



NEWS RELEASE

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Cyclists from 40 states to make 400-mile cross-state bicycle trip

—750 cyclists depart from Buffalo July 10 on annual *Cycle the Erie Canal* tour, arriving in Medina same evening—

ALBANY, N.Y. – After holding the tour at reduced capacity in 2021 due to the pandemic, the annual eight-day, cross-state *Cycle the Erie Canal* bike tour returns at full capacity this year, departing from Buffalo on July 10 and arriving in Albany eight days later on July 17. 750 cyclists from 40 states will cross New York State as part of the 24th *Cycle the Erie Canal* tour organized by the statewide nonprofit Parks & Trails New York.

Covering between 40 and 60 miles per day, cyclists travel along the Erie Canalway Trail, which is now more than 85 percent off-road. Since 2020, the Erie Canalway Trail has also served as the east-west section of the 750-mile Empire State Trail. Recent studies by Parks & Trails New York reveal that the Erie Canalway Trail receives over 3 million visits every year and generates an economic impact of over \$253 million.

The first day of the tour starts by taking cyclists along the Shoreline Trail from Buffalo to the City of Tonawanda. From there, the trail winds through Pendleton to the City of Lockport, where cyclists can opt to take a boat ride through Lockport's iconic "Flight of Five" locks and explore

this 21st-century city with its roots in the early 1800s. The day ends after nearly 50 miles of cycling in the historic community of Medina.

“*Cycle the Erie Canal* tour is a wonderful way to experience the Erie Canal. It’s fun, healthy, and good for the economy,” says Parks & Trails New York Executive Director Robin Dropkin. “We have cyclists aged 10 to 83 and they all get to experience what makes the Erie Canal and upstate New York so special.”

The New York State Canal Corporation, a subsidiary of the New York Power Authority, has partnered with Parks & Trails New York on *Cycle the Erie Canal* since its inception. The Erie Canalway National Heritage Corridor is the premier heritage sponsor of the event. Nine regional tourism agencies also sponsor the ride.

Parks & Trails New York is New York’s leading statewide advocate for parks and trails, dedicated since 1985 to improving our health, economy, and quality of life through the use and enjoyment of green space.

Schedule of Events:

Sunday, July 10 Buffalo to Medina

8:00-11:00am – Morning Rest Stop– Uncle G’s

11:00am-4:00pm – Afternoon Rest Stop– Village of Middleport Canal Park

Tent City Overnight Location: Medina Central Schools, 1 Mustang Ave., Medina, NY 14103

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