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**MEDIA ADVISORY: Cycling the Hudson Valley Bike Tour
DAYS 4-6: HYDE PARK→GARRISON→NYACK→NYC**

**More than 100 cyclists take six-day tour through Hudson Valley
—10th anniversary Cycling the Hudson Valley ends August 3 in NYC—**

ALBANY, N.Y. – Over 100 bicyclists from 15 states and Canada are participating in the 10th anniversary *Cycling the Hudson Valley* event, organized by Parks & Trails New York, a statewide not-for-profit organization. The 200-mile bicycle tour ends on Sunday, August 3 in New York City.

“*Cycling the Hudson Valley* is bound to be a fun and exciting event,” says Robin Dropkin, Executive Director of Parks & Trails New York. “We have riders spanning ages 6 to 77, plus many volunteers in communities along the route ready to welcome riders and help them discover what makes the Hudson Valley so unique.”

On July 31, participants will have a layover in Hyde Park to take in all the attractions, including the Franklin D. Roosevelt, Eleanor Roosevelt and Vanderbilt Mansion National Historic Sites, or they can opt to take a loop bicycle ride to visit Locust Grove or explore the new Dutchess Rail Trail to Hopewell Junction.

Cyclists will leave Hyde Park the morning of Friday, August 1, cross the Walkway over the Hudson, a highlight of the tour for many cyclists, stop at the historic Gomez Mill House and end up in Garrison, where St Basils Academy is the location of the “tent city.”

Saturday, August 2, begins with a bus or bike tour of West Point, the oldest military academy in the country. Riders will pass through the dramatic and scenic gorge of the Hudson River as it cuts through the Appalachians. Riders will end their day in Nyack, at Nyack Beach State Park, with a dinner and celebration to mark the last evening of the tour.

On Sunday, August 4, the final day of *Cycling the Hudson Valley*, cyclists will cross the George Washington Bridge, then follow the bike path along the west side of Manhattan. The tour then crosses the Brooklyn Bridge to end at Cadman Plaza.

Con Edison is the Premier Sponsor of *Cycling the Hudson Valley* and Harney & Sons is the Champion Sponsor. The Hudson River Valley Greenway and Hudson River Valley National Heritage Area are Heritage Sponsors. Central Hudson Gas & Electric Corporation is a Sponsor along with Tourism Partners I Love New York and Columbia, Dutchess, Orange, Putnam and Ulster Counties.

Parks & Trails New York is a statewide not-for-profit organization working to create a network of parks, trails and open space across the state for all to use and enjoy. Funds raised will help support Parks & Trails New York's park and trail programs, including supporting outdoor recreation and economic development, expanding New York's trail network, and advancing bicycle tourism. More information on Parks & Trails New York is available at www.ptny.org.

The Hyde Park to NYC schedule is as follows:

Thursday, July 31 Hyde Park Layover

Overnight: Regina Coeli School, 4337 Albany Post Rd., Hyde Park

6:30am– 8:00am – Breakfast at Regina Coeli School

All Day - Two options:

- 1) **Loop bike ride:** Ride to visit Locust Grove or explore the new rail trail to Hopewell Junction
- 2) **Visits to Hyde Park Historic Sites:** FDR, Val-Kill, and Vanderbilt National Historic Sites, Locust Grove

5:00pm – 9:00pm – Shuttle to area restaurants in Rhinebeck and Hyde Park

Friday August 1 – Hyde Park to Garrison

Overnight: St Basil Academy, 79 Saint Basil's Road, Garrison

6:30am – 8:00am – Breakfast at Regina Coeli School

8:00am – 11:00am – Morning Rest Stop at Gomez Mill House

11:00pm – 4:00pm – Afternoon Rest Stop at Beacon Visitors Center

5:00pm – 6:30pm – Dinner at St. Basil Academy

7:00pm – Speaker – Steve Stanne, Education Coordinator, DEC Estuary Program: Natural History of the Hudson Valley

7:00pm – 9:00pm – Music at campsite – Fred Vine

Saturday August 2 – Garrison to Nyack

Overnight: Upper Plateau, Nyack Beach State Park, Nyack

6:30am– 8:00am – Breakfast at St. Basil Academy

9:00am –10:30am – West Point Bus or Bicycle Tour

11:00am – 5:00 pm – Rest Stop at Stony Point Battlefield State Historic Site

2:00pm – 6:00pm – Shuttle to downtown Nyack (2 miles)

5:00pm – 6:30pm – Dinner at the campsite

6:30pm – 8:00pm – Music, Announcements, and Closing

Sunday, August 3 – Nyack to New York City

Finish Line: 220 Cadman Plaza West, Brooklyn, NY

6:30am– 8:00am – Breakfast at the Runcible Spoon in Nyack

8:00am –11:00am – Rest Stop at Englewood Picnic Area in Palisades Interstate Park

10:30am – 3:00pm – Tour finishes across the street from 220 Cadman Plaza West, Brooklyn, NY

4:00pm – Shuttle Leaves for Hudson

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