

6th Annual Hudson Valley Bike Tour

*Five fabulous bridge crossings
Art museums, historic riverfront
mansions, wineries*



Parks & Trails
NEW YORK

Great Hudson Valley Pedal 2010

A 200-mile bicycle tour
through the picturesque
and historic Hudson Valley

August 10-15, 2010

www.ptny.org/hudsonstour

518.434.1583

hudsonstour@ptny.org

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HUDSON RIVER VALLEY GREENWAY



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the Hudson Valley an American Treasurer

Home to the Franklin D. Roosevelt National Historic Site, West Point, the spectacular Catskill Mountains, scenic villages, riverfront mansions, and many outstanding parks and trails, the Hudson Valley is rich in history, culture, wineries, gourmet cuisine, and great scenic bicycling. And through it all runs the mighty Hudson River, which the tour crosses five times.

You'll Discover

Scenic Beauty — A National Heritage Area and inspiration for the famed Hudson River School of painting.

Great Bicycling — Travel an average of 35-45 miles per day on designated state bike routes and off-road trails, including the renowned Hudson River Trail along Manhattan's west side.

5 Panoramic River Crossings — Enjoy fabulous views from five Hudson River bridges, including the Walkway Over the Hudson.

History — A region so pivotal to the country's history that it's called "the landscape that defined America," with many key Revolutionary War sites.

Culture — Outstanding art museums, plus the remarkable riverfront mansions of the Great Estates National Historic District.

Wineries — Graced by the temperature-moderating effects of the Hudson River, more than 20 wineries make the Valley one of America's most historic wine regions.

City Lights — Cross the George Washington Bridge and enjoy a breathtaking view of the Manhattan skyline.

Incredible Experiences — Visit the Franklin D. Roosevelt National Historic Site, West Point, Culinary Institute of America, Olana—the Persian-style villa of Hudson River School painter Frederic Church, and Manhattan!



Walkway over the Hudson

Here's what's included in the *Great Hudson Valley Pedal*

- Wonderful scenic ride – five fabulous bridge crossings.
- Carefully selected route and itinerary, with an average of 35-45 miles per day.
- Marked route, plus daily maps and cue sheets, with cultural and historical information
- Support vehicles for transporting baggage, equipment
- Snacks, drinks, mechanical aid, and overall assistance.
- Expert bike mechanic.
- Tours of historic sites, wineries, museums, and attractions, including the Franklin D. Roosevelt National Historic Site, West Point, Dia:Beacon, Olana—the home of Hudson River School painter Frederic Church, plus a sunset Hudson River tour.
- Five hearty breakfasts and four delicious dinners.
- Two daily refreshment stops stocked with fruit, snacks, and beverages.
- Camping accommodations with showers and toilet facilities. Or, if you wish, you can stay at local motels and bed & breakfasts (not included in tour fee — list provided).
- Great Hudson Valley Pedal T-shirt and water bottle.
- Pre-departure information packet, including tour-specific info, reading list, packing list, training suggestions, and riding tips.

Parks & Trails New York is a statewide not-for-profit organization working to expand, protect and promote a network of parks, trails, and open spaces throughout the state for use and enjoyment by all. Funds raised will help support the organization's park and trail work. Visit our website www.ptny.org. Sign up for FREE park and trail updates – including info on great places to cycle.

the Hudson Valley is celebrated as one of the most picturesque river valleys in the world!

Great Bicycling

Cycle on roads with good shoulders through farmland, towns and hamlets. Expect some hills, but elevation changes are no more than 500 feet on any given day. The route has been carefully selected for optimal bicycling but, especially as the tour approaches NYC, *some busy roads are inevitable.*

Well-planned activities—at your own pace

Load your luggage onto the truck each morning, grab a cue sheet, and take off. Ride at your own pace, knowing that support vehicles are only a short distance away. Stop along the way to enjoy the views or visit attractions and historic sites. Take a breather at the morning and afternoon rest stops.

Daily mileage of 35-45 miles

The average daily mileage allows plenty of time for sightseeing and enjoying the scenery. The Great Hudson Valley Pedal is designed for fun and relaxation and to acquaint you with the richness of the Hudson Valley.

Want to join the Pedal but don't want to bike?

If you don't want to ride, but wish to accompany your riding family or friends in your car, sign up for the non-cyclist option. You can also volunteer as a non-cyclist. This entitles you to camping and meals, plus car maps, cue sheets, and a T-shirt.

Colorful tent cities welcome you at day's end

The Great Hudson Valley Pedal is primarily a camping tour. Each night cyclists set up camp at an official event campsite and get to share their day's adventures with other cyclists. Trucks transport all luggage from one tent city to the next.

SIGN-UP NOW!!

Sign up at www.ptny.org/hudsonstour
or call 518-434-1583 for a registration form.
Register early. Fees increase after June 30, 2010

Full 8-day ride - \$525
Youth and non-cyclist participants - \$265
Discounts available for PTNY members

Don't want to camp?

You can make your own arrangements to stay in a motel or bed & breakfast. A list of accommodations is available on the website and will also be sent to you upon registration.

The Comfy Camper option provides a tent, air mattress, set-up and break-down, a camp chair and daily fresh towels. Call 315-283-0220 or visit www.comfycampers.info

Must-haves for the tour

You must have a bicycle and helmet. We recommend using a road bike. You'll need a tent, a sleeping bag and other basic camping gear, which will be transported by truck to each campsite. All your gear should fit into one large or two small bags that weigh less than 50 pounds combined.

Transportation

Travel arrangements to Albany and from NYC are the responsibility of the cyclist. Information on transportation options are available on the website and will also be sent to you upon registration.

Shuttle from NYC to Albany on August 15

At the end of the ride, on Sunday, August 16, a shuttle will take riders and bikes from NYC to the start site in Albany *for an additional fee*. Space is limited so sign up early.

Official ride jersey

Order the official 2010 *Great Hudson Valley Pedal* jersey to commemorate your trip. To view the jersey, visit www.ptny.org/hudsonstour.

CANCELLATION AND REFUND POLICY

Refunds, less a \$50 processing fee, will be issued with a written cancellation request if received by 6/30/10. **After that only credits for future tours will be issued.** No refunds for shuttle cancellations after 6/30/10

VOLUNTEERS RIDE FOR FREE

Find out more and get an application at www.ptny.org/hudsonstour or call 607-423-2769.

Children under 18 must be accompanied by a parent or guardian and should be comfortable riding in traffic.

DAY 1 TUESDAY, AUGUST 10**ALBANY TO HUDSON – 38 MILES**

- Pedal through historic river villages
- Enjoy the glorious river panorama from the Rip Van Winkle Bridge
- Visit the homes of world-renowned Hudson River School painters Thomas Cole and Frederic Church
- Browse the 60+ antique shops on Hudson's Warren Street
- Take a sunset cruise on the Hudson

DAY 2 WEDNESDAY, AUGUST 11**HUDSON TO HYDE PARK – 42 MILES**

- Visit Clermont State Historic Site, manor house of the influential Livingston family for 200 years
- Taste some of the fine wines from local vineyards, noted for Chardonnays and award-winning Pinot Noirs
- Stop and catch a bite at one of the many cafes in the charming village of Rhinebeck, home of the Old Rhinebeck Aerodrome

DAY 3 THURSDAY, AUGUST 12**HYDE PARK STOPOVER – OPTIONAL 53-MILE LOOP**

- Enjoy a rest day, with plenty of time to visit the many historic & cultural attractions in the Hyde Park area. Or take an optional loop bike ride to visit more award-winning wineries and check out the lively village of New Paltz on the west side of the river.
- Don't miss the Franklin D. Roosevelt, Eleanor Roosevelt, and Vanderbilt Mansion National Historic Sites
- Savor a memorable meal at one of the five restaurants of the Culinary Institute of America, the nation's premier cooking school

DAY 4 FRIDAY, AUGUST 13**HYDE PARK TO GARRISON – 44 MILES**

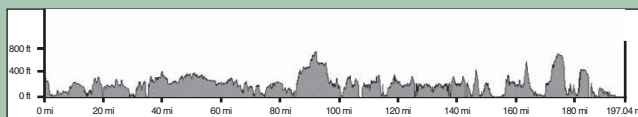
- Relish the views from the day's two bridge crossings.
- Visit the Mill House, the oldest house on the National Register of Historic Places in Orange County, which has been continuously inhabited for more than 280 years.
- Relax in Cold Spring, with plentiful antique shops, excellent restaurants, and historical monuments.

DAY 5 SATURDAY, AUGUST 14**GARRISON TO NYACK – 35 MILES**

- Walk the paths of generals on a tour of West Point, the oldest military academy in the U.S.
- Pass through the dramatic and scenic gorge of the Hudson River as it cuts through the Appalachians.
- Relive key events in the fight for independence at several important Revolutionary War sites, including Stony Point Battlefield.
- Stroll through Nyack, a delightful river village offering dozens of interesting shops and restaurants.

DAY 6 SUNDAY, AUGUST 15**NYACK TO NEW YORK CITY – 37 MILES**

- Bicycle under the majestic Palisades Cliffs, part of the Palisades Interstate Park
- Cross the George Washington Bridge and enjoy a breathtaking view of the Manhattan skyline
- Ride into Manhattan on the off-road Hudson River Trail
- End your journey near Battery Park, at the southern tip of Manhattan, with a fine view of the Statue of Liberty
- Spend an extra night or two on your own enjoying the sights and sounds of the Big Apple



Day One
38 miles

Day Two
42 miles

Day Four
44 miles

Day Five
35 miles

Day Six
37 miles

Day Three-Optional 53-mile Loop