

# ON YOUR BIKE!

New York State has thousands of excellent roads and mountain trails for cycling at all levels



Looking for a leisure vacation peddling at your own pace?

Head for one of the many state park trails that wind through the state's wilderness, wineries and country roads.

Bike along the historic New York State Canal System, comprising more than 300 miles of multi-use trails. The Erie Canalway Trail allows you to peddle between the cities of Albany and Buffalo.

Thousands of miles of bicycle trails wind through the Adirondack Mountains, around the Lake Champlain Valley and along the St. Lawrence Seaway. Take the scenic road route that runs 450 miles from Massena to Niagara Falls along the south shore of Lake Ontario and the St. Lawrence River.

The Finger Lakes region is ideal for bicyclists who want to circle the lakes and stop off at one of the many wineries along the way. The scenic lake route looping the larger Finger Lakes, such as the 40-mile loop around Skaneateles Lake, boasts breathtaking scenery.

The Mohawk-Hudson Bikeway in the Capital-Saratoga Region begins along the banks of the Hudson River in downtown Albany and proceeds north to the confluence of the Hudson and Mohawk Rivers, then west through Cohoes and along the shores of the Mohawk River. There are scenic views and other attractions along the way.

## Mountain biking

Experienced bikers looking for excellent off-trail riding should head to the Mohonk Preserve in the Catskills Region and Minnewaska State Park Preserve just 90 minutes from New York City. Plattekill Mountain is one of the top five mountain biking destinations in North America and other mountains, such as Windham and Hunter, also cater to mountain bikers in summer.

Whiteface Mountain in the Adirondacks was the site of ski events during two Winter Olympics, and has the steepest vertical drop in the eastern United States. The mountain provides endurance challenges and great downhill sections for road and mountain bikes.

Find out more at: [iloveny.com/things-to-do/nature/bicycling](http://iloveny.com/things-to-do/nature/bicycling)



Finger Lakes Region



## WORLD CLASS CYCLING EVENTS

Test your endurance in world-class cycling events such as the Tour of The Battenkill in the Capital-Saratoga Region. Follow undulating terrain on a mixture of paved roads and dirt tracks with almost 5,000 feet of climbing with some gradients reaching 18%! Other events include the New York Gran Fondo, the 500 FANY Ride, The Hunter Mountain Cycle Series and the Five Boro Bike Tour.

For more information on cycling in New York State at: [iloveny.com/things-to-do/nature/bicycling](http://iloveny.com/things-to-do/nature/bicycling)



Rich, authentic travel experiences that also benefit communities and conservation.

ILNY has developed a new online **Insider's Guide to Responsible Travel in New York State** offering a wide variety of organized travel experiences with the Responsible Traveler in mind. Those that seek soft adventure, slow travel and authentic experiences while protecting the environment and supporting local communities will find what they're looking for in New York State.

Check out the guide at:

- Choose from over 30 authentic New York State adventures and responsible travel packages including bicycling, farmstead stays, multi-day hiking adventures, rafting trips, back-country skiing trips and more.
- Accommodations available with local hotels, B&B's, lodges, beach houses and more.



# New York State ADVENTURES

## Hike It

1000's OF MILES OF HIKING TRAILS

## Big Water Fun

MORE THAN 70,000 MILES OF RIVERS & STREAMS

## On Your Bike

RELAXING BIKING VACATIONS  
OFF-TRAIL MOUNTAIN BIKING  
WORLD CLASS CYCLING EVENTS

## Eco-Tourism

CHOOSE FROM A MULTITUDE OF AUTHENTIC NEW YORK STATE AND RESPONSIBLE TRAVEL PACKAGES

Travel Responsibly  
CHECK OUT OUR INSIDER'S GUIDE TO RESPONSIBLE TRAVEL IN NEW YORK STATE



## LEAVE IT TO THE EXPERTS

Contact tourism professionals from our 11 tourism regions and let them create your perfect New York State vacation.

<b>THE ADIRONDACKS</b> visitadirondacks.com 800/487-6867, 518/846-8016	<b>CHAUTAUQUA-ALLEGHENY</b> visitwesternny.com 800/242-4569	<b>LONG ISLAND</b> discoverlongisland.com 877/FUN-ON-LI, 631/951-3900
<b>CAPITAL-SARATOGA</b> capital-saratoga.com	<b>FINGER LAKES</b> fingerlakestravelny.com 888/408-1693, 585/408-1693	<b>NEW YORK CITY</b> nycgo.com 800/NYC-VISIT, 212/484-1200
<b>THE CATSKILLS</b> visitthecatskills.com 800/342-5826	<b>GREATER NIAGARA</b> greaterniagarausa.com 800/622-2686	<b>THOUSAND ISLANDS-SEAWAY</b> seawayregion.com visit1000islands.com 800/847-5263, 315/482-2520
<b>CENTRAL NEW YORK</b> nyfun4u.com 877/NY-FUN-4U	<b>HUDSON VALLEY</b> travelhudsonvalley.com 800/232-4782, 845/615-3860	

Letchworth State Park - Finger Lakes

# COME DISCOVER YOUR NEW YORK

No other state could contain both the bright lights of New York City and the tranquility and stately beauty of upstate New York.

**New York State** stretches as far as the eye can see and covers 11 distinctly different regions – tens of thousands of square miles of spectacular lakes, and majestic mountain scenery combine with quaint local towns, rolling vineyards and award-winning beaches.

Highlights include the breathtaking **Adirondack State Park** offering no less than six million acres of hiking, biking, kayaking, skiing and much more. It is larger than five of the US National Parks combined!

The **Thousand Islands-Seaway** region boasts almost 1800 islands dotted along the scenic St Lawrence Seaway. It's a vast archipelago fit to rival Stockholm's and 'seventh heaven' for any canoeist or kayaker.

The **Finger Lakes** region is home to Letchworth State Park – known as 'The Grand Canyon of the East'. Hundreds of miles of hiking trails wind around the region's many vineyards and the 13 long Finger Lakes themselves.

The state stretches as far as the Canadian border and is also home to the world-famous **Niagara Falls**, an awe-inspiring natural wonder, where the mist enshrouds both sides of the border.

Year-round opportunities for fun and adventure abound. Pack your swimwear for summertime fun New York style, witness spectacular fall colors, and wrap up and set out on a winter adventure. Embark on your adventure in New York State!

Find out more at: [iloveny.com](http://iloveny.com)

## NEW YORK STATE SUPPORTS RESPONSIBLE TRAVEL

Many of the experiences and activities across New York State are run by people dedicated to responsible tourism, protecting the environment and supporting local communities, ensuring that your adventure is a truly authentic one.

For more informat visit:  
[iloveny.com/ecotourism](http://iloveny.com/ecotourism)

[/iloveny](https://www.facebook.com/iloveny) [@i\\_love\\_ny](https://twitter.com/i_love_ny)



Maid of the Mist - Niagara Falls



## NIAGARA FALLS Get wet, go wild!

A trip to New York State isn't complete without experiencing the mighty Niagara Falls. Take the 30 minute narrated boat tour right up to the base of the Horseshoe Falls on the famous Maid of the Mist Boat Tour, now only available on the American side.

Pop on your provided poncho and sandals and embark on the Cave of the Winds Tour – following wooden walkways to the famous Hurricane Deck. Standing 20 feet from Bridal Veil Falls you'll feel the rushing waters douse you with their spray. (Prepare for a challenging walk; tropical storm-like conditions include winds up to 68 mph!).

Head to the nearby town of Lewiston for a 45-minute heart pumping experience ranked as one of the Top 5 Adventure Rides in North America! Your guide at Whirlpool Jet Boat Tours will speed you upriver and into the breathtaking stonewalled canyon of Niagara Gorge before splashing into the whitewater of Devil's Hole Rapids.

## FINEST FISHING IN THE COUNTRY



With more than 7,500 lakes and ponds, 70,000 miles of rivers and streams, and hundreds of miles of coastline, fishing opportunities are always nearby!

There is world-class fishing for a wide variety of coldwater, warmwater and saltwater fish species. Whether it's smallmouth bass fishing on Lake Erie, brook trout fishing on a crystal clear Adirondack lake, Pacific salmon fishing on Lake Ontario, fishing for stripers on the Hudson River, brown trout fishing on the Beaver Kill or fishing for bluefish in Montauk's surf, there's something special here for everyone.

## BIG WATER FUN

The Atlantic Ocean, the Great Lakes, the Niagara and St. Lawrence rivers as well as the more peaceful and calming bodies of water such as Lake George make up over 6,700 natural bodies of water in New York State. That's more than 70,000 miles of rivers and streams, and 9,767 miles of shoreline!

### PADDLING

The St. Lawrence Seaway in the **Thousand Islands-Seaway** region borders with Canada in the very north of Upstate New York and is home to an archipelago equal to that of Stockholm or Croatia. Paddle from island to island around Chippewa Bay, swim in shallow lagoons and fish for your supper in the clear waters.

### WHITE WATER RAFTING

The white waters of the Genesee River flow at high speed through the canyon in Letchworth State Park in the **Finger Lakes**, where three waterfalls add to the flow and promise an exhilarating day of whitewater rafting.

### KAYAKING

Take a twilight kayak ride on the Hudson River as you follow the shoreline from downtown to uptown in **New York City**. Watch the Manhattan night skyline come to life as you paddle by historic landmarks and architectural wonders. Simply breathtaking.

### SEA KAYAKING

Rent a sea kayak on **Long Island** and witness the natural beauty, wildlife, and waterways that range from serene rivers, inlets and harbors to challenging ocean and bay courses.

White Water Rafting - The Adirondacks



## SKY HIGH ADVENTURES Kick start your adrenalin and let it fuel your experience.



### REGIONS

- 1 New York City
- 2 Long Island
- 3 Hudson Valley
- 4 The Catskills
- 5 Capital-Saratoga
- 6 The Adirondacks
- 7 Thousand Islands-Seaway
- 8 Central New York
- 9 Finger Lakes
- 10 Greater Niagara
- 11 Chautauqua-Allegheny

## LACE UP

New York State boasts some of the best hiking and walking trails in the US. Hundreds of miles of marked trails wind through lush forests, paved pathways and scenic vistas, and even cavernous caves.

For a quick burst of fresh air, take a day trip from New York City to Bear Mountain State Park in The **Hudson Valley**. Bear Mountain itself is a 1,200-foot-tall peak that overlooks the mighty Hudson River.

Travel just 90 minutes outside of New York City and you could be hiking Slide Mountain in **The Catskills**. Climb from the East for a challenging hike and look out from the 4,000-foot summit for deer, turkeys, bald eagles and even bear.

Hike to the summit of one or more of the 46 Adirondack High Peaks in the 6-million acre **Adirondack Park**. Push yourself to the limit on challenging hikes including the hike up Mount Marcy, the highest peak, at 5,343 feet. Choose from one-day to multi-day tours with experienced guides.

**Fly** – Flying lessons with Trapeze School New York in New York City, located in Hudson River Park (May-October), promise show-stopping views of the Statue of Liberty and the Hudson River.

**Scale** – At the Mohonk Preserve in the Hudson Valley, gain easy access to 1,000 routes and explore more than five linear miles of cliff face. The vertical cliffs and their overhangs offer a wide variety of high-quality climbs and scales of varying levels of difficulty.

**Zip** – The Adirondack Extreme Adventure Course boasts giant Tyrolean zip lines, suspended bridges, swings, slides and an aerial surf board. Race side by side as you zip line down Windham Mountain in The Catskills. Over at Hunter Mountain, embark on the longest and highest zip line in North America featuring summit zips that are thrilling for even the most die-hard adventure seekers.

**Zoom** – Holiday Valley's Sky High Adventure Park in Ellicottville, Chautauqua-Allegheny, features a wild mountain roller coaster that zigzags and spirals at high speed down mountainsides.

**Soar** – Witness unique and spectacular views of the waterfalls, gorges and scenery of the 'Grand Canyon of the East', Letchworth State Park, in the Finger Lakes and Greater Niagara regions and take in the breathtaking views from above in a hot air balloon.

Ausable Lake - The Adirondacks



The hike across Watkins Glen State Park in the **Finger Lakes** leaves visitors spellbound by its 200-foot cliffs, which generate 19 waterfalls along its course. Along the gorge path, hike over and under waterfalls and through the spray of Cavern Cascade.

The Finger Lakes Trail in the **Finger Lakes** is the longest walking path in New York and covers some of the most scenic land found in the state. The trail leads walkers along the south side of the lakes for a distance of 558 miles, and past the many vineyards in the region.

Experience a mysterious underground odyssey with spelunking in **Central New York** at Howe Caverns, the largest show cave open to the public in the Northeast.

Find out more at [iloveny.com](http://iloveny.com)