Between the Lakes Ride – NYS Scenic Byway Route 90
Union Springs, NY

The small towns and rural atmosphere found along Route 90, a designated NYS Scenic Byway, make this picturesque route ideal for a medium challenge bike tour with paved roads and mostly level riding. A few rolling hills provide some steep inclines. Scenic Cayuga Lake is the highlight of the ride. Historic markers posted along the route help to tell the history of the area from the Cayuga Nation villages to the 1779 Sullivan Expedition.

Atmosphere:
- MacKenzie-Childs, Ltd.
  3260 Route 90, Aurora
- Long Point State Park
- Long Point Winery
  1485 Lake Road, off Route 90, Aurora

Food:
- Dorie’s
  283 Main St. (Route 90), Aurora
- Pete’s Treats
  295 Cayuga Street (Route 90)

Head east on Chapel Street, toward Old Creamery Road for .2 miles
Turn right at Cayuga Street/Rt. 90
Follow Route 90 for 14.9 miles
Turn left at Rt. 34B, travel .2 miles to King Ferry
Ride 11.4 miles north, veer slightly left onto Ridge Road
Travel 4.5 miles on Ridge Road to Rt. 326
Turn Left onto Rt. 326
Travel on Rt. 326 for 3.5 miles; veer right staying on Rt. 326 for 1.4 miles
Turn left onto Rt. 90, travel 1.1 miles to Chapel Street, turn right on Chapel Street, ride .2 miles to Frontenac Park.