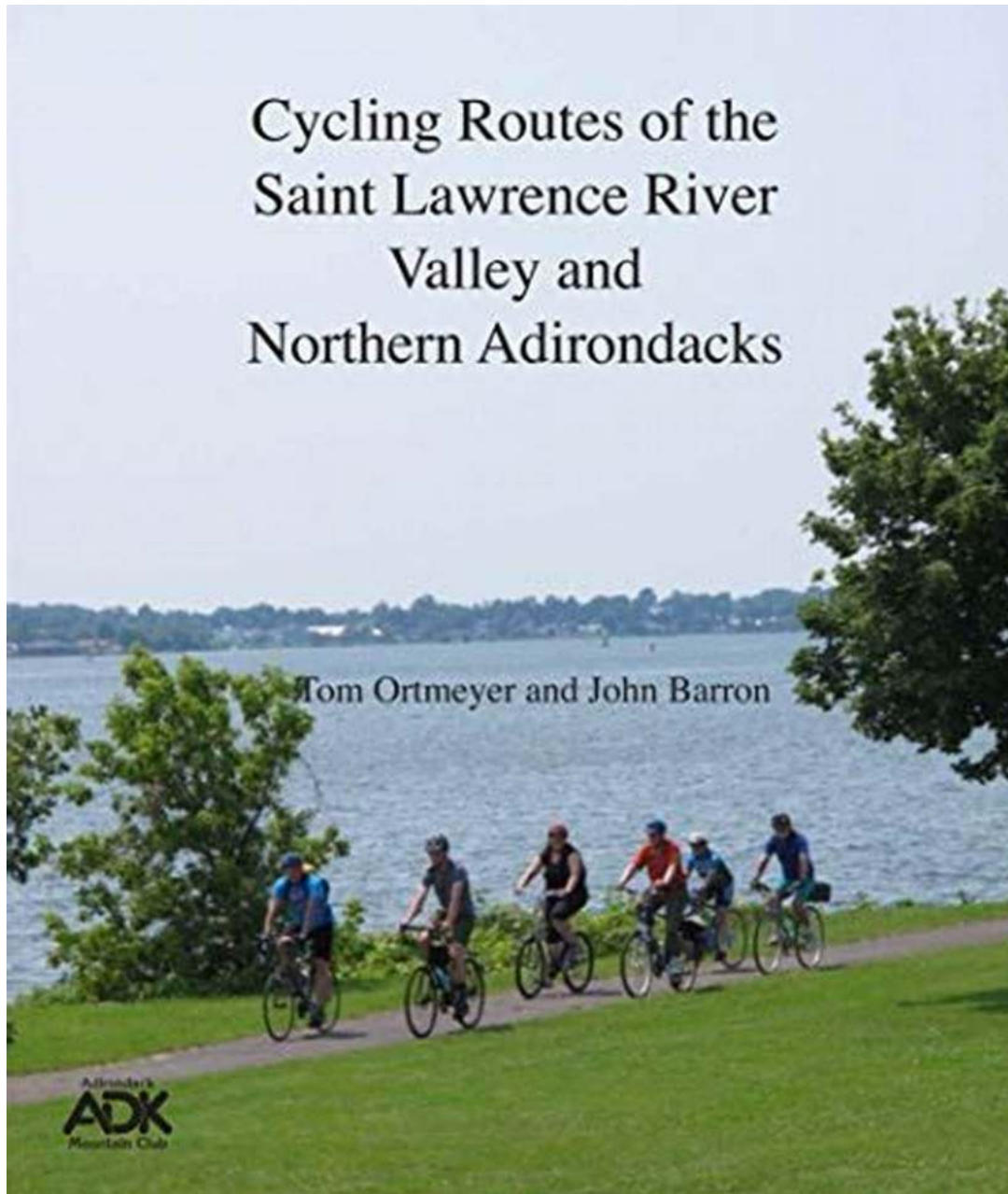


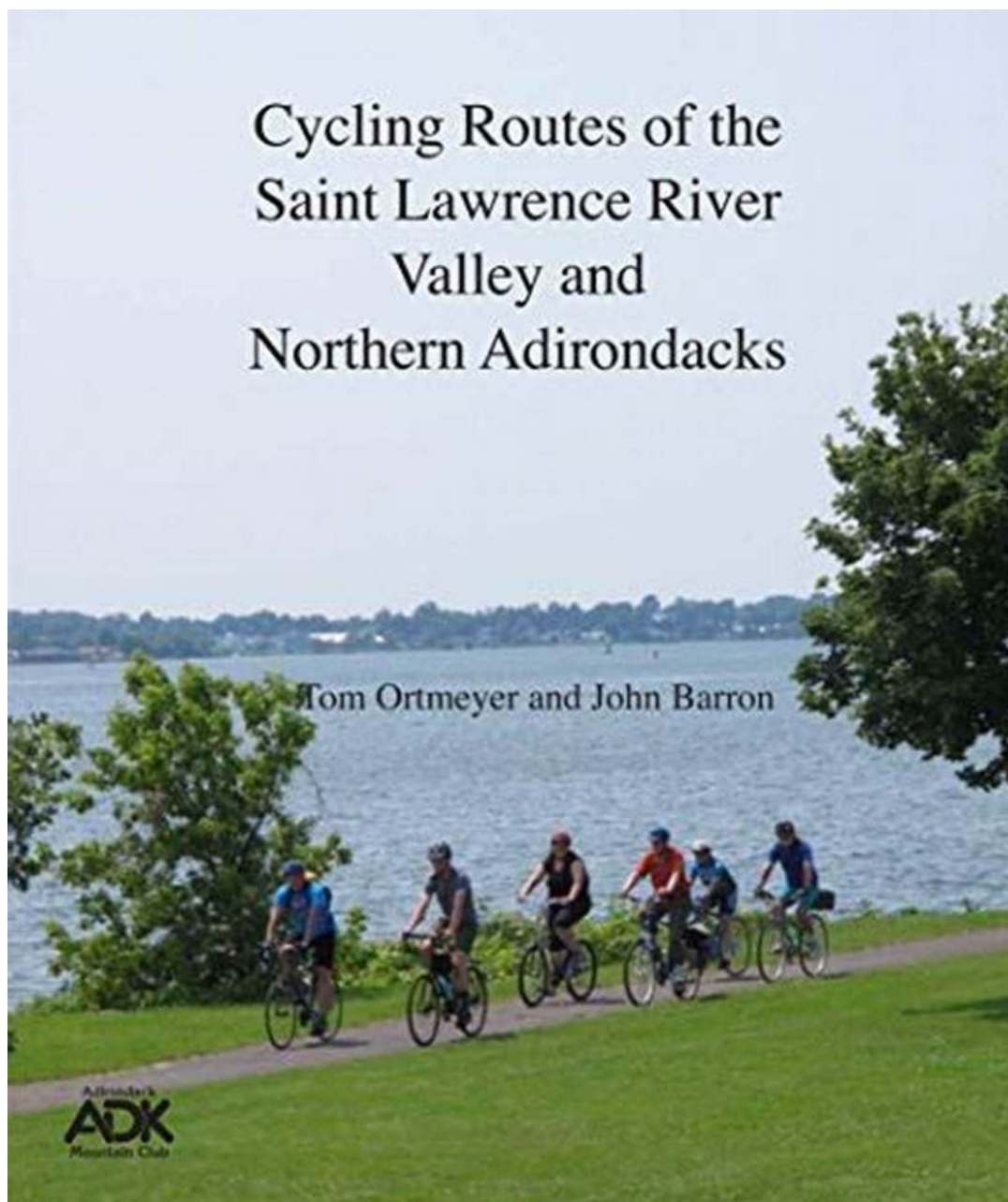
The Ultimate Guide to Cycling Routes of the Stunning Saint Lawrence River Valley and Northern Adirondacks

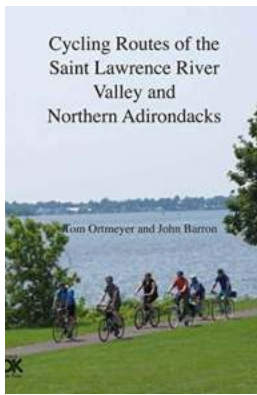


Are you an adventurous cyclist looking to explore breathtaking landscapes and picturesque routes? Look no further! The Saint Lawrence River Valley and

Northern Adirondacks offer some of the most awe-inspiring cycling routes that will take your breath away. Whether you are a seasoned cyclist or a beginner, these routes cater to all levels of expertise, offering unforgettable experiences and mesmerizing natural beauty along the way.

1. Seaway Trail





Cycling Routes of the Saint Lawrence River Valley and Northern Adirondacks by Sever Bronny (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English
File size : 39736 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 188 pages



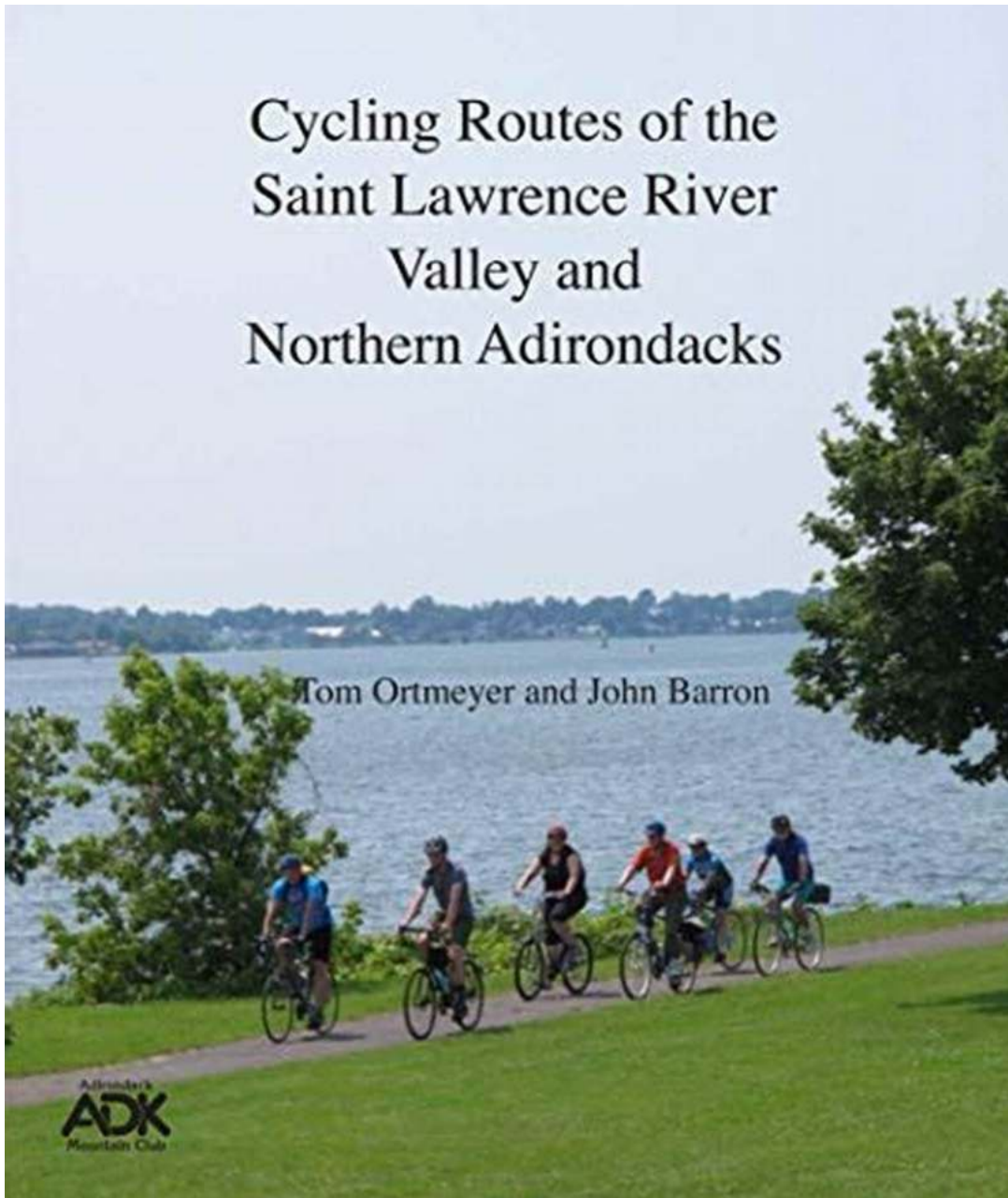
The Seaway Trail is a remarkable cycling route that stretches for 518 miles along the scenic Saint Lawrence River and Lake Ontario. This route takes you through charming lakeside towns, historic villages, and lush vineyards. As you cycle along, the sparkling waters of the river will accompany you, offering a sense of tranquility and serenity.

This trail is perfect for those seeking a mix of challenging terrains and stunning natural beauty. The Seaway Trail offers a variety of cycling paths, from flat and leisurely sections to more hilly and exhilarating stretches. Along the way, you will encounter breathtaking views of the river, iconic lighthouses, and even opportunities to spot rare bird species.

2. Olympic Trail Loop

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Tom Ortmeyer and John Barron

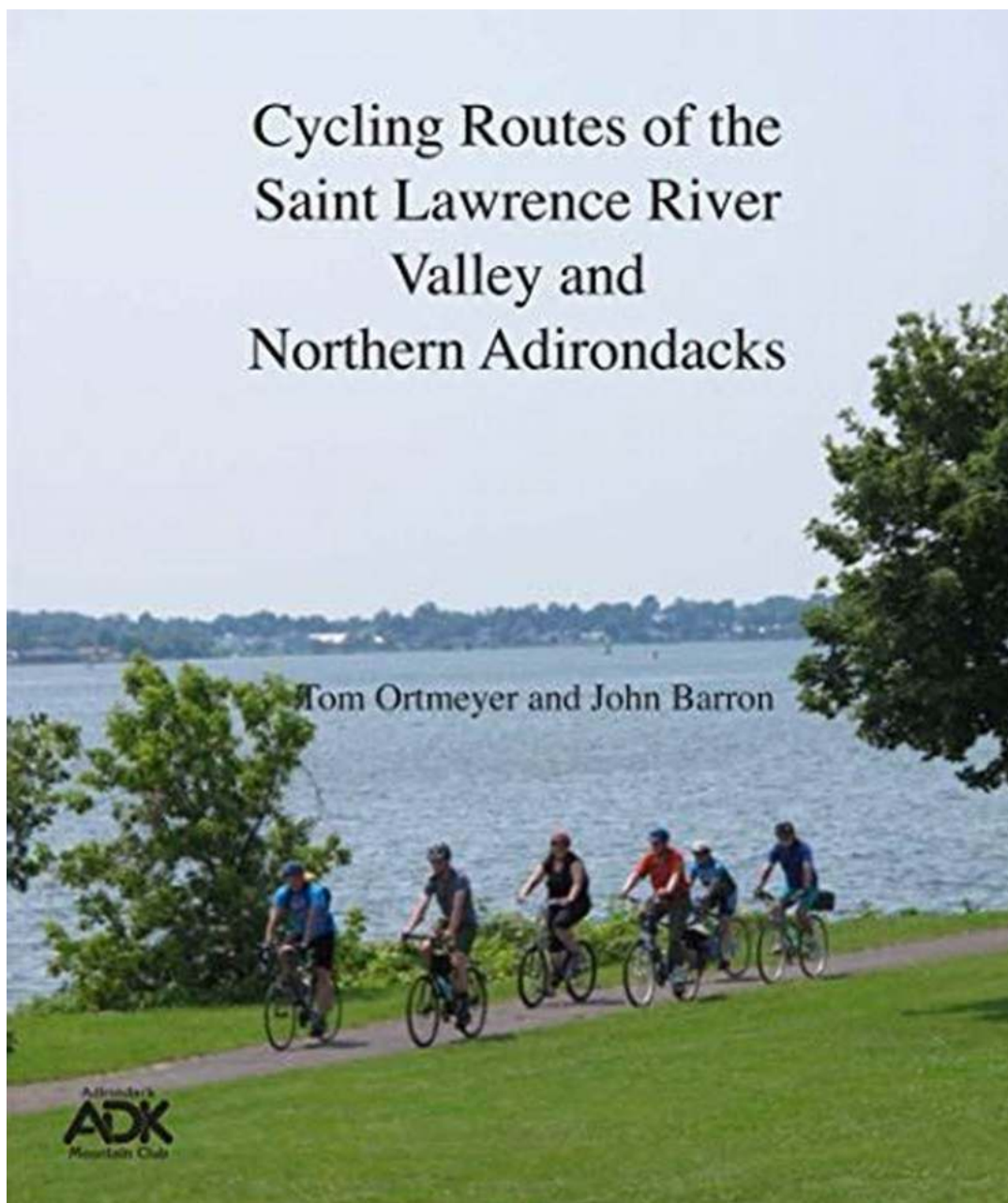


If you are looking for an immersive cycling experience blended with a touch of Olympic history, the Olympic Trail Loop is perfect for you. This 140-mile loop takes you through the heart of the Adirondack Park, where the 1980 Winter Olympics were held.

The Olympic Trail Loop showcases the natural beauty of the region, with stunning mountain vistas, shimmering lakes, and lush forests. As you pedal through this

route, you will also pass by iconic Olympic landmarks, such as the ski jumps and the Olympic Sports Complex. It's a unique opportunity to combine your passion for cycling with a glimpse into Olympic history.

3. River's Bend Trail



For those seeking a more relaxing and leisurely cycling experience, the River's Bend Trail is the perfect choice. This 40-mile route meanders through charming

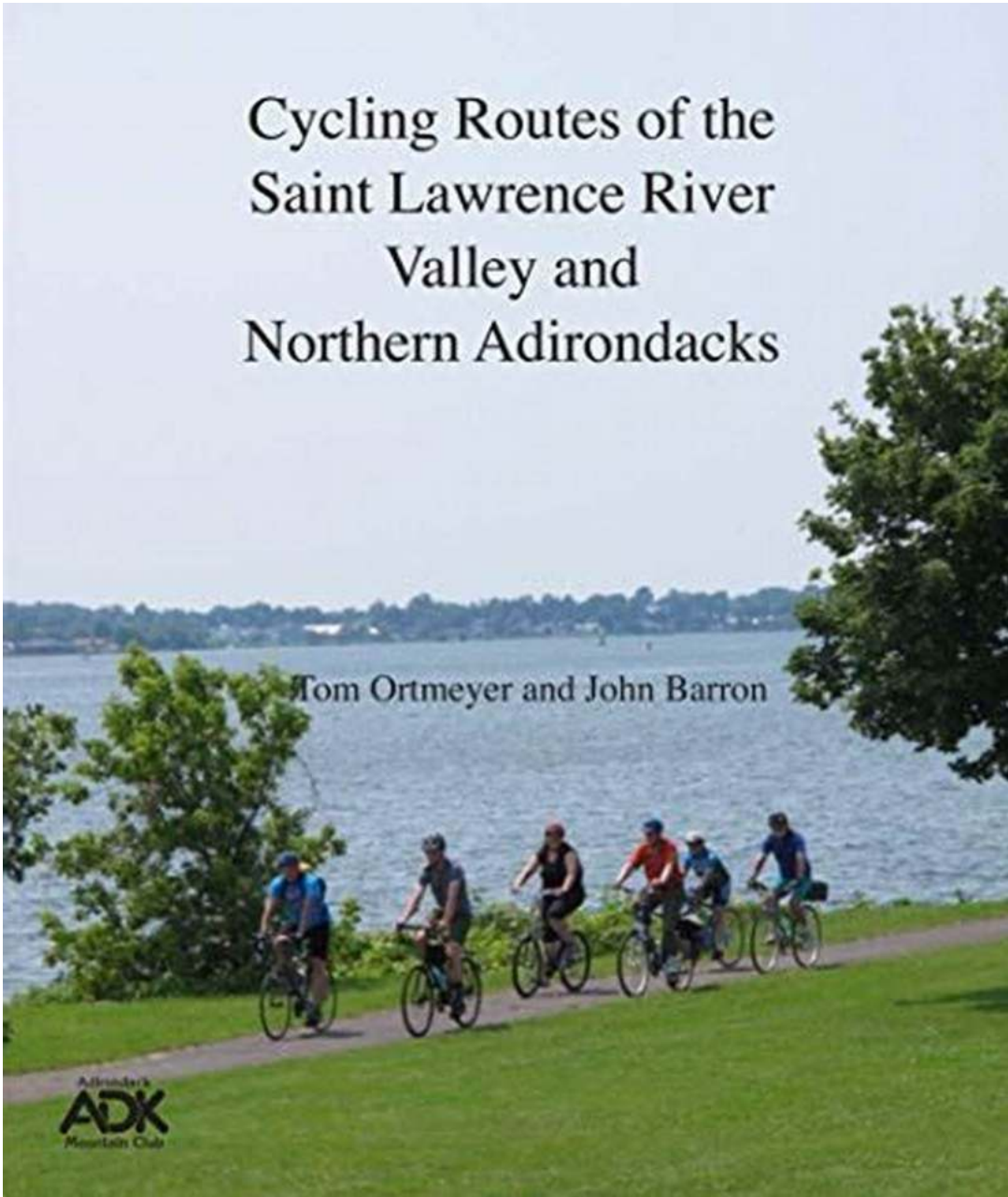
riverside towns and offers stunning views of the Saint Lawrence River.

The River's Bend Trail allows you to immerse yourself in the local culture, as you can stop by small cafes, browse through artisan shops, and even witness local festivals if you time your visit right. Along the way, you will also have numerous opportunities to capture breathtaking photos of the river, lush greenery, and historic landmarks.

4. Thousand Islands Parkway

Cycling Routes of the Saint Lawrence River Valley and Northern Adirondacks

Tom Ortmeyer and John Barron



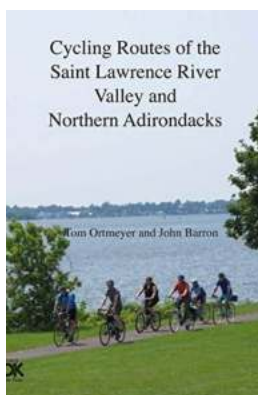
The Thousand Islands Parkway is an idyllic cycling route that stretches for 37 miles along the Canadian side of the Saint Lawrence River. As the name suggests, this route takes you through a cluster of stunning islands, each with its unique charm and character.

Cycling through the Thousand Islands Parkway offers a mix of peaceful, tree-lined sections, as well as awe-inspiring panoramic views of the river and the

islands. Along the way, you can stop at various lookout points, picnic spots, and even take a break to explore picturesque castles, such as Boldt Castle and Singer Castle.

Exploring the cycling routes of the Saint Lawrence River Valley and Northern Adirondacks is a truly unforgettable experience. From the tranquil Seaway Trail to the immersive Olympic Trail Loop, these routes offer a perfect blend of natural beauty, historic landmarks, and cultural immersion.

So whether you are a cycling enthusiast looking for an adrenaline-packed adventure or someone seeking a more leisurely and scenic ride, the Saint Lawrence River Valley and Northern Adirondacks have something for everyone. Hop on your bike, soak in the breathtaking landscapes, and get ready for the ride of a lifetime!



Cycling Routes of the Saint Lawrence River Valley and Northern Adirondacks by Sever Bronny (Kindle Edition)

★★★★☆ 4.7 out of 5

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Cyclists who enjoy exploring the countryside between the St. Lawrence River and the Adirondack Mountains may be enthusiastic about a new guide to the region,

published in electronic form by the Adirondack Mountain Club (ADK) as Cycling Routes of the St. Lawrence River Valley and Northern Adirondacks.

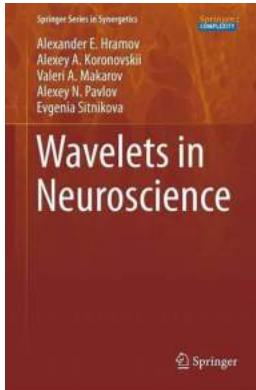
Two cycling trip leaders in the ADK Laurentian Chapter, Tom Ortmeyer of Potsdam, NY and John Barron of Ottawa, ON have incorporated experience gained over a number of years of leading trips on both the Canadian and U.S. sides of the St. Lawrence into a guidebook that will appeal to cyclists of all levels of fitness and ability.

The region is divided into five areas: the Northern Foothills of the High Peaks; the Northwestern Adirondacks; Massena/Cornwall area; Potsdam/Canton area; and the Thousand Islands. Each area offers several days of riding.

Each route has its own appeal, rewards, and challenges. Views include lakes and rivers, high panoramas, and historic sites. The rides range from twenty to fifty miles in length. Most are in rolling terrain, some are flat, and some involve long climbs and exhilarating descents. Some are known for wind, and can be much harder to cycle in one direction than the other. All route descriptions include a level of difficulty, maps, photos, GPS data, mileage charts, and intersection instructions.

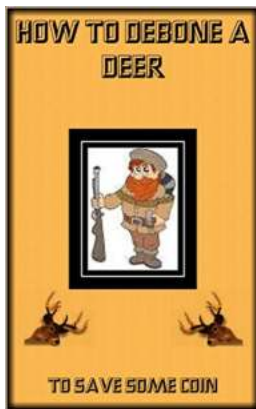
A handful of the routes are in Canada. Some of these follow cycling paths or parkways along the St. Lawrence River. One provides an to La Route Verte, Quebec's extensive long distance cycling network.

The book gives suggestions on where to stay for out-of-town visitors, and recommends sights not to be missed while in the region as well as pointing out opportunities for rewarding outdoor experiences that don't involve cycling (such as paddling and hiking).



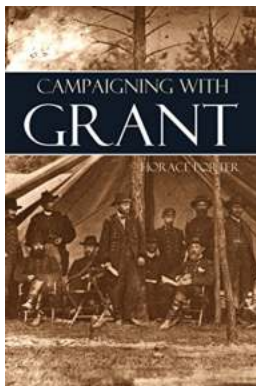
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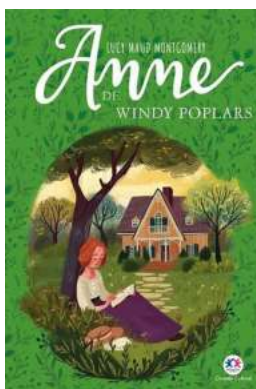
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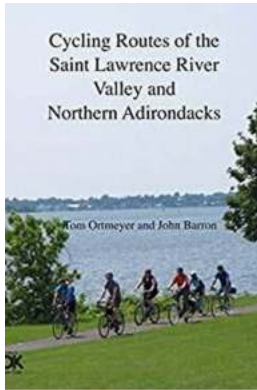
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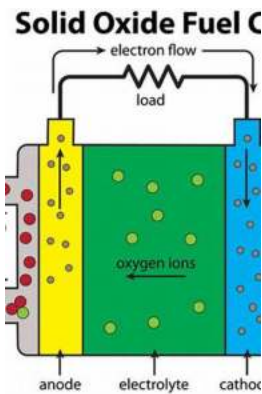
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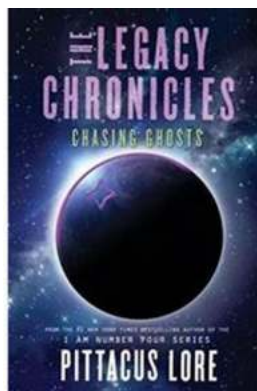
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