

ROCHESTER, NY

# Hike, Bike or Paddle

*"One of the top bike-friendly cities in the U.S." — Bicycling Magazine*



Bring your bike, your hiking shoes, or your paddle — with more than 12,000 acres of parkland, 100+ miles of well-marked trails, and extensive waterways, Rochester is an exciting adventure for any outdoor enthusiast.

## Bike-Friendly

Rochester takes its reputation as an award-winning city for cyclists seriously for safe, enjoyable riding.

**Municipal buses** - with bike racks

**Exclusive bike travel lanes** - 5 to 6' wide in the city

**City trails** - connect from the Genesee Riverway Trail from the Erie Canal Heritage Trail, through the heart of the city. Ride on to the Seaway Trail at the Port of Rochester.

**Bike Locker program** - Bike shelters, posts and racks, corrals and service stands available.

**Ride along** - with members of recreational, racing, tandem, recumbent, and mountain biking clubs.



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[VisitRochester.com](http://VisitRochester.com)

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### Bike Scenic Routes

**The shoreline of Lake Ontario** - One of the five Great Lakes. Bike along country paths, through wooded parks, past quiet beaches and historic lighthouses. Visit the wild beauty of Chimney Bluffs.

**The Genesee River** - A 40 mile bike ride from Rochester to Letchworth State Park, "The Grand Canyon of the East."

**The Erie Canalway Trail** - 450 miles of stunning scenery, picturesque villages and historic sites. Flat, well-maintained pathways popular for hiking, biking or walking.

**Turning Point Park** - Nearly two miles of land-based trails following the Genesee River and over a winding bridge above the Genesee River Turning Basin.

### Scenic trails

**Highland Park** - One of the oldest arboretums in the U.S. and home to the largest collection of lilacs in North America.

**Seneca Park** - 2-mile trail and dramatic views of the Genesee River wilderness areas.

**Mendon Ponds Park** - A huge park at 2,514 acres with unique land formations left by retreating glaciers. On the National Registry of Natural Landmarks.

**Durand-Eastman Park** - Hilly terrain with surprising views along 5,000 feet of Lake Ontario's waterfront.

**Ellison Park** - "Hidden" trails through pristine forests.

**Genesee Valley Greenway** - Urban hiking along 50mi.+ of accessible trails in & around Rochester.

### Paddling

Rochester's waterways are easily accessible and ready for your next adventure!

**Genesee River** - Glide into the city and enjoy easy docking at **Corn Hill Landing**.

**Historic Erie Canal** - Paddle through a lock. Rentals available throughout the area.

**Bay Creek Paddling Center in Ellison Park** - Canoe/kayak rentals on Irondequoit Creek.

**Genesee Waterways Center in Genesee Valley Park** - 600 feet of accessible docks, canoes and flat-water kayaks to rent.

**Lock 32 Whitewater Park** - A 700 foot-long course with rapids, squirt lines, and more.

**Rochester River Romance** - Two-day regatta in October with activities and events.



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