



2025 Rider Handbook

Updated 7.22.2025

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 Third 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 us at tquackenbush@ptny.org and we'll be glad to help.

Rob Panzera
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[Parks & Trails New York](#) is the leading nonprofit working statewide to create a network of parks, trails, and greenways so that New Yorkers can more easily access and fully enjoy the outdoors.

Since 1985, Parks & Trails New York has helped create more than 1,500 miles of greenways, bike paths, river walks, and trails across New York and has led a campaign to promote and enhance one of the nation's largest state park systems. Cycle the Erie Canal supports Parks & Trails New York's work in communities across New York State.

Consider making a tax-deductible donation or becoming a member of Parks & Trails New York today. Visit ptny.org/membership to learn more.

NOTE: *This rider handbook represents up-to-date information as of July 22, 2025. This handbook supersedes any information provided in any previous version of this handbook. The information contained within may be superseded by future emails from the ride organizers or Parks & Trails New York and may be superseded on the tour by verbal direction from ride organizers or PTNY.*

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HIGHLIGHTS

SHUTTLE: We have two shuttles this year! We have a beginning of ride shuttle that will bring riders and their bikes and luggage from New York City (pick-up at 34th Street and 9th Avenue, near Penn Station) to Hudson Valley Community College in Troy on Monday, August 4, and a shuttle at the end of the ride that will bring riders, bikes and luggage from Brooklyn Bridge Park, Pier 2 back to long-term parking at the end of the ride. More information about the shuttles is available on page 9. Reservations are required for both shuttles and can be purchased when registering for the tour. If you did not purchase a shuttle ticket but would like to add one on, please email us at tquackenbush@ptny.org.

E-BIKES: Class I e-bikes are allowed on Cycle the Hudson Valley, however Class II and III are not permitted. NOTE: if you're bringing an e-bike on the shuttle the battery must be removed and brought with you on the bus. This is a safety issue and there are no exceptions. You'll need to make your own bike transportation arrangements if you are unable to remove your battery.

ONLINE ROUTES: There is so much to do along the Hudson River Valley Section of the Empire State Trail. Routes will be available on <https://www.ptny.org/events/hudson-valley-tour> soon, and will be made available for export to GPS-enabled bike computers and fitness devices.

MERCHANDISE: There are now more ways to bring Cycle the Hudson Valley memories home with you with official Cycle the Hudson Valley swag. This year, purchase the official Cycle the Hudson Valley jersey, Cycling the Hudson and Champlain Valleys Guidebook, and more. Visit [PTNY's online shop](#), and additional merchandise will be available for purchase during the ride.

MERCY COLLEGE DORM ROOMS: Dorm rooms in Mercy College are available for riders to reserve for the final night of the ride, Friday, August 8. [Register separately here](#). Rooms are \$90 for a Single Room (one single bed dorm), or \$180 for a Double Room (two beds in one dorm room).

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 200 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.

CHILDREN NEED TO TRAIN, TOO

Cycle the Hudson Valley is a family-friendly ride, but it is especially important for families with children and adolescents to spend time beforehand to help them get ready. Please note that this tour includes some stretches of on-road travel, and a few hills. Practice helps children ride confidently in a straight line and obey traffic laws—important safety skills on the road or trail.

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! Sip water frequently.

EAT WELL

Some riders make the mistake of either 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. Tandems, recumbents, and trikes are welcome. Please notify us at tquackenbush@ptny.org if you are planning to bring a bike with atypical dimensions onto the post-ride shuttle. **NOTE:** You must be able to remove the battery from your Class I e-bike. **Class II and III e-bikes are not allowed on this tour.**

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. If you have questions about your tires, ask at your local bike shop.

For information on shipping a bike, see page 17.

BICYCLE ACCESSORIES

The most important accessory is a good helmet. **You must wear a helmet at all times while riding 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 GPS bike computer that is able to load routes and maps, these features may allow turn by turn guidance. 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. 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. There will also be a “How to Change a Flat” workshop provided during the tour.

You’ll need a place to carry these repair items, along with money, sunglasses, sunblock, and snacks, so think about bringing a bag. A handlebar bag, seat bag, saddle bag, rear rack bag, or pannier on your bicycle 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 are also constructed with extra padding in the seat. Regardless of the shorts you use, applying chamois cream before riding can be helpful to prevent chafing and rashes.

Shoes for cycling come in many shapes and styles, from sneakers to shoes designed for clipless pedals. If you decide to use cycling shoes with clipless pedals, mountain or touring shoes with recessed cleats will be better for all the sightseeing you will do off your bike.

You can cycle in most shirts 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. Official CTHV jerseys are available for purchase now at ptny.org/shop -any jerseys pre-ordered by May 1st will be available for pick-up at registration. We’ll also have a limited supply of official CTHV jerseys available for purchase at the merch table on tour, and will have additional PTNY and Cycle the Hudson Valley merchandise available as well.

WEATHER

Weather in Upstate New York during July & August tends to be moderately hot and humid. Average highs are between 80° and 83° and average lows between 58° and 62°. Keep a windbreaker, rain jacket, or poncho with you for a possible rain shower.

EMERGENCY ALERTS

You can sign up to receive alerts via text involving any sudden weather hazards or other last-minute important updates during the tour. If there is a sudden weather emergency or urgent news about the tour, you can sign up to receive text message alerts via our Rained Out system. To subscribe (yes...it's free):

- Text **CTHV25** to **84483** to receive **CTHV 2025** alerts from **Parks & Trails New York**.
- Fill out the [online form](#)

WHAT TO PACK

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.

Sometimes luggage does get wet, so please pack anything you would like to stay dry in plastic or use waterproof bags, or both!

CYCLING EQUIPMENT:

Bike Helmet
Bike computer
Handlebar map holder
Small repair kit that includes a multi-tool, mini pump, patch kit, tire levers, spare tubes, 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)

CYCLING CLOTHING:

[Cycle the Hudson Valley](#) jersey (optional)
Jerseys or short-sleeve shirts
Bike shorts
Socks
Bike shoes
Bike gloves
Wind vest or jacket
Rain gear
Headband or helmet liner
Sunglasses

(packing list continues next page)

CAMP CLOTHING:

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

To ensure clothing stays dry, pack clothes in large plastic bags, press flat to remove excess air, and seal. Plastic bags will also help clothes stay dry in the rain.

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.

PACKING DOs AND DON'Ts

Pack mindfully. Each bag should weigh no more than 40 pounds. Be kind to our truck drivers, luggage volunteers, and yourself— weigh your luggage beforehand!

Please do not fasten items to the outside of your luggage. Bungee cords have been known to snap unexpectedly and cause injury. Please do not pack anything fragile, as Parks & Trails New York cannot be responsible for broken items.

TOILETRIES:

Towel and washcloth
 Toothbrush and toothpaste
 Skin lotion
 Sunscreen
 Lip balm
 Chamois/rash cream
 Soap and shampoo
 Deodorant
 Personal hygiene items
 Medication such as aspirin or ibuprofen, antacids, and personal prescriptions
 Other—Band-Aids, insect repellent, and handi-wipes

OTHER:

Face masks
 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
 Health insurance card
 Cash and credit/debit card
 Pocket knife
 Ear plugs (for sleeping)
 Postage stamps
 Book
 Yoga mat
 Extra plastic bags
 Separate bag for dirty laundry

TRANSPORTATION & SHUTTLES

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. For more information on options for arriving in Troy to start Cycle the Hudson Valley, refer to our website at ptny.org/events/hudson-valley-tour/transportation.

STARTING POINT IN TROY

The bike tour begins at Hudson Valley Community College, 80 Vandenburg Ave., Troy, NY 12180.

Registration check-in will run from 1:30 PM to 4:30 PM on Monday, August 4. We will have additional registration for late arrivals on Tuesday, August 5 from 6:30 AM to 7:30 AM.

Camping in the LaSalle Institute field (behind the Institute, along South Drive) will be available for tent set up starting from 9:00 AM on Monday, August 4.

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.

SHUTTLES

Optional shuttles for riders at the beginning and end of the tour for an additional fee of \$125 per rider. Shuttle tickets can be purchased when registering for the tour. If you have already registered and would like to add a shuttle to your reservation, to cancel your registration (subject to fees), or to change your registration from one shuttle to the other, please email PTNY staff at tquackenbush@ptny.org.

PRE-RIDE SHUTTLE (MONDAY, AUGUST 4)

New for 2025, we will have a shuttle to bring riders, luggage and bikes from New York City to Troy at the beginning of the ride. The pick-up location for the pre-ride shuttle is at 34th Street and 9th Avenue in Manhattan, near Penn Station. Bikes will be transported on board trucks from New York City to Troy; panniers and other bags must be removed from bikes before loading. Luggage is not accessible during the ride, we encourage riders to keep any items with them that they would like to have access to while on the shuttle. The shuttle will arrive in Troy between 12:00 PM and 1:00 PM. Note that there will be no long-term parking provided in New York City.

POST-RIDE SHUTTLE (SATURDAY, AUGUST 9)

If you reserved a shuttle seat on your registration ticket, a shuttle (Saturday, August 9th) will bring you and your bike/luggage from Pier 2 at Brooklyn Bridge Park back to long-term parking at Hudson Valley Community College (HVCC). Please check-in at the shuttle table from 1-1:45 pm and be prepared to load your bike and luggage prior to taking your seat on the bus at 1:45 pm. We expect the buses to depart at **2 pm**. The buses will arrive at HVCC in Troy around 5:30 pm.

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 40-60 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.

ON THE ROUTE

Cycle the Hudson Valley follows set routes each day that follow the course of the Empire State Trail. Riders leave on their own each morning, with services provided along the route.

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 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, and keep to the right. 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, "bike back." 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 7:30 am to 10:30 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 follow the route each day and are available for help if you have a problem. Please save the phone number for the SAG Support Coordinator, John Lawler, to your phone - 315-730-6806. In addition, we ask that riders familiarize themselves with [dropping a pin with their location](#) using their phone, to ensure that if there is a problem during the ride, you can communicate your location to our SAG team quickly and efficiently.

IN CAMP

We will spend five nights camping at various locations in the Hudson Valley. These locations include colleges, county fairgrounds, and municipal parks. In camp each night, we will have information, a medical team, shower facilities, bathrooms, water bottle filling stations, e-bike charging stations, and more.

CAMPING AND ALTERNATIVE ACCOMMODATIONS

Those camping outdoors have two options: bring your own tent, or hire Comfy Campers and have one set up for you -- www.comfycampers.info. There are limited indoor options on this tour.

For alternative accommodation -- You are welcome to stay at hotels and bed & breakfasts along the route, though you are responsible for getting there and back each morning and evening with any luggage you need for the night (see page 16 for listings).

Cycle the Hudson Valley includes camping accommodations at schools and parks across the Hudson Valley Greenway corridor with restrooms and shower facilities. We'll also have a shower truck and portable toilets as needed. Those camping on their own will be responsible for setting their own tent up each day when they arrive in camp, taking it down the following morning, and loading the tent in your luggage for transport to the next overnight location. We recommend that all riders practice setting their tent up and taking them down before the ride so that they can do so quickly each morning and begin the ride.

Those using Comfy Campers will check in directly with Comfy Campers upon arrival at Hudson Valley Community College. Comfy Campers operates independently within the tour, any questions about their service can be directly answered by them at www.comfycampers.info.

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. Breakfast is typically served between 6:00 AM and 8:00 AM and will be on site. During breakfast, we will provide a briefing of what to expect during the day's ride (see below). On the nights dinner is provided, dinner is served between 5:00 PM and 7:00 PM. When dinner is on your own, we provide shuttles from camp to nearby restaurants.

Rest stops with snacks and drinks are provided once or twice a day; the location of the rest stops will be included on each day's cue sheets and on the marked routes. Lunch is on your own; we will include recommendations for communities in which you can

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. Luggage is packed tightly on the trucks and unloaded by volunteers at each site, we encourage riders not to include anything breakable in their bags.

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.

If you are needing to charge a larger device, please see the FAQ Page under “What if I need access to power for a CPAP or other device?” - <https://www.ptny.org/events/udson-valley-tour/faqs>. **CPAP users are strongly encouraged to bring a second CPAP battery** as charging stations are first come, first served. Additionally, extension cords will not be run outside to the tents.

Only Class I ebikes are allowed on Cycle the Hudson Valley, we will have an e-bike charging station at each 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 Hudson Valley, holding office hours each evening.

MERCHANDISE

Cycle the Hudson Valley merchandise will be available for purchase on check-in day at Hudson Valley Community College, and on the two following evenings when we have dinner at our camp location. We will not sell merchandise on the nights when dinner is on your own. Merchandise will also be available for purchase online following the tour. Merchandise is no longer available for pre-order before the tour.

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 our special events on the ride page at <https://www.ptny.org/events/udson-valley-tour/tour-special-events>, or visit the information tent at each overnight location.

EMERGENCY CONTACTS

Phone numbers will be provided for the PTNY ride staff who can be reached in case of an emergency. **Please only call these numbers during the week of the tour** – before that time, please reach out to PTNY staff with any questions at 518-434-1583 or tquackenbush@ptny.org.

For emergencies, **during the ride only**, please call one of:

- John Lawler, SAG Support Coordinator, 315-730-6806 - SAG support is for emergencies during the day while riding
- Tara Quackenbush, PTNY Events Manager, 518-866-6879
- Rob Panzera, Tour Director, 917-543-2670
- Dylan Carey, PTNY Director of Policy and Planning, 518-217-8640

RAINED OUT

Cycle the Hudson Valley has a text weather alert service called **Rained Out** that you can sign up for. We strongly encourage all riders to sign up in case we need to quickly send out a mass communication. To subscribe (yes...it's free):

- Text **CTHV25** to **84483** to receive **CTHV 2025** alerts from **Parks & Trails New York**; or
- Fill out the [online form](#)

Monday & Tuesday SCHEDULES, August 4 & 5

SCHEDULE FOR Monday, August 4

Registration/Overnight at Hudson Valley Community College and camping at La Salle Institute

9:00 AM – 4:00 PM	Information Booth Open (Check-in does not begin until 1:30 PM)
1:30 - 4:30 PM	Check-in (receive your rider packet w/ shirt). Merchandise will be available for purchase from 2:00 PM to 4:00 PM.
Time TBD	Art Class - meet the artists and sign-up for the week
4:00 - 5:00 PM	Appetizers – Wine & Beer available
5:00 – 7:00 PM	Dinner Siek Campus Center HVCC
7:00 – 7:30 PM	Opening Remarks w/ PTNY staff

Pre-Tour Rides:

On Own Out & Back – Choose your own adventure! Ride 14, 23, or 35 miles on the fully paved **Albany County Helderberg-Hudson Rail Trail**. The shorter ride allows time to explore the **USS Slater** (fee), the only restored WWII Destroyer Escort still afloat. An ice cream stop (fee) at mid-point is a cooling rest stop before returning, or continue on to the far end of the longer ride for a midpoint lunch at **Northern Barrell**, a craft brewery with a nice menu & outdoor seating. Please note: these pre-ride routes are neither marked nor supported. An option to drive to a remote start can shorten the ride and/or avoid the climb at the end of the ride.

SCHEDULE FOR Tuesday, August 5

Note: No mass start, Riders leave on their own

	6:00 – 8:00 AM	Load Luggage onto Trucks
6:00 – 8:00 AM	Breakfast	
6:30 AM	AM Meeting w/ Andy Kitzmann from Hudson River Valley Greenway	
6:30 – 7:30 AM	Late Check-in (those who didn't check-in yesterday, receive rider packet and shirt, plus jersey if pre-ordered)	
7:30 AM	Car SAG vehicles on route	
8:30 AM	All cars at HVCC need to be moved to Long Term Parking by this time	
9:00 AM	Site Closes - See you in Hudson	

DAILY ROUTES & TENT CITIES

Daily routes for 2025 will be finalized in late July, when we can provide the most up-to-date route information, and will be posted on <https://www.ptny.org/events/udson-valley-tour/itinerary>

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

Tent City: La Salle Institute along South Drive behind La Salle Institute 174 Williams Rd, North Greenbush, NY 12180 and Hudson Valley Community College, 80 Vandenberg Ave., Troy, NY 12180

TUESDAY, AUGUST 5— Troy – Hudson (50.4 miles)

Tent City: Columbia Greene Community College, 4400 Route 23, Hudson, NY 12534

WEDNESDAY, AUGUST 6— Hudson - New Paltz (53.4 miles)

Tent City: Ulster County Fairgrounds 249 Libertyville Rd, New Paltz, NY 12561

THURSDAY, AUGUST 7 — New Paltz - Carmel (58.2 miles)

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

FRIDAY, AUGUST 8 — Carmel – Dobbs Ferry (39.6 miles)

Tent City: Mercy College, 555 Broadway, Dobbs Ferry, NY 10522

SATURDAY, AUGUST 9 — Dobbs Ferry – Brooklyn Bridge Park (31.7 miles)

Finish Location: Brooklyn Bridge Park, Pier 2, 334 Furman St, Brooklyn, NY 11201

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. We have a list of nearby accommodations along the route on the following pages, mostly within a short ride from the tent cities. There may be additional places to stay further away from the camp location. **Make your reservations early as many places will fill up quickly. There may also be Airbnb or other short term rentals in these communities, for any such option, riders must book directly through those websites.**

NOTE: 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. There are limited indoor camping options available at our overnight locations on Cycle the Hudson Valley.

Monday, August 4 – Overnight Location - Hudson Valley Community College, Troy		
Franklin Square Inn (Best Western)	1 4 th St., Troy	518-274-8800
Courtyard Troy Waterfront	515 River St. Troy	518-240-1000
Holiday Inn Express	8 Empire Dr., East Greenbush	518-286-1011
Tuesday, August 5– Overnight Location – Columbia-Greene Community College, Hudson		
The Wick (Marriott)	41 Cross St, Hudson	518-249-6825
St. Charles Hotel	16 Park Pl, Hudson	518-822-9900
Rivertown Lodge	731 Warren St, Hudson	518-512-0954
Wm Farmer & Sons	20 So. Front St, Hudson	518-828-1635
Hudson Mariner	26 Warren St, Hudson	518-254-8766
The Inn at 34	34 So. Second St, Hudson	888-279-0365
Hudson B&B	136 Union St, Hudson	518-929-6199
The Howard Hotel	216 Warren St, Hudson	518-303-6650
Batterby House	251 Allen St, Hudson,	518-822-9229
The Maker Hotel	302 Warren St, Hudson	518-509-2620
Hudson City B&B	326 Allen St., Hudson	518-822-8044
The Nest Hudson	330 Union St, Hudson	518-302-9400
The Nautical Nest	12 City Hall Pl, Hudson	518-302-9400
The Amelia Hotel	339 Allen St, Hudson	518-768-7900
The Hudson Milliner	415 Warren St, Hudson	917-930-4302
Westcott House B&B	24 No. 5 th St, Hudson	518-828-2803
The Hudson Whaler Hotel	542 Warren St, Hudson	518-217-4334
Wednesday, August 6– Overnight Location - Ulster County Fairgrounds, New Paltz		
Moondance Ridge Bed & Breakfast	55 Shivertown Rd, New Paltz	(845) 419-8449
Minnewaska Lounge	3116 US-44, Gardiner	(845) 255-1110
Hampton Inn by Hilton New Paltz	4 S Putt Corners Rd, New Paltz	(845) 255-4200
Americas Best Value Inn	7 Terwilliger Ln, New Paltz	(845) 255-8865
Rodeway Inn and Suites New Paltz	601 Main St, New Paltz	(845) 883-7373

Thursday, August 7– Overnight Location - Putnam County Veterans Memorial Park		
Comfort Inn	7-11 Peach Lake Rd, Brewster, NY	(845) 582-0688
Hilton Garden Inn Danbury	119 Mill Plain Rd, Danbury, CT	(203) 205-2000
Ethan Allen Hotel	21 Lake Ave Ext, Danbury, CT	(203) 744-1776
The Abbey Inn and Spa	900 Fort Hill Rd, Peekskill, NY	(914) 736-1200
The Thayer Hotel	674 Thayer Rd, West Point, NY	(845) 446-4731
Heidi's Inn	1270 NY-22, Brewster, NY	(845) 279-8011
Friday, August 8– Overnight Location - Mercy College		
Hilton Garden Inn Westchester	201 Ogden Ave, Dobbs Ferry,	(914) 591-4300
Tarrytown House estate on the Hudson	49 E Sunnyside Ln, Tarrytown, NY	(914) 591-8200
Sleepy Hollow Hotel	455 S Broadway, Tarrytown	(914) 631-5700

MERCY COLLEGE DORM ROOMS

Dorm rooms in Mercy College are available for riders to reserve for the final night of the ride, Friday, August 8. Register separately at <https://ptny.app.neoncrm.com/eventReg.jsp?event=2729&> Rooms are \$90 for a Single Room (one single bed dorm), or \$180 for a Double Room (two beds in one dorm room).

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

NEED TO MAKE A CHANGE TO YOUR REGISTRATION?

ADDITIONS

If you have already registered for Cycle the Hudson Valley and would like to add a shuttle or parking to your registration, contact us at tquackenbush@ptny.org.

CANCELLATION POLICY

To receive a refund of your ride registration and, if applicable, shuttle reservation fee, minus a cancellation fee per rider (cancellation fees increase on March 31, 2025), you must submit a [ride registration cancellation form](#) no later than July 7, 2025. You may find this form on the website or email tquackenbush@ptny.org and we will send you one.

If your refund request is made after July 7, 2025, you may be eligible to receive a credit for next year's ride. No shuttle reservation refunds after July 7, 2025.

No ride registration refunds or credits will be issued after July 25, 2025.

CANCELLATION FEES

Registration

RIDE CANCELLATION FEES THROUGH March 31, 2025

5-DAY RIDER: \$200 PER PERSON

RIDE CANCELLATION FEES AFTER March 31, 2025

5-DAY RIDER: \$300 PER RIDER

Canceling Just the Shuttle

If you're still joining us for the ride but need to cancel your shuttle reservation and receive a refund minus a \$25 cancellation fee per rider, you must submit a shuttle cancellation form no later than July 7, 2025. No shuttle refunds after July 7, 2025. There are no shuttle credits.

SHUTTLE CANCELLATION FEE UP UNTIL July 7, 2025

\$25 PER PERSON

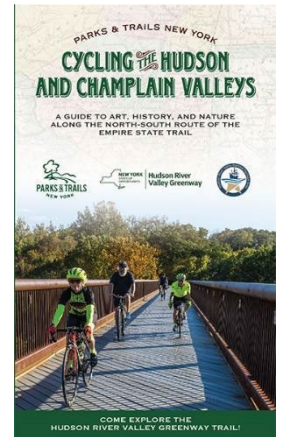
CYCLE THE HUDSON VALLEY MERCHANDISE

CYCLING THE HUDSON AND CHAMPLAIN VALLEYS GUIDEBOOK

With full-color maps and a great overview of places to visit and things to do along the trail, Parks & Trails New York's *Cycling the Hudson and Champlain Valleys guidebook* is the best resource to plan ahead for your Empire State Trail vacation. Order when you sign up for the tour or at any time by visiting www.ptny.org/shop and we'll send your guidebook in the mail. The cost of the guidebook is \$26.95 + tax, we offer free shipping for Cycle the Hudson Valley 2025 riders.

CYCLING THE HUDSON AND CHAMPLAIN VALLEYS: A Guide to Art, History, and Nature Along the North-South Route of the Empire State Trail.

- 154 pages packed with detailed information about the outstanding bicycling and sightseeing waiting for you along the Empire State Trail from Rouses Point to Albany/Troy to lower Manhattan.
- 38 easy-to-read, full-color maps.
- NEW inset maps to guide trail users through complicated stretches.
- All new trail segments added, and on-road routing updated.
- Comprehensive listing of attractions, historic sites, visitor centers, parks.
- Availability of lodging, bike shops, parking and other services.
- High-quality spiral binding and convenient 9" x 5" size - just right to tuck in your saddle bag or backpack.
- Year of publication: 2022.



CYCLE THE HUDSON VALLEY JERSEY

Preorder yours by May 1st to receive your jersey on tour! Any jerseys ordered after that date will be shipped out in October. We'll also have **a limited selection of jerseys available for sale on tour!**

This is a custom manufactured item. No exchanges or returns. See sizing charts to choose correctly.

The Cycle the Hudson Valley jerseys are the perfect way to celebrate your Empire State Trail adventure!

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 **#CTHV25** 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 tquackenbush@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.