

PARKS & TRAILS NEW YORK

CYCLE *THE*
ERIE CANAL

2021

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 23rd 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 us at eriecanaltour@ptny.org and we'll 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://www.facebook.com/events/487962181934572>

Also, please take some time to review the COVID-19 information and mitigation plan on our [website](#).

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 2021

SHUTTLE: Shuttles for riders and their bikes/luggage are available for 8-day riders from Albany to Buffalo on Saturday, July 10 and Sunday July 18. Details can be found at: <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/transportation>

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](https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/itinerary/interactive-daily-route-maps) for daily routes from the 2019 tour (the 2020 tour was cancelled). The routes are available online and for export to GPS-enabled bike computers and fitness devices. However, please note final routes for 2021 will not be available until June 2021.

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, a commemorative Sport-tek shirt, and other items to remember your trip. Visit www.ptny.org/official-bike-tour to learn more.

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.

TRAINING & PACKING TIPS

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 your 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 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.

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.

You will also 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. 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

You can sign up to receive alerts via text involving any sudden weather hazards or other last-minute important updates during the tour. To subscribe, text **ptny1583** to 84483. After receiving the subscription confirmation, text **canal2021** to begin receiving notifications. Or you may subscribe online under the Emergencies section on: <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/faqs>

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
- ◇ 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 others to be announced.

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

DOs AND DON'Ts

- ◇ 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.

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:

- ◇ Face masks
- ◇ Hand sanitizer
- ◇ *Cycling the Erie Canal* Guidebook
- ◇ Glasses
- ◇ Watch
- ◇ Cell phone and charger
- ◇ Camera
- ◇ Personal identification
- ◇ Health insurance card
- ◇ Cash and credit/debit card
- ◇ Pocket knife
- ◇ Ear plugs (for sleeping)
- ◇ Postage stamps
- ◇ Book
- ◇ Deck of cards
- ◇ 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

The bike tour begins at the Nichols School (1250 Amherst Street, Buffalo, NY – see page 11 for directions). Riders must check in at the registration area at the Nichols School upon arrival. There will be an information booth on-site in addition to the registration tables.

Outdoor camping (no indoor camping this year) 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 lot at the Nichols School (the Saturday night camping location). At registration you will be issued a parking pass and directions to the lot. We have a specific area where all cars must be parked. Please follow directions issued with your parking pass. Nichols School does not take any responsibility for any loss or damage that may occur to your vehicle.

JULY 10 SHUTTLE

We are running two shuttles from Albany to Buffalo: at the BEGINNING OF THE RIDE on July 10 (departing Albany around 9am), and at the END OF THE RIDE on July 18 (departing Albany around 1:30pm). The shuttle includes passenger, bike and luggage transport (see Options) for an additional fee of \$100 (\$125 after June 6). The shuttles do NOT drop off passengers anywhere but Buffalo.

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 10 shuttle by 9:00am, call (518) 768-7028. 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 are still confirming the shuttle and long-term parking locations in Albany. We will update all those registered for the shuttles as soon as locations are confirmed.

ENDING POINT

The ride will end in Albany but the exact location is still being confirmed. We will update you as soon as the location is confirmed.

Thank you for your patience and understanding as we organize this year's ride in a challenging year.

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

To ship your bike home from the finish line in Albany, you must register and pay in advance with our partnering organization Velofix. Please fill out and send the form on page 20 with accompanying payment.

JULY 18 RETURN SHUTTLE

A return shuttle at the end of the ride is available from Albany to Buffalo on Sunday for you and your bike and luggage for an additional fee of \$100 (\$125 after June 7). The shuttle will depart from the finish line at 1:30 p.m. with a brief stop midway and an approximate arrival time of 8 p.m. at the Nichols School. If you choose this option, you can park your car in Buffalo (long-term parking available—see Frequently Asked Questions), bicycle to Albany, and take the shuttle back to Buffalo.

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.

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 the 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 just across the river from downtown Albany. 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 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 here 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). You can reach the station at (716) 683-8441.

CAR RENTAL

Rental Agency	Albany	Buffalo
Hertz 1-800-654-3131 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 International Airport (4200 Genesee St.) (716) 632-4772 <i>Approx. 7.6 miles from start of bike tour</i>
National 1-800-227-7368 nationalcar.com	Albany International Airport (518) 242-2323 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport (716) 634-9220 <i>Approx. 7.6 miles from start of bike tour</i>
Budget 1-800-527-0700 budget.com	Albany International Airport 1-800-527-0700 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport 1-800-527-0700 <i>Approx. 7.6 miles from start of bike tour</i>
Enterprise 1-800-261-7331 enterprise.com	Albany International Airport (518) 785-7771 <i>Approx. 5.2 miles from end of bike tour</i>	Buffalo Niagara International Airport (716) 565-0002 <i>Approx. 7.6 miles from start of bike tour</i>

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.

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, 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.

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.

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

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 (Scajaquada 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

(May 2021) We are still confirming the location for long-term parking in Albany. We will inform riders in our rider emails and post options onto the FAQs page when confirmed: <https://www.ptny.org/cycle-the-erie-canal/annual-bike-tour/faqs>

DIRECTIONS TO JULY 10 SHUTTLE AND END OF TOUR, JULY 18

If you are registered for the shuttle at the beginning or end of the tour, we will email you directions to the location as soon as the location is confirmed.

BIKE SHIPPING & BIKE RENTALS

SHIPPING YOUR BIKE

Shipping your bike to Buffalo ahead of time may help facilitate bus, rail, or air travel. Please call or email Rick Cycle Shop in Buffalo to make arrangements for shipping and attach a completed Cycle the Erie Canal bike shipping form to your bike (see page 19) **Bikes must be shipped no later than 7 days prior to the ride to ensure they arrive in time.**

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 2-8 days depending upon the distance. To be safe, we recommend that you ship your bike at least 7 days in advance.

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. Rick Cycle Shop will deliver your reassembled bicycle and its reusable shipping container to the Nichols School. Please fill out and mail the form on page 19

Each rider must confirm all delivery arrangements with Rick Cycle Shop 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.

GETTING YOUR BIKE HOME

You may ship your bike home by using Bike Flights (<https://www.bikeflights.com/>). There will be a service at the finish line (VeloFix) that will disassemble and box your bike to prepare it for shipping for an additional fee. You must pay VeloFix in advance using the form on page 20 or provide VeloFix with a label from Bike Flights at the finish line.

RENTING A BIKE

Bike rental options for the 2021 Cycle the Erie Canal in both Albany and Buffalo are very limited due to the limited supply of bicycles. If you are successful finding a rental, 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 10 shuttle or make your own arrangements to get to the start of the ride in Buffalo.

Downtube Bicycle Works (466 Madison Ave, Albany) 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 18 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) (716) 646-0028 or visit bertsbikes.com to make a rental reservation.

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

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

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 you do is ride 40-60 miles a day, make new friends, and discover the Erie Canal!

CAMPING AND ALTERNATIVE ACCOMODATIONS

The choice is yours: bring your own tent, hire Comfy Campers and have one set up for you (www.comfycampers.info), 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 not available at any location during this year** —

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 8:00am 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 for 2021 will have pre-packaged snacks and fruits with a non-edible skin.

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

Services to be determined.

EMERGENCY CONTACT

In an emergency, family members can contact our Ride Directors Al Hastings and April Amodei anytime during the tour at (607) 423-2769 or (315) 406-6213.

DAILY ROUTES & TENT CITIES

Daily routes for 2021 will be finalized in June. Please visit ptny.org/cycle-the-erie-canal/annual-bike-tour/itinerary/interactive-daily-route-maps to access routes.

SATURDAY — Registration

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

SUNDAY — Buffalo to Medina (48 miles)

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

MONDAY — Medina to Fairport (63 miles)

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

TUESDAY — Fairport to Seneca Falls (51 miles)

Tent City: Vince's Park (NY-318, Seneca Falls, NY 13148)

WEDNESDAY — Seneca Falls to Syracuse (45 miles)

Tent City: Burnet Park (1 Burnet Park, Syracuse, NY 13204)

THURSDAY — Syracuse to Rome (~50 miles)

Tent City: Verona Beach State Park (6541 Lakeshore Rd S, Verona Beach, NY 13162)

FRIDAY — Rome to Canajoharie (60 miles)

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

SATURDAY — Canajoharie to Niskayuna (45 miles)

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

SUNDAY — 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, 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.

City/Town	Motel/Hotel	Address	Phone
Buffalo	The Foundry Suites	1738 Elmwood Ave.	(716) 240-9693
	Elmwood Village Inn	893 Elmwood Ave.	(716) 886-2397
	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
	Hotel Henry	444 Forest Ave.	(716) 882-1970
	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	Dollinger's Courtyard	11360 Maple Ridge Rd, Medina	(585) 798-0016
	Garden View B&B	11091 W Center St, Medina	(586) 798-1087
	Bent's Opera House	444 Main St, Medina	(585) 318-2110
	Historic Village B&B	233 W Center St, Medina	(585) 331-1712
	Hart House Hotel	113 W Center St, Medina	(585) 735-6031
Fairport	Twenty Woodlawn B&B	20 Woodlawn Ave.	(585) 377-8224
	Hilton Garden Inn	800 Pittsford Victor Rd.	(585) 248-9000
	The Clematis Inn	2513 Penfield Rd.	(585) 388-9442
	Springdale Farm B&B	242 Victor Egypt Rd.	(585) 490-8170
	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

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
	Genesee Grande Hotel	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
	The Convent: Angel's Nest B&B/Mary Davis B&B	404 S. George St.	(315) 334-4618
	Oak & Ivy B&B	600 N. George St.	(315) 337-3065
Rome	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
	Pineapple House B&B	63 Otsego St.	(518) 673-3923
	Stockade Inn B&B	1 N. Church St.	(518) 346-3400
Canajoharie	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
Albany	Hampton Inn & Suites	25 Chapel St.	(518) 432-7000
	Morgan State House B&B	393 State St.	(518) 427-6063

City/Town	Motel/Hotel	Address	Phone
Albany	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
	The Desmond Hotel	660 Albany Shaker Rd.	(518) 869-8100
	Hotel Indigo	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—BUFFALO

 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 **\$40.00** 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 24.**

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

BIKE ASSEMBLY FORM—ALBANY

✂

If you are shipping your bike from the finish line in Albany, you must fill out this form and send with payment to the address below.

BIKE ASSEMBLY/PACKING FEE: \$130.54

The fee covers packing, supplies, and sales tax. This fee does NOT include the shipping fee.

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 VeloFix, 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 their card to make the label once the box size is known.

Please check one:

☐ I have set up my bike shipment before the tour with Bike Flights and have enclosed the shipping label with this form. *Be sure you have selected the proper box size or additional charges may occur.

☐ I would like VeloFix to handle the shipping for me. I will fill out a form at the end of the ride and give VeloFix permission to use my credit card to make the label.

Name and Address:

Phone:

Cell Phone:

Email:

List items that will be 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:

Please make check in the amount of \$130.54 to: **Velofix Albany**

Send to: **VeloFix Albany, 5 Southside Drive Ste 11-302, Clifton Park, NY 12065**

* Form must be postmarked by JUNE 30 *

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, contact us at eriecanaltour@ptny.org or (518) 434-1583.

CANCELLATION POLICY

To receive a refund of your ride registration and, if applicable, shuttle reservation fee, minus a cancellation fee per rider (fees increase on June 7), you must submit a ride registration cancellation form no later than June 20, 2021. If your refund request is made after June 19, 2021 you may be eligible to receive a credit for next year's ride. No shuttle reservation refunds or credits after June 19, 2021. No ride registration refunds or credits after June 30, 2021. All refunds are issued by check.

After June 19, 2021, to receive a credit for your ride registration, minus a cancellation fee per rider (fees increase on June 7), you must submit a ride registration cancellation request form no later than June 30. Credits can be used toward a future PTNY Cycle the Erie Canal bike tour. No credits after June 30, 2021.

- ALL REFUNDS WILL BE ISSUED IN CHECK FORM
- CANCELLATION FEES INCREASE JUNE 7, 2021
- NO SHUTTLE REFUNDS AFTER JUNE 19, 2021
- NO RIDE REFUNDS AFTER JUNE 20, 2020; CREDITS MAY BE AVAILABLE

RIDE CANCELLATION FEES THROUGH JUNE 6, 2021

8-DAY RIDER:
\$200 PER RIDER

RIDE CANCELLATION FEES AFTER JUNE 6, 2021

8-DAY RIDER:
\$300 PER RIDER

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, and we'll send your guidebook in the mail. The cost of the guidebook is \$26.95 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

- 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 lower positions on the bike and reflective accents keep you safer in low light.

The official jersey features This is a custom manufactured item — no exchanges or returns. See sizing charts to choose correctly. **ORDERS MUST BE PLACED NO LATER THAN MAY 16, 2021.** Jerseys will be included in rider packets and will **NOT** be for sale during the ride, although limited sizes may be for sale on our website after the tour.

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.

Orders must be received by May 16!

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.

You can also “tag” Parks & Trails New York and the Erie Canalway Trail in your updates by adding the following names:



Instagram
@parkstrailsny



Facebook
@parksandtrailsny
@eriecanalwaytrail



Twitter
@PTNY
@cycletheerie

TOURISM PROMOTION ASSOCIATIONS

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



Orleans County
orleanscountytourism.com



Visit Rochester
visitrochester.com



Wayne County
waynecountytourism.com



Seneca County
fingerlakesgateway.com/



Visit Syracuse
visitsyracuse.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'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 Facebook event page. To sign up, visit the shortened URL: <https://goo.gl/ReuzEa>