erie Canal, the highest lock in New York State, and only the first of many engineering wonders to be seen over the next three days.



Moss Island and Rock Climbing

Getting Back to the Starting Point

At least two commercial transportation services are available to transport bicycles, luggage and bicyclists back to Little Falls or St. Johnsville. Be sure to make reservations in advance. Rates may vary depending on the number of people transported and the type of available vehicle.

TRANSPORTATION SERVICES:

Premier Transportation Group
(Available for local and long distance charter)
518- 459-6123 or 1(800) 515-6123
456 North Pearl Street
Albany, New York
www.premierelimo.com

Advantage Limo and Car Service
(518) 433-0100
137 Lark Street
Albany, New York

PARTICIPATING B&B'S

Canal Side Inn
395 South Ann St., Little Falls, NY 13365
(315) 823-1170
innkeeper@canalsideinn.com
www.canalsideinn.com

Inn by the Mill
1679 Mill Rd., St. Johnsville, NY 13452-3911
(518) 568-2388 or 1(866) 568-2388
stay@innbythemill.com
www.innbythemill.com

**Crystal Grove Mining
Cabins & Campground**
161 County Hwy 114, St. Johnsville, NY 13452
(518) 568-2914 or 1(800) KRY-DIAM
fun@crystalgrove.com
www.cyrstalgrove.com

POINTS OF INTEREST

Little Falls Historical Museum
319 South Ann St., Little Falls, NY 13365
(315) 823-0643
lfhistor@ntcnet.com
www.lfhistoricalsociety.org

Historic Canal Place
South Ann St., Little Falls, NY
(315) 823-1907
www.tourlittlefalls.com
[www.littlefallsantiquecenter.com/
Canal%20Place.html](http://www.littlefallsantiquecenter.com/Canal%20Place.html)

Moss Island and Rock Climbing
Call City Clerk for permits (315) 823-0643.
From South Ann Street head through Canal Place to Benton's Landing, a small park on the Erie Canal. Walk east across the hydro-power dam, pass under Profile Rock until you see the trailhead sign.
www.paulkeeslerbooks.com/LittleFalls.htm

Little Falls to Canajoharie

Little Falls

After visiting **Historic Canal Place**, cross over the bridge to the south side of the canal and catch the paved bike path heading east towards Lock 17. Continuing on this trail will bring you directly to the **Herkimer Home Site**, a Georgian-style mansion that was the home to a courageous Revolutionary War hero, General Nicholas Herkimer, who was wounded at the battle of Oriskany. In this battle, the British were defeated and the victory was considered a turning point in the war. After the battle, Herkimer was carried home and his leg unskillfully amputated. Hours later, when Herkimer died reading from his Bible, he was immediately regarded as a martyr to the cause of American freedom, and his home became a shrine. Visitors will marvel at the grandness of this Georgian-style mansion that once stood on the colonial frontier. The site is now a National Historic Landmark dedicated to interpreting life in the Mohawk Valley during the Revolutionary War. The trail will be stonedust from the Herkimer Home for approximately the next 13 miles.

Minden

After about 5 miles, you will approach the Town of Minden, where you can see the newly restored Crouse Locks, a set of double locks from the old Erie Canal.

Fort Plain

Continue on towards Fort Plain, stopping on the way in St. Johnsville if you wish to catch a bite to eat for lunch or see **Fort Klock Historic Restoration**, a restored 1750 fur trading post, on the north side of the Canal. Once you get to the Village of Fort Plain be sure to see the **Fort Plain Museum**, which commemorates the courage and resourcefulness of frontier women in the Mohawk Valley. On August 2, 1780, Fort Plain was attacked by British forces. A woman raised the alarm and the villagers fled to the fort. The men were away escorting supply boats and the fort was undefended. The women donned men's clothes and patrolled the walls of the fort in mass. The attackers were fooled into thinking the fort's garrison was present and they fled.

The trail becomes paved again from Fort Plain until just past Canajoharie – approximately 4 miles.



Inn by the Mill



Arial view of Little Falls



Historic Canal Place



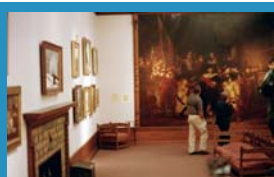
Herkimer Home State Historic Site
 200 State Route 169, Little Falls, NY 13365
 (315) 823-0398 or (315) 823-0587
www.nysparks.state.ny.us/sites/info.asp?siteID=12

Canajoharie

Canajoharie

The name "Canajoharie" is a transliteration of a Mohawk Indian word meaning "the pot that washes itself." The name refers to a geologic pothole in the bed of the creek that empties into the Mohawk River in the village.

Note the quarried stone homes and commercial buildings within the village. Canajoharie quarries provided limestone for the locks of the Erie Canal as well as many of the fine homes throughout New York State. After the canal was built, quarried limestone was shipped to New York City to construct the Brooklyn Bridge.

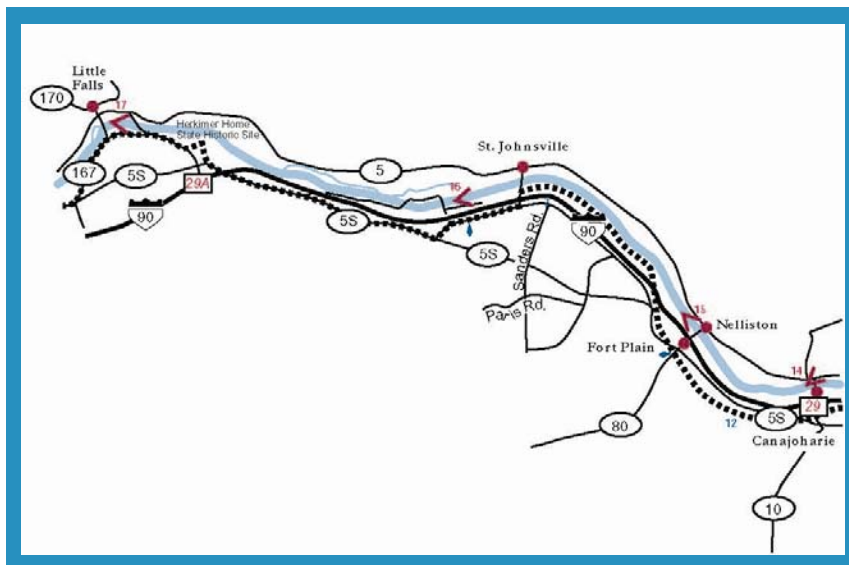


Arkell Museum at Canajoharie and The Canajoharie Library

A "must see" while in Canajoharie is the newly expanded **Arkell Museum**. Formerly known as the Canajoharie Library and Art Museum, the building has recently undergone a major renovation and expansion to make room for one of the best small collections of American artists in New York State. Boasting more than 350 paintings, with 21 by Winslow Homer, the gallery also exhibits works by Andrew Wyeth, Georgia O'Keefe, Mary Cassatt and artists of the Hudson River School.

Village resident State Senator James Arkell (co-founder of Arkell and Smith, a company that pioneered the development of the paper flour sack during the Civil War), began collecting American art in the mid 1800s. After inheriting his father's collection, James' son, Bartlett, founder of Beech-Nut Foods, built a library and an art gallery in the mid 1920s and during the next 25 years donated many works from his vast personal collection. Just a few doors down Erie Blvd., you will find shopping and galleries that sell local art work.

As you enter Canajoharie, you cannot miss the **Beech-Nut Nutrition Corporation**, a producer of fine baby food, that was started in 1891 as the Imperial Packing Company. Cured ham and bacon were the company's principal products before officially incorporating as the Beech Nut Packing Company in 1899. Central to the company's success has been its dedication to industrial and product innovation. In 1900, it patented the first clear glass, vacuum packed jar that could stand the rigors of transportation. It was the first to introduce peanut butter to the American public, to remove refined sugar and chemically modified starch from baby food, and, in 1911, it introduced Beech-Nut chewing gum. The company does not offer public tours, but there is an interesting display covering its history at the **Canajoharie Library**.



PARTICIPATING B&B'S

Hazelnut Farm

205 Paris Road, Fort Plain, NY 13339
(518) 993-3346 or (518) 993-2332
info@hazelnutfarm.com
www.hazelnutfarm.com

A White Rose B&B

(10% midweek discount for bicyclists)
105 Reid St. (Rte 80), Fort Plain, NY 13339
(518) 993-3339
stay@awhiterosebb.com
www.whiterosebb.com

Window Box Guesthouse and B&B

23-29 Front St., Canajoharie, NY 13317
(518) 673-3131
mail@windowboxquesthouse.com
www.windowboxquesthouse.com

POINTS OF INTEREST

Fort Klock Historic Restoration

Route 5, 2 mi. east of stoplight in St. Johnsville
PO Box 42, St. Johnsville, NY 13452
(518) 568-7779
www.threerivershms.com/intro.htm

Fort Plain Museum

389 Canal St. (Rt. 5S), Fort Plain, NY 13339
(518) 993-2527
www.fortplain.net/holdfort.htm
www.bvma.org/events/fortplain.cfm

Arkell Museum at Canajoharie and The Canajoharie Library

2 Erie Boulevard, Canajoharie, NY
(518) 673-2314
www.canajohariemuseum.com
www.clag.org
info@arkellmuseum.org

Canajoharie to Schenectady

Palatine Bridge

Just east of lock 14 is the Palatine Bridge. The surrounding area was first settled in 1723 with the migration of 60 Palatine German families into the Schoharie and Western Mohawk Valleys. It is from these settlers that the bridge, the Village of Palatine Bridge and the Town of Palatine take their names. In 1803, a covered bridge was first built across the Mohawk River at this location. Since that time, several wooden bridges and a catwalk have succumbed to fire and flood, with the fifth version being the steel bridge in place today.

The opening of the Erie Canal in the 1820's brought rapid growth to many canal towns as it allowed for the export of agricultural products to distant markets and brought industry in. Agriculture, predominantly dairy farming, remains as a major industry, with sheep, beef, field corn, fruits and vegetables also grown locally. As you begin your second day of biking, be sure to appreciate the peaceful beauty of the open agricultural fields still in existence.

"The Noses"

The next 16 miles of stone dust trail will be some of the most scenic of your trip, as you travel alongside the only natural waterway through the Appalachian Mountain system between the St. Lawrence River and the Gulf of Mexico. A bit east of Sprakers, a small section of the Adirondacks forces the Mohawk River to bend and narrow, creating the area known as "The Noses." Here two steep escarpments face each other across the Mohawk River. Watch for vultures, hawks and the occasional bald eagle soaring on the updrafts created by winds deflecting off the cliffs.

Fonda & Auriesville

If you are interested in Native American heritage and the process of Sainthood within the Roman Catholic Church, take a detour into Fonda and visit the **National Shrine of Blessed Kateri Tekawitha and Indian Museum**. Or, continue further down the trail to Auriesville to the **National Shrine of North American Martyrs**. Also known as the Auriesville Shrine, this major Roman Catholic pilgrimage site is built on the grounds of the Mohawk Indian Village of Ossernenon and offers a round church that seats 6,500, as well as garden paths designed for prayer and reflection.

Schoharie Crossing

Enthusiasts of canal structures will not want to miss the **Schoharie Crossing State Historic Site**, dedicated to the preservation and interpretation of the Erie Canal as one of the 19th century's greatest commercial and engineering projects. The Visitor Center traces the impact of the Erie Canal on New York State and the nation. Many structures dating from the three eras of the canal's development, including the four-foot deep by 40-foot wide "Clinton's Ditch" and enlarged and relocated canals built to accommodate travel by larger canal boats and cargo loads, are on site. The largest structure includes a portion of the 624-foot-long Schoharie Aqueduct, which carried the water of the enlarged Erie Canal over Schoharie Creek. Construction of the aqueduct was begun in 1839, completed in 1841, and put into service in 1845. The aqueduct is now only partially intact – all but the nine arches at the southwest end were demolished in 1915 to reduce impedance to stream flow. From this point east to Amsterdam, the trail is paved.

Amsterdam

Take a meal break in Amsterdam and check out the **Noteworthy Indian Museum**. A cultural timeline, depicted by illustrations and artifacts, traces Native American life in the Mohawk Valley from 12,000 years ago to the present. To reach the museum, you will need to cross the river by heading north on Route 30. Stay to the right and follow Route 30 & 67 (Church Street). The museum is less than one-half mile, after you cross the river. Between Amsterdam and Rotterdam Junction, there is a five-mile on-road section of trail.

Scotia

Just west of Scotia, visit the **Keepers of the Circle Native American Cultural Center** to learn more about the original inhabitants of the Mohawk Valley. Before ending your day in Schenectady, be sure to make one final stop at the **Mabee Farm Historic Site**, a 1700 Dutch Colonial stone farm house owned by the same family for nearly 300 years, it is the oldest remaining Dutch farmhouse in the Mohawk Valley. The Schenectady County Historical Society manages the home and a re-created Dutch-style barn as a museum.

POINTS OF INTEREST

The National Shrine of the Blessed
Kateri Tekawitha and Indian Museum
Route 5, Fonda, NY 12068
(518) 853-3646
www.katerishrine.com

Schoharie Crossing State Historic Site
129 Schoharie St., Fort Hunter, NY
(518) 829-7516
www.eriecanal.org/Schoharie.html
www.nysparks.state.ny.us/sites/info.asp?siteID=26/

Keepers of the Circle Native
American Cultural Center
1180 Main St. (Rt. 5S), Rotterdam Junction, NY 12150
(518) 887-2590

National Shrine of the North American Martyrs
Shrine Road (Rt. 5S), Auriesville, NY 12072
(518) 853-3033
www.martyrshrine.org

Noteworthy Indian Museum
100 Church Street (corner of Church and Prospect)
Amsterdam, NY 12010
(518) 843-4761
www.greatturtle.net

Mabee Farm Historic Site
1080 Main Street (Rt. 5S), Rotterdam Junction, NY 12150
(518) 887-5073
mabee@nycap.rr.com
www.schist.org/mabee.htm

Schenectady

Schenectady

Schenectady is a city rich in history and accomplishment. Here, Thomas Edison founded what would become the General Electric Company, George Westinghouse invented the rotary engine and air brakes and the American Locomotive Works once made virtually every steam and diesel locomotive in the country.

The area that is now Schenectady was once the land of the Mohawk tribe of the Iroquois Nation. When Dutch settlers arrived in the Hudson Valley in the middle of the 17th century, the Mohawk called the settlement at Fort Orange "Schau-naugh-ta-da", meaning "over the pine plains." Eventually, this word entered the lexicon of the Dutch settlers, and came to be known as the area at the bend in the Mohawk River where the city lies today.

Schenectady is home to **Union College**, the first American college with a unified campus plan. The first buildings were completed in 1814, following the design of French architect Joseph Jacques Rameé. The Union campus features Jackson's Garden, with eight acres of formal gardens and woodlands, Mandeville Gallery, and the unique 16-sided Nott Memorial building.

Proctor's Theater is the major arts venue in Schenectady. Built in 1926 as a vaudeville/movie theater and home to "Goldie," a Wurlitzer theater pipe organ, it was refurbished and is now used for live stage events. Proctor's was also the site of one of the first public television demonstrations at which an image from a studio at the GE plant, a mile away, was projected. Plan to catch a show during your stay - the architecture alone is worth the price of admission.

As you bike Schenectady, you will pass directly through the **Stockade Historic District**, New York State's first National Register Historic District, designated in 1965 and home to Schenectady's most important 17th, 18th and 19th century figures. More than 100 architectural landmarks survive virtually intact. Dutch Colonial, English Colonial, Federal, Georgian, Queen Anne and other Victorian styles, dating from c. 1690 to 1930, are all well represented. The stockade neighborhood consists of private homes, apartments and professional offices where a high-density, slow paced, urban character prevails. The Stockade survived because of two events. A fire in 1819 destroyed the warehousing and business district that stretched between Washington Avenue and the Binnekill. Shortly thereafter, the Erie Canal was built along what is now Erie Boulevard. This isolated the Stockade; future business development took place east of the newly built canal. Thus the Stockade was insulated from the repeated redevelopment that marks the history of nearly all of America's city centers.

The bike route is on-street from Schenectady Community College through the Stockade area to North Jay Street where the paved trail resumes.

PARTICIPATING B&B'S

Van Voast House B&B
1353 Union St., Schenectady, NY 12308
(518) 393-1634 or 370-4948
carolnbres@msn.com
www.bandbreservations.com

The English Garden B&B
205 Union St., Schenectady, NY 12305
(518) 372-4390
aagust@nycap.rr.com
www.englishgardenedbandb.com

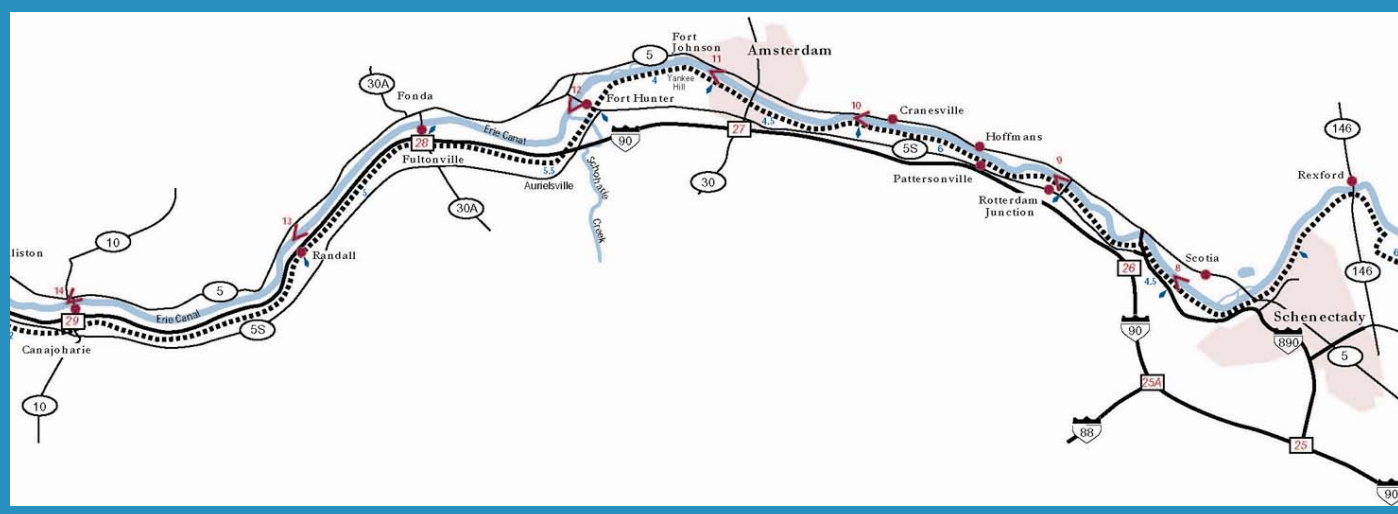
The Stockade Inn
1 N Church St., Schenectady, NY 12305
(518) 346-3400
questions@stockadeinn.com
www.stockadeinn.com

POINTS OF INTEREST

Union College
807 Union St., Schenectady, NY 123087
(518) 388-6000, www.union.edu

Proctor's Theater
432 State St., Schenectady, NY 12305
Info Line - (518) 382-1083
www.proctors.org, info@proctors.org

Stockade Historic District
City Hall-Rm 14, 105 Jay St., Schenectady, NY
(518) 382-5147 or 382-5054
www.historicstockade.com



Schenectady to Albany

Rexford

On the final day of your journey, start by visiting the **Rexford Aqueduct**, a remnant from the old Erie Canal that consists of a supported water-tight wooden trough and canal towpath. Near Aqueduct Park, canoes and kayaks can be rented at **The Boat House**.

Leaving Rexford, the ride will be slightly uphill for the next two miles, deviating briefly from the river to circumvent the GE Research and Development Facility. At Blatnick Park, you will turn again towards the river and descend down a short, steep segment until you ride along the water again. The next several miles will provide lovely views of both the river and surrounding woodlands.

Waterford

In Waterford, where the Erie Canal and Mohawk River meet the Champlain Canal and Hudson River, you will find an engineering triumph called the Waterford Flight. Flight Lock Road takes you along the path of the Flight, which includes 5 locks that form the largest lifts, yet in the shortest distance, of any system in the world! Traveling through Locks Two through Six, boats rise more than 500 feet in elevation in less than an hour and a half, bypassing the Cohoes Falls just to the south. Flight Lock Road also leads to a boat launch and park area, which serves as an access to Crescent Lake, a favorite area for recreational boating, water skiing, and fishing. The so-called Lake is actually a pool of the Mohawk River, above the Cohoes Falls.

At Lock 6 Park, the observation deck provides a good view of this engineering marvel, a testament to the ingenuity and determination of the New Yorkers who designed and constructed the Barge Canal.

Located adjacent to Erie Lock 2 are the Waterford Sidecut and Lock 2 Park, a popular place for waterfront festivals such as the Tugboat Roundup and Canal Fest.

The Erie Canalway National Heritage Corridor Visitor Center is located at **Peebles Island State Park** at the confluence of the Hudson and Mohawk Rivers. Buildings that formerly housed Cluett Peabody Shirt and Collar Manufacturers now provide space for offices and the State's conservation laboratories. Within the park are the remains of the Matton Shipyard, which built wooden Canal boats and steel tugboats, as well as Revolutionary War earthworks constructed to halt the British advance on Albany.

Cohoes

Steeped in history, culture and aesthetic appeal, the 70-foot-high Cohoes Falls are a local gem awaiting rediscovery as a tourism and recreation venue. It is best viewed from the corner of School and Cataract Streets.

In the mid 19th century, the falls generated power for Harmony Mills, a cotton textile factory located along the western banks of the river. The original worker housing, built by the Harmony Company and now converted into luxury condos, gives a glimpse of what life was like during the Industrial Revolution in Cohoes. In 1866, during construction of Harmony Mill #3, a nearly intact skeleton of a mastodont was discovered in a deep peat deposit in a crevice on the cliff overlooking the Mohawk River. That mastodont is now a permanent exhibit at the **New York State Museum at the Empire State Plaza**.



The Falls hold a sacred significance for the Iroquois and Algonquin people and have direct relevance to the origins of our American Constitution. The People of the Long House (Iroquois) and the Mohawk Nation believe this location is where the "Peacemaker" survived a fall from a tree into the torrents and thus brought the Good Message to the Mohawks at a time when they were at war with other Nations. The Mohawks accepted this Message of Peace and the Iroquois Confederacy was formed under the Great Law of Peace. The Great Law of Peace was used as a model, by the drafters of the American Constitution and was acknowledged by the U.S. Senate on September 16, 1987.

*In order to see the Flight of Locks, Peebles Island State Park, the Waterford Visitor Center, or the Cohoes Falls and Harmony Mills you will need to make a short side trip off of the main bike route. Go to www.cdtcmpo.org/mowhudns.pdf for a more detailed map of this area.

POINTS OF INTEREST

Rexford Aqueduct
Aqueduct Rd., Schenectady, NY 12309
<http://www.eriecanal.org/MohawkAqueducts.html>
http://zircon.union.edu/Mohawk_River/Bridge.html

The Boat House
2855 Aqueduct Rd., Niskayuna, NY 12309
(518) 393-5711
www.boathousecanoeskayaks.com

Peebles Island State Park & The Erie Canalway National Heritage Corridor Visitor Center
(Delaware Ave. off Ontario St.)
P.O. Box 219, Waterford, NY 12188
(518) 237-8643
<http://nysparks.state.ny.us/parks/info.asp?parkID=120>

NY State Museum
Madison Ave., Albany, NY 12230
(518) 474-5877
<http://www.nysm.nysed.gov>

The Egg, Empire State Plaza
PO Box 2065, Albany, NY 12210
(518) 473-1845 or (518) 473-1061
www.theegg.org

Troy Savings Bank Music Hall
30 2nd St., Troy, NY 12180
(518) 273-0038
www.troymusicall.org

Watervliet Arsenal Museum
10th St., Watervliet, NY 12189-4050
(518) 266-5805
www.wva.army.mil/

Riverfront Park
(518) 434-5858
www.portofalbany.com/pages03/waterfront.html

Empire State Plaza, Plaza Concourse
Albany, NY, (518) 474-0549
www.ogs.state.ny.us/curatorial/plaza

Captain JP Cruises
278 River St., Troy, NY 12180
(518) 270-1901, www.captainjp.com

Albany Aqua Ducks
(Tickets: Corning Preserve, 1 Quay St)
PO Box 446, Albany, NY 12201
(518) 462-3825
www.albanyaqueducks.com

Albany

Albany

Follow the Mohawk Hudson Bike-Hike Trail signs and Canalway Trail blazers to navigate the on-street route through Cohoes and along the Hudson River into Albany.

Immediately after leaving Cohoes, gaze across the Hudson River to the hills of Troy where meatpacker Sam Wilson, more commonly known as "Uncle Sam," is buried in Oakwood Cemetery. Also in Troy is the **Troy Savings Bank Music Hall**, an acoustical wonder that is famous for having as perfect an environment for orchestra and chamber music as exists anywhere in the world.

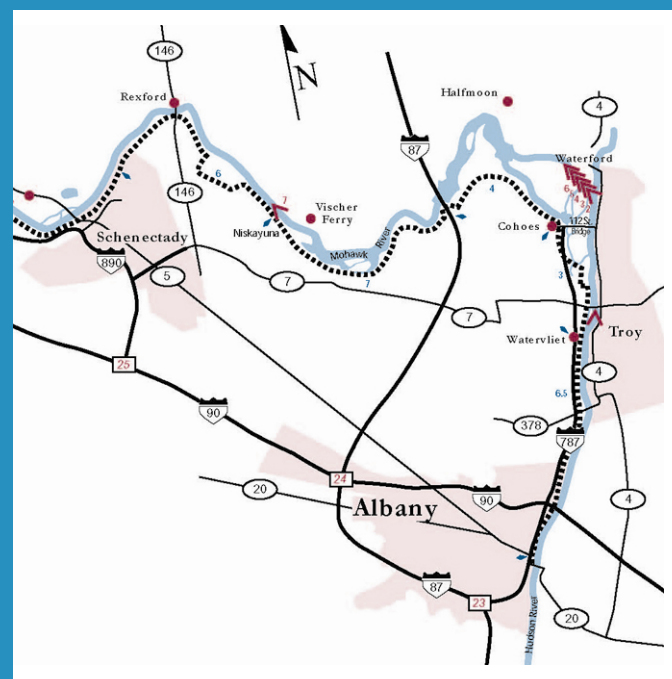
As you approach Albany, you will pass through Watervliet, home of the **Watervliet Arsenal and the Museum of the Big Guns**. If you are a military history buff or interested in "Big Guns," old artillery such as cannons, guns and howitzers, then the Watervliet Arsenal Museum is a place for you. In addition to the many one-of-a-kind guns from the past 400 years, new artillery weapons are on display. Everything from 60 mm lightweight company mortars to the massive 16-inch guns of World War II battleship fame can be found at this small but significant jewel of a museum.

You will end your bike trip at the **Albany Riverfront Park** at the Corning Preserve, home to an 800-seat amphitheatre, a visitor's center that explains the tides of the Hudson River, a boat launch, and many festivals throughout the year.

The Hudson Riverway Pedestrian Bridge will get you into downtown Albany, where a host of historical and cultural opportunities await. Start with **The Empire State Plaza**, which includes the New York State Museum, The State Capitol Building, the Corning Tower, The State Performing Arts Center, more commonly known as "**The Egg**," and an important collection of 20th century artwork and sculptures.

If you arrive early enough and want to get out on the water, opportunities exist with the **Captain JP Cruises**, **Albany Aqua Ducks** or **Dutch Apple Cruises**. Or, if Navy ships are more your style, take a tour of the **Destroyer U.S.S. Slater**, docked at the port of Albany. The Slater is the only Cannon Class Destroyer Escort remaining afloat in the United States, with the only original battle armament and configuration.

In the evening, catch a show at the **Times-Union Center**, **The Capital Repertory Theatre**, **The Troy City Music Hall**, **The Palace Theater**, or **The Egg**. As you will see, good entertainment is easy to find.



NYS Capitol

Albany Event Info:
(518) 434-2032
www.albanyevents.org
www.albany.org

POINTS OF INTEREST

Dutch Apple Cruises
(Tickets: corner of Broadway & Madison Ave.)
PO Box 395, Albany, NY 12202
(518) 463-0220
www.dutchapplecruises.com

Destroyer U.S.S. Slater DE-766
(Broadway at foot of Madison Ave)
PO Box 1926, Albany, NY 12201
(518) 463-0140 or 431-1943
www.ussslater.org
info@ussslater.org

Times-Union Center
(formerly the Pepsi Arena)
51 S. Pearl St., Albany, NY 12207
(518) 487-2000, (800) 30-EVENTS
www.timesunion.com

The Capital Repertory Theatre
111 N. Pearl St., Albany, NY 12207
(518) 445-7469, www.capitalrep.org

The Palace Theater
(North Pearl St. & Clinton Ave.)
111 Clinton Ave. #6, Albany, NY 12207
(518) 465-4663
www.palacealbany.com

PARTICIPATING B&B'S

State Street Mansion
281 State St., Albany, NY 12210
(518) 462-6780

The Morgan State House & The Washington Park State House
(10% discount for bicyclists that are a Parks & Trails New York member or bring in 3 day itinerary)
393 State St., Albany, NY 12210
(518) 465-2038
www.mansionhill.com
inn@mansionhill.com

Albany Mansion Hill Inn & Restaurant
115 Philip St., Albany, NY 12202
www.mansionhill.com
inn@mansionhill.com

Pine Haven B & B
531 Western Ave. Albany, NY 12203
(518) 482-1574
www.pinehavenbedandbreakfast.com
pinehavenb@aol.com

Bike Shops/Visitor Centers

Bicycle Shops

The Bike Works	7 Bridge Street	Johnstown, NY 12095	(518) 762-1342
Fort Plain True Value Hardware (tools & inner tubes)	12 Willet Street	Fort Plain, NY 13339	(518) 993-3834
Adirondack Bicycles	279 North Ballston Ave	Scotia, NY 12302	(518) 374-7989
Freeman's Bridge Sports Inc., www.freemansbridgesports.com sales@freemansbridgesports.com	38 Freeman's Bridge Road	Scotia, NY	(518) 382-0593
Eastern Mountain Sports, www.ems.com	4120 Balltown Road, Mohawk Commons	Schenectady, NY 12304	(518) 388-2700
Plaine & Son Bike, Ski & Snowboard, www.plaineandson.com	1816 State Street	Schenectady, NY 12304	(518) 346-1433
Sycaway Bicycles Sales & Service	13 Lord Ave	Troy, NY 12180	(518) 273-7788
Rudy's Schwinn Cyclery	578 2nd Ave	Troy, NY 12182	(518) 235-2525
Klarsfeld's Cyclery - Cycle Knowledge, ckcycles@hotmail.com	1370 Central Avenue	Albany, NY 12205	(518) 459-3272
Wheel World Family Bikes	281 Sand Creek Road	Albany, NY 12205	(518) 459-7463
Eastern Mountain Sports, www.ems.com	1475 Western Ave	Albany, NY 12203	(518) 482-0088
Down Tube Cycle Shop	466 Madison Ave, #1	Albany, NY 12208	(518) 434-1711

Visitor Centers

Mohawk Valley Heritage Corridor	66 Montgomery Street	Canajoharie, NY 13317	(518) 673-1045
Montgomery County Chamber of Commerce and Visitor Center tourism@montgomerycountyny.com , www.montgomerycountyny.com	12 South Bridge Street	Fonda, NY 12068	(518) 853-1800
Chamber of Schenectady County, www.schenectadychamber.org	306 State Street	Schenectady, NY 12306	(518) 372-5656
Schenectady Heritage Area Visitors Center www.schenectadynewyork.org	Nott Terrace Heights	Schenectady, NY 12306	(518) 382-7890
Cohoes RiverSpark Heritage Area Visitor Center	58 Remsen Street	Cohoes, NY 12047	(518) 237-7999
Waterford Harbor Visitor Center http://town.waterford.ny.us/visitor_center.htm	1 Tugboat Alley	Waterford, NY 12188	(518) 233-9123
Peebles Island & Erie Canalway National Heritage Corridor Visitors Center, www.stateparks.com/peebles_island.html www.nysparks.state.ny.us/parks/info.asp?parkId=120	(Delaware Avenue, off Ontario Street)	Waterford, NY 12188	(518) 237-8643
Troy RiverSpark Visitor Center, www.riverspark.org www.troy.visitorcenter.org	215 River Street	Troy, NY 12180	(518) 270-8667
Albany Heritage Area Visitor Center, www.albany.org/visitors	25 Quackenbush Square (corner of Clinton Avenue and Broadway)	Albany, NY 12207	(518) 434-0405
Empire State Plaza Info Center, www.ogs.state.ny.us/curatorial/plaza	Plaza Visitor Center Room 110Am Concourse Level Empire State Plaza	Albany, NY 12223	(518) 474-0549
I Love New York Information Center, www.iloveny.com www.albany.org	330 South Pearl Street	Albany, NY 12245	

Transportation

Adirondack Trailways	(518) 436-9651	http://www.trailwaysny.com
Greyhound Bus Lines	(518) 434-8095	http://www.greyhound.com
AMTRAK Trains	(800) 872-7245	http://www.amtrak.com

Suggested Reading

Suggested Reading

Route Guides

- *Cycling the Erie Canal*, by Robin Dropkin & Kevin McLoughlin, Parks & Trails New York
- *Along the Bike Hike Trail, Schenectady County Section*, Environmental Clearinghouse of Schenectady
- *Canal Cruising Guide* by New York State Canal Corporation, Northern Cartographic
- *Cycling Along the Canals of New York* by Louis Rossi, Vitesse Press
- *Erie Canal Bicyclist & Hiker Route Guide* by Harvey Botzman, Cyclotour Guide Books
- *Erie Canal: Canoeing America's Great Waterway* by Peter Lourie, Boyds Mill Press
- *Inn to Inn Touring Along the Erie Canal-Western and Eastern Sections*, New York State Canal Corporation/Parks & Trails New York
- *The New Erie Canal* by John R. Fitzgerald, Quest Press

History

- *A Long Haul* by Michele McFee, Purple Mountain Press
- *Artificial River: The Erie Canal* by Carol Sheriff, Hill & Wang
- *The Erie Canal: The Ditch That Opened A Nation* by Dan Murphy, Western New York Wares
- *Erie Water West: A History of the Erie Canal* by Ronald Shaw, University Press of Kentucky
- *The Long Haul West* by Madeline Waggoner, G.P. Putnams Sons
- *New York State Canals, A Short History* by F. Daniel Larkin, Purple Mountain Press
- *Stars In The Water: The Story of the Erie Canal* by George Condon, Doubleday
- *The Story of the New York State Canals* by Roy G. Finch, J. B. Lyon Company
- *Waterway West: The Story of the Erie Canal* by Mary Kay Phelan, Crowell

Canal Culture

- *Erie Canal Legacy: Architectural Treasures of the Empire State* by Andy Olenick & Richard O. Reisem, Landmark Society of Western NY
- *The Erie Canal Reader* by Roger W. Hecht, Syracuse University Press
- *Wedding of the Waters: The Erie Canal and the Making of a Great Nation*, by Peter L. Bernstein, W. W. Norton & Company

Children's Books

- *Amazing Impossible Erie Canal* by Cheryl Harness, Doubleday
- *The Erie Canal*, by Peter Spier, North Country Books

Websites to Review

- www.canpal.org: Canajoharie – Palatine Chamber of Commerce – check out Ray Thompson's historic photo archive including historic buildings in the towns of Canajoharie and Sprakers, the Palantine Bridge, Beech Nut Factory and scenic views of the Erie Canal and Mohawk Valley.
- www.amsterdamed2.com: Check out the photo tour including geologic features such as the boiling pot, and aqueducts, Mohawk Valley and River, Fort Johnson and the Canajoharie Library and Art Gallery.
- www.revolutionaryday.com/default.htm: Click on NYS Route 5 link for an over view of Revolutionary War sites along Route 5.
- www.rootsweb.com/~nyherkim/littlefalls.html: Interesting history of Little Falls, New York including a visit by Abraham Lincoln in 1861.
- www.mohawkvalleyheritage.com/whattosee.htm: Great reference for the entire valley – especially helpful when planning a more extended visit. Includes links to historic sites for the Revolutionary War, the French and Indian War, Colonial life and the Erie Canal.
- <http://www.eriecanal.org/images.html>: Beautiful historic images (etchings, postcards, photos) of the entire Erie Canal Corridor.

For More Information

Detailed trail directions and trip planning information, including a full listing of B&B's, inns and other accommodations, can be found in the guidebook, *Cycling the Erie Canal: A guide to 400 miles of adventure and history along the Erie Canalway Trail*, available from:



Parks and Trails
New York
518-434-1583

www.ptny.org/guidebook

Maps and additional information on the Erie Canalway Trail are available from:



New York State
Canal Corporation
1-800-4CANAL4
www.canals.state.ny.us

Tips for Planning Your Trip

Bicycle helmets are required by NYS law for children under age fourteen. We encourage all riders to wear helmets.

The trail surface is mostly paved or hard packed stone dust; however some short sections are on road shoulders. The trail is paved from Little Falls to the Herkimer Home site and then, continuing east, the trail is stone dust to Fort Plain, where it becomes paved again. This paved surface continues to Canajoharie where it returns to stone dust. A bit more than 14 miles later, just outside of Fort Hunter, the trail becomes paved again and then alternates between paved trail and paved on-road shoulders to Scotia. A paved trail then continues to Cohoes. There is a short on-road section to Watervliet, where again it becomes a paved trail to Albany.

For additional information, contact Bed and Breakfasts about transportation, parking, attractions and restaurants along the Erie Canalway Trail. Dates and hours of operation of attractions along the Canalway Trail vary throughout the year. Call ahead for the most current schedules. A more detailed map of the Mohawk-Hudson Bike-Hike Trail, which includes the 42 most eastern miles of the Erie Canalway Trail, is available from the Capital District Transportation Committee at (518) 458-2161 or cdtc@cdtcmpo.org.



200 Southern Boulevard
P.O. Box 189
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www.canals.state.ny.us



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