

PARKS & TRAILS NEW YORK

CYCLE THE
ERIE CANAL

2026
Rider Handbook

Updated 1.21.2026

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 28th 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 Events Manager, Tara Quackenbush, at cycletours@ptny.org.

We'll see you on the trail!

Tara Quackenbush, Events Manager

Dylan Carey, Director of Policy and Planning

Rob Panzera, Tour Director

Paul Steely White, Executive Director



Parks & Trails New York is the statewide advocate for New York's public lands. We believe public lands are for all. We champion and protect our parks and greenways by advocating for resources, connecting communities, strengthening a network of stewards, and sharing the awe of nature.

Since 1985, Parks & Trails New York has helped create more than 2,000 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 2026

Shuttle Policy for eBikes: Batteries must be removed from your bike, taken on the bus, and kept where the owner can monitor the battery. Buses are air-conditioned and can maintain a safe temperature for Lithium-Ion (L-ion) batteries. If the battery cannot be separated from the bike, then contact us at cycletours@ptny.org with the bike brand and model for us to review the bike for shuttle approval or denial prior to the Tour.

Bike Rentals: New for 2026, PTNY is excited to announce Unlimited Biking as the official bike rental partner for Cycle the Erie Canal. Rental options include Top Quality Specialized or Cannondale bikes, or Velotric ebikes. All bikes will be brought near the start line and picked up near the finish line for convenience. Helmets are provided with all rentals. All rentals must be booked in advance by clicking on this link: <https://unlimitedbiking.com/events/cycle-the-erie-canal/>

First-Time Rider Buddy Program: The new First-Time Rider Buddy Program connects new riders with experienced Cycle the Erie Canal riders and volunteers to provide support and guidance on their first bike tour and ensures that new riders know a friendly face when they start the tour. More information is available on page 11.

NOTE: This rider handbook represents up-to-date information as of January 2026. 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.

APRIL: Begin by riding five miles. This should take less than an hour. Start taking five-mile rides in April. By making several short rides at this time of year, you can build up gradually. Once you are comfortable riding five miles, do it twice in a row.

MAY: Begin with ten mile rides for the first couple of weeks, then gradually add five miles ride at a time. By the end of May, you should be able to put together four or five five-mile segments until you are doing 20 or 25 miles at a time. The weather is great, so you'll want to be outside anyway.

JUNE: Move up to 30-35 mile rides. One month before Cycle the Erie Canal, go for it. Try to complete at least two 50-mile rides, Cycle the Erie Canal style. This means stop frequently, incorporate some sightseeing, and pace yourself to have the energy to enjoy the rest of the day.

Riding Safely in Groups

Tips on how to ride safely in groups---- including riding with children

1---Ride Predictably

- Ride in a straight line---no weaving or swerving
- No riding with both hands off the handlebars
- No sudden stops without saying "Braking or Slowing"
- Get off the path BEFORE you stop

2---Let them Know where You are Going to Go

- Use audible and hand signals-for braking, turning, and passing

3---Wait Your Turn

- Don't bunch up---especially at stops
- Most collisions occur during the first few feet of starting up

4—A Family that Bikes Together—Stays Together

- Anyone 17 and under must be riding and under the supervision of their adult

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. No one wants to discover on the first day, 30 miles from the start, that your child cannot tolerate the motion.

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.

Tire Recommendations

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.

Ebikes

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. **CLASS I** Pedal assist and **CLASS II** electric bikes are welcome. **CLASS III** ebikes are not permitted on the tour. Tandems, recumbents, and trikes are welcome. Please notify us if you are planning to bring a bike with atypical dimensions onto one of the shuttles. **REMINDER: 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. Batteries must be removed from your bike, taken on the bus, and kept where the owner can monitor the battery. Buses are air-conditioned and can maintain a safe temperature for Lithium-Ion (L-ion) batteries. If the battery cannot be separated from the bike, then contact us at cycletours@ptny.org with the bike brand and model for us to review the bike for approval or denial prior to the Tour.

Class I eBikes have no throttle and provide electric power assistance up to 20 MPH when the rider is pedaling. Class II eBikes have a throttle, but can similarly provide electric power assistance up to 20 MPH. Per New York State Law, all E-Bikes in NYS should have a manufacturer's label prominent affixed to the E-bike that clarifies the E-bikes class. E-bikes without such a label will not be allowed on tour.

Class III eBikes are NOT allowed outside of New York City per state law, and as such are not allowed on Cycle the Erie Canal. Anyone with a Class III eBike will not be allowed to participate in the tour.

If you attend with an Electric Bicycle, please be aware of the following:

1. We will have a designated eBike charging area for riders to utilize. Charging availability is limited at the overnight facilities.
2. Batteries take up to 6 hrs to charge; be sure to take batteries to the charging area immediately upon arriving at camp. Batteries **cannot** be left charging **unattended** in overnight sites.
3. You must have a separate charger for each battery.

4. No personal generators allowed.
5. Electrical Issues (eBikes) - The tour mechanic and local bike shops may not have the parts or ability to repair the electrical system.
6. EBike batteries cannot be transported in luggage.
7. EBike batteries must be original batteries, purchased with the bicycle or a manufacturer certified or recommended replacement.
8. EBike battery chargers must be the original one purchased with the bicycle or be a manufacturer's certified or recommended replacement.
9. Any eBike (battery) must have a UL or other safety lab testing certification.
10. New York State and local laws on eBikes - Riders should be aware of State and local laws and restrictions. Local government entities have the right to restrict eBike usage within their jurisdiction.

Shuttle Policy for eBikes

Batteries must be removed from your bike, taken on the bus, and kept where the owner can monitor the battery. Buses are air-conditioned and can maintain a safe temperature for Lithium-Ion (L-ion) batteries. If the battery cannot be separated from the bike, then contact us at cycletours@ptny.org with the bike brand and model for us to review the bike for approval or denial prior to the Tour.

SAG Support Policy for eBikes

SAG Drivers may ask riders to remove batteries, due to weight and safety concerns. Riders may be required to lift their own bikes onto SAG vehicles.

Tour Participant Policy for eBikes

Tour participants using eBikes should be aware that eBikes are faster and heavier than traditional pedal bikes and should be used with caution. E-bike riders should err on the side of caution while sharing the path with other trail users and should adhere to all posted rules and regulations on trails.

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. If you have a GPS bike computer that is able to load routes and maps, these features may allow turn by turn guidance. 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.

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 have 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.

LUGGAGE

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. Do not strap anything to the outside of your bag (i.e. sleeping bags, chairs, tent poles, etc.). Bags should be soft sided. We do not allow bins as luggage. Use waterproof luggage or put your gear in plastic inside of luggage bags.

Gear: You'll need a small tent and other basic camping gear, including sleeping bags. An odometer on your bike will be helpful, as all route directions use mileage. The route is also marked.

Clothing: Comfortable clothing for a variety of weather conditions.

Will my luggage and bicycle be safe?

Theft of baggage or bicycles is extremely rare. More often, someone mistakenly picks up the wrong bag. Bags should be distinctively labeled, painted or decorated with ribbons to find them easily. All bags should have name tags. We suggest locking up your bicycle when not riding. Cycle the Erie Canal does not guarantee the safety of your baggage, bicycle, or other equipment.

WHAT TO PACK

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)

CAMP CLOTHING:

Short-sleeve shirts
Shorts
Pants
Underwear
Socks
Walking shoes

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
Bandana
Sunglasses

TOILETRIES:

Towel and washcloth
Toothbrush and toothpaste
Skin lotion
Sunscreen
Lip balm
Chamois/rash cream

Shower shoes	Soap and shampoo
Pajamas	Deodorant
Swimsuit	Personal hygiene items
Fleece jacket	Mirror
Hat	Toilet paper (just in case)
	Medication such as aspirin or ibuprofen, antacids, and personal prescriptions
	Other—Band-Aids, insect repellent, and handi-wipes

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 Ft. Stanwix in Rome.

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.

OTHER:

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
 Passport if attending Niagara Falls preride
 Health insurance card
 Cash and credit/debit card
 Ear plugs (for sleeping)
 Book
 Yoga mat
 Extra plastic bags
 Separate bag for dirty laundry

FIRST-TIME RIDER BUDDY PROGRAM

The First-Time Rider Buddy Program connects new riders with experienced community members to provide support and guidance on their first bike tour and ensures that new riders know a friendly face when they start the tour. This program is for all first-time riders, including BIPOC, Women, Non-Binary and Trans tour participants.

Please complete [the application](#) to apply to be a mentor or request to be matched with a mentor by **April 30, 2026**. We will be in touch in May to let you know if you have been matched.

How it works:

- PTNY will receive applications from potential mentors and first-time riders through April 30, 2026 and will match up buddies based on the applications submitted.
- PTNY will host a virtual training session for all of the selected Mentors in May to ensure they are prepared to successfully serve as a Mentor.
- PTNY will send a welcome email connecting the Mentor and the First-time Rider, providing contact information and the answers to the questions from the Application Form to help the buddies get to know each other.
- During the spring and leading up to the tour, the Mentor should be responsive and available to answer questions from the First-Time Rider as they come up.
- Buddies should make plans to meet up in Buffalo on Saturday, July 10 (Day 0) to put a name to a face. PTNY may help facilitate a time and place for all buddies to get together.
- On the ride, enjoy the camaraderie of a new friend!

Mentor Expectations:

- Have ridden Cycle the Erie Canal with PTNY at least one time
- Be familiar with the PTNY Rider Handbook and know where to go for answers when a question comes up (PTNY website, Cycling the Erie Canal Facebook Group, email tours@ptny.org)
- Attend the Mentor training meeting in April.
- Be responsive and available to answer questions by email or phone leading up to the tour.
- Arrange to meet up with their assigned buddy on Day 0 in Buffalo.

GETTING TO THE RIDE

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.

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. Get in touch with Amtrak directly asap, bicycle slots often fill fast 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 the 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 the bike tour in Buffalo.

TAXI SERVICE

We recommend calling taxi companies 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 15.

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, 2026.

GETTING YOUR BIKE HOME FROM ALBANY

Shipping will be available at the finish line through [Freewheel Bike Shop, Albany](#). To reserve this service, you must fill out this [service form](#) before June 30, 2026. The deadline to reserve this service is **June 30, 2026**. 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, trialsports.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, 2026.**

RENTING A BIKE

Don't have a bike for the tour? No problem! Unlimited Biking is the official bike rental partner for Cycle the Erie Canal. Rent a Top Quality Cannondale or Specialized Bike, or rent a Velotric ebike. All bikes will be brought near the start line and picked up near the finish line for convenience. Helmets are provided with all rentals. All rentals must be booked in advance by clicking on this link: <https://unlimitedbiking.com/events/cycle-the-erie-canal/>



UNLIMITED BIKING

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 28, 2026.

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 the 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.

I will need the bike delivered to the Nichols school, fee \$35

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 28, 2026.**

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 service form before June 30, 2026

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.

RIDER SHUTTLES AND PARKING

STARTING POINT IN BUFFALO

The bike tour begins at the Nichols School (1250 Amherst Street, Buffalo, NY). Riders must check in at the registration area at the Nichols School upon arrival. Check-in, where you'll receive your rider packet, takes place from 2-5pm on Saturday and 6:30-7:30am 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 page 24. **For more information about Buffalo, or to find campsites in the area, go to visitbuffaloniagara.com.**

PARKING IN BUFFALO

You can park your car, in Buffalo, for the entire week at our long-term parking area located at **SUNY Buffalo State University, Lot G-20 (NEW LOT for 2026), Parking Lot access via Grant St or Letchworth St, Buffalo, NY 14222, Buffalo**, located 2.5 miles from the start/camping location at Nichols School. There is NO long-term parking at the Nichols School. Note that this parking location is a change from previous years.

Parking opens at 9 a.m. on Saturday, July 11, 2026, and closes at 8 p.m. on Sunday, July 19. Please check- in for parking at Nichols School (beginning at 9 a.m. on Saturday, July 11) before going to the Buffalo State parking area. While at Nichols School, you can drop your luggage off and pick up your parking passes and information including maps and directions to walk or bicycle back. Once you've checked in, you can drive to park at SUNY Buffalo State University before walking, bicycling, or taking a volunteer shuttle vehicle back to Nichols School.

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 8, 2026*, with the \$120 parking fee paid to PTNY in advance. Spots are limited; to reserve a space, please select the option while registering.

Those who select this option will take the July 11 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 11 Shuttle, see below.

JULY 11 SHUTTLE – BEGINNING OF THE RIDE

Registered shuttle riders should arrive at 8 am on Saturday, July 11 at **[Quackenbush Square](#)**. Be sure to allow ample time to park in the garage (if applicable), unload bikes & luggage, load bikes onto trucks, check-in and load luggage onto the buses. For those parking in the **[Quackenbush Garage](#)**, you will receive another email with instructions and a parking code.

Once you've unloaded your bike head over to the bike trucks located in the parking lot nearest [Common Roots](#) to load your bike, then grab your luggage, check-in and receive your bus ticket--please hold onto it until you are getting on the bus. Bus loading will take place on Broadway, in front of [The Olde English Pub + Pantry](#).

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

Please read through all instructions before arriving in Albany on July 11.

1. Arrive at Quackenbush Square by 8:00 am.
 - a. For those with long-term parking: Go directly to [Quackenbush Garage, 25 Orange Street, Albany](#), between Broadway and Water Street. All riders parking in Quackenbush Garage should use the Orange Street entrance. If you've reserved a parking spot in Albany, you'll receive an email in the week before the ride with parking instructions and an access code. *NOTE: If you have a top rack, you will likely need to remove your bike before entering the parking structure. Check the clearance!*
 - b. For those getting dropped off or any others who have not already purchased long term parking at Quackenbush Garage as part of your registration: Pull into "unloading/short-term parking zone" as directed by volunteers on site. See step 2.
2. Unload **JUST** your bike and turn the handlebars 90° to the right. If you need help turning your handlebars, look for volunteers in safety vests. Please remove all water bottles, panniers, bags, etc. **NOTE: ebikes must have the battery removed**, you will bring the battery on the bus with you.
3. Once your handlebars are turned, get in line to load your bike. A volunteer will assist. Make note of the number of the truck your bike is put on for easier pick-up in Buffalo.
4. After you load your bike, head over to check-in and receive your bus ticket. You will receive a ticket for a seat on a specific bus (i.e., Bus A, B, C or D).
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, C or D). Note: you will be responsible for ensuring that your luggage is loaded onto the bus from this temporary luggage area.
6. When the buses arrive, retrieve your luggage from the luggage staging area, load it on the bus to which you have a ticket, and then hand your ticket to PTNY staff as you get on the bus.
7. Once you have checked in and dropped your luggage, please do not leave the area. The buses will load as soon as they arrive and will leave when full. Don't be the person all of your fellow riders have to wait for! Enjoy the ride and we'll see you in Buffalo!

Note: You will **NOT** have time to walk to get coffee after parking. If you want to stop for coffee or breakfast, do so before you arrive at Quackenbush Square.

Buses will depart Albany when full, but no later than 9 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 (recommended option), or purchase lunch at the rest stop (likely overcrowded). 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 page 27.

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 onto the shuttle and truck. The zoo also has a snack bar open from 11 am to 3 pm. Admission into the zoo is free for riders wearing CTEC bracelets.

The 4-Day Return Shuttle will depart at 4:00pm promptly and will not make any stops en route to Buffalo, arriving at approximately 6:30pm at Lot G-20 at Buffalo State University (where long-term parking is).

8-DAY RIDE ENDING POINT – Quackenbush Square, ALBANY

We are excited to have the Cycle the Erie Canal end once again at [Quackenbush Square](#) in Albany on July 19, 2026. A return shuttle at the end of the ride is available from Albany to Buffalo on Sunday, July 19 for you, your bike and luggage, for an additional fee of \$125. 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. 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 lot G-20 (Long Term Parking) at SUNY Buffalo State University in Buffalo at approximately 7 p.m.

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!

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. For more information on luggage, see pages 9-10.

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. Each morning over breakfast at 6:30 am, Cycle the Erie Canal staff brief riders on the day's route, tour opportunities, and special events. A brief logistics recap is also provided at 7:00 am. Riders leave on their own each morning and ride at their own pace. Daily routes are generally the same year-to-year, but updated routes for 2026 to account for any closures or other required changes will be available on the Cycle the Erie Canal website by the end of June.

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.

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.

NIGHTLY CAMPSITES

Cycle the Erie Canal is a camping tour. Each night, you'll set up camp at the official campsite. Trucks will transport your baggage each morning to the next evening's campsite. You will be setting up your tent on either school grounds, city parks or similar open spaces. Portable toilets and a shower trailer will be available each evening. A list of the overnight locations can be found on page 23.

CAMPING

Those camping outdoors have two options: bring your own tent and set it up on the grounds of our campsite for the night (in authorized locations only), or hire Comfy Campers and have one set up for you. Comfy Campers provides rentals of tents, air mattresses, camp chairs and clean towels (fee includes setup and break down). For more information, or to reserve a tent, visit the [Comfy Campers website](#).

Indoor camping options are available at all of our overnight locations on Cycle the Erie Canal, although facilities are generally basic and the conditions at each site may vary. Anyone choosing to camp indoors must be aware of and adhere to the following guidelines:

- Some Indoor Camping Locations have limited space
- Some Indoor Camping Locations are very basic (i.e. Outdoor covered Hockey Rink)
- If utilizing Indoor Camping please bring a tent/sleeping gear as back-up, in case of limited space or cancellation by a local venue
- NO Bicycles or Cleats are allowed in the Indoor Camping sites
- NO Tents may be set up in the Indoor Camping Sites
- Please "Share the Space", keep gear close and do not set up chairs when space is limited.

Note that most of our indoor camping options do not have air conditioning available.

Those who do not want to camp are welcome to stay at hotels and bed & breakfasts along the route at your own cost, though you are responsible for getting there and back each morning and evening with any luggage you need for the night. A listing of lodging options near our overnight locations is available starting on page 22.

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.

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.

DEVICE CHARGING

Phone charging stations are set up each evening for participants' use. Phone charging stations cannot accommodate laptops, CPAP machines, e-bike batteries or other large or heavy usage batteries. A separate charging station will be set-up for ebike batteries.

- a) Electrical outlets are limited in several locations. Riders are responsible for charging their own electronic devices, including CPAP devices. We cannot guarantee charging facilities or that outlets will be open at any given time.
- b) CTEC highly recommends that CPAP users bring two batteries on the tour.
- c) Electric outlets for direct-plug-in CPAP devices are located in the Indoor Camping areas. We do allow extension cords to be run out of the buildings overnight.

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.

MASSAGE THERAPY

Services to be determined.

EMERGENCY CONTACTS

Please only call these numbers during the week of the tour – before that time, please reach out to PTNY staff with any questions at cycletours@ptny.org.

For **emergencies on tour**, please call one of:

John Lawler, CAR SAG Support Coordinator, (315) 730-6806

Rob Panzera, Tour Director, (917) 543-2670

Tara Quackenbush, Events Manager, (518) 866-6879

Dylan Carey, Director of Policy and Planning, (518) 217-8640

OVERNIGHT LOCATIONS

SATURDAY, JULY 11 — Registration 2pm – 5pm

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

Indoor Camping: Indoor Ice Rink (No AC)

SUNDAY, JULY 12 — Buffalo to Medina (49 miles)

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

Indoor Camping: Middle School Gym (No AC)

MONDAY, JULY 13 — Medina to Fairport (62 miles)

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

Indoor Camping: Community Center gym (no AC) is up a hill from main camping area

TUESDAY, JULY 14 — Fairport to Seneca Falls (52 miles)

Tent City: Elks Lodge (2221 River Rd, Seneca Falls, NY 13148)

Indoor Camping: Limited space in a party tent with flooring (no AC)

WEDNESDAY, JULY 15 — Seneca Falls to Syracuse (44 miles)

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

Indoor Camping: Outdoor (covered) Ice Rink (No AC)

THURSDAY, JULY 16 — Syracuse to Rome (48 miles)

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

Indoor Camping: Church Community Room and Common Areas located 2 blocks from the main camping area. (LIMITED SPACE!)

FRIDAY, JULY 17 — Rome to Canajoharie (62 miles)

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

Indoor Camping: Gym (No AC)

SATURDAY, JULY 18 — Canajoharie to Schenectady (46 miles)

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

Indoor Camping - 2 Locations

1-Community Center Room (Limited space with AC)

2-Gym (No AC)

SUNDAY, JULY 19 — Niskayuna to Albany (28 miles)

Finish Line: Quackenbush Square

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.

The below list shows hotels, motels, and bed and breakfasts located within 5 miles of our overnight locations. We encourage riders to make any needed reservations **early as many places will fill up quickly**. In addition to these locations, many of our overnight communities have short-term rentals available through websites such as Airbnb or Vrbo; we encourage you to check those sites directly for options in each community.

In this list, the name of each hotel is a link to that hotel's website; those marked with a star are certified [Bike Friendly New York](#) businesses (meaning that they will be ready to accommodate the needs of cyclists and will have secure options for overnight bike storage). Beyond that, however, inclusion in this list does not indicate any endorsement from ride organizers; these are simply those hotels, motels and B&Bs near to our campsites.

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.

NIGHT 0 - BUFFALO

There are numerous options in the greater Buffalo area beyond those listed below; many are located in downtown Buffalo, roughly five miles away from our overnight location at Nichols School.

Hotel Name	Type	Phone #	Distance to Camp
The Parkside House B&B	B&B	(716) 480-9507	0.6 miles
The Richardson Hotel	Boutique Hotel	(716) 493-2610	2.0 miles
The Edward Hotel	Boutique Hotel	(716) 355-1296	2.4 miles
InnBuffalo off Elmwood	B&B	(716) 303-4403	2.4 miles
Oscar's Inn 	B&B	(716) 381-8605	3.3 miles
University Manor Inn	Motel	(716) 837-3344	3.5 miles
Buffalo Harmony House 	B&B	(716) 886-1779	3.9 miles

NIGHT 1 - MEDINA

Hotel Name	Type	Phone #	Distance to Camp
Medina Inn	Motel	(585) 798-0016	0.4 miles
Hart House Hotel	Boutique Hotel	(585) 735-6031	0.8 miles
Bent's Opera House Hotel	Boutique Hotel	(585) 318-2110	0.8 miles
Comfort Inn & Suites	Chain Hotel	(585) 798-6777	1.1 miles
Garden View B&B	B&B	(585) 798-1087	1.4 miles

NIGHT 2 - FAIRPORT/PERINTON

While limited options are available in the immediate Fairport area, there are numerous additional hotels available in the broader Rochester area, within 10 miles of the overnight location.

Hotel Name	Type	Phone #	Distance to Camp
Budget Inn Fairport	Motel	(585) 223-1710	2.0 miles
Hilton Garden Inn Rochester/Pittsford 	Chain Hotel	(585) 248-9000	3.4 miles
Woodcliff Hotel & Spa	Hotel	(585) 381-4000	3.9 miles

NIGHT 3 - SENECA FALLS

Hotel Name	Type	Phone #	Distance to Camp
The Gould Hotel	Boutique Hotel	(315) 712-4000	1.2 miles
Microtel Inn & Suites	Chain Hotel	(315) 239-0503	1.3 miles
The Lux Hotel & Conference Center	Chain Hotel	(315) 577-6068	1.5 miles
Hampton Inn Seneca Falls	Chain Hotel	(315) 539-3939	1.5 miles
The Laura Hubbell House B&B	B&B	(315) 712-4382	1.6 miles
Barrister's Bed & Breakfast	B&B	(315) 568-0145	1.8 miles
OYO Hotel Starlite Seneca Falls	Budget Hotel	(315) 216-5352	2.9 miles

NIGHT 4 - SYRACUSE

Hotel Name	Type	Phone #	Distance to Camp
Ophelia's Garden Inn	B&B	(315) 488-3621	0.4 miles
Courtyard by Marriott Syracuse Downtown at Armory Square	Chain Hotel	(315) 422-4854	1.8 miles
Best Western Syracuse Downtown	Chain Hotel	(315) 425-0500	2.0 miles
Aloft Syracuse Inner Harbor	Chain Hotel	(315) 422-1700	2.4 miles
Marriott Syracuse Downtown	Chain Hotel	(315) 474-2424	2.5 miles
Clarion Pointe Syracuse Downtown	Chain Hotel	(315) 308-0920	2.6 miles
The Parkview Hotel	Hotel	(315) 701-2600	2.9 miles
Embassy Suites by Hilton Syracuse	Chain Hotel	(315) 303-1650	2.9 miles

NIGHT 5 - ROME

Hotel Name	Type	Phone #	Distance to Camp
Hampton Inn Rome 	Chain Hotel	(315) 709-0000	2.0 miles
Fairfield by Marriott Inn & Suites	Chain Hotel	(315) 334-4244	3.2 miles

NIGHT 6 - CANAJOHARIE

Note that there are very limited lodging options in the Canajoharie area; the Palatine Bridge Motel has very poor reviews, and there are a limited number of rooms at the Haslett House B&B in nearby Fort Plain. This area typically does have nearby Airbnb listings that can be explored as an additional option.

Hotel Name	Type	Phone #	Distance to Camp
Palatine Bridge Motel	Motel	(518) 673-1050	2.2 miles
Haslett House 	B&B	(518) 224-4808	4.6 miles

NIGHT 7 - NISKAYUNA

Hotel Name	Type	Phone #	Distance to Camp
Courtyard by Marriott Schenectady	Chain Hotel	(518) 579-6620	2.7 miles
Homewood Suites by Hilton	Chain Hotel	(518) 579-6727	2.7 miles
The Landing Hotel at Rivers Casino & Resort	Hotel	(518) 579-8800	3.0 miles

<u>DoubleTree by Hilton Schenectady Downtown</u>	Chain Hotel	(518) 393-4141	3.1 miles
<u>Hampton Inn Schenectady Downtown</u>	Chain Hotel	(518) 377-4500	3.3 miles
<u>The Stockade Inn</u>	Boutique Hotel	(518) 348-6000	3.5 miles

NIGHT 8 - ALBANY (Downtown)

Cycle the Erie Canal ends in Albany on Sunday, July 19 with the finish festival, which runs from 9:00 AM to 1:00 PM. The below listings are provided for the convenience of those participants whose travel plans necessitate an additional night's stay, however, all luggage must be collected from the finish festival by 1:00 PM.

In addition to those listed below, there are also options near Albany International Airport. However, traveling from the finish line to the airport by bike requires use of roads that are not ideal for cycling.

Hotel Name	Type	Phone #	Distance to Finish Line
<u>Hyatt Place Albany/Downtown</u>	Chain Hotel	(518) 977-7778	500 feet
<u>Hampton Inn & Suites Albany-Downtown</u> 	Chain Hotel	(518) 432-7000	0.3 miles
<u>Fairfield by Marriott Inn & Suites Albany Downtown</u>	Chain Hotel	(518) 434-7410	0.5 miles
<u>Hilton Albany</u>	Chain Hotel	(518) 462-6611	0.6 miles
<u>Renaissance Albany Hotel</u>	Chain Hotel	(518) 992-2500	0.7 miles
<u>Country Inn & Suites by Radisson</u>	Chain Hotel	(518) 434-4111	0.7 miles
<u>Morgan State House Inn</u>	Boutique Hotel	(518) 427-6063	1.3 miles
<u>The Argus Hotel</u>	Boutique Hotel	(518) 930-4700	1.7 miles
<u>Washington Park Inn</u>	Boutique Hotel	(518) 930-4747	1.9 miles

NEED TO MAKE A CHANGE TO YOUR REGISTRATION?

ADDITIONS OR CHANGES

If you have already registered for Cycle the Erie Canal and would like to add a shuttle or parking to your registration, or need to change where you've signed up to park or which shuttle you will be taking, please contact us at cycletours@ptny.org.

CANCELLATION POLICY

To receive a refund of your ride registration and, if applicable, shuttle and parking reservation fee, minus a \$200 cancellation fee per person (fees increase after March 31st), you must submit the [Rider Cancellation form](#) no later than June 12, 2026. If your refund request is made after June 12, 2026, you will receive a credit, minus the cancellation fee, good towards Cycle the Erie Canal 2027 only. No shuttle reservation refunds or credits will be issued after June 12, 2026. No ride registration refunds or credits of any kind will be issued after June 28, 2026. All refunds are issued by original form of payment.

If you're still joining us for the ride but need to cancel your shuttle reservation and receive a refund, subject to a \$25 cancellation fee per rider, you must submit the [cancellation form](#) no later than June 12, 2026. No shuttle refunds after June 12, 2026. There are no shuttle credits.

Any cancellations to Albany parking reservations must be made by June 8, 2026 and are subject to a \$25 cancellation fee per vehicle/reservation. There are no refunds or credits available after June 8, 2026.

NOTE: When canceling both the ride and the shuttle and/or parking together, you will not be charged an additional fee to cancel the shuttle or parking.

CANCELLATION FEES

	<i>Before 3/31/2026</i>	<i>4/1/26 to 6/12/26</i>	<i>6/14/26-6/28/26</i>
8-DAY RIDER	\$200 per person	\$300 per person	\$300 per person, only credit given
4-DAY RIDER	\$100 per person	\$150 per person	\$150 per person, only credit given
Shuttle	\$25 per person	\$25 per person	Not available
Albany Parking	\$25 per vehicle	\$25 per vehicle <i>before June 8 only</i>	Not available
Buffalo Parking	No fee	No fee	No fee

No refunds or credits after June 28, 2026.

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
@parkstrailsny
@eriecanalwaytrail



Facebook
@parksandtrailny
@eriecanalwaytrail

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 email cycletours@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!](#)

EMERGENCY CONTACTS

Please only call these numbers during the week of the tour – before that time, please reach out to PTNY staff at cycletours@ptny.org with any questions.

For **emergencies on tour**, please call one of:

John Lawler, CAR SAG Support Coordinator, (315) 730-6806
Rob Panzera, Tour Director, (917) 543-2670
Tara Quackenbush, Events Manager, (518) 866-6879
Dylan Carey, Director of Policy and Planning, (518) 217-8640