

HeartCycle Bicycle Touring Club

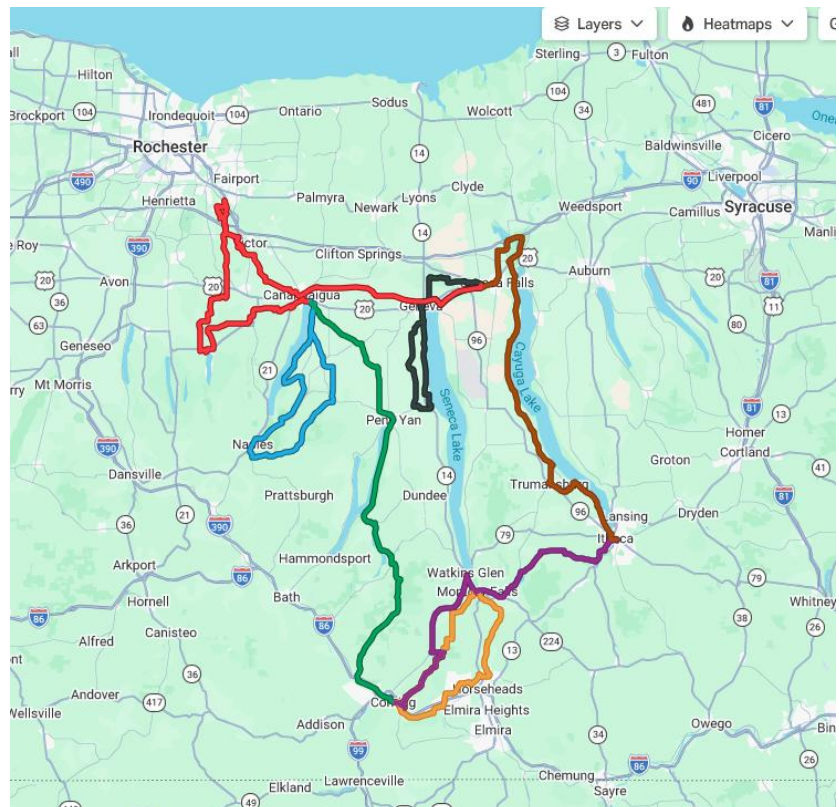
Cycling in the Finger Lakes Region of New York

- Dates:** Orientation meeting Saturday, August 21, 2027. Riding Sunday, August 22–Sunday August 29, with departure on Monday, August 30 (lodging last night included).
- Leaders:** Jim Bethell and Gail Golderman;
SAGs: Kathleen Schindler and Mayoma Pendergast
- Miles:** 401 miles (all routes) and 19,200 feet of elevation gain.
7 official riding days and 1 optional day with routes
- Rating:** Intermediate <https://www.heartcycle.org/tour-ratings>
- Riders:** 28 (not including leaders)
- Price:** \$2,900 (double occupancy). \$700 due at registration.
Balance is due by May 23, 2027. Single supplement +\$1,500. Check with the tour leader for availability.
- Cancellation:** [Standard cancellation policy](#)

Travel insurance is strongly recommended.

OVERVIEW

HeartCycle last toured Finger Lakes nearly 10 years ago. This region has been a favorite of riders, and if you join the 2027 tour, it will surely become one of yours. The tour week includes one- or two-night stays in some of the most iconic locations in the area. Riders will experience lightly traveled roads, scenic vistas, waterfalls, and routes along the shores



of unique beautiful lakes. The long downhills are ever popular and particularly tandem-friendly!

Highlights include cycling through and around:

- Historic small cities, towns, and villages such as Canandaigua, Corning, Ithaca, and Seneca Falls;
- National, State, and Municipal Parks, Forests, and Wildlife Refuges; and
- Farms, vineyards, valleys, lakes, and rivers

This tour starts and ends in Pittsford, NY, about 18 miles from Rochester's Frederick Douglas International Airport (ROC). Lyft, Uber, and taxi serve Pittsford from ROC. Airlines include Allegiant, American, Avelo, Breeze, Delta, Jet Blue, Southwest, and United.

ITINERARY

Day 0: Saturday, August 21, 2027

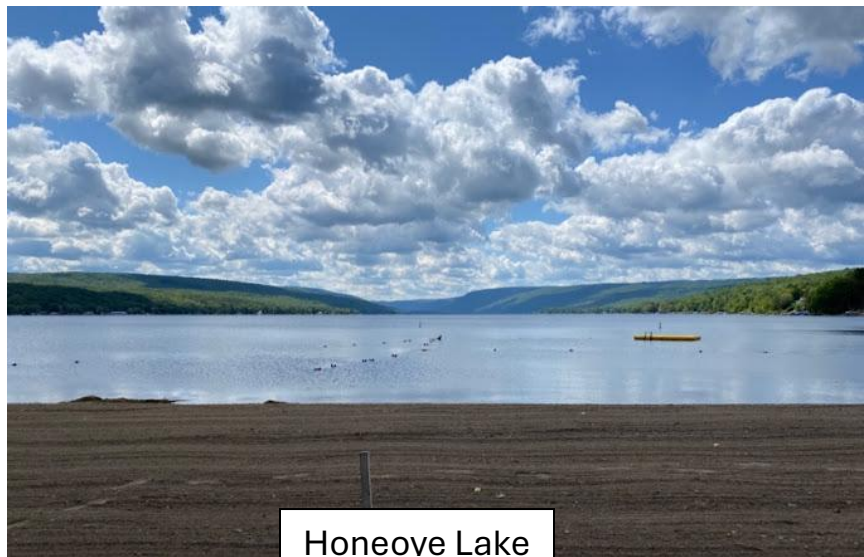
Orientation meeting at the [Hilton Garden Inn](#), 8:00 pm.

Day 1: Sunday, August 22

Pittsford to Canandaigua

47 miles and 2,836 feet of elevation gain

The first day's ride will take us from the southeast side of Rochester south through Powder Mills Park and the Honeoye Creek Wildlife Refuge to Honeoye Lake where we will enjoy a SAG stop at Sandy Bottom Park. From there, we head northwest through lush forests and beside horse farms before dropping into the Ontario County seat for a 2-night stay at [Hotel Canandaigua](#) at the northeast corner of the lake.

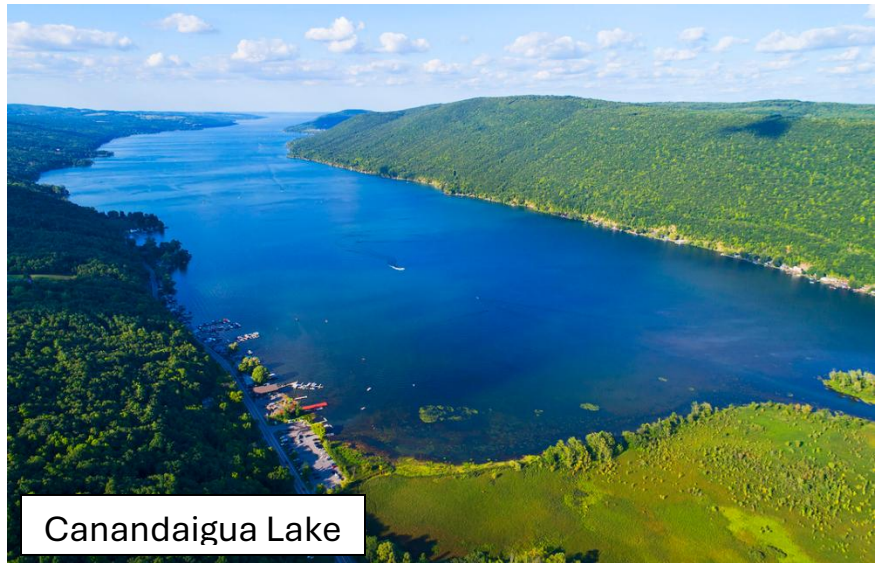


Day 2: Monday, August 23

Canandaigua Loop Day

57 miles and 3,231 feet of elevation gain

Today's beautiful ride travels south along the east side ridge of Canandaigua Lake into Italy Valley. Can't you just smell the grapes on the vines as you ride past? At the southern tip of Italy Valley is the town of Naples, the home of Grape Pie. As we pedal up Main St.,



Canandaigua Lake

don't hesitate to grab a slice. Leaving Naples, we'll head north along the lake towards Middlesex, Vine Valley, and Crystal Beach to our second night in Canandaigua.

Day 3: Tuesday, August 24

Canandaigua to Corning

65 miles and 3,135 feet of elevation gain

Today's excursion takes us south through fertile farmland to Penn Yan, along Keuka Lake, the one shaped like a Y. After that, we pass the small lakes of Waneta and Lamoka before descending into the Corning Valley and along the Chemung River. There, we will enjoy a 2-night stay at the [DoubleTree by Hilton](#) in downtown Corning.

Day 4: Wednesday, August 25

Corning, NY – Scheduled Day Off

Or unsupported option: 50 miles and 2,511 feet of elevation gain

Today is a day of many options. The Corning Museum of Glass, which includes the Steuben Glass Collection, and the Rockwell



Museum are both a short walking distance from our hotel. You could easily spend all day at the museums or on Market Street with its many shops, galleries, and restaurants. If you absolutely need to get on your bike, the optional ride is a nice loop up to Montour Falls and back. Whatever you elect to do, we'll all be together for our group dinner at the DoubleTree.

Day 5: Thursday, August 26

Corning to Ithaca

50 miles and 2,653 feet of elevation gain

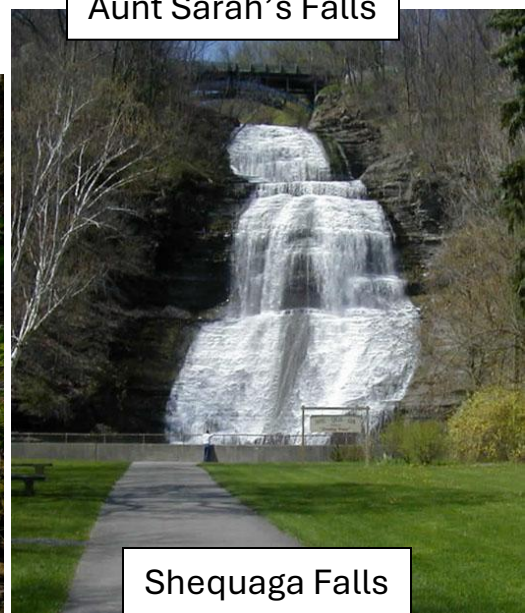
Today's route will have us traveling north from Corning, following the valley of Seneca Lake. Once reaching the high point of the day, riders will descend on the route into Montour Falls so that even those who did not ride the option day can enjoy two spectacular waterfalls, Aunt Sarah's and Shequaga. Then, we will head farther east past the small Cayuta Lake on our way to a 1-night stay at the [Hilton Garden Inn](#) in downtown Ithaca, home to Cornell University and Ithaca College and the Ithaca Gorge.



Aunt Sarah's Falls



Ithaca Gorge



Shequaga Falls

Day 6: Friday, August 27

Ithaca to Geneva

56 miles and 2,255 feet of elevation gain



On today's route, we'll head up the west side of Cayuga Lake and visit Taughannock Falls. These dramatic falls plunge 215 feet to a lake below. The route continues through Trumansburg and back down to the lake before turning north to the Cayuga Lake State Park for lunch. The day

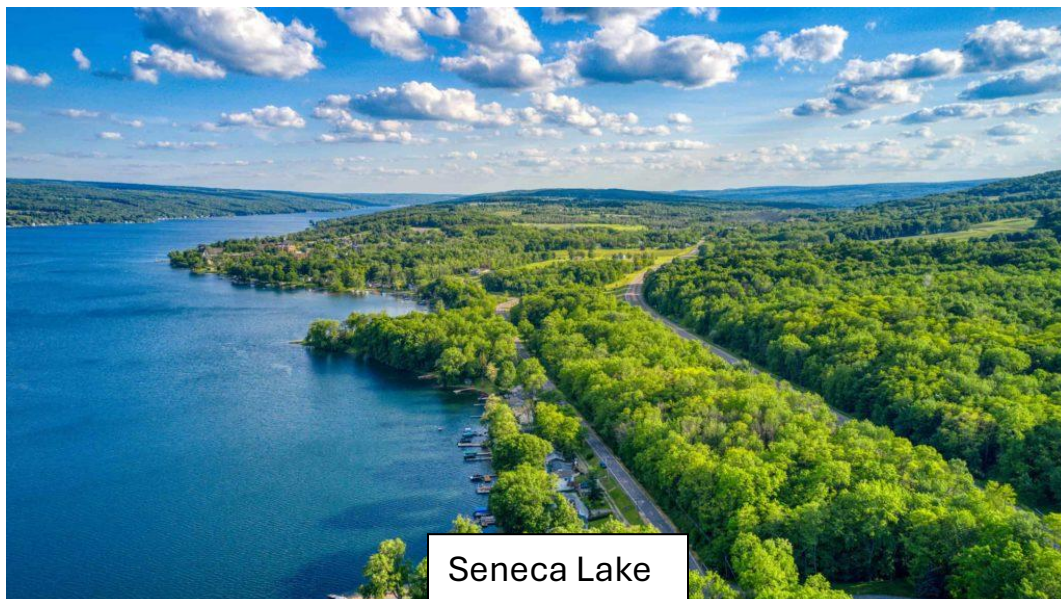
includes riding through the historic town of Seneca Falls before arriving in Geneva for a 2-night stay at the [Hampton Inn](#).

Day 7: Saturday, August 28

Geneva Loop Day

32 miles and 1,220 feet of elevation gain

Today's route takes us through the picturesque small city of Geneva, home to Hobart and William Smith Colleges, then meanders south along the west side



of Seneca Lake. We'll pass Belhurst Castle while following the Finger Lakes Wine

Trail. At Dresden, we'll head west for a SAG stop top at Spotted Duck, consistently voted the best ice cream stand in upstate NY. The Duck features farm fresh, small batch frozen custard made from duck eggs. After indulging, we'll head back north to Geneva for our second night.

Day 8: Sunday, August 29

Geneva to Pittsford

39 miles and 1,360 feet of elevation gain

Sad to say, this will be our last day riding together as we travel back to our starting point at the **Hilton Garden Inn** in Pittsford. We will leave Geneva and say goodbye to the Finger Lakes. Our final night is included in the tour price, which will allow those who flew to catch an early flight on Monday morning.



SPECIAL NOTES:

- For those traveling from the Denver metro area, the Sprinter will be available to transport bicycles (\$300 roundtrip). A lottery may be needed if demand exceeds available space.
- We are looking for people to drive the Sprinter out and back. Contact Jim for more information on this opportunity.
- Electric bicycles and tandems, please read the answer to the FAQ: *Are e-bikes and tandems allowed on HeartCycle tours?*
<https://www.heartcycle.org/frequently-asked-questions>
- Bike rentals are available from **Towpath Bike** in Pittsford, 3 miles from our starting hotel. Contact Gail for more information on rentals.

For more information contact:

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