



Road Biking Adventure Guide



MAP OUT YOUR NEXT ROAD BIKING ADVENTURE ON OUR **ADIRONDACK TRAILS** PHONE APP

All the road biking, hiking and paddling trails and waterways in our interactive map are available on your phone too, without reception!

[CLICK HERE TO DOWNLOAD TODAY!](#)

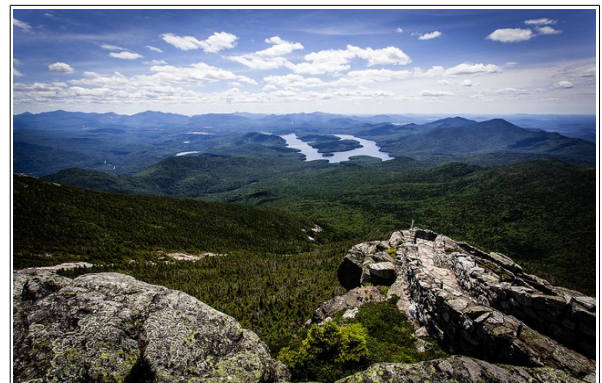
Download on the  App Store

GET IT ON  Google play

Your ADKTrailMap.com Adventure will be an experience to treasure!

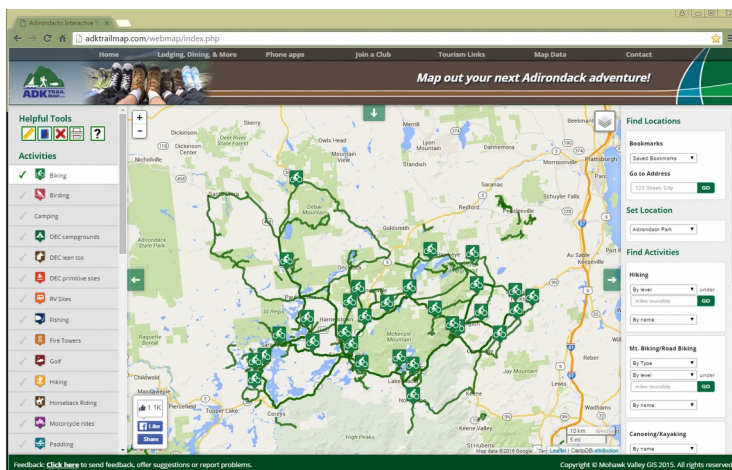
Instead of driving the beautiful and scenic corridors of the Adirondack Mountains, consider riding your bike to fully immerse yourself in the sights, sounds, and smells of the mountainous environment. With routes of varying elevation change and ranging from remote corridors with no buildings for miles to scenic paths near large towns, there are routes sure to meet everyone's skill levels and interests.

To help you make the most out of your Adirondacks experience, we here at ADKTrailMap.com have assembled a guide to help you have a safe and enjoyable journey while cycling. Remember to review this guide each time you pack for your trip to ensure that you don't leave anything behind.



Summit of Whiteface Mountain in the Adirondacks. Yes, it is possible to bike on road the 2,000 ft elevation gain to the summit! *Photo: Geoffrey Williams/Flickr*

The first step for planning any trip to New York's Adirondack Mountains should be to ADKTrailMap.com. From here you can plan your route by browsing the map; seeing where to park; searching trails by trail type, level of difficulty, distance, and/or name; and exploring an array of other outdoor recreation activities.



ADKTrailMap.com is also available on mobile devices with limited features. For full functionality on smartphones, download our **free** 'Adirondack Trails' app from either the Google Play Store or the Apple App Store.

Sampling of Road Biking Routes

Wilderness/Intertown Routes

Remote North Routes

Starting and ending in Saranac Lake, this 67 mile route takes you into some very remote areas with scenic water views. Rolling elevation changes exist on the route making it moderately difficult.

Teddy's Trail

Part of this Central Adirondack Route follows the path President Theodore Roosevelt took from Mount Marcy to the North Creek Train Station following President McKinley's death. It is a good option if you are looking for a route that is mostly remote yet with a few major towns dotted along the route. Consider staying overnight along the route in Long Lake, Blue Mountain Lake, or Indian Lake.

In-Town Routes

TOBIE Trail

Short for Thendara, Old Forge, Big Moose, Indian Lake, and Eagle Bay, this trail exists in some segments as an off-street paved route, making it friendly for families and recreational riders, particularly in the Thendara – Old Forge Corridor. In other sections, the trail exists as stone, dust, and dirt.

Moody Pond

This short 3 mile trail is great for a casual ride in Saranac Lake. Enjoy distant views of Adirondack Peaks.

Fish Creek Bike Roads

After pitching your tent or parking your camper, ride your bike around the paths of this large Adirondack campground. Trails total more than 4 miles in the entire campsite.



You will see not only fantastic peaks while bicycling along the roads of the Adirondacks, but also sublime lakes and ponds such as this one. *Photo: Oleg Dulin/Flickr*



Balto's Tip: Want to see one of these trails on a map? Simply browse to ADKTrailMap.com and find the "Mt. Biking/Road Biking" activity on the right-rise menu. Then just enter the name of the trail in the dropdown menu and it will appear on the map.

Before You Leave Home

SAFETY

- **Tell someone where you're going and when you expect to return.**
- **Check the weather.**
 - In the event you see lightening and/or hear thunder, take precautions immediately. If no sturdy structures are nearby, know what to do by reading this guide:
http://rendezvous.nols.edu/files/Curriculum/research_projects/Risk%20Management%20Reports/NOLS%20Backcountry%20Lightning%20Safety%20Guidelines.pdf
- **Know when it's going to get dark.**
 - Use the US Naval Observatory's "Complete sun and moon data for one day" to get precise sunset and 'last light' times: http://aa.usno.navy.mil/data/docs/RS_OneDay.php

EQUIPMENT

To ensure a positive experience, PRIOR to leaving, use our helpful checklist:

- HELMET**
- DRINKING WATER**
 - » pack extra water to have in your car for when you return
 - » for wilderness and/or overnight trips, bring water purification tablets or a filter
- FOOD**
- EXTRACLOTHING (non-cotton)**
 - » should be as reflective (for dark conditions) and high-visibility as possible
 - » dress in layers
 - » *When cotton becomes wet, it loses its insulating properties, which can contribute to hypothermia, even in mild temperatures*
- HEADLAMPS and/or FLASHLIGHTS**
 - » check that they work before heading out
 - » bring extra batteries
- FIRST AID SUPPLIES**
- REPAIR KIT**
- MATCHES (waterproof) / CANDLES / LIGHTER**
- TOOLS / REPAIR KITS**
- EMERGENCY SHELTER**
 - » at a minimum, a garbage bag or poncho would suffice to help stay dry in the event of a sudden downpour
- SUN PROTECTION**
- BUG REPELLENT**
- MAPS / COMPASS / ADIRONDACK TRAILS PHONE APP**



Balto's Tip: To see more details about your upcoming biking route, go to ADKTrailMap.com and turn on the "Biking" layer. Then, click on the biking icons through the map for a link to a PDF document with info about the route.

Adirondacks Cycling Safety Information

- **In case of any emergency:**
 - know the DEC Forest Ranger Adirondacks Emergency Phone Line:

518-891-0235



- If you have cell service in the Adirondacks, dialing 911 may direct you to a 911 Dispatcher in a neighboring county or potentially even Vermont. If for any reason a 911 Dispatcher can not assist you, dial the DEC Forest Ranger Emergency Phone Line. DEC Forest Rangers are highly trained emergency responders knowledgeable of the geography and subtleties of the Adirondack Mountains.

- **Wear your helmet.**

- Helmets should be worn at all times while bicycling, no exceptions.

- **Obey the rules of the road.**

- Ride on the right with traffic. Obey traffic signs, lights and road markings. Give right-of-way to pedestrians. Use correct hand signals.
- Be aware of vehicular traffic. Although traffic is generally minimal in the Adirondacks, dangerous situations (such as blind turns and hill crests) can catch even the most cautious drivers off guard. We suggest staying as far to the right as reasonably possible unless riding at or near traffic speeds.
- Do not ride on the sidewalk unless explicitly permitted by signs



Road biking on a summer day in the Adirondacks. Photo: datadriven/Flickr

- **Respect and help maintain the road corridors.**

Some content courtesy of the NYS DEC and the IMBA "Rules of the Trail"

- Do not litter alongside the road.
- When it comes to **anything** you bring with you, remember to “pack-in, pack-out,” even if the items are biodegradable
- If there are no privies available in your location, dispose of human waste by digging a 6” – 8” hole at least 150 feet from water or campsites
- Follow the *Leave No Trace* principles:

1. Plan Ahead and Prepare	4. Leave What You Find
2. Travel and Camp on Durable Surfaces	5. Minimize Campfire Impacts
3. Dispose of Waste Properly	6. Respect Wildlife
	7. Be Considerate of Other Visitors

(© Leave No Trace Center for Outdoor Ethics)



Balto's Tip: Hungry while out bicycling but no cell reception to find the nearest restaurant? Not a problem with our free, no-reception needed Adirondack Trails app. In-app business listings will guide you to the nearest spot to grab a bite.



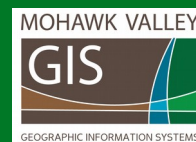
Please Do Not Solely Rely on Electronic Technology.

When doing anything out on the trails, we urge you take a map, a compass, and know how to use them. We offer an online interactive map that allows you to zoom in print your own map. We also offer a wealth of downloadable PDFs about hiking, fishing, camping, birding, and more.

For smartphones, our Adirondack Trails app is GPS-enabled. Once downloaded to your smartphone, the app provides a happy marriage of old technology (maps and compasses) and new. It does not require cell phone service. Unlike a paper map, the app will show you exactly where you are: on or off the trail. Both maps and apps have their limitations. Use together, with common sense, and enjoy the beauty of the Adirondacks with confidence.



Find more helpful tips for an enjoyable Adirondacks trip from Balto at ADKTrailMap.com.



ADKTrailMap.com is managed by Mohawk Valley GIS in Utica, NY

Mohawk Valley GIS
114 Genesee St, Floor 3
Utica, NY 13502

Questions or Comments?

Phone: (315) 624-9545
Email: balto@MohawkValleyGIS.com