

OCTOBER 4 – 9, 2026 · 6-DAY TOUR

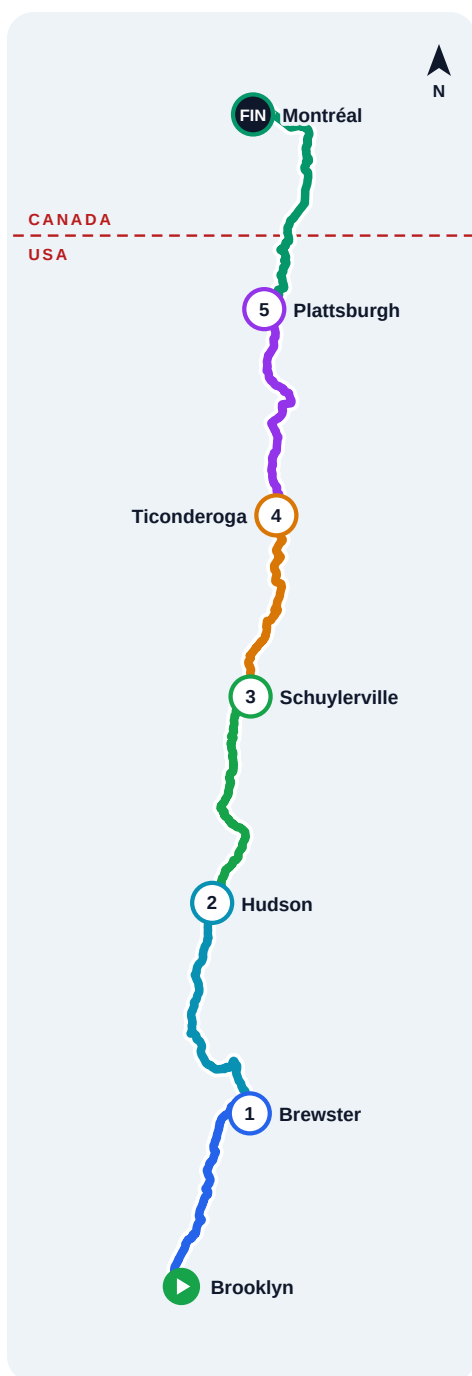
NEW YORK TO MONTRÉAL

453.8
MILES

730
KILOMETRES

+11,800
FEET OF CLIMBING

6
DAYS OF RIDING



DAY
1

SUNDAY, OCTOBER 4

Brooklyn to Brewster, NY

71.9 mi · +2,100 ft · 40 cues

Tonight: Comfort Inn Brewster



DAY
2

MONDAY, OCTOBER 5

Brewster to Hudson, NY

80.3 mi · +1,300 ft · 15 cues

Tonight: The Wick, Hudson (Tribute Portfolio)



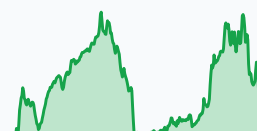
DAY
3

TUESDAY, OCTOBER 6

Hudson to Schuylerville, NY

77.7 mi · +2,200 ft · 71 cues

Tonight: Dovegate Inn



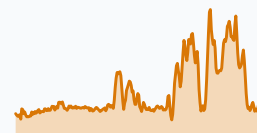
DAY
4

WEDNESDAY, OCTOBER 7

Schuylerville to Ticonderoga, NY

64.7 mi · +2,200 ft · 32 cues

Tonight: Circle Court Motel



DAY
5

THURSDAY, OCTOBER 8

Ticonderoga to Plattsburgh, NY

73.6 mi · +3,300 ft · 28 cues

Tonight: Microtel Inn & Suites by Wyndham Plattsburgh



DAY
6

FRIDAY, OCTOBER 9

Plattsburgh, NY to Montréal, QC

85.6 mi · +700 ft · 63 cues

Finish: Hôtel Bonaventure Montréal



BEFORE YOU ROLL

Where we sleep, what the symbols mean, what to carry

WHERE WE SLEEP

NIGHT	HOTEL	ADDRESS	PHONE
Sun Oct 4 Day 1	Comfort Inn Brewster Suggested: book ahead Backup: Heidi's Inn, (845) 279-8011	7-11 Peach Lake Rd, Brewster, NY	(845) 363-0974
Mon Oct 5 Day 2	The Wick, Hudson (Tribute Portfolio) Suggested: book ahead Backup: Hudson Whaler Hotel (formerly The Barlow), (518) 217-4334	41 Cross St, Hudson, NY	(518) 249-6825
Tue Oct 6 Day 3	Dovegate Inn Suggested: book ahead	184 Broad St, Schuylerville, NY	(518) 695-3699
Wed Oct 7 Day 4	Circle Court Motel Suggested: book ahead Backup: Best Western Plus Ticonderoga Inn & Suites, (518) 585-2378	6 Montcalm St, Ticonderoga, NY	(518) 585-7660
Thu Oct 8 Day 5	Microtel Inn & Suites by Wyndham Plattsburgh Suggested: book ahead Backup: Best Western Plus Plattsburgh, (518) 561-7750	554 State Route 3, Plattsburgh, NY	(518) 324-3800
Fri Oct 9 Day 6	Hôtel Bonaventure Montréal Suggested: book ahead	900 Rue de la Gauchetière O, Montréal, QC	+1 (514) 878-2332

READING THE CUE SHEETS

Start of the day	Continue onto	Turn left	Turn right
Bear left	Bear right	Lunch or resupply	Border crossing
Ferry	Point of interest	Tonight's hotel	Finish

Coloured bar on each cue = what you're riding on: Bike path Street Road shoulder Unpaved Ferry

MILE is the distance from the start of that day, measured along the day's GPX track. LEG is how far until the next cue.

GOOD TO KNOW

- Day 6, mile 30.0: Rouses Point–Lacolle 223 crossing (US-11 / Route 223)**
Open 8 AM to 8 PM daily on both sides (not 24 hours). Stop at the car booth with your passport, EDL or NEXUS card. No cannabis. Declare any food.
- Hours and closures**
Business hours were checked online on 2026-09-27. October hours change often: call ahead before relying on a lunch stop or bike shop.
- Emergency**
Dial 911 in both the US and Canada. Each day's front page lists bail-out options (trains, buses, Metro).
- About this plan**
Same as the 7-day tour through Plattsburgh, then one long flat day (with the border crossing) all the way to Montréal.

DAY 1 · SUNDAY, OCTOBER 4

Brooklyn to Brewster, NY

Williamsburg Bridge, Hudson River Greenway, Inwood & Marble Hill, Van Cortlandt Park, South/North County & Putnam trailways, Maybrook Trailway

71.9

MILES

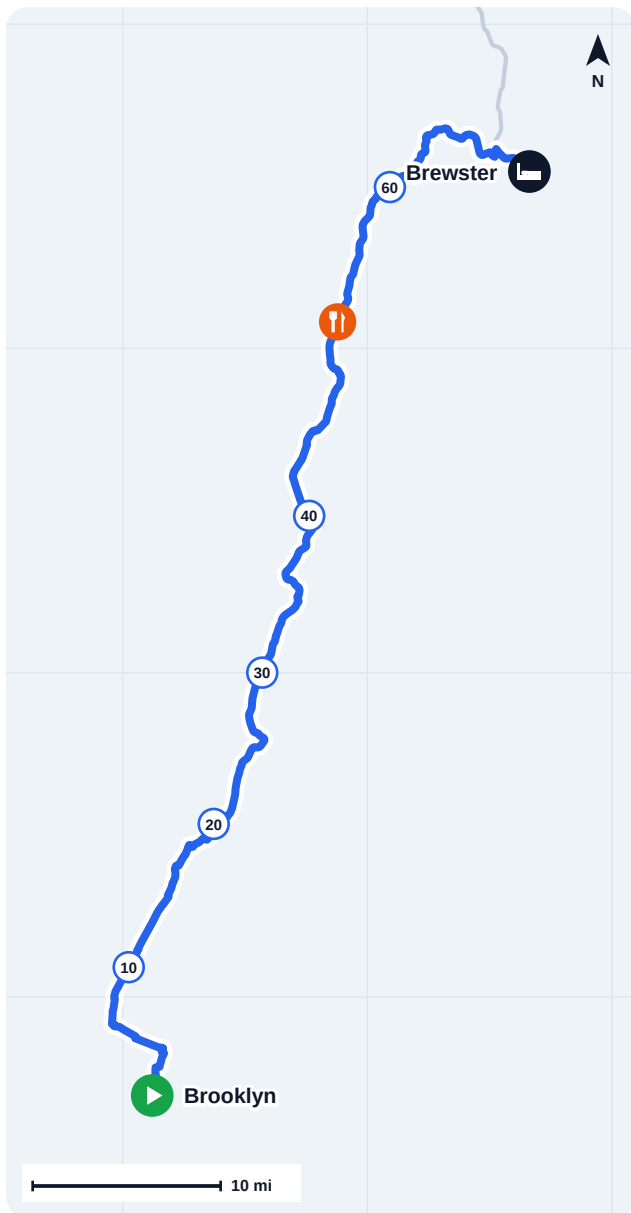
+2,100

FT CLIMB

116

KM

Sunrise 6:54 AM · Sunset 6:35 PM



TONIGHT

Comfort Inn Brewster

7-11 Peach Lake Rd, Brewster, NY · (845) 363-0974

About 2 mi east of Brewster village near I-84. Free hot breakfast.

Backup: Heidi's Inn, (845) 279-8011

LUNCH

Trailside Cafe

Mile 51.8 · 1807 Commerce St, Yorktown Heights, NY · (914) 302-7331

Beside the North County Trailway. Smoothies, paninis, wraps. Sunday hours listed as 8 AM to 3 or 4 PM (sources disagree): call ahead.

ROAD & SURFACE

Grand Army Plaza to the Williamsburg Bridge via Prospect Heights and Clinton Hill streets, the Prince St bike lane across SoHo, 11 mi on the car-free Hudson River Greenway, about 3 mi of streets through Inwood, Marble Hill and Riverdale, then ~50 mi of car-free paved rail trail and the Maybrook Trailway almost to the motel (the last 0.4 mi is a short gravel access track and Danbury Rd).

IF THINGS GO WRONG

NYC subway anywhere in the first ~20 mi (bikes allowed, but avoid rush hours). Metro-North: Brewster station (Harlem Line) is about 0.3 mi off the route near mile 69.1; mid-route, Pleasantville is about 1.2 mi east of the trail near mile 40.4 and Chappaqua about 2.2 mi east near mile 43.4. No bikes on weekday rush-hour trains or holidays; up to 8 bikes per train on weekends.

BIKE SHOPS

Yorktown Cycles (mi 52.0) · (914) 245-5504

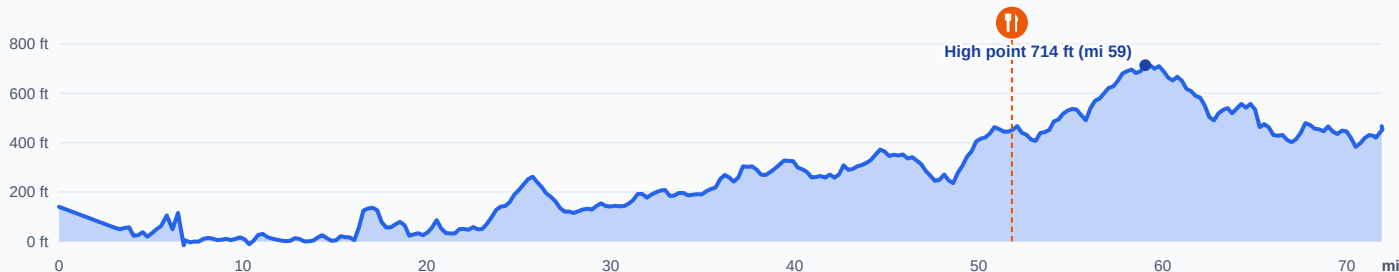
Route 22 Cycles · (845) 784-6166

Ski Haus (bikes) · (845) 279-3100

ROUTE NOTE

West-side Hudson route via Grand Army Plaza and the Hudson River Greenway to Yonkers, avoiding east-side bridges and industrial traffic.

ELEVATION

 +2,100 ft of climbing over 71.9 mi

Brooklyn to Brewster, NY

MILE	DO	ROAD / PATH	LEG	NOTES
0.0	 Start on	Plaza Street East	0.3 mi	Depart Grand Army Plaza northeast along Plaza St East.
0.3	 Left	Underhill Avenue	0.5 mi	
0.8	 Left	Washington Avenue	1.1 mi	
1.9	 Right	Park Avenue	0.3 mi	
2.2	 Left	Classon Avenue	0.2 mi	
2.4	 Right	Williamsburg Street East	0.7 mi	
3.1	 Right	Havemeyer Street	0.2 mi	
3.3	 Left	bike path	0.3 mi	
3.6	 Continue	Williamsburg Bridge Bike Path	1.6 mi	Williamsburg Bridge bike path into Manhattan (steady climb, then a fast descent: control speed at the bottom).
5.2	 Left	Rivington Street	0.4 mi	Lower East Side: Rivington St west to the Bowery.
5.6	 Left	Prince Street	0.6 mi	Prince St bike lane west across SoHo (one-way westbound) to 6th Ave.
6.2	 Bear left	Charlton Street	0.4 mi	Charlton St west, then right on Greenwich St and left on Houston St for the last block to the river.
6.6	 Left	West Houston Street	0.2 mi	
6.8	 Continue	Hudson River Greenway	3.2 mi	Hudson River Greenway north: 11 car-free miles up the west side.
10.0	 Continue	Riverside Park South Bike Path	0.8 mi	
10.8	 Bear left	Hudson River Greenway	0.5 mi	
11.3	 Bear right	Riverside Walk	0.9 mi	
12.2	 Continue	Cherry Walk	1.5 mi	
13.7	 Continue	West Harlem Piers Park Bike Path	0.2 mi	
13.9	 Continue	Riverside Walk	1.3 mi	
15.2	 Continue	Fort Washington Park Greenway	2.8 mi	
18.0	 Left	Seaman Avenue	0.7 mi	The greenway ends at Dyckman St (walk the short steep ramp). Continue up Seaman Ave through Inwood.
18.7	 Right	West 218th Street	0.2 mi	
18.9	 Left	Broadway (US-9)	0.5 mi	Busy street. Cross the Broadway Bridge over the Harlem River into Marble Hill. Ride single file.
19.4	 Left	West 228th Street	0.2 mi	
19.6	 Left	West 230th Street	0.1 mi	
19.7	 Right	Tibbett Avenue	0.2 mi	
19.9	 Right	Irwin Avenue	0.6 mi	Riverdale side streets up to Van Cortlandt Park.
20.5	 Right	Manhattan College Parkway	0.3 mi	
20.8	 Bear left	Van Cortlandt Park Greenway	0.3 mi	
21.1	 Right	Putnam Greenway	1.4 mi	Van Cortlandt Park: the paved Putnam Trail runs north to the Yonkers line.
22.5	 Continue	South County Trailway	14.4 mi	Car-free paved rail trail through Westchester.
36.9	 Continue	North County Trailway	14.9 mi	At Eastview the trail becomes the North County Trailway.
51.8	 Lunch	Trailside Cafe, 1807 Commerce St	5.6 mi	Right beside the trail at Yorktown Heights. Yorktown Cycles next door is CLOSED Sun and Mon.
57.4	 Continue	Putnam Trailway	11.5 mi	At Baldwin Place the trail becomes the Putnam County Trailway.

Brooklyn to Brewster, NY

MILE	DO	ROAD / PATH	LEG	NOTES
68.9	 Right	Putnam Avenue	0.3 mi	
69.2	 Left	North Main Street	0.4 mi	
69.6	 Right	Maybrook Trailway	2.0 mi	In Brewster, continue onto the Maybrook Trailway (southeast) for about 2 mi, under I-84.
71.6	 Left	Danbury Road (US-6; US-202)	0.3 mi	Where the trail runs right beside Danbury Rd, leave it on the short gravel track on the right, down to the road (most map apps don't show this link; the group used it Oct 4, 2026). Danbury Rd (US-6/202) is a divided highway here: cross carefully to the southeast-bound side and ride about 0.3 mi to the Peach Lake Rd light. The Comfort Inn is on the right.
71.9	 Arrive	Comfort Inn Brewster		7-11 Peach Lake Rd, Brewster, NY

Brooklyn to Brewster, NY

DAY 2 · MONDAY, OCTOBER 5

Brewster to Hudson, NY

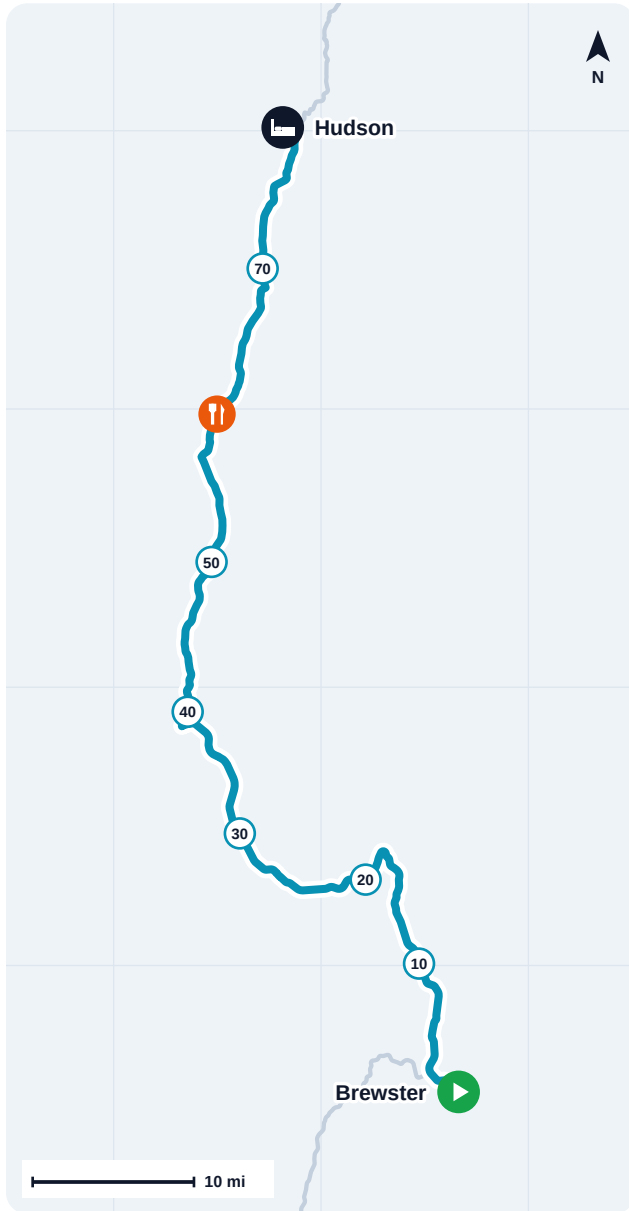
Maybrook Trailway, Dutchess Rail Trail, NY-9G, US-9 through Red Hook, Blue Hill Rd

80.3
MILES

+1,300
FT CLIMB

129
KM

Sunrise 6:54 AM · Sunset 6:31 PM



TONIGHT

The Wick, Hudson (Tribute Portfolio)

41 Cross St, Hudson, NY · (518) 249-6825

Near the Hudson Amtrak station, one block off Warren St.

Backup: Hudson Whaler Hotel (formerly The Barlow), (518) 217-4334

LUNCH

Bubby's Take Away Kitchen

Mile 59.9 · 19 W Market St, Red Hook, NY · (845) 758-8226

Counter-service tacos, burritos, enchiladas, soups and curries, a few steps west of the main light in Red Hook village. The group ate here on Monday Oct 5, 2026 and rated it excellent. Posted hours not verified: call ahead. Backup: Red Hook Diner (7329 S Broadway, on the route, listed open daily 8 AM to 9 PM).

ROAD & SURFACE

About 39 mi of paved rail trail (Maybrook and Dutchess Rail Trail), joined by a short gravel access track beside the motel. Then roads with few turns: NY-9G (a 55-mph highway with a wide shoulder) for about 18 mi, US-9 through Red Hook village, Blue Hill Rd (CR-31, a two-lane county road) and US-9 into Hudson. No unpaved sections tagged in OpenStreetMap.

IF THINGS GO WRONG

Metro-North Hudson Line and Amtrak at Poughkeepsie (about 0.5 mi off the route at mile 38.9). Amtrak at Rhinecliff (a few miles west of the route near Rhinebeck) and Hudson (end of stage). Amtrak Empire Service carry-on bikes need a \$20 reservation.

BIKE SHOPS

Bikeway at Hopewell Depot (mi 26.6) · (845) 463-4000

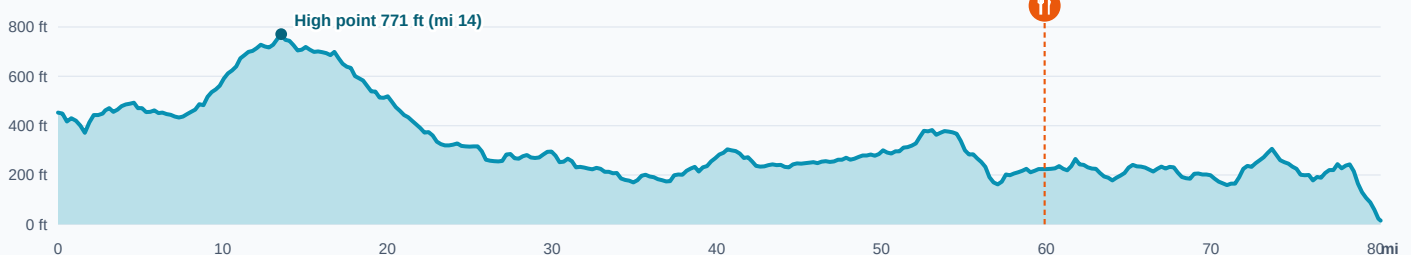
Rhinebeck Bicycle Shop (mi 55.3, 1.7 mi off route) · (845) 876-4025

Steiner's Sports (mi 80.3, 0.2 mi off route) · (518) 828-5063

ROUTE NOTE

Changed 2026-09-28 from the Empire State Trail's inland county-road route via Rhinebeck and Tivoli (89.6 mi) to this more direct route (81.7 mi, about 500 ft less climbing, and far fewer turns). Rhinebeck village is now about 2 mi off route; Rhinebeck Bicycle Shop is there if needed.

ELEVATION +1,300 ft of climbing over 80.3 mi



Brewster to Hudson, NY

MILE	DO	ROAD / PATH	LEG	NOTES
0.0	 Start on	Danbury Road (US-6; US-202)	0.6 mi	From the Comfort Inn, left at the Peach Lake Rd light onto Danbury Rd (US-6/202, divided highway) northwest for about 0.3 mi, then right onto the short gravel track up to the Maybrook Trailway (most map apps don't show this link) and left onto the trail.
0.6	 Continue	Maybrook Trailway	25.8 mi	Paved rail trail northwest through Brewster and west for 26 mi to Hopewell Junction.
26.4	 Left	Dutchess Rail Trail	12.5 mi	Hopewell Depot trailhead (Bikeway rentals and repairs here, seasonal). Paved trail 13 mi to Poughkeepsie.
38.9	 Left	Parker Avenue (NY-9G)	0.2 mi	Poughkeepsie: leave the trail at Buckingham Ave, just after the trail passes under Parker Ave, and turn left onto Parker Ave (NY-9G). OPTIONAL: the Walkway Over the Hudson is about 0.5 mi farther west along the trail; riding across and back adds about 3 to 4 mi.
39.1	 Continue	Violet Avenue (NY-9G)	5.4 mi	NY-9G north for about 18 mi: wide shoulder, 55-mph traffic. Single file.
44.5	 Continue	NY 9G	12.4 mi	
56.9	 Right	Albany Post Road (US-9)	1.8 mi	Right onto US-9 north into Red Hook village.
58.7	 Continue	South Broadway (US-9)	1.2 mi	
59.9	 Lunch	Bubby's Take Away Kitchen, 19 W Market St, Red Hook	0.7 mi	Tacos, burritos and curries, a few steps west of the main light (NY-199). The group's favorite lunch of the tour. Hours not verified: call ahead. Backup: Red Hook Diner, 7329 S Broadway (on the route, open daily 8 AM to 9 PM).
60.6	 Continue	Albany Post Road (US-9)	4.5 mi	
65.1	 Continue	US 9	3.7 mi	
68.8	 Left	Blue Hill Road (CR-31)	7.5 mi	Left onto Blue Hill Rd (CR-31) for 7.5 mi.
76.3	 Continue	US 9	2.5 mi	
78.8	 Left	Union Street	1.5 mi	Left onto Union St into Hudson. The Wick is at 41 Cross St, near the Amtrak station.
80.3	 Arrive	The Wick, Hudson (Tribute Portfolio)		41 Cross St, Hudson, NY

DAY 3 · TUESDAY, OCTOBER 6

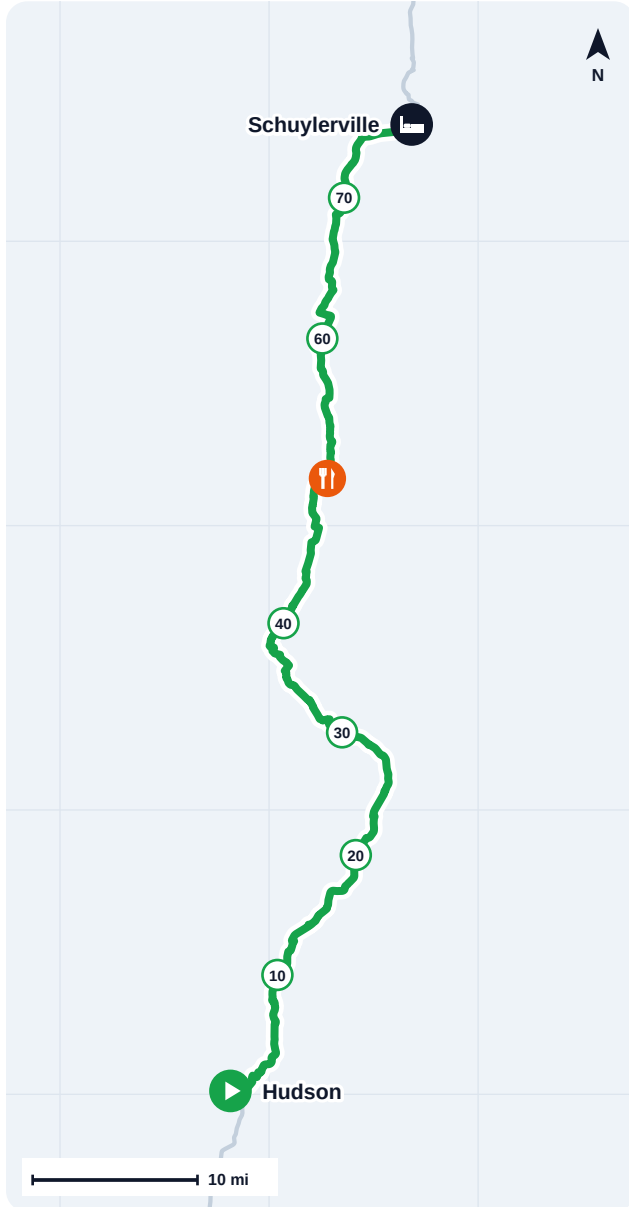
Hudson to Schuylerville, NY

Albany-Hudson Electric Trail, Dunn Bridge, Mohawk-Hudson trail, Waterford, Old Champlain Canal Trail, quiet back roads from Mechanicville to Schuylerville

77.7
MILES

+2,200 125
FT CLIMB KM

Sunrise 6:56 AM · Sunset 6:30 PM



TONIGHT

Dovegate Inn

184 Broad St, Schuylerville, NY · (518) 695-3699

Small inn with a few rooms on Broad St in Schuylerville village, with an on-site restaurant (Kitchen at the Dovegate Inn, 518-695-6095). Book early: limited rooms. Ask about bike storage.

LUNCH

Don & Paul's Coffee Shoppe

Mile 50.5 · 68 Broad St, Waterford, NY

Diner on the route by the Waterford canal harbor. Listed Mon to Sat 7 AM to 7:30 PM, Sun 7 AM to 2 PM.

ROAD & SURFACE

Paved AHET and Mohawk-Hudson trail with city streets through Rensselaer, Watervliet and Cohoes, then the Old Champlain Canal Trail (partly gravel) to Mechanicville. From Mechanicville it follows quiet back roads (Brickyard, Flike, Blizzard, Gronczniak, Burgoyne): rolling, about +900 ft in the last 18 mi, instead of US-4.

IF THINGS GO WRONG

Amtrak Albany-Rensselaer station is about 0.1 mi off the route at mile 37.9; it's the best bailout, with frequent Empire Service trains and a \$20 bike reservation. North of Waterford there is no rail; Stewart's Shops in Mechanicville and Schuylerville are the food stops.

BIKE SHOPS

Steiner's Sports (Valatie) · (518) 784-3663

ELEVATION +2,200 ft of climbing over 77.7 mi



Hudson to Schuylerville, NY

MILE	DO	ROAD / PATH	LEG	NOTES
0.0	 Start on	South Front Street	0.5 mi	
0.5	 Right	Dock Street	0.7 mi	
1.2	 Continue	Harry Howard Avenue Sidepath	0.9 mi	Sidepath from The Wick to the start of the AHET.
2.1	 Left	Joslen Boulevard	0.3 mi	
2.4	 Right	Livingston Parkway	0.3 mi	
2.7	 Left	Washington Boulevard	0.3 mi	
3.0	 Right	bike path	0.2 mi	
3.2	 Left	Albany-Hudson Electric Trail	3.5 mi	Paved AHET. Several short on-road links follow; watch for trail signs.
6.7	 Bear right	Hudson Avenue (CR-25; CR-22)	0.2 mi	
6.9	 Continue	Hudson Avenue (CR-25)	1.5 mi	
8.4	 Right	Albany-Hudson Electric Trail	3.3 mi	
11.7	 Right	Sunnyside Road	0.6 mi	
12.3	 Bear right	Albany-Hudson Electric Trail	2.3 mi	
14.6	 Left	Chatham Street (US-9)	0.4 mi	
15.0	 Right	Albany-Hudson Electric Trail	6.3 mi	
21.3	 Left	NY 203	1.6 mi	
22.9	 Right	Albany-Hudson Electric Trail	1.5 mi	
24.4	 Right	John Street	0.2 mi	
24.6	 Left	Albany-Hudson Electric Trail	3.4 mi	
28.0	 Left	East Hill Road	0.1 mi	
28.1	 Left	Albany-Hudson Electric Trail	3.2 mi	
31.3	 Bear left	Albany-Hudson Electric Trail at Miller Road	0.4 mi	
31.7	 Right	Old Miller Road	0.2 mi	
31.9	 Right	Albany-Hudson Electric Trail	0.9 mi	
32.8	 Left	Tamarack Lane	0.3 mi	
33.1	 Left	Evergreen Way	0.3 mi	
33.4	 Right	Albany-Hudson Electric Trail	1.2 mi	
34.6	 Right	Corellis Drive	0.2 mi	
34.8	 Right	Albany-Hudson Electric Trail	0.6 mi	
35.4	 Left	Western Avenue	0.3 mi	
35.7	 Left	Pennsylvania Avenue	0.1 mi	
35.8	 Right	Sherwood Avenue (CR-59)	0.4 mi	
36.2	 Left	Red Mill Road (NY-151)	0.3 mi	
36.5	 Left	Red Mill Road (CR-63)	0.6 mi	
37.1	 Left	Third Avenue (NY-151)	0.7 mi	
37.8	 Left	Dunn Memorial Bridge Path	0.8 mi	Cross the Hudson into Albany on the bridge's shared path.
38.6	 Continue	Mohawk-Hudson Bike-Hike Trail	5.1 mi	Riverside path north from the Corning Preserve.

Hudson to Schuylerville, NY

MILE	DO	ROAD / PATH	LEG	NOTES
43.7	 Right	Broadway	1.8 mi	On-road through Watervliet and Cohoes: follow the Empire State Trail signs.
45.5	 Right	Albany Avenue	0.3 mi	
45.8	 Left	George Street	0.8 mi	
46.6	 Left	Tibbits Avenue	0.2 mi	
46.8	 Right	Cohoes Avenue	1.0 mi	
47.8	 Bear right	Cohoes Boulevard	2.6 mi	Cohoes Blvd path: stay on it past Bridge Ave and Ontario St to its north end (don't turn into downtown Cohoes), then continue on Saratoga St (NY-32) over the Mohawk River bridge into Waterford, where it becomes Broad St.
50.4	 Left	Old Champlain Canal Trail	0.1 mi	Canal towpath trail north toward Mechanicville (partly gravel).
50.5	 Lunch	Don & Paul's, 68 Broad St, Waterford	1.6 mi	Diner on the route by the Waterford canal harbor (Erie Canal Lock E2).
52.1	 Left	Bells Lane North	0.4 mi	
52.5	 Right	Old Champlain Canal Trail	3.0 mi	
55.5	 Right	Upper Newtown Road (CR-86)	0.3 mi	Leave the canal trail here: right on Upper Newtown Rd, then left on US-4. The path that continues straight ahead is not the route.
55.8	 Left	Hudson River Road (US-4; NY-32)	1.4 mi	
57.2	 Bear right	South Main Street	1.5 mi	
58.7	 Left	Park Avenue	0.2 mi	
58.9	 Right	Railroad Street	0.3 mi	
59.2	 Right	Viall Avenue	0.3 mi	
59.5	 Right	Hulin Street	0.2 mi	
59.7	 Left	Stillwater Street	0.3 mi	
60.0	 Continue	Brickyard Road	1.4 mi	Leave US-4 at Mechanicville for quiet, rolling back roads the rest of the way to Schuylerville.
61.4	 Left	Van Ness Road	0.7 mi	
62.1	 Right	Flike Road	1.7 mi	
63.8	 Left	Lake Road (CR-76)	0.7 mi	
64.5	 Right	Blizzard Road	1.4 mi	
65.9	 Continue	Gronczniak Road	2.7 mi	
68.6	 Right	Cedar Bluff Road (CR-71)	0.5 mi	
69.1	 Left	Spook Hollow Road	0.6 mi	
69.7	 Left	County Road 67 (CR-67)	0.7 mi	
70.4	 Bear right	Mabb Road	0.8 mi	
71.2	 Continue	Burke Road	1.5 mi	
72.7	 Continue	Walsh Road	1.3 mi	
74.0	 Right	Burgoyne Road	2.9 mi	Burgoyne Rd into Schuylerville.
76.9	 Left	Green Street	0.5 mi	
77.4	 Right	Spring Street (NY-29)	0.3 mi	
77.7	 Arrive	Dovegate Inn		184 Broad St, Schuylerville, NY

Hudson to Schuylerville, NY

DAY 4 · WEDNESDAY, OCTOBER 7

Schuylerville to Ticonderoga, NY

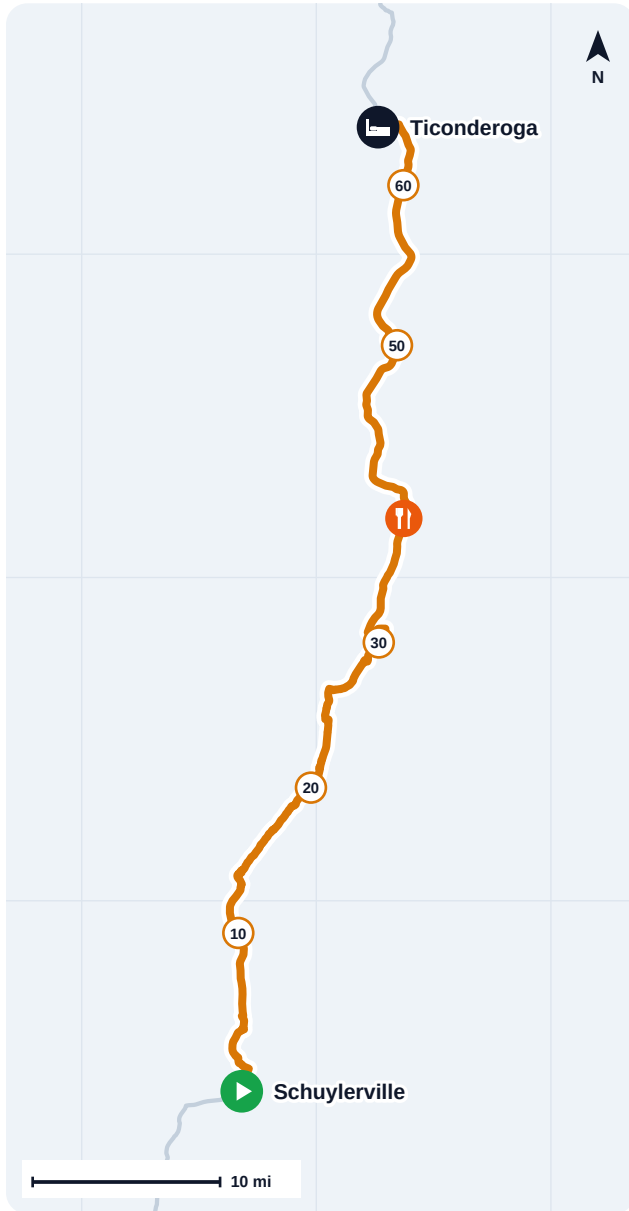
Champlain Canalway Trail (US-4 & towpaths), Fort Edward, Fort Ann, Whitehall, NY-22

64.7
MILES

+2,200
FT CLIMB

104
KM

Sunrise 6:57 AM · Sunset 6:27 PM



TONIGHT

Circle Court Motel

6 Montcalm St, Ticonderoga, NY · (518) 585-7660

Small motel at the west end of Montcalm St, near the NY-9N/22 junction; Stewart's (26 Montcalm St) is nearby.

Backup: Best Western Plus Ticonderoga Inn & Suites, (518) 585-2378

LUNCH

Whitehall Market

Mile 38.4 · 192 Broadway, Whitehall, NY

Full grocery store (opened May 2026) on the route in Whitehall village, with a deli counter for hot and cold sandwiches and plenty of drinks and snacks. The group stopped here on Wednesday Oct 7, 2026: decent deli sandwiches. Hours and phone not verified. Backup: Stewart's Shops, 60 Poultny St.

ROAD & SURFACE

Champlain Canalway Trail towpaths and road shoulders through Fort Edward, Fort Ann, and Whitehall, then rolling NY-22 into Ticonderoga. About 8 mi of compacted stone-dust or gravel canal towpath between Schuylerville and Fort Ann.

IF THINGS GO WRONG

Amtrak Adirondack stops at Fort Edward (mile 13.6), Whitehall (mile 39.1) and Ticonderoga (about 1.1 mi off the route near the end). Northbound runs once daily and carry-on bikes need a reservation.

BIKE SHOPS

Walker's Farm, Home & Tack · (518) 639-5223

Rick's Bike Shop (mi 15.7, 4.7 mi off route) · (518) 793-8986

ELEVATION +2,200 ft of climbing over 64.7 mi



Schuylerville to Ticonderoga, NY

MILE	DO	ROAD / PATH	LEG	NOTES
0.0	Start on	Tow Path	0.4 mi	
0.4	Continue	Old Champlain Canal Towpath Trail	0.5 mi	Towpath trail departing Schuylerville north along the canal.
0.9	Right	County Road 42 (CR-42)	0.4 mi	
1.3	Continue	Dix Bridge Road (CR-70)	0.3 mi	
1.6	Left	CR 113	1.1 mi	CR-113 to US-4. At the end, go left on US-4 for about 100 ft, then sharp right onto River Rd: a quiet road along the Hudson instead of 1.5 mi of US-4.
2.7	Right	River Road	1.8 mi	
4.5	Left	Fort Miller Road	1.0 mi	
5.5	Left	US 4	7.4 mi	
12.9	Left	Old Champlain Canal Path	0.2 mi	
13.1	Continue	Canal Street	0.7 mi	
13.8	Left	McIntyre Street	0.1 mi	
13.9	Right	Old Champlain Canal Towpath	0.3 mi	
14.2	Bear right	Towpath Road	0.7 mi	
14.9	Continue	Old Champlain Canal Trail	2.0 mi	
16.9	Right	Towpath Road	2.3 mi	
19.2	Right	New Swamp Road	0.3 mi	
19.5	Left	Champlain Canalway Trail	4.4 mi	Canalway trail: compacted stone dust or gravel through Fort Edward and Fort Ann.
23.9	Left	Baldwin Corners Road	0.2 mi	
24.1	Right	Champlain Canalway Trail	1.5 mi	
25.6	Continue	South Canal Street	0.3 mi	
25.9	Continue	Clay Hill Road	2.6 mi	
28.5	Right	Deweys Bridge Road	0.2 mi	
28.7	Left	South Quarry Road	0.4 mi	
29.1	Continue	Empire State Trail	1.7 mi	
30.8	Left	State Highway 22 (NY-22)	1.1 mi	
31.9	Right	US Route 4 (US-4; NY-22)	6.1 mi	US-4/NY-22 north into Whitehall.
38.0	Continue	Broadway Avenue (US-4; NY-22)	0.4 mi	Whitehall village. Whitehall Market (192 Broadway) is on the route: deli sandwiches, drinks, snacks. Stewart's is at 60 Poultney St, just off the route. After Whitehall: 23.5 rolling miles on NY-22 with few services, so fill bottles here.
38.4	Lunch / Rest	Whitehall Market, 192 Broadway, Whitehall	0.6 mi	Grocery with a deli counter: decent sandwiches, plenty of drinks and snacks (group stop, Oct 7, 2026). Backup: Stewart's, 60 Poultney St. Historic Grounds is CLOSED after a fire.
39.0	Continue	Broadway (NY-22)	2.0 mi	
41.0	Continue	State Highway 22 (NY-22)	22.4 mi	
63.4	Left	Montcalm Street	1.3 mi	Circle Court Motel is at 6 Montcalm St.
64.7	Arrive	Circle Court Motel		6 Montcalm St, Ticonderoga, NY

DAY 5 · THURSDAY, OCTOBER 8

Ticonderoga to Plattsburgh, NY

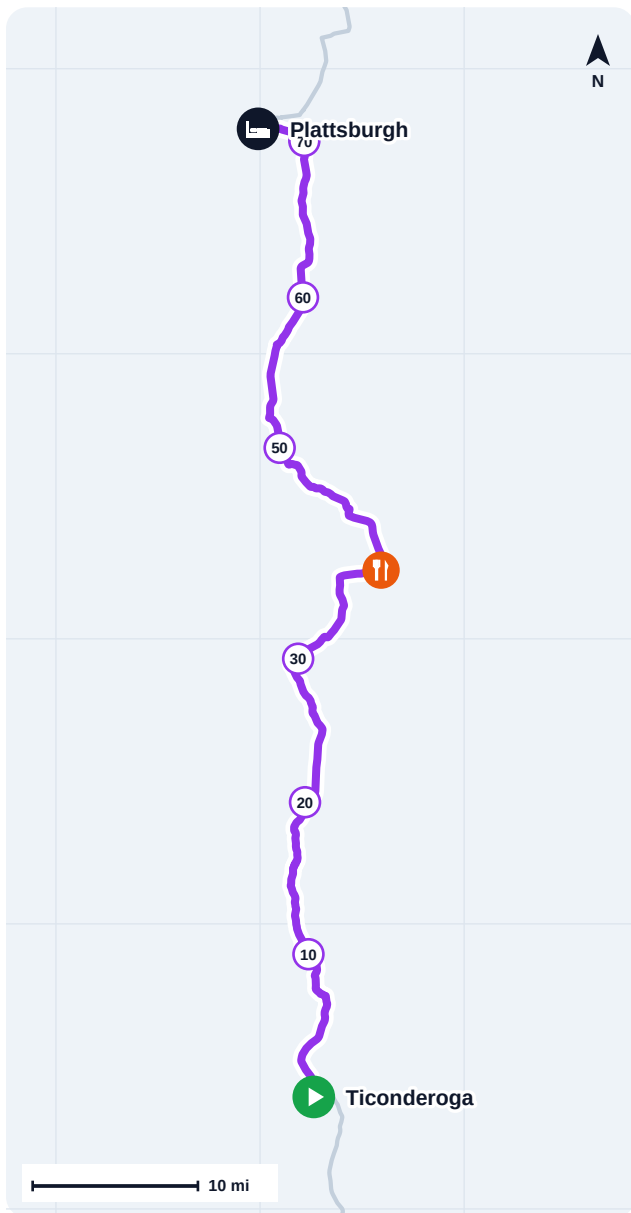
NY-9N/22 lakeshore: Crown Point, Port Henry, Westport, Essex, Willsboro, Keeseville, Ausable Chasm, US-9

73.6
MILES

+3,300
FT CLIMB

118
KM

Sunrise 6:58 AM · Sunset 6:24 PM



TONIGHT

Microtel Inn & Suites by Wyndham Plattsburgh

554 State Route 3, Plattsburgh, NY · (518) 324-3800

On Route 3 by I-87 exit 37, about 2.5 mi west of downtown.

Backup: Best Western Plus Plattsburgh, (518) 561-7750

LUNCH

Pink Pig Cafe

Mile 38.9 · 2750 Essex Rd, Essex, NY · (518) 962-8833

Next to the ferry dock. Hours are limited in the fall (one listing shows Fri to Sun hours and closed Mon to Wed; Thursday is unclear): call ahead. The Essex Ice Cream Cafe is summer-only, and 'The Cup Cafe' from earlier drafts does not appear to exist.

ROAD & SURFACE

Paved two-lane state highway (NY-9N/22, then US-9) almost the whole way, with the hilliest terrain of the tour between Westport and Keeseville.

IF THINGS GO WRONG

Amtrak Adirondack at Port Henry (mile 15.1), Westport (about 0.8 mi off the route near mile 26.1) and Plattsburgh (mile 70.8). Carry-on bikes need a reservation.

BIKE SHOPS

Maui North Ski, Bike & Board (mi 72.3) · (518) 563-7245

ELEVATION

+3,300 ft of climbing over 73.6 mi



Ticonderoga to Plattsburgh, NY

MILE	DO	ROAD / PATH	LEG	NOTES
0.0	Start on	Wicker Street (NY-9N)	1.3 mi	
1.3	Continue	State Highway 9N (NY-9N; NY-22)	5.6 mi	NY-9N/22 north along the lake.
6.9	Left	Sugar Hill Road	1.9 mi	
8.8	Continue	State Highway 9N (NY-9N; NY-22)	4.2 mi	
13.0	Continue	South Main Street (NY-9N; NY-22)	2.6 mi	Port Henry village. Stewart's #103 (4308 Main St) is the guaranteed food and water stop today.
15.6	Resupply	Stewart's #103, Port Henry	0.8 mi	Reliable food and water. Essex options are limited in October.
16.4	Continue	State Highway 9N (NY-9N; NY-22)	9.5 mi	
25.9	Right	Champlain Avenue (NY-22)	1.0 mi	In Westport, follow NY-22 north toward Essex.
26.9	Continue	State Highway 22 (NY-22)	8.1 mi	
35.0	Continue	State Highway 9N (NY-22)	1.3 mi	
36.3	Continue	Station Road (NY-22)	1.1 mi	
37.4	Continue	Station Street (NY-22)	1.5 mi	
38.9	Left	Essex Road (NY-22)		Into Essex. The ferry dock and Pink Pig Cafe are here.
38.9	Lunch (Call Ahead)	Pink Pig Cafe, Essex (by the ferry dock)	6.1 mi	Fall hours are limited; the backup is Stewart's in Keeseville at mile 56.
45.0	Continue	State Highway 22 (NY-22)	7.0 mi	
52.0	Right	US 9; NY 22	4.4 mi	US-9 north past Ausable Chasm toward Plattsburgh.
56.4	Resupply	Stewart's, Keeseville (0.2 mi off route)	0.2 mi	Backup food stop.
56.6	Right	Ausable Street (US-9)	0.8 mi	
57.4	Continue	US 9	12.3 mi	
69.7	Right	US Oval	0.3 mi	
70.0	Right	bike path	0.3 mi	
70.3	Continue	Terry Gordon Bike Path	0.2 mi	Plattsburgh riverside path.
70.5	Bear left	Hamilton Street	0.3 mi	
70.8	Left	Broad Street	1.4 mi	
72.2	Left	Cornelia Street (NY-3)	0.2 mi	NY-3 west about 2.5 mi to the Microtel (554 Route 3).
72.4	Continue	State Route 3 (NY-3)	1.0 mi	
73.4	Right	bike path	0.2 mi	
73.6	Arrive	Microtel Inn & Suites by Wyndham Plattsburgh		554 State Route 3, Plattsburgh, NY

DAY 6 · FRIDAY, OCTOBER 9

Plattsburgh, NY to Montréal, QC

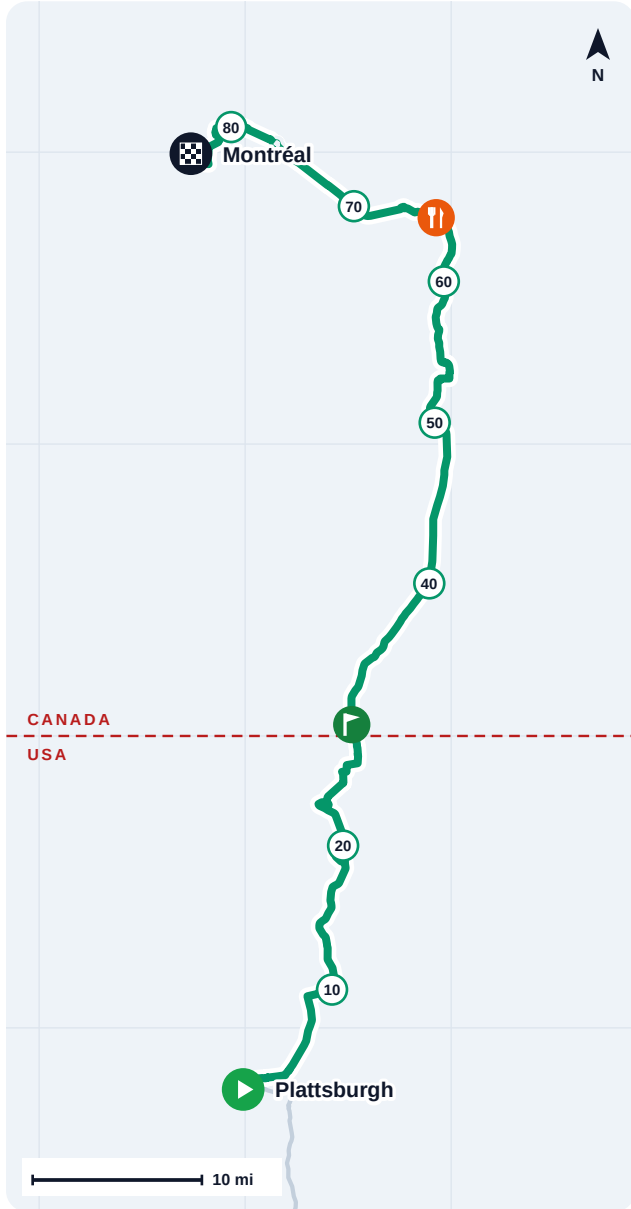
Lake Shore Rd, Rouses Point, border at US-11 / Route 223, Richelieu River, Saint-Jean, Chambly Canal, Chambly, Route Verte to Longueuil, Jacques-Cartier Bridge, Parc Jean-Drapeau, Pont de la Concorde

85.6
MILES

+700
FT CLIMB

138
KM

Sunrise 7:00 AM · Sunset 6:22 PM



FINISH HOTEL

Hôtel Bonaventure Montréal

900 Rue de la Gauchetière O, Montréal, QC · +1 (514) 878-2332

On top of Place Bonaventure, downtown; linked to the underground city. Toll-free 1-800-267-2575. Ask about bike storage.

LUNCH

Boulangerie du Vieux-Chambly

Mile 64.4, 0.2 mi off route · 2403 Av. Bourgogne, Chambly, QC · +1 (450) 447-9991

Bakery and cafe on the route, about 0.5 mi before Fort Chambly. Sandwiches and pastries. Replaces Fourquet Fourchette, which has closed.

ROAD & SURFACE

Quiet Lake Shore Rd to Rouses Point, then flat paved Route 223 along the Richelieu to Saint-Jean. The Chambly Canal path is a mix of asphalt and fine gravel. OpenStreetMap has no mapped path for about 4 mi in the middle, so the GPX uses Rue Jean-Talon (Route 223) right beside the canal there; if the towpath is open on the ground, ride it. After that it's bike paths and street bike lanes through Chambly, Saint-Hubert and Longueuil, then the Jacques-Cartier Bridge bike path.

IF THINGS GO WRONG

Amtrak Adirondack at Rouses Point (mile 29.0): the last station where carry-on bikes are accepted. In Quebec, exo buses serve Saint-Jean to Montréal (check bike rules); Longueuil–Université-de-Sherbrooke Metro (Yellow Line) is on the route at mile 79.2, and bikes are allowed outside weekday rush hours.

BIKE SHOPS

Cycle LM (mi 57.5, 1.3 mi off route)

Ça Roule Montréal / Montreal on Wheels (mi 82.7, 0.5 mi off route) · +1 (514) 866-0633

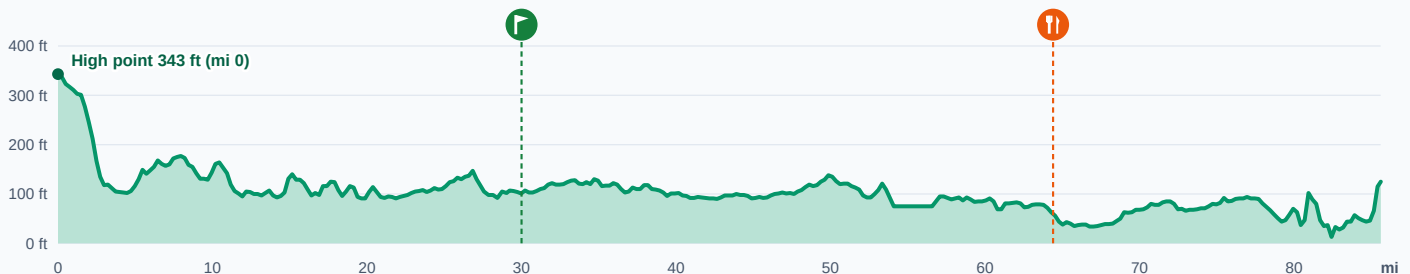
Bicycles Quilicot (Villeray) (mi 85.6, 3.7 mi off route) · +1 (514) 303-4118

MEC Montréal (Marché Central) · +1 (514) 788-5878

ROUTE NOTE

Follows Lake Shore Rd to Rouses Point and Route 223 border crossing, then connects to the scenic Richelieu River and Chambly Canal paths into Montréal (85.6 mi).

ELEVATION +700 ft of climbing over 85.6 mi



Plattsburgh, NY to Montréal, QC

MILE	DO	ROAD / PATH	LEG	NOTES
0.0	 Start on	bike path	0.1 mi	
0.1	 Left	State Route 3 (NY-3)	0.3 mi	
0.4	 Left	Plaza Boulevard	0.5 mi	
0.9	 Bear right	bike path	0.5 mi	
1.4	 Right	Tom Miller Road (CR-26)	0.8 mi	
2.2	 Left	Tom Miller Road	1.1 mi	
3.3	 Left	Margaret Street (US-9)	0.9 mi	
4.2	 Continue	US 9	4.3 mi	
8.5	 Right	Point au Roche Road	1.6 mi	Quiet Lake Shore Rd north along Lake Champlain.
10.1	 Left	Lake Shore Road	9.8 mi	
19.9	 Continue	Lakeshore Road	3.2 mi	
23.1	 Right	Lake Street (NY-9B)	0.7 mi	Lake St (NY-9B, becoming US-11) straight through Rouses Point village. Lakeside Coffee Roasters is at 109 Lake St.
23.8	 Left	Hayford Road	2.5 mi	Back streets toward Rouses Point.
26.3	 Right	Choiniere Road	0.3 mi	
26.6	 Left	Sterling Road	0.3 mi	
26.9	 Right	Smith Street	0.7 mi	
27.6	 Left	Lake Street (NY-9B)	1.2 mi	
28.8	 Early Lunch /	Lakeside Coffee Roasters, 109 Lake St, Rouses Point	0.2 mi	Last US cafe: closes early afternoon and is closed Mondays.
29.0	 Right	Lake Street (US-11)	1.0 mi	US-11 north to the border.
30.0	 Border	Rouses Point–Lacolle 223 crossing (US-11 / Route 223)	0.3 mi	Open 8 AM to 8 PM daily on both sides (not 24 hours). Stop at the car booth with your passport, EDL or NEXUS card. No cannabis. Declare any food.
30.3	 Bear right	Route 223	4.3 mi	CANADA. Route 223 north along the west bank of the Richelieu.
34.6	 Continue	Rue Principale (Route 223)	9.1 mi	
43.7	 Continue	Route 223	3.7 mi	
47.4	 Continue	Rue Jacques-Cartier Sud (Route 223)	1.8 mi	
49.2	 Continue	Boulevard du Séminaire Sud (Route 223)	3.5 mi	Into Saint-Jean-sur-Richelieu.
52.7	 Right	Rue Saint-Georges	0.3 mi	
53.0	 Right	Rue Saint-Jacques	0.5 mi	
53.5	 Left	Rue Champlain	0.2 mi	Riverfront; the Chambly Canal path starts just ahead.
53.7	 Snack	Saint-Jean waterfront (La Trinquette pub, 290 Rue Champlain)	0.2 mi	Pub-bistro; lunch hours not confirmed.
53.9	 Continue	Piste du Canal de Chambly	0.6 mi	Chambly Canal path along the canal (asphalt or fine gravel).
54.5	 Right	bike path	0.3 mi	
54.8	 Right	Piste du Canal de Chambly	2.1 mi	
56.9	 Right	Rue Jean-Talon (Route 223)	2.6 mi	GPX follows Route 223 beside the canal here because the path is unmapped in OpenStreetMap. If the towpath is open, ride it: it runs parallel.
59.5	 Left	Rue Sainte-Thérèse	0.1 mi	

Plattsburgh, NY to Montréal, QC

MILE	DO	ROAD / PATH	LEG	NOTES
59.6	 Bear left	Piste du Canal de Chambly	1.8 mi	
61.4	 Right	Rue Auclair	0.1 mi	
61.5	 Right	Piste du Canal de Chambly	2.8 mi	
64.3	 Left	Rue Saint-Georges	0.1 mi	
64.4	 Lunch	Boulangerie du Vieux-Chambly, 2403 Av. Bourgogne (0.2 mi off route)	0.1 mi	Bakery and cafe right on the route.
64.5	 Left	Avenue Bourgogne	0.7 mi	Chambly: Fort Chambly and the Boulangerie du Vieux-Chambly.
65.2	 Right	Piste du Canal de Chambly	0.3 mi	
65.5	 Left	Avenue Bourgogne	0.3 mi	
65.8	 Right	Avenue De Salaberry	0.2 mi	
66.0	 Right	Boulevard De Périgny	1.0 mi	
67.0	 Right	Montée du Chemin-de-Chambly	3.7 mi	Separated bike path beside the road.
70.7	 Continue	Boulevard Kimber	1.3 mi	
72.0	 Continue	Boulevard Maricourt	2.0 mi	
74.0	 Left	Route verte 1	2.5 mi	Route Verte bike path into Longueuil.
76.5	 Left	Rue Cartier	1.5 mi	
78.0	 Left	Rue Marquette	1.2 mi	
79.2	 Left	Rue Saint-Charles Ouest	0.3 mi	
79.5	 Left	Boulevard La Fayette	0.3 mi	
79.8	 Left	Boulevard Taschereau	0.4 mi	
80.2	 Continue	Pont Jacques-Cartier	1.0 mi	Jacques-Cartier Bridge bike path (open spring to late fall). At the island end, take the ramp down to Île Sainte-Hélène (Parc Jean-Drapeau).
81.2	 Left	bike path	0.3 mi	
81.5	 Right	Rue des Seagulls	0.1 mi	
81.6	 Right	Chemin Macdonald	0.4 mi	
82.0	 Right	bike path	0.1 mi	
82.1	 Right	Pont de la Concorde	2.4 mi	Concorde Bridge to Cité du Havre.
84.5	 Right	Rue Wellington	0.3 mi	
84.8	 Left	Rue Peel	0.7 mi	Rue Peel to Hôtel Bonaventure.
85.5	 Right	Rue de La Gauchetière Ouest	0.1 mi	
85.6	 Arrive	Hôtel Bonaventure Montréal		900 Rue de la Gauchetière O, Montréal, QC

Plattsburgh, NY to Montréal, QC