

NEW YORK

Bear Mountain State Park: There is a seven Km. climb to the top of Perkins Memorial Rd. Early in the morning there is very little traffic and the road gets steeper as you ascend. There are hiking trails for descending. Depending on fitness expect to spend 70 minutes or so for a round trip. - *B.H*

Duchess County: Millerton to Armenia, NY section of Harlem Valley Rail Trail. 8.2 miles, flat and beautiful. Plans to lengthen the trail are being pursued, and over the next two years about ten more miles will be paved.

Erie County:

Amherst Bike Path (Corner of Maple Road and North Forest) 10 miles, round trip of straight flat paved bike path. Crosses 4 wood bridges as it travels along a stream.

Clarence Bike Path: (Corner of Salt Road and Main) 10 Miles, round trip of straight flat bike path. Travel to Akron alongside a golf course and pretty scenery. Be aware of the wind, the return trip could be a surprise. Watch for small pebbles as it was an old rail bed.

Towanda River Park: 8-mile round trip on a flat bike path along the scenic Niagara river under Grand Island bridge. Great scenery on a hot summer day.

Grand Island: 24 Miles around this flat island. Go early in the morning, as there is little traffic. Great scenery and good roads.

Amherst: (New Road & Tonawanda Creek) 10 Mile flat bike path along the Tonawanda Creek. Well wooded for wind protection. One small section on a lightly traveled road. -*P.A.*

Ithaca: Neuman Arboretum at the Cornell Plantations. There are few cars, smooth roads, and varied terrain (rolls up and down). And by now the dog walkers are getting used to us. However, we still get some curious stares. See you there. *Dave & Kate*

New York City

Brooklyn: Prospect Park: The park is three lanes wide & five km long. It is closed to traffic on the weekends and has lights. It is also closed to traffic from 10:00 AM to 3:00 PM in the summer. -*B.H.*

Central Park: In Manhattan's Central Park is great roller skiing, about 10 km long. - *B.H.*

Belt Parkway: Especially for beginners who don't like hills, the Belt Parkway promenade is pancake flat and 4 miles long, from the 69th Street Pier to Bay Parkway. Except for a narrow stretch under the Verrazano Bridge, there are two lanes, for bikes (inboard from the median) and pedestrians (outboard). Much less foot and bicycle traffic than Prospect Park. - *J.H.*

Northern Westchester County: Great web site! I roller ski on the Northern Westchester County bike trail system. The trail can be accessed from many areas in Northern Westchester (Briarcliff, North Tarrytown, Millwood, Yorktown etc.) The terrain varies from flat and dull (it used to be an old railroad line adjacent to the main autoroute) to flat rolling and beautiful (cuts through one of NYC reservoir systems). I am uncertain of the total mileage, but I believe it to be over twenty miles. Weekdays are best to avoid small children and the many cyclists that use the trails on the weekends.

Oswego County: Salmon Hills is located in Redfield, N.Y. The resort is on the northern shore of the Salmon River Reservoir if anyone is looking at a map. The main route to take is County Rte. 2 out of Pulaski, NY. We would normally start skiing on Route 2 heading East towards the hamlet of Redfield. There is a 30-mile loop of very good paved roads. Other roads to try would be route 50 (park at the corner of Rt.2 and 50) and head North towards the Boylston Town hall. For more info give us a call at Salmon Hills, 315 - 599 - 4003 and ask for Hans. Happy skiing! - *Hans Giuliani*.

Southern Westchester County: State University of New York at Purchase. There is a rolling 5km road looping around the campus. About half has a good shoulder. Marred only by two short 30' cobblestoned sections. -*P.M.*

Syracuse: Onondaga Lake Park: Total of 10Km. of macadam. Totally flat, 99% straight, and fast. Measured with mileage course markers (certified as they use it for road races by the Syracuse Track Club). Several bathroom facilities and water fountains. Park by the Salt Museum and the course starts by the "Yacht Club" building, about ¹/₄ mile north of the Salt Museum. Start **EARLY** as the path gets crowded with bikers and rollerbladers during the midday or early evening, especially on weekends. A great place to let it out if you have the urge. -*B. J.*

Ulster County: The town of West Hurley near Woodstock. Ashokan Reservoir has 1.25 miles of flat and well paved asphalt. Park at the Frypan Handle off Route 28A. Drop dead views of the Catskills. Nice breezes off the Ashokan. Dedicated for nonmotorized use. - *G.J.*

Ulster County: Highland 2.25 miles of rail trail in Highland NY. Park at either Tony Williams Field or in Rail Trail parking lot, both on South Riverside Rd. off New Paltz Rd. Excellent surface condition. Flat with a few controlled driveway crossings. Some lovely scenery. Rail trail pavement is eventually going to be extended all the way to the Hudson River. -*G.J.*

Warren County Bike Path: My favorite place is the Warren County Bike Path in upstate New York, mostly in Glens Falls, Lake George and Queensbury. About 15 km of paved paths and not very populated. Currently adding additional Kilometers to the path. -*Scott*