



2022 Fall Tour Ride Program

NYC to Poughkeepsie via the Catskills, September 12-16, 2022

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Introduction

This ride is a “No Drop” ride, led by an overall group leader and sweeper. No one will be left behind in case of mechanical situations or otherwise.

The trip will begin with riders leaving from the Hudson River Greenway and Chambers Street in Lower Manhattan at 7am on September 12th, 2022. The trip will end in Poughkeepsie, with participants taking the Metro North Train back to NYC on Friday, September 16th. **Participants are responsible for return train tickets.** Participants will be camping each of the 4 nights at pre-arranged locations as indicated below.

Safety

This ride will observe all traffic lights and controls (no exceptions), and will not make “forced left turns”. The left turns we have to make across traffic will be made as pedestrians. **Helmets and lights are required.**

Waiver

Please fill out Waiver [here](#)

Ride Schedule

Day 1: Monday September 12, 2022

- NYC to Beaver Pond. 46.4 mi +3291 ft / -2254 ft

Day 1 Scheduled Stops and Milestones

The group will leave at 7am from the Hudson River Greenway at Chambers Street in Lower Manhattan

- [Day 1 Map](#)
- Mile 12.1: Far side of GW Bridge
- Mile 24.4: The 9W Market (late breakfast, early lunch)
- Mile 32.6: Start of Gravel Section at Nyack Beach

- *Mile 32.6 to Mile 37.1 Nyack Beach Gravel Trail*
- Mile 41.5: ALDI Supermarket
- Mile 44.5: "The Hill"
- Mile 46.4: Destination
 - **Beaver Pond Campground:** 700 Kanawauke Rd, Stony Point, NY 10980 (845) 947-2792
 - Site: 10 B - Platform, Reservation #: 2-40256556, 9/12-9/13
 - Site: 8 B - Platform, Reservation #: 2-40256594, 9/12-9/13

Day 2: Tuesday September 13, 2022

- Beaver Pond to Sam Pryor Campground. 56.7 miles · +2,275 ft / -2,819 ft

Day 2 Scheduled Stops and Milestones

The group will leave at 8am

- [Day 2 Map](#)
- Mile 14.7: Harriman NY, Kulture Cafe (coffee, etc)
- *Mile 14.8 to 27.0 Heritage Rail Trail*
- Mile 27.2 Goshen, NY (Lunch), "Not Just Bagels"
- Mile 47.4: Scenic Overlook
- Mile 56.3: Gardiner, NY, Mountain Harbor Deli
- Mile 56.7: Destination
 - **Sam Pryor Campground**, 953 NY-299, Gardiner, NY 12525, (303) 951-4571
 - Site 41 RES ID 7293462193716
 - Site 42 RES ID 7293462193716-2
 - Site 43 RES ID 7293462193716-3
 - Site 44 RES ID 7293462193716-4

Day 3: Wednesday September 14, 2022

- Sam Pryor Campground to Little Pond Campground. 60.9 miles · +5,055 ft / -3,566 ft

Day 3 Scheduled Stops and Milestones

The group will leave at 8am

- [Day 3 Map](#)
- Mile 16.5: Ellenville NY, B&B Coffee Shop (late breakfast, early lunch)
- Mile 28.8: Woodbourne, NY (largely deserted in fall), Citgo Food Market
- Mile 41.8: Mobil Food Mart
- Mile 47.4: Livingston Manor, NY, Pecks Market (supermarket)

- Mile 60.9: Destination
 - **Little Pond Campground**, 549 Barkaboom Rd, Andes, NY 13731, 845-439-5480
 - Site: 010, Reservation #: [2-40256557](tel:2-40256557) 9/14 - 9/15
 - Site: 021 Reservation #: [2-40256595](tel:2-40256595) 9/14 - 9/15

Day 4: Thursday September 15, 2022

- Little Pond Campground to Kenneth Wilson Campground. 47.2 miles · +2,312 ft / -3,495 ft

Day 4 Scheduled Stops and Milestones

The group will leave at 8am

- [Day 4 Map](#)
- Mile 17.8: Margaretville, NY, Picnic! Cafe (late breakfast, early lunch)
- Mile 36.9: Phoenicia Diner (also, nearby, downtown Phoenicia)
- Mile 47.2: Destination
 - **Kenneth Wilson Campground**, 859 Wittenberg Rd, Mt Tremper, NY 12457, 845-679-7020
 - Site: 003, Reservation #: 2-40256558 9/14 - 9/15
 - Site: 004, Reservation #: 2-40256596 9/14 - 9/15

Day 5: Friday September 16, 2022

- Kenneth Wilson Campground to Poughkeepsie. 42.0 mi +1796 ft / -2544 ft

Day 5 Scheduled Stops and Milestones

The group will leave at 8am

- [Day 5 Map](#)
- Mile 8.5: West Hurley, NY, Stewart's
- Mile 16.4: Start of Wallkill Valley Rail Trail
- *Mile 16.4 to Mile 29.0 Wallkill Valley Rail Trail*
- Mile 37.9: Walkway over the Hudson Bridge
- Mile 39.9: Destination, Poughkeepsie Train Station

Ride Planning

Maps and GPS

Please print out and download cue sheets and maps. These can be obtained directly from the [Map Files](#). **Assume the worst case scenario of being separated from the group.** Please don't just rely on digital versions, as batteries can die. TCX files are for Garmin and GPS devices, KML files can be loaded into Google maps, Cue Sheets are turn by turn directions that can be printed.

I use the Ride With GPS Maps on my phone as a back-up, and because it shows Point-of-Interest icons like bathrooms and campsites. I then export out .tcx files to use on my Wahoo/Garmin (GPS Device) for my main wayfinding

A safe group is a group where everyone is more than familiar with the route. Don't rely on your friend or your phone; know the route. Too many people go on these rides with no idea where they are going.

Ride Checklist

- Ride Group List (please print to have on ride as a reference)
- Cue Sheets (please print to have on ride as a reference)
- Ride Program (this doc, please print to have on ride as a reference)
- Have a look at our [Micro-Tour Primer](#) to make sure you don't forget anything.
- Your bike must be in good working order, with the ability to carry gear ([see Micro-Tour Primer](#)). 718 Cyclery is in no way responsible for your bike. Road/touring bikes are recommended, suspension bikes are not advisable. All riders should have the basic ability to patch/change a tube, and get air into the tube. There will be plenty of folks available to help, but as a rider it is good to know how to do these things. Your bike should also be equipped with lights, and preferably a reflective safety panel/flag at the rear. This ride is during daylight hours, but you never know what sort of delays might happen.
- **HELMETS ARE REQUIRED**
- **Reflective Gear:** It's a good idea to wear something reflective to increase visibility as much as possible
- **Lights:** Front and rear. We are riding during the day, but it's good to be prepared
- **Tube:** You should have a tube for your wheel size. You might not know how to use it, but it will help if we need to get a flat fixed.
- **Tools:** Multi-tool, Tire Lever, Pump, Patch Kit

- **Food:** People will be cooking dinner at the campsite, but an alternative is to just bring something that doesn't need to be prepared, or pick something up at our rest stops. These trips are a great time to experiment (and share) with cooking equipment and methods.
- **Water:** Bring at least 2 water bottles to start the ride. Drink regularly, even if you're not thirsty. We will have rest stops to refill. If you have a hydration pack, even better!
- **Shelter:** Tents, Hammocks or Bivy
- **Sleeping Bag and Pad:** Please note weather forecasts, and check and understand the temperature rating of your bag. Bring a sleeping pad for comfort (and consider a camp pillow). In addition, the thermal qualities of a pad will make sleeping more comfortable.
- **First Aid:** Best practice is to bring at least a basic first aid kit
- **Bug Spray:** Yes! (in cold weather, not so much)
- **Sun Screen:** Yes! (in cold weather, not so much)
- **Lighting:** Flashlight, headlamp etc.
- **Rain Gear:** Always a good idea to have something in case of rain
- **Padded Shorts and/or Chamois Cream:** Trust me
- Check out our [Pinterest Boards](#) for gear ideas
- Also, check out my example [Packing Lists here](#)
- **Put my number in your phone 917 715 2524**

Weather (projected as of 9/5/22)

- Day 1: Stony Point, NY, 78/61, 44%
- Day 2: Gardiner, NY, 77/56, 48%
- Day 3: Andes, NY, 73/54, 48%
- Day 4: Mt Tremper, NY, 78/54 25%
- Day 5: Poughkeepsie, NY, 80/58, 25%

I will be monitoring the weather closely, and will cancel the trip if there is weather that would make the ride unsafe (snow, existing snow/ice on trail, icy conditions, rain/freezing rain). If canceled, riders can get a refund or a credit for a future trip. It is the responsibility of each rider to monitor the weather and ultimately make the decision to ride or not.

Sweeper

Each day, 2 people will be assigned to act as the ride sweep. The role is simply to be the eyes and ears at the back of the group; reporting any stoppages due to mechanical issues or otherwise. This role does not require the rider to be a master mechanic nor an emergency first responder, and is not legally binding in any way.

Bike Shops (Noted on Maps)

Emergency Action Plan

Introduction

The purpose of the Emergency Action Plan (EAP) is to ensure the safety and well being of Tour Participants and 718 Employees while on this trip

This plan has been reviewed with 718 Employees as well as Tour Participants. In addition, 718 Cyclery will host a Safety and organization Meeting on Zoom (8/31/22, which will be recorded) to get all riders prepared. All Micro-Tour Participants have signed Waiver.

Ride Organization

In order to ensure a safe ride environment, the ride will be organized with a Group leader and multiple riders at the rear ("sweep") position. Each leader will have a charged cel phone repair supplies and a 1st Aid kit.

All riders have provided emergency contact numbers, which will be in possession of 718 Employees on trip.

Medical

In case of any real or apparent medical issue while riding, the group will be stopped at once. Cel Phones will be used to alert all 718 Employees and Ride Leaders of the situation. In the case the group is stretched out over a long distance, the group will be brought together by 718 Employees. All 718 Employees are trained in Wilderness First Aid, and will be carrying First Aid kits.

If a medical emergency is declared, 718 Employees will use cellular phones to reach 911 emergency services, noting exact mile markers on trail during call.

If no communication is available due to lack of cellular phone service, one 718 Ride Leader will ride to the nearest town to alert emergency services. 718 Ride Leaders have studied maps of route ahead of time, and are familiar with towns and distances for that day.

Hospitals (Noted on Maps)

Communication

Ride Leader will have charged cell phones and a satellite phone/device. We will be using WhatsApp for ride communication. **Put my number in your phone, 917 715 2524**

Reference

- [Map Files](#)

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