PARKS & TRAILS NEW YORK

CYCLE THE HUDSON VALLEY RIDER HANDBOOK

August 2–7, 2027 · Troy to Brooklyn · 230 miles on the Empire State Trail, through the heart of the Hudson Valley

Mon	Day 1	Day 2	Day 3	Day 4	Day 5
TROY	**HUDSON**	**NEW PALTZ**	**CARMEL**	**DOBBS FERRY**	**BROOKLYN**
Check-in	49.8 mi	49.7 mi	55.4 mi	39.6 mi	33.4 mi

Register
ptny.org/events/cycle-the-hudson-valley/registration

Version 1.1 · Published November 13, 2026

Questions
cycletours@ptny.org · 518-434-1583

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If anything here conflicts with the 2027 policies, the policies apply. On the tour, follow guidance from PTNY and CCSD Sport Event staff. The most current version is online at ptny.org.

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WELCOME

UPDATED IN V1.1

THE ROUTE

About 230 miles on the Empire State Trail, Troy to Brooklyn



Troy to Brooklyn, north to south (about 230 mi)

Six days, one river and a finish line in Brooklyn. Cycle the Hudson Valley is a fully supported camping tour from Troy to Brooklyn along the Hudson River Valley Greenway section of the Empire State Trail. You'll ride at your own pace while we carry your gear, mark the route, stock the rest stops and look after you along the way.

Dates	Monday, August 2 (check-in) through Saturday, August 7, 2027
Start	Hudson Valley Community College (HVCC), 80 Vandenburgh Ave., Troy, NY 12180
Finish	Strong Rope Brewery, 185 Van Dyke St, Red Hook, Brooklyn, NY 11231
Distance	33.4 to 55.4 miles a day, about 230 miles in all
Direction	North to south. The state's Empire State Trail map and our guidebook run south to north
Riders	About 200 to 250
Lodging	Camping each night (outdoor tent or indoor space). Hotels are optional and at your own cost
Run by	Parks & Trails New York with CCSD Sport Event, PTNY's contracted tour director
Daily routes	ridewithgps.com/events/510818-cycle-the-hudson-valley-2027 (Ride with GPS)
Register	ptny.org/events/cycle-the-hudson-valley/registration

Dear Cycle the Hudson Valley Rider,

We're thrilled you'll be joining Parks & Trails New York's Cycle the Hudson Valley, along with fellow cyclists from across the country and around the world. This handbook is your guide to all of it, from training to tent stakes, so please read it start to finish. The more you know before check-in, the more fun you will have on the trail.

Questions before the tour go to cycletours@ptny.org or 518-434-1583.

See you on the trail!

Dylan Carey, Director of Policy and Planning
Rob Panzera, Tour Director

YOUR RIDE SUPPORTS SOMETHING BIGGER

Parks & Trails New York is the statewide advocate for New York's public lands, and since 1985 it has helped create more than 2,000 miles of greenways, bike paths, river walks and trails across the state. Cycle the Hudson Valley supports that work. Want to do more? Consider a tax-deductible donation or a membership.

DID YOU KNOW?

You'll be riding the Hudson River Valley Greenway, one of three segments of the 750-mile Empire State Trail. Completed in December 2020, it is billed as the longest multi-use trail in the United States.

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NEW TO THE TOUR?

UPDATED IN V1.1

First time on a bike tour? Welcome. These are the questions newcomers ask us most. More detail is in the sections that follow.

THE RIDE ITSELF

Is this a group ride?
Not in the way you might fear. There will be no mass start, and nobody will set the pace. You'll leave camp whenever you're ready after breakfast and ride at your own speed. Routes will be marked with paint, you'll get a cue sheet each evening, and SAG vehicles and cyclists will patrol the route, so you'll never really be on your own.

How hard is it?
It will be a real week of riding: five days of about 33 to 55 miles (about 230 miles in all), on the Empire State Trail with some road sections between trail segments. Daily climbing will range from about 850 to 2,050 feet. A bit of training goes a long way (see Training Tips).

What does "fully supported" mean?
Everything except the pedaling. We'll carry your luggage between camps, mark the route, stock one or two rest stops a day with drinks and snacks, provide a mobile mechanic and SAG support, and serve breakfast and dinner each riding day (except two dinners on your own). A medical professional will hold office hours each evening. Lunch will be on your own, which is a good excuse to explore the towns along the way.

What if I get hurt or have a breakdown?
Call the SAG number on your cue sheet. SAG can carry you and your bike to camp, where our on-tour bike mechanics can fix up your bike and get you rolling again. You'll pay for any repairs and parts.

Which direction do we ride?
North to south, from Troy to Brooklyn. Heads up: the state's Empire State Trail map and our guidebook run south to north, so read them in reverse.

CAMPING AND DAILY LIFE

Do I have to camp?
Nope. You can pitch your own tent, rent one with setup and breakdown from Comfy Campers, an independent vendor (2027 details are yet to be finalized; rentals sold out by early May in 2026, so book early), sleep indoors in a gym or similar space, or book a hotel or B&B at your own cost. Lodging is very limited near some camps, especially near Carmel, so camping or advance booking is wise.

What are showers and toilets like?
Portable toilets plus a shower trailer or indoor locker rooms will be available at each camp.

What happens on the first day?
Monday, August 2 will be check-in day at HVCC. Pick up your packet, enjoy appetizers and dinner, and hear opening remarks. The first full riding day will be Tuesday, August 3.

Is there help for first-timers?
Yes. New for 2027, the Bike Tour Buddy Program will pair first-time riders with experienced riders before the tour, so everyone has a friendly face at the start. Sign up on the registration form; register before April 30 to be matched in May.

What happens to my luggage?
Hand your bags to the luggage truck crew between 6:00 and 8:00 each morning, and they'll be waiting at camp when you arrive. Once they're loaded, you won't be able to reach them again until we get to the next campsite, so keep rain gear and anything else you need on your bike. Bag limits are in Bike, Gear & Luggage.

Where can I charge my phone?
Phone charging stations will be available at camp each evening, with ample charging capacity. That being said, they do get full quickly, so we recommend bringing a backup battery just in case. Laptops, CPAP machines and e-bike batteries can't use the phone stations.

What about food and dietary needs?

Breakfast and dinner will be provided on most days. Two evenings (New Paltz and Dobbs Ferry) will be on your own at local restaurants, with a shuttle where needed. Vegetarian options will be available, and we're working with a variety of caterers to provide gluten-free, dairy-free and vegan options, but there is no guarantee.

Can I do laundry?

A laundromat is located in Carmel.

BIKES AND GEAR

Do I need a special bike?

No. Many riders use hybrids; touring, cyclocross and gravel bikes also work. Tandems, recumbents and trikes are welcome. Only Class I e-bikes are allowed (see E-Bike Policy). No bike? Rentals will be available through a rental partner (to be confirmed for 2027).

Do I need to fix my own flat?

It helps, but you won't be alone. Carry spare tubes and basic tools, and ask a fellow rider or the mobile mechanic.

Do I have to wear a helmet?

Yes, at all times while riding.

FAMILIES, TRAVEL AND MONEY

Can children come?

Yes. Anyone under 18 needs a Minor Participant Agreement, including children in trailers, on tag-alongs or in child seats. A Responsible Adult age 21 or older (a parent, guardian or another adult registered for the same tour, such as a grandparent) must supervise them and ride with them at all times.

How do I get to Troy and home from Brooklyn?

See Getting to Troy & Home. Two common plans are to park in Troy and take the return shuttle from Brooklyn, or to arrive by train and take the shuttle from the Albany-Rensselaer Amtrak station to HVCC.

Do I need cash?

Bring a card and some cash for lunches, town stops and two dinners on your own. You'll also want your ID and health insurance card.

Is there help with the cost?

Tour Access Program: PTNY offers free and reduced-cost registrations to riders for whom cost or other barriers would otherwise prevent them from joining the tour. Applications are reviewed on a rolling basis through March 31, 2027, and we aim to respond within two weeks. Accepted riders receive a registration code. Apply here. Questions? Email cycletours@ptny.org.

What if I need to cancel?

See Changes & Cancellations for deadlines and fees.

> **DID YOU KNOW?**
> Troy is nicknamed the Collar City for its history making shirts and detachable collars. In 1864 Kate Mullany founded the Collar Laundry Union there, described as the nation's first female labor union.

START HERE

WHAT'S NEW FOR 2027

THE BIKE TOUR BUDDY PROGRAM COMES TO CYCLE THE HUDSON VALLEY

First time on a bike tour? For 2027, PTNY's Bike Tour Buddy Program will pair first-time riders with experienced riders before the tour, so every new rider knows a friendly face at check-in. How the program works.

COMING SOON

A few parts of the 2027 tour are still being finalized. Here is what to look forward to; we'll add details here as they are set.

THEMED RIDE DAYS

On selected days, riders will wear a jersey or shirt that matches the day's theme, a fun way to build community and connect with the towns we ride through. More detail coming soon

ALSO COMING SOON

- The shuttle from the Albany-Rensselaer Amtrak station to HVCC: times, pickup point and fee
- Bike shipping to the start with Freewheel Bike Shop

HANDBOOK UPDATES

This is **Version 1.1 · Published November 13, 2026** of the handbook. When we publish an update, the changes will be listed here, and updated sections will be marked in the menu.

- **Version 1.1** (November 13, 2026): Added links to the 2027 daily routes on Ride with GPS. Clarified meals, dietary options, showers and locker rooms, luggage drop-off, laundry and phone charging.
- **Version 1.0** (November 12, 2026): First published version of the 2027 handbook.

DID YOU KNOW?

Plans do change: Hudson nearly became the capital of New York State, losing to Albany by a single vote.

START HERE

TOUR RULES & SIGNED POLICIES

UPDATED IN V1.1

A tour with a couple hundred riders runs on a few shared ground rules. Here they are in plain language.

When you register at ptny.org/events/cycle-the-hudson-valley/registration, you accept the 2027 policies online. If anything in this handbook conflicts with the policies, the policies apply. The Participant Responsibilities & Code of Conduct applies to every rider and volunteer through the Release of Liability & Participation Agreement they accept at registration. It lists this handbook as a Tour Policy, so the rules here apply to all participants.

WHAT YOU SIGN

Policy	Who signs	What it covers
Release of Liability & Participation Agreement	Every rider and volunteer	Assumption of risk, release of claims, indemnity, emergency medical consent, photos and media, legal terms
Minor Participant Agreement	Parent or guardian, the minor, and any non-parent Responsible Adult, for anyone under 18	Supervision by a Responsible Adult
E-Bike Policy	Anyone bringing an e-bike	Classes, batteries, charging, $25 fee
Shuttle, Parking & Transport Release	Anyone reserving a shuttle or parking	Loading, departures, parking risk
CTHV Cancellation & Refund Policy	Every rider	Deadlines, fees, refunds, credits

Cycle the Hudson Valley is produced by Parks & Trails New York (PTNY) with **CCSD Sport Event**, PTNY's contracted tour director.

THE RULES IN SHORT

These rules summarize the Participant Responsibilities & Code of Conduct, which covers tour rules and staff guidance, conduct, removal, travel, bikes and equipment, unattended property, health and fitness, and illness. It doesn't need a separate signature: it applies to every rider and volunteer through the Release.

- **On the Tour** means all tour activities and your time and travel from arrival at any tour site, parking lot or shuttle site until you leave. It includes riding between camp and town and travel between parking and the start or finish.
- Follow the tour rules and any guidance from PTNY or CCSD Sport Event staff. Staff guidance overrides this handbook.
- **Wear a helmet at all times while riding.**
- Obey traffic laws and trail rules, stay on the route, do not trespass, and report hazards.
- Tour staff may remove a participant under the Participant Responsibilities & Code of Conduct. No refund or credit is given.
- Volunteers follow the same policies and staff guidance.
- Bring a lock and secure your bike whenever it's unattended and not loaded for transport.
- Your bike must be legal under New York State and local law. You are responsible for its condition and for all repair and part costs.
- Anyone under 18 stays under the direct supervision of a Responsible Adult at all times and rides with that adult. The Responsible Adult must be 21 or older: a parent or guardian, or another adult registered for the same tour, such as a grandparent, who signs to accept supervision. The parent or guardian is responsible for damage the minor causes and for pickup if the minor is removed from the tour.
- PTNY and CCSD Sport Event do not guarantee the safety of baggage, bikes or equipment. Staff have no duty to watch, collect or return unattended or left-behind items, and any item PTNY chooses to hold may be discarded or donated after 30 days.
- You arrange your own travel and lodging. Rental, shipping, tent and lodging vendors are independent businesses, not PTNY. If you stay in independent lodging, you arrange your own daily transportation. Off-route travel and free time are unsupported, and if you leave the tour early you arrange your own transportation.

Illness: if you have symptoms, take a rapid test. If you test positive, leave the tour. Wear a mask on SAG vehicles when you are ill. The Ride Director may cancel indoor camping for public-health reasons.

GET READY

TRAINING TIPS

A little preparation now saves a lot of grumbling at mile 35. If you can ride 400 miles or more before the tour, you will be in excellent shape, but some training is always better than none. Join a local club, add an organized ride or two, and use a spin class or indoor trainer if it is too cold to ride outside.

BASIC TRAINING SCHEDULE

APRIL 5-mile rides

Start with 5-mile rides. Once comfortable, ride 5 miles twice in a row.

MAY 10 up to 25 miles

Ten-mile rides for a couple of weeks, then add 5 miles at a time until you reach 20 to 25 miles.

JUNE 30 to 50 miles

Move up to 30 to 35 miles. About a month before the tour, complete at least two 50-mile rides the way you will ride on tour: stop often, sightsee, and pace yourself.

TRAIN CHILDREN TOO

Families should practice before the tour so children ride confidently in a straight line and follow traffic laws. If you plan to bring a child in a trailer, test it beforehand. No one wants to find out 30 miles from the start that a child cannot tolerate the motion.

HYDRATE AND EAT

Drink before, during and after riding, even when you are not thirsty. Wind dries sweat so fast that many riders do not realize they are losing fluid, and dehydration can lead to heat exhaustion or heat stroke.

Eat breakfast and keep eating carbohydrates while you ride. Skipping meals can cause “bonking,” a sudden loss of energy; simple sugars bring you back. Stretch all major muscle groups, not only your legs.

RIDING SAFELY WITH HUNDREDS OF OTHERS

RIDE PREDICTABLY

- Straight lines, no weaving, no hands off the bars
- Get off the path **before** you stop

LET THEM KNOW WHERE YOU ARE GOING

- Signal with your voice and hands when braking, turning and passing
- Say “on your left” when passing and “braking” or “slowing” before you slow
- Warn riders behind you about potholes and glass, and riders ahead about vehicles approaching from behind

WAIT YOUR TURN

- Don’t bunch up, especially at stops
- Most collisions happen in the first few feet of starting up

STAY ALERT OFF THE TRAIL

- Obey stop signs and traffic lights, and take extra care at road crossings and on roads between trail sections. It is easy to let your guard down after miles of traffic-free trail.

A FAMILY THAT BIKES TOGETHER STAYS TOGETHER

- Anyone under 18 rides with their Responsible Adult

GET READY

BIKE, GEAR & LUGGAGE

YOUR BIKE

Bring a bike in good mechanical condition that you find comfortable, and have your local shop tune it up beforehand. Hybrids are most common; touring, cyclocross and gravel bikes also work, and tandems, recumbents and trikes are welcome. Tell us if your bike has unusual dimensions and you plan to use a shuttle. Some portions of the Empire State Trail may be narrow, which matters for trikes.

TIRE RECOMMENDATIONS

You'll ride about 33 to 55 miles a day on stone dust and pavement. Choose puncture-protected tires, 28 to 42 mm wide for 700c wheels or 1.3 to 1.6 inches for 26-inch wheels. On a road bike use the widest tires your frame allows. On a mountain bike use non-aggressive tires or slicks.

CARRY ON THE BIKE

A helmet (CPSC-certified, **required**), multi-tool, mini pump, patch kit, tire levers, two spare tubes, a spare derailleur hanger for your bike, lights, a lock, water bottle cages or a hydration pack, and a bag for repair items, snacks and rain gear. You won't be able to reach your luggage until camp.

A bike computer or handlebar map holder helps you follow the cue sheet; phone apps such as Ride with GPS work but can drain a battery.

CLOTHING

If you missed purchasing a CTHV jersey at registration, visit ptny.org/shop. Jerseys and other merchandise will be available at camp on select nights during the tour, subject to availability.

Padded bike shorts (apply chamois cream), gloves, and shoes you can walk in. If you use clipless pedals, choose recessed cleats. In cool or damp weather, synthetic wicking fabrics keep you warm and dry.

LUGGAGE

3 soft-sided bags per person, each 40 pounds or less. Nothing strapped to the outside.

Three is a guide, not a hard limit: a few more, smaller bags are fine and they help our luggage crew. Camping gear goes inside the bags; tents and sleeping bags do not count separately. Strap nothing to the outside of a bag (no sleeping bags, chairs, tent poles or bungee cords). No bins. Use waterproof bags or line them with plastic.

WILL MY LUGGAGE AND BICYCLE BE SAFE?

Put your name and phone number on every bag and make it easy to spot with a ribbon or bandana. Theft is rare; picking up the wrong bag is the usual problem. PTNY and CCSD Sport Event do not guarantee the safety of baggage, bikes or equipment (see Tour Rules).

GET READY

E-BIKE POLICY

Only Class I e-bikes are allowed on Cycle the Hudson Valley. Class II and Class III e-bikes are not permitted.

Class I e-bikes have pedal assist and no throttle, with assist up to 20 mph while you pedal. Under state law, trail managers decide which classes may use their trails, and the trails on this route do not allow Class II. Every e-bike needs a manufacturer's label showing its class, and **e-bikes without one are not allowed.**

$25 E-BIKE CHARGING FEE

The charging fee is mandatory for anyone bringing an e-bike and is due at registration. It is fully refundable, with no fee, if you cancel by the refund deadline (June 30). Nothing is refunded or credited after that date, and credits don't include it.

IF YOU ATTEND WITH AN ELECTRIC BICYCLE

- E-bikes are faster and heavier than other bikes and **may take longer to slow and stop**. Share the path with care and follow posted rules.
- Batteries must be original or manufacturer-certified, with UL or equivalent certification. You need a separate charger for each battery, and chargers must be original or manufacturer-certified.
- An e-bike charging station will be provided at each overnight location, but charging at overnight sites will be limited. Charging can take up to 6 hours, so go there as soon as you reach camp. **Never charge unattended.**
- Batteries may not be packed in luggage. Personal generators are not allowed.
- The mechanic and local shops may not be able to repair electrical systems. Bring compatible spares.

SHUTTLE POLICY FOR E-BIKES

On shuttles, remove the battery and carry it on the bus. Buses will be air-conditioned. If the battery can't be removed, you must contact PTNY at cycletours@ptny.org before the tour, with the make, model and year, to confirm the bike can travel with the battery in place. Bikes that aren't approved won't be transported.

SAG SUPPORT POLICY FOR E-BIKES

SAG drivers may ask you to remove the battery, and you may be asked to lift your own bike onto a SAG vehicle.

DID YOU KNOW?

On June 15, 1894, Brooklyn's Ocean Parkway became the first street in the U.S. with a designated bike lane. It stretched nearly five miles, was designed by Frederick Law Olmsted and Calvert Vaux, and enforced a 12 mph speed limit on the path. Your finish line is in Brooklyn, so you'll be riding toward bicycling history.

GET READY

PACKING CHECKLIST

UPDATED IN V1.1

Check items off as you pack.

CYCLING EQUIPMENT

- ☐ Bike helmet (CPSC-certified, required)
- ☐ Repair kit: multi-tool, mini pump, patch kit, tire levers, two spare tubes
- ☐ Spare derailleur hanger for your bike
- ☐ Bike computer or handlebar map holder
- ☐ Water bottle cages and bottles, or a hydration pack
- ☐ Bag for repair items, snacks and rain gear
- ☐ Bike lock
- ☐ Rear-view mirror
- ☐ Front and rear lights

CYCLING CLOTHING

- ☐ CTHV jersey (optional; add when you register, handed out on arrival in Troy) (link)
- ☐ Jerseys or short-sleeve shirts
- ☐ Padded bike shorts
- ☐ Socks
- ☐ Bike shoes
- ☐ Gloves
- ☐ Wind vest or jacket
- ☐ Rain gear
- ☐ Headband or helmet liner
- ☐ Bandana
- ☐ Sunglasses

CAMP CLOTHING

- ☐ Short-sleeve shirts
- ☐ Shorts
- ☐ Pants
- ☐ Underwear
- ☐ Socks
- ☐ Walking shoes
- ☐ Shower shoes
- ☐ Pajamas
- ☐ Swimsuit
- ☐ Fleece
- ☐ Hat

Pack clothes in sealed plastic bags to keep them dry. A laundromat is located in Carmel.

CAMPING GEAR

- ☐ Distinctive duffel(s), labeled with name and phone number
- ☐ Small tent with rain fly
- ☐ Ground cloth
- ☐ Sleeping bag
- ☐ Sleeping pad
- ☐ Camp pillow
- ☐ Headlamp or flashlight
- ☐ Camp chair
- ☐ Clothesline and clothespins
- ☐ Detergent and a sink stopper for hand washing

TOILETRIES

- ☐ Towel and washcloth
- ☐ Toothbrush and toothpaste
- ☐ Lotion
- ☐ Sunscreen
- ☐ Lip balm
- ☐ Chamois cream
- ☐ Soap and shampoo
- ☐ Deodorant
- ☐ Hygiene items
- ☐ Toilet paper
- ☐ Common medications
- ☐ Bandages
- ☐ Insect repellent
- ☐ Hand wipes and sanitizer

OTHER

- ☐ Phone and charger
- ☐ Charging cables (GPS, rear light, CPAP)
- ☐ Spare CPAP battery, if needed
- ☐ Camera
- ☐ Glasses
- ☐ ID
- ☐ Health insurance card
- ☐ Cash and a card
- ☐ Ear plugs
- ☐ Extra plastic bags
- ☐ Bag for dirty laundry
- ☐ Cycling the Hudson & Champlain Valleys guidebook (optional) (link)

DID YOU KNOW?

The Old Croton Aqueduct carried water by gravity 41 miles from the Croton River to Manhattan, starting in June 1842. Today its path is a trail, the Old Croton Trail, which runs through the village of Dobbs Ferry.

GET READY

BIKE TOUR BUDDY PROGRAM

The PTNY Bike Tour Buddy Program will connect new riders with experienced community members to provide support and guidance on their first bike tour, so every new rider knows a friendly face when the tour starts. This program is for all first-time riders, including BIPOC, women, non-binary and trans tour participants. Mentors and first-time riders can be located anywhere, as all communications will be virtual until buddies meet in Troy at check-in.

Sign up when you register. The Buddy Program questions are part of the registration form, whether you'd like to be a mentor or be matched with one. If you register before April 30, we'll be in touch in May to let you know if you've been matched. If you register after that date, we'll still do our best to match you with a buddy.

HOW IT WORKS

1. In early May, PTNY will match up buddies based on the Buddy Program answers in the registration form.
2. PTNY will host a virtual training session in May for all selected mentors.
3. PTNY will send a welcome email connecting each mentor with their first-time rider, with contact information and the Buddy Program answers from registration to help buddies get to know each other.
4. During the spring and leading up to the tour, mentors will be available to answer questions from their first-time riders as they come up.
5. Buddies are encouraged to meet up at HVCC in Troy on Monday, August 2 (check-in day) to put a name to a face. PTNY may help set a time and place for all buddies to get together.
6. On the ride, enjoy the camaraderie of a new friend!

Buddies and mentors are fellow participants, not PTNY staff, and the program doesn't create any duty of supervision or care.

MENTOR EXPECTATIONS

- Have ridden Cycle the Hudson Valley or Cycle the Erie Canal with PTNY at least one time
- Be familiar with this handbook and know where to go for answers (the PTNY website, the Cycling the Hudson Valley Facebook group or cycletours@ptny.org)
- Attend the virtual mentor training in May
- Be responsive and available to answer questions by email or phone leading up to the tour
- Arrange to meet up with their buddy at check-in in Troy

GET THERE

GETTING TO TROY & HOME FROM BROOKLYN

Troy to Brooklyn is a one-way ride, so a little planning pays off. The tour will start at Hudson Valley Community College in Troy, near Albany, and end in Brooklyn, so you'll need a plan for your car or your trip home. Riders generally have two shuttle options: the shuttle from the Albany-Rensselaer Amtrak station to HVCC at the start, or the return shuttle from the Brooklyn finish back to Troy. You'll arrange any other travel yourself.

Albany and New York City both lie on the Thruway and Amtrak corridor and have international airports and Greyhound service. If you're flying, we suggest flying into Albany and out of a New York City area airport.

YOUR MAIN PLANS

1. **Park in Troy, ride to Brooklyn, take the return shuttle back to your car.** Reserve Troy parking and the return shuttle when you register (see Shuttles & Parking), and you skip the train, the rental car and the bike shipping.
2. **Arrive by train.** Take Amtrak to Albany-Rensselaer and ride our shuttle from the station to HVCC in Troy. Reserve a bike space with Amtrak as early as you can, then take the return shuttle from Brooklyn, or find your own way home.
   More detail coming soon
3. **One-way travel.** Fly, take the train, or rent a car one way. Ship your bike if that helps.

TRAVEL OPTIONS NEAR THE START

Mode	Details
Air	Albany International Airport, 737 Albany Shaker Rd, Albany, NY 12211; (518) 242-2200; albanyairport.com. About 7.5 miles and 20 minutes from HVCC
Amtrak	Albany-Rensselaer (ALB), 525 East Street, Rensselaer, NY 12144, under 7 miles from HVCC. PTNY will run a shuttle from this station to HVCC (see Shuttles & Parking). Metro-North does not serve this station. New York Penn Station is the main Amtrak hub, with LIRR and NJ Transit; Metro-North and LIRR also serve Grand Central
Ride share	Uber and Lyft operate in the Albany area and widely in New York City

Taxis also operate in both areas; call ahead if you have a bike. Amtrak bike space is limited and fills fast, so call 1-800-872-7245 early and check Amtrak's bicycle page. PTNY and a national coalition are working with Amtrak to improve bike service. Bus: Greyhound 1-800-231-2222.

ONE-WAY CAR RENTAL

You must be 18 or older with a valid license and a major credit card; surcharges may apply under 25, and some agencies do not allow bike racks. Many agencies operate in New York City. At Albany International Airport, about 7.4 miles from the start:

Agency	Reservations	Albany airport
Hertz	1-800-654-4173	(518) 456-1777
National	1-844-393-9989	(844) 366-2648
Budget	1-800-214-6094	(518) 242-4450
Enterprise	1-855-266-9565	(844) 934-1076

GET THERE

SHUTTLES & PARKING

Shuttles will bring riders from the Albany-Rensselaer Amtrak station to the start, or riders and their bikes from the Brooklyn finish back to their car in Troy.

You reserve shuttles and parking when you register, and your signature on the Shuttle, Parking & Transport Release is tied to those reservations. To change a reservation, email cycletours@ptny.org.

RULES FOR EVERY SHUTTLE

- **You'll load and collect your own luggage** in the bus luggage compartment.
- Bikes will travel on trucks, and mechanics and volunteers may help load them. Prepare your bike as instructed: turn the handlebars 90 degrees to the right and remove bottles, bags and panniers; on **e-bikes**, remove the battery and carry it on the bus. Protective padding is your choice and responsibility. Wait in the bike corral until you are released.
- Carry water, lunch and anything personal with you on the bus.
- Shuttles may leave as soon as they're full and won't wait for late riders. **If you miss a shuttle, you arrange your own transportation and no refund is given.** If you think you might miss the August 7 shuttle, be sure to call Car SAG with at least two hours' notice, to account for New York City traffic.

THE SHUTTLES

Shuttle	When and where	Fee
Start: Albany-Rensselaer Amtrak station to HVCC	Monday, August 2. A shuttle will run from the Albany-Rensselaer Amtrak station (525 East Street, Rensselaer) to camp at HVCC. More detail coming soon	To be announced
Finish: Brooklyn to Troy	Saturday, August 7. Board by 12:45 pm; the shuttle may leave as soon as it's full, with a brief midway stop. Arrives by about 7:00 pm near the HVCC student pavilion	$125

PTNY has no dedicated parking in New York City; garages exist in Manhattan and Brooklyn.

RETURN SHUTTLE AT THE FINISH

The return shuttle will bring you, your bike and your luggage back to Troy. At the Brooklyn finish, check in at the shuttle table for a bus ticket, move your luggage from the luggage truck to the shuttle, and load your bike on the truck with handlebars turned 90 degrees right. The finish festival will run about 10:00 am to 1:00 pm. Riders who aren't taking the shuttle must collect their luggage by 1:00 pm.

PARKING IN TROY

Where	HVCC Parking Garage. The entrance is off South Drive, the first left after turning onto campus from US Route 4 (Vandenburgh Ave.). See the HVCC map
Cost	$25, limited spaces, reserved at registration
Opens and closes	Will open 9:00 am Monday, August 2, and close 5:00 pm Sunday, August 8
Monday arrival	Park temporarily near registration to drop your luggage and bike and check in, then move your car to the garage. You'll receive a parking tag at check-in
Towing	Vehicles left in short-term parking after 8:00 am on Tuesday, August 3 may be towed at the owner's expense

Parking is at the owner's risk. PTNY and HVCC do not take responsibility for loss or damage.

DID YOU KNOW?

Dobbs Ferry is named for a ferry that began running in the early 1700s and kept going until about 1943. It is a fitting name for a tour with a shuttle at the end.

GET THERE

BIKE SHIPPING & RENTALS

Shipping your bike can make train, bus or air travel easier. Shops and services below are independent businesses, not PTNY.

SHIPPING YOUR BIKE TO THE START

Freewheel Bike Shop (3c Vatrano Rd., Albany, NY 12205; (518) 704-3696; freewheelfix@gmail.com) will be able to receive bikes shipped to the start. More detail coming soon

PACKING YOUR BIKE

A free box from your local bike shop works, or buy a hard case or reusable box (Trico Sports 818-899-7705, Tri All 3 Sports 1-800-733-7231, Crateworks 1-800-934-5214). Ship with BikeFlights.com or UPS (1-800-742-5877). Shipping takes 2 to 8 days, so ship at least 7 days early.

RENTING A BIKE

Rental bikes, including e-bikes, will be available through a rental partner that will deliver bikes near the start and pick them up near the finish. Rental partner to be confirmed for 2027.

DID YOU KNOW?

Local lore says Troy butcher Samuel Wilson stamped meat barrels “U.S.” for the army in the War of 1812, and they became known as “Uncle Sam’s.” Troy has since claimed to be Uncle Sam’s hometown, and Wilson is buried there in Oakwood Cemetery.

A DAY ON TOUR

UPDATED IN V1.1

Wake up to breakfast, ride all day, roll into camp. Here is how a day on tour will usually unfold.

A TYPICAL DAY

6:00–8:00 am	Breakfast. Luggage trucks will be open to load your bags	**6:30 am**	Staff and volunteers will brief riders on the route, local sights and special events
After breakfast	Riders will leave camp whenever they're ready. There will be no mass start	**About 7:30 am**	Car SAG vehicles will be on the route
8:00 am	Camp closes; all riders should be on their way	**8:00–10:30 am**	Morning rest stop, 10 to 15 miles from the start. Drinks and snacks
11:00 am–3:00 pm	Afternoon rest stop, 15 to 20 miles from the end of the day. Lunch will be on your own in the towns along the way	**Afternoon**	Arrive at camp. Collect your bags from the truck, pitch your tent, shower, charge your phone and relax
Evening	Dinner (except two nights on your own). Pick up the next day's cue sheet. Medical office hours. Information tent for local tours and activities		

ROUTE AND CUE SHEETS

The route will be marked with paint. Each evening you'll receive turn-by-turn directions for the next day, and all directions will use mileage, so an odometer helps. The 2027 daily routes are on Ride with GPS: ridewithgps.com/events/510818-cycle-the-hudson-valley-2027.

SAG SUPPORT

Bicycle and vehicle SAGs (support and gear) will follow the route daily. The assistance number will be on every cue sheet.

BIKE REPAIR

A mobile mechanic and SAG wagons can fix problems or take you and your bike to a shop. Local shops may not stock parts for trikes, folding bikes with small wheels, or tandems or recumbents with long chains, so bring spares. **You pay all repair and part costs.**

MEDICAL SERVICES

A medical professional will accompany the tour and hold office hours each evening.

CAMPING

Each night you'll set up at the official campsite, usually on school grounds, in a city park or on similar open space. Portable toilets and either a shower trailer or indoor locker rooms will be provided. See the list of overnight locations.

Bring a small tent, or rent one with setup and breakdown from Comfy Campers (comfycampers.info), an independent vendor. Specifics for 2027 are yet to be finalized. Rentals sold out by early May in 2026, so reserve early.

INDOOR CAMPING

Indoor camping will be available at most overnight locations, though facilities will be basic and conditions will vary.

- Some locations will have limited space or be very basic, such as an outdoor covered pavilion. Most will not have air conditioning.
- Bring tent and sleeping gear as a back-up in case space runs out or a local venue cancels.
- No bicycles or cleats, and no tents, in indoor camping areas.
- Share the space: keep gear close and do not set up chairs when space is tight.
- The Ride Director may cancel indoor camping for public-health reasons.

Prefer a real bed? You can stay at hotels and B&Bs at your own cost. See alternate lodging.

MEALS

PTNY and local partners will provide breakfast and dinner each riding day. Two evenings (the New Paltz and Dobbs Ferry nights) will be on your own at local restaurants, some walkable and some served by a continuously running shuttle. Vegetarian options will be available, and we're working with a variety of caterers to provide gluten-free, dairy-free and vegan options, but there is no guarantee. Rest stops with snacks and drinks will run once or twice a day. Lunch will always be on your own.

DEVICE CHARGING

Phone charging stations will be available at camp each evening. They won't be able to handle laptops, CPAP machines, e-bike batteries or other heavy-use devices. A separate station will be set up for e-bike batteries (see E-Bike Policy).

- Outlets will be limited and not guaranteed, and you'll be responsible for charging your own devices.
- CPAP users should bring two batteries.
- Outlets for direct-plug-in CPAP will be in the indoor camping areas. Extension cords may not be run out of the buildings overnight.

LAUNDRY

A laundromat is located in Carmel.

SHARE YOUR RIDE

Post with **#CTHV27** and tag @parkstrailsny on Instagram or @parksandtrailsny on Facebook. Themed ride days are coming soon.

> **DID YOU KNOW?**
> In the summer of 1781, Washington's Continental Army and the French under Rochambeau camped at Dobbs Ferry. On August 19 they began their march to Yorktown, a much longer trip than your tour, and one with fewer rest stops.

ON THE TOUR

MONDAY & TUESDAY AT HVCC

Check-in will be 1:30–4:30 pm on Monday and 6:30–7:30 am on Tuesday. You'll receive your rider packet and any parking tag. Tent camping in the LaSalle Institute field, behind the Institute along South Drive, will open at 9:00 am Monday.

MONDAY, AUGUST 2

9:00 am–4:30 pm	Information booth open	**1:30–4:30 pm**	Check-in
4:00–5:00 pm	Appetizers, wine and beer (21 and older), Siek Campus Center	**5:00–7:00 pm**	Dinner
6:30–7:15 pm	Opening remarks		

TUESDAY, AUGUST 3

There will be no mass start. Riders will leave whenever they're ready after breakfast.

6:00–8:00 am	Breakfast and luggage loading	**6:30 am**	Morning meeting
6:30–7:30 am	Check-in	**7:30 am**	Car SAG on route
8:00 am	Site closes. See you in Hudson!		

DID YOU KNOW?

New Paltz's Huguenot Street was founded in 1678 and has seven stone houses dating to about 1705. It is one of the oldest continuously inhabited settlements in the United States.

ON THE TOUR

OVERNIGHT LOCATIONS

Dates, daily routes and mileage follow the 2027 routes on Ride with GPS. The New Paltz-area venue is pending confirmation. Bring a tent as backup if you plan to camp indoors.

CHECK-IN: TROY

Monday, August 2

CHECK-IN

1:30–4:30 pm

TENT CITY

Hudson Valley Community College, 80 Vandenburgh Ave., Troy, NY 12180 (LaSalle Institute field)

INDOOR

Gymnasium

DAY 1: TROY TO HUDSON — 49.8 miles

Tuesday, August 3

TENT CITY

Columbia-Greene Community College, 4400 Route 23, Hudson, NY 12534

INDOOR

Gymnasium

DAY 2: HUDSON TO NEW PALTZ — 49.7 miles

Wednesday, August 4

TENT CITY

New Paltz area, venue pending confirmation

DINNER

On your own. Walk or take the provided shuttles.

DAY 3: NEW PALTZ TO CARMEL — 55.4 miles

Thursday, August 5

TENT CITY

Putnam County Veterans Memorial Park, Gipsy Trail Rd, Carmel

INDOOR

Enclosed pavilion

DAY 4: CARMEL TO DOBBS FERRY — 39.6 miles

Friday, August 6

TENT CITY

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

INDOOR

Fitness center

DINNER

On your own. Walk or take the provided shuttles.

DAY 5: DOBBS FERRY TO BROOKLYN — 33.4 miles

Saturday, August 7 — Finish

FINISH LINE

Strong Rope Brewery, 185 Van Dyke St, Red Hook, Brooklyn. The finish festival will run about 10 am–1 pm. Riders not taking the return shuttle must collect their luggage by 1 pm.

ON THE TOUR

ALTERNATE LODGING

Prefer a real bed some nights? That is allowed, too. Hotels, motels and B&Bs below are within about 5 miles of the overnight locations, except where noted, at your own cost. **Reserve early because rooms fill fast.** Airbnb and Vrbo may also have options.

You are responsible for getting there and back each day, so a good approach is to leave most gear on the luggage truck, ride to your lodging, and carry only what you need for the night in a small bag.

Each hotel name links to its website. A listing is not an endorsement. Look for certified Bike Friendly New York businesses, which offer secure overnight bike storage.

NIGHT 0: TROY

Many more options are in the greater Albany-Troy area, including near Albany International Airport.

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 Troy	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 option is Mount Merino Manor, directly across Route 23 from Columbia-Greene Community College. Downtown Hudson, about 3 to 4 miles away, has many B&Bs and boutique hotels, 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: NEW PALTZ AREA

Lodging is limited. Airbnb or Vrbo options may exist in nearby communities, but that is not guaranteed. Distances are approximate until the New Paltz-area venue is confirmed.

Name	Type	Phone	Distance to Camp
Hasbrouck House	Boutique hotel	(845) 687-0736	1.7 miles
CS Coach House	B&B	None listed	3.5 miles
Six Bells Countryside Inn	Boutique hotel	(845) 658-2047	4.0 miles
Windsor Cottage	B&B	(512) 412-9788	4.2 miles
Elm Rock Inn	B&B	(845) 687-4492	4.6 miles
Sky Lake Lodge	B&B	(845) 658-8556	4.8 miles
Gray Barn at Woodstock Farm	B&B	(845) 247-5700	6.4 miles

NIGHT 3: CARMEL

Lodging is extremely limited near Carmel, and the nearest options are 10 or more miles away. Airbnb or Vrbo options may exist in nearby communities, but that is not guaranteed.

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

Name	Type	Phone	Distance to Camp
Hilton Garden Inn Westchester Dobbs Ferry	Chain hotel	(914) 591-4300	1.9 miles
Ardsley 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

The finish festival will end about 1:00 pm. Many lodging options exist in and around New York City, too many to list here. Riders not taking the return shuttle must collect their luggage by 1:00 pm.

DID YOU KNOW?

After the Revolution, Quaker whalers and merchants from Nantucket and Martha's Vineyard settled Hudson in 1783. It sits at the head of navigation on the Hudson, 120 miles from the Atlantic, and its oldest operating theater, Hudson Hall, is still going.

NEED HELP?

CHANGES, CANCELLATIONS, REFUNDS & CREDITS

Plans change. Here is how our cancellation and credit rules work.

This is a summary. The CTHV Cancellation & Refund Policy you sign at registration controls. To cancel, submit the Rider Cancellation Form; your cancellation date is the day PTNY receives it. Calls, emails and messages to tour staff don't count as a cancellation. To add or change a shuttle or parking reservation, email cycletours@ptny.org.

KEY DATES

Registration opens	November 12, 2026, at ptny.org/events/cycle-the-hudson-valley/registration
Tour Access Program applications due	March 31, 2027 (see Is there help with the cost?)
Refund deadline	**June 30, 2027**. Cancel by this date for a refund minus the cancellation fee
Credit deadline	**Friday, July 16, 2027**. Cancel after June 30 and by this date for a credit minus the cancellation fee. No refund or credit after this date
Late registration	If you register after June 23, 2027, you have 7 days to cancel for a refund minus the cancellation fee

FEES AND FULL TERMS

Cancellation fees, refund and credit rules, and what isn't covered are in the CTHV Cancellation & Refund Policy you accept at registration (ptny.org/events/cycle-the-hudson-valley/registration).

NEED HELP?

CONTACTS & SOCIAL MEDIA

We are here to help. This is how to reach us before and during the tour.

QUESTIONS ABOUT THE TOUR

Email cycletours@ptny.org or call PTNY at 518-434-1583. Email is strongly preferred, and the week before the tour staff will be busy preparing and may not return calls promptly.

DURING THE TOUR

Emergency contact numbers for tour week will be shared with registered riders closer to the tour.

CONNECT WITH FELLOW RIDERS

The Cycling the Hudson Valley: An Empire State Trail Adventure Facebook group is a good place to swap training and packing tips.

SOCIAL MEDIA ON THE TOUR

Post updates and photos with **#CTHV27** and tag Parks & Trails New York for a chance to have your posts featured.

Instagram	Facebook
@parkstrailsny	@parksandtrailsny

DID YOU KNOW?

Carmel is the home of a statue of Sybil Ludington, who is said to have ridden all night on April 26, 1777, at age 16 to warn of a British raid. Historians debate how much of the story is documented, but it makes a good emergency-contact legend.