

Erie Canal Express



Tour Type: Bike Trails and Country Roads

This ride is a perfect balance of scenery and pedaling. With average daily distances of 50 - 60 miles, you get plenty of time in the saddle, but still have time to drop the kickstand to take in the sites and enjoy the awesome history of the Erie Canal and the beautiful countryside of Upstate New York.

Getting Here: Tour originates in Buffalo, NY. Free shuttle from Albany or Syracuse available on Day 1. Return transportation to Syracuse available at end of tour (\$75/pp). Return to Buffalo is available via Amtrak (\$55/pp).

Tour Includes: All lodging; full ride support; daily luggage transport. **Meals:** Daily Breakfast

Duration: 8 Days / 7 Nights

Lodging: Hotels

Difficulty Level: Moderate

Total Distance: 363 miles

Avg. Daily Miles: 50-60

Hills: Easy to Moderate



Pittsford Waterfront



Trail Near Medina



Chittenango Landing

Day 1: Arrival and Orientation

7:00 PM Orientation at hotel

Arrive Buffalo and spend some time at Canalside Marina. Be sure to check out the Naval and Military Memorial Park while at the waterfront.

Day 2: Buffalo to Brockport

Cycling 62 or 72 miles

Cycling begins either at Mile Marker 0 in Buffalo or in Tonawanda, the gateway to the Erie Canal. This is where early engineers gouged out the mouth of the Erie Canal from the Niagara River. You enjoy easy scenic cycling, passing through beautiful rolling farmlands and many colorful canal towns as you make your way to Brockport, your destination for the evening.

Start at Mile Marker 0 in Buffalo adds 10 additional miles.

Day 3: Brockport to Newark

Cycling 57 miles

Today's ride travels through the quaint canal villages of Spencerport, Pittsford, and Fairport all boasting lovely and lively waterfront communities. From there it's on to Palmyra with beautiful Pal-Mac Aqueduct Park, and charming Historic Palmyra which is wonderfully nostalgic, before reaching Newark for your evening stay.

Day 4: Newark to Syracuse

Cycling 58 miles

Today you start on the bike trail, cycling through the little village of Lyons, where your route then follows scenic, but somewhat hilly, rural roads as you make your way to Port Byron and the awesome Erie Canal Heritage Park with cool, old dry docks and the restored Erie Canal Tavern. From there it's on to historic Syracuse, cycling through one fantastic canal park after another before reaching the Erie Canal Museum which is only 1/2 mile from your hotel.

Day 5: Syracuse to Utica

Cycling 57 miles

Heading out today you reach Chittenango Landing Canal Boat Museum in under 10 miles. This is a replica working canal village, and definitely worth a stop (opens 10AM). Cycling on, you'll encounter the oldest sections of the original canal, preserved in their original state for over 200 years as you make your way to Rome where you'll definitely want to explore Fort Stanwix (free) and grab lunch before continuing on to Utica, tonight's stop.

Day 6: Utica to Amsterdam

Cycling 65 miles

Scenic cycling is in store between Utica and Amsterdam. You start out on rural roads as you head to Little Falls for lunch and exploring the quaint antique shops. After lunch continue on passing many historic sites, including Herkimer Home, Fort Plain and Schoharie Crossing before reaching Amsterdam on the banks of the beautiful Mohawk River!

Day 7: Amsterdam to Albany

Cycling 50 miles

Today's ride takes you through the Capital Region where you'll visit beautiful Cohoes Falls, en route to Albany and passing several historic locks before dropping the kickstand in Albany for a well earned rest and the end of this amazing adventure!

Day 8: Return

9:30 AM Optional return shuttle to Syracuse.

Return to Buffalo via Amtrak: Albany-Rensselaer Station to Depew Station at Buffalo Airport; or to Exchange Street Station, downtown Buffalo. Cost: approx. \$55 -- <https://www.amtrak.com/home.html>