

Empire State Trail Vacation



New York City - Saratoga Springs

Thursday October 9 through Tuesday October 14, 2025

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.

Thursday Oct. 10	Friday Oct. 11	Saturday Oct. 12	Sunday Oct. 13	Monday Oct. 14	Tuesday Oct. 15	Price per person	
NYC - Yonkers	Yonkers - Brewster	Brewster - Pokipsie	Pokipsie - Hudson	Hudson- Albany	Albany- Saratoga	Single	“Double Occupancy”
X	X	X	X	X	X	\$2,950	\$2,550
	X	X	X	X	X	\$2,600	\$2,250
		X	X	X	X	\$1,995	\$1,775
X	X	X	X	X		\$2,595	\$2,295
	X	X	X	X		\$2,275	\$1,925
		X	X	X		\$1,595	\$1,350
			X	X	X	\$1,425	\$1,195

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. There are several options to get back to your car, including a shuttle that we offer for \$150.

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 October 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 or [fill our our inquiry form](#).

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Thursday October 9 through Tuesday October 14, 2025

Day 1 - NYC to Yonkers

Thursday October 9: Battery Park, Manhattan to Tuckahoe Road, Yonkers
24 Miles, relatively flat. Bike paths and city streets. All paved surfaces.

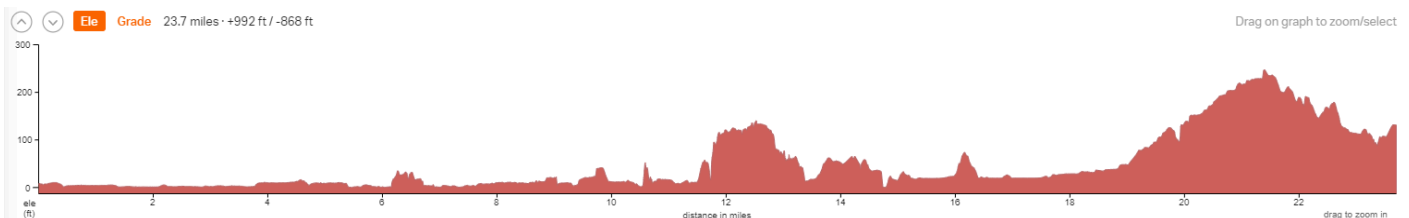
Much of the Empire State Trail in NYC is along the Hudson River Greenway in Manhattan where it begins at Battery Park and ends at Dyckman Street. After that, it is a 4-mile jumble of busy city streets before you get to the final stretch of bike path. Lukas Herbert, the owner of Gotham Bicycle Tours, will lead this day of riding to give the group a more personalized tour. Lukas is a licensed NYC sightseeing guide and has 25 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.. 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 and Suites Yonkers - Westchester](#)

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 day before so you don't have to carry your bags to the ride. We will contact you about arranging this.

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

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Day 2 - Lower Hudson Valley

Friday October 11: Yonkers to Brewster

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

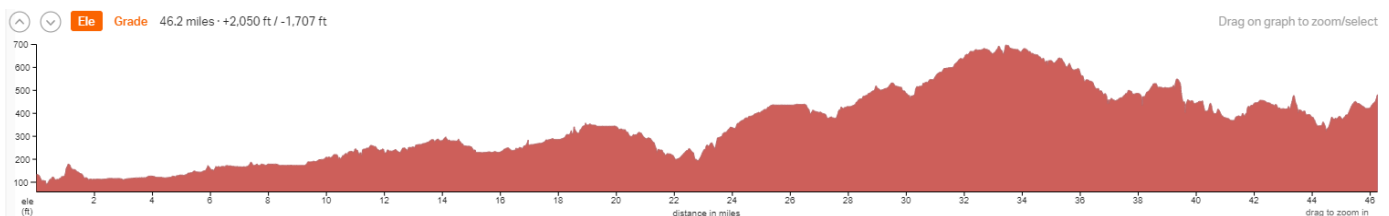
Begin your exodus from the big city on a splendid bike path that was built atop a former commuter railroad line. The Empire State Trail takes you all the way to the last stop, but only after you pass through charming villages and hamlets that are nestled amongst farms, forests and the massive reservoirs 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 Metro-North to Woodlawn and we will pick you up and drive you to the ride start.

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

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Day 3 - Appalachian Crossing

Saturday October 12: Brewster to Poughkeepsie or New Paltz
Choose between 40 and 50 Miles. Gradual elevation changes. Almost entirely on a bike path. All paved surfaces.

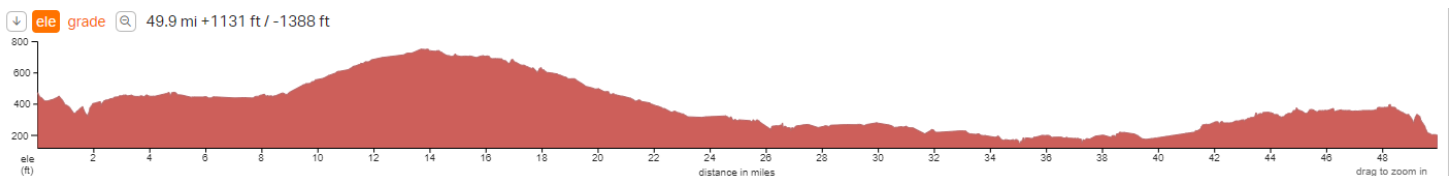
You may not know about New York's relationship with the Appalachian Mountains. They cross our region diagonally from southwest to northeast about 50 miles north of the city. While the Appalachian range is dwarfed by the nearby Catskills and Adirondacks, preservation efforts in this region have left it 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 the famous [Culinary Institute of America](#).

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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Day 4 - Catskill Splendor

Sunday October 13: 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.

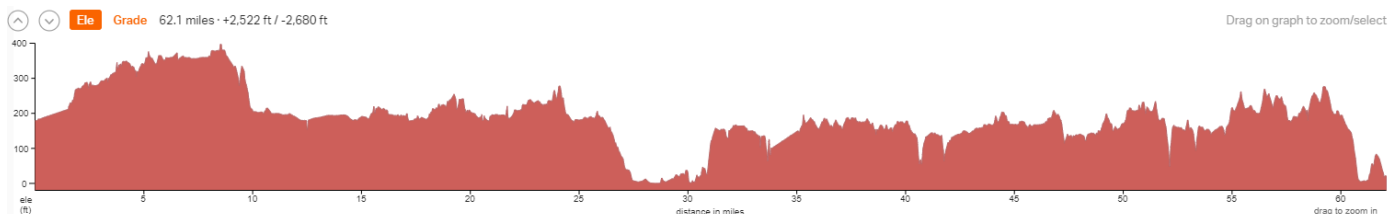
As we did the night before, we'll shuttle you back to the trail wherever you left off, or wherever you want to start. No matter what, you have a beautiful day of riding in store as you cruise alongside the Catskill Mountains which dominate the horizon to the west. This is probably the most scenic day 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

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

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

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Day 5 - Capital Region

Monday October 14: 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.

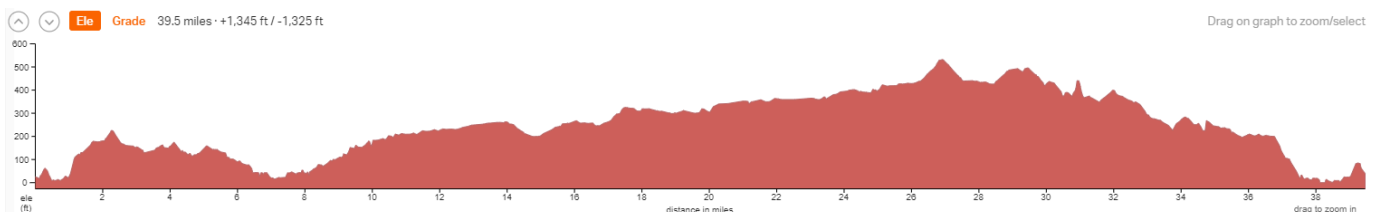
Head right out of the hotel and make your way to Albany on another great bike path built atop a former trolley line that used to carry commuters to the state capital. One of the first electric interurban trolleys in the nation, this line had a brief history of operation. But now it carries the Empire 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

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

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

Empire State Trail Vacation



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Day 6 - Saratoga Springs

Tuesday October 15: Albany to Saratoga Springs

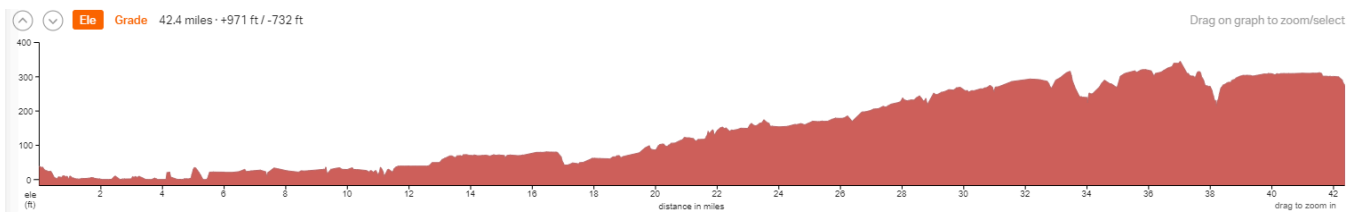
42 miles. Paved and unpaved bike paths and city streets. Gradual elevation changes on bike paths

It's the last day of the tour and we end it in Saratoga Springs. "Health, History and Horses" is the official slogan for this beautiful city that has long been associated with its healing waters and spas. You can also enjoy the [Saratoga Performing Arts Center](#) or visit several historic sites that date back to the American Revolution. If you are ending here, it's easy to stay on a couple of more days, then head home via Amtrak or rental car (we offer a reduced rate code from Enterprise). [Find out more about staying in Saratoga Springs at this link.](#)

The ride goes along the Albany waterfront on a scenic bike path before changing to on street routes as you pass through the confluence of the Mohawk and Hudson Rivers. Stop and view the flight of locks where the Erie Canal begins. Then explore the unpaved Champlain Canal trail until you reach the final stretch on a paved rail-trail bike path. We'll have another picnic trailside lunch set up, with sandwiches from a locally famous deli. Then ride the last few miles through Saratoga Spa State Park to downtown Saratoga Springs

Meals included: Breakfast and lunch

Elevation profile: The day is generally flat. You are on a long bike path in the second part of the day that has 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)

Amtrak 290 Ethan Allen Express departs Saratoga Springs 1:57 p.m. arrives NYC 5:45 p.m.

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

You can also stay in Saratoga Springs for one day (or more) after the bike tour ends and receive our group rate discount at the [Hampton Inn Downtown Saratog](#). At the end of your stay you can get back by renting a vehicle from Enterprise using our reduced rate code, or you can take Amtrak.

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