

AN EMPIRE STATE TRAIL ADVENTURE
CYCLE *THE* HUDSON VALLEY

2026
Rider Handbook

Updated 3.10.2026

WELCOME

Dear Cycle the Hudson Valley 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 annual Cycle the Hudson Valley 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 Hudson Valley 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 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 Hudson Valley 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: Class I e-bikes are allowed on Cycle the Hudson Valley, however Class II and III are not permitted. 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.

Bike Rentals: New for 2026, PTNY is excited to announce Unlimited Biking as the official bike rental partner for Cycle the Hudson Valley. 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: [Rent a bike with Unlimited Biking for Cycle the Hudson Valley](#)

NOTE: This rider handbook represents up-to-date information as of February 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 Hudson Valley, 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 Hudson Valley. 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 Hudson Valley 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 Hudson Valley, go for it. Try to complete at least two 50-mile rides, Cycle the Hudson Valley 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 Hudson Valley 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. Many Cycle the Hudson Valley riders use hybrid bikes because of their comfort and versatility, but touring bikes, cyclocross bikes, and gravel bikes are also good options.

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 some portions of the Empire State Trail may have narrow width. If you have questions about your tires, ask at your local bike shop.

Ebikes

CLASS I Pedal assist are welcome on this tour. **CLASS II** and **CLASS III** ebikes are not permitted. 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. 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.

Per State Law, local governments and trail managers are able to determine whether or not to allow Class I or Class II eBikes on their facilities. As Cycle the Hudson Valley follows trails that do not allow Class II eBikes, we do not allow Class II eBikes on this tour. **Class III eBikes are NOT allowed** outside of New York City per state law, and as such are also not allowed on Cycle the Hudson Valley. Anyone with a Class II and III eBike will not be allowed to participate in the tour.

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

- We will have a designated eBike charging area for riders to utilize. Charging availability is limited at the overnight facilities.
- 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.

- You must have a separate charger for each battery.
- No personal generators allowed.
- Electrical Issues (eBikes) - The tour mechanic and local bike shops may not have the parts or ability to repair the electrical system.
- EBike batteries cannot be transported in luggage.
- EBike batteries must be original batteries, purchased with the bicycle or a manufacturer certified or recommended replacement.
- EBike battery chargers must be the original one purchased with the bicycle or be a manufacturer's certified or recommended replacement.
- Any eBike (battery) must have a UL or other safety lab testing certification.
- 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 Hudson Valley.** 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 Hudson Valley 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 Hudson Valley 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 Hudson Valley jersey*](#) (optional, 2026 jerseys will be available for sale in March)
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
Pajamas
Swimsuit
Fleece jacket
Hat

To ensure clothing stays dry, pack clothes in large plastic bags, press flat to remove excess air, and seal. You will have an opportunity to wash your clothes halfway through the trip. There is a laundromat less than a mile from Burnet Park in Syracuse and 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.

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

OTHER:

Hand sanitizer
[*Cycling the Hudson & Champlain Valleys 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

GETTING TO THE RIDE

GETTING THERE

Albany and New York City 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 Hudson River Valley. There are international airports in both Albany and NYC, and Greyhound bus service is also available at both ends of the tour. We do provide a shuttle at the beginning of the tour, for an additional charge, from midtown Manhattan to the start in Troy; shuttle selections can be made when registering for the ride.

CAR RENTAL

If you would like to make your own arrangements to get to and from the Albany/Troy area and/or New York City, 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
Hertz hertz.com 1-800-654-4173	Albany International Airport (737 Albany Shaker Rd.) (518) 456-1777 <i>Approx. 7.4 miles from start of bike tour</i>
National nationalcar.com 1-844-393-9989	Albany International Airport (844) 366-2648 <i>Approx. 7.4 miles from start of bike tour</i>
Budget budget.com 1-800-214-6094	Albany International Airport (518) 242-4450 <i>Approx. 7.4 miles from start of bike tour</i>
Enterprise enterprise.com 1-855-266-9565	Albany International Airport (844) 934-1076 <i>Approx. 7.4 miles from start of bike tour</i>

There are numerous car rental options in New York City; information on these can be found via internet search.

RAIL TRAVEL

Amtrak is an option for some Cycle the Hudson Valley riders, however Amtrak has limited capacity. Get in touch with Amtrak directly asap, bicycle slots often fill fast for the days surrounding Cycle the Hudson Valley.

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>.

Albany-Rensselaer Station (ALB) – Amtrak’s Albany-Rensselaer Station is located at 525 East Street, Rensselaer, NY less than 7 miles from Hudson Valley Community College. Please note that Metro North does not come into Albany-Rensselaer train station.

New York Penn Station - New York Penn Station is the main hub for Amtrak service across the northeast, with multiple options to and from multiple destinations on a daily basis, as well as Long Island Rail Road and NJ Transit options. Metro-North Railroad also serves New York Grand Central Station, as does Long Island Rail Road, which also serves Brooklyn’s Atlantic Terminal Station.

AIR TRAVEL

If you plan to fly to Cycle the Hudson Valley, we recommend that you fly into Albany and out of one of the New York City area airports. All major airlines serve one or more of the New York City airports.

Albany International Airport
(518) 242-2200, albanyairport.com
Allegiant, American, Delta, Frontier, Jet Blue, Southwest, United
About a 20-minute drive (approx. 7.5 miles) from the start of the tour at HVCC

TAXI SERVICE

While taxis should be readily available at the train station, bus station, and the airport in Albany, we recommend calling in advance for arrangements, especially for those traveling with a bike.

Albany Taxi Service
Albany Yellow Cab (518) 434-2222
Capitaland Taxi (518) 453-8888

UBER / LYFT

Ride sharing services are now offered in the Albany area, and are also widely available in New York City alongside traditional New York City taxi service.

BIKE SHIPPING and RENTALS

BIKE SHIPPING

Shipping your bike to the start of the ride ahead of time may help facilitate bus, rail, or air travel. Shipping is available through [Freewheel Bike Shop, Albany](#). Please contact them directly to make all arrangements.:

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



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

PACKING YOUR BIKE

You can usually get a bike box for free from your local bike shop. If you expect to travel with your bike regularly, you could also purchase a hard case or reusable bike box. Hard cases are available from Trico Sports (818-899-7705, tricosports.com) and Tri All 3 Sports (1-800-733-7231, triall3sports.com). Rigid and collapsible boxes can be ordered from Crateworks (1-800-934-5214, crateworks.com). Visit BikeFlights.com or check with UPS (1-800-742-5877) for the cost of shipping. Shipping takes from 2 to 8 days, depending upon the distance.

RENTAL

Don't have a bike for the tour? No problem! Unlimited Biking is the official bike rental partner for Cycle The Hudson Valley. 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-hudson-valley/>



UNLIMITED BIKING

BIKE SHIPPING CONCIERGE

Unlimited Biking also offers bike concierge service. Ship your bike to Unlimited Biking, and their professional mechanics will assemble it and have it ready for you to pick up at the event. After the ride, return it to our team, and we'll then disassemble, pack, and ship it back to you. Shipping costs are not included. More information available at: <https://unlimitedbiking.com/events/cycle-the-hudson-valley/> Bikes will be shipped to: Unlimited Biking, 801 Penhorn Ave, Unit 6, Secaucus, NJ 07094

Important Note: All bikes must arrive at least 7 days prior to the event. A return shipping label is required.

RIDER SHUTTLES AND PARKING

STARTING POINT IN TROY

The bike tour begins at [Hudson Valley Community College](#) (HVCC), 80 Vandenburg Ave., in Troy, NY. Riders must check in at the registration area at the HVCC student pavilion upon arrival. Check-in, where you'll receive your rider packet and a parking tag if you've reserved parking, takes place from 1:30-4:30pm on Monday and 6:30-7:30am Tuesday morning prior to the start of the ride. There will be an information booth on-site in addition to the registration tables. Camping in the LaSalle Institute field (behind the Institute, along South Drive) will be available for tent set up starting from 9:00 AM.

PARKING IN TROY

Riders will park in the HVCC Parking Garage, which you can see on the [interactive map on HVCC's website](#). The entrance is off of South Drive and is accessible by taking the first left turn off of South Drive after turning into the HVCC campus from US Route 4/Vandenburg Avenue. **Please note:** We have a limited number of long-term parking spaces available. To reserve a space, please select the option while registering with the \$25 parking fee paid to PTNY in advance.

Parking opens at 9 a.m. on Monday, August 3, 2026, and closes at 8 p.m. on Saturday, August 8, 2026. On August 3, riders can temporarily park adjacent to the registration area to drop their luggage and bicycle off and check in at the registration area, before bringing their car to the garage. However, vehicles cannot be left in the short term parking area for the duration of the tour; any vehicles left in short term parking after 8:00 am on Tuesday, August 4 are subject to being towed at the owner's expense.

PTNY and Hudson Valley Community College do not take any responsibility for any loss or damage that may occur to your vehicle while parked during Cycle the Hudson Valley.

AUGUST 3 SHUTTLE – BEGINNING OF THE RIDE

We are excited to be able to offer a shuttle from New York City to Troy for the beginning of Cycle the Hudson Valley. Riders will meet the shuttle at MP West 351 LLC, 351-353 West 34th St, New York, NY 10001 (near the corner of 34th St and 9th Ave, about two blocks from Penn Station in Manhattan) with their bicycle and luggage, load the bike and luggage onto the shuttle, and enjoy the ride to Hudson Valley Community College. The shuttle takes about 2 to 2.5 hours to arrive in Troy.

Note that we do not have dedicated parking available for riders in New York City. There are multiple parking garages available around Manhattan as well as in Brooklyn, or we encourage riders taking our August 3 shuttle to consider taking mass transit to reach the shuttle pick-up location.

RIDE ENDING POINT – BROOKLYN

We are excited to have the Cycle the Hudson Valley end in Brooklyn once again in 2026; we will be announcing the exact location of our ride “finish line” soon! A return shuttle at the end of the ride is available from Brooklyn to Troy on Saturday, Aug 8 for you, your bike and luggage, for an additional fee of \$125. If you choose this option, you would park your car (or be dropped off) in Troy (long term parking available—see above), bicycle to New York City with the tour, and take the shuttle back to Troy. Bikes will be transported to Troy on a separate truck.

Riders arriving at the finish line who are taking the shuttle should check in at the shuttle table upon arrival. At the table, you will be given a ticket for a seat on a specific bus (i.e., Bus A or B). Once you have your assigned bus, you can gather your luggage from the luggage truck and place it on the shuttle. 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.

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 12:45 p.m., and the shuttles will depart no later than 1 p.m. Shuttles will make a brief stop midway and will arrive in the parking lot near the student pavilion where we started the tour at HVCC in Troy at approximately 5:00 p.m.

ON THE RIDE

Cycle the Hudson Valley is a fully-supported bike tour. Fully-supported means we carry your gear, routes are marked, one or two rest stops per day 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 35-50 miles a day, make new friends, and discover the Hudson Valley!

For more information on the Hudson Valley Greenway section of New York State's 750-mile Empire State Trail, check out <https://empiretrail.ny.gov/map>, or purchase our new *Cycling the Hudson and Champlain Valleys* guidebook, at www.ptny.org/shop. Please note that we will be traveling from the north to south, while both the state's Empire State Trail website and the guidebook run from south to north.

BAGGAGE TRANSPORT

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

MARKED ROUTES, CUE SHEETS & MORNING BRIEFINGS

The Cycle the Hudson Valley route is marked with paint and cue sheets and are provided each evening with turn-by-turn directions for the next day's route. Once at breakfast each morning, at 6:30 am, Cycle the Hudson Valley volunteers and staff brief riders on the day's route, tour opportunities, and special events. Riders leave on their own each morning and ride at their own pace.

SAFE CYCLING

Communication and predictability are key to safe cycling, as you'll be sharing the trail with over 200 fellow Cycle the Hudson Valley 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 10-15 miles from the start of the ride, will be open from 8:00 am to 10:30 am. Afternoon rest stops, located 15-20 miles from the overnight location, will be open from 11:00 am to 3:00 pm.

SAG SUPPORT

A team of bicycle and vehicle SAGs 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 Hudson Valley 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 either a shower trailer or indoor locker rooms will be available each evening. A list of the overnight locations can be found on page 19.

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 most of our overnight locations on Cycle the Hudson Valley, 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 pavilion)
- 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. We recommend a small backpack or bag to carry overnight clothes from your large luggage to an off-site location. A listing of lodging options near our overnight locations is available starting on page 19.

MEALS

At the beginning and end of each day's ride, Cycle the Hudson Valley and our local partners 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 once or twice a day. Lunch is on your own.

BIKE REPAIR

Mobile mechanical and SAG (support and gear) 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, 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 not allow extension cords to be run out of the buildings overnight.

Only Class I ebikes are allowed on Cycle the Hudson Valley. We will have an e-bike charging station at each overnight location.

MEDICAL SERVICES

In addition to the team of bicycle and vehicle SAGs along the route each day, a medical professional will accompany Cycle the Hudson Valley, holding office hours each evening.

ADDITIONAL OFFERINGS

Cycle the Hudson Valley will include a number of additional offerings, including art classes, tech classes, yoga, and more. Updates about new offerings will be shared with registered riders as they are confirmed in monthly rider email updates. For more information on these classes visit the information tent at each overnight location.

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

Daily routes for 2026 will be finalized in late July, when we can provide the most up-to-date route information, and will be posted at www.ptny.org/cthv-itinerary.

MONDAY, AUGUST 3 – Check-in 1:30 pm – 4:30 pm

Tent City: Hudson Valley Community College, 80 Vandenberg Ave., Troy, NY 12180

Indoor Camping: Gymnasium

TUESDAY, AUGUST 4 – Troy to Hudson (50 miles)

Tent City: Columbia Greene Community College, 4400 Route 23, Hudson, NY 14104

Indoor Camping: Gymnasium

WEDNESDAY, AUGUST 5 – Hudson to TBD (TBD miles)

Tent City: TBD

Indoor Camping: TBD

THURSDAY, AUGUST 6 – TBD to Carmel (TBD miles)

Tent City: Putnam County Veterans Memorial Park, Gipsy Trail Road, Carmel, NY 10512

Indoor Camping: Enclosed pavilion

FRIDAY, AUGUST 7 – Carmel to Dobbs Ferry (39 miles)

Tent City: Master's School, 49 Clinton Ave, Dobbs Ferry, NY 10522

Indoor Camping: TBD

SATURDAY, AUGUST 8 – Dobbs Ferry to Brooklyn (33 miles)

Finish line: TBD

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 - TROY

There are numerous options in the greater Albany-Troy area beyond those listed below, including options in the city of Albany and closer to Albany International Airport.

Hotel Name	Type	Phone #	Distance to Camp
Best Western Plus Franklin Square Inn Troy/Albany	Chain Hotel	(518) 274-8800	2.9 miles
Gardner Farm Inn	B&B	(917) 509-5100	3.0 miles
Courtyard by Marriott Albany/Troy Waterfront	Chain Hotel	518-240-1000	3.5 miles
Hilton Garden Inn	Chain Hotel	518-272-1700	4.4 miles
Holiday Inn Express & Suites East Greenbush	Chain Hotel	518-286-1011	4.9 miles

NIGHT 1 - HUDSON

The closest lodging option to camp is the [Mount Merino Manor](#), which is directly across NYS Route 23 from Columbia-Greene Community College.

Downtown Hudson, roughly 3-4 miles from our overnight location, features numerous B&B/Boutique Hotel options, including the [Howard Hotel](#), [Nautical Nest](#), [The Nest](#), [The Wick](#), [St. Charles Hotel](#), [Hudson Navigator](#), [Hudson Whaler](#), [The Maker](#), [Rivertown Lodge](#), [The Amelia](#), [W.M. Farmer & Sons](#), [Pocketbook Hudson](#), [The Hudson Milliner](#), and [Hudson B&B](#).

NIGHT 2 – TBD

Overnight location to be confirmed

NIGHT 3 - CARMEL

Lodging options are extremely limited near our Carmel overnight location. The nearest locations that we have identified are listed below. There may be additional short-term rental options in nearby communities through services such as Airbnb or Vrbo, although this is not guaranteed.

Hotel Name	Type	Phone #	Distance to Camp
Comfort Inn Brewster	Chain Hotel	(845) 363-0974	10.3 miles
Heidi's Inn	Boutique Hotel	(845) 279-8011	11.3 miles

NIGHT 4 - DOBBS FERRY

Hotel Name	Type	Phone #	Distance to Camp
Hilton Garden Inn Westchester Dobbs Ferry	Chain Hotel	(914) 591-4300	1.9 miles
Ardley Acres Hotel Court	Motel	(914) 693-2700	2.1 miles
Courtyard by Marriott Yonkers Westchester County	Chain Hotel	(914) 476-2400	3.6 miles
Residence Inn Yonkers Westchester County	Chain Hotel	(914) 476-4600	3.6 miles
Hampton Inn & Suites Yonkers	Chain Hotel	(914) 377-1144	3.8 miles

NIGHT 5 - BROOKLYN

Cycle the Hudson Valley ends in Brooklyn on Saturday, August 9 with the finish festival, which runs from 10:00 AM to 1:00 PM. There are numerous lodging options in and around the New York City area, far too numerous to list in one place. Note that for those not taking the post-ride shuttle, all luggage must be collected from the finish line by 1:00 PM.

NEED TO MAKE A CHANGE TO YOUR REGISTRATION?

ADDITIONS OR CHANGES

If you have already registered for Cycle the Hudson Valley and would like to add a shuttle or parking to your registration or change 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 31, 2026), you must submit the [Rider Cancellation Form](#) no later than July 7, 2026. If your refund request is made after July 7, 2026, you will receive a credit, minus the cancellation fee, good towards Cycle the Hudson Valley 2027 only. No shuttle reservation refunds or credits after July 7, 2026. No ride registration refunds or credits of any kind will be issued after July 25, 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 July 7, 2026. No shuttle refunds after July 7, 2026. There are no shuttle credits.

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.

After July 7, 2026, to receive a credit for your ride registration, minus a cancellation fee per person (fees increase after March 31, 2026), you must submit a ride registration cancellation request form no later than July 25, 2026. Credits can be used toward next year's PTNY Cycle the Hudson Valley bike tour. No credits after July 25, 2026.

CANCELLATION FEES

	<i>Before 3/31/2026</i>	<i>4/1/26 to 7/7/26</i>	<i>7/7/26-7/25/26</i>
Registration	\$200 per person	\$300 per person	\$300 per person, only credit given
Shuttle	\$25 per person	\$25 per person	Not available
Parking	No fee	No fee	No fee

No refunds or credits after July 25, 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 #CTHV26 hashtag to help share your story with an audience beyond your social media followers.

You can also “tag” Parks & Trails New York in your updates by adding the following handles for the chance to have your posts featured on our pages.



Instagram
@parkstrailsny



Facebook
@parksandtrailny

CONNECT WITH FELLOW RIDERS

We encourage you to connect with other riders about training and packing for the tour on our new [Cycling the Hudson Valley: An Empire State Trail Adventure Facebook group!](#)

QUESTIONS?

CONTACT PARKS & TRAILS NEW YORK

If there is anything else you would like to know about Cycle the Hudson Valley 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 August!

For additional questions, feel free to call Parks & Trails New York staff at 518-434-1583. Note that during the week immediately preceding the tour, we will be very busy preparing, and may not be able to respond to all calls in a timely manner. Email is strongly preferred for all inquiries.

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
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