Looking for a leisure vacation pedaling at your own pace? Head for one of the many state park trails that wind through the state’s wilderness, vineyards and country roads.

Bike along the historic New York State Canal System, comprising more than 300 miles of multi-use trails. The Erie Canalway Trail allows you to pedal between the cities of Albany and Buffalo. Thousand of miles of bicycle trails wind through the Adirondack Mountains, around the Lake Champlain Valley and along the St. Lawrence Seaway. Take the scenic ride that runs 450 miles from Massena to Niagara Falls along the south shore of Lake Ontario and the St. Lawrence River.

The Finger Lakes region is ideal for bicyclists who want to circle the lakes and stop at the many wineries along the way. The scenic lake roads loop the larger Finger Lakes, such as the 40-mile loop around Skaneateles Lake. Bike trails in the park offer breathtaking scenery.

On Your Bike!
New York State has thousands of excellent roads and mountain trails for cycling at all levels.

Rich, authentic travel experiences that also benefit communities and conservation.

ILNY has developed a new online Insider’s Guide to Responsible Travel in New York State offering a wide variety of organized travel experiences with the Responsible Traveler in mind. Those that seek soft adventure, slow travel and authentic experiences while protecting the environment and supporting local communities will find what they’re looking for in New York State.

Check out the guide at:
- Choose from over 20 authentic New York State adventures and responsible travel packages
- Nature-inspired, multi-day hiking adventures, rafting trips, back-country skiing trips and more
- Accommodations available with local hotels, B&B's, lodges, beach houses and more

World Class Cycling Events
Test your endurance in world-class cycling events such as the Tour of The Battenkill in the Capital-Saratoga Region. Follow undulating terrain on a mixture of paved roads and dirt tracks with almost 5,000 feet of climbing with some gradients reaching 18%! Other events include the New York Gran Fondo, the 500 FANY Ride, The Hunter Mountain Cycle Series and the Five Boro Bike Tour.

For more information on cycling in New York State at:

Contact tourism professionals from our 11 tourist regions and let them create your perfect New York State vacation.

**Eco-Tourism**
Choose from a multitude of authentic New York State and responsible travel packages.

**Travel Responsibly**
Check out our inside’s guide to responsible travel in New York State.

**LEAVE IT TO THE EXPERTS**
Contact tourism professionals from our 11 tourist regions and let them create your perfect New York State vacation.
COMING DISCOVER YOUR NEW YORK

No other state could contain both the bright lights of New York City and the rustic beauty of upstate New York. The state stretches as far as the Canadian border and is also home to Letchworth State Park – known as the “Grand Canyon of the East”. It is larger than five of the US National Parks combined!

The Finger Lakes region is home to Letchworth State Park – known as the “Grand Canyon of the East”, the Thousand Islands-Seaway region, the 13 long Finger Lakes, and majestic mountain scenery combine with quaint local towns, rolling vineyards and award-winning beaches.

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Find out more at iloveny.com/ecotourism

FINESHT FISHING IN THE COUNTRY

The Atlantic Ocean, the Great Lakes, the Niagara and St. Lawrence rivers as well as Lake George make up over 6,700 natural bodies of water in New York State. That’s more than 70,000 miles of rivers and streams, and hundreds of miles of coastline. Whether it’s smallmouth bass fishing on Lake Erie, brook trout fishing on a crystal clear Adirondack stream, salmon fishing on Lake Ontario, fishing for stripers on the Hudson River, brown trout fishing on the Beaver Kill or fishing for bluefish in Montauk’s surf, there’s something special here for everyone.

BIG WATER FUN

The Atlantic Ocean, the Great Lakes, the Niagara and St. Lawrence rivers as well as Lake George make up over 6,700 natural bodies of water in New York State. That’s more than 70,000 miles of rivers and streams, and 9,787 miles of shorelines.

ROAD TRIP

The St. Lawrence Seaway in the Thousand Islands-Seaway region borders with Canada is the very north of Upstate New York and is home to an array of attractions equal to that of Stockton or Croatia. Paddle from island to island around the region’s many islands and enjoy the many attractions that are scattered across the region.

The white waters of the Genesee River flow at mid-speed through the canyon in Letchworth State Park in the Finger Lakes, where three waterfalls add to the beauty of this clear water.

WHITE WATER RAPING

TAKE OFF

Like many of the experiences and attractions across New York State are not easy to depict, described or summarized. Exploring the countryside and supporting local economies is a truly enriching adventure. In fact, your adventure is a truly authentic one.

Find out more at iloveny.com/ecoatourism

NEW YORK STATE SUPPORTS RESPONSIBLE TRAVELERS

RIVER RAFTING - The Adirondacks

The river stretches for 15 miles from Lake George to the Hudson River.

WHITWATER RAFTING - The Adirondacks

The river flows past historic towns and villages, past miles of woods and fields, and is a perfect place for a weekend adventure.

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