When you experience rolling hills, winding roads, and magnificent views, you understand that there’s a perfect harmony between revolutions of the wheel and a revelation of the world around you. Riders of all levels will enjoy these signature tours through the heart of the Hudson Valley, stopping at a variety of charming towns and quaint villages along the way. There’s a story down every road in Dutchess County; hop on your bike and discover yours.

Walkway Over The Hudson State Historic Park
Poughkeepsie, NY
How To Use This Guide

Dutchess County is an incredible experience for bike riders of all levels. To make sure you get the most out of your bike tour, we’ve designed this guide to help you choose the tours that are right for you. From easy to advanced, each tour’s grade is based on key factors like length and elevation. You can also use the map legend to gain insight into the type of road, amenities and facilities on your route of choice. So, all you need to do is find your road, and enjoy the ride.

1. Beacon & Glenham
   - Grade: Easy
   - Length: 10.0 miles
   - Elevation Gain: 505 feet

2. Harlem Valley Rail Trail, Amenia/Wassaic Loop & Dover
   - Grade: Moderate
   - Length: 52.3 miles
   - Elevation Gain: 1,125 feet

3. Pawling & Quaker Hill
   - Grade: Advanced
   - Length: 12.3 miles
   - Elevation Gain: 925 feet

4. Pleasant Valley & Staatsburg
   - Grade: Moderate
   - Length: 22.3 miles
   - Elevation Gain: 525 feet

5. Rhinecliff, Rhinebeck & Annandale-on-Hudson
   - Grade: Moderate
   - Length: 22.4 miles
   - Elevation Gain: 525 feet
   - Part of the Empire State Trail

6. WRS Dutchess Rail Trail & Walkway Over the Hudson
   - Grade: Easy
   - Length: 57.6 miles
   - Elevation Gain: 515 feet
   - Part of the Empire State Trail
BIKE TOUR 1
Beacon & Glenham

EASY
LENGTH 10.0 M ELEVATION GAIN 505 FT

START: Beacon Train Station

0.1 EXIT Railroad Dr. & turn RIGHT on Beekman St.
0.4 RIGHT on Wolcott Ave.
1.7 LEFT on Howland Ave.
2.2 STRAIGHT on Depuyster Ave.
2.8 SLIGHT RIGHT on Washington Ave.
4.1 LEFT on Maple St.
4.2 RIGHT on Old Glenham Rd.
5.0 TURN AROUND at Main St. (Rte. 52) and head back down Old Glenham Rd.

5.8 LEFT on Maple St.
6.9 RIGHT on Washington Ave.
7.8 STRAIGHT on E. Main St.
7.9 VEER RIGHT to remain on E. Main St.
8.2 RIGHT on Main St.
8.3 LEFT on Verplank Ave.
9.2 LEFT on North Ave.
9.5 RIGHT on Beekman St.
9.9 RIGHT on Railroad Dr.
10.0 RIDE COMPLETE

This route surrounds the city of Beacon’s picturesque, walkable main street corridor and offers plenty to do if you’d like to make a pit stop or two. Don’t miss Dia Beacon, a large collection of contemporary art housed in a former Nabisco box printing factory on the banks of the Hudson River. Sit awhile or launch a kayak on the river from Scenic Hudson’s Long Dock Park. Enjoy a seasonal, locally-sourced meal with a view of Beacon Falls at The Roundhouse—a former factory transformed into a boutique hotel and award-winning restaurant.
A DAY SPENT IN THE HARLEM VALLEY IS ONE FILLED WITH fresh air, great food and inspiration. Visit the Wassaic Project, in the hamlet of Wassaic, which presents contemporary art in the renovated Maxon Mills grain elevator. In Dover, take a short, easy hike to Dover Stone Church—a natural stone cave and stunning waterfall. Take in the scenic countryside as you ride into Amenia's hamlet of Leedsville for a bite at Troutbeck's restaurant. This historic estate has been a home to romantics, naturalists, and humanists for centuries. Next, in Millerton, take your pick from 250 varieties of tea, blended in Harney & Sons' factory, before pedaling along the Harlem Valley Rail Trail.

START: Wassaic Train Station

0.0 LEFT on Rte. 22
0.5 LEFT on Furnace Bank Rd.
0.7 RIGHT on Main St.
0.8 RIGHT on Old Rte. 22
1.6 STRAIGHT on S. Amenia Rd.
2.7 RIGHT on Kent Rd.
3.6 STRAIGHT on Sinpatch Rd.
4.5 VEER RIGHT at the fork with Benton Rd. to remain on Sinpatch Rd.
4.7 LEFT on Poplar Hill Rd.
7.7 RIGHT on Maple Ln.
8.2 STRAIGHT on Mill St.
8.6 TURN AROUND at Wing Ave. and head back down Mill St.

9.0 STRAIGHT on Maple Ln.
9.5 LEFT on Poplar Hill Rd.
12.5 RIGHT on Sinpatch Rd.
13.6 STRAIGHT on Kent Rd.
14.5 RIGHT on S. Amenia Rd.
15.2 STRAIGHT on Amenia Union Rd.
17.0 VEER LEFT at the fork onto Leedsville Rd.
17.6 LEFT on Leedsville Rd.; follow to end
19.5 LEFT on NY-343
20.8 RIGHT onto the Harlem Valley Rail Trail
27.8 FOLLOW TRAIL through Millerton*
34.7 TURN AROUND at Boston Corners Rd.
52.3 FOLLOW TRAIL back to Wassaic Train Station
52.3 RIDE COMPLETE

Looking to camp? Within a 20-minute bike ride of this route are two great options!

TACONIC STATE PARK RUDD POND
59 Rudd Dr, Millerton, NY 12546
(518) 789-3059

TACONIC STATE PARK COPAKE FALLS
253 NY-344, Copake Falls, NY 12517
(518) 329-3993

*Elevation information excludes Rail Trail north of Millerton, but the path is relatively flat.
BEGIN YOUR RIDE IN PAWLING, WITHIN ITS QUAIN'T village. Start or finish your day at McKinney & Doyle for made-from-scratch baked goods and delicious American cuisine. Relax awhile at Lakeside Park and enjoy fishing, swimming and boating in Green Mountain Lake. Pedal through country vistas in the hamlet of Quaker Hill, an area colonized in the 1720s and understood to have been part of the Underground Railroad. Don't miss a chance to tour the John Kane House—George Washington established his headquarters here for two months during the Revolutionary War!

BIKE TOUR 3

Pawling & Quaker Hill

ADVANCED LENGTH 12.3 M ELEV. GAIN 925 FT

START: Pawling Train Station

0.0 LEFT on Charles Colman Blvd.
0.2 LEFT on E. Main St.
1.0 STRAIGHT on Quaker Hill Rd.
2.7 VEER LEFT at fork with Glen Arden Dr. to remain on Quaker Hill Rd.
3.3 VEER RIGHT at fork with Reservoir Rd. to remain on Quaker Hill Rd.
4.2 LEFT on Old Quaker Hill Rd.
6.9 LEFT on N. Quaker Hill Rd.
9.2 LEFT on Dewey Ln.
9.9 RIGHT on Reservoir Rd.
11.0 RIGHT on State Rte. 55
11.2 LEFT on Old Rte. 22
11.3 STRAIGHT on Corbin Rd.
11.7 LEFT on Charles Colman Blvd.
12.3 RIDE COMPLETE
THE QUINTESSENTIAL COUNTRYSIDE RIDE, YOU’LL quickly realize why we call this place “Pleasant Valley.” Visit Bower Park, which features an updated universally accessible playground for people of all abilities, a picnic area and access to forest trails. Enjoy award-winning wines from a tasting room with farmland views at Milea Estate Vineyards in Staatsburg, then enjoy some comfort food at the Village Restaurant & Pancake Factory in town—offering 30 varieties of pancakes and waffles, plus a gluten-free menu.

**BIKE TOUR 4**

**Pleasant Valley & Staatsburg**

**MODERATE**  **LENGTH 22.3 M**  **ELEV. GAIN 525 FT**

**START:** Pleasant Valley Town Hall

- 0.0 **RIGHT** on Main St.
- 0.9 **LEFT** on Creek Rd.
- 4.0 **STRAIGHT** on Scout Rd.
- 5.2 **LEFT** on Hibernia Rd.
- 6.0 **RIGHT** on Salt Point Turnpike
- 6.1 **LEFT** on Clinton Hollow Rd.
- 9.3 **LEFT** on Hollow Rd.
- 9.5 **RIGHT** on E. Meadowbrook Ln.
- 11.0 **RIGHT** on W. Meadowbrook Ln.
- 11.8 **RIGHT** on Hollow Rd.
- 12.7 **LEFT** on N. Quaker Ln.
- 16.7 **LEFT** on Netherwood Rd.
- 17.8 **RIGHT** on Gretna Rd.; follow to end
- 20.2 **LEFT** on Salt Point Turnpike
- 20.3 **RIGHT** on Wigsten Rd.
- 20.9 **STRAIGHT** on Sherow Rd.
- 21.3 **RIGHT** on North Ave.
- 22.1 **RIGHT** on Main St.
- 22.3 **LEFT** at Pleasant Valley Town Hall
- **22.3 RIDE COMPLETE**
For a ride that’s both scenic and historic, begin in the hamlet of Rhinecliff and head toward Bard College in Annandale-on-Hudson. Here you can visit the campus’ Blithewood Gardens, visit the Hessel Museum of Art and the Fisher Center. Stop by Scenic Hudson’s Poets’ Walk Park in Red Hook for a picnic and spectacular views. Or have a meal in the Beekman Arms & Delamater Inn’s landmark tavern in Rhinebeck—America’s oldest continuously operating inn features a colonial tap room and an open-hearth fireplace. Don’t miss the Wilderstein Historic Site in Rhinebeck—home of President Franklin D. Roosevelt’s cousin and confidant Margaret “Daisy” Suckley.

**BIKE TOUR 5**

**Rhinecliff, Rhinebeck & Annandale-on-Hudson**

*Part of the Empire State Trail*

**MODERATE**  
LENGTH 22.4 M  
ELEV. GAIN 525 FT

**START:** Rhinecliff Train Station

- 0.0 **EXIT** Hutton St. and turn **LEFT** on Charles St.
- 0.2 **SLIGHT LEFT**; Charles St. becomes Rhinecliff Rd.
- 1.0 **VEER LEFT** onto River Rd.
- 7.3 **STRAIGHT** on Annandale Rd.
- 7.4 **LEAVE ROAD** and **MERGE LEFT** onto Annandale Pedestrian/Bike Path, following Annandale Rd.
- 8.3 **RIGHT** on County Road 103/Annandale Rd. at Cruger Island Rd.
- 8.5 **RIGHT** on Campus Rd.
- 9.2 **LEFT** on Annandale Pedestrian/Bike Path, following Annandale Rd.
- 9.5 **STRAIGHT** on River Rd.
- 10-16 **STRAIGHT**
- 15.8 **LEFT** on Rhinecliff Rd.
- 16.7 **STRAIGHT** on W. Market St.
- 17.0 **RIGHT** on Mill St.
- 17.5 **RIGHT** on Mill Rd.
- 19.9 **RIGHT** on Morton Rd.
- 21.8 **STRAIGHT** on Kelly St.
- 22.2 **VEER LEFT** at fork to remain on Kelly St.
- 22.2 **STRAIGHT** on Charles St.
- 22.3 **LEFT** on Hutton St.
- 22.4 **RIDE COMPLETE**
This family-friendly ride is paved with no vehicular traffic. Start at the Hopewell Depot trailhead in Hopewell Junction and check out the museum of the same name to learn about this former Maybrook rail corridor. Between Hopewell Junction and Pawling, pass by dense woods, farm fields, ponds and wetlands. Grab a bite at P.C.’s Paddock or Lola’s Café in Poughkeepsie, or enjoy your own snacks with a stop at College Hill Park—the largest park in the City of Poughkeepsie offers trails, playgrounds, and a golf course. And the Walkway Over the Hudson—the longest, elevated pedestrian bridge in the world—provides spectacular views of the Hudson River Valley.

Start: Dutchess Rail Trail Hopewell Trailhead

- 0.0 EXIT Parking & turn RIGHT on Dutchess Rail Trail
- 1.7 CROSS the Taconic State Parkway
- 14.8 TURN AROUND at Holmes Rd.
- 27.9 CROSS the Taconic State Parkway
- 29.6 CONTINUE PAST Hopewell Depot
- 32.1 CROSS NY-376
- 39.2 CROSS Dutchess Turnpike (Rte. 44)
- 42.3 CONTINUE onto Walkway Over the Hudson Path
- 43.6 TURN AROUND once across the river and head back using Walkway Over the Hudson Path
- 44.9 CONTINUE onto Dutchess Rail Trail

48.0 CROSS Dutchess Turnpike (Rte. 44)
55.1 CROSS NY-376
57.6 REACH Hopewell Trail Parking
57.6 RIDE COMPLETE

*Elevation information excludes Rail Trail east of Hopewell Junction, but the path is relatively flat.

Here we’ve provided our Dutchess County portion of the Empire State Trail, which is a 750-mile path connecting people to New York’s spectacular natural beauty, cultural heritage, iconic landscapes and unparalleled outdoor recreation opportunities. The trail connects urban centers, village main streets and rural communities from New York City through the Hudson River Valley, west to Buffalo along the historic Erie Canal, and north to the Adirondacks. For more information, visit empiretrail.ny.gov.
BIKEWAY Wappingers Falls
Wide variety of bikes available: new and used, rentals, repairs, sales and accessories. Local rides and clubs.
1581 Route 376, Wappingers Falls, NY 12590
(845) 463-7433 | bikeway.com

BREAKAWAY CYCLES, INC. Rhinebeck
Full-service shop performing repairs and tune-ups. Full selection of bikes for sale. Group rides.
6795 Route 9, Building B, Rhinebeck, NY 12572
(845) 943-2892 | breakawaycycles.bike

COLD SPRING BIKE RENTAL & TOURS Beacon
All-inclusive bike rental company providing individual bike rentals and tours on- and off-road.
Scenic Hudson’s Long Dock Park, 23 Long Dock Rd. Beacon, NY 12508 (near South East parking lot)
(845) 390-1932 | coldspringbikerentaltours.com

LEISURE RIDE BIKE RENTAL Poughkeepsie
Bicycle sales and rentals. Family 5-seaters, 2-seaters and individual bikes available. Day and hourly rates. Delivery available to the Walkway Over the Hudson.
266 Titusville Rd., Poughkeepsie, NY 12603
(845) 486-8125 | leisureridebike.com

PEOPLES BICYCLE Beacon
Bike rentals available within walking distance of the Beacon Train Station. Locks and rider helmets included. Reservations available online.
430 Main St., Beacon, NY 12508
(845) 765-2487 | peoplesbicycle.com

PV BICYCLE SHOP Pleasant Valley
Repairs, large selection of new and used bikes. Accessories for beginners and pros. Rentals available.
1557 Main St./Route 44, Pleasant Valley, NY 12569
(845) 635-3161 | pvbikeshop.com

RHINEBECK BICYCLE SHOP Rhinebeck
Service repairs, daily rentals, sales & accessories, group rides.
10 Garden St., Rhinebeck, NY 12572 | (845) 876-4025

VINTAGE FIXIE Poughkeepsie
Road bicycle repairs and rentals available. Wide selection of vintage road bikes and electric bikes for sale.
322 Main St., 2nd Floor, Poughkeepsie, NY 12601
(845) 489-7642 | facebook.com/vintagefixie

WASSAIC COMMONS Wassaic
Full-service bike shop offering repairs, rentals, new bikes, and accessories.
3 Main St., Wassaic, NY 12592
(845) 789-1493 | wassaiccommons.com

WHEEL AND HEEL Wappingers Falls
Bike rentals, repairs, sales & accessories, discounts, rides and events.
2658 E. Main St., Wappingers Falls, NY 12590
(845) 632-3050 | wheelandheel.com

Biking is a passion in Dutchess County.
And many of our dedicated riders also own bike shops in the region—providing gear, maintenance, rentals and expert advice to visiting riders. Stop into any one of them for some small town charm and to get some helpful tips on how to get the most out of your ride.

The train is an easy and convenient way to get your bike to Dutchess County. Just check your local train schedules and get you and your bike on board.

new.mta.info/guides/bikes
amtrak.com/bring-your-bicycle-onboard
For digital versions of all maps please visit DutchessTourism.com/bikeride

To the best of our knowledge, the information in this guide is correct as of 12/1/20. We recommend that you contact a site before visiting. This guide lists only those sites that are open to the general public and wish to be included. Listings do not represent an endorsement. The programs provided by this agency are partially funded by monies received from the County of Dutchess.

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