

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
Rouses Point	●					●			●		
Plattsburgh	●	●	●	●	●		●		●		
Ausable Chasm		●							●		
Keeseville	●								●		
Willsboro	●	●							●		
Essex	●								●		
Westport	●	●				●			●		
Port Henry	●	●							●		
Crown Point	●	●						●	●		
Ticonderoga	●	●						●	●		
Whitehall	●								●		
Fort Ann					●				●		
Glens Falls	●		●	●			●				●
Hudson Falls									●		
Fort Edward						●			●		
Fort Miller									●		
Schuylerville		●							●		
Saratoga Springs	●	●	●	●	●	●	●	●	●	●	●
Stillwater									●		
Mechanicville									●		

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.

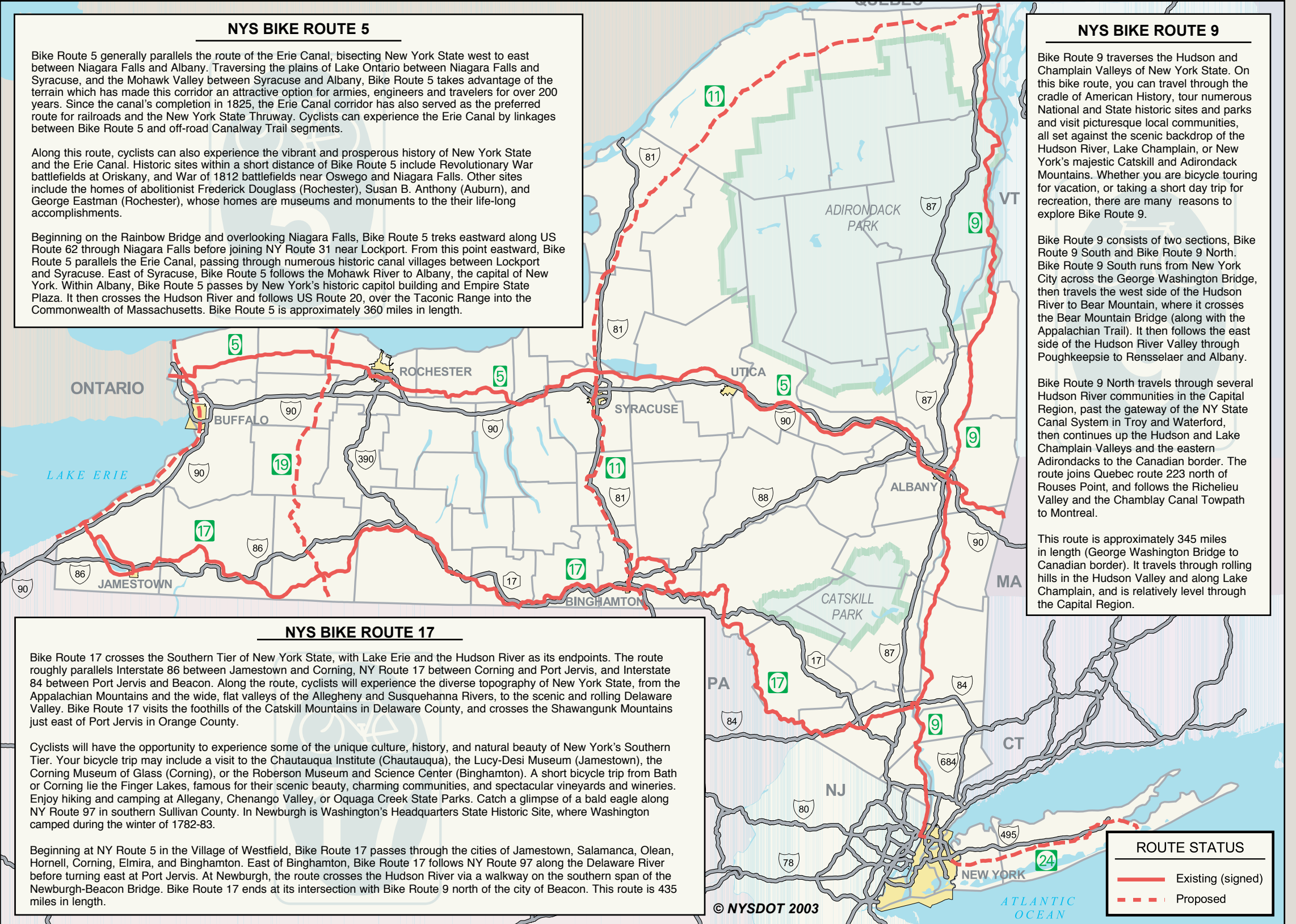
Outfit Your Body

- Wear close-fitting, light-colored clothing that is appropriate for the season.
- Pant clips keep clothing from catching or rubbing on gears and chains.
- If you must ride at night,
- Wear clothing with reflective patches or stripes. Some helmets can be outfitted with front and rear lights.
- On long trips, plan regular rest breaks. Avoid dehydration by drinking plenty of fluids.
- Pack nutritious foods for energy.
- For extended rides, plan for safety and comfort.
- Carry a first aid kit and know how to use it for minor emergencies. Pack clothing for unexpectedly cold or wet weather. Plan meal breaks and overnight stops in advance. Leave a copy of your itinerary with someone at

Outfit Your Bicycle

- Use lights at night, both front and rear.* The headlight should be bright white and visible from 500 feet. The rear reflector or taillight should be visible from 300 feet. At least one of the lights should be visible at least 200 feet from the side.
- Your bicycle should also be equipped with wheel and pedal reflectors, or other reflective surfaces.*
- Make sure your bicycle fits your body, and keep it in good condition.
- Carry a tool kit on long road trips and learn how to perform basic repairs.

* indicates legal requirements in New York State



New York State Agencies

State Bike Route 9

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

NYSOT Regional Office Contacts

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

NYSOT Region 7
Dulles State Office Building
317 Washington Street
Watertown, New York 13601
(315) 785-2333
www.dot.state.ny.us/reg/r7/r7.html

NYSOT 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

NYSOT Main Office
Bicycle and Pedestrian Program
1220 Washington Avenue
BUILDING 4, Room 115
Albany, New York 12242-0414
(518) 457-2100
www.dot.state.ny.us/pubtrans/bp/home.html

New York City DOT Bicycle map
www.nyc.gov/html/dot/html/get_around/bike/bikemap.html

Metropolitan Planning Organizations

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

Newburgh-Orange County Transportation Council
Orange County Department of Planning
124 Main Street
Goshen, New York 10924
Telephone: (845) 291-2318
Fax: (845) 291-2533
E-mail: NOCTC@warwick.net

Poughkeepsie-Dutchess County Transportation Council
27 High Street
Poughkeepsie, New York 12601
Telephone: (845) 486-3600
Fax: (845) 486-3610
Web site: www.dutchessny.gov

Adirondack-Glens Falls Transportation Council
A-204 Washington County Municipal Center
Fort Edward, New York 12828
Telephone: (518) 746-2199
Fax: (518) 746-2441
E-mail: AGFTC@aol.com
Web site: www.agftc.org

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

Public Transportation

Amtrak
www.amtrak.com

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

MTA - (New York City Transit and Metro North RR)
www.mta.nyc.ny.us

New Jersey Transit
www.njtransit.com

Ferry Operators

New York City and Haverstraw – Ossining: NY Waterway
(201) 902-8840
www.nywaterway.com

Fort Ticonderoga: Fort Ti Ferry
(802) 897-7999
www.middlebury.net/tiferry

Lake Champlain: Lake Champlain Transportation Company
(802) 864-9804
www.ferries.com

Business and Tourism

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

Bicycle Organizations

New York Parks & Conservation Association
www.nypca.org

League of American Bicyclists
www.bikeleague.org

Sleepy Hollow Bicycle Club
95 Beekman Avenue
Sleepy Hollow, New York 10591
(914) 631-3135

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

Adirondack North Country Association (ANCA)
20 St. Bernard Street
Saranac Lake, New York 12983
(518) 891-6200
Website: www.adirondack.org/bikeways.htm

Adirondack Regional Tourism Council
PO Box 2149
Plattsburgh, New York 12901
(518) 846-3016
Website: www.bikedirondack.org

Lake Champlain Bikeways Clearinghouse
c/o Local Motion Trailside Center
1 Steele Street #103
Burlington, Vermont 05401
(802) 652-BIKE phone/fax
Website: www.champlainbikeways.org

Hudson River Valley Greenway
Capitol Building, Room 254
Albany, New York 12224
Phone: (518) 473-3835 or 1-800-TRAIL92
Fax: (518) 473-4518
Email: hrgreenway@aol.com

Contact Information is Current as of map publication.