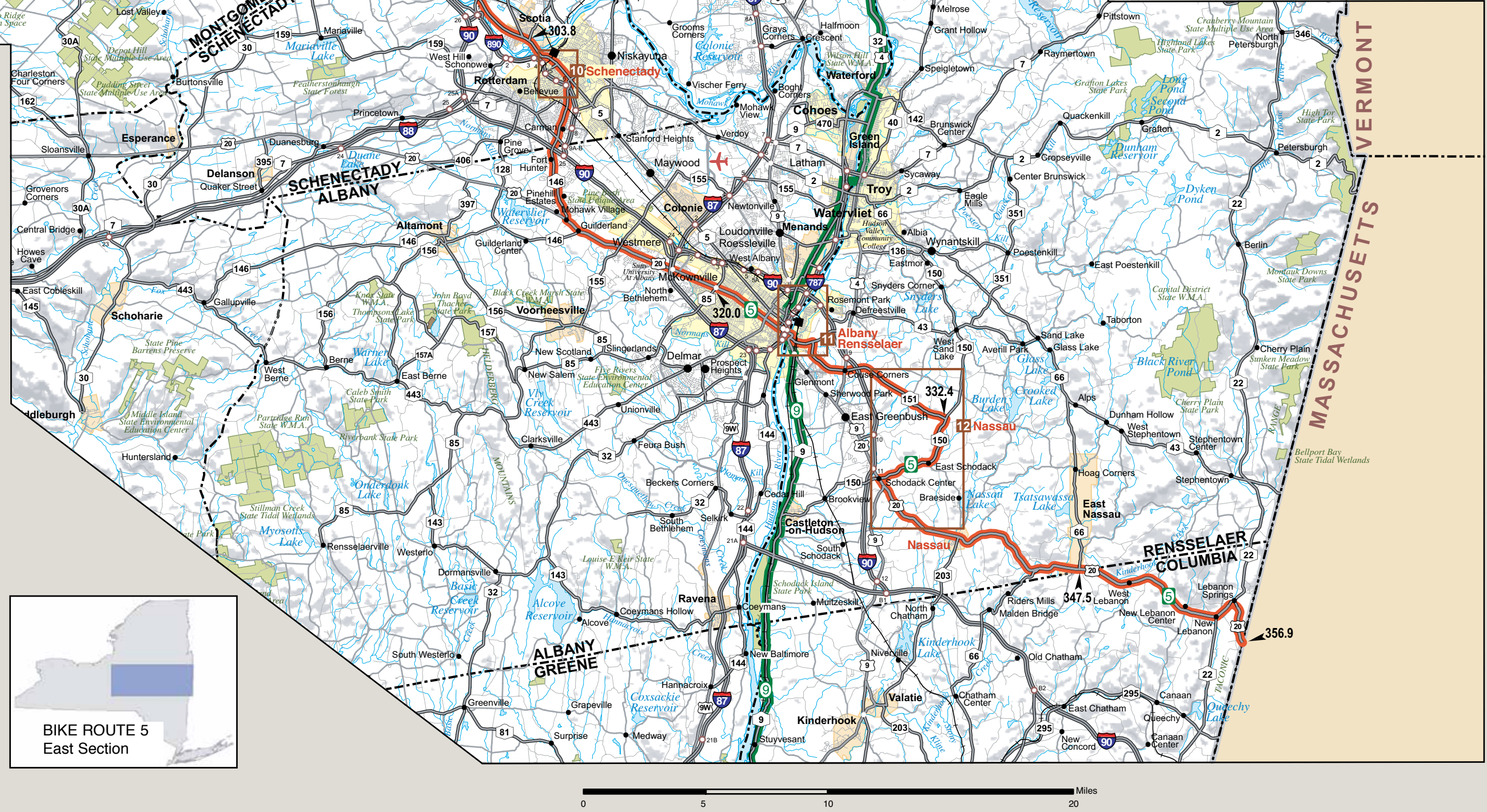
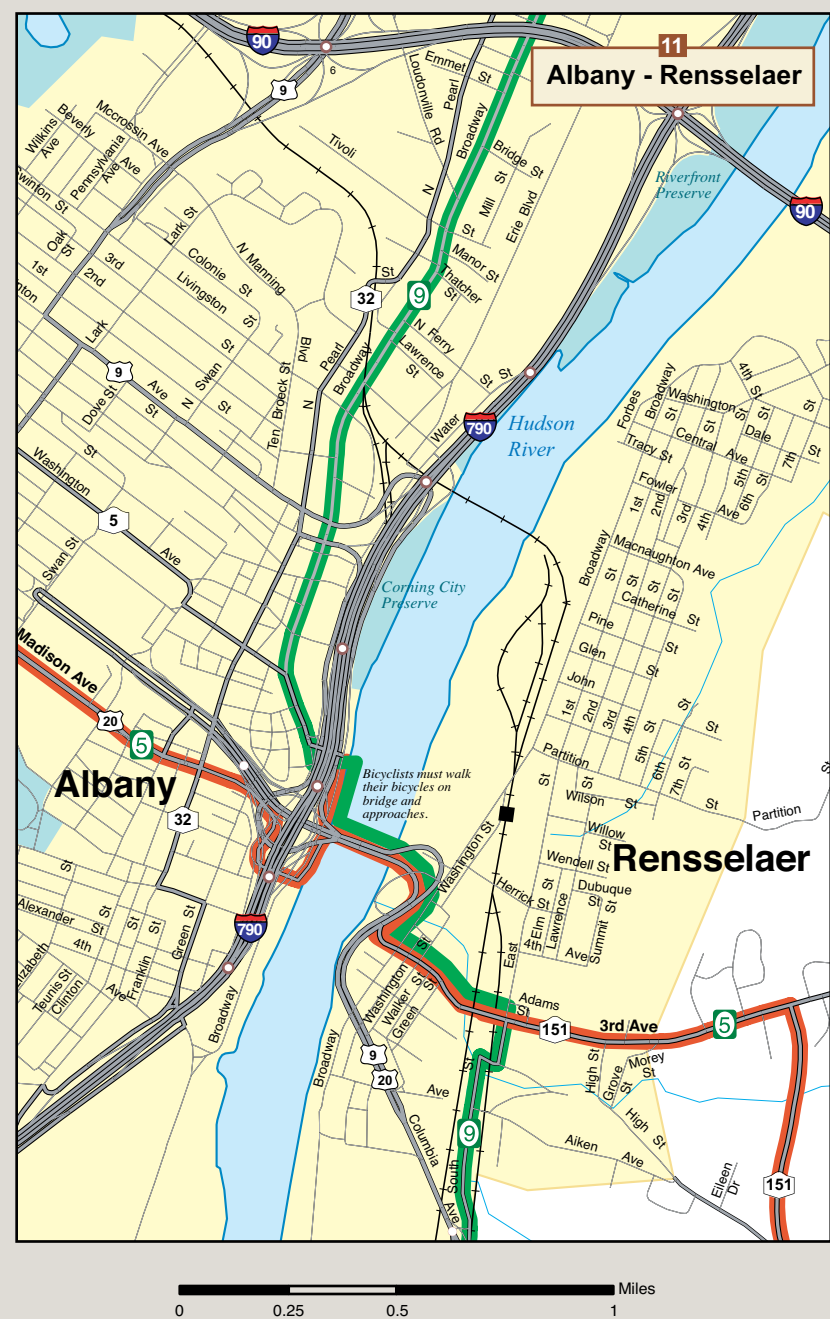
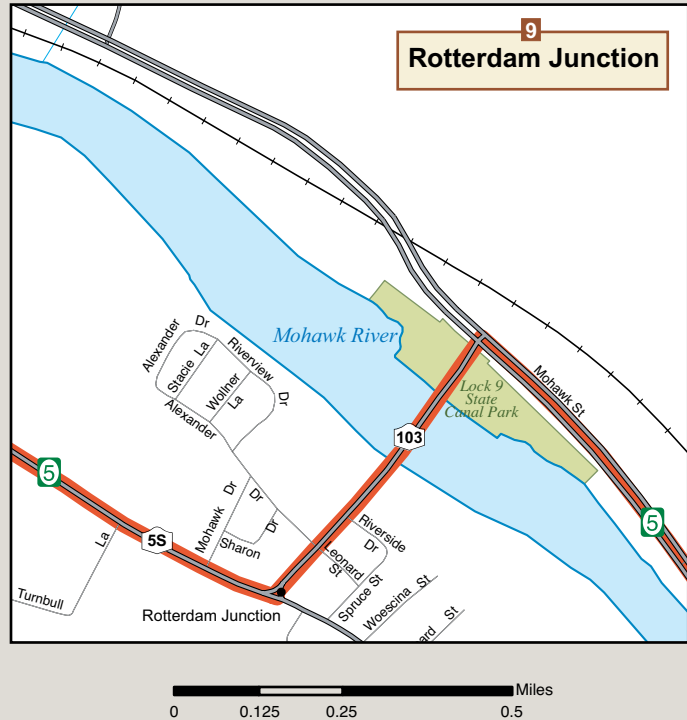
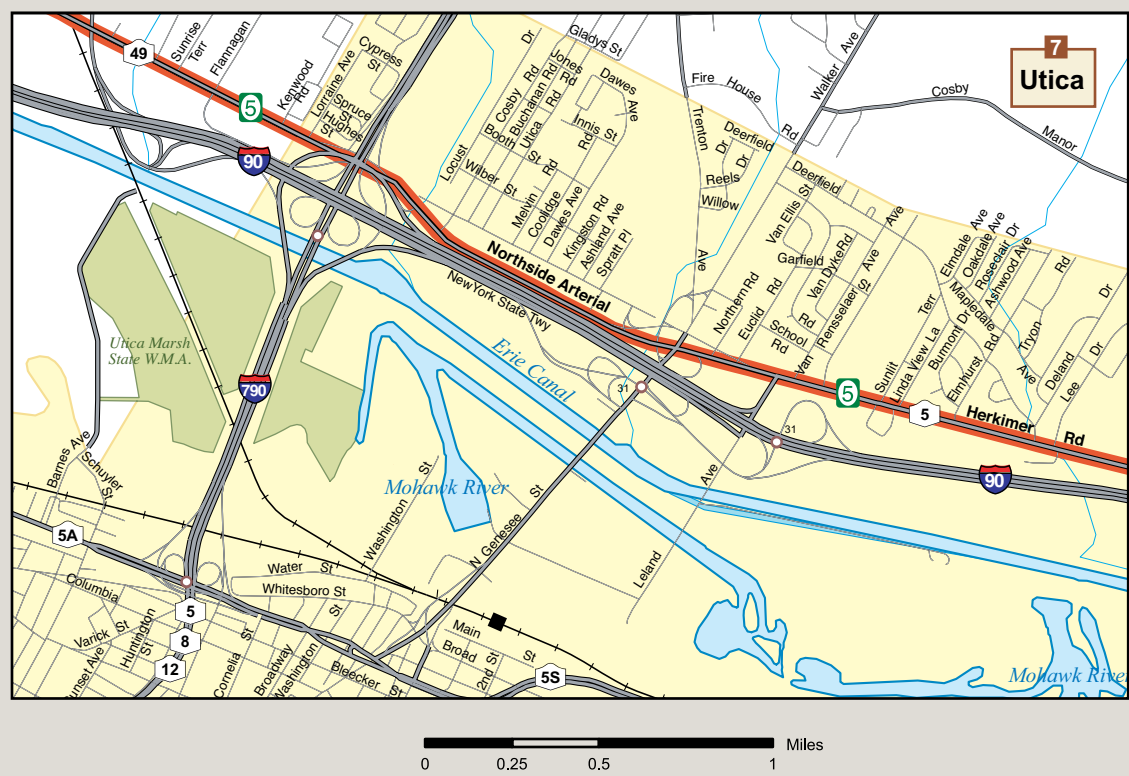
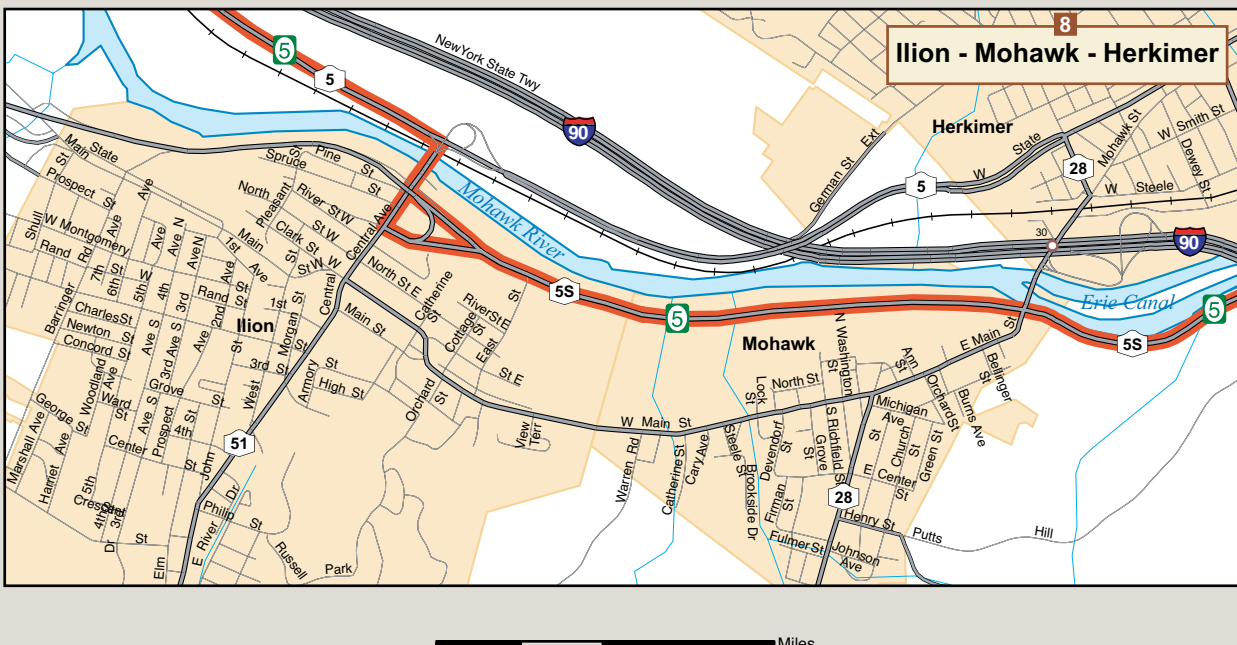
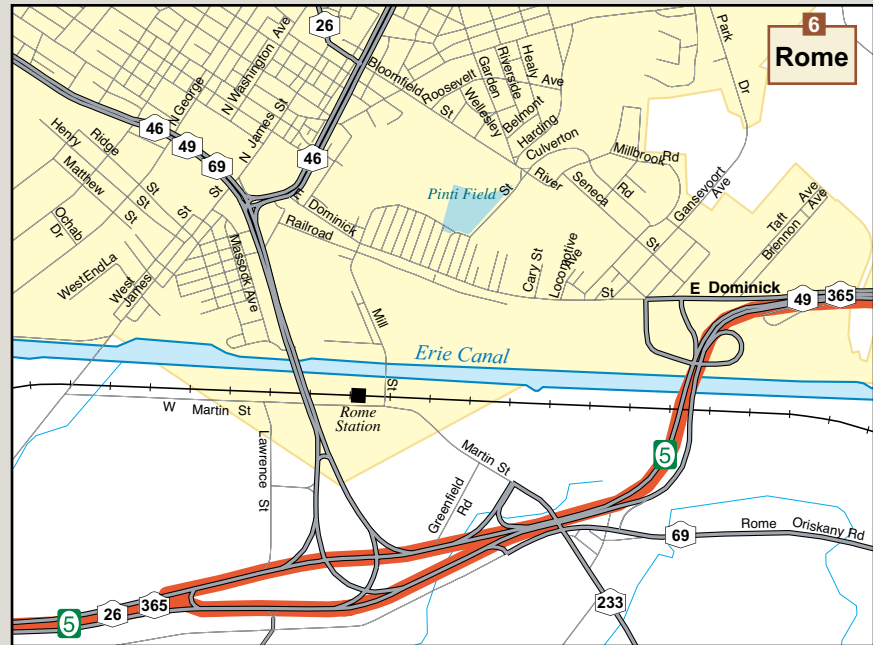
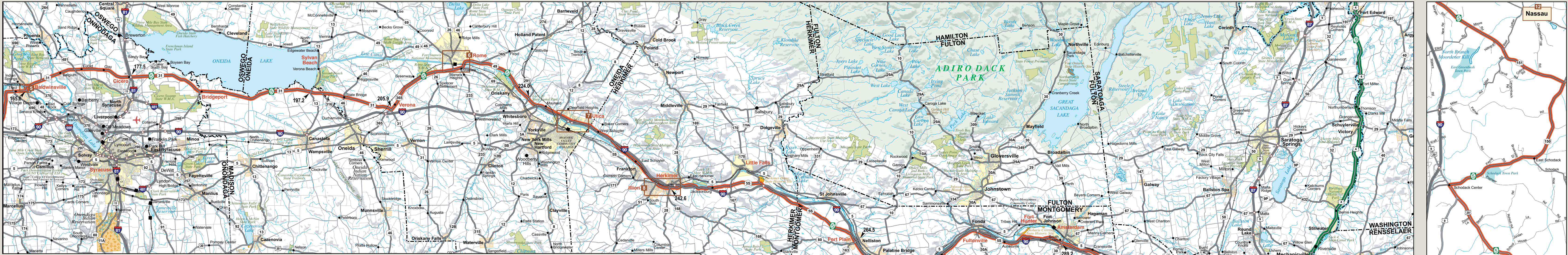


Bicycling Safely in New York

Wear a Helmet

- Bicyclists ages 1 through 13 are required to wear an approved helmet when riding. Passengers ages 1 through 4 must wear a helmet and be fastened in a suitable seat. No passengers under age 1 are permitted.* Some local laws in New York State require riders of all ages to wear helmets.
- All cyclists should wear a properly fitting helmet bearing a certification by one of the following groups:
 - Consumer Product Safety Commission (CPSC)
 - American Society for Testing and Materials (ASTM)
 - Snell Memorial Foundation

Follow the Rules of the Road

- Obey traffic regulations: stop at red lights, obey signs, observe speed limits, and follow lane markings.* Cyclists in New York State have the same rights and responsibilities as motorized vehicle operators.
- Never ride against traffic.* Drivers do not expect bicyclists riding on the wrong side of the street. Even in marked bike lanes, ride in the direction of traffic.
- Use hand signals. Signal in advance of turns.*
- Never wear headphones while cycling.*
- Ride near the right-hand curb or edge of the roadway or upon a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic.

Share the Road with Vehicles and Pedestrians

- Be aware of your surroundings. Make eye contact with motorists and pedestrians. Watch for debris and obstructions in your path.
- Ride predictably in traffic. Avoid weaving between vehicles and dodging between parked cars.
- Use a horn, bell, or voice warning when passing pedestrians or slow-moving cyclists.
- Always yield to pedestrians. Yield to other vehicles as appropriate.
- Be careful at intersections. If necessary, dismount your bicycle and cross at pedestrian crosswalks.

* Indicates legal requirements in New York State

New York State Agencies

State Bike Route 5

New York State
www.state.ny.us

New York State Tourism
www.iloveny.com

New York State Parks Recreation and Historic Preservation
(518)-474-0456
www.nysparks.state.ny.us

New York State Department of Transportation
www.dot.state.ny.us

NYSDOT Regional Office Contacts

NYSDOT Region 1
Schenectady, New York 12305
(518) 288-0388
www.dot.state.ny.us/reg/r1/r1.html

NYSDOT Region 2
Utica State Office Building
207 Genesee Street
Utica, New York 13501
(315) 783-2447
www.dot.state.ny.us/reg/r2/r2.html

NYSDOT Region 3
Syracuse State Office Building
333 East Washington Street
Syracuse, New York 13202
(315) 428-4351
www.dot.state.ny.us/reg/r3/r3.html

NYSDOT Region 4
1530 Jefferson Road
Rochester, New York 14623
(585) 272-3300
www.dot.state.ny.us/reg/r4/r4.html

NYSDOT Region 5
Buffalo State Office Building
125 Main Street
Buffalo, New York 14203
(716) 947-3239
www.dot.state.ny.us/reg/r5/r5.html
NYSDOT Region 8

Eleanor Roosevelt State Office Building
4 Burnett Boulevard
Poughkeepsie, New York 12603
(845) 431-5750
www.dot.state.ny.us/reg/r8/r8.html

NYSDOT Main Office
Bicycle and Pedestrian Program
1220 Washington Avenue
BUILDING 4, Room 115
Albany, New York 12232-0414
(518) 457-2100
www.dot.state.ny.us/pubtrans/bphone.html

Metropolitan Planning Organizations

Regional bicycle maps may be obtained by contacting the following MPO's.

Capital District Transportation Committee
5 Computer Drive West
Albany, New York 12205
Telephone: (518) 458-2161
Fax: (518) 459-2155
E-mail: CDTG@crsny.org
Web site: www.cdtmpo.org

Genesee Transportation Council
CityPlace
50 W. Main Street, Suite 812
Rochester, New York 14614
Telephone: (716) 232-8240
Fax: (716) 262-3106
E-mail: contactctc@gtcmppo.org

Greater Buffalo-Niagara Regional Transportation Council
438 Main Street (Fifth Floor)
Buffalo, New York 14202 Telephone: (716) 856-2026
Fax: (716) 856-3203
E-mail: hmorese@gbnrtc.org
Web site: www.gbnrtc.org

Herkimer-Oneida County Transportation Study
Oneida County Office Building
321 Main Street
Utica, New York 13501
Telephone: (315) 798-5037
Fax: (315) 798-5852
E-mail: HOCTS@co.oneida.ny.us
Web site: www.oneidacounty.org

Syracuse Metropolitan Transportation Council
100 Clinton Square
126 North Salina Street (Suite 100)
Syracuse, New York 13202 Telephone: (315) 422-5716
Fax: (315) 422-7753

Public Transportation
Amtrak
www.amtrak.com

Capital District Transportation Authority
(518) 482-4199
www.cdta.org

Central New York Regional Transportation Authority
(315) 442-3300
www.centro.org

Niagara Frontier Transportation Authority
(716) 855-7300
www.nfta.com

Rochester-Genesee Regional Transportation Authority
(585) 854-0200
www.rgrta.org

Business and Tourism
Chambers of Commerce
All New York State Chambers of Commerce are referenced at this web site: www.cany.org

New York State Canalway Trail System
1-800-4-CANAL4
www.canals.state.ny.us/

Bicycle Organizations
New York Parks & Conservation Association
www.nypca.org

League of American Bicyclists
www.bikeleague.org

New York Bicycling Coalition
(518) 505 - 9499
www.nybc.net

Contact Information is Current as of map publication.

	Lodging	Camping	Bike Shop	Medical Facility	Bus	Train	University / College	Cultural (State)	Nature (State)	Local Bike Routes	Winery / Brewery
Baldwinsville											
Syracuse											
Cicero											
Bridgeport											
Sylvan Beach											
Verona											
Rome											
Utica											
Ilion											
Herkimer											
Little Falls											
Fort Plain											
Canajoharie											
Fultonville											
Fort Hunter											
Amsterdam											
Schenectady											
Albany											

This map has been developed by the New York State Department of Transportation (NYSDOT) to assist experienced cyclists in planning long distance bicycle trips along State Bicycle Route 5. The route shown on this map is posted along regular state and local highways used by automobiles, trucks, and other motorized vehicles. Riders should choose routes and trip lengths appropriate for their individual cycling skill levels.

NYSDOT in no way warrants the safety or suitability of the route shown on this map for shared bicycle/motor vehicle use, or for use by young or inexperienced cyclists. Bicyclists must remain alert to traffic and changing road conditions, and assume the risk for their own safety at all times when traveling on highways in New York State. All cyclists have the same responsibility as motorists to obey traffic laws and regulations. NYSDOT, other state agencies, and the political subdivisions of New York State assume no liability for personal injuries or property damage suffered by users of this map product, or of designated State bicycle routes.

Map produced, under contract with the New York State Department of Transportation, by Applied Geographics, Inc. Funding for the project was made available through the U.S. Department of Transportation Federal Highway Administration.

For more information about bicycling in New York State, please visit the NYSDOT's Bicycle and Pedestrian Program home page at:
www.dot.state.ny.us/pubtrans/bphone.html