



2025 Micro-Tour 3 Ride Program

Trip to Mountain Lakes Mark, North Salem NY (also known as Sal J Prezioso State Park, 201 Hawley Rd, North Salem, NY 10560, [\(914\) 864-7312](tel:9148647312) April 12-13, 2025

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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. **This ride will obey all traffic lights and rules at all times, no exceptions.**

We will be leaving at **7:00am** from the intersection of Chambers Street and the Hudson River Greenway in lower Manhattan. Leaving at 7:00am means you should arrive beforehand to get set. If you miss the group and head out on your own, you are "on your own", and not covered by our insurance policy (as outlined in the Waiver). Please see our Cancellation Policy [here](#).

40 miles of our trip (12 miles on the Hudson River Greenway + 28 Miles on the South/North County Trailway) are on car-free trails. The remaining 18 miles are on the road.

Safety

This ride will observe all traffic lights and controls (no questions asked), and will not make “forced left turns”. The left turns we have to make across traffic will be made as pedestrians. See below.

This is a 58 mile ride from lower Manhattan. I have done this trip many times. When leaving at 7am, we generally arrive between 3-4pm. Thus, this trip will leave at **7am** from Chambers Street and the Hudson River Greenway. The last 6 miles of the ride is on a winding country road, and we need to ensure that we are doing this during daylight hours. **Helmets and lights are required.** There are a few stretches of riding and intersections that require additional care to navigate safely, outlined below.

Waiver

Please fill out Waiver [here](#)

Day 1 Safety Exhibits

Day 1 Safety Exhibit 1: Northern Manhattan/Bronx

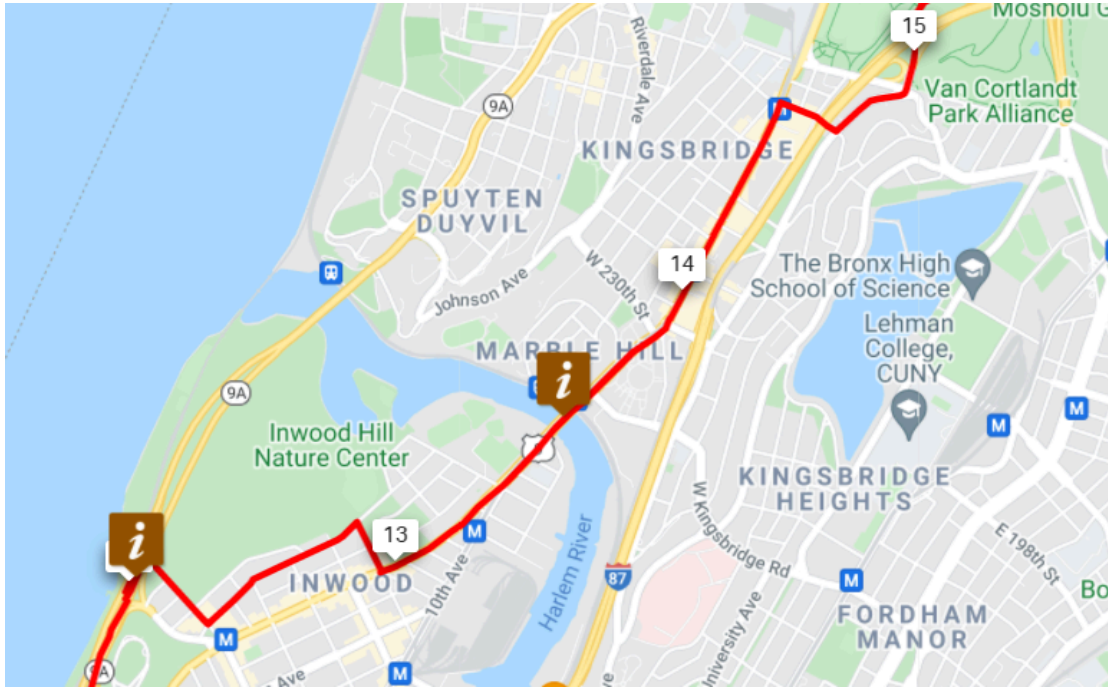


Image 1:1: From Mile 12 to 15 will be on the streets of Northern Manhattan and into the Bronx. It is important to make sure that all traffic lights are observed. Note the surface for the Broadway Bridge is metal grating, and can get slippery. For the Bronx section, we will be riding under the elevated subway line, so utmost caution and attention is required.

Day 1 Safety Exhibit 2: Elmsford



Image 1:2: Mile 28.6,,,,,upon arriving in Elmsford, crossing this street must be done as a pedestrian. This Happens where the South County Trailway ends and the North County Trailway begins

Day 1 Safety Exhibit 3: Route 35

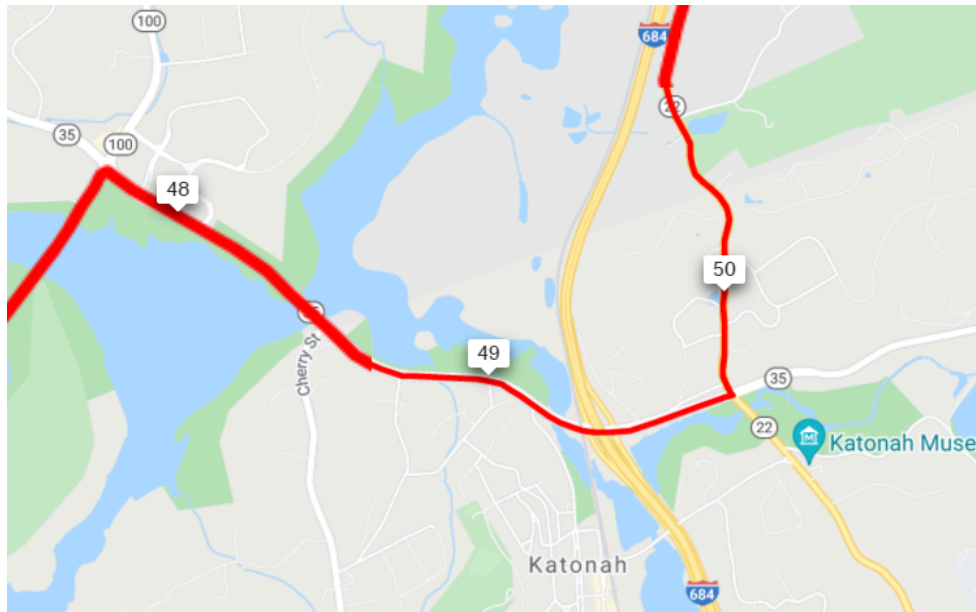


Image 1:3: Route 35 is a busy road (Mile 47.9 to Mile 49,7). For some parts of it, the shoulder is tiny/insignificant. Please take care in this section.

Day 1 Safety Exhibit 4: Golden's Bridge Road Intersection

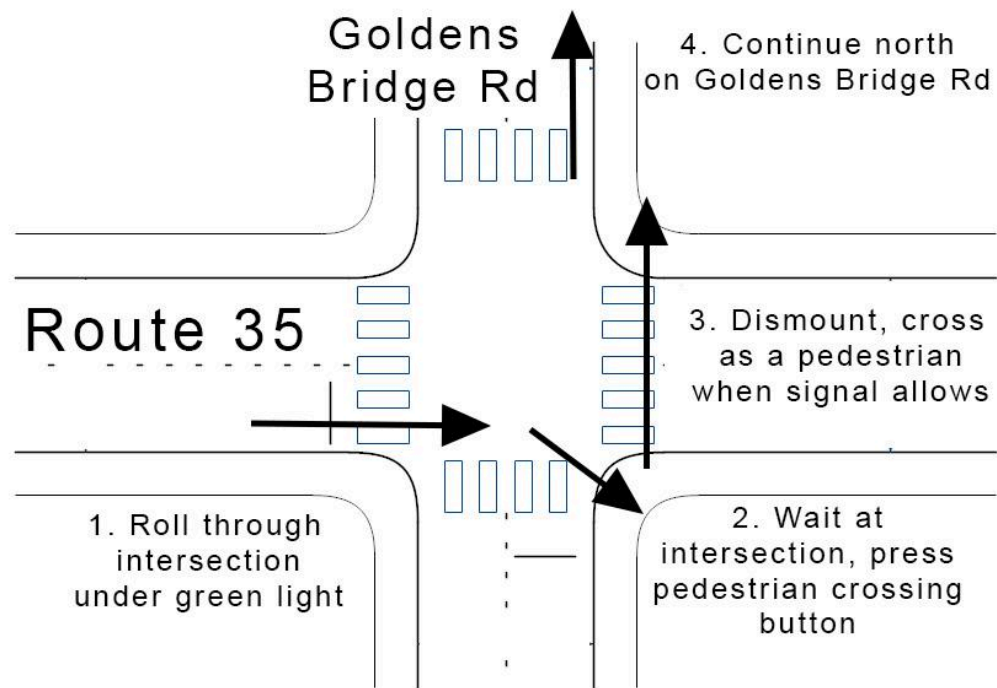


Image 1:4: At Mile 49.7, we will have to make a left turn onto Golden's Bridge Road across traffic on Route 35. This is a very busy road, so it will be required to take this left turn as a pedestrian. This means going through the intersection and stopping at the far corner crosswalk. You will need to get off your bike, crossing the main road as a pedestrian in the crosswalk when signal allows. **Remember, no "Forced Left Turns"**.

Day 1 Safety Exhibit 5: Acme Entrance

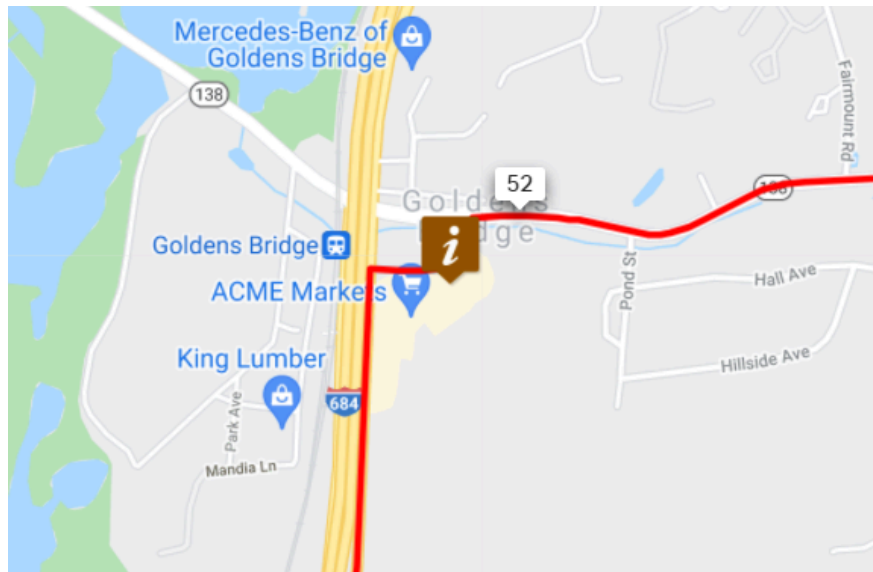


Image 1:5: A lot of people miss this right turn at mile 51.8, which is the access road/entrance to the Acme supermarket complex.

Day 1 Safety Exhibit 6: Route 138/121

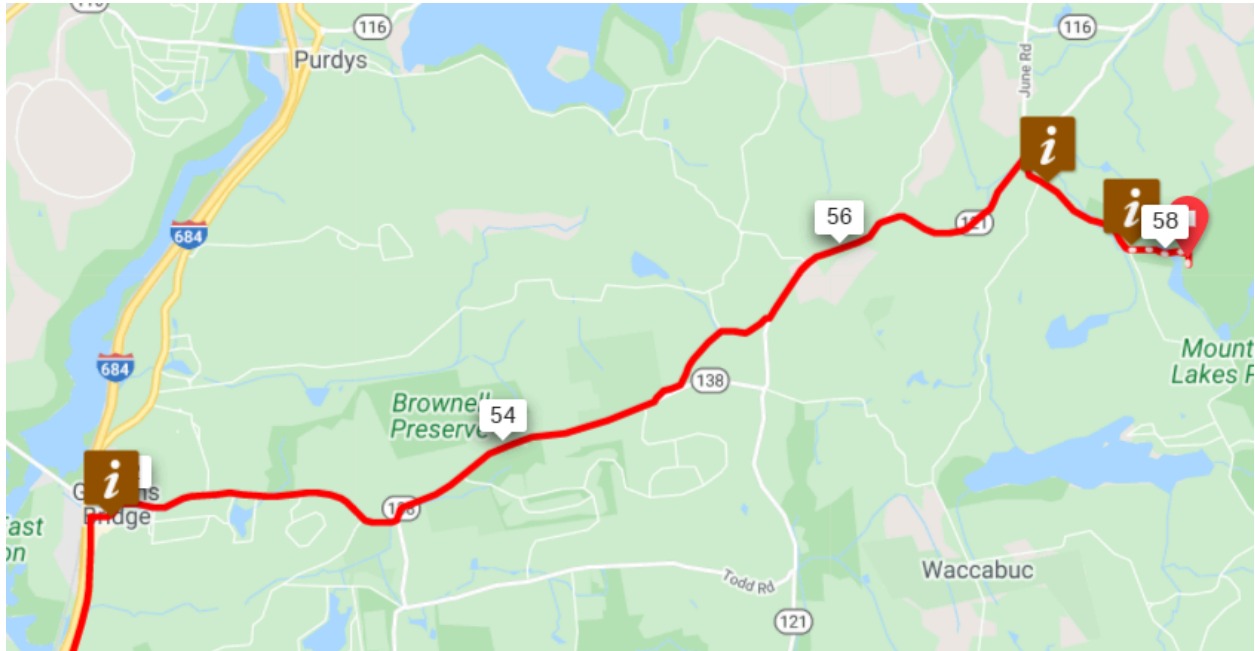


Image 1:6: The last 6 miles of the ride (leaving from the Acme Supermarket, primarily on Route 138 and then on Route 121) is on a single lane, curvy (and slightly hilly) country road. Cars move fast here. Please remain in single file, and please have all lights on.

Day 1 Safety Exhibit 7: Sullivan Road Turn-off



Image 1:7: Many riders miss the turnoff at mile 54.8 at Sullivan Road (fine gravel)

Day 1 Safety Exhibit 8: Site Entrance

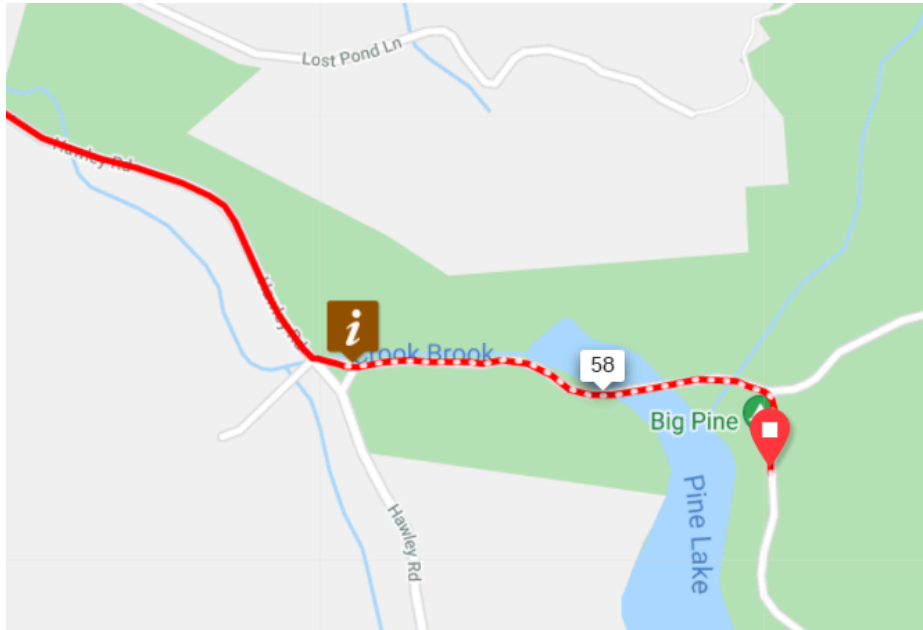


Image 1:8: Many riders miss the turn-off to the actual campsite (indicated by the brown “i” symbol above). It’s a gravel road with a vehicular metal gate drawn closed across the entrance. You can scoot around the right side of the gate with your bike and continue to the campsite.

Day 2 Safety Exhibits

On Day 2, all of the Day 1 locations need caution in reverse. In addition, see below

Day 2 Safety Exhibit 1: Route 35 Intersection

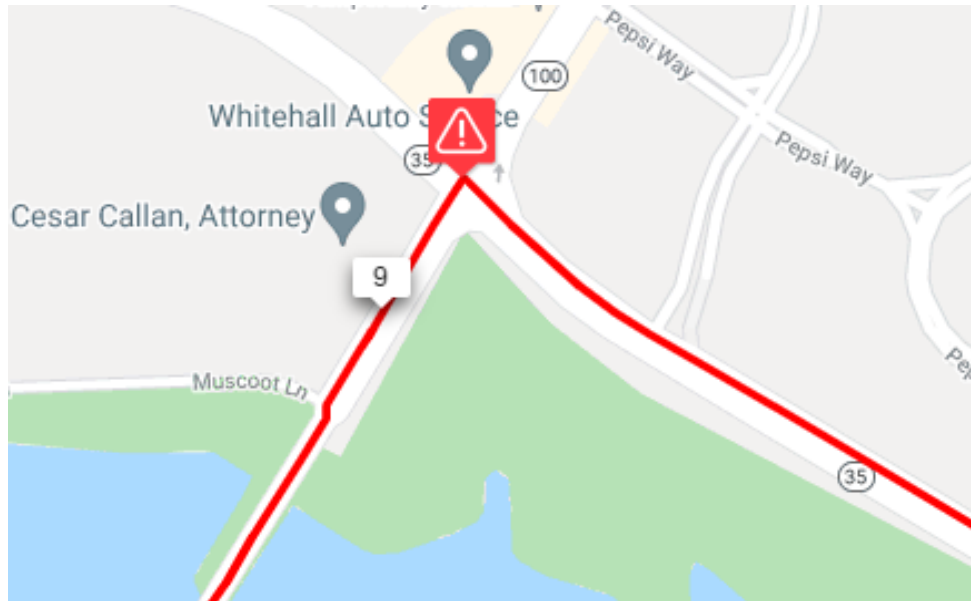


Image 2:1: Route 35/Route 100 Intersection (Mle 8.9) is not made for bikes. We will cross to the far side of Route 35 in the right lane. We will then stop at the far corner and cross Route 100 as pedestrians using the appropriate traffic signals. **We will not take this intersection as a forced left turn, no exceptions**

Ride Schedule

Schedule (April 12, Ride Out)

We will be leaving at **7:00am** from the intersection of Chambers Street and the Hudson River Greenway in lower Manhattan. If you miss the group and head out on your own, you are "on your own", and not covered by our insurance policy (as outlined in the Waiver). Please see our Cancellation Policy [here](#).

Schedule (April 13, Ride Back)

The group will leave at 9am from the campsite on Sunday morning. Those looking to take the train have an option 6 miles away at Goldens Bridge (Metro-North Harlem Line), The ride concludes for the group at Van Cortlandt Park in the Bronx, as people at that point are going their separate ways

Ride Planning

Ride Checklist

- Ride Group List (see link in email, please print to have on ride as a reference)
- [Cue Sheets](#) (please print to have on ride as a reference)
- [Campsite Map](#) (We are at the Big Pine campsite)
- Ride manual (this doc, please print to have on ride as a reference)
- Have a look at our [Micro-Tour Primer](#) to make sure you dont forget anything.
- Your bike must be in good working order, with the ability to carry gear. 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 its 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 2 rest stops to refill. If you have a hydration pack, even better!
- **Shelter:** There are 4-8 slots in the site lean-to that would just require a sleeping bag. Otherwise, bring a tent. Let us know if you are planning to not bring a tent and stay in the lean-to
- **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**

Maps

- [NYC to Mountain Lakes](#)
- [Mountain Lakes to NYC](#)
- Note that gps files for devices can be made from these files.

Please print out and download cue sheets and maps. **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. Please note we use the term "OUT" and "RET" (return) in file names to signify the 2 days of rides (out day and return day)

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.

Weather (projected)

- Monday April 12: xxx
- Tuesday April 13: xxx

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. Although we don't offer refunds for weather cancellations if the ride is going on, I will credit you for a future trip. There is no shame in waiting for a better trip!

Scheduled Stops, Ride Up

These are mandatory stops in order to re-group.

- **Mile 10:** Top of “corkscrew” on Hudson River Greenway. More of a “catch your breath” moment.
- **Mile 15** Van Cortlandt Park Entrance (water, bathrooms)
- **Mile 28.4:** Main rest stop. End of South County Trail (Elmsford Deli...food/water/bathrooms)
- **Mile 47:** Reservoir Railroad Bridge
- **Mile 52:** Acme Supermarket (food/water/bathrooms)
- **Mile 58:** Destination

Return Trip

The group will leave at 8am from the campsite on Sunday morning. Those looking to take the train have an option 6 miles away at Goldens Bridge (Metro North Harlem Line). The trip “ends” officially at Van Cortlandt Park in the Bronx, as riders tend to need to scatter to different directions to get home.

Bike Shops (see Maps)

- **Mile 27,** Hastings Velo, 45 Main St, Hastings-On-Hudson, NY 10706, (914) 478-2453
- **Mile 46,** Bicycle World, 7 East Main St, Mt Kisco, NY 10549, (914) 666-4044
- **Mile 50,** Yorktown Cycles, 1899 Commerce St, Yorktown Heights, NY 10598, (914) 245-5504

Camping/Campsite

We are at the Big Pine Campsite ([map here](#))

Water

It is incredibly important that Tour Participants and 718 Employees stay properly hydrated during this trip. Before starting off for the day, 718 Employees will ensure that all Tour Participants have adequate hydration. Regular stops have been planned to replenish water along the way.

The site itself does not have water, but there is a spigot available at the Ranger Office (1 mile hike). This hike is over some rough terrain, and may not be advisable due to daylight issues

We are on a pond, which ultimately can be filtered. I've seen it done. Best practice is to bring as much water as you can from Acme Supermarket stop

Restrooms

The site has 1 porta-potty. In the whole scheme of things, it is kept quite clean (in my past experiences)

Food

It is incredibly important that Micro-Tour Participants and 718 Employees have proper nutrition during this trip. Before starting off for the day, 718 Employees will ensure that all Tour Participants have adequate nutrition. Regular stops have been planned to replenish food along the way.

Shelter

Riders will need to bring their own tent, hammock or bivy. There are 3 lean-to's at the campsite.

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 2021 Micro-Tour 11.

This plan has been reviewed with 718 Employees as well as Tour Participants. In addition, 718 Cyclery will host an organizational meeting (11/3/21) 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 Employee will ride to the nearest town to alert emergency services. All 718 Employees will have a detailed map on them to facilitate this.

718 Employees have studied maps of route ahead of time, and are familiar with towns and distances for that day.

Hospitals (See Maps)

- **Mile 18**, Montefiore, 3444 Kossuth Ave # 1, Bronx, NY 10467, (718) 920-2273
- **Mile 34**: Westchester County Medical Center, 100 Woods Rd, Valhalla, NY 10595, (914) 493-7000
- **Mile 56** Four Winds Hospital, 800 Cross River Road, Katonah, NY 10536, (914) 763-8151

Communication

All Team Leaders and 718 Employees will have charged cel phones and a satellite phone/device (Ride Leader only). **Put my number in your phone 917 715 2524**

Reference

Joe Nocella, Owner
718 Outdoors
info@718c.com
(cel) 917 715 2524