

# Empire State Trail Vacation

New York City - Lake George

Thursday August 17 through Tuesday August 22, 2022



## FULL TOUR ITINERARY AND INFORMATION

### Pricing

Tour participants can select any combination of dates within the itinerary and the tour price is prorated based on the individualized itinerary. Prices below are per person "double occupancy" which means you are sharing a room. For single people who want their own rooms, the price is higher to make up for the extra room costs since you are not splitting a room. Prices below are subject to NYS Sales Tax.

August 17	August 18	August 19	August 20	August 21	August 22	Price per person	
NYC - Yonkers	Yonkers - Brewster	Brewster - Pokpsie	Pokpsie - Hudson	Hudson - Albany	Albany - Lk. George	Single	"Double Occupancy"
X	X	X	X	X	X	\$2,675	\$2,295
	X	X	X	X	X	\$2,375	\$2,050
		X	X	X	X	\$1,795	\$1,550
X	X	X	X	X		\$2,375	\$1,995
	X	X	X	X		\$2,050	\$1,725
		X	X	X		\$1,425	\$1,175
			X	X	X	\$1,325	\$1,075

### What is included?

Tour packages include hotel accommodations, luggage carry, and vehicle support/rider assistance each day. Meals included are breakfasts every day and lunch on all days except 1 day. Group dinners are included on the nights you stay in Yonkers, Brewster and Poughkeepsie. For the nights we stay in Hudson and Albany, there are many choices for dinner that are an easy walk from the hotel and people usually like to pick their own place to eat. We also offer a "picnic dinner" option for Hudson that is discussed further down in this itinerary.

**Opt-out:** If you would prefer to "opt-out" of group meals, there are always plenty of options to get meals on your own. Your tour cost will be discounted based on the meals you wish to skip.

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## (SUMMARY CONTINUED)

### What is not included?

The tour is set up for you to bring your own bike. Hybrid bikes are recommended due to dirt roads and paths in some locations. Rental bikes can be added to any package. Costs for rental bikes vary depending on the segment you are riding, number of days, etc.

Dinners are not included on the days where you stay in Hudson and Albany because there are a lot of choices right next to (or in) the hotels you will be staying in and we find that people would rather choose their own on these days. (A “picnic dinner” option is available for Hudson). Other activities along the route, such as live music venues, attractions, etc. are also not included. Cab fare or Uber rides for these activities are also not included.

Amtrak or Metro-North Railroad fares to get to/from various ride segments are not included (see each day in the itinerary for information). If you are driving to the ride, parking is free in designated lots. However, getting back to your car, either by Amtrak or bike tour shuttle vehicle is not included.

### Deposits, Payments and Price Changes

The tour deposit to hold your place is \$500 and is non-refundable.

The remainder of the tour price is due August 1. You will be emailed an invoice detailing the final cost based on your exact tour package, opt-outs, additional charges, etc.

Payments may be made by credit card or personal check. Credit card transaction fees apply.

**Sign-up early!** This tour involves arrangements with 5 different hotels, and depending on the segments you choose, you may want to use Amtrak to get to or from the ride and Amtrak has limited space for bikes on each train. You may not be able to book a ticket for your bike on Amtrak if you wait too long.

### **Reserve your spot / Get a quote**

Contact Gotham Bike Tours for more information or to start your reservation. Email us at [lukas@gothambiketours.com](mailto:lukas@gothambiketours.com) or [fill our our inquiry form](#).

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## Day 1 - NYC to Yonkers

**Thursday August 17: Battery Park, Manhattan to Tuckahoe Road, Yonkers  
24 Miles, relatively flat. Bike paths and city streets. All paved surfaces**

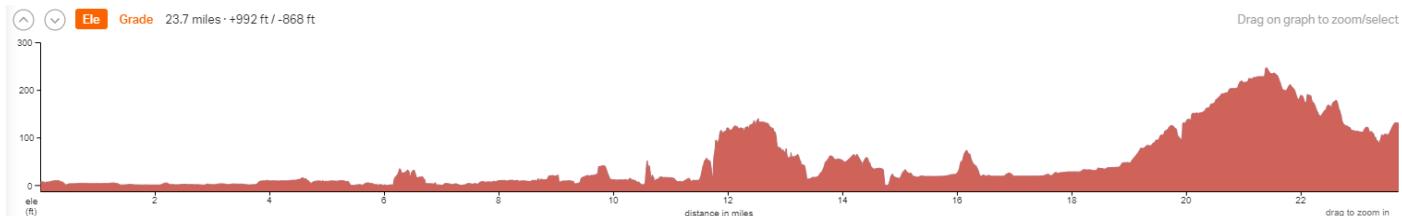
Much of the Empire State Trail in NYC is along the Hudson River Greenway in Manhattan where it begins at Battery Park and ends at Dyckman Street. After that, it is a 4-mile jumble of busy city streets before you get to the final stretch of bike path. Lukas Herbert, the owner of Gotham Bicycle Tours, will lead this day of riding to give the group a more personalized tour. Lukas is a licensed NYC sightseeing guide and has 20 years of experience working in urban planning in both NYC and the Hudson Valley and can answer any questions.

After experiencing the sights and sounds of the city, depending on the preferences of the group, we'll have a picnic lunch featuring the best Dominican food the city has to offer, or we can get barbecue. Then we'll head back onto the bike path up to Yonkers where you can check in to your hotel. Yonkers is famous for some of the best Italian food outside of Italy itself. Join us for a group pizza dinner, cooked in a brick oven that exceeds the quality you'll find in Manhattan. Or opt-out and do dinner on your own. An inexpensive Uber ride gives you access to countless great restaurants.

**Hotel:** [Hampton Inn by Hilton, Yonkers](#)

**Meals included:** Lunch and dinner

**Elevation profile:** One hill on city streets in northern Manhattan. Gradual hill on bike path.



### Getting there:

**Non-local participants:** Stay at hotel in Yonkers the night before (extra charge). You can park for free for the entire tour in this parking lot. Lukas will meet you in the morning and will get you down to the city by van or by train, depending on the group. If you want to stay in a NYC hotel the night before, use the information for local participants below.

**Local participants:** Come directly to the ride in the morning to start the tour. A bag drop will be available the night before so you don't have to carry your bags to the ride. \$20 fee for bag drop in Manhattan or free if you bring your bags to our offices (north Bronx or White Plains).

[Contact Gotham Bike Tours for more information or to start your reservation](#)

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Thursday August 17 through Tuesday August 22, 2022

## Day 2 - Lower Hudson Valley

### **Friday August 18: Yonkers to Brewster**

**46 Miles, gradual elevation changes. Almost entirely on a bike path. All paved surfaces**

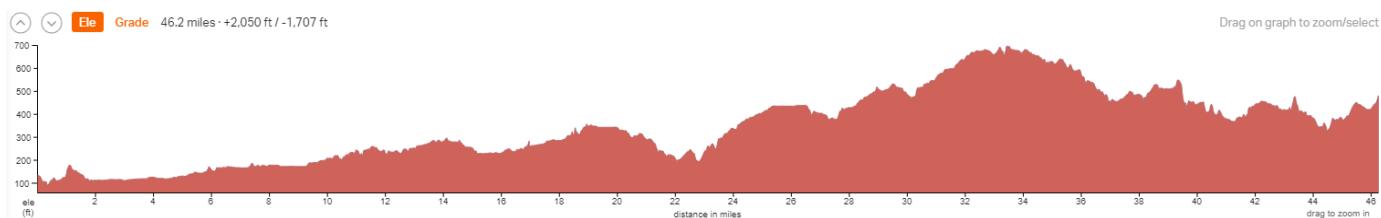
Begin your exodus from the big city on a splendid bike path that was built atop a former commuter railroad line. The Empire State Trail takes you all the way to the last stop, but only after you pass through charming villages and hamlets that are nestled amongst farms, forests and the massive reservoirs that supply water to our thirsty metropolis. Have a great picnic lunch at a historic train station. Choose from over 20 overstuffed sandwiches made to your order. Then pedal on to Brewster where you can spend the night just off the trail.

The NYC reservoir system will be the theme for the day, and dinner will be no different as we enjoy a group dinner with a sweeping view of a reservoir at a popular local Mexican restaurant. After dinner you can take a quick taxi ride and end the night at an old-school billiards hall. Another option is to check out a nearby [music venue](#) owned by Daryl Hall (from Hall & Oates). Or just relax in your room and get ready for another great day of riding.

**Hotel:** [Comfort Inn, Brewster](#)

**Meals included:** Breakfast, lunch and dinner

**Elevation profile:** Gradual elevation changes on rail-trail bike path.



### Getting there:

**By Car:** Park at Hampton Inn in Yonkers and leave your car there for free for the entire tour in this parking lot.

**By Train:** Take the #1 subway to the last stop 242 Street - Van Cortlandt Park. Ride will start in the Van Cortlandt Park Golf Course parking lot (adds 6 miles)

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## Day 3 - Appalachian Crossing

**Saturday August 19: Brewster to Poughkeepsie or New Paltz**

**Choose between 40 and 50 Miles. Gradual elevation changes. Almost entirely on a bike path. All paved surfaces.**

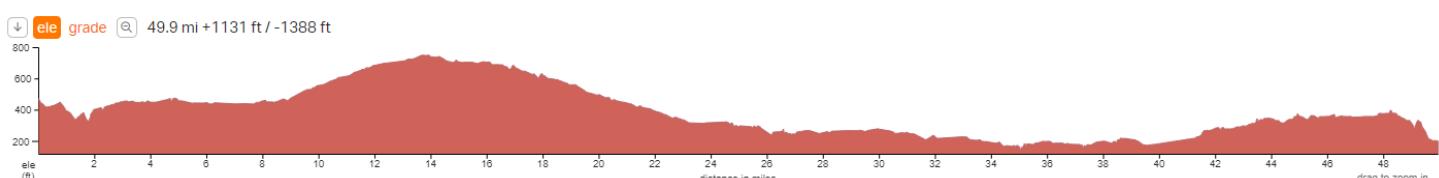
You may not know about New York's relationship with the Appalachian Mountains. They cross our region diagonally from southwest to northeast about 50 miles north of the city. While the Appalachian range is dwarfed by the nearby Catskills and Adirondacks, preservation efforts in this region have left it undeveloped. And once again, the Empire State Trail follows a former railroad line that once connected New England to the Hudson River. The elevation changes are gradual, and since you're far from cars and highways, the sound of nature prevails as you pass through picturesque settings. And yes, you will cross the Appalachian Trail with its famous white blazes.

Since services along this part of the Empire State Trail are remote, we'll be offering a trailside brunch featuring bagels, lox, local fruit, yogurt and more. Then you'll arrive in Poughkeepsie where the trail goes over the spectacular [Walkway Over the Hudson](#). You can stop here or keep riding if you feel like it. We'll offer a variety of end points for the day where you can be picked up and shuttled to the hotel which is in Poughkeepsie, but not next to the trail. Then after we've all settled in, we'll have another group dinner at a [local brewery](#).

**Hotel:** [Hampton Inn by Hilton, Poughkeepsie](#)

**Meals included:** Breakfast, lunch and dinner

**Elevation profile:** Gradual elevation changes on rail-trail bike path.



### Starting on Day 3? How to get there:

Take the 8:10 Metro-North Harlem Line train from Grand Central Terminal to Brewster. Train arrives at 9:39. You will be met at the station for bag drop and orientation and you can begin the ride right from the station. Bikes allowed on train with no reservation.

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New York City - Lake George



Thursday August 17 through Tuesday August 22, 2022

## Day 4 - Catskill Splendor

**Sunday August 20: Poughkeepsie or New Paltz to Hudson**

Ride length can be customized from 40 to 60 miles. Combination of bike paths & local streets. Some bike paths and roads are unpaved. A few hills.

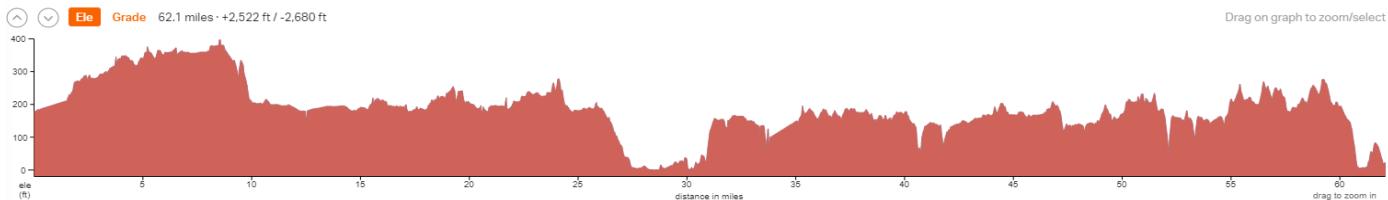
As we did the night before, we'll shuttle you back to the trail wherever you left off, or wherever you want to start. No matter what, you have a beautiful day of riding in store as you cruise alongside the Catskill Mountains which dominate the horizon to the west. This is probably the most scenic day of the tour with near-constant vistas of mountains, rivers, farms and historic areas. This is also the only day we do not bring you lunch since you'll be going through several towns with many, many choices, including a trailside cafe in the middle of the woods. You'll also get to ride over another huge railroad bridge, pass through bucolic college campuses, and end in the historic City of Hudson where we'll stay in a boutique hotel. Since there are so many restaurants so close by, dinner is on your own to let you pick out what you want. However, we can also offer you an option to add a picnic dinner for \$25 if you are interested. Hudson has a great waterfront park, and you can join us for a picnic dinner of rotisserie chicken and sides while you watch the sunset over the river and the mountains.

While scenic splendor is the theme of the day, you'll also need to be aware that some of the bike paths and roads you will be riding will not be paved. So for this day, you'll want to be on a hybrid bike to check it all out. If you only have a road bike, we can give you a parallel route.

**Hotel:** [The Wick, Hudson](#)

**Meals included:** Breakfast. Picnic dinner at waterfront park is optional (\$25 extra)

**Elevation profile:** There are hills involved in some areas as you go between the riverfront and upland areas. Bike path segments are generally flat rail trails.



### Starting on Day 4? How to get there:

Take the 7:45 Metro-North Hudson Line train from Grand Central Terminal to Poughkeepsie. Train arrives at 9:48. You will be met at the station for bag drop and orientation and you can begin the ride right from the station. Bikes allowed on train with no reservation.

### Ending on Day 4? How to get back:

Amtrak 244 Empire Service departs Hudson 4:52 arrives NYC 7:05

Amtrak 64 Maple Leaf departs Hudson 7:37 arrives NYC 9:55

Prices change according to when you book. Bike space is limited, you must reserve.

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## Day 5 - Capital Region

### Monday August 21: Hudson to Albany

**39 Miles. Mostly “stone dust” paved bike path with some roads in between. Gradual elevation changes on bike paths with downhill at the end.**

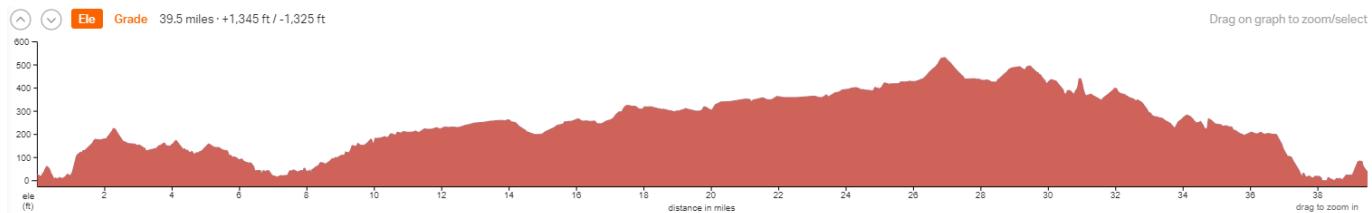
Head right out of the hotel and make your way to Albany on another great bike path built atop a former trolley line that used to carry commuters to the state capital. One of the first electric interurban trolleys in the nation, this line had a brief history of operation. But now it carries the Empire State Trail through the commuter suburbs of the capital region. It also follows the pulsing course of scenic streams and waterfalls, whose power was once harnessed for mills, and to provide the electricity for the operation of this important, yet short-lived commuter line.

After stopping for another trailside lunch, descend into Rensselaer via local streets with views of the Hudson River. Albany looms large across the bridge as you approach Empire State Plaza and its modernist design. Take a spin around its white-marbled plaza while you explore the capital complex. There's nothing else like it. Then head to the hotel which is in the center of downtown. Since there are so many restaurants so close by, dinner is on your own to let you pick out what you want.

**Hotel:** [Hampton Inn by Hilton, Albany Downtown](#)

**Meals included:** Breakfast and lunch

**Elevation profile:** Most elevation changes are very gradual due to the rail trail you will be riding on. There is a downhill as you approach the Hudson River in Albany



### Ending on Day 5? How to get back:

Amtrak 244 Empire Service departs Albany 4:30 arrives NYC 7:05

Amtrak 64 Maple Leaf departs Albany 7:15 arrives NYC 9:55

Prices change according to when you book. Bike space is limited, you must reserve.

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Thursday August 17 through Tuesday August 22, 2022

## Day 6 - Lake George

**Tuesday August 22: Albany to Lake George**

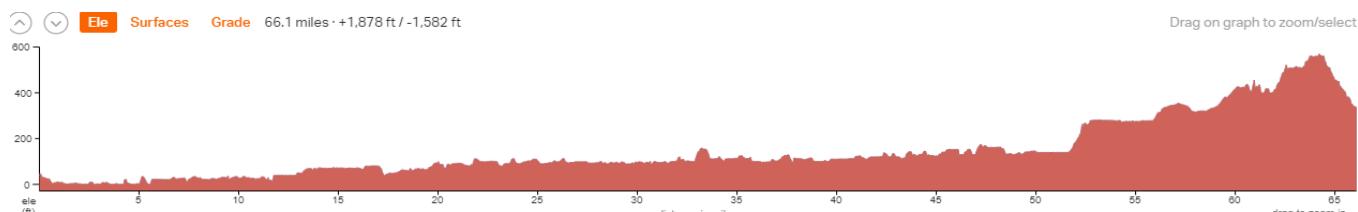
**66 miles. Paved and unpaved bike paths, paved and unpaved roads (some are busy). Gradual elevation changes on bike paths**

It's the last day of the tour and we end it in Lake George, the gateway to the Adirondack Mountains. Lake George played a strategic role in the American Revolution and it is an area filled with history and wonder. This beautiful region is also an ideal place to spend some additional time after the tour is done. Or use Lake George as a jump-off point to explore the Adirondacks. Just pick up a rental car from Enterprise with our reduced rate code and you are good to go!

While this is a long day of riding, it is very scenic and relatively flat as you follow along the (now much narrower) Hudson River each day. When you are not riding alongside the river, it may be former or current segments of the Champlain Valley Canal that you will be riding along. The route turns away from the river in Glens Falls where you get on a rail-trail bike path that takes you directly to Lake George. End your ride at our partner hotel right on the trail or bike to the end and jump in the lake at Million Dollar Beach.

**Meals included:** Breakfast and lunch

**Elevation profile:** The day is generally flat. You are on a bike path in the second part of the day that has a a very gradual uphill



### Ending on Day 6? How to get back:

Van shuttle back to designated parking lots for \$150 per person (with bike)

Rent a vehicle from Enterprise using our reduced rate code.

You can also stay in Lake George for one day (or more) after the bike tour ends and receive our group rate discount at the [Comfort Inn and Suites](#), which is right along the bike path. At the end of your stay you can get back by renting a vehicle from Enterprise using our reduced rate code.