

Erie Canalway Trail



The Erie Canalway Trail is truly a bucket-list adventure for anyone who loves cycle touring. The ECT offers 363 miles of cycling on nearly uninterrupted bike trail, spanning the full width of beautiful Upstate New York. Along the way we'll pass lovely lift bridges, aqueducts, locks, and canal parks, and cycle through over 100 colorful canal towns. As we travers the state, we'll cycle through Amish Farmlands, the scenic countryside of Upstate NY, the Revolutionary War history of Central NY, and the amazing beauty of the Mohawk Valley and the Capital Region!

Half Tour: Don't have time to ride the full Erie? Check out our half tour options below.

Tour Includes: All lodging; complete on-ride support; ride guides; daily luggage transport; several meals, end of tour dinner celebration, fun activities and more!



Lockport



Cycling Near Syracuse



Lovely Fairport

Erie Canalway Tour Options

Full Tour

Duration: 9 Days / 8 Nights

Meals: 6 Breakfasts; 2 Lunches; 1 Dinner

Total Miles: 363 miles

Avg. Daily Miles: 45 - 50

Difficulty: Easy to Moderate

West Only: Buffalo to Syracuse

Duration: 6 Days / 5 Nights

Meals: 3 Breakfasts

Total Miles: 220 miles

Avg. Daily Miles: 40 - 50

Difficulty: Easy to Moderate

East Only: Syracuse to Albany

Duration: 5 Days / 4 Nights

Meals: 3 Breakfasts; 2 Lunches; 1 Dinners

Total Miles: 180 miles

Avg. Daily Miles: 40 - 50

Difficulty: Easy

Luggage Limits

We strictly enforce our luggage requirements. Please carefully review all luggage requirements which are defined in our "Get Ready" document.

Full Tour: Luggage is limited to 2 bags per guest of ANY kind as specified in our "Get Ready Document".

Half Tour: 1 large and 1 small bag per guest.

Getting Here

The tour begins in Buffalo and ends in Albany.

Traveling by Air: We suggest flying into Buffalo and home via Albany or New York City.

Traveling by Car: Parking is available in Albany, Syracuse and Buffalo as detailed below. You may want to coordinate your arrival/parking with our shuttle options.

Shuttle Options: We offer shuttle to Buffalo on DAY 1 of the tour only.

- Full Tour: Pickup is at Albany, Quackenbush Parking Lot
- West ONLY: Pickup is at Syracuse Walsh Reg. Transportation Center
- Shuttle charge is \$75 per person, and includes guest, their allowable luggage, bike & gear (if bringing your own). Shuttle space is limited and you must reserve shuttle in advance!
- East ONLY: Feel free to call the office for guidance on getting to and from the tour.

Return to Buffalo or Syracuse: Via Amtrak ONLY. Use Albany-Rensselaer Station:

<https://www.amtrak.com/home.html> (**NOTE:** Amtrak can only accommodate 4 bikes per train)

Transport Without Bikes: If you are traveling without bikes and need transportation, Amtrak has convenient service, to/from NYC, Albany, Syracuse and Buffalo.

PARKING

Albany	Syracuse	Buffalo
Quackenbush Parking Lot : \$8/day 45 Montgomery St, Albany, NY	Walsh Trans. Center : \$8/day 131 Alliance Bank Pkwy, Syracuse, NY	Depew Amtrak Station : \$8/day 55 Dick Rd, Depew, NY

Day 1: Arrive Buffalo

12:30 PM	Optional Shuttle Pickup - Albany
2:45 PM	Optional Shuttle Pickup – Syracuse
8:00 PM	Orientation at Hotel Breakfast Room
Lodging	Hampton Inn Buffalo Airport : 133 Buell Ave, Cheektowaga, NY, (716) 626-1800

The tour begins with orientation at our hotel in Buffalo where we'll make introductions and review what's ahead for the next 9 exciting days of adventure on the remarkable and historic Erie Canal.

Day 2: Buffalo to Medina

50 Miles

8:30 AM	Shuttle to trailhead
Lodging	Comfort Inn & Suites :: 11591 Maple Ridge Rd, Medina

We have a short shuttle to the ECT trailhead in Tonawanda where we'll cycle along the beautiful Niagara River before reaching Tonawanda Harbor and the Gateway to the Erie Canal. We'll stop for lunch in lovely Lockport where you'll have time to explore the famous Flight of Five Locks, the engineering marvel of its time, before wrapping up the day in Medina, our stop for the evening.

Day 3: Medina to Rochester

45 miles

Lodging	Holiday Inn Express :: 717 E Henrietta Rd, E Rochester
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This morning we head out making our way to Rochester, a major stop for "*canallers*" back in the day. Along the way, we'll stop to visit lovely Holly Falls park and drop the kickstand in quaint Spencerport for a lunch stop. While we won't want to rush the day, we don't want to dilly-dally either, since in Rochester you'll have the opportunity to visit the Susan B. Anthony House, the wonderful George Eastman Museum (of Kodak fame), or find other things to explore in this vibrant and diverse city.

Day 4: Rochester to Newark

38 miles

Lodging Microtel Inn & Suites by Wyndham :: 434 E Union St, Newark

Today just relax and enjoy the ride. In just shy of 5 miles, you'll cycle right up to one of the largest REI Stores in the Northeast, well worth a visit. Continuing on, we'll cycle through the colorful canal towns of Pittsford and Fairport where you can grab a fabulous coffee and a treat from one of the local cafés, or pop around in the charming shops. Also in Fairport you can jump in a kayak for a little paddling if you'd like to experience the Erie from the water. We'll stop for lunch in quaint Palmyra before continuing on to Newark, our stop for the evening.

Day 5: Newark to Syracuse

45 or 60 miles

Lodging Best Western :: 416 S Clinton St, Syracuse

Leaving Newark we'll cycle to our first stop in the tiny village of Clyde where you'll have the option of jumping in the van for a 15 mile shuttle over the hilly road section which drops the day's mileage down to 45. But whether you take the jump or cycle the hills, we all regroup at super cool Port Byron Erie Canal Heritage Park. The park has great interpretive exhibits, and boasts the largest drydock that existed along the Erie, which has been wonderfully restored. From Port Byron we continue on cycling past several canal parks including Jordan Aqueduct Park and Nine Mile Creek Aqueduct which has been historically reconstructed to its original beauty. We end the day in Syracuse, where a visit to the Erie Canal Museum and historic Clinton Square are a must.

West Only Guests: Your overnight in Syracuse is included in your tour cost. If you have parked your car in Syracuse, you'll use taxi or ride-share to retrieve it.

East Only Guests: Arrive at your leisure, check in under your own name. Please plan to meet our team in the hotel lobby at 5:00 PM for a brief trip orientation.

Day 6: Syracuse to Rome

48 miles

Lodging Hampton Inn :: 1352 Floyd Ave, Rome

There's plenty of great cycling between Syracuse and Rome as you cruise effortlessly along the trail reaching Chittenango Landing Canal Boat Museum in 17 miles, and definitely worth exploring. From the Landing we continue on, cycling past and over many aqueducts and awesome Lock 21, before stopping for a trailside picnic lunch. In Rome we'll visit remarkable Fort Stanwix before cruising the last few miles to our hotel.

Day 7: Rome to Little Falls

40 miles

Lodging Rodeway Inn :: First St. Little Falls

It's easy, beautiful cycling as we venture out for charming Little Falls. Along the way, we'll stop for a picnic lunch at lovely Fort Herkimer Church Historic Site. After lunch you'll have the option to take a 90-minute, well narrated, scenic cruise on the Erie Canal (\$\$\$), or just head for Little Falls where you can explore the cool antique and artisan shops. Erie Canal Cruises: <https://eriecanalcruises.com/>

Day 8: Little Falls to Schenectady

60 miles

Lodging Hyatt House :: 121 Harborside Dr, Schenectady
6:00 PM Dinner Social

Don't be intimidated by today's 60 miles, the downhill is in your favor! Enjoy the easy glide as we cycle to Schenectady offering beautiful natural scenery as well as Revolutionary War History. Very short distances from the bike trail are Oriskany Battlefield, Herkimer Home, Fort Klock and Schoharie Crossing Historic Site. We'll stop at a local farm and produce stand for lunch and ice cream, before reaching historic Schenectady. In the

evening we'll gather for our Au Revoir Erie dinner social where we can look back on and share experiences from our fabulous 400 mile adventure on the remarkable Erie Canalway Trail!

Day 9: Schenectady to Albany

30 miles

It's our last day on the ECT as we cycle through the Capital Region stopping for a quick visit to beautiful Cohoes Falls before dropping the kickstand in Albany, the end of this incredible adventure!

Overnight in Albany is not included. If you will be staying overnight in Albany, you will need to make your own arrangements. Approx. arrival time to Albany is 1:00 PM.

Return to Buffalo or Syracuse is via Amtrak ONLY. Use Albany-Rensselaer Station. Our team will drop you off at the Albany-Rensselaer station at the end of the tour. <https://www.amtrak.com/home.html>

NOTE: Amtrak can only accommodate 4 bikes per train

(315) 316-2453 :: www.CycleTheUSA.com