



2023

Rider Handbook

WELCOME

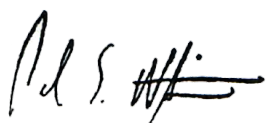
Dear Cycle the Erie Canal Rider,

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 25th annual 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 e-mail us at eriecanaltour@ptny.org and we'll be glad to help.



April Amodei
Bike Tour Director



Paul Steely White
Executive Director



[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. Visit ptny.org/membership to learn more.

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UPDATES FOR 2023

SHUTTLE: Shuttles for riders and their bikes/luggage are available for 8-day riders from Albany to Buffalo on Sat., July 8 and Sun. July 16. An optional shuttle for 4-day riders from Syracuse to Buffalo on Wed., July, 12. Details at: <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/transportation>

NOTE: if you're bringing an e-bike on the shuttle **the battery must be removed** and brought with you on the bus.

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. Routes will be available in late June 2023, online and for export to GPS-enabled bike computers and fitness devices.

MERCHANDISE: There are now more ways to bring Erie Canalway Trail memories home with you with official Cycle the Erie Canal swag. This year you may purchase the official Cycle the Erie Canal jersey, Cycling the Erie Canal guidebook, and more. Visit <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/merchandise>

NOTE: This rider handbook represents up-to-date information as of June 1, 2023. The information contained within may be superseded by future emails from the ride organizers or Parks & Trails New York, and may be superseded on the tour by verbal direction from ride organizers or PTNY.

TRAINING & PACKING TIPS

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 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, even if you don't have much time, some training is always 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. Once you are accustomed to riding 5 miles comfortably, add another 5 miles to the ride, and so on. Soon, within a few weeks of dedication, you will be able to do 20-25 miles at a time. When you are ready, move up to 30 to 35-mile rides. Then, before the bike tour, do at least two 40 to 60-mile rides like you will on the Cycle the Erie Canal tour. 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 and adolescents to spend 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, now is the time to find out if this is a good fit.

STRETCH

As you are training, remember to stretch all of your major muscle groups, not just your legs. Stretching is essential for 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 the weather. When you bicycle, you create a 10 to 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 heat stroke. Often, 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 many thousands more calories per day than you might otherwise. 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," dramatically running out of energy entirely and being unable to continue exercising until your reserves are restored. "Bonking" can easily be prevented by consuming adequate carbohydrates before the ride. However, if you do "bonk," eating simple sugars will 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.

Many Cycle the Erie Canal riders use hybrid bikes because of their comfort and versatility, but touring bikes, cyclocross bikes, and gravel bikes are also good options. Pedal assist electric bikes are welcome but must be Class 1. Tandems, recumbents, and trikes are welcome. Please notify us at eriecanaltour@ptny.org if you are planning to bring a bike with atypical dimensions onto one of the shuttles. **NOTE: if you are bringing an e-bike on any of the shuttles the battery must be removed for the truck** and brought with you on the bus.

Keep in mind that you will be riding 40 to 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 that 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 12-13.

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. You can also use a mobile phone with a ride-tracking app, such as "Ride with GPS" – although these apps can quickly drain your battery if in use for the full day.

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 have straight across handlebars, "bars ends" can provide alternate hand positions, and may reduce forearm fatigue. A spare "derailleur hanger" specific to your bike should only cost \$20-\$30, and is cheap insurance if yours breaks. 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 are the best options for easy riding, 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.

You will need water bottle cages on your bike and/or 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, and many cycling jerseys have "wicking" properties that will help keep you from overheating due to sweat. Consider pre-ordering an official Cycle the Erie Canal jersey at <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/merchandise>.

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

You can sign up to receive alerts via text involving any sudden weather hazards or other last-minute important updates during the tour.

UPDATED FOR 2023: If there is a sudden weather emergency or urgent news about the tour, you can sign up to receive text message alerts via our Rained Out system. To subscribe (yes...it's free):

- Text CTEC2023 to 84483
- or
- Fill out the [online form](#)

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 may bring **2-3 bags per person, each weighing no more than 40 pounds**. Please note that any camping gear must be included inside these two bags – tents and sleeping bags do not count separately and **should not be attached to the outside** of any bag.

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, a rag, and a derailleur hanger - specific for your bike (ask your local bike shop)
Water bottle cages and extra water bottle
Handlebar bag, or seat bag, or saddle bag, or 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](#) (optional)
Jerseys or short-sleeve shirts
Bike shorts
Socks
Bike shoes
Bike gloves
Wind vest or jacket
Rain gear
Headband or helmet liner
Sunglasses

(packing list continues next page)

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. 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 others to be announced.

CAMPING GEAR:

Duffel bag(s) marked distinctively
 Tent and rain fly
 Ground cloth or footprint
 Sleeping bag
 Sleeping pad
 Camp pillow
 Flashlight or headlamp, batteries, charger
 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.

PACKING DOs AND DON'Ts

Pack mindfully. Each bag should weigh no more than 40 pounds. Be kind to our truck drivers, luggage volunteers, and yourself— 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.

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

OTHER:

Face masks
 Hand sanitizer
[*Cycling the Erie Canal Guidebook*](#) (optional)
 Glasses
 Watch
 Cell phone and charger
 charging cables - GPS, butt blinkie, CPAP
 spare CPAP battery
 Camera
 Personal identification
 Health insurance card
 Cash and credit/debit card
 Pocket knife
 Ear plugs (for sleeping)
 Postage stamps
 Book
 Yoga mat
 Extra plastic bags
 Separate bag for dirty laundry

TRANSPORTATION

GETTING THERE

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 IN BUFFALO

The bike tour begins at the Nichols School (1250 Amherst Street, Buffalo, NY – see page 12 for directions). Riders must check in at the registration area at the Nichols School upon arrival. Registration is available from 2-5pm on Saturday and on Sunday morning prior to the start of the ride. There will be an information booth on-site in addition to the registration tables. Outdoor camping at the Nichols School is included on Saturday. If you will be arriving in Buffalo on Friday, 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 at our long-term parking area located at [**SUNY Buffalo State University, Lot G-20 \(formerly Buffalo State College\), 1300 Elmwood Ave., Buffalo**](#), located 2.5 miles from the start/camping location at Nichols School.

Parking opens at 9 a.m. on Saturday, July 8, 2023, and closes at 8 p.m. on Sunday, July 16. Please check in at Nichols School (beginning at 9 a.m. on Saturday, July 8) before going to the parking area. While at Nichols School, you can drop your luggage off and pick up your parking passes and information including maps, a shuttle schedule, and directions to walk or bicycle back. Once you've checked in, you can drive to park at Buffalo State College before walking, bicycling, or taking the shuttle back to Nichols School.

Additional information on parking passes and shuttle schedule will also be available digitally prior to the event. SUNY Buffalo State University is patrolled 24 hours a day by Campus Police, however SUNY Buffalo State University does not take any responsibility for any loss or damage that may occur to your vehicle.

PARKING IN ALBANY

Parking for the duration of the tour is available at the [**Quackenbush Garage, 25 Orange Street, Albany**](#), between Broadway and Water Street.

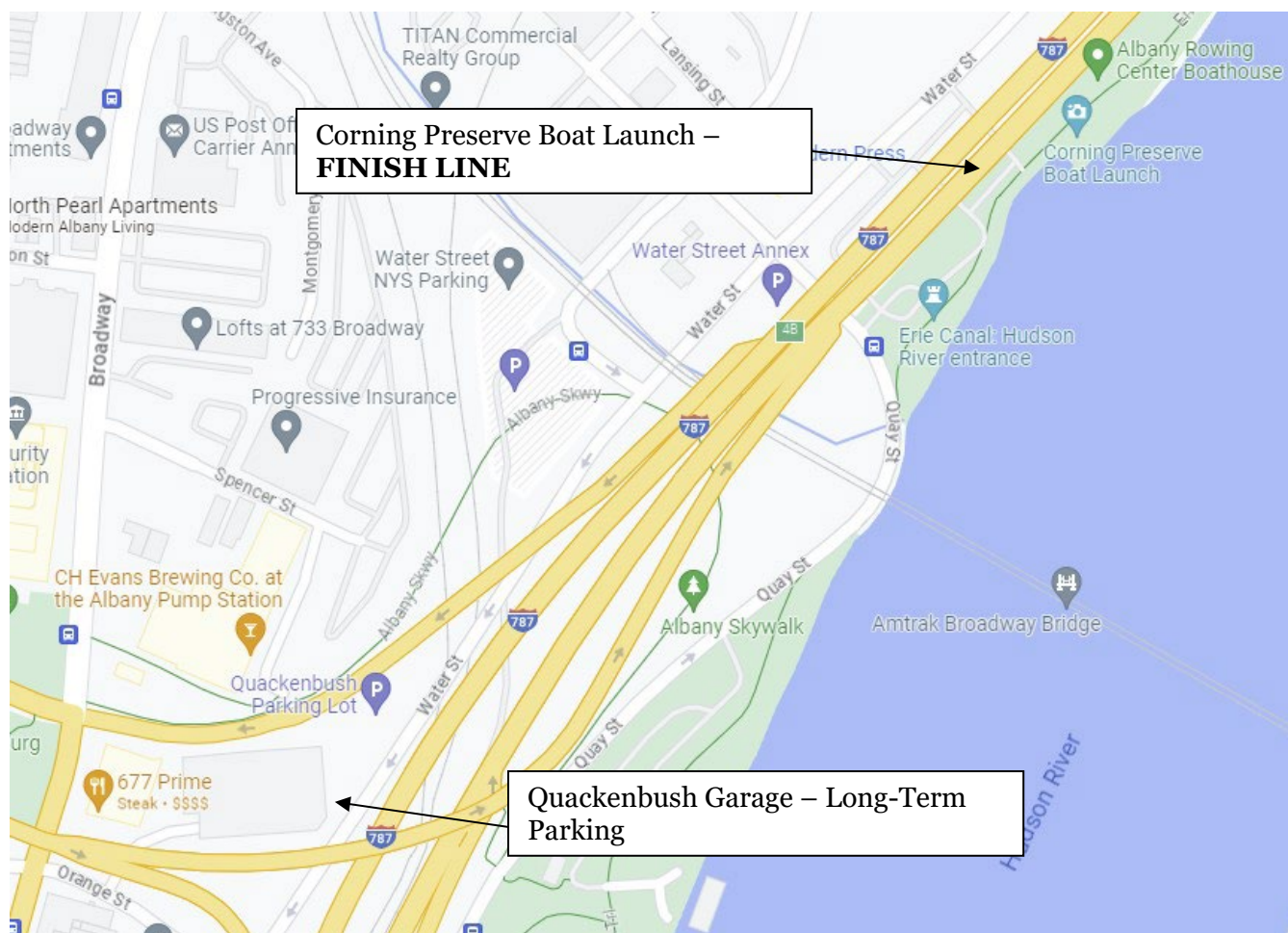
Please note: We have a limited number of long-term parking spaces available. All spaces must be reserved by *June 7, 2023*, with the \$100 parking fee paid to PTNY in advance. To reserve a space, please select the option while registering, or call 518-434-1583 x2 to add parking to your existing registration.

Those who select this option will take the July 8 Shuttle from Albany to Buffalo for the beginning of the tour, and ride back to their car in Albany. For more information on the July 8 Shuttle, see below.

JULY 8 SHUTTLE – BEGINNING OF THE RIDE

Registered shuttle riders should arrive at 8am on Saturday, July 8 at the [Albany Boat Launch at Corning Preserve](#). Shuttle registration includes passenger, bike, and luggage transport for a ticket fee of \$100 (\$125 after June 5, 2023). Be sure to allow ample time to check in, unload bikes & luggage, load bikes onto trucks, park car in garage (if applicable), and load luggage onto the buses.

For those parking in the Quackenbush Garage, you **must** check-in at the bus loading before proceeding to the garage, so you can receive parking instructions and drop off your bike and luggage. Bus loading will take place at the [Albany Boat Launch at Corning Preserve](#) at Colonie & Water Streets, just off Exit 4A Colonie Street of Interstate 787 South, under the 787 Underpass. After unloading your bike & gear at the Boat Launch area, proceed to park your car in the garage. It's a short 5-minute walk back to the bus loading area.



Reminder: If you have a paid reservation for long-term parking in Albany, you must drop off your luggage and bike at the loading area at the [Albany Boat Launch at Corning Preserve](#) before parking your car for the week in the [Quackenbush Garage](#).

TO ENSURE A SMOOTH SHUTTLE EXPERIENCE, PLEASE FOLLOW THESE STEPS:

1. Arrive at Albany Boat Launch at Corning Preserve by 8:30 AM and pull into “unloading/short-term parking zones” as directed by volunteers on site.
2. Unload **JUST** your bike and turn the handlebars 90° to the right. If you need help turning your handlebars, look for volunteers in yellow vests. Please remove all water bottles, panniers, bags, etc. **NOTE: ebikes must have battery removed**, you will bring the battery on the bus with you.
3. Once your handlebars are turned, get in line with your bike for shuttle check-in. At check-in, you will receive a ticket for a seat on a specific bus (i.e., Bus A, B, or C).
4. After you receive your bus ticket, proceed forward with your bike to the truck loading area. Hand off your bike to the volunteers so they can load it onto a truck. Make note of the number of the truck your bike is put on for easier pick-up in Buffalo.
5. Return to your car and retrieve your luggage. Bring your luggage and drop it off in the area designated for the bus you're taking based on the ticket you received (i.e., Bus A, B, or C). Note: you will be responsible for ensuring that your luggage is loaded on to the bus from this temporary luggage area.
6. If you signed up for long term parking in Albany, you can **now** drive your car into the Quackenbush Garage. Make sure you remove all valuables from your car and lock it. It's a 5-minute walk back to the loading area.
7. When the buses arrive, retrieve your luggage, load it on the bus to which you have a ticket, and take a seat.

Important: If you are delayed and will not be able to arrive by 8:30am, please call Dylan Carey at 518-217-8640.

Note: There are no coffee shops open in downtown Albany on Saturday mornings, and you will not have time to walk to get coffee after parking. If you want to stop for coffee/breakfast, do so before you arrive at Corning Preserve.

Buses will depart Albany when full, but no later than 10:00 AM. The shuttles do NOT pick up or drop off passengers anywhere but Buffalo. Bikes will be transported to Buffalo by truck.

The shuttle will arrive in Buffalo at approximately 3pm, stopping along the way for lunch. You can bring your lunch, or purchase lunch at the rest stop. You will not have access to your luggage or your bike during the trip, so bring any personal items you will want to have access to with you on the bus.

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

4-DAY RIDE ENDING POINT – BURNET PARK, SYRACUSE

The 4-Day Ride will end in [Burnet Park in Syracuse](#), the location of the overnight camp for the fourth day of the tour. Upon arrival at Burnet Park, please check-in with the information tent, and gather your luggage and bicycle for loading on the shuttle and truck.

The 4-Day Return Shuttle will depart at 4:00pm promptly and will not make any stops enroute to Buffalo, arriving at approximately 6:30pm at Buffalo State University. There are restaurants in Syracuse near Rosamund Gifford Zoo located within Burnet Park. The zoo also has a snack bar that riders will have access to free.

NOTE: E-bike batteries must be removed before loading bikes into the trucks, and the batteries brought onto the air-conditioned bus.

8-DAY RIDE ENDING POINT – CORNING RIVERFRONT PRESERVE, ALBANY

We are excited to have the Cycle the Erie Canal end once again at the [Corning Riverfront Preserve](#) in Albany on July 16, 2023.

Get your End-to-End Sticker

All riders who have made the journey from Buffalo will be recognized as one of those elite riders known as End-to-Enders! End-to-end stickers will be given out to all 8-day riders at the finish line, and an end-to-end recognition certificate can be [printed from the PTNY website](#).

Ship Your Bike Home

Please make a reservation for this service by June 30, 2023 with [Freewheel Bike Store](#), Albany, NY - please fill out & send them this [shipping info](#), or contact them [directly](#).

JULY 16 RETURN SHUTTLE – END OF THE RIDE

A return shuttle at the end of the ride is available from Albany to Buffalo on Sunday, July 16 for you, your bike and luggage, for an additional fee of \$100 (must register by June 7). If you choose this option, you can park your car in Buffalo (long-term parking available—see above), bicycle to Albany, and take the shuttle back to Buffalo. Bikes will be transported to Buffalo by truck.

Riders arriving at the finish line who are taking the shuttle should check in at the shuttle tent upon arrival. At the tent, you will be given a ticket for a seat on a specific bus (i.e., Bus A, B, or C). Once you have your assigned bus, you can gather your luggage from the luggage trucks and place it in the shuttle luggage zone. You will also be able to load your bike on a truck. Handlebars must be turned 90° to the right before the bikes are loaded. **NOTE: ebikes must remove batteries** before being loaded onto the truck, and the battery must be brought on the air-conditioned bus. Bicycles must be brought to the trucks for loading no later than one hour before the shuttle departs.

When the shuttles arrive at the finish line, you will be responsible for loading your own luggage onto the bus's luggage compartment. Shuttles will depart from the finish line when full. Riders should plan to board the shuttle by 1:00 PM, and the shuttles will depart no later than 1:30 p.m. Shuttles will make a brief stop midway and will arrive at SUNY Buffalo State University in Buffalo at approximately 7 p.m.

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.

Rental Agency	Albany	Buffalo
Hertz 1-800-654-4173 hertz.com	Albany International Airport (737 Albany Shaker Rd.) (518) 456-1777 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara Int'l Airport (4200 Genesee St.) (716) 632-4774 <i>Approx. 7.6 miles from start of tour</i>
National 1-844-393-9989 nationalcar.com	Albany International Airport (844) 366-2648 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara Int'l Airport (833) 813-5271 <i>Approx. 7.6 miles from start of tour</i>
Budget 1-800-214-6094 budget.com	Albany International Airport (518) 242-4450 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara Int'l Airport (716) 632-6400 <i>Approx. 7.6 miles from start of tour</i>
Enterprise 1-855-266-9565 enterprise.com	Albany International Airport (844) 934-1076 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara Int'l Airport (833) 813-5266 <i>Approx. 7.6 miles from start of tour</i>

RAIL TRAVEL

Amtrak is an option for some Cycle the Erie Canal riders, however Amtrak has limited capacity. As of May 31, all Amtrak bicycle slots have been reserved for the days surrounding Cycle the Erie Canal.

If you are still interested in exploring options, visit amtrak.com or call 1-800-872-7245 for more information. There are several restrictions for bicycles on Amtrak, and some Amtrak trains simply do not allow bicycles, so be sure to be aware of what is allowed or not by referring to the website, <https://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 improve Amtrak's bicycle service in the future.

Albany-Rensselaer Station (ALB) – Amtrak's Albany-Rensselaer Station is located at 525 East Street, Rensselaer, NY just across the river from downtown Albany.

Buffalo-Exchange Street Station (BFX) – Amtrak's Buffalo-Exchange Street Station is located at 75 Exchange Street, Buffalo, NY. It is about a 15-minute taxi ride (approx. 6 miles) to Nichols School, the start of bike tour. **Please note that there is no baggage service at the Exchange Street station.**

Buffalo-Depew Station (BUF) – Amtrak's Depew Station is located at 55 Dick Road, Cheektowaga, NY. It is about a 30-minute taxi ride (approx. 10 miles) to Nichols School (start of bike tour).

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, less than two miles from 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.

Albany International Airport	Buffalo Niagara International Airport
(518) 242-2200, albanyairport.com	(716) 630-6000, buffaloairport.com
Allegiant , American, Delta, Frontier, Jet Blue, Southwest, United	American, Delta, Frontier JetBlue, Southwest, Sun Country, Sunwing, and United
About a 20-minute drive (approx. 5 miles) from Downtown Albany.	About a 20-minute drive (approx. 7 miles) to the Nichols School, the start of bike tour in Buffalo.

TAXI SERVICE

While taxis should be readily available at train stations, bus stations, and airports in both Albany and Buffalo, we recommend calling in advance for arrangements, especially for those traveling with a bike.

Albany Taxi Service	Buffalo Taxi Service
Albany Yellow Cab (518) 434-2222	Airport Taxi Service (716) 633-8294
Capitaland Taxi (518) 453-8888	Liberty Yellow Cab (716) 877-7111

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

BIKE SHIPPING & BIKE RENTALS

SHIPPING YOUR BIKE TO BUFFALO

Shipping your bike to Buffalo ahead of time may help facilitate bus, rail, or air travel.

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, for a reasonable fee. Rick Cycle Shop will deliver your reassembled bicycle and its reusable shipping container to the Nichols School at the starting line. Each rider must confirm all delivery arrangements with Rick Cycle Shop by calling (716) 852-6838 or at rickcycleshop@gmail.com, using the form on page 20.

The address for shipping your bike is Rick Cycle Shop, Attn. Cycle the Erie Canal, 55 Allen St., Buffalo, NY 14202. All shipped bikes must have a completed Cycle the Erie Canal bike shipping form attached.

Bikes must be shipped to arrive no later than June 30, 2023.

GETTING YOUR BIKE HOME FROM ALBANY

Shipping will be available at the finish line through [Freewheel Bike Shop, Albany](#). To reserve this service, please fill out the [SHIP BIKES AFTER CTEC](#) form. The deadline to reserve this service is **June 30, 2023**. Contact Freewheel Bike Shop directly at freewheelfix@gmail.com or (518)-704-3696 with any questions.

PACKING YOUR BIKE

You can usually get a bike box for free from your local bike shop. 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 to 8 days, depending upon the distance. To be safe, we recommend that you **ship your bike at least 7 days in advance, to arrive no later than June 30, 2023.**

RENTING A BIKE

Bike rental options for the 2023 Cycle the Erie Canal in both Albany and Buffalo are extremely limited due to the constrained supply chain for bicycle parts. If you are successful in finding a rental, keep in mind that you'll have to return your bike at the end of the tour. At this time, we cannot provide reliable sources for bike rentals. Do your own research if you would like to explore this option.

If you rent a bike in Albany, you could sign up to take the July 8 shuttle or make your own arrangements to get to the start of the ride in Buffalo.

If you rent a bike in Buffalo, you can sign up for the July 16 shuttle or make your own arrangements to return the bike to Buffalo at the end of the ride.

ON THE RIDE

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!

For more information on the Erie Canalway Trail, the 360-mile route from Buffalo to Albany that the route follows (and now a part of New York State's 750-mile Empire State Trail), check out our resources at www.CycletheErieCanal.com, including our [interactive StoryMap](#) highlighting key attractions that you'll see along the way!

CAMPING AND ALTERNATIVE ACCOMMODATIONS

Those camping outdoors have two options: bring your own tent, or hire Comfy Campers and have one set up for you -- www.comfycampers.info. Comfy Campers tent rental service is currently full, but a la carte options are still available.

*Indoor camping options are available at all sites, please read the descriptions of the Indoor Camping facilities as some are basic and have limited availability. Find these descriptions in the FAQ section of the website <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/faqs>.

*Please note: NY State COVID guidelines and local venue policies could cancel our ability to offer Indoor Camping.

For alternative accommodation -- You are welcome to stay at hotels and bed & breakfasts along the route, though you are responsible for getting there and back each morning and evening with any luggage you need for the night. (see page 17-19 for listings)

Cycle the Erie Canal includes camping accommodations at schools and parks across the Canalway Trail corridor with restrooms and shower facilities. We'll also have a shower truck and portable toilets.

MEALS

At the beginning and end of each day's ride, Cycle the Erie Canal and host communities provide a delicious and nutritious meal, except for two evenings, when you are able to enjoy local restaurants. Vegetarian meal options are available, and we do our best to accommodate gluten-free, dairy-free, and vegan dietary requirements. Rest stops with snacks and drinks are provided twice a day. Lunch is on your own.

BAGGAGE TRANSPORT

Luggage trucks are open from 6:00 to 8:00 am each morning for you to load your bags. Your bags will be waiting for you at the end of the day's ride. Each bag should weigh less than 40 pounds, and do not strap anything to the outside of your bags.

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.

SAFE CYCLING

Communication and predictability are key to safe cycling, as you'll be sharing the trail with over 650 fellow Cycle the Erie Canal participants and numerous other members of the general public on any given day. 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.

REST STOPS

Morning rest stops, located 15-20 miles from the start of the ride, will be open from 8:00 am to 11:00 am. Afternoon rest stops, located 15-20 miles from the overnight location, will be open from 11:00 am to 4:00 pm.

BIKE REPAIR

Mobile mechanical and SAG wagon support are available every day to fix problems or get riders and bikes to bike shops for help. PLEASE NOTE: if your bike is non-traditional (trikes or folders with small wheels, tandems or recumbents with long chains, e-Bike with a lot of electronic components etc.) not every bike shop may be stocked to fix your issues. We recommend bringing spare tubes, chains, batteries, or other parts that are compatible with your bike. Riders are responsible for all repair and part costs.

SAG SUPPORT

A team of bicycle and vehicle SAGs (support and gear) follow the route each day and are available for help if you have a problem. A telephone number for assistance will be provided on the cue sheets which are available daily. If you don't have a cell phone, ask another rider or a volunteer.

DEVICE CHARGING

Phone charging stations are set up each evening for participants' use. Phone charging stations cannot accommodate laptops, CPAPS machine, e-bike batteries or other large or heavy usage batteries.

If you are needing to charge a larger device please see the FAQ Page under "What if I need access to power for a CPAP or other device?" - <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/faqs>. A separate charging station will be set-up for ebike batteries. **CPAP users are strongly encouraged to bring a second CPAP battery** as charging stations are first come, first served. Additionally, extension cords will not be run outside to the tents.

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.

BIKE CLINICS

Learn all about bike maintenance at evening clinics along the ride. To be announced.

MASSAGE THERAPY

Services to be determined.

EMERGENCY CONTACTS

Phone numbers will be provided for the PTNY ride staff who can be reached in case of an emergency. Additionally, please watch for an announcement; Cycle The Erie Canal will have a text alert service that you can sign up for.

For emergencies, please call one of:

Jonathan Duda, SAG Support Coordinator, 518-217-5658

Karen Empie, PTNY Bike Tour Coordinator, 518-217-8141

April Amodei, Tour Director, 315-406-6213

SATURDAY & SUNDAY SCHEDULES, 7/8 & 7/9

SCHEDULE FOR SATURDAY, JULY 8

Pre-Tour Rides-July 8 leaving from Nichols School

7:30 AM-3 PM, Niagara Falls Pre-Tour Ride - 50 mi ride crosses the Peace Bridge into Canada.

TO PARTICIPATE YOU MUST FULFILL THE FOLLOWING:

Visit <https://travel.gc.ca/travel-covid/travel-restrictions/exemptions> - Please visit Canada's government website for guidelines to cross the border. Stay up to date on border crossing policies if you are planning on participating in the Niagara falls ride.

NOTE: You will need enhanced license or passport to cross the border.

- Have downloaded ArriveCAN within 72 hours before your arrival to Canada
- Have an enhanced Drivers License or Passport

Join fellow Cycle the Erie Canal bike tour riders on a 45-50 mile round trip pre-ride tour to Niagara Falls. Tour led by Amy Pedlow and Deanna Rizzo, email Amy Pedlow with any questions at pedlowam@gmail.com. If you plan to participate you should be at Nichols School (ready to ride!) by 7:15 AM for a pre-ride briefing and a 7:30 AM start.

10 AM-3 PM, Downtown Buffalo Pre-Ride Tour

Join other Cycle the Erie Canal Riders on a pre-tour ride tour 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. Please email Aaron Slosman with any questions aslosman@gmail.com.

July 8 Schedule at Nichols School

9 AM-4 PM	Information Booth Open
1-5 PM	Long Term Parking Shuttle
2 PM-5 PM	Registration
4:30-5:30PM	Erie Canal Historical Presentation by Craig Williams
4:25-6 PM	Wine Tasting
4:30-7 PM	Dinner, with Music Outside
7:15-7:45PM	Opening Remarks & Information
8 PM	Workshop "How to Use Your Gears"
8 PM	Workshop "How to adjust your bike for greatest comfort and efficiency".

SCHEDULE FOR SUNDAY, JULY 9 *Note: No mass start, Riders leave on their own after sunrise.*

6-8 AM	Breakfast
6-8 AM	Load Luggage onto Trucks
6:30 AM	AM Meeting #1
7:00 AM	AM Meeting #2
6:30-7:30AM	Registration/Long Term Parking Shuttle
7:30 AM	Car SAG vehicles on route
9 AM	Site Closes - <i>See you in Medina!</i>

DAILY ROUTES & TENT CITIES

Daily routes for 2023 will be finalized in late June, when we can provide the most up-to-date route information, and will be posted on <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/itinerary>. Note that 2022 routes are available on the FAQ page and will be largely similar to the route followed for this year's ride.

SATURDAY, JULY 8 — Registration 2pm – 5pm

Tent City: Nichols School (1250 Amherst Street, Buffalo, NY 14216)

SUNDAY, JULY 9 — Buffalo to Medina (48 miles)

Tent City: Medina Central Schools (1 Mustang Drive, Medina, NY 14103)

MONDAY, JULY 10 — Medina to Fairport (63 miles)

Tent City: Center Park West (1100 Ayrault Road, Fairport, NY 14450)

TUESDAY, JULY 11 — Fairport to Seneca Falls (51 miles)

Tent City: Mynderse Academy (105 Troy Street, Seneca Falls, NY 13148)

WEDNESDAY, JULY 12 — Seneca Falls to Syracuse (45 miles)

Tent City: Burnet Park (52149 Burnet Pk Dr, Syracuse, NY 13204)

THURSDAY, JULY 13 — Syracuse to Rome (~50 miles)

Tent City: Fort Stanwix (200 N. James Street, Rome, NY 13440)

FRIDAY, JULY 14 — Rome to Canajoharie (60 miles)

Tent City: Canajoharie High School (136 Scholastic Way, Canajoharie, NY 13317)

SATURDAY, JULY 15 — Canajoharie to Schenectady (45 miles)

Tent City: Schenectady Jewish Community Center (2565 Balltown Road, Schenectady, NY 12309)

SUNDAY, JULY 16 — Niskayuna to Albany (28 miles)

Finish Line: Corning Preserve Boat Launch (Colonie & Water Streets, Albany NY 12207)

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, mostly within a short ride from the tent cities. **Make your reservations early as many places will fill up quickly. NOTE:** No lodging is available near Canajoharie. 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.

City/Town	Motel/Hotel	Address	Phone
Buffalo	The Foundry Suites	1738 Elmwood Ave.	(716) 240-9693
	Richmond Place Inn B&B	45 Richmond Ave.	(716) 704-0430
	Mansion on Delaware	414 Delaware Ave.	(716) 886-3300
	DoubleTree	125 High St.	(716) 845-0112
	Best Western on the Avenue	510 Delaware Ave.	(716) 886-8333
	Hotel Lafayette	391 Washington St.	(716) 853-1505
	Hostel Buffalo-Niagara	667 Main St.	(716) 852-5222
	Buffalo Marriott Harborcenter	95 Main St.	(716) 852-0049
	Courtyard Canalside	125 Main St.	(716) 840-9566
Medina	Garden View B&B	11091 W Center St.	(586) 798-1087
	Bent's Opera House	444 Main St.	(585) 318-2110
	Historic Village B&B	233 W Center St.	(585) 331-1712
	Hart House Hotel	113 W Center St.	(585) 735-6031
	Comfort Inn & Suites	11591 Maple Ridge Rd.	(585) 318-2110
	Bunkhaus	511 West Ave.	(585) 735-6031
Fairport	Hilton Garden Inn	800 Pittsford Victor Rd.	(585) 248-9000
	The Clematis Inn	2513 Penfield Rd.	(585) 388-9442
	Del Monte Hotel	41 N. Main St.	(585) 381-9900
	Woodcliff Hotel & Spa	199 Woodcliff Dr.	(585) 381-4000
	Canal Lamp Inn	27 N. Main St.	(585) 381-4351
	https://finditinfairport.com/stay-perinton-fairport-ny/		

City/Town	Motel/Hotel	Address	Phone
Seneca Falls	Microtel Inn & Suites	1966 Routes 5 & 20	(315) 539-8438
	VanCleaf Homestead	86 Cayuga St.	(315) 568-2275
	Barrister's B&B	56 Cayuga St.	(315) 568-0145
	The Gould Hotel	108 Fall St.	1-877-788-4010
	Hampton Inn	1950 Balsley Rd.	(315) 539-3939
	Holiday Inn	2468 Route 414	(315) 539-5011
Syracuse	Marriott Syracuse Downtown	100 E. Onondaga St.	(315) 474-2424
	Ophelia's Garden Inn B&B	400 S. Avery St.	(315) 488-3621
	Scholar Hotel Syracuse	1060 E. Genesee St	(315) 476-4212
	Courtyard Armory Square	300 W. Fayette St.	(315) 422-4854
	Jefferson Clinton Hotel	416 S. Clinton St	(315) 425-0500
	Crowne Plaza Hotel	701 E. Genesee St.	(315) 479-7000
	Parkview Hotel	713 E. Genesee St.	(315) 476-4212
	Hotel Skyler	601 S. Crouse Ave.	(315) 701-2613
	Quality Inn & Suites	454 James St.	(315) 425-0015
	Aloft Syracuse Inner Harbor	310 W. Kirkpatrick St.	(315) 422-1700
	Sheraton Syracuse University	801 University Ave.	(315) 475-3000
Rome	Oak & Ivy B&B	600 N. George St.	(315) 337-3065
	Quality Inn	200 S. James St.	(315) 336-4300
	Econo Lodge	145 E. Whitesboro St.	(315) 337-9400
	The Rome Motel	8257 Turin Rd.	(315) 336-4200
Canajoharie	<i>no lodging available near Canajoharie</i>		
Niskayuna	Stockade Inn B&B	1 N. Church St.	(518) 346-3400
	Hampton Inn	450 State St.	(518) 377-4500
	The Parker Inn & Suites	434 State St.	(518) 688-1001
	The Inn at Glen Sanders	1 Glen Ave.	(518) 374-7262
	DoubleTree Schenectady	100 Nott Terrace	(518) 393-4141
	Courtyard Mohawk Harbor	240 Harborside Dr.	(518) 579-6620

City/Town	Motel/Hotel	Address	Phone
Albany	Hampton Inn & Suites	25 Chapel St.	(518) 432-7000
	Morgan State House B&B	393 State St.	(518) 427-6063
	State Street Mansion	281 State St.	(518) 462-6780
	Hilton Albany	40 Lodge St.	(518) 462-6611
	Fairfield Inn & Suites	74 State St.	(518) 434-7410
	Holiday Inn Express	300 Broadway	(518) 434-4111
	Renaissance Albany	144 State St.	(518) 992-2500
	TownePlace Suites	22 Holland Ave.	(518) 860-1500
	Hilton Garden Inn	62 New Scotland Ave.	(518) 396-3500
	Washington Park Inn	634 Madison Ave.	(518) 225-4567
Albany Airport	Albany Airport Courtyard	168 Wolf Rd.	(518) 422-8800
	Albany Marriott	189 Wolf Rd.	(518) 458-8444
	Hilton Garden Inn	800 Albany Shaker Rd.	(518) 464-6666
	Radisson Hotel Albany	205 Wolf Rd.	(518) 458-7250
	Crowne Plaza Hotel/ The Desmond Hotel	660 Albany Shaker Rd.	(518) 869-8100
	Hotel Trilogy	254 Old Wolf Rd.	(518) 869-9100
	Best Western	200 Wolf Rd.	(518) 458-1000
	Hampton Inn Wolf Road	10 Ulenski Dr.	(518) 438-2822
	Comfort Inn & Suites Airport	16 Wolf Rd.	(518) 459-3600
	Red Roof Inn, Albany Airport	188 Wolf Rd.	(518) 459-1971
	Homewood Suites	216 Wolf Rd.	(518) 438-4300

BIKE SHIPPING FORM—TO THE STARTING LINE

Please Note: Riders must call Rick Cycle Shop at (716) 852-6838 or rickcycleshop@gmail.com in advance to arrange delivery and so they can create a work order. Please be prepared to provide the make and model of your bike and the estimated date of delivery. Also, while talking with the shop, please have your credit card handy to arrange payment.

Rick Cycle Shop must receive your bike by June 30, 2023.

If you're shipping your bike to Rick Cycle Shop in Buffalo, you must print this form, fill it out, and attach it to your bicycle.

Name and Address:

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 will need the bike assembly only, fee **\$40.00.**

☐ I will need the bike assembly & a tune up, fee **\$60.00.** Rick Cycle Shop will contact me if repairs above that amount are needed.

Please Note: Riders must email Rick Cycle Shop at rickcycleshop@gmail.com or call at (716) 852-6838 in advance to arrange delivery. Please be prepared to provide the make and model of your bike and the estimated date of delivery. **Rick Cycle Shop must receive your bike by June 30, 2023.**

Mail to: Rick Cycle Shop, Attn. Cycle the Erie Canal, 55 Allen Street, Buffalo, NY 14202

BIKE SHIPPING FORM—FROM THE FINISH LINE

The Freewheel Bike Shop
3c Vatrano Rd.
Albany, NY 12205



518-704-3696
FreewheelFix.com
freewheelfix@gmail.com

If you are shipping your bike from the finish line in Albany, you must fill out this form before June 30, 2023:

<https://docs.google.com/forms/d/e/1FAIpQLSckt8Nj1MoART6Pzyucwq4xEugbcClXW37b3OQyOJ8j6nAKew/viewform>

BIKE ASSEMBLY/PACKING FEE: \$120. The fee covers packing, supplies, and sales tax. This fee does NOT include shipping cost.

Shipping will be handled through a separate company: Bike Flights. You must either register and pay directly through Bike Flights (www.BikeFlights.com) and provide the printed label to The Freewheel, or fill out a form at the end with your credit card info, address to ship the bike to, desired insurance, and permission to use your card to make the label once the box size is known.

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 or parking to your registration, contact us at eriecanaltour@ptny.org.

CANCELLATION POLICY

To receive a refund of your ride registration and, if applicable, shuttle reservation fee, minus a cancellation fee per rider (cancellation fees increase on June 5, 2023), you must submit a ride registration cancellation form no later than June 19, 2023. You may find this form on the website or email eriecanaltour@ptny.org and we will send you one.

If your refund request is made after June 19, 2023, you may be eligible to receive credit for Cycle The Erie Canal 2024 only. No shuttle reservation refunds or credits will be issued after June 19, 2023.

No ride registration refunds or credits will be issued after June 30, 2023. All refunds are issued by check.

CANCELLATION FEES

Registration

RIDE CANCELLATION FEES THROUGH JUNE 5, 2023

8-DAY RIDER: \$200 PER PERSON

4-DAY RIDER: \$100 PER PERSON

RIDE CANCELLATION FEES AFTER JUNE 5, 2023

8-DAY RIDER: \$300 PER RIDER

4-DAY RIDER: \$150 PER RIDER

Cancelling Just the Shuttle

If you're still joining us for the ride but need to cancel your shuttle reservation and receive a refund minus a \$25 cancellation fee per rider (fee increases on June 5, 2023), you must submit a shuttle cancellation form no later than June 19, 2023. No shuttle refunds after June 19, 2023. There are no shuttle credits.

SHUTTLE CANCELLATION FEE UP UNTIL JUNE 5, 2023

\$25 PER PERSON

SHUTTLE CANCELLATION FEE AFTER JUNE 5, 2023

\$40 PER PERSON

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 [Cycle the Erie Canal Merchandise](#) and we'll send your guidebook in the mail. The cost of the guidebook is \$26.95 + tax, we offer free shipping for Cycle the Erie Canal 2023 riders.

CYCLING THE ERIE CANAL: A Guide to 400 Miles of Adventure and History Along the Erie Canalway Trail

- 142 pages packed with detailed information about the outstanding bicycling and sightseeing waiting for you along the Erie Canal.
- 38 easy-to-read, full-color maps.
- NEW inset maps to guide trail users through complicated stretches.
- All new trail segments added, and on-road routing updated.
- Comprehensive listing of attractions, historic sites, visitor centers, parks.
- Availability of lodging, bike shops, parking and other services.
- High-quality spiral binding and convenient 9" x 5" size - just right to tuck in your saddle bag or backpack.
- Year of publication: 2021.



CYCLE THE ERIE CANAL JERSEY

A relaxed fit, designed to provide plenty of room in the ride position. Raglan sleeves are less restrictive in low positions on the bike and reflective accents keep you safer in dim light.

This is a custom manufactured item. No exchanges or returns. See sizing charts to choose correctly.

The Cycle the Erie Canal jerseys are the perfect way to celebrate your Erie Canal adventure!

Visit <http://www.ptny.org/official-bike-tour> to reserve yours today.

Orders must be received by May 10, 2023

SOCIAL MEDIA ON THE TOUR

During the tour we encourage 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.

You can also “tag” Parks & Trails New York and the Erie Canalway Trail (both of which are managed by PTNY) in your updates by adding the following handles for the chance to have your posts featured on our pages.



Instagram
@parkstrailsnyc
@eriecanalwaytrail



Facebook
@parksandtrailsny
@eriecanalwaytrail



Twitter
@PTNY
@cycletheerie

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 e-mail eriecanaltour@ptny.org and we'll 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 [Cycling the Erie Canal Facebook group](#)!