



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)

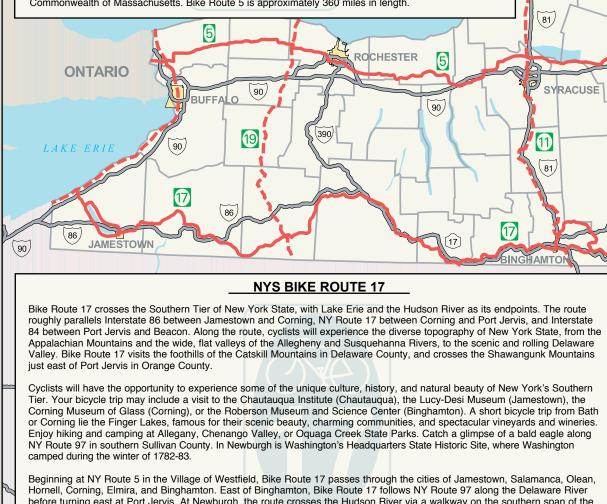
 Snell Memorial Foundation Follow the Rules of the Road Obey traffic regulations: stop at red lights, obey signs, observe speed limits, and follow lane markings.\*Cyclists in New York State have the same rights and responsibilities as motorized vehicle operators Never ride against traffic.\* Drivers do not expect bicyclists iding 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.<sup>3</sup> ·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.



Bike Route 5 generally parallels the route of the Erie Canal, bisecting New York State west to east between Niagara Falls and Albany. Traversing the plains of Lake Ontario between Niagara Falls and Syracuse, and the Mohawk Valley between Syracuse and Albany, Bike Route 5 takes advantage of the terrain which has made this corridor an attractive option for armies, engineers and travelers for over 200 years. Since the canal's completion in 1825, the Erie Canal corridor has also served as the preferred route for railroads and the New York State Thruway. Cyclists can experience the Erie Canal by linkages between Bike Route 5 and off-road Canalway Trail segments. Along this route, cyclists can also experience the vibrant and prosperous history of New York State and the Erie Canal. Historic sites within a short distance of Bike Route 5 include Revolutionary War battlefields at Oriskany, and War of 1812 battlefields near Oswego and Niagara Falls. Other sites include the homes of abolitionist Frederick Douglass (Rochester), Susan B. Anthony (Auburn), and George Eastman (Rochester), whose homes are museums and monuments to the their life-long accomplishments. Beginning on the Rainbow Bridge and overlooking Niagara Falls, Bike Route 5 treks eastward along US Route 62 through Niagara Falls before joining NY Route 31 near Lockport. From this point eastward, Bike

Route 5 parallels the Erie Canal, passing through numerous historic canal villages between Lockport and Syracuse. East of Syracuse, Bike Route 5 follows the Mohawk River to Albany, the capital of New York. Within Albany, Bike Route 5 passes by New York's historic capitol building and Empire State Plaza. It then crosses the Hudson River and follows US Route 20, over the Taconic Range into the Commonwealth of Massachusetts. Bike Route 5 is approximately 360 miles in length.



miles in length.

his 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 Bicvcle Route 9. 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/bphome.html

# Bicycling Safely in New York

\* indicates legal requirements in New York State



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 •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.

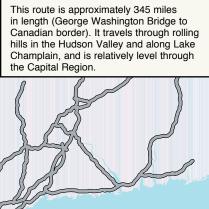
NYS BIKE ROUTE 9

Bike Route 9 traverses the Hudson and Champlain Valleys of New York State. On this bike route, you can travel through the cradle of American History, tour numerous National and State historic sites and parks and visit picturesque local communities. all set against the scenic backdrop of the Hudson River, Lake Champlain, or New York's majestic Catskill and Adirondack Mountains. Whether you are bicycle touring for vacation, or taking a short day trip for recreation, there are many reasons to explore Bike Route 9.

Wheel reflectors (2)

Bike Route 9 consists of two sections, Bike Route 9 South and Bike Route 9 North. Bike Route 9 South runs from New York City across the George Washington Bridge then travels the west side of the Hudson River to Bear Mountain, where it crosses the Bear Mountain Bridge (along with the Appalachian Trail). It then follows the east side of the Hudson River Valley through oughkeepsie to Rensselaer and Albany.

Hudson River communities in the Capital Region, past the gateway of the NY State Canal System in Troy and Waterford. then continues up the Hudson and Lake Champlain Valleys and the eastern Adirondacks to the Canadian border. The route joins Quebec route 223 north of Rouses Point, and follows the Richelieu Valley and the Chamblay Canal Towpath to Montreal.



## 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

**NYSDOT Regional Office Contacts** NYSDOT Region 1 328 State St.

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

NYSDOT 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

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/bphome.html

New York City DOT Bicycle map www.nyc.gov/html/dot/html/get\_around/bike/bikemap.htm

#### Metropolitan Planning Organizations Regional bicycle maps may be obtain 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

Poughkeepsie-Dutchess County Transportation Council 27 High Street Poughkeepsie, New York 12601 Telephone: (845) 486-3600 Fax: (845) 486-3610

E-mail: NOCTC@warwick.net

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: CDTC@crisny.org Web site: www.cdtcmpo.org

**Public Transportation** Amtrak www.amtrak.com

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

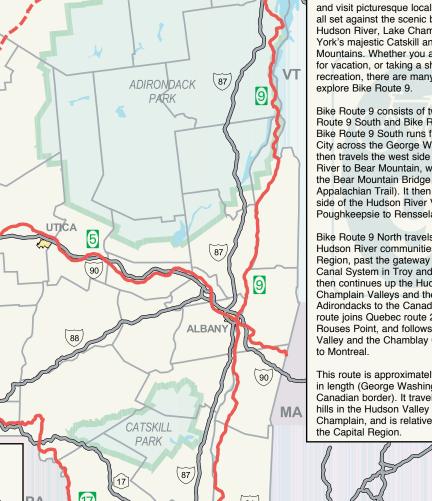
Adirondack North Country Association (ANCA) 20 St. Bernard Street Saranac Lake, New York 12983 (518) 891-6200

Website: www.adirondack.org/bikeways.htm Adirondack Regional Tourism Council PO Box 2149 Plattsburgh, New York 12901 (518) 846-8016 Website: www.bikeadirondack.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.



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Newburgh-Beacon Bridge. Bike Route 17 ends at its intersection with Bike Route 9 north of the city of Beacon. This route is 435

ROUTE STATUS Existing (signed)

Proposed

Pedal Reflectors Fende

Bike Route 9 North travels through several