Dear Cycle the Erie Canal Rider,

We are excited that you will be joining us and fellow cyclists from across the country and around the world this summer for Parks & Trails New York's 2019 Cycle the Erie Canal bike tour.

This rider handbook will help you prepare for the ride and give you a sense of what to expect on your Cycle the Erie Canal adventure. If you have any additional questions, feel free to give us a call (518) 434-1583 or e-mail eriecanaltour@ptny.org and we’d be glad to help.

We encourage you to connect with other riders before the tour on our Facebook event page. To sign up, visit: https://bit.ly/2RLkDPq

We look forward to meeting you,

April Amodei
Bike Tour Co-Director

Al Hastings
Bike Tour Co-Director

Robin Dropkin
Executive Director

PARKS & TRAILS NEW YORK

Parks & Trails New York is the leading nonprofit working statewide to create a network of parks, trails, and greenways so that New Yorkers can more easily access and fully enjoy the outdoors.

Since 1985, Parks & Trails New York has helped create more than 1,500 miles of greenways, bike paths, river walks, and trails across New York and has led a campaign to promote and enhance one of the nation’s largest state park systems. Cycle the Erie Canal supports Parks & Trails New York’s work in communities across New York State.

Consider making a tax-deductible donation or becoming a member of Parks & Trails New York today.

ptny.org/membership
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UPDATES FOR 2019

RETURN SHUTTLE: Riders from Buffalo, Pittsburgh, Toronto, and points west will be happy to hear we’ll once again be offering our shuttle from Albany to Buffalo at the end of the ride.

ONLINE ROUTES: There is so much to do along the Erie Canalway Trail, and now riders will be able to think ahead and make plans to take in the best of Upstate New York, all before the tour begins. Visit ptny.org/cycle-the-erie-canal/annual-bike-tour/itinerary/interactive-daily-route-maps for daily routes, available online and for export to GPS-enabled bike computers and fitness devices. Please be advised final routes for 2019 will not be available until May 2019.

NEW MERCHANDISE: There are now more ways to bring Erie Canalway Trail memories home with you in 2019 with official Cycle the Erie Canal swag. In addition to the Cycle the Erie Canal jersey and Cycling the Erie Canal guidebook, PTDNY is offering a premium sport tek shirt, a trail decal, and an embroidered Cycle the Erie Canal baseball cap. Visit www.ptny.org/official-bike-tour to learn more.

TRANSPORTATION FOR 4-DAY RIDERS: For a fee, a private shuttle operator, Erie Canal Bike Tours, is offering shuttle service for 4-day riders. For more information, including how to sign up, visit https://www.gobikeerie.com/ptny.
To make the most of your time on Cycle the Erie Canal, it is important for you to prepare yourself and your bike. This way you can enjoy yourself on the tour and have the energy you need to meet your fellow cyclists and visit some of the communities and historic sites along the route.

GETTING FIT
There is no substitute for miles and minutes spent riding your bicycle prior to Cycle the Erie Canal. If you could take the time to ride 400 miles or more before the bike tour, you would be in excellent shape to ride each day. However, some training is better than none. Set a reasonable goal given your schedule, and stick to it. Your work will pay off. Try working some organized rides into your schedule and consider joining your local bicycling club. You'll meet great people who can help you train and give you tips for the tour.

BASIC TRAINING SCHEDULE
The plan here is simple – start with 5-mile bike rides. Begin with a few 5-mile rides as soon as possible. If it is too cold where you live, consider a spin class or using a trainer indoors. Short rides will help you build your endurance gradually. The trick is, once you are used to riding 5 miles, add another 5 miles to the ride. Do these 10-mile rides until you feel comfortable adding on 5 more miles. Soon, you should be able to put together four or five 5-mile rides, and do 20 or 25 miles at a time. When you are ready, move up to 30-35 mile rides. Then, before the bike tour, do at least two 40-60 mile rides like you would on Cycle the Erie Canal. This means stopping often, doing some sightseeing, and trying to pace yourself so that you have enough energy to enjoy the rest of your day.

CHILDREN NEED TO TRAIN, TOO
Cycle the Erie Canal is a very family-friendly ride, but it is especially important for families with children to spend the time beforehand to help them get ready. Practice helps children ride confidently in a straight line and obey traffic laws, important safety skills on the road or trail. If you plan to bring your child in a trailer, this is the time to find out if this is a good fit.

STRETCH
As you are training, remember to stretch you major muscle groups, not just your legs. Stretching is essential to injury prevention and muscle recovery.

STAY HYDRATED
It is important to drink water before, during, and after cycling, even if you’re not thirsty. This rule applies no matter what the weather is like. When you bicycle, you create a 10-20 mile-per-hour wind across your skin that dries sweat almost immediately. This fools some riders into believing they aren't sweating, and therefore they don't drink the water their bodies need.

So what happens if you get dehydrated? The worst is heat exhaustion, followed by a heat stroke. More often though, riders pedal on, wondering why they feel terrible and why biking seems so hard. If they would just stop to drink water, they would be amazed at how much better they would feel!

EAT WELL
One mistake riders make while cycling is under-eating, or eating at the wrong times. On the tour, you will burn up 10,000 or more calories. If you don't eat breakfast, or if you skip lunch, eventually your body will run out of its glycogen reserves and be unable to maintain a stable blood sugar level. When your body’s glycogen reserves are depleted, you suffer what is known as “bonking.” “Bonking” can easily be prevented by consuming adequate
carbohydrates before the ride. However, if you do “bonk,” eating simple sugars will quickly get your blood sugar levels back to normal, and eating carbohydrates while riding will keep them stable.

YOUR BICYCLE
We recommend you bring a bike that is in good mechanical condition and that is comfortable to ride. Be aware of how well your bike is functioning during your practice rides and how you feel riding it. You may need to visit your local bike shop to make adjustments.

Most Cycle the Erie Canal riders use hybrid bikes because of their comfort and versatility, but touring bikes, cyclocross bikes, and gravel grinders are also good options. Tandems, recumbents, and trikes are welcome.

Keep in mind that you will be riding 40-60 miles per day, both on stone dust and paved surfaces, so it is important to think about your tires. We recommend tires with puncture protection, 28-42mm wide for 700c wheels and 1.3-1.6” wide for 26” wheels. If you ride a road bike, we suggest the widest tires the frame will accommodate for a smooth ride. For mountain bikes, we suggest non-aggressive tires or “slicks” to reduce rolling resistance. Trike riders should know that small portions of the Erie Canalway Trail are single track. If you have questions about your tires, ask at your local bike shop.

For information on shipping a bike or renting a bike, see pages 13-14.

BICYCLE ACCESSORIES
The most important accessory is a good helmet. You must wear a helmet on Cycle the Erie Canal. Find one that fits and that passes CPSC (Consumer Product Safety Commission) standards.

If you don’t already have one, we recommend you install a bike computer. While daily routes are marked, it can be helpful to have distance information to follow along with the cue sheet. If you have a handlebar map holder, you can refer to your cue sheet while riding and won’t have to stop to know which way to go.

Other things we suggest you carry on your bike are a cycling-specific multi-tool, mini pump, patch kit, tire levers, and most importantly, a pair of spare tubes. You may also choose to have front and rear lights for when visibility is low, or if you’d like to ride in the evening. If you don’t know how to replace a flat, you shouldn’t be embarrassed. Stop by your local bike shop when they aren't busy, and they will probably be happy to show you, or ask the bike club in your town for assistance. A number of online resources are also available. And, of course, there will be plenty of other cyclists on the tour who can help you, as well as bicycle and vehicle SAG support. There will also be a “How to Change a Flat” workshop provided during the tour.

You'll need a place to carry these repair items, along with money, sunglasses, sunblock, and snacks, so think about bringing a bag. A handlebar bag, seat bag, saddle bag, rear rack bag, or pannier on your bicycle is best, but a belt bag, fanny pack, messenger bag, or backpack are also options. Remember that you won't be able to access your luggage until you've reached that day's destination, so you may also need to bring rain gear or a windbreaker. You should also bring a bike lock for when you stop in communities along the route and for the evenings.

All riders receive a Cycle the Erie Canal water bottle, but you'll need water bottle cages on your bike and an extra water bottle or CamelBak. Nothing will stop you in your tracks on a bike faster than dehydration.

BICYCLE CLOTHING
For a week, the entire weight of your body is going to be on the three places where your body meets your bike: your hands, rear, and feet. The clothing you choose can make a huge difference in how you feel. We recommend bicycle gloves, bicycle shorts, and shoes that you find comfortable both on and off your bike.

Bicycle gloves improve grip, reduce pressure on your hands, dampen shock, and provide crucial protection against road rash in the event of an accident.
Bicycle shorts allow perspiration to dry quickly, protect the skin against repetitive friction, and have a sewn-in pad for comfort. If tight bike shorts are not your style, consider mountain or touring shorts. These have the appearance of normal shorts, but are also constructed with extra padding in the seat. Regardless of the shorts you use, applying chamois cream before riding can be helpful to prevent chafing and rashes.

Shoes for cycling come in many shapes and styles, from sneakers to shoes designed for clipless pedals. If you decide to use cycling shoes with clipless pedals, mountain or touring shoes with recessed cleats will be better for all the sightseeing you will do off your bike.

You can cycle in most any shirt on a dry summer day, but in cool or damp weather, some materials have a clear advantage. Synthetic materials will keep you dry and warm even when it's wet and cold outside. Consider pre-ordering an official Cycle the Erie Canal jersey on page 24.

WEATHER
Weather in Upstate New York during July tends to be moderately hot and humid. Average highs are between 80° and 83° and average lows between 58° and 62°. Keep a windbreaker, rain jacket, or poncho with you for a possible rain shower.

EMERGENCY ALERTS - SIGN UP NOW
We strongly suggest you keep up to date with any emergency route changes, trail condition reports, or severe weather updates, by signing up for our Emergency Alert System, Rained Out. To sign up, text CTEC2019 to 84483.

WHAT TO PACK

For 20 Tips to Make the Most of Your Bicycle Tour, advice from Buzz Gamble, a long-time Cycle the Erie Canal volunteer, including packing tips, visit: http://ptny.org/cycle-the-erie-canal/annual-bike-tour/preparing-tour/bike-tour-tips.

Cycle the Erie Canal riders are limited to two bags per person, each weighing no more than 40 pounds. Sometimes luggage does get wet, so please pack anything you would like to stay dry in plastic or use waterproof bags, or both!

CYCLING EQUIPMENT:
- Bike
- Helmet
- Bike computer
- Handlebar map holder
- Small repair kit that includes a multi-tool, mini pump, patch kit, tire levers, spare tubes, and a rag
- Water bottle cages and extra water bottle
- Handlebar bag, seat bag, saddle bag, rear rack bag, or pannier
- Bike lock
- Rear-view mirror
- Front and rear lights (for when visibility is low or if you'd like to ride in the evening)

CYCLING CLOTHING:
- Cycle the Erie Canal jersey (see p. 24)
- Jerseys or short-sleeve shirts
- Bike shorts
- Socks
- Bike shoes
- Bike gloves
- Wind vest or jacket
- Rain gear
- Headband or helmet liner
- Sunglasses
CAMP CLOTHING:
- Short-sleeve shirts
- Shorts
- Pants
- Underwear
- Socks
- Walking shoes
- Shower shoes
- Pajamas
- Swimsuit
- Fleece jacket
- Hat

To ensure clothing stays dry, pack clothes in large plastic bags, press flat to remove excess air, and seal.

Should you wish, you will have an opportunity to wash your clothes halfway through the trip. There is a laundromat less than a mile from Burnet Park in Syracuse and one right across the street from Fort Stanwix in Rome.

TOILETRIES:
- Towel and washcloth
- Toothbrush and toothpaste
- Skin lotion
- Sunscreen
- Lip balm
- Chamois/rash cream
- Soap and shampoo
- Deodorant
- Personal hygiene items
- Mirror
- Toilet paper (just in case)
- Medication such as aspirin or ibuprofen, antacids, and personal prescriptions
- Other—Band-Aids, insect repellent, and handi-wipes

CAMPING GEAR:
- Duffel bag(s) marked distinctively
- Tent and rain fly
- Ground cloth or footprint
- Sleeping bag
- Sleeping pad
- Camp pillow
- Flashlight or headlamp, extra batteries
- Camp chair
- Clothesline and clothespins
- Clothing detergent and universal sink stopper (for handwashing clothes)

If you mark your luggage distinctively with a bandana or ribbon, it will be easier to find each evening. Be sure to include your name and phone number on each piece of luggage.

OTHER:
- Cycling the Erie Canal Guidebook
- Glasses
- Watch
- Cell phone and charger
- Camera
- Personal identification
- Health insurance card
- Passport (for the Niagara Falls pre-tour ride)
- Cash and credit/debit card
- Pocket knife
- Ear plugs (for sleeping)
- Journal and pen
- Postage stamps
- Book
- Deck of cards
- Yoga mat
- Extra plastic bags
- Separate bag for dirty laundry

DOs AND DON’Ts
- Each bag should weigh no more than 40 pounds. Be kind to our truck drivers and luggage volunteers—weigh your luggage beforehand!
- Please do not fasten items to the outside of your luggage. Bungee cords have been known to snap unexpectedly and cause injury.
- Please do not pack anything fragile as Parks & Trails New York cannot be responsible for broken items.
Cycle the Erie Canal kicks off in Buffalo on Sunday, July 7 and arrives in Albany on Sunday, July 14, with registration, orientation, and pre-tour rides on Saturday, July 6. Long-term parking and a shuttle are available at both ends of the ride. Space is limited on the shuttle so sign up early.

GETTING HERE
Albany and Buffalo lie along a major transportation corridor. If you are not driving your own car or being dropped off by a friend or family member, one-way car rental is an option worth considering, as are air, rail, and bus travel. The New York State Thruway and Amtrak parallel the Cycle the Erie Canal route. There are international airports in both Albany and Buffalo and Greyhound bus service is also available.

STARTING POINT
The bike tour begins at the Nichols School (1250 Amherst Street, Buffalo, NY – see page 11 for directions). 8-day, 4-day Buffalo to Syracuse, and 2-day Buffalo to Fairport riders must register at the Nichols School.

An information booth will be open on Saturday, July 6 from 9:00am - 2:00pm for riders who will be arriving early and would like information about the Buffalo area. Registration will open on Saturday, July 6 from 2:00pm - 5:30pm and again Sunday, July 7 from 6:30am - 7:30am.

Indoor and outdoor camping at the Nichols School is included on Saturday, July 6. If you will be arriving in Buffalo on Friday, July 5, there are many hotels to choose from - see the list on pg. 17-19. For campsites in the area visit the website listed below. For more information about Buffalo, go to visitbuffaloniagara.com.

PARKING IN BUFFALO
You can park your car free of charge in Buffalo for the entire week.

The long-term parking lot is at Buffalo State University, located 1.5 miles from Nichols School. If you are using this parking lot, be sure to indicate this on your registration form. Parks & Trails New York will include a parking pass in your registration packet. This pass must be displayed in the front windshield of your automobile. No valuables should be left visible in your parked car. Please note: You can park your car at Nichols school anytime up until 8 a.m. on Sunday, July 7 at which time your car must be in the long term parking lot. A shuttle will be provided Saturday afternoon, July 6 from 1:30pm to 6:30pm and Sunday morning, July 7 from 6:00am to 8:00am. Schedule will be posted at registration.

The University of Buffalo does not take responsibility for any loss or damage that may occur to your vehicle. The return shuttle will drop everyone at the Buffalo State Long Term Parking Lot on Sunday, July 14. Please note: Long Term Parking lot at Buffalo State is a new location for 2019.

JULY 6 SHUTTLE
We offer optional long term parking ($35 fee) and a shuttle ($90 fee) from Albany to Buffalo before the start of the ride on Saturday, July 6 for you and your bike. (shuttle price increases to $100 on June 8). The long term parking and shuttle departure location is SUNY Albany Uptown Campus (135 Western Avenue, Albany, NY 12222), at the Dutch Parking Lot (follow signs for Dutch Quad). The shuttle will depart at 9:30am with an approximate arrival time of 4:00pm in Buffalo, stopping along the way for lunch. If you choose this option, you can park your car in the long term parking area at the Dutch Student Parking Lot at SUNY Albany, take the shuttle to Buffalo and bicycle back to Albany. At the end of the ride, shuttle buses will run on a regular basis back to the SUNY Albany parking lot so you can pick up your car. Cars must be picked up no later than 6pm on Sunday, July 14, 2019. Space on the shuttle is limited so sign up early.
Bikes will be transported to Buffalo by truck. Handlebars must be turned 90° to the right before the bikes are loaded. There will be a booth at the shuttle departure site to help you turn your handlebars. If you need help, arrive by 8:30am to allow adequate time before the first departure at 9:30am. If you can turn your handlebars on your own, please arrive no later than 9:00am. NOTE: You will need to unload your luggage in a holding area and, when the buses arrive, you are responsible for moving your luggage from the holding area to the bus. Important: If you are delayed and will not be able to arrive for the July 6 shuttle by 9:00am, call (518) 434-1583. The first shuttle bus will leave promptly at 9:30am.

For information on accommodations in Albany, see the list of hotels and motels, starting on page 17.

**PARKING IN ALBANY**
We offer long term parking ($35 fee) at SUNY Albany Uptown Campus (135 Western Avenue, Albany, NY 12222), at the Dutch Parking Lot (follow signs for Dutch Quad). At the end of the ride, shuttle buses will run on a regular basis back to the SUNY Albany parking lot so you can pick up your car. Cars must be picked up no later than 6pm on Sunday, July 14, 2019. Space on the shuttle is limited so sign up early. NOTE: long term parking location is the same as the July 6 Albany to Buffalo shuttle location ($90 fee).

**ENDING POINT**
The bike tour finish line location to be determined. Check back for updates.

If you have family or friends picking you up, plan on a 11:00am - 2:00pm arrival time, depending on how fast you bicycle from Schenectady, which is about 30 miles from Albany. Plan some time for photos and farewells at the finish line or even spending an additional night in Albany.

**For more information about Albany, visit albany.org.**

Showers will be available at the North Albany YMCA, a 10 minute bike ride or Rotary Shuttle ride (see below) from the finish line, so you can freshen up before you explore Albany or continue on your way.

**ALBANY ROTARY CLUB TRANSPORTATION SERVICE**
At the end of the ride, the Rotary Club of Albany will provide, for a donation, a transportation service to bring cyclists from the finish line to the Albany-Rensselaer Amtrak station, the Albany International Airport, the showers at the North Albany YMCA, or other local destinations.

**JULY 14 RETURN SHUTTLE**
If you would like to return to Buffalo, we are again offering a shuttle at the end of the ride. The price for the shuttle is $90 (price increases to $100 on June 8) and includes transportation for your bike. The shuttle will depart from the finish line (location to be determined) at 1:30 pm with an approximate arrival time of 8:00 pm in Buffalo. Spots on the return shuttle are limited.

Bikes will be transported to Buffalo by truck. Handlebars must be turned 90° to the right before the bikes are loaded. There will be a booth at the Albany finish line to help you turn your handlebars. Bicycles must be brought to the trucks for loading no later than one hour before the shuttle departs.

The Shuttle will be returning to Buffalo State arriving at the long-term parking lot, approx. 7-8 pm. There will be rest rooms and showers available at Buffalo State upon the shuttle return.

**4-DAY & WEEKEND OPTIONS**
If you register for our 4-day or weekend options, you must make your own arrangements for transportation to and from the tour, or you may register for the 4-day shuttle option provided by Go Bike Erie (www.gobikeerie.com/ptny) All 4-day options include dinner and camping accommodations the night before.
4 Day I (Buffalo to Syracuse): The 4 Day I option begins on Sunday, July 7 in Buffalo and ends on Wednesday, July 10 in Syracuse. Overnights are in Buffalo, Albion, Fairport, and Seneca Falls. Parking is available in Buffalo, but you will have to make your own arrangements if you would like to park in Syracuse. Visit downtownsyracuse.com/lifestyle/explore-downtown/ for more information about parking in Syracuse.

4 Day II (Syracuse to Albany): The 4 Day II option begins on Thursday, July 11 in Syracuse and ends on Sunday, July 14 in Albany. Overnights are in Syracuse, Rome, Canajoharie, and Niskayuna. Parking is available in Albany, but you will have to make your own arrangements if you would like to park in Syracuse.

2 Day I (Buffalo to Fairport): The 2 Day I option begins on Sunday, July 7 and ends in Fairport on Monday, July 8. Overnights are in Buffalo and Albion.

2 Day II (Canajoharie to Albany): The 2 Day II option begins on Saturday, July 13 in Canajoharie and ends on Sunday, July 14 in Albany. Overnights are in Canajoharie and Niskayuna. Parking is available in both Canajoharie and Albany.

<table>
<thead>
<tr>
<th>Rental Agency</th>
<th>Albany</th>
<th>Buffalo</th>
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<tbody>
<tr>
<td>Hertz</td>
<td>Albany International Airport (737 Albany Shaker Rd.) (518) 456-1777 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (4200 Genesee St.) (716) 634-4100 Approx. 7.6 miles from start of bike tour</td>
</tr>
<tr>
<td>National</td>
<td>Albany International Airport (518) 242-2323 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (716) 634-9220 Approx. 7.6 miles from start of bike tour</td>
</tr>
<tr>
<td>Budget</td>
<td>Albany International Airport 1-800-527-0700 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport 1-800-527-0700 Approx. 7.6 miles from start of bike tour</td>
</tr>
<tr>
<td>Enterprise</td>
<td>Albany International Airport (518) 785-7771 Approx. 5.2 miles from end of bike tour</td>
<td>Buffalo Niagara International Airport (716) 565-0002 Approx. 7.6 miles from start of bike tour</td>
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CAR RENTAL
If you would like to make your own arrangements to get to Buffalo and home from Albany, one-way car rental may be the easiest option. In order to rent a car in New York, you must be 18 or older, have a valid driver's license, and pay with a major credit card. Additional surcharges may apply to those under 25. Keep in mind that some car rental agencies may not allow bike racks.

RAIL TRAVEL
Amtrak is another option for Cycle the Erie Canal riders. Call 1-800-872-7245 or visit amtrak.com for more information. There are several restrictions for bicycles on Amtrak, so be sure to be aware of what is allowed or not by referring to their website, amtrak.com/bring-your-bicycle-onboard.

Parks & Trails New York and a coalition of bicycling organizations across the United States are currently working with Amtrak to provide roll-on roll-off bicycle service in the future.

Albany-Rensselaer Station (ALB) – Amtrak’s Albany-Rensselaer Station is located at 525 East Street, Rensselaer, NY, about a 10-minute taxi ride (approx. 2.1 miles by car, 1.7 miles by bike) from the Albany Visitors Center, the end of bike tour. You can reach the station at (518) 462-7823.

Buffalo-Exchange Street Station (BFX) – Amtrak’s Buffalo-Exchange Street Station is located at 75 Exchange

Cycle the Erie Canal | Rider Handbook Page 9
BUS TRAVEL
Greyhound Lines and Trailways of NY partner to provide bus service between Albany and Buffalo. For more information, you can reach Greyhound at 1-800-231-2222 or greyhound.com and Trailways of NY at 1-800-858-8555 or trailwaysny.com.

Albany – The Albany Bus Terminal is located at 34 Hamilton Street, Albany, NY, within a mile of the Albany Visitors Center, the end of the bike tour.

Buffalo – The Buffalo Metropolitan Transportation Center is located at 181 Ellicott Street, Buffalo, NY and is about a 10-minute taxi ride (approx. 5.3 miles) to the Nichols School, the start of the bike tour.

AIR TRAVEL
If you plan to fly to Cycle the Erie Canal, we recommend that you fly into Buffalo and out of Albany. There are a number of major airlines that serve both airports.

<table>
<thead>
<tr>
<th>Albany International Airport</th>
<th>Buffalo Niagara International Airport</th>
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</thead>
<tbody>
<tr>
<td>(518) 242-2200 albanyairport.com</td>
<td>(716) 630-6000 buffaloairport.com</td>
</tr>
<tr>
<td>Cape Air, Delta Air Lines, Southwest Airlines, United Airlines, American Airlines, and Jet Blue Airways</td>
<td>American Airlines, Delta Air Lines, Jet Blue Airways, Southwest Airlines, Sunwing Airlines, and United Airlines</td>
</tr>
<tr>
<td>About a 20-minute drive (approx. 5 miles) from the Albany Visitors Center, the end of tour in Downtown Albany.</td>
<td>About a 20-minute drive (approx. 7 miles) to the Nichols School, the start of bike tour in Buffalo.</td>
</tr>
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</table>

UBER / LYFT
Ride sharing services are now offered in both the Buffalo and Albany regions.

TAXI SERVICE
While taxis should be readily available at train stations, bus stations, and airports in both Albany and Buffalo, we recommend that you call in advance to make arrangements, especially if you will be travelling with a bike.

<table>
<thead>
<tr>
<th>Albany Taxi Service</th>
<th>Buffalo Taxi Service</th>
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<tbody>
<tr>
<td>Albany Yellow Cab (518) 434-2222</td>
<td>Airport Taxi Service (716) 633-TAXI</td>
</tr>
<tr>
<td>Capitaland Taxi (518) 453-8888</td>
<td>Liberty Yellow Cab (716) 877-7111</td>
</tr>
</tbody>
</table>

PRIVATE SHUTTLE OPERATOR
For a fee, a private shuttle operator, Erie Canal Bike Tours, is offering shuttle service for 4-day riders. For more information, including how to sign up, visit https://www.gobikeerie.com/ptny.
DIRECTIONS

DIRECTIONS TO START OF TOUR

Nichols School
1250 Amherst Street, Buffalo, NY
From I-90, (Exit 51 West), take Route 33 (Kensington Expressway) towards downtown Buffalo. Pick up Route 198 (Sacajawea Expressway). Exit right towards Delaware Avenue, go straight across Delaware Avenue, to Nottingham Terrace. Continue to Amherst Street and take a right, Nichols School will be on your left.

DIRECTIONS TO PARKING IN ALBANY

Coming soon. Check back for updates.

DIRECTIONS TO JULY 6 SHUTTLE AND END OF TOUR, JULY 14

Location to be determine. Check back for updates.
BIKE SHIPPING & BIKE RENTALS

SHIPPING YOUR BIKE
Shipping your bike to Buffalo or Albany ahead of time may help facilitate bus, rail, or air travel. Please call or email Rick Cycle Shop in Buffalo or Downtube Bicycle Works in Albany to make arrangements for shipping and attach a completed Cycle the Erie Canal bike shipping form to your bike (see pages 22-23). **Bikes must be received by Downtube by Friday, June 29 and by Rick Cycle Shop by Wednesday, June 27.**

BUFFALO
In Buffalo, Rick Cycle Shop (via marked bike lanes, is about 3.2 miles from Nichols School – the start of the bike tour) will accept, inspect, and reassemble shipped bikes. The cost is $40 for standard bikes. For an additional $20 they will perform a tune up. Payment must be included with your shipment. Riders will be responsible for shipping their bikes to the shop and coordinating pick-up. For an additional $20 per bicycle, Rick Cycle Shop will deliver your reassembled bicycle and its reusable shipping container to the Nichols School.

Each rider must confirm all delivery arrangements with Andy by calling (716) 852-6838.

The address for shipping your bike is Rick Cycle Shop, Attn. Cycle the Erie Canal, 55 Allen St., Buffalo, NY 14202. You can reach Rick Cycle Shop at (716) 852-6838 or rickcycleshop@gmail.com.

ALBANY
In Albany, Downtube Bicycle will accept and reassemble bikes. The cost is $50.00 for standard bikes, including tax. For an additional $35.00 they will perform a tune up. Riders will be responsible for shipping their bikes to the shop and coordinating pick-up.

The address for shipping your bike is Downtube Bicycle Works, Attn. Cycle the Erie Canal, 466 Madison Avenue, Albany, NY 12208. You can reach Downtube at (518) 434-1711 or downtubecustomerservice@gmail.com.

GETTING YOUR BIKE HOME
There will be a UPS Store booth at the finish line in Albany to disassemble, box, and ship your bike. Payment can be made by credit card. Parks & Trails New York will transport your bike box from Buffalo to Albany if you let us know you will need it for shipping at the end of the tour.

PACKING YOUR BIKE
You can usually get a bike box for free from your local bike shop. If you don't know how to disassemble and pack your bike for shipping, they should be able to help you. If you expect to travel with your bike regularly, you could also purchase a hard case or reusable bike box. Hard cases are available from Trico Sports (818-899-7705, tricosports.com) and Tri All 3 Sports (1-800-733-7231, triall3sports.com). Rigid and collapsible boxes can be ordered from Crateworks (1-800-934-5214, crateworks.com). Visit BikeFlights.com or check with UPS (1-800-742-5877) for the cost of shipping. Shipping takes from 2-8 days depending upon the distance. To be safe, we recommend that you ship your bike at least 7 days in advance.

UPS SHIPPING REQUIREMENTS
- Maximum weight is 150 pounds
- Maximum measurements are 165 inches, length and girth combined
- Maximum length is 108 inches
- UPS recommends placing 2-4 inches of packing material around your bike to protect it. Tape an address label inside your box and attach an address label on each side of the outside box.
RENTING A BIKE
There are bike rental options for Cycle the Erie Canal in both Albany and Buffalo, but keep in mind that you'll have to return your bike at the end of the tour.

ALBANY
If you rent a bike in Albany, you could sign up to take the July 6 shuttle or make your own arrangements to get to the start of the ride in Buffalo.

**Downtube Bicycle Works** (466 Madison Ave, Albany) rents Trek Verve 2 bicycles. Call (518) 434-1711 or email downtubecycleworks@gmail.com for more information.

BUFFALO
If you rent a bike in Buffalo, you can sign up for the July 14 shuttle or make your own arrangements to return to Buffalo at the end of the ride.

**Bert’s Bikes and Fitness** (7510 Transit Rd., Williamsville, NY 14221 – about 12.5 miles from Nichols School – the start of the tour) rents hybrids and entry-level road bikes. Visit bertsbikes.com to make a rental reservation.

**Tom's Pro Bike** (3687 Walden Ave., Lancaster, NY – about 12 miles from Nichols School) rents Specialized Diverg road bikes. Call (716) 651-9995 for more information.

**Rick Cycle Shop** (55 Allen St., Buffalo, NY – about 3.2 miles from Nichols School) offers bicycle rentals for $170. Call (716) 852-6838 or email rickcycleshop@gmail.com for more information.

Cycle the Erie Canal is a fully-supported bike tour. Fully-supported means we carry your gear, routes are marked, two rest stops are stocked each day with drinks and snacks, and a team of cyclists and vehicles provides support along the way! All you have to do is ride 40-60 miles a day, make new friends, and discover the Erie Canal!

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ON THE RIDE
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CAMPING ACCOMMODATIONS
The choice is yours: bring your own tent, hire Comfy Campers and have one set up for you (see page 21), or stay at hotels and bed & breakfasts (see page 17-19). Cycle the Erie Canal includes camping accommodations at schools and parks across Canalway Trail corridor with restrooms and shower facilities. We’ll also have a shower truck and portable toilets. Indoor camping is available each night. Please be aware that the spaces are not air conditioned and spots may be limited. Typical indoor camping locations include gyms, meeting rooms and ice rinks (without ice).

MEALS
Cycle the Erie Canal includes 8 breakfasts and 6 dinners. Breakfast is served each day from 6:00 to 8:00am. Dinner is served from 5:00 to 7:00pm. Lunch is on your own each day in communities along the trail, as is dinner in Seneca Falls on Tuesday night and in Rome on Thursday night.

BAGGAGE TRANSPORT
Luggage trucks are open from 6:00 to 8:00am each morning for you to load your bags. Your bags will be waiting for you at the end of the day's ride.
MARKED ROUTES, CUE SHEETS, & MORNING BRIEFINGS
The Cycle the Erie Canal route is marked with paint and cue sheets are provided each evening with turn-by-turn directions for the next day’s route. Twice at breakfast each morning, at 6:30 and 7:00am, Cycle the Erie Canal volunteers and staff brief riders on the day’s route, tour opportunities, and special events. Riders leave on their own each morning and ride at their own pace.

REST STOPS
Morning rest stops, located 15-20 miles from the start of the ride, will be open from 8:00-11:00am. Afternoon rest stops, located 15-20 miles before the overnight location, will be open from 11:00am-4:00pm. Rest stops are stocked with complimentary fruit, snacks, and beverages. In an effort to reduce waste we will not offer cups at rest stops, so please be prepared to use your water bottles.

BIKE REPAIR
Kingsbury’s Cyclery of Elmira, NY will be accompanying Cycle the Erie Canal, stationed at each rest stop and overnight location, providing bike repair and selling parts and accessories. Kingsbury’s Cyclery sells Co-Motion, Giant, Surly, and Trek bikes, so if you are looking for a new bike for Cycle the Erie Canal, call or email Paul Kingsbury at 607-733-3465 or kcyclery@gmail.com.

SAG SUPPORT
A team of bicycle and vehicle SAGs follow the route each day and are available for help if you have a problem. Call the Assistant Bike Tour Director if you need assistance. Telephone number will be provided on the cue sheets which are available daily. If you don’t have a cell phone, ask another rider or volunteer.

DEVICE CHARGING
All tent cities will have limited access to device charging stations. While we cannot guarantee that you’ll be able to charge your phone every day, it’s likely you’ll be able to recharge several times throughout the week.

MEDICAL SERVICES
In addition to the team of bicycle and vehicle SAGs along the route each day, a medical professional will accompany Cycle the Erie Canal, holding office hours each evening.

SAFE CYCLING
Communication and predictability are key to safe cycling. Follow the rules of the road and obey stop signs and traffic lights. If riding in front, warn cyclists behind you of potholes, broken glass, or other dangers. If riding in back, alert cyclists ahead of you of cars coming from behind. If you’d like to pass someone, let them know you are passing by saying clearly, “on your left.” Use hand signals to indicate turns and stops, and never stop suddenly in the middle of a road shoulder or trail. It’s easy to let your guard down after you’ve been cycling on a traffic-free trail for miles. Use caution at road crossings and while riding on roads between sections of trail.

BIKE CLINICS
Learn all about bike maintenance at evening clinics along the ride.

MASSAGE THERAPY
A team of massage therapists will be available by appointment each evening. There is an additional cost for this and may require cash payment.

EMERGENCY CONTACT
In an emergency, family members can contact Parks & Trails New York at (518) 434-1583 from 9:00am to 5:00pm Monday through Friday or Ride Directors Al Hastings and April Amodei anytime during the tour at (607) 423-2769 or (315) 406-6213.
SCHEDULE FOR SATURDAY, JULY 6, 2019

7:30am – 3:00pm, Niagara Falls Pre-Tour Ride. Join fellow Cycle the Erie Canal bike tour riders on a 45-50 mile round trip pre-tour ride to Niagara Falls. The ride will cross the Peace Bridge into Canada and follow the Niagara River Recreation Trail to the Falls. You will need an enhanced driver license or a passport to enter Canada and money for lunch and souvenirs at Niagara Falls. If you are interested in joining this ride, you should plan to be at Nichols School by 7:00am. Visit cbsa-asfc.gc.ca/travel-voyage/ivc-rnc-eng.html for information on crossing the Canadian border.

10:00am – 3:00pm, Buffalo Pre-Tour Ride. Join fellow Cycle the Erie Canal bike tour riders on a pre-tour ride around Buffalo. Visit Canalside and see the importance of art and culture in Buffalo’s past, present and future. There will be a lunch break at Elmwood Avenue, where you’ll find great shops and cafes. If enough people are interested, the ride may even stop for a tour of Frank Lloyd Wright’s Darwin Martin House.

10:00am – 2:00pm, Information Booth Open.

2:00pm – 5:30pm, Registration Open. All Cycle the Erie Canal riders must check in to pick up their registration packets, as well as sign up for tour opportunities throughout the week.

3:30 – 4:00pm, Shuttle from Albany Arrives.

4:00 – 5:30pm, Reception. Enjoy beer, wine and snacks with fellow bike tour riders and make new friends!

4:30 – 7:00pm, Dinner. Continue your conversations over dinner at Nichols School.

6:00 – 7:30pm, Historical Talk. Thomas X. Grasso, President Emeritus - Canal Society of New York

6:00pm Family Meeting.

7:45 – 8:45pm, Orientation. See what is in store for the upcoming week and meet the Ride Directors, support staff, and volunteers.

SCHEDULE FOR SUNDAY, JULY 7, 2019

6:00– 8:00am, Breakfast. Plan to attend breakfast at Nichols School so that you are fueled up for the day’s ride.

6:00 – 8:00am, Luggage Trucks Open. Say hello to our truck drivers and their assistants, and load your luggage.

6:30 – 7:30am, Late Registration. If you didn’t register on Saturday, sign in and pick up your Cycle the Erie Canal packet.

6:30 & 7:00am, Meetings. Brief meetings will be held twice daily at breakfast at 6:30am and 7am, beginning Sunday.

9:00am, Site closes at Nichols School. See you in Albion at the Orleans County Cornell Cooperative Center.
DAILY ROUTES & TENT CITIES

Daily routes for 2019 will be finalized in June. Please visit parksandtrailsny.org/cycle-the-erie-canal/annual-bike-tour/itinerary/interactive-daily-route-maps to access routes.

Saturday, July 6 — Registration, Orientation, and Pre-Tour Rides
Tent City: Nichols School (1250 Amherst Street, Buffalo, NY 14216)

Sunday, July 7 — Buffalo to Albion (53 miles)
Tent City: Orleans County Cornell Cooperative Extension (12690 State Route 31, Albion, NY 1441)

Monday, July 8 — Albion to Fairport (57 miles)
Tent City: Minerva DeLand School (140 Hulburt Road, Fairport, NY 14450)

Tuesday, July 9 — Fairport to Seneca Falls (51 miles)
Tent City: Mynderse Academy (105 Troy Street, Seneca Falls, NY 13148)

Wednesday, July 10 — Seneca Falls to Syracuse (45 miles)
Tent City: Burnet Park (1 Conservation Place, Syracuse, NY 13204)

Thursday, July 11 — Syracuse to Rome (49 miles)
Tent City: Fort Stanwix National Monument (100 North James Street, Rome, NY 13440)

Friday, July 12 — Rome to Canajoharie (62 miles)
Tent City: Canajoharie High School (136 Scholastic Way, Canajoharie, NY 13317)

Saturday, July 13 — Canajoharie to Niskayuna (45 miles)
Tent City: Schenectady Jewish Community Center (2565 Balltown Road, Niskayuna, NY 12309)

Sunday, July 14 — Niskayuna to Albany (28 miles)
Finish Line: Albany—Location to be determined (check back for updates)
WHAT IF I DON’T WANT TO CAMP?

If you’d rather not bring your own tent or hire Comfy Campers, you can make your own arrangements to stay at hotels and bed & breakfasts. Here are some accommodations along the route, most within a short ride from the tent cities. Make your reservations early as many places will fill up quickly. Keep in mind that you will be responsible for transportation to and from each overnight location. An easy way to do this is to leave most of your gear on our luggage truck and bike to your hotel or bed & breakfast and take only what you need for the night.

<table>
<thead>
<tr>
<th>City/Town</th>
<th>Motel/Hotel</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Buffalo</td>
<td>The Foundry Suites</td>
<td>1738 Elmwood Ave.</td>
<td>(716) 240-9693</td>
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<td></td>
<td>Elmwood Village Inn</td>
<td>893 Elmwood Ave.</td>
<td>(716) 886-2397</td>
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<td>Richmond Place Inn B&amp;B</td>
<td>45 Richmond Ave.</td>
<td>(716) 704-0430</td>
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<td>Mansion on Delaware</td>
<td>414 Delaware Ave.</td>
<td>(716) 886-3300</td>
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<td></td>
<td>DoubleTree</td>
<td>125 High St.</td>
<td>(716) 845-0112</td>
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<tr>
<td></td>
<td>Hotel Henry</td>
<td>444 Forest Ave.</td>
<td>(716) 882-1970</td>
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<td></td>
<td>Best Western on the Avenue</td>
<td>510 Delaware Ave.</td>
<td>(716) 886-8333</td>
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<td>Hotel Lafayette</td>
<td>391 Washington St.</td>
<td>(716) 853-1505</td>
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<td></td>
<td>Hostel Buffalo-Niagara</td>
<td>667 Main St.</td>
<td>(716) 852-5222</td>
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<td></td>
<td>Buffalo Marriott Harborcenter</td>
<td>95 Main St.</td>
<td>(716) 852-0049</td>
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<td>Courtyard Canalside</td>
<td>125 Main St.</td>
<td>(716) 840-9566</td>
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<td>Medina/Albion</td>
<td>Dollinger's Courtyard</td>
<td>11360 Maple Ridge Rd, Medina</td>
<td>(585) 798-0016</td>
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<td></td>
<td>Garden View B&amp;B</td>
<td>11091 W Center St, Medina</td>
<td>(586) 798-1087</td>
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<td></td>
<td>Historic Village B&amp;B</td>
<td>233 W Center St, Medina, NY</td>
<td>(585) 331-1712</td>
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<tr>
<td>Tent city is between Medina &amp; Albion</td>
<td>Hart House Hotel</td>
<td>113 W Center St, Medina</td>
<td>(585) 735-6031</td>
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<td></td>
<td>Dollinger's Hotel</td>
<td>213 S Main St., Albion</td>
<td>(585) 589-6308</td>
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<td></td>
<td>Dollinger's Motor Inn</td>
<td>436 West Ave., Albion</td>
<td>(585) 589-6308</td>
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<td></td>
<td>Fairhaven Inn</td>
<td>14359 Ridge Rd .W., Albion</td>
<td>(585) 589-9151</td>
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<tr>
<td>Fairport</td>
<td>Twenty Woodlawn B&amp;B</td>
<td>20 Woodlawn Ave.</td>
<td>(585) 377-8224</td>
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<td>Hilton Garden Inn</td>
<td>800 Pittsford Victor Rd.</td>
<td>(585) 248-9000</td>
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<td>Budget Inn</td>
<td>7340 Pittsford Palmyra Rd.</td>
<td>(585) 223-1710</td>
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<td>The Clematis Inn</td>
<td>2513 Penfield Rd.</td>
<td>(585) 388-9442</td>
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<td>Springdale Farm B&amp;B</td>
<td>242 Victor Egypt Rd.</td>
<td>(585) 490-8170</td>
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<td>Del Monte Hotel</td>
<td>41 N. Main St.</td>
<td>(585) 381-9900</td>
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<td>Woodcliff Hotel &amp; Spa</td>
<td>199 Woodcliff Dr.</td>
<td>(585) 381-4000</td>
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<td>Canal Lamp Inn</td>
<td>27 N. Main St.</td>
<td>(585) 381-4351</td>
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<td>City/Town</td>
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<tr>
<td>Seneca Falls</td>
<td>Microtel Inn &amp; Suites</td>
<td>1966 Routes 5 &amp; 20</td>
<td>(315) 539-8438</td>
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<td></td>
<td>VanCleef Homestead</td>
<td>86 Cayuga St.</td>
<td>(315) 568-2275</td>
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<td>Barrister's B&amp;B</td>
<td>56 Cayuga St.</td>
<td>(315) 568-0145</td>
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<td>The Gould Hotel</td>
<td>108 Fall St.</td>
<td>1-877-788-4010</td>
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<td></td>
<td>Hampton Inn</td>
<td>1950 Balsley Rd.</td>
<td>(315) 539-3939</td>
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<td>Holiday Inn</td>
<td>2468 Route 414</td>
<td>(315) 539-5011</td>
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<td>Syracuse</td>
<td>Marriott Syracuse Downtown</td>
<td>100 E. Onondaga St.</td>
<td>(315) 474-2424</td>
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<td>Ophelia’s Garden Inn B&amp;B</td>
<td>400 S. Avery St.</td>
<td>(315) 488-3621</td>
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<td>Moonstruck Manor B&amp;B</td>
<td>3009 W. Genesee St</td>
<td>(315) 488-1224</td>
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<td>Genesee Grande Hotel</td>
<td>1060 E. Genesee St</td>
<td>(315) 476-4212</td>
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<td>Courtyard Armory Square</td>
<td>300 W. Fayette St.</td>
<td>(315) 422-4854</td>
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<td>Jefferson Clinton Hotel</td>
<td>416 S. Clinton St</td>
<td>(315) 425-0500</td>
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<td>Crowne Plaza Hotel</td>
<td>701 E. Genesee St.</td>
<td>(315) 479-7000</td>
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<td>Downing International Hostel</td>
<td>535 Oak St.</td>
<td>(315) 472-5788</td>
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<td>Parkview Hotel</td>
<td>713 E. Genesee St.</td>
<td>(315) 476-4212</td>
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<td>Hotel Skyler</td>
<td>601 S. Crouse Ave.</td>
<td>(315) 701-2613</td>
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<td>Quality Inn &amp; Suites</td>
<td>454 James St.</td>
<td>(315) 425-0015</td>
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<td>Aloft Syracuse Inner Harbor</td>
<td>310 W. Kirkpatrick St.</td>
<td>(315) 422-1700</td>
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<td>Sheraton Syracuse University</td>
<td>801 University Ave.</td>
<td>(315) 475-3000</td>
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<td>The Convent: Angel's Nest B&amp;B/Mary Davis B&amp;B</td>
<td>404 S. George St.</td>
<td>(315) 334-4618</td>
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<td>Oak &amp; Ivy B&amp;B</td>
<td>600 N. George St.</td>
<td>(315) 337-3065</td>
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<td>Quality Inn</td>
<td>200 S. James St.</td>
<td>(315) 336-4300</td>
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<td>Econo Lodge</td>
<td>145 E. Whitesboro St.</td>
<td>(315) 337-9400</td>
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<td>The Rome Motel</td>
<td>8257 Turin Rd.</td>
<td>(315) 336-4200</td>
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<td>Belle Maison Farm B&amp;B</td>
<td>8083 East Floyd Rd.</td>
<td>(315) 865-6190</td>
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<td>Canajoharie</td>
<td>Pineapple House B&amp;B</td>
<td>63 Otsego St.</td>
<td>(518) 673-3923</td>
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<td>Niskayuna</td>
<td>Stockade Inn B&amp;B</td>
<td>1 N. Church St.</td>
<td>(518) 346-3400</td>
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<td>Hampton Inn</td>
<td>450 State St.</td>
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<td>The Parker Inn &amp; Suites</td>
<td>434 State St.</td>
<td>(518) 688-1001</td>
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<td>The Inn at Glen Sanders</td>
<td>1 Glen Ave.</td>
<td>(518) 374-7262</td>
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<td>DoubleTree Schenectady</td>
<td>100 Nott Terrace</td>
<td>(518) 393-4141</td>
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<td>Courtyard Mohawk Harbor</td>
<td>240 Harborside Dr.</td>
<td>(518) 579-6620</td>
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<td>Hampton Inn &amp; Suites</td>
<td>25 Chapel St.</td>
<td>(518) 432-7000</td>
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<td>Morgan State House B&amp;B</td>
<td>393 State St.</td>
<td>(518) 427-6063</td>
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<td>Albany</td>
<td>State Street Mansion</td>
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<td>Hilton Albany</td>
<td>40 Lodge St.</td>
<td>(518) 462-6611</td>
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<td>Fairfield Inn &amp; Suites</td>
<td>74 State St.</td>
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<td>Holiday Inn Express</td>
<td>300 Broadway</td>
<td>(518) 434-4111</td>
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<td>Renaissance Albany</td>
<td>144 State St.</td>
<td>(518) 992-2500</td>
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<td>TownePlace Suites</td>
<td>22 Holland Ave.</td>
<td>(518) 860-1500</td>
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<td>Hilton Garden Inn</td>
<td>62 New Scotland Ave.</td>
<td>(518) 396-3500</td>
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<td>Washington Park Inn</td>
<td>634 Madison Ave.</td>
<td>(518) 225-4567</td>
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<td>Albany Airport</td>
<td>Albany Airport Courtyard</td>
<td>168 Wolf Rd.</td>
<td>(518) 422-8800</td>
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<td>Albany Marriott</td>
<td>189 Wolf Rd.</td>
<td>(518) 458-8444</td>
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<td>Hilton Garden Inn</td>
<td>800 Albany Shaker Rd.</td>
<td>(518) 464-6666</td>
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<td>Radisson Hotel Albany</td>
<td>205 Wolf Rd.</td>
<td>(518) 458-7250</td>
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<td>The Desmond Hotel</td>
<td>660 Albany Shaker Rd.</td>
<td>(518) 869-8100</td>
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<td>Hotel Indigo</td>
<td>254 Old Wolf Rd.</td>
<td>(518) 869-9100</td>
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<td>Best Western</td>
<td>200 Wolf Rd.</td>
<td>(518) 458-1000</td>
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<td>Hampton Inn Wolf Road</td>
<td>10 Ulenski Dr.</td>
<td>(518) 438-2822</td>
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<td>Comfort Inn &amp; Suites Airport</td>
<td>16 Wolf Rd.</td>
<td>(518) 459-3600</td>
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<td>Red Roof Inn, Albany Airport</td>
<td>188 Wolf Rd.</td>
<td>(518) 459-1971</td>
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<td>Homewood Suites</td>
<td>216 Wolf Rd.</td>
<td>(518) 438-4300</td>
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No Hassle Camping! Comfy Campers provides full service camping for Cycle the Erie Canal. When you ride into camp at the end of the day, you'll find your tent, air mattress, towel, and camp chair waiting for you. Services begin Saturday, July 6. Visit [ComfyCampers.info](http://ComfyCampers.info) or call (315) 283-0220 for more information.

Comfy Campers packages include:
- Tent (choose size below)
- Air Mattress (choose size below)
- Fresh Towels (one for each registered Comfy Camper)
- Camp Chair (one for each registered Comfy Camper)

Comfort à la carte options:
- Fresh Towels (per person)
- Camp Chair (per person)
- Air Mattress (choose size below)
- Morning Coffee/Tea Service (per person)

### Comfy Campers Registration Form/Cycle the Erie Canal

| Name: | ________________________________________________________________________________________ |
| Address: | ________________________________________________________________________________________ |
| City: | ___________________________ State: ___________________________ Zip: ___________________________ |
| Home Phone: | ___________________________ Work Phone: ___________________________ |
| Email: | ________________________________________________________________________________________ |

#### Tent Packages:
- ____ Standard Tent (1 Person, Single Air Mattress) - $424.00
- ____ Standard Tent (2 People, Double Air Mattress) - $544.00
- ____ Standard Tent (2 People, 2 Single Air Mattresses) - $568.00
- ____ Deluxe Tent (1 Person, Single Air Mattress) - $560.00
- ____ Deluxe Tent (2 People, 2 Single Air Mattresses) - $704.00
- ____ Deluxe Tent (2 People, Queen Air Mattress) - $704.00

#### Comfort à la carte options:
- ____ Fresh Towels - $40.00
- ____ Camp Chair - $40.00
- ____ Single Air Mattress - $48.00
- ____ Double Air Mattress - $56.00
- ____ Queen Air Mattress - $64.00
- ____ Morning Coffee/Tea Service - $40.00

Total Enclosed: $ __________________________

Send check or money order to: Comfy Campers, PO Box 292, Auburn NY 13021 or signup online at [comfycampers.info](http://comfycampers.info)

**Refund Policy:** A 10% cancelation fee will be charged up to 30 days before our services start. A 50% fee will be charged for canceling 29 to 11 days before our services start. No refund will be given 10 days or less from the time our services start.
If you are shipping your bike to Downtube Bicycle Works in Albany, you must fill out this form and attach it to your bicycle. Unless you have made previous arrangements with the shop, you must attach payment.

Name and Address:

Phone:

Cell Phone:

Email:

List items included in box (e.g. racks, panniers, pump, lock, water bottles, lights, mirrors, helmet, accessories, shoes, clothing, gloves). **Make sure there are no loose items!**

Special Instructions:

( ) I have enclosed a check or money order for the bike assembly fee of **$50.00**.
( ) Add **$35.00** to include a tune up. Downtube will contact me if repairs above that amount are needed.

**Please Note:** Riders must call or email Downtube at (518) 434-1711 or downtubecustomerservice@gmail.com in advance to arrange delivery. Please be prepared to provide the make and model of your bike and estimated date of delivery. **Downtube must receive your bike by Friday, June 29.**

Mail to: Downtube Bicycle Works, Attn. Cycle the Erie Canal,
466 Madison Avenue, Albany, NY 12208
If you are shipping your bike to Rick Cycle Shop in Buffalo, you must fill out this form and attach it to your bicycle. Unless you have made previous arrangements with the shop, you must attach payment.

Name and Address:

Phone:

Cell Phone:

Email:

List items included in box (e.g. racks, panniers, pump, lock, water bottles, lights, mirrors, helmet, accessories, shoes, clothing, gloves). Make sure there are no loose items!

Special Instructions:

(   ) I have enclosed a check or money order for the bike assembly fee of $40.00.
(   ) Add $20.00 to include a tune up. Rick Cycle Shop will contact me if repairs above that amount are needed.
(   ) I need my bicycle box transported to Albany (ride finish) by Cycle the Erie Canal luggage trucks (for an additional fee of $20).

Please Note: Riders must call or email Rick Cycle Shop at (716) 852-6838 or rickcycleshop@gmail.com in advance to arrange delivery. Please be prepared to provide the make and model of your bike and estimated date of delivery. Rick Cycle Shop must receive your bike by Wednesday, June 26.

Mail to: Rick Cycle Shop, Attn. Cycle the Erie Canal,
55 Allen Street, Buffalo, NY 14202
NEED TO MAKE A CHANGE TO YOUR REGISTRATION?

ADDITIONS
If you have already registered for Cycle the Erie Canal and would like to add a shuttle to your registration, fill out an addition form (https://www.ptny.org/application/files/1215/4523/0635/Erie-Canal-SHUTTLE-Addition-Form.pdf) or call Parks & Trails New York at (518) 434-1583. To order official merchandise, visit https://www.ptny.org/official-bike-tour.

CANCELLATIONS
If you need to cancel your registration, fill out a cancellation form (https://www.ptny.org/application/files/8815/4523/0645/Erie-Canal-SHUTTLE-Cancellation-Form.pdf)

CANCELLATION POLICY
Refunds, less a cancellation fee, will be issued with a written request if received on or before June 20. After June 20, only credits for future tours will be issued, less a cancellation fee, with a written request if received by July 1. Unfortunately, we cannot offer refunds for jersey orders or shuttle reservations after June 20.

<table>
<thead>
<tr>
<th>Before June 8</th>
<th>On June 8</th>
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</thead>
<tbody>
<tr>
<td>Shuttle cancellation fee - $10/rider</td>
<td>Shuttle cancellation fee - $15/rider</td>
</tr>
<tr>
<td>8-day rider cancellation fee - $100/rider</td>
<td>8-day rider cancellation fee - $150/rider</td>
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<tr>
<td>4-day rider cancellation fee - $50/rider</td>
<td>4-day rider cancellation fee - $75/rider</td>
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<tr>
<td>2-day rider cancellation fee - $25/rider</td>
<td>2-day rider cancellation fee - $25/rider</td>
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CYCLING THE ERIE CANAL GUIDEBOOK

With full-color maps and a great overview of places to visit and things to do along the trail, Parks & Trails New York’s Cycling the Erie Canal guidebook is the best resource to plan ahead for your Erie Canal vacation. Order when you sign up for the tour, visit ptny.org/official-bike-tour, or call (518) 434-1583, and we’ll send your guidebook in the mail. The cost of the guidebook is $24.95 and we offer free shipping for Cycle the Erie Canal riders.

Cycling the Erie Canal: A Guide to 400 Miles of Adventure and History Along the Erie Canalway Trail

- 152 pages packed with detailed information about the outstanding bicycling and sightseeing waiting for you along the Erie Canal
- 42 easy-to-read, full-color maps
- Comprehensive listing of attractions, historic sites, visitor centers, parks
- High-quality spiral binding and convenient 9" x 5" size - just right to tuck in your saddle bag or backpack
- Companion online interactive Erie Canalway Trail map at ptny.org/cycle-the-erie-canal/trail-map
The Cycle the Erie Canal jerseys are the perfect way to celebrate your Erie Canal adventure!

Visit http://www.ptny.org/official-bike-tour, or call (518) 434-1583 to reserve yours today.
Please order by April 30 to guarantee a jersey in your size!

SOCIAL MEDIA ON THE TOUR

During the tour we are encouraging riders and ride supporters to post ride updates and images to their social media networks and to include the #CycleTheErie hashtag to help share your story with an audience beyond your social media followers.

For the uninitiated, a hashtag is word or phrase proceeded by a hash mark (#) and is used within a message to identify a keyword or topic of interest and facilitate a search for it. In our case, it’s the Cycle the Erie Canal bike tour. Using a hashtag in a social post is as simple as adding the ‘#’ sign before a single word or phrase without spaces or punctuation (numbers are okay), for example, #CycleTheErie. Whenever a user adds a hashtag to their post, it is immediately indexed by the social network and searchable by other users. Once someone clicks on that hashtag, they’ll be brought to a page that aggregates all of the posts with the same hashtagged keyword in real-time.

You can also “tag” Parks & Trails New York and the Erie Canalway Trail in your updates by adding the following names before you send your post. Tags allow us to share your photos and memories to all of our followers!

Instagram
@parkstrailsny

Facebook
@parksandtrailsny
@eriecanalwaytrail

Twitter
@PTNY
@cycletheerie
TOURISM PROMOTION SPONSORS

For more information about lodging, restaurant, and attractions along the route, please visit the websites of our tourism promotion sponsors:

Orleans County
orleanscountytourism.com

Visit Rochester
visitrochester.com

Wayne County
waynecountytourism.com

Seneca County
fingerlakesgateway.com/

Visit Syracuse
visitsyracuse.com

Madison County
madnontourism.com

Oneida County
oneidacountytourism.com

Montgomery County
visitmontgomerycountyny.com

Schenectady County
visitschenectady.com

Cayuga County
tourcayuga.com

Albany County
albany.org

QUESTIONS?

CONTACT PARKS & TRAILS NEW YORK
If there is anything else you would like to know about Cycle the Erie Canal that we haven’t addressed here, feel free to give us a call (518) 434-1583 or e-mail eriecanaltour@ptny.org and we’d be glad to help. We look forward to meeting you in July!

CONNECT WITH FELLOW RIDERS
We encourage you to connect with other riders about training and packing for the tour on our Facebook event page. To sign up, visit the shortened URL: https://goo.gl/ReuzEa