

# Ride guide :mountain biking in the New York metro area

Anacus Press - Bicycling & Greenways : NYC Parks



Description: -

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Mountain sheep.

New York Metropolitan Area -- Guidebooks

All terrain cycling -- New York Metropolitan Area --

GuidebooksRide guide :mountain biking in the New York metro area

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## Finger Lakes Biking

But many trains in the Hudson Valley require special permits or procedures for bicycles -- or do not permit bicycles. As for commuting: If your office has a freight elevator, your boss or the company you work for can to allow bike inside.

## New York

Getting to Rockaway means taking either the Gil Hodges or the Cross Bay bridges. Otisco holds bike paths for all levels of riders with the eastern side of the lake being a leisurely pace and the western side being a higher level of difficulty.

## Catskills Mountain Bike Trails

The Neversink River is thought to be the birthplace of American fly fishing, so pack your reel and tackle box and enjoy the ride.

## NYC DOT

Either way, you'll get stellar views of the Manhattan skyline, a solid dual bridge workout and a possible pit-stop at that to store your spare tires. Make the most of these miles by booking a farm stay at Hull-O Farms, exploring the historic district of Cornwallville, casting a line in Catskill Creek, or the trails of the Great Northern Catskills.

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