Empire State Trail Vacation

New York City - Saratoga Springs
Thursday October 14 through Tuesday October 19, 2027

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. 14	**Friday Oct. 15**	**Saturday Oct. 16**	**Sunday Oct. 17**	**Monday Oct. 18**	**Tuesday Oct. 19**	**Price per person**	
NYC - Yonkers	Yonkers - Brewster	Brewster - Pokipsie	Pokipsie - Hudson	Hudson-Albany	Albany-Saratoga	Single	“Double Occupancy”
X	X	X	X	X	X	$3,895	$3,250
	X	X	X	X	X	$3,495	$2,950
		X	X	X	X	$3,095	$2,650
X	X	X	X	X		$3,495	$2,950
	X	X	X	X		$3,095	$2,650
		X	X	X		$2,450	$2,095
			X	X	X	$2,450	$2,095

What is included?

Tour packages include hotel accommodations, luggage carry, and vehicle support/rider assistance each day, with break stops, etc. Some of the days will also feature a guide who rides along, such as the NYC day. Meals included are breakfasts every day and lunch on all days except one. 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.

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. But you can also use a road bike as long as it has tires wider than 28mm. Rental bikes can be added to any package for $250. Our rental bikes are all Marin Fairfax 2 hybrid bikes which are accessorized for long distance touring. Click here for more information about our rental bikes.

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. Our aim is to keep the shuttle cost free (using our existing vehicles). The shuttle cost is typically $150, although on some tours we can offer this for no cost if it works out that we are traveling in your direction.

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 September 10, 2027. 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! We only run this tour once a year. It is priced less than all of our competitors and we offer a lot more than they do in the tour package. We are able to do this because we are the local company. So this tour almost always sells out.

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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Day 1 - NYC to Yonkers

Thursday October 14: Battery Park, Manhattan to Tuckahoe Road, Yonkers
24 Miles, relatively flat. Bike paths and city streets. All paved surfaces.

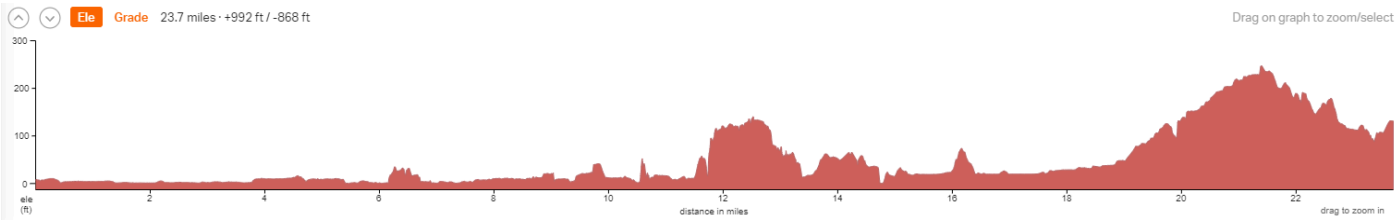
Much of the Empire State Trail in NYC is along the Hudson River Greenway in Manhattan where it begins at Battery Park and ends at Dyckman Street. After that, it is a 4-mile jumble of busy city streets before you get to the final stretch of bike path. Lukas Herbert, the owner of Gotham Bicycle Tours, 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.

The day is run somewhat ad-hoc based on weather and the desires of the group to see particular sites. We typically have a picnic lunch along the Hudson River where we get some of the best food in the city delivered to a beautiful spot. After lunch, we 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 dinner, including pizza 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: You can stay at the hotel in Yonkers the night before (extra charge) and that way you are in the same room for 2 nights. Lukas will meet you in the morning and will get you down to the city by train for the tour. If you want to stay in NYC 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 15: Yonkers to Brewster
46 Miles, gradual elevation changes. Almost entirely on a bike path. All paved surfaces.

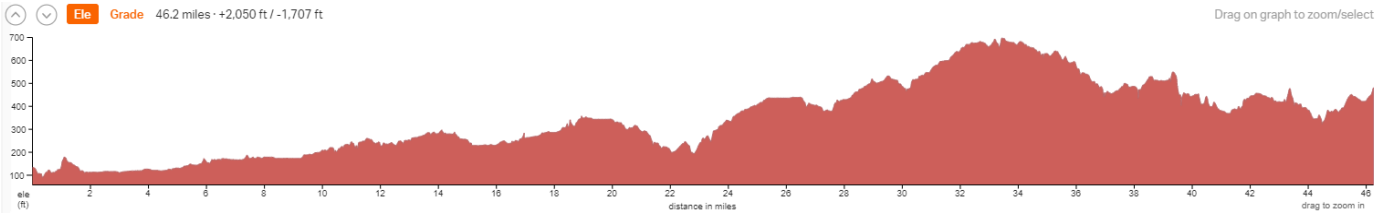
Begin your exodus from the big city on a splendid bike path that was built atop a former commuter railroad line. The Empire State Trail takes you all the way to the last stop, but only after you pass through charming villages and hamlets that are nestled amongst farms, forests and the massive reservoirs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

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Day 3 - Appalachian Crossing

Saturday October 16: Brewster to Poughkeepsie or New Paltz
Choose between 40 and 50 Miles. Gradual elevation changes. Almost entirely on a bike path. All paved surfaces.

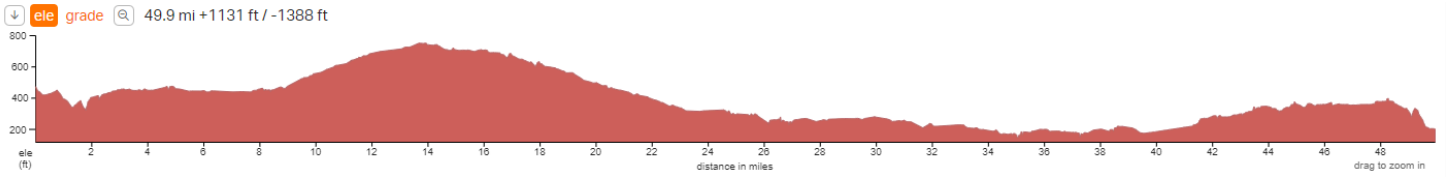
You may not know about New York's relationship with the Appalachian Mountains. They cross our region diagonally from southwest to northeast about 50 miles north of the city. While the Appalachian range is dwarfed by the nearby Catskills and Adirondacks, preservation efforts in this region have left it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

We have lunch at the famous Hopewell Depot, the best rest stop on the trail with great food from a local restaurant. Then it's 15 more miles to 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. Lots of great food today!

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 17: 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.

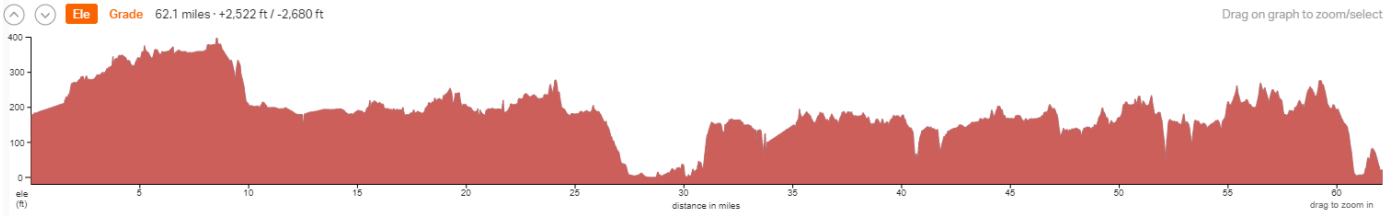
As we did the night before, we'll shuttle you back to the trail wherever you left off, or wherever you want to start. No matter what, you have a beautiful day of riding in store as you cruise alongside the Catskill Mountains which dominate the horizon to the west. This is probably the most scenic day 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. Or you can hang out and have dinner at the hotel restaurant, which is also good. If the weather is nice, we sometimes have a picnic dinner at the waterfront park.

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. Join us for picnic dinner at waterfront park (Optional, about $25).

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.

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Day 5 - Capital Region

Monday October 18: Hudson to Albany
39 Miles. Mostly paved bike path with some stone dust sections and roads in between. Gradual elevation changes on bike paths with downhill at end.

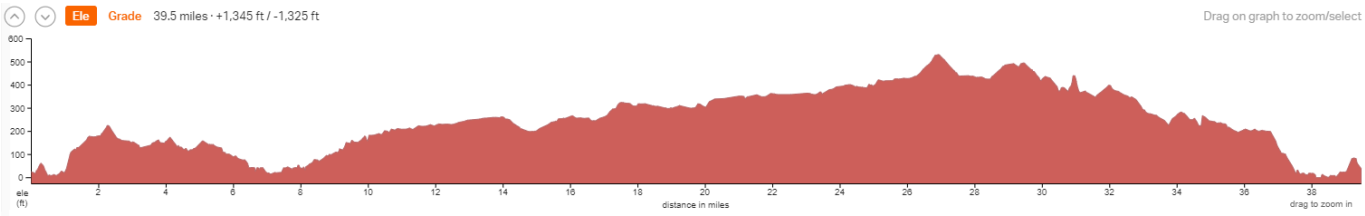
Head right out of the hotel and make your way to Albany on another great bike path built atop a former trolley line that used to carry commuters to the state capital. One of the first electric interurban trolleys in the nation, this line had a brief history of operation. But now it carries the Empire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

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Day 6 - Saratoga Springs

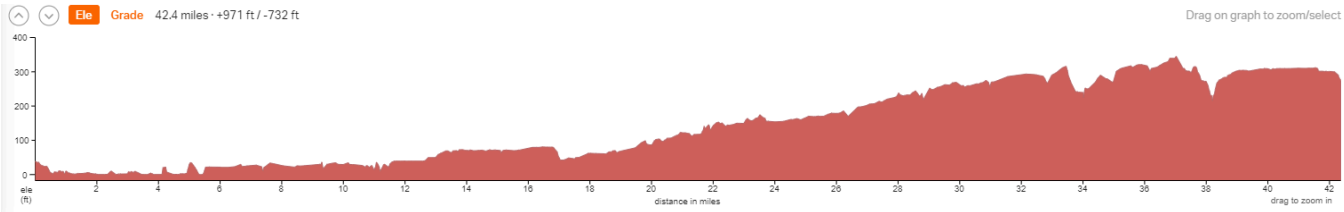
Tuesday October 19: Albany to Saratoga Springs
42 miles. Paved and unpaved bike paths and city streets. Gradual elevation changes on bike paths

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. 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. It is here that you can sample the waters from the various 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 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. Cilck here for more information about Saratoga Springs . At the end of your stay you can get back by renting a vehicle from Enterprise, you can take Amtrak or you can go back to Albany for a flight.

Contact Gotham Bike Tours for more information or to start your reservation