

Fun For Cure, Inc.

www.funforcure.org

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Fun For Cure, Inc.
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Flo Pecoraro TRS MEd Founder
Program Leader

Fun For Cure, Inc. Presents:

BREAK the CYCLE!!!

TRY IT! YOU'LL BIKE IT!!!

"Go with the FLO" 2 bike tour Options from Westchester County to the Adirondacks, NY

For families and kids with special and medical needs!

Where "the Journey is the Goal!"

Therapeutic Travel and Cycling

September 7 - 14, 2026

This 8-day trip (September 7–14, 2026) is challenging but definitely possible for families and kids with special and medical needs! It features fully paved, car-free pathways and accessible scenic train options. Should any medical or other incidences occur, we will be in touch along the way and send for immediate medical help! There are towns and communities along the route so there are ample places to rest, eat, and use any facilities needed! Lodging is also part of the trip and all costs are the responsibility of the riders/families. We will apply for donations and group rates regarding lodging and eateries- and we will send you the lists of cooperating businesses/restaurants/facilities!

● Option A: The "Full Adventure" Tour (Most Active)

- **What it is:** The ultimate bicycling experience.
- **The Route:**
 - **Days 1–3:** Your group bikes **102 total miles** mostly car-free from Yonkers up to Kingston along smooth rail trails (including the famous *Walkway Over the Hudson*).
 - You will take **one or two nights lodging** in one of the historic towns you pass along the way (Tarrytown, Brewster, Poughkeepsie, New Paltz, etc.)

- **If you would rather take the train part of the way, you can hop on the AMTRAK in Tarrytown or Croton Falls and stay until you reach Poughkeepsie!!!**
- At Poughkeepsie you can choose to **take the train right to Albany** or you can cycle over the Walkway Over the Hudson up to New Paltz.
- From New Paltz you can cycle the trail up to Kingston and then over the **1.5mile bridge to Rhinecliff** to take the train to Albany. This bridge has car traffic, which you can avoid if you walk your bike on the sidewalk.
- **Mid-way Train:** Catch a smooth train from Rhinecliff to Albany.
- **Days 4–6:** Cycle another **94 miles** along the flat, scenic Erie Canalway Trail.
- For **lodging** in many of the **beautiful, historic towns** (I suggest Amsterdam, Rome, Little Falls, or you will pass along the way – contact: flo@funforcure.org or <https://empiretrail.ny.gov/> Group rates may be possible, as well as Fun For Cure, Inc. **“Try it You’ll Bike it!” Tour** passes
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- **Best for:** Families looking for maximum physical activity and lots of bicycle riding.

● Option B: The "Balanced Train & Bike" Tour (Easier Choice)

- **What it is:** Skips the first massive bike stretch in favor of a relaxing train ride.
- **The Route:**
 - **Part 1:** Board the Amtrak train at Yonkers and ride straight past the lower Hudson Valley directly to Albany.
 - **Part 2:** Hop on your bikes at the Albany waterfront for a flat, **3-day, 94-mile cruise** along the historic Erie Canalway Trail to Utica. You will sleep in historic, bike-friendly towns like Little Falls along the way.
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- **Best for:** Families wanting a lighter, highly scenic biking experience.

● Option C: The "Lazy Dayz" Tour (Train Only to Utica)

- **What it is:** Zero bicycling until you actually arrive safely inside the mountain boundaries.
- **The Route:** Board the Amtrak *Empire Service* train in Yonkers and enjoy a completely direct, stress-free ride straight through to Utica Union Station. Your bikes stay secured on the train, meaning no transfers or unloading required in Albany.
- **Best for:** Families, younger children, or riders with medical needs who want to save all their energy for the mountains.

🌲 The Grand Finale: Entering the Adirondacks!

No matter which option your families choose above, **the entire group reunites in Utica** for a completely accessible, car-free mountain finale!

1. **The Wilderness Train (Utica to Tupper Lake):** The whole group boards the *Adirondack Railroad's High Peaks Limited*. This gorgeous, 4.5-hour train journey securely transports your bikes **100% free of charge** while you relax and look at remote forests and lakes.
2. **The Adirondack Rail Trail (Tupper Lake to Lake Placid):** Step right off the train and onto a pristine, **100% car-free, flat stone-dust path**. It is a gorgeous, safe 34-mile glide right past mountain lakes, finishing directly at the Olympic Village in Lake Placid where families can relax, rent an Airbnb, and explore.
3. **DAY 8 – Hop on the Adirondack Train back down to Westchester County YAY! We DID it!!!!**