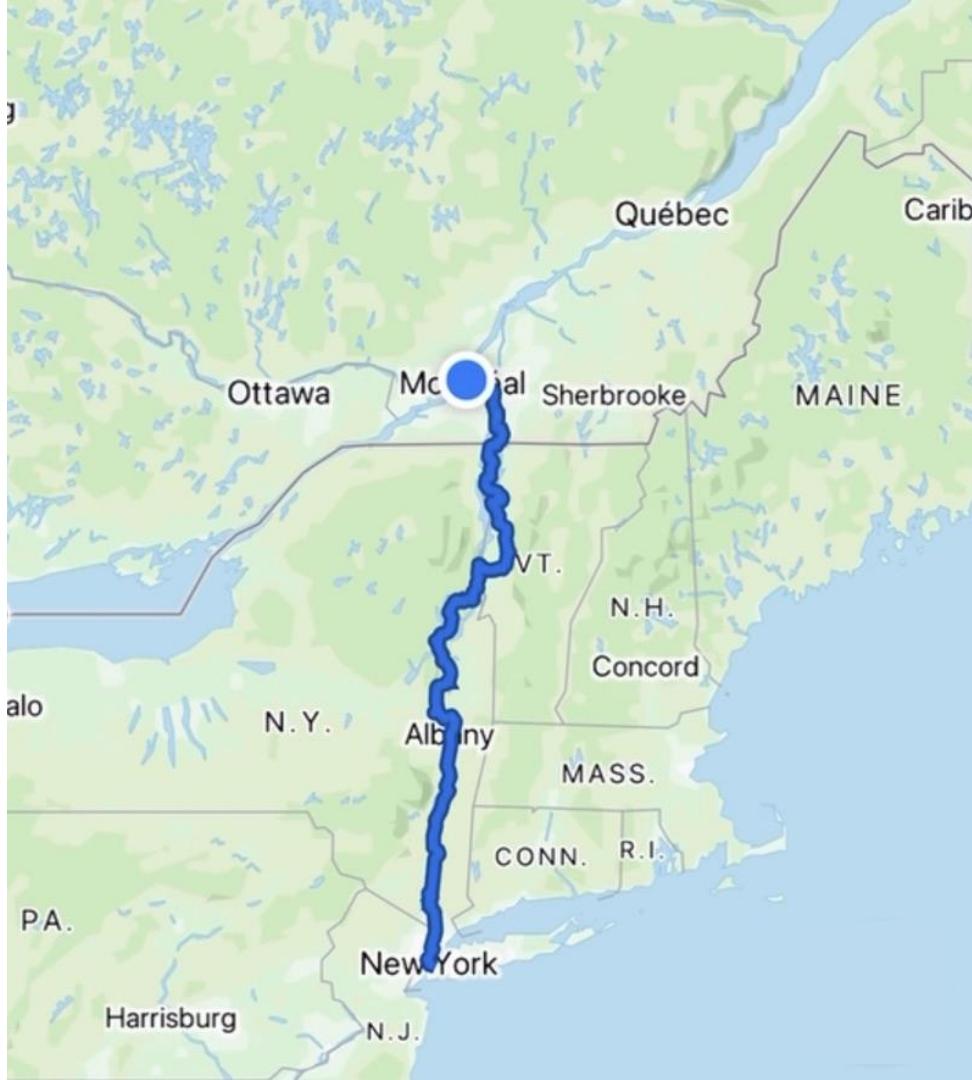


# How to Bike to Canada

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In Thirteen Easy Steps

# I biked from NYC to Montreal





**8 Days  
500 Miles  
60 Cliff Bars**

**YOU CAN  
DO IT TOO**

# **Step One: Get a Bike**

**ALUMINUM**



**TITANIUM**



**CARBON**



**STEEL**



**VS.**

ALUMINUM



Great

TITANIUM



Great

CARBON



Great

STEEL



Great

VS.



Bullhorns



Drop Bars



Riser Bars



Riser Bars & Oury Grips

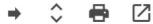


Pursuit Bars



# It doesn't have to be a good bike

Bike for Sale ➔



Devon Peticolas <devon@oden.io>  
to Everyone ▾

Wed, Mar 18, 2020, 12:59 PM



Hi all,

A global pandemic is either the best time or the worst time to sell a bicycle. On the one hand, no one is leaving their houses. On the other, if you must leave your house, you sure as heck don't want to take the subway.

So, in hopes this may be helpful to one of you or one of your friends I'd like to let you know that I'm selling my trusty and rusty Schwinn Varsity as I've replaced it with that beautiful shiny white and green space ship you may see me coming into the office on (back when we used to do that).

I love this bike. I got it in NJ for \$100 almost exactly 6 years ago and it carried me through my 20s in this city. I commuted on it almost daily, 3 seasons a year, for almost that entire time. It's seen 3 Five Boro Bike Tours and has done numerous rides to the beach, up the Hudson Bike Path, and the Palisades.

Like all great heroes in stories, its age is unknown. But given the lower position of the paddle shifters and top-position death-grip-brakes suggest its origin is somewhere between 1969 and 1981.

Features of this bike:

- 10 speeds, 4 of which I can confidently say work
- Twin-stick gear shift controls that give you almost no help in finding those 4 speeds
- Dual-position brake levers (but, tbh, it's only really safe to use the lower position)
- Rust! On almost all parts of the frame that effectively deters theft! (I would know, I've left this bike chained up outside for months at a time)
- An ultra-light all-steel weight of only 37lbs (yes I weighed it!)

The truth is this bike is a beater, but it has treated me well and is great for someone who needs a bike they can put regular use on and not worry about getting stolen. Most issues are actually cosmetic, when tuned it rides beautifully.

The price I'm asking is **\$50**. That being said, it currently has a flat tire and could use a new fresh chain (and honestly maybe a cassette given the whole 4 speeds thing) but there's a friendly bike shop at the corner of my street who can fix it up (making the total cost closer to \$100).

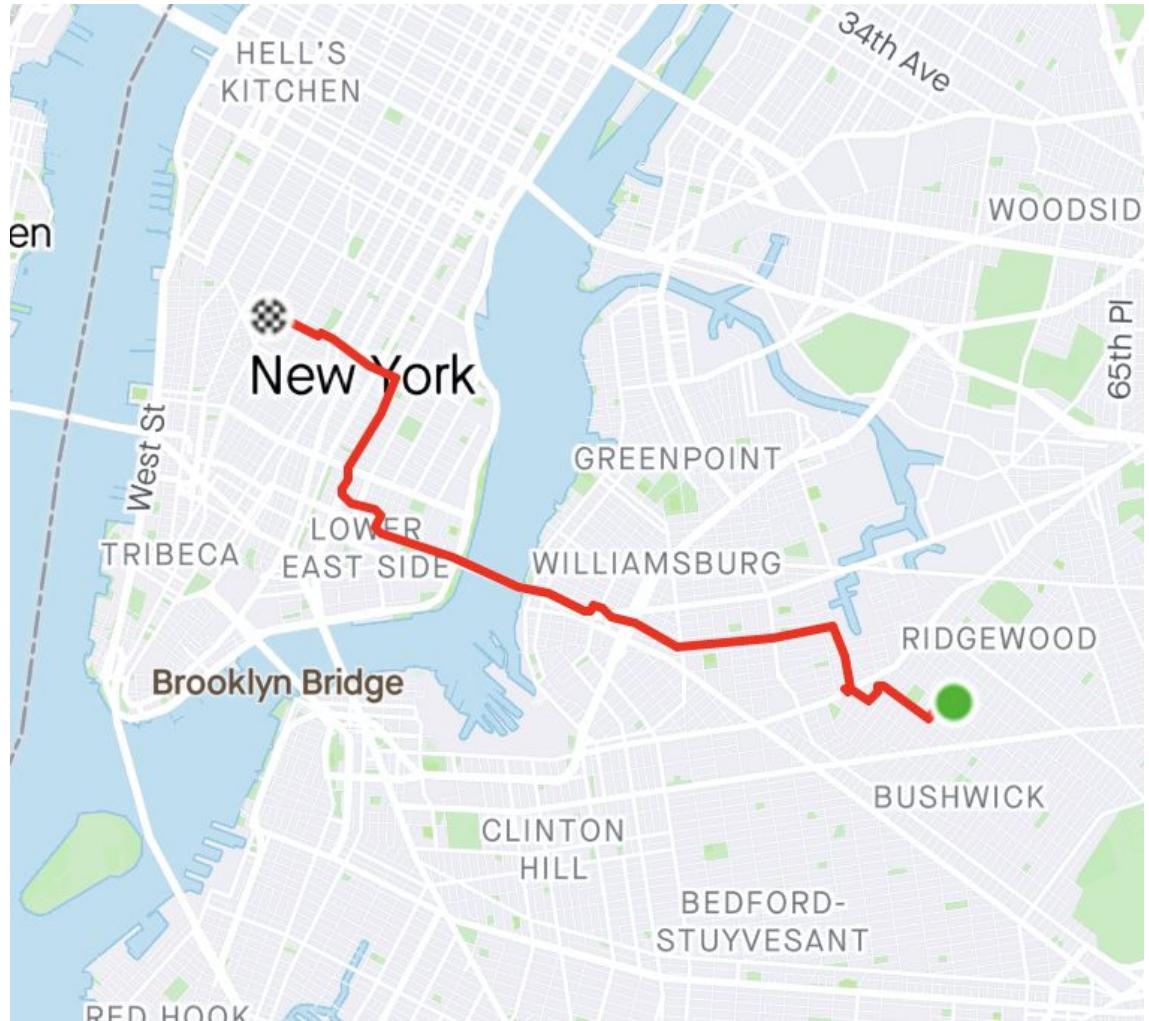
If you or someone you know wants to ride and love a cheap old bike and is willing to come to Crown Heights to get it, let me know.



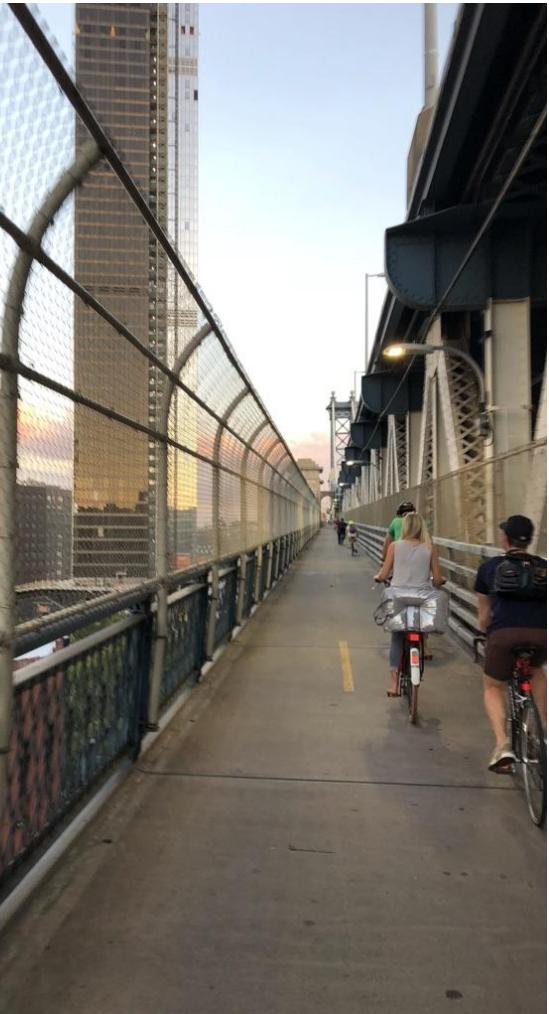
# **Step Two: Ride Your Bike**

## Commute on your bike

- My commute is 7 miles.
- You can do it 40 weeks of the year (March 1 to Dec 1)
- $7 \times 2 \times 5 \times 40 = 2800$  miles a year
- We have bike racks in the office!







**Step Three:  
Ride Your Bike  
Some More**

# Five Boro Bike Tour

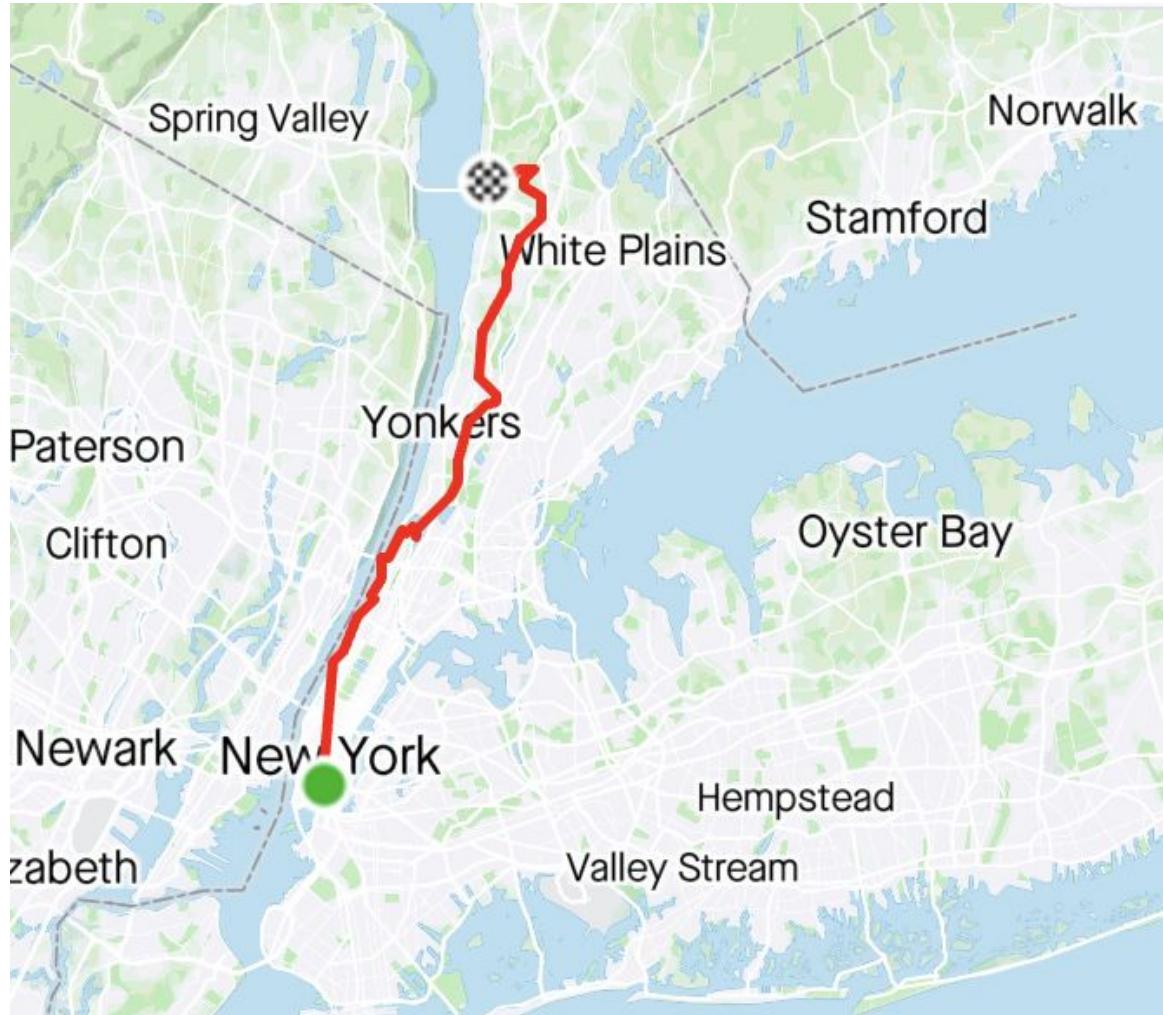
- 40 Miles
- Happens every March
- \$90ish to do it
- Closed Roads for bikers
- Very beginner/kid friendly!
- Snacks, water, bathrooms, and bike repair stations provided!
- You don't go fast





# Manhattan to Tarrytown

- Solid escape the city “beginner” ride
- 30 miles
- Take Metro North back (\$5 bike pass)
- You do get lost in the bronx
- Protected bike lane once you’re on Old Putnam Trail
- Get ice cream in Tarrytown

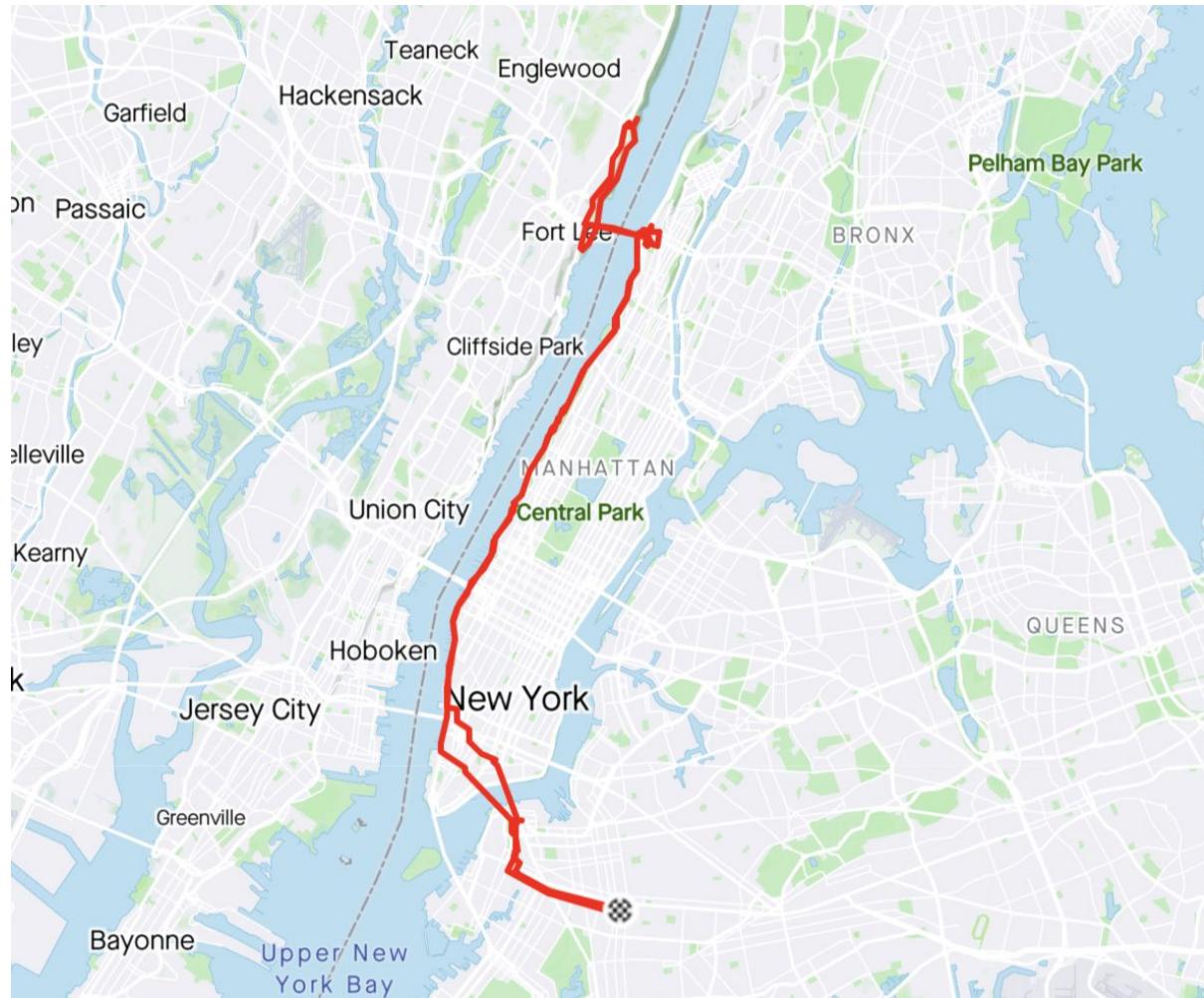


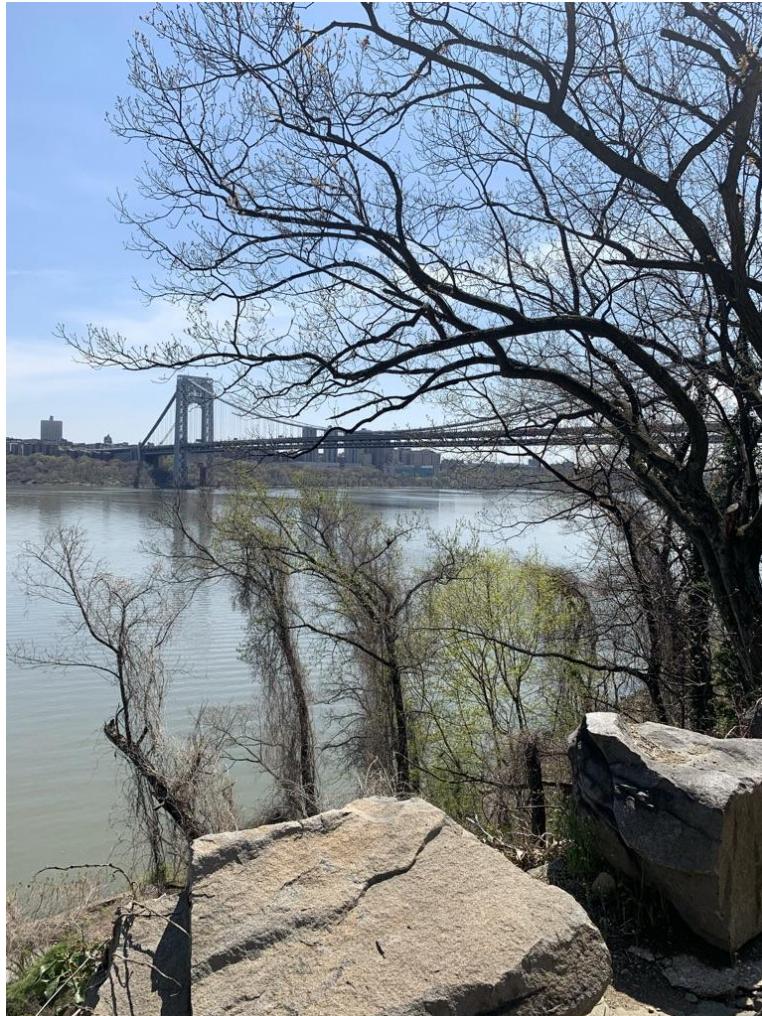


**Step Four:  
Ride Your Bike  
Even More**

# To NJ and back

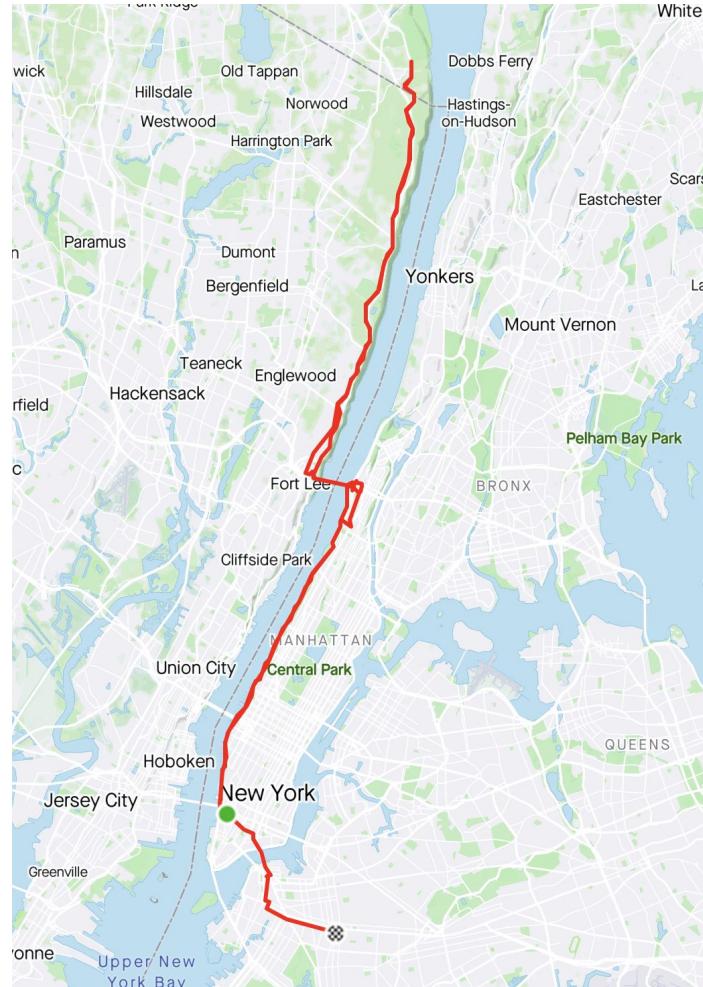
- 40 Miles
- West Side Greenway all the way to the GW Bridge
- Turn left once you're off, and head down to Henry Hudson Dr to get into the Fort Lee Historic Park.
- The uphill back is brutal





# To the 9W Market and Back

- 50 miles
- Same as previous “To NJ” Route
- Go up just over the border back into NY and there’s a lunch spot called “The Market” that bikers hang out at.





# To the Beach and Back

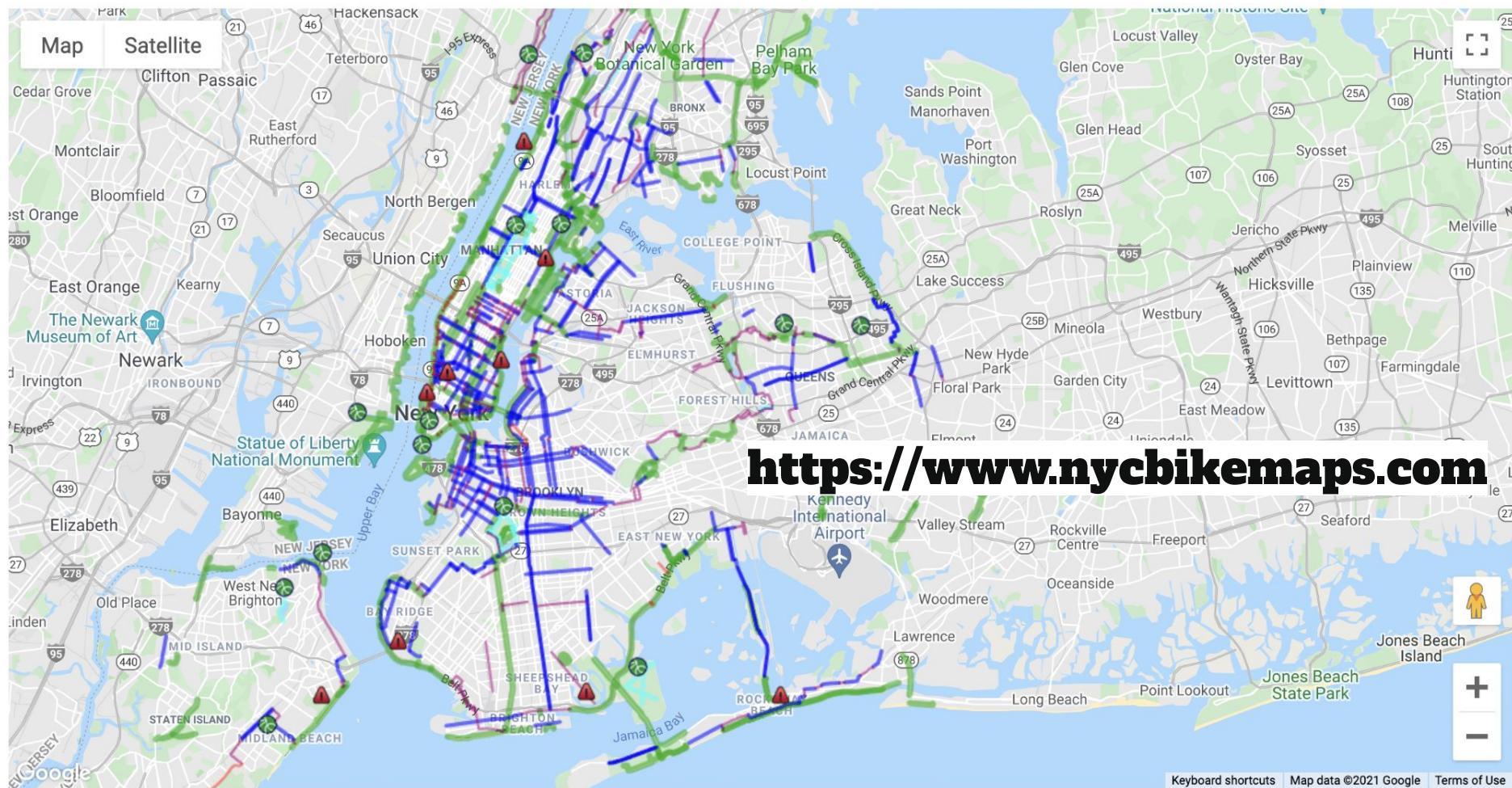
- 40 Miles
- Through the rockaways
- Stop for coffee and smoothie and to stare at the shore
- Bike through bay ridge park
- Incredible views of the Verrazano bridge
- Getting through Canasie sucks no matter how you do it



Take beachy photos of your bike.



Take photos of your friend for his  
Tinder profile



# **Step Five: Buy Stuff**



# YouTube





**HOW TO ENDO  
WITH ROB WAR**

**MBN**  
MOUNTAIN BIKE NETWORK

**ASK GMBN ANYTHING**  
**CAN YOU SHRED  
A RIGID BIKE?**



*Cool high-rise  
handlebars*



# Things worth your money

Because they save your money



Tubes  
(\$13 for 2)



A portable bike pump  
(\$55)



Tire levers  
(\$10 for 2)

# Put them on your bike



Bike Saddle Bag  
(\$10-30)



# Water is for Weaklings

- Just “pre-hydrate” by drinking a ton of water the night before your ride.
- When you finish your commute, just chug hot coffee to hydrate.
- Never pee.
- When necessary on long rides, steal your friends water.
- **Bikes with water bottles cages look less cool.**



# Bike Bibs are Better Than Bike Shorts

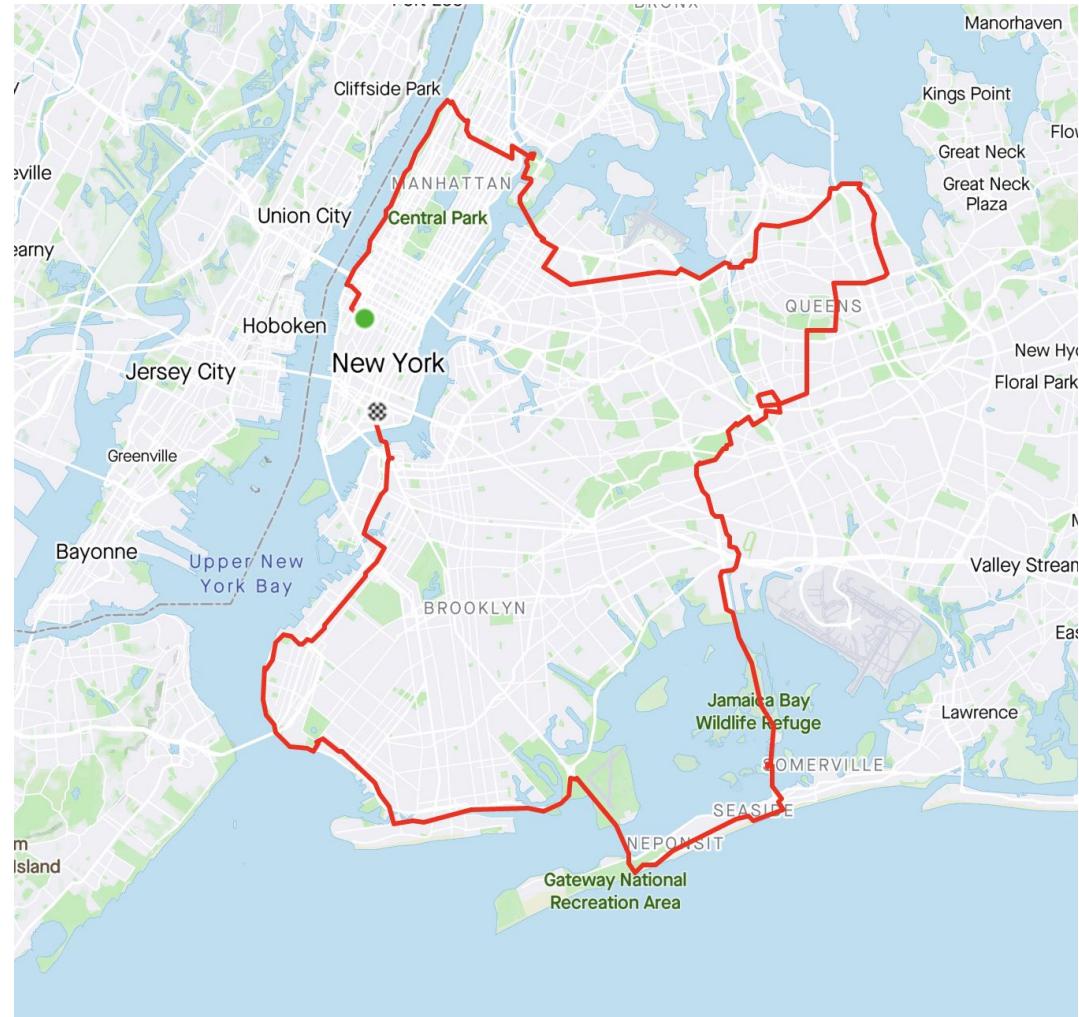




**Step Six:  
Ride Your Bike  
Even More Still**

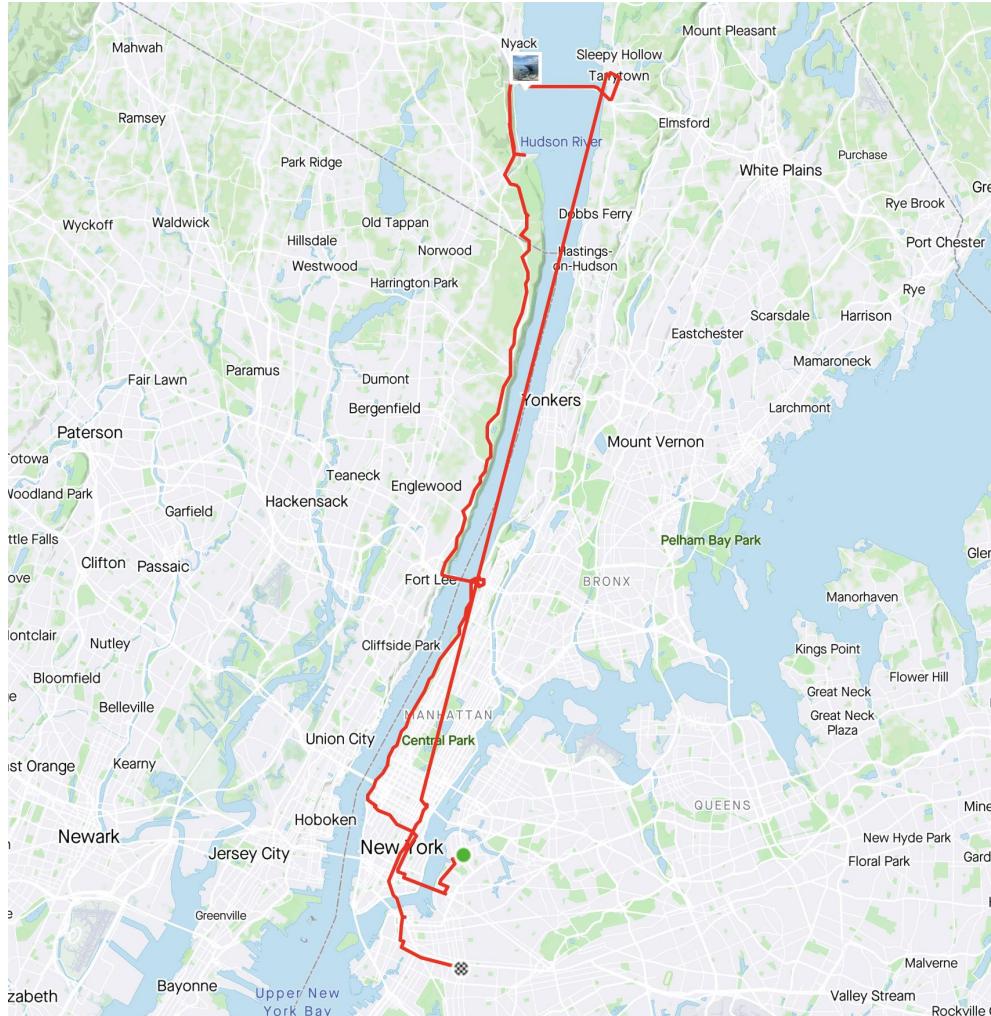
# The NYC Century Ride Route

- 100 miles if you remember to start recording on Strava early enough
  - Biking through Queens is terrible
  - I was a cranky sunburnt person by the end of this



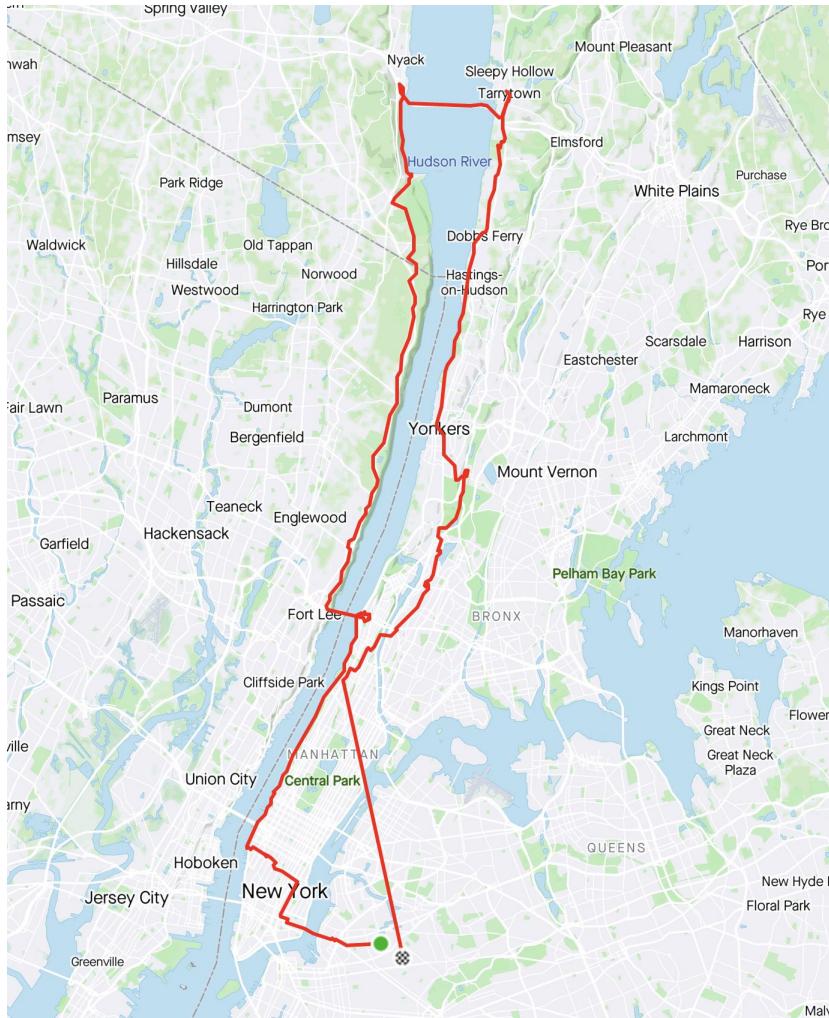
# Over the GW and the Tappan Zee

- 50 Miles
- Same Route as “To the Market” but cross the Tappan Zee bridge into Tarrytown
- Take Metro North back



# Completing the Loop

- 80+ Miles
- My phone died while recording this route.



# **Step Seven: Have “Yes Friends”**

May 2, 2020, 12:49 AM

New York to Montreal

willgeary.github.io



May 2, 2020, 8:24 AM

Carlos Gil

Honestly I'm into it



Would need a few weeks of prep

Andrew Jaeger



Well I mean the moment we like legally  
can't go to Canada lol

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Bad Idea

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can't go to Canada lol

## Americas

# Canada to open border to fully vaccinated U.S. citizens on Aug. 9



## MOST READ AMERICAS &gt;



- 1 As Japan's yakuza mob weakens, former gangsters struggle to find a role outside crime

- 2 Prince William and Kate recycle outfits to highlight climate impact of fashion



**1 Year and 4 Months Later...**



# **Step Eight: Buy More Stuff**

# Put Bags on Your Bike



Road Tourer

Vs.



Bike Packer

# Put Bags on Your Bike



Road Tourer

Vs.



Bike Packer

# Stuff to Put in the Bags

## Clothes

- Bike Shorts/Bibs + Shirt (x2)
- Street Pants/Shorts + Shirt
- Underwear (x3)
- Socks (x3)
- Bike Shoes
- Street Shoes

## Rain

- Rain Jacket, Cape, or Poncho
- Plastic Bags to Cover Socks
- Bike Gloves

## Equipment

- Water Bottle/Cage
- Bike Bags
- Fenders (Optional)
- Head and Tail Lights
- Phone Mount
- Portable Battery
- Phone Charger
- Med Kit
- Dry Lube
- Sunscreen
- Toiletries
- Soap for washing clothes

## Tools

- Spare Tubes (x3)
- Pump
- Pliers
- Screw Drivers
- Metric Hex Keys
- Tire Lever (x2)
- Tire Boot (sidewall tear)
- Chain Link Tool
- Duct Tape

## Essentials

- Passport + Vax Card

# My Bike

**Frame:** All-City Mr Pink Classic (Steel)

**Bags:** Half-frame + Handlebar (9L total)

**Water:** 750ml

## Additionals:

- Frame-mounted pump
- Fenders



# V's Bike

**Frame:** Motobecane (Aluminum)

**Bags:** Panniers + Handlebar (43L total)

**Water:** 2L

**Additionals:**

- Gravel Tires
- Bike computer
- Broken Jambox
- MBP in the saddle bags  
because he forgot to do his  
performance review



# Andrew's Bike

**Frame:** Unknown 70s? Italian? Road Bike from a Flea Market (Aluminum)

**Bags:** Panniers + Handlebar (43L total)

**Water:** 1.5L

## Additionals:

- Paddle shifters
- A broken front derailleur
- Proof that you don't need an expensive new bike to tour



# **Step Nine: Plan Your Route**

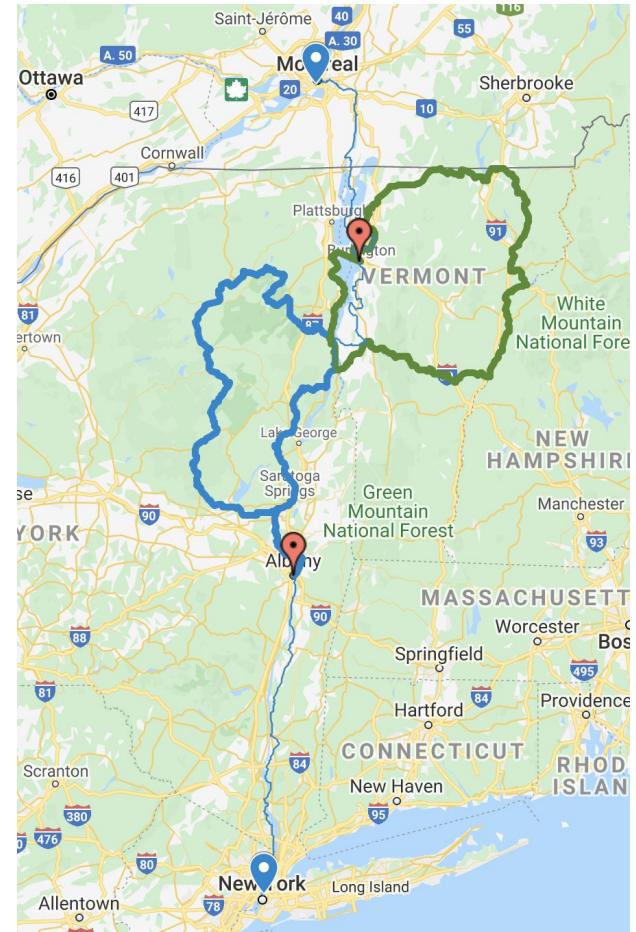
# The Plan

## Target

- Bike friendly
- Varied terrain
- Good cities for Motel/AirBnBs
- Early Fall time range
- Originally only 7 days

## Route Planning

- Komoot
- Adventure Cycling
- Stole from the details of some paid tours
- Reddit
- Never committed more than 48 hours out



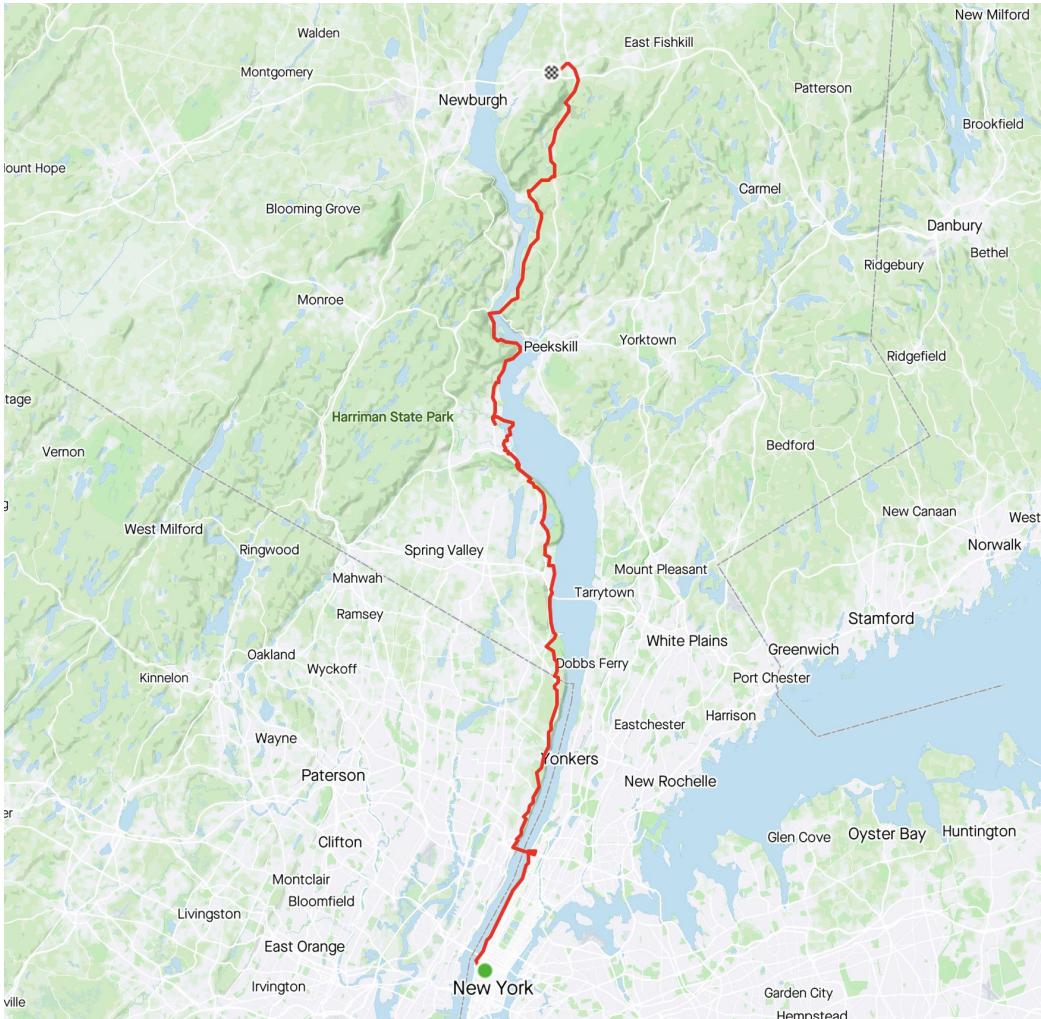
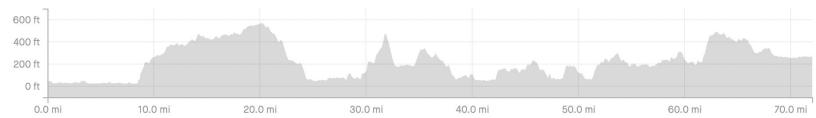
**Step Ten:  
Ride Your Bike  
More Than You've  
Ever Rode Your  
Bike Before**

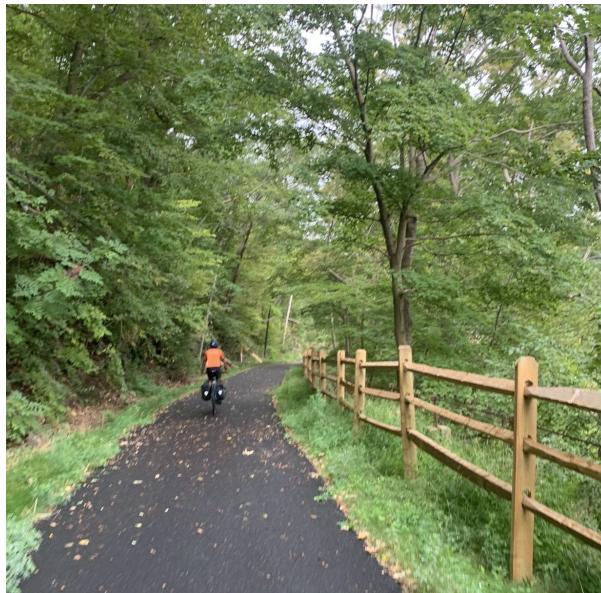
# Day One NYC to Beacon

Distance: 72.03mi

Elevation: 3,589ft

Time: 5h34m





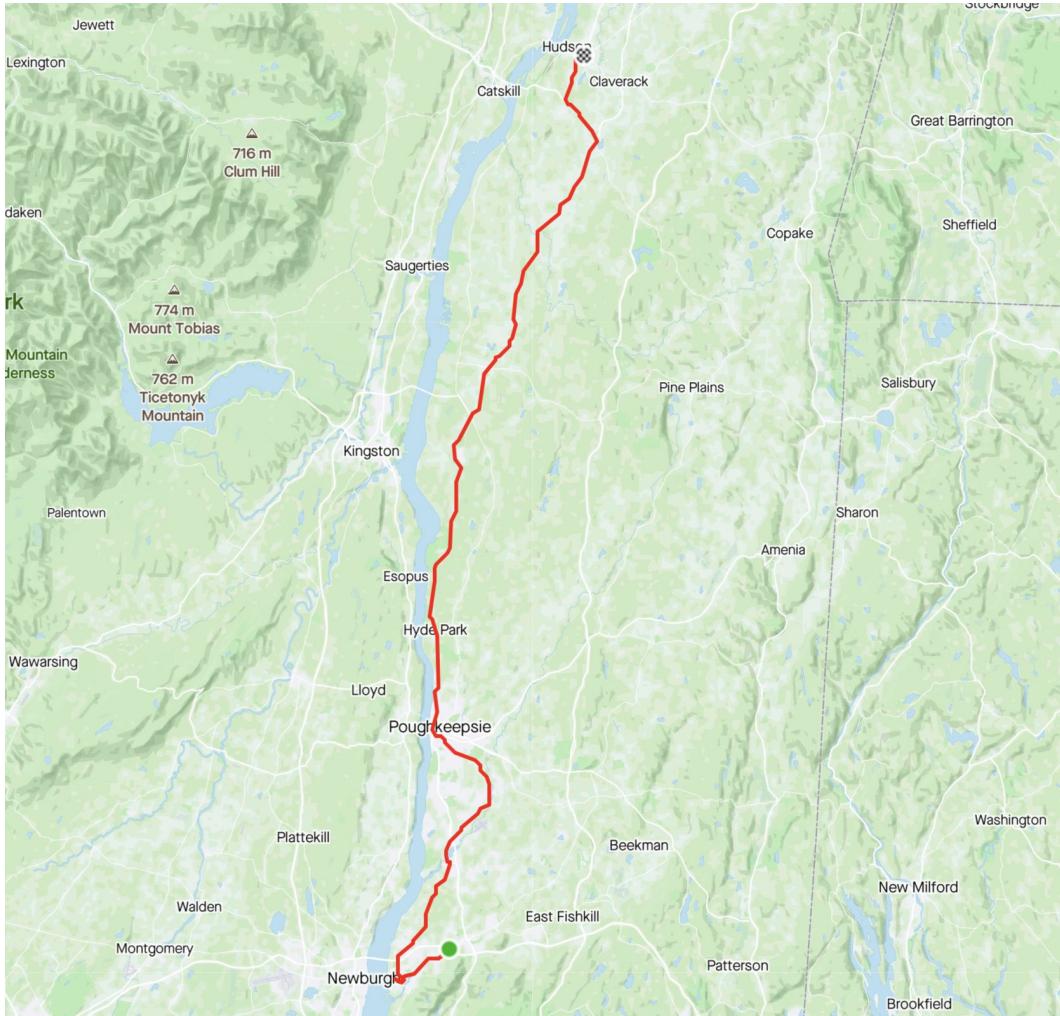


# Day Two Beacon to Hudson

Distance: 66.17mi

Elevation: 2,008ft

Time: 5h



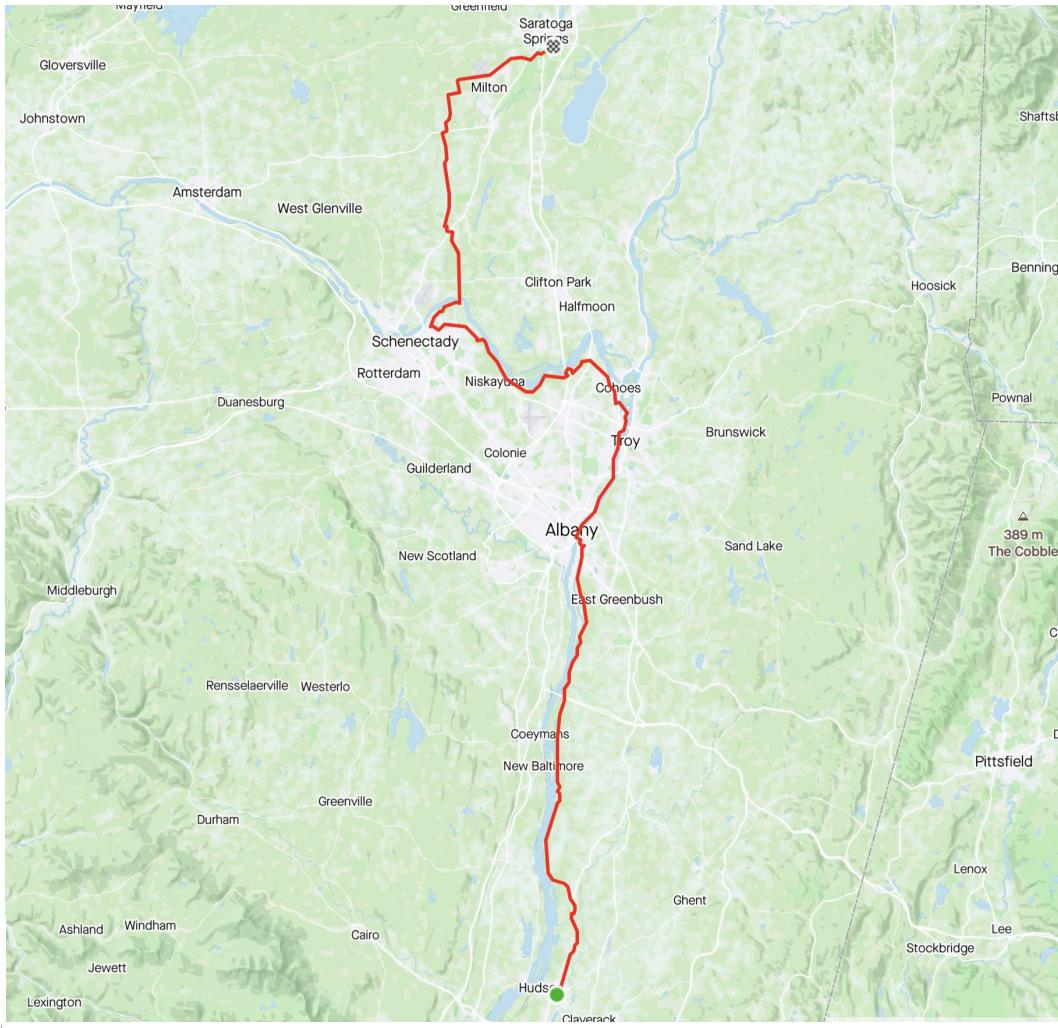
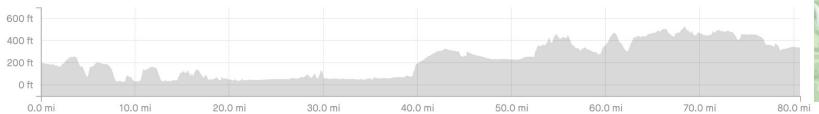


# Day Three Hudson to Saratoga Springs

Distance: 80.67mi

Elevation: 2,408ft

Time: 6h32m







# Day Four Saratoga Springs to Ticonderoga

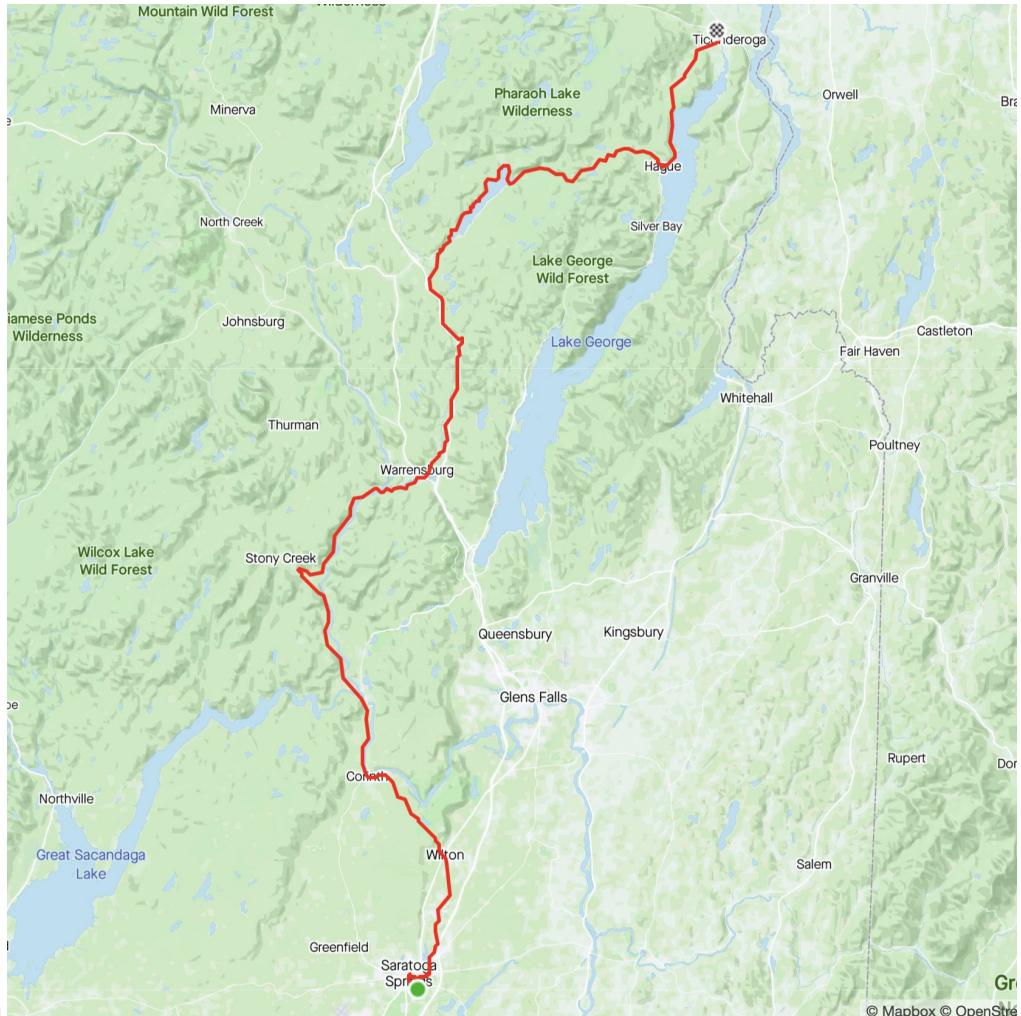
Distance: 86.19mi

Elevation: 4,242ft

Time: 7h3m

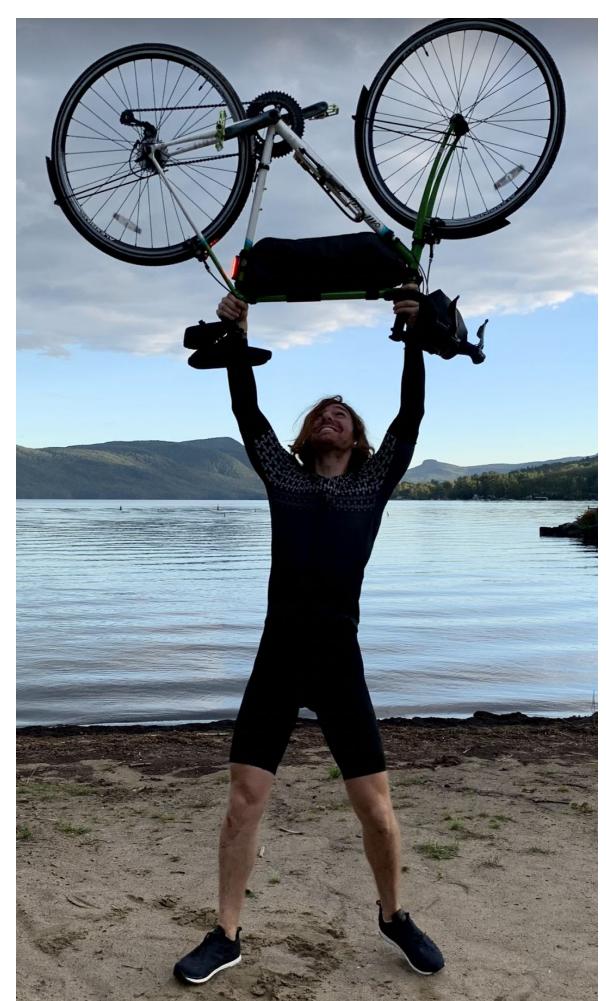
## Highlights

- Schroon River Road
- Graphite Mountain Climb









Bike over head photos are clutch

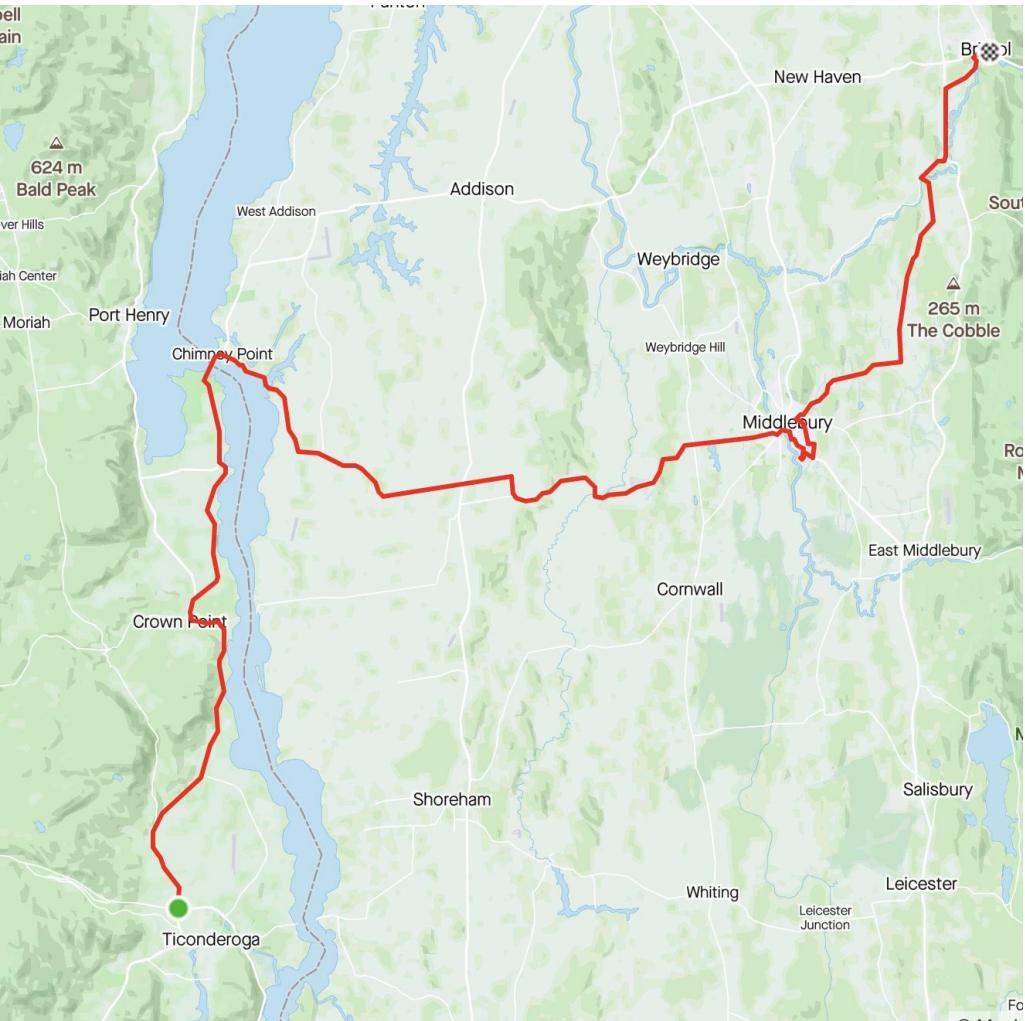
**Step Eleven:**  
**Get a PCR Test and**  
**Stress A LOT**  
**About it**

# Day Five Ticonderoga to Bristol, VT

Distance: 43.51mi

Elevation: 2,418ft

Time: 3h22m





# Day Six Bristol to Burlington

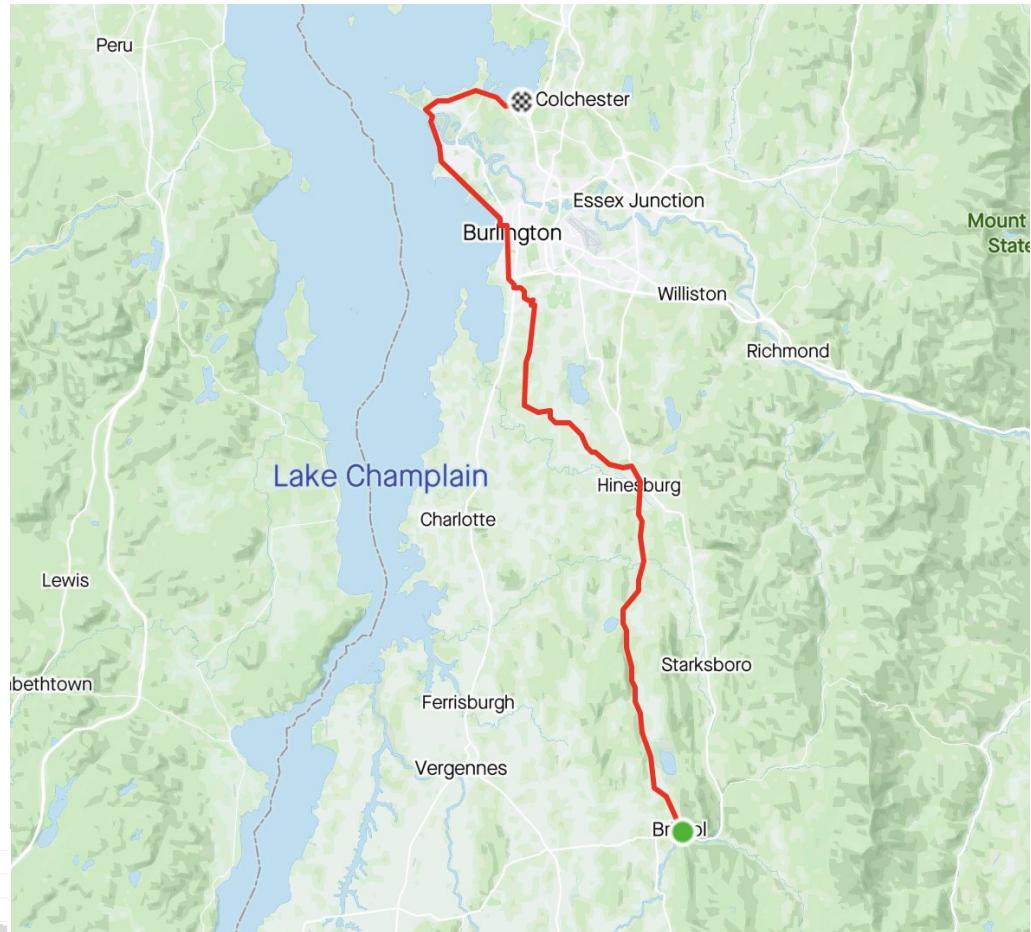
**Distance:** 39.34mi

**Elevation:** 1,818ft

**Time:** 3h14m

## Highlights

- Burlington Bike Path





# **Step Twelve: Cross the Border in Style**

# Day Seven

## Burlington to Venise-en-Quebec

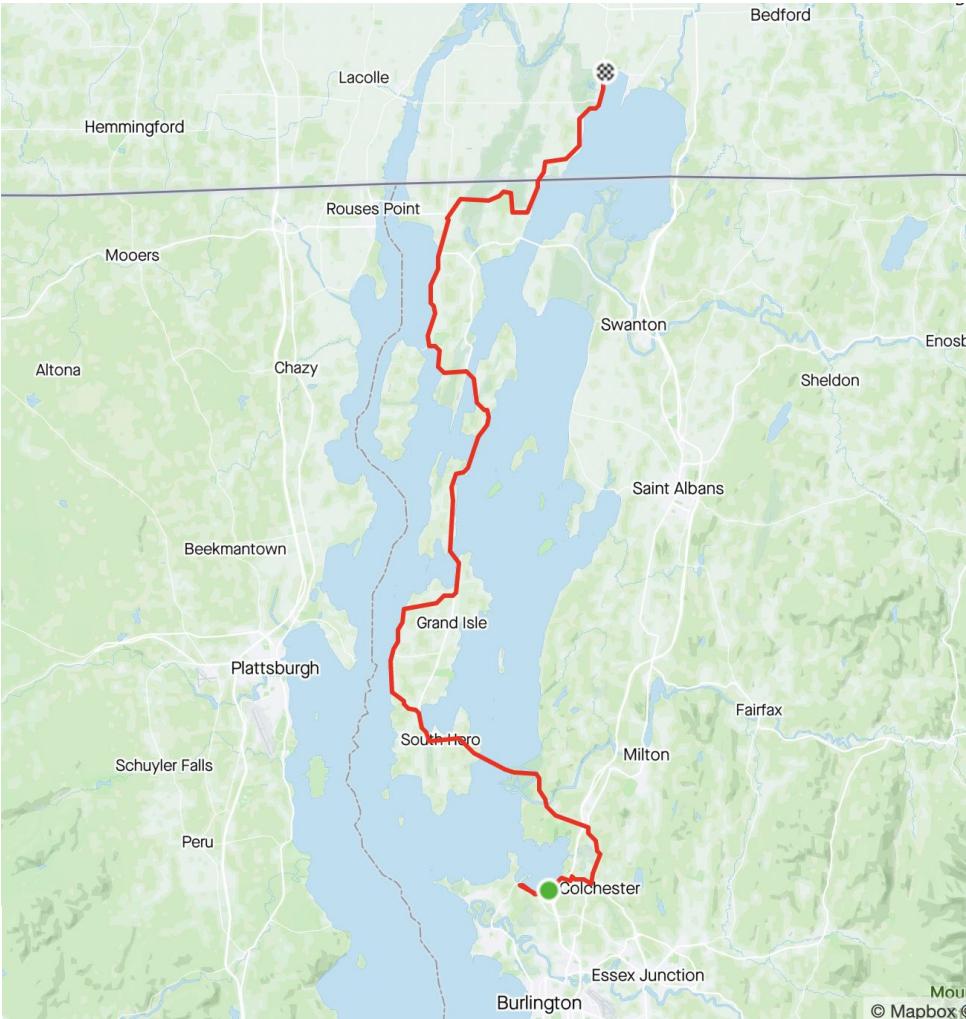
**Distance:** 60.16mi

**Elevation:** 1,207ft

**Time:** 4h22m

### Highlights

- Lake Champlain Isles





# Day Eight To Montreal

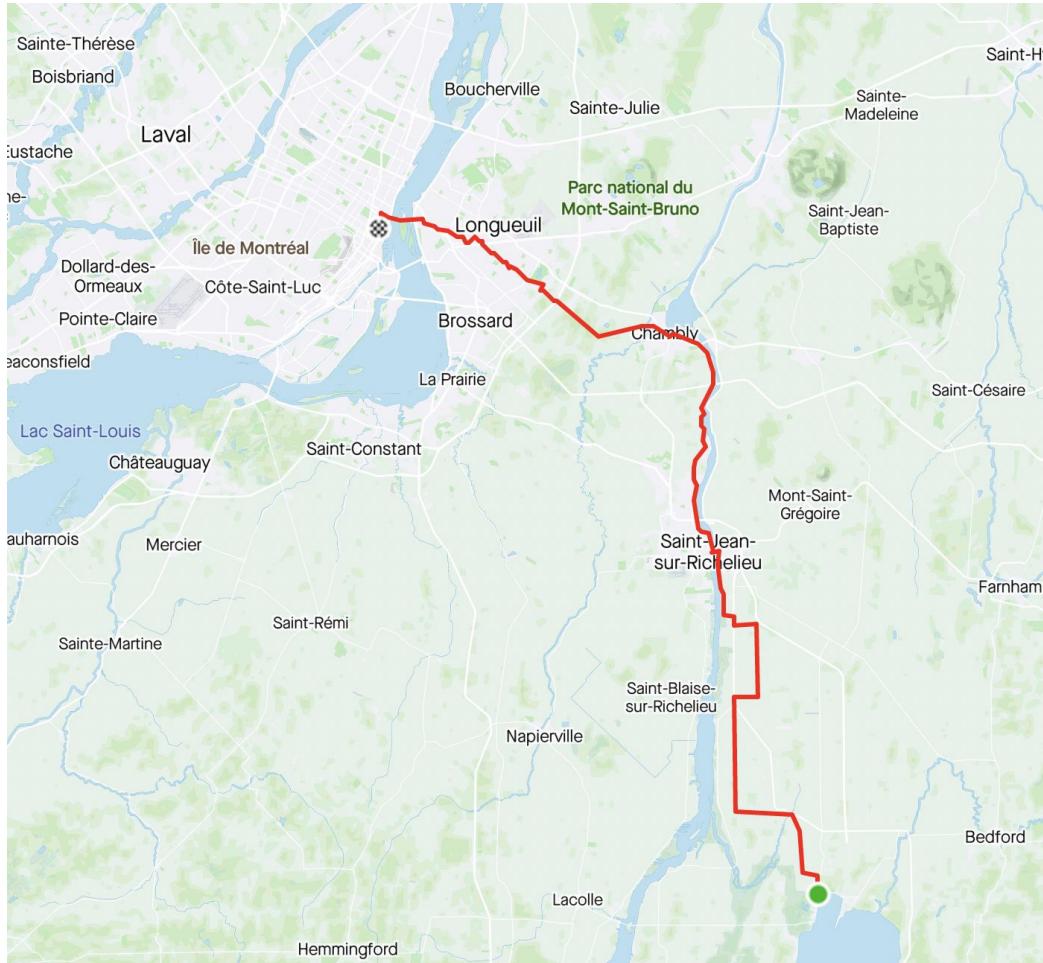
Distance: 50.19mi

Elevation: 322ft

Time: 4h10m

## Highlights

- Piste du Canal de Chambly









# Step Thirteen

# Where did we sleep?

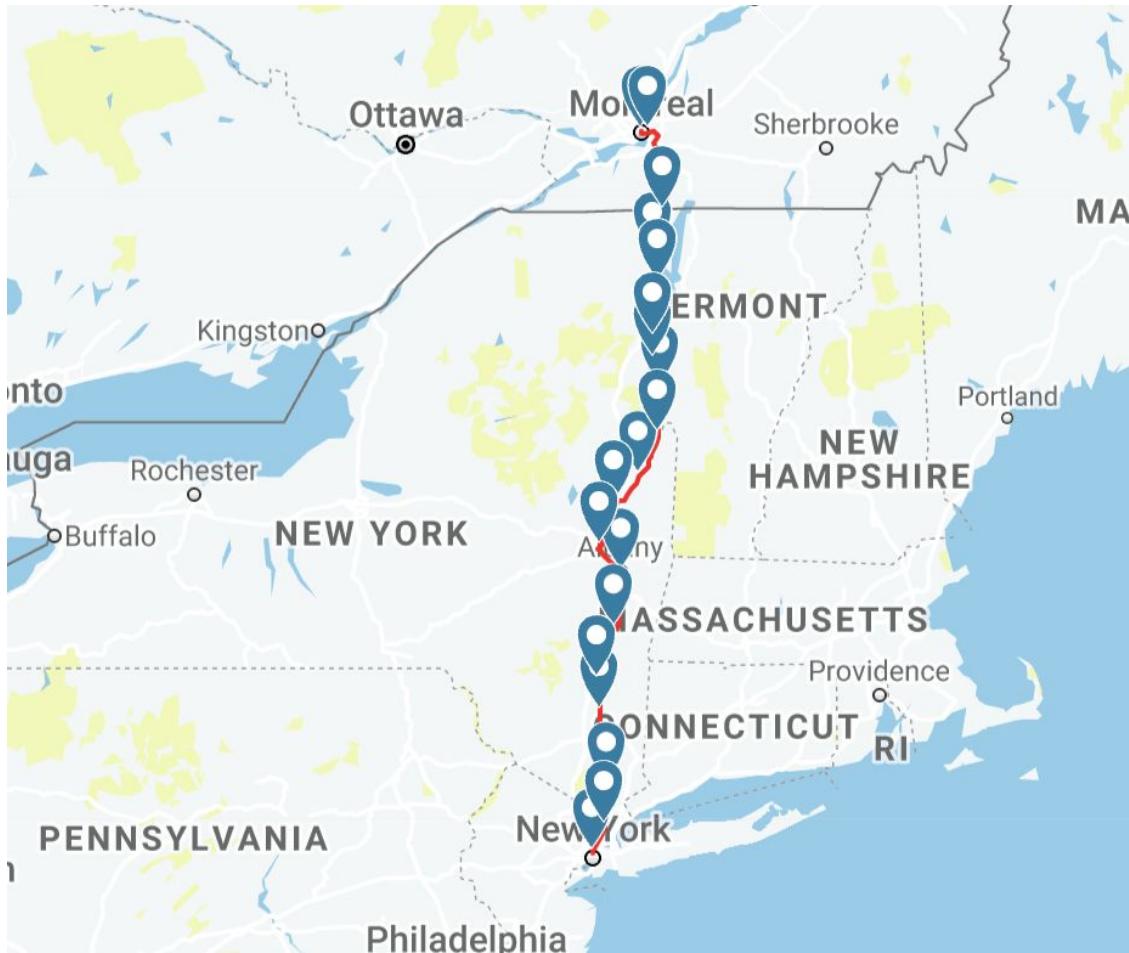


# What did we eat?



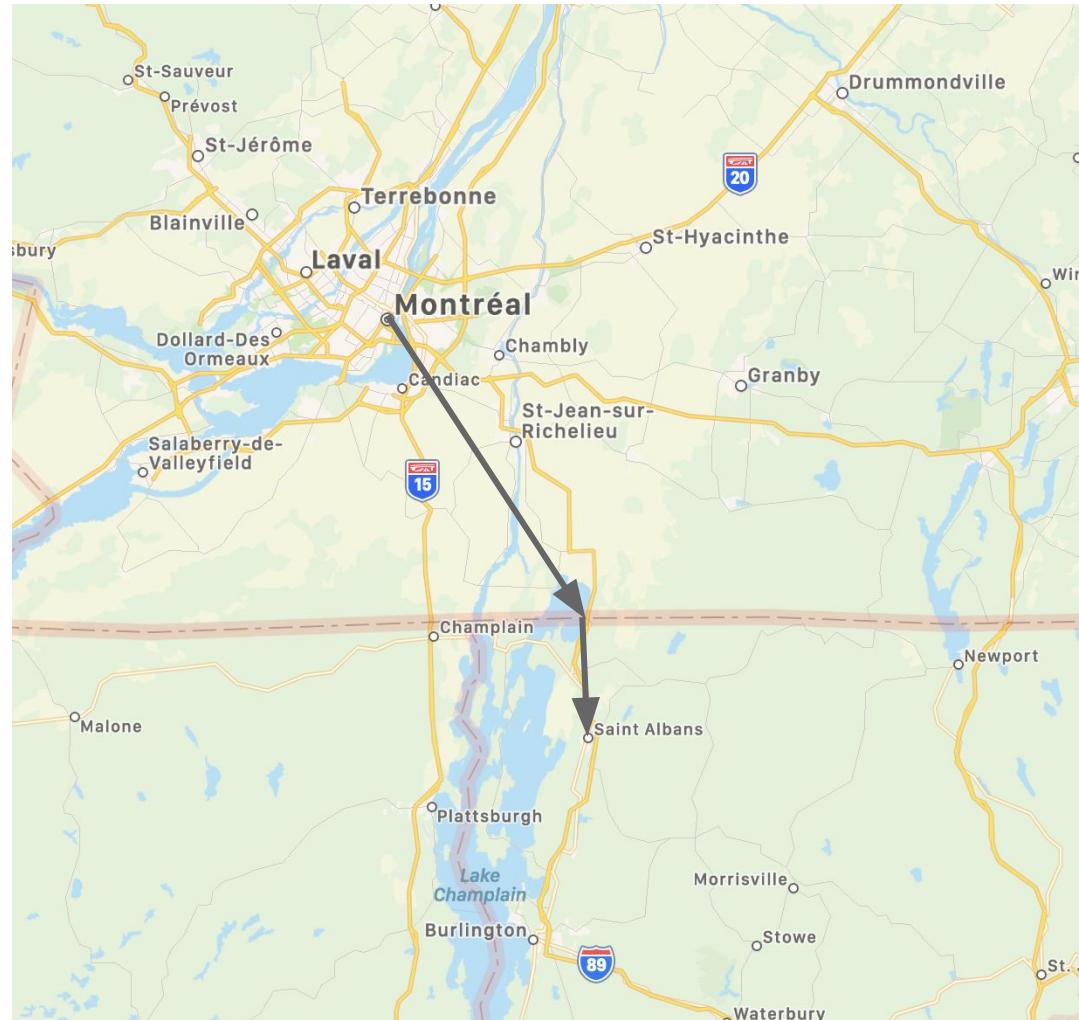
# Getting Home

- Original plan was to Amtrak from Montreal to NYC.
- Amtrak lets you get a special “Bike Carry-On” tickets (VERY LIMITED PER TRAIN)
- Montreal stop was down due to COVID so we then planned to bike 80 more miles to Saint Albans.



# Getting Home

- Our next plan was to bike from Montreal to Saint Albans (80mi). But when we got to Montreal we decided we didn't have it in us.
- Instead, we paid a man we found on Craigslist \$100 (CAD) to drive us to the border.
- Then biked over the border.
- Then we met V's dad who loaded our bikes into a van and drove us the remaining 20 miles to Saint Albans and took the train from there.



# Takeaways

## Went Well

- International bike touring is awesome
- The Empire State Trail is pretty amazing
- Stewarts Gas Stations are weirdly great
- Amtrak is a great way to travel with bikes

## Lessons Learned

- Bike no more than 70 miles in a day
- Bike no more than 4 days in a row
- Really no one should bike this much