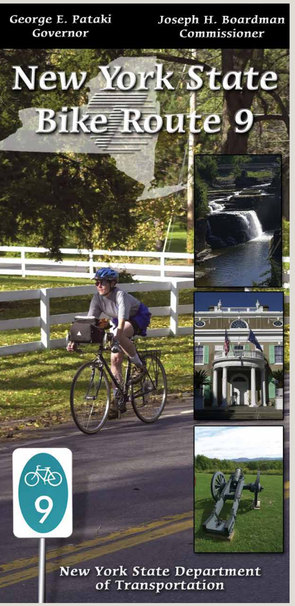
Welcome to New York's State Bicycle Routes

Welcome to New York. In New York State you can bicycle from the beaches of Long Island to the peaks of the Adirondack Mountains, and from the edge of Niagara Falls to the Empire State Building. With its varied topography, rich history, cultural attractions, pristine rural landscape and vibrant modern cities, New York State offers an unparalleled backdrop for a great cycling adventure. With thousands of miles of both on- and off-road bicycle routes and trails, New York is truly a bicyclist's paradise.

A description of our state's laws pertaining to safe operation of a bicycle in New York is listed on a chart inside the map. We hope that you take the opportunity to carefully review this information prior to beginning your trip.

Whether the purpose of your journey is for exercise, sport, transportation, or recreation, cycling is a truly memorable, convenient and efficient means to explore New York. Best wishes for a safe and enjoyable bicycling experience here in New York State.

George E. Pataki
Governor



A Message from DOT Commissioner Boardman

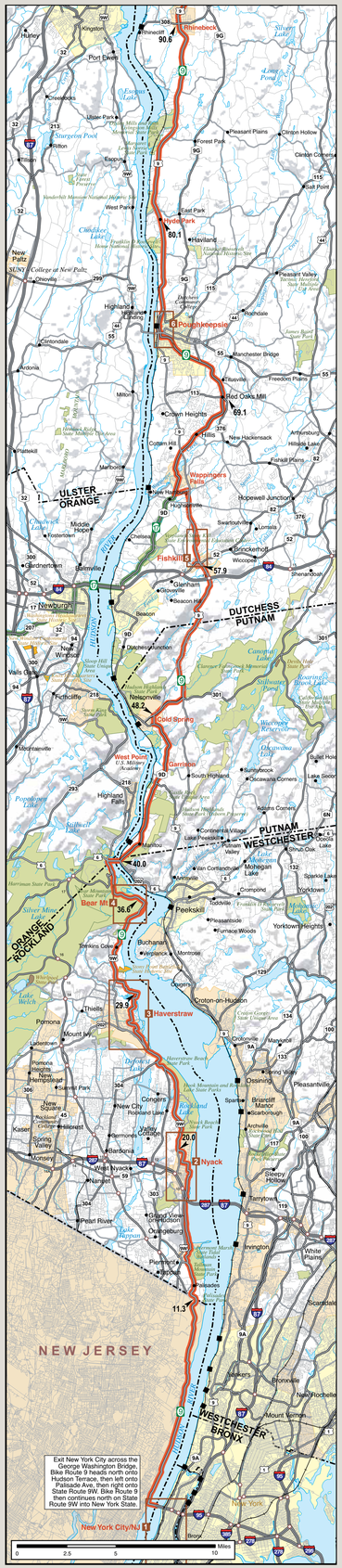
Welcome to New York's State Bicycle Route 9.

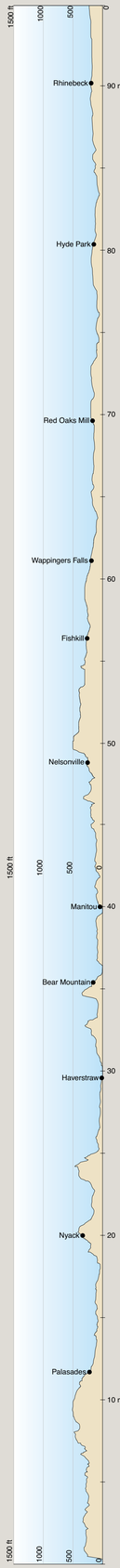
The Hudson River Valley and Lake Champlain provide the scenic backdrop to an exciting cycling adventure through eastern New York State. Beginning in New York City and ending at Rouses Point, cyclists along State Bicycle Route 9 can experience the natural beauty culture and history that is New York. Whether the purpose of your trip is for exercise, transportation, or recreation, the New York State Department of Transportation (NYSDOT) welcomes and encourages bicyclists as part of its commitment to promoting a safe, efficient, truly balanced and environmentally sound transportation network in the state.

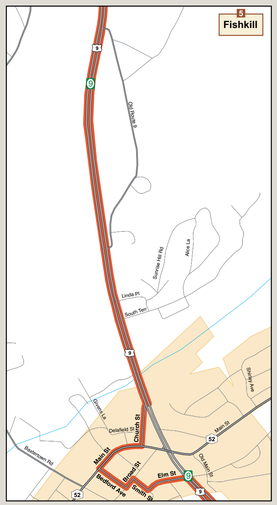
State Bicycle Route 9 was established in 1995 as part of a comprehensive network of signed, on-road, long distance bicycle routes. The netowrk also includes State Bicycle Route 5 (Niagara Falls to Albany), and State Bicycle Route 17 (Lake Erie to Beacon). More than 1100 miles of designated highways make up these routes, passing through almost every region of the State. These routes were developed as an alternative to off-road trails for experienced bicyclists.

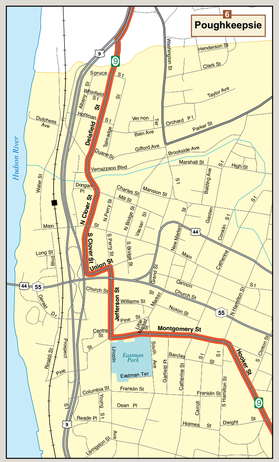
I encourage bicyclist to share the road safely, observe all vehicle and traffic laws, and enjoy the scenic beauty of New York State.

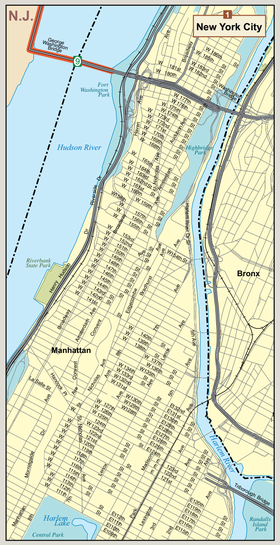
Joseph H. Boardman
Commissioner, NYSDOT

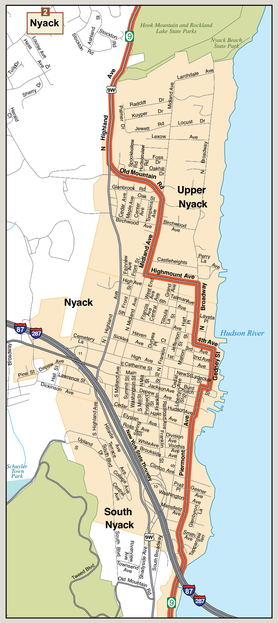


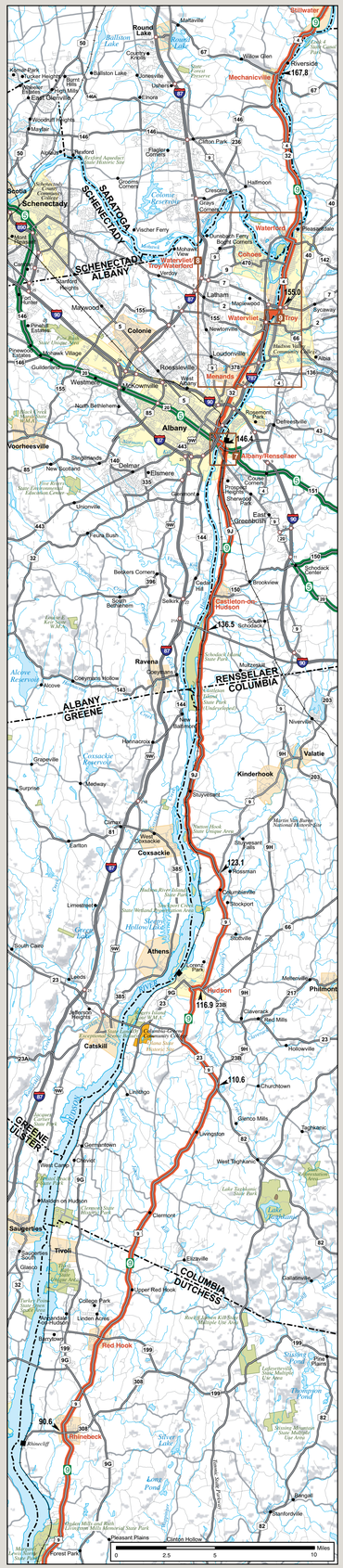


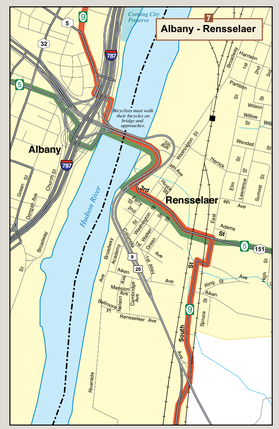


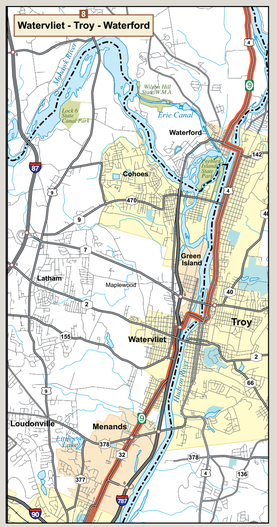












	Albany	Castleton-on-the-Hudson	Cold Springs	Fishkill	Fort Edward	Haverstraw	Hudson	Hudson Falls	Keeseville	Mechanicville	New York City	Nyack	Piermont	Plattsburgh	Port Henry	Poughkeepsie	Red Hook	Rensselaer	Rhinebeck	Rouses Point	Schuylerville	Stillwater	Troy	Wappingers Falls	Whitehall
Castleton-on-the-Hudson	10																								
Cold Springs	101	91																							
Fishkill	90	80	11																						
Fort Edward	47	57	148	137																					
Haverstraw	122	112	22	32	169																				
Hudson	32	22	69	59	79	91																			
Hudson Falls	50	60	150	140	3	171	82																		
Keeseville	152	162	253	242	104	274	184	102																	
Mechanicville	19	29	120	109	28	141	51	31	133																
New York City	148	138	48	58	195	27	116	197	300	168															
Nyack	130	120	30	40	177	9	98	179	282	150	18														
Piermont	134	124	34	44	181	12	201	183	286	153	15	4													
Plattsburgh	164	175	266	255	118	285	196	115	13	146	314	296	299												
Port Henry	111	121	212	201	64	233	143	61	40	92	259	241	245	53											
Poughkeepsie	75	65	26	15	122	47	44	125	229	94	73	55	59	243	186										
Red Hook	53	43	48	38	99	69	20	102	204	71	95	77	81	217	164	23									
Rensselaer	2	7	98	88	49	119	29	53	154	22	145	127	131	167	114	73	50								
Rhinebeck	66	48	42	33	104	63	26	108	209	77	89	71	76	222	169	17	5	55							
Rouses Point	191	200	291	279	142	313	221	140	36	170	339	321	323	21	78	263	241	193	246						
Schuylerville	35	44	135	125	12	157	66	14	117	16	183	165	168	130	77	109	87	37	92	154					
Stillwater	23	32	124	113	24	145	55	27	129	4	171	153	157	142	88	98	75	25	80	166	12				
Troy	9	19	108	99	38	129	41	41	143	10	154	139	143	155	102	84	61	11	66	179	26	14			
Wappingers Falls	85	76	17	6	132	38	54	135	235	103	64	46	49	249	196	10	33	83	27	273	120	108	92		
Whitehall	70	80	170	161	23	191	102	21	80	51	217	199	204	93	40	145	123	73	128	118	36	48	61	155	

Place names in red on map are listed here. Place names are listed

	Lodging	Camping	Bike Shop	Medical Facility	Bus	Train	University / College	Cultural Site(s)	Natural Site(s)	Local Bike Routes	Winery/ Brewery
Waterford								●	●		
Cohoes				●				●	●		
Watervliet									●		
Troy	●		●	●			●	●			●
Menands	●										
Albany	●		●	●	●		●	●	●	●	●
Rennselaer	●					●		●			
Castleton	●										
Hudson	●					●		●			
Red Hook		●						●	●		
Rhinebeck	●	●				●		●	●		
Staatsburg		●							●		
Hyde Park	●						●	●			●
Poughkeepsie	●			●	●	●	●	●			●
Wappinger's Falls			●								
Cold Spring	●	●				●		●	●		
Garrison		●				●		●	●		
West Point	●						●	●			
Bear Mountain	●	●			●				●		
Haverstraw									●		
Nyak			●						●		
Piermont			●						●		
Bergen County, NJ	●		●		●		●		●		
New York City	●		●		●	●	●	●	●	●	●