

# HeartCycle Bicycle Touring Club

## Cycling Through History in the Finger Lakes Region

- Dates:** Orientation meeting Sunday August 13, 2023, Riding Monday August 14 – Saturday August 19 with departures after the ride.
- Leaders:** Gail Golderman and Janet Reilly  
**SAGs:** Kathleen Schindler and Mayoma Pendergast
- Miles:** Total Tour 278, minus option days 182
- Rating:** Easy / Intermediate – 46 avg miles, 2000 ft. of climbing per day with 2 option days 1 long, 57 miles and 1 short, 39 miles
- Riders:** 28, plus leaders and SAGS
- Price:** \$1,800 (double occupancy). \$450 at Registration.  
Single Supplement \$2,700 Balance due 5/12/2023
- Cancellation:** [Standard Cancellation policy](#) *Travel Insurance is advised*
- Bike Transportation:** None, the club Sprinter will not be used on this tour.

### OVERVIEW

Sign up for the cycling and scenery; stay for the social history and suffrage. As you probably know, the Finger Lakes has great wine, but did you know it is the reputed birthplace of the struggle for women’s right to vote? This Easy/Intermediate tour begins in New York’s “Flour City” (Rochester) and continues east to “History’s Hometown” (Auburn). It is designed to offer riders routes on quiet roads through rolling, fertile valleys to destinations of historic and cultural interest, as well as natural and scenic beauty.

The planned routes range from 40-60 miles with elevation gains ranging from 1200 to 2000 feet per day, with two option days. One of the option days climbs to 3600 ft. Note: The required days of riding total 182 miles and 6682 ft. Total riding (including the 2 option days) total 280 miles with 12070 feet. There will be some limited riding on unpaved (stone dust) and dirt surfaces, trails and roads. Therefore, it is recommended that riders have a bike with at least 28mm tires to safely traverse these sections.

This area of New York State is unique in its glacier carved lakes and its man-made wonders including the Erie and other canals. The canals are credited with bringing people, goods and ideas to western New York and beyond. This is one explanation for the region becoming a “hotbed” of social reform. Come along on the tour and let us know your theory!

## ITINERARY

### Sunday, August 13 – Arrival in Rochester

For those flying in, the Doubletree provides shuttle service from the Rochester Airport: call for a spot on the shuttle, (585)-475-1510. For those driving in, the Doubletree is located at [1111 Jefferson Road Rochester, New York, 14623](#). We will gather that evening for our “Meet and Greet” and general orientation meeting in a meeting room inside the hotel. If you ship your bike, the Doubletree can accept it up to 2 days prior to your arrival.

### Monday, August 14 – Rochester to Geneva – 47 miles, 1909 ft. of climbing

We will begin by riding along the southern edge of the Metro Rochester area on our way to the Erie Canal Trail which we will ride for 10 miles before getting off and riding paved roads the rest of the way to Geneva. Along the route you will see some of the most fertile farmlands in upstate New York. In Geneva we have a 2 night stay at the [41 Lakefront Hotel](#) located on the northern end of Seneca Lake.



Tuesday, August 15 – OPTION DAY – Penn Yan Loop – 39 miles, 1862 ft. of climbing

Our second day of the tour is an option day. The planned route will take us on a loop ride to Penn Yan and back. You'll be treated to views of Seneca Lake, numerous Wineries, Belhurst Castle and the home of the world's largest Buckwheat Pancake. Since this is an Option Day, you could also decide to hangout at the lakefront, discover the many shops and restaurants in downtown Geneva, visit the Geneva History Museum or spend the day at Seneca Lake State Park.

Wednesday, August 16 – Geneva to Auburn – 45 miles, 1389 ft. of climbing

Continuing our eastward travel, you'll cross the "It's a Wonderful Life" bridge as we go into Seneca Falls. Then heading northeast, we will visit Canal Lock 25 as a SAG Stop. Later we will cycle through the Northern Montezuma Wildlife Management Area before heading southeast to Auburn for a 2 night stay at the [Hilton Garden Inn](#) in downtown Auburn.



Thursday, August 17 – Auburn Loop Day – 57 miles, 3575 ft. of climbing

The second Option Day of the tour will take you on a wonderful route down the east side of Owasco Lake to Moravia then up the east side of Skaneateles Lake before returning to Auburn. If you choose to spend the day in Auburn, there are many attractions for you to discover, within 2 miles of our hotel. These include: Harriet Tubman National Park; the Seward House Museum; the Schweinfurth Art Center; and Case Research Lab. The place to start is the NYS Equal Rights Heritage and Visitor Center, a short walk from where we are staying.

Friday, August 18 – Auburn to Geneva, 44 miles, 1202 ft. of climbing

Working our way southwest out of Auburn we will visit Union Springs and Cayuga along the east side of Cayuga Lake on our way to the Southern Montezuma National Wildlife Refuge. From there going back through Seneca Falls we will have a SAG stop along the Seneca Canal before arriving at the 41 Lakefront for our final night and group dinner.



Saturday, August 19, Geneva to Rochester, 47 miles, 2132 ft. of climbing

Taking a shorter way back to the Doubletree where we started and saying our goodbyes will allow everyone to get a head start on their travels home whether driving or flying. There will be 2 rooms available for showers at the hotel when we arrive as well.

For more information, contact:

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