

# Women's Rights History & Wine Country



This great ride retraces the history of the Women's Rights Movement which began in Upstate New York. We'll visit the Susan B. Anthony House in Rochester, then enjoy beautiful, flat cycling along the Genesee River Bikeway and the Erie Canalway Trail as we make our way to Seneca Falls where the first gathering of the Women's Rights Convention was held in July 1848. In addition to two fabulous nights in Seneca Falls, you'll enjoy a guided bike tour taking in all of the women's rights history of this amazing place, and a guided Wine Country bike tour where we'll visit several wineries and enjoy a spectacular lakeside lunch!

**Getting Here:** Tour originates in Syracuse, NY.

**What's Included:** All lodging; transportation to and from ride; daily luggage shuttle; supported wine country bike tour including lakeside lunch. **Meals:** daily breakfast, 1 lunch

**Duration:** 5 Days / 4 Nights

**Lodging:** Inns/Hotels

**Difficulty:** Easy

**Total Distance:** 130 miles

**Avg. Daily Miles:** 30-35

**Hills:** Easy



Great Cycling on the Erie Canal



Women's Right National Park



Wine Country Bike Tour

## Day 1: Arrive Syracuse

2:00 PM Early Bird Optional Bike Ride - 12 Miles  
7:00 PM: Trip Orientation  
Overnight: Syracuse

Our tour begins with an overnight stay in Syracuse. If you arrive early join us for an optional Early Bird ride, or spend some time exploring this lovely, historic city. In the evening we'll meet for trip orientation and to review full tour details.

## Day 2: Rochester to Palmyra

Cycling: 30 Miles  
Overnight: Palmyra

We begin our tour with a visit to the Susan B. Anthony House & Museum, from there we hop on the bikes and cycle to spectacular High Falls and lunch in Rochester. After lunch we cycle the Genesee River Trail to connect with the Erie Canalway Trail enjoying incredible scenery as we make our way to charming Palmyra, our destination for the evening.

## Day 3: Palmyra to Seneca Falls

Cycling: 55 Miles  
Overnight: Seneca Falls

Today we'll cycle along quite rural roads through the Amish farmlands of Upstate NY as we make our way to Seneca Falls enjoying beautiful scenery along the way. In Seneca Falls you'll have time to explore the charming downtown area with its lovely main street offering charming shops and great restaurants.

## Day 4: Women's Rights History and Wine Country Bike Tour

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Cycling                      30 Miles  
Overnight:                  Seneca Falls

It's a full day as we begin our guided bike tour with a visit to the Women's Rights National Park; the Women's National Hall of Fame and The Elizabeth Cady Stanton House. From there it's on to beautiful wine country stopping at several lovely wineries and enjoying a relaxed lakeside luncheon before continuing on for an afternoon on the beach of gorgeous Cayuga Lake.

## Day 5: Seneca Falls to Syracuse

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Cycling                      30 Miles

After two fabulous days in Seneca Falls, today we'll make our way back to Syracuse. We'll shuttle to Port Byron where we'll visit Old Erie Canal Heritage Park, complete with restored dry docks and the historic Erie House Inn & Tavern. From there we're on the bikes and back on the awesome Erie Canal as we cycle through several amazing canal parks boasting beautiful locks, aqueducts and bridges finally reaching the Erie Canal Museum in downtown Syracuse.

The tour concludes with our Arrival in Syracuse where we'll shuttle back to vehicles. Please make your own arrangements if overnight stay is desired.

Call or click for details  
(315) 316-2453 :: [www.CycleTheUSA.com](http://www.CycleTheUSA.com)