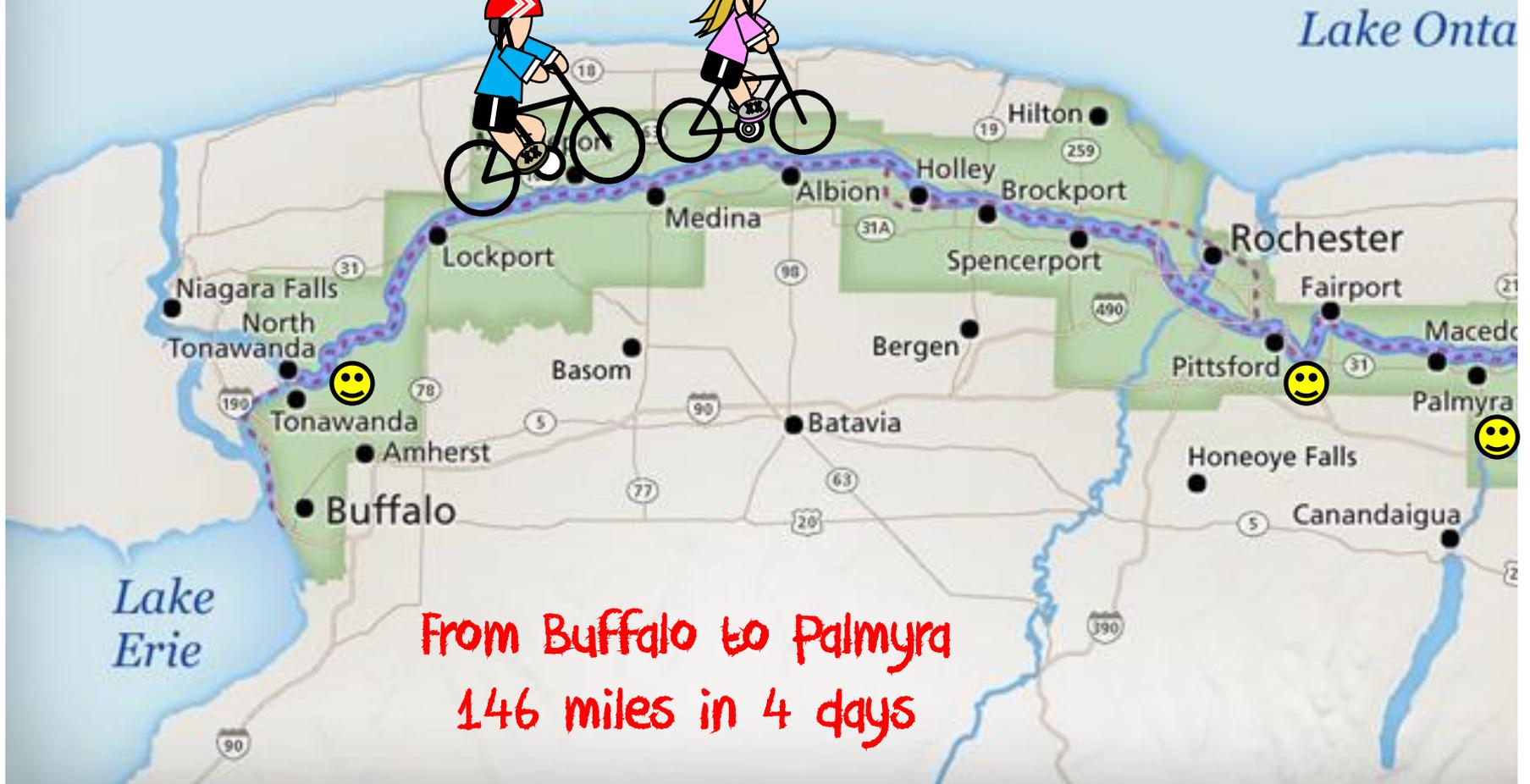
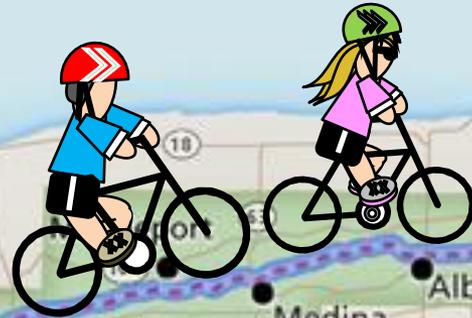


Best Bike Ride Ever—June 7-14, 2014

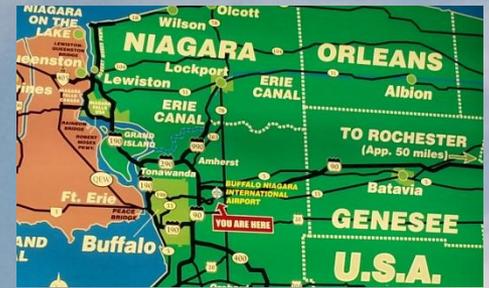
Western Erie



Training time: Lynda...3 years Brad...3 months

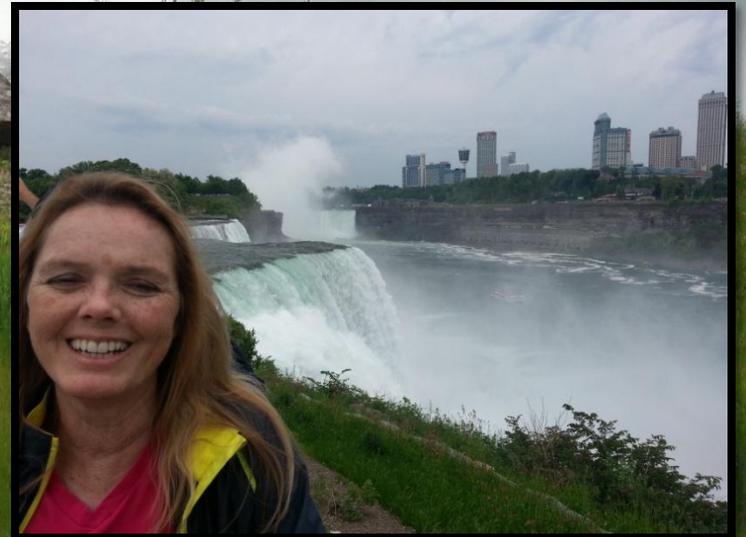
We flew into Buffalo, New York at 11:00 PM on June 7, 2014

Rented a car—lucky us, we got a large size for the same price as an economy car—spent the night in a hotel in Tonawanda, NY

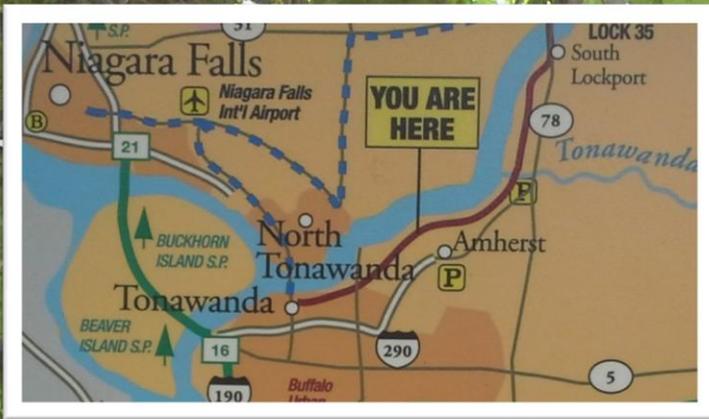


Hotels are 1 mile from Canal
Econolodge—worst pillows ever
Holiday Inn
Sleep Inn
Rhodes Inn
Extended Stay

Day 1---Purchased Bikes:
1 from Wal-Mart about 4 miles south of
290, on Niagara Falls Rd
1 from Target (they have the in between
sizes) also 1 mile south on Tonawanda Rd.
These were on the same road as the hotels



Day 1:
After purchasing bikes we drove to
Niagara Falls...we wish we would have
brought our passports to get into
Canada and see the falls from the
other side



Day 2: Monday, June 9, 2014
We started our journey here



About 5 miles on the trail Brad realizes that two gears are broken...he had to avoid those gears during the ride



Day 2: Found a cute Bed and Breakfast in Pendleton—next time--
Peaches of Pendleton
308-3961..a number to remember



Tonawanda Creek Rd.

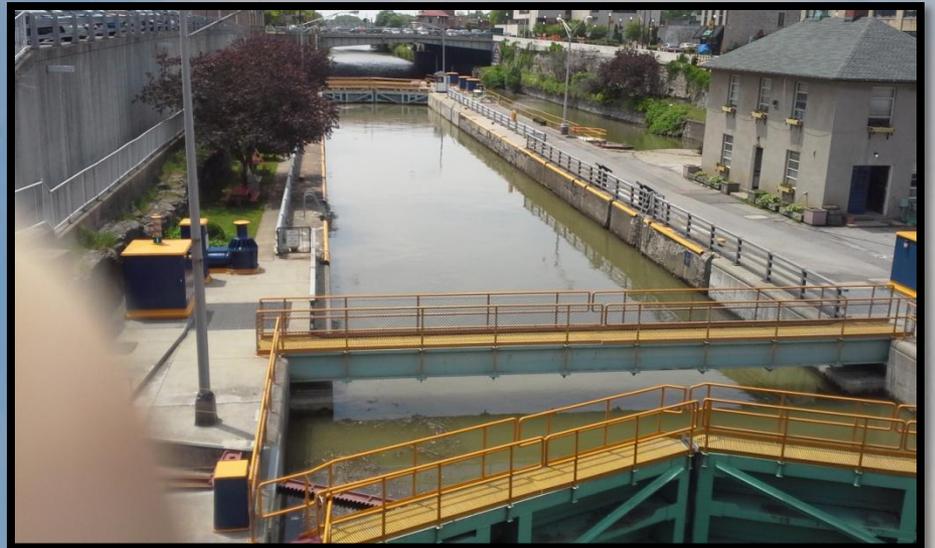
Went about 18 miles to Lockport—We couldn't check in at the hotel until 2:30 so we rode around Lockport and ate lunch in the town at Tom's Diner. Lockport has the largest bridge. There is a parking lot on top of it



Hotels:
Comfort Inn * (no pool)
Best Western (had a pool)
Both on hwy 78 or Transit Street.
About 1 mile south of the village



We watched as the boats rose in the locks. There were 2 locks.





The family in this boat had started in South America, went up the Hudson and were making their way to Lake Erie



Day 3: Tuesday, June 10, 2014



Creatures on the road

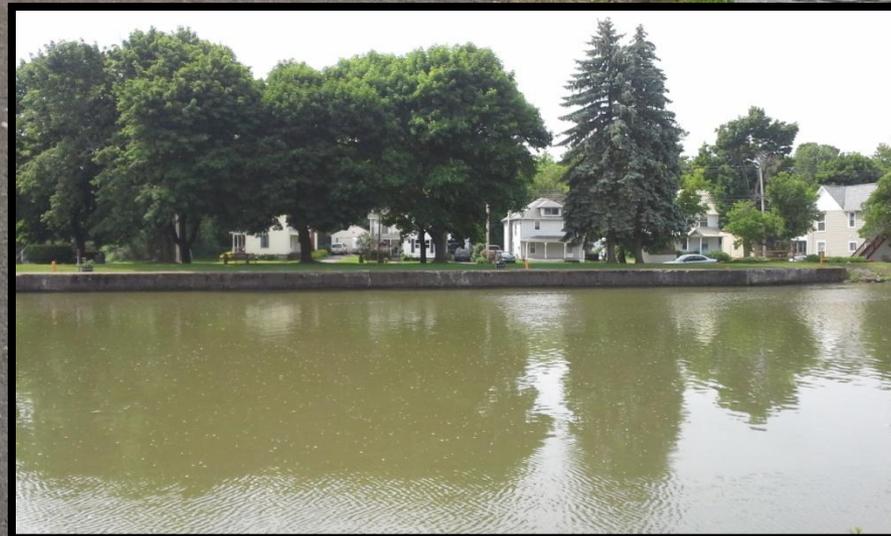


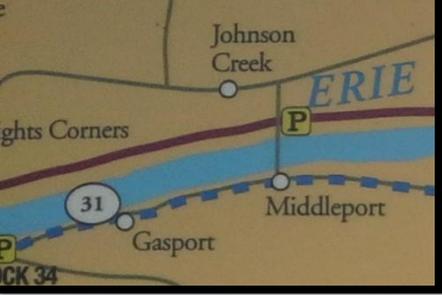
Gasport



The bridges move up when there is a boat coming through

Took a granola and apple break. This town used to be called Jamesport, but the name changed to Gasport...hummm





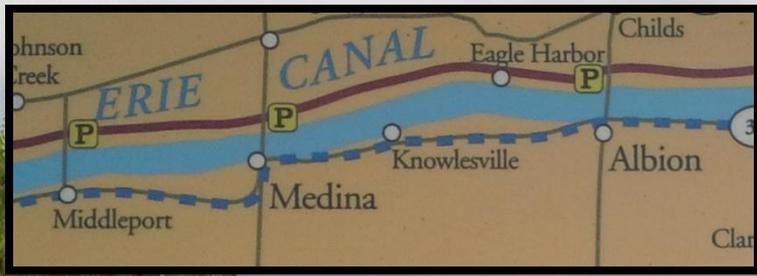
Middleport



Right next to canal and path, also a golf course



By now we are tired and ready for lunch



Medina—pronounced-- Dina won't you blow your horn...got that from two missionaries...one from Tucson, and one from Idaho Falls—Spanish speaking mission

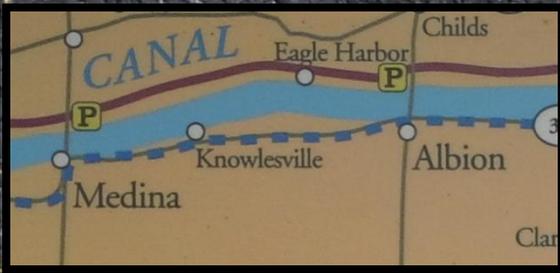


Ate at Rudy's Diner—in town on Main street, one block west, next to post office



Home that canal workers built in 1833





The trip starts to get challenging



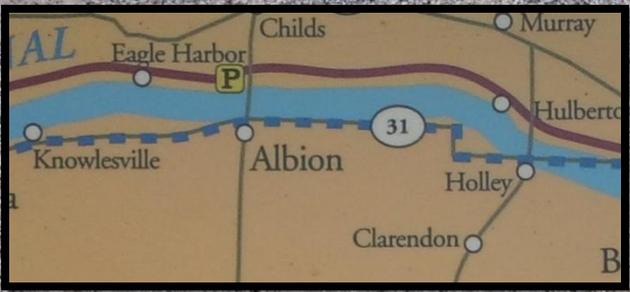
We stop almost at every bridge.

Brad lightens my load and carries it all.

I fluffed up my seat.

About 20 more miles to go.





Eagle Harbor



Knowlesville



Albion

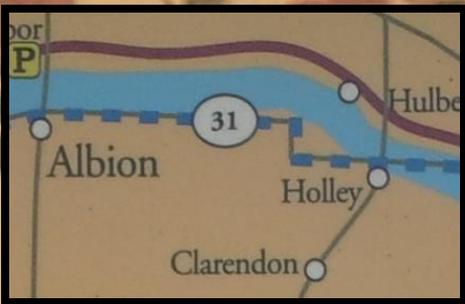
We revisit Albion at the end of our trip for the Strawberry Festival—Friday, June 13th



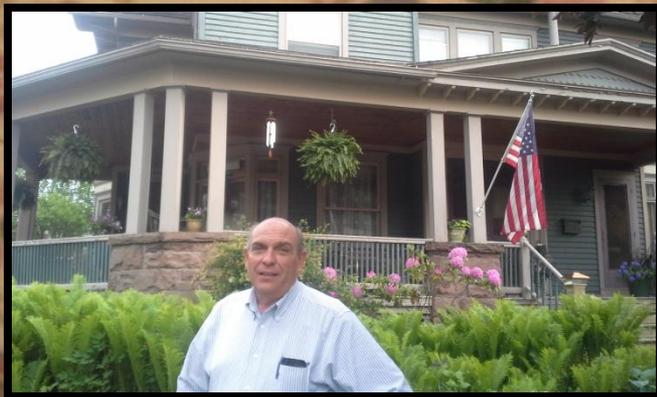
Brad takes a rest while I take pictures.

We have 8-10 more miles to go





We are so glad to see this bridge in Holley, New York, but the B&B place is 1 more mile uphill...



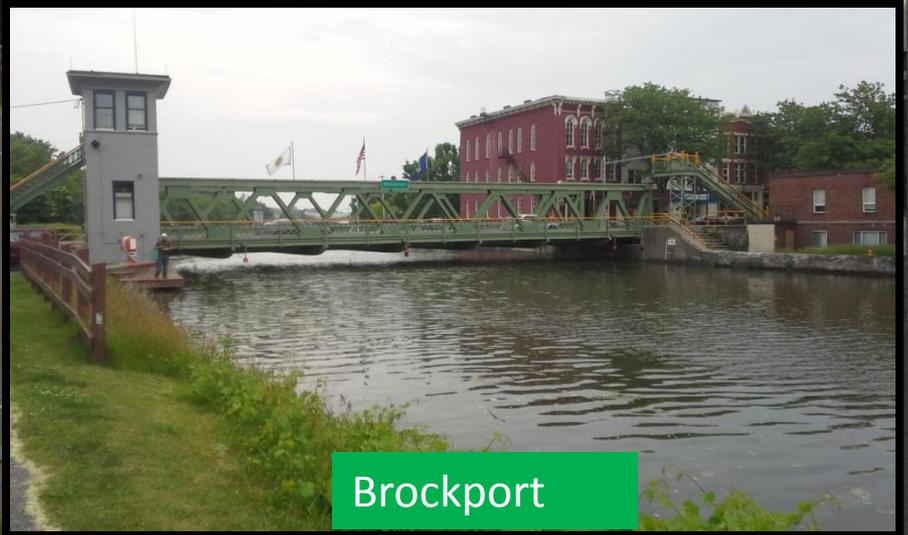
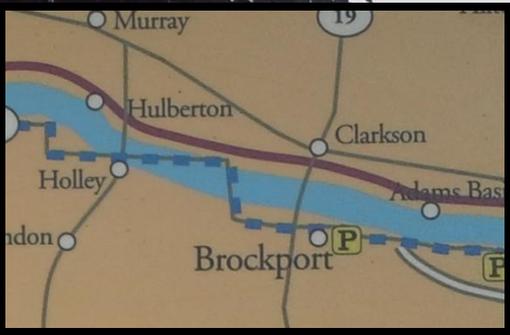
Holley, New York

Sam's Diner—very good food, and just
the ticket at the end of the day.

We rode about 40 miles.



Holley, Main Street

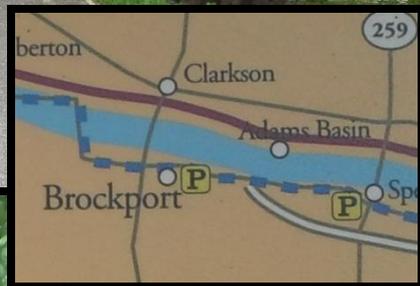


Day 4: Holley to Brockport was a very difficult ride
We were tired from yesterday and the bag load was heavy

Brockport



We bought a carrier in Brockport and I carried Brad's bag which eased Brad's back



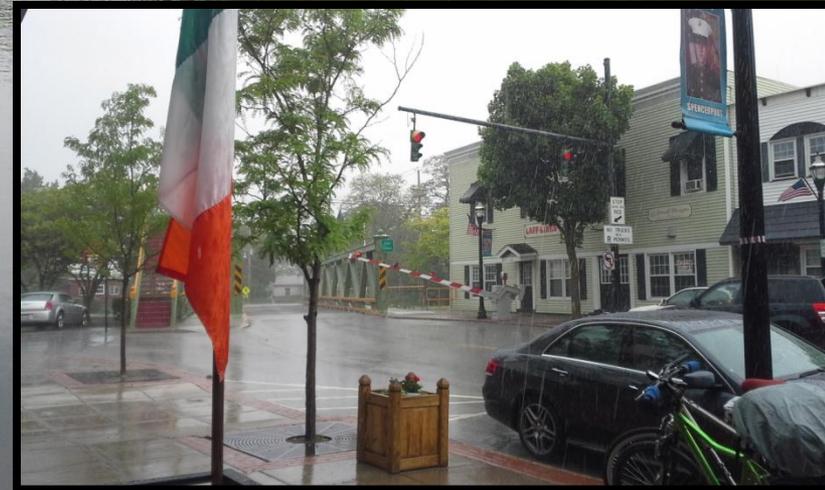
This is another B&B right on the trail in Adams Basin
383-352-3999

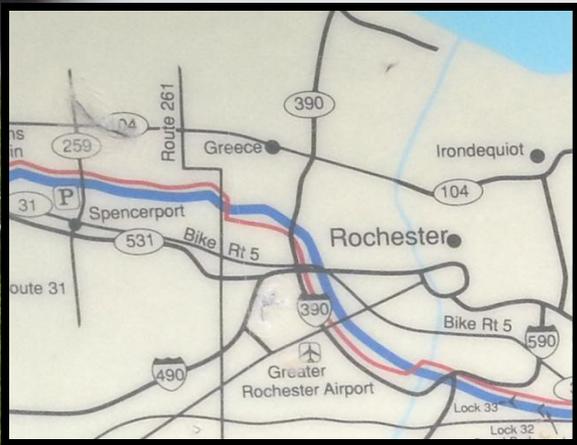
Spencerport



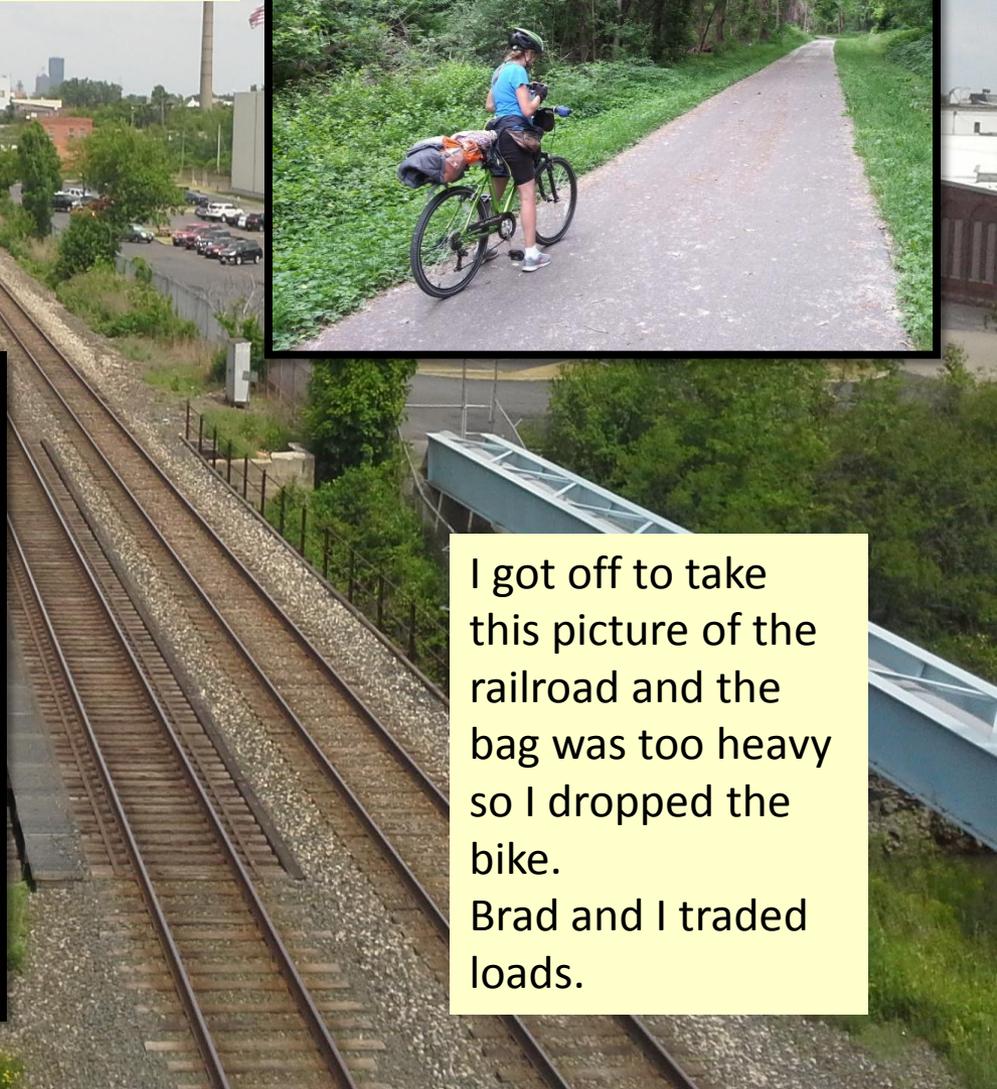
We ate at a bar and grill that we didn't like very well—but it was the first restaurant we came across.

There was a 5 minute rain burst then we were on our way

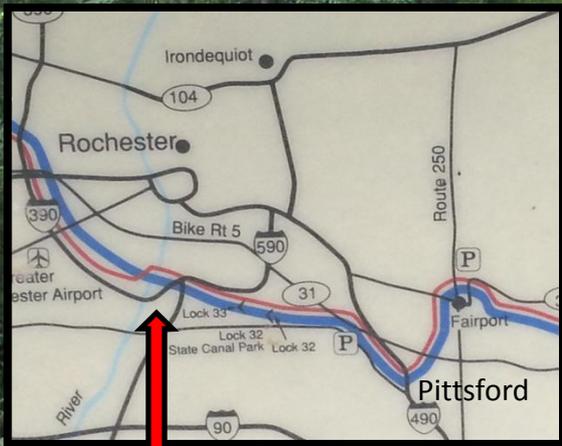




We had 20 more miles after Spencerport and when we got closer to Rochester the path was asphalt...an easier ride



I got off to take this picture of the railroad and the bag was too heavy so I dropped the bike. Brad and I traded loads.

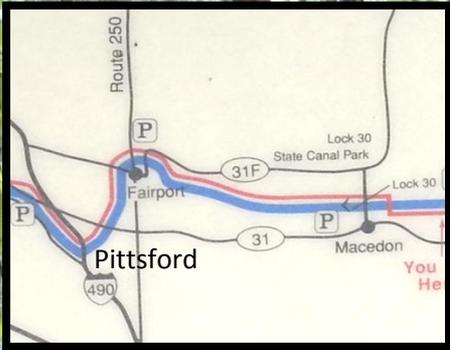


Riding through Rochester was challenging. There were hills. Some I had to walk up. We went through a park, followed the canal signs and stayed to the left after Genesee River



We were so excited to see the Pittsford sign, but little did we realize that we had about 10 more miles to go...we missed our exit over the canal and had to backtrack about 1 mile



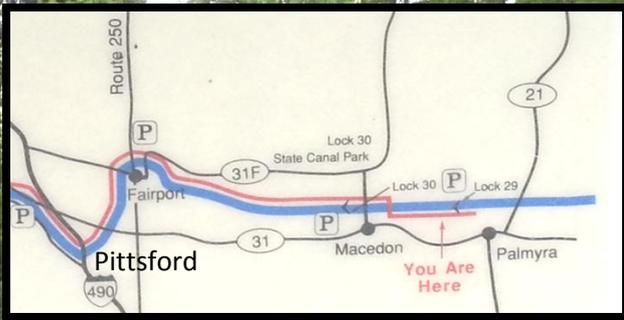


In Pittsford we stayed at the Hilton Garden Inn right by the 490...the hotel had a pool and Jacuzzi...oh yea!



We walked to eat at a place by the canal called the Richardson Canal House Restaurant...it was the best meal of the trip
Get the chicken





Day 5: With our bags in the hotel we rode to Palmyra, New York About 20 miles



Instead of taking the canal which would have added 5 more miles to the trip, we went along route 31...Bike RT 5



It was raining today



We did get back on the trail in Macedon, but because of the rain the gravel was difficult to ride on. Pro's of the trail...Quiet and lovely scenery



Little did we know that Palmyra was just around the corner



We road south on
21 about 2 to 3
miles



How could we
come this far and
not see the
Palmyra Temple?



Joseph Smith's Farm







Sacred Grove

Palmyra town and homes





Athenia's Family Restaurant... East end on Main Street Palmyra, New York



I deserved this



The only picture of us together

Riding from Palmyra back to Pittsford was the most challenging of all for me. We went along RT 31, it was raining but that was not the problem. My legs were giving out and some of the hills were very difficult. We rode about 40 miles today...Total: 146 miles approx.



Went to the Jacuzzi then couldn't wait to crash

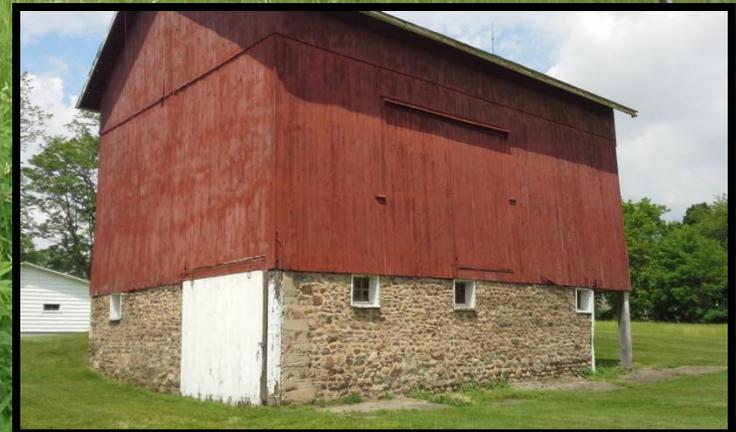
Day 6:

Brad took a taxi to get a rental car

My bike was donated to the LDS mission home in Pittsford...only 1 mile away from the Hilton Garden Inn on Kraeg Rd.

Brad's bike was returned to the store because of the broken gears.

Site of Brigham Young home and Phineas Young...also Brigham's baptism

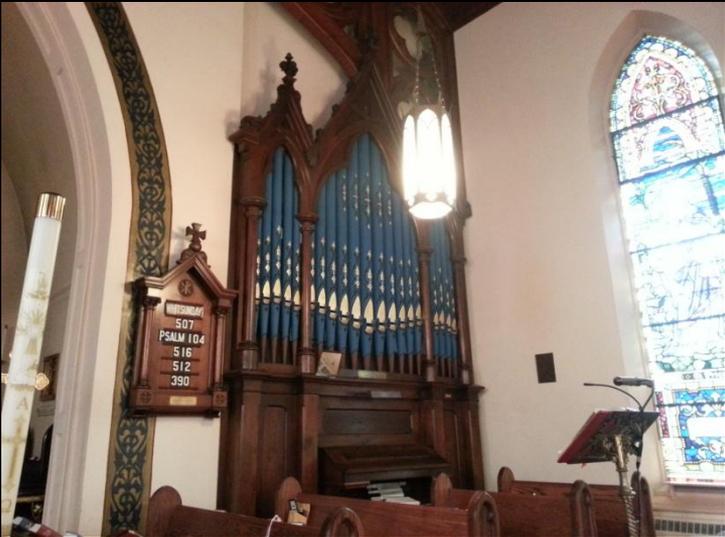




Honeoye, New York
Mill Site-- 1791



We visited the various churches





Dropped the rental car off and stayed by the airport in Buffalo one more night...
Day 7: Early, early we flew home to dry, brown, San Diego

Tips and Lessons Learned:



1. All the pamphlets say to go from the west to the east...however, on this trip the winds were against us..not too bad though.
2. Pack for only 4 days...there are laundry services if needed (I only needed 4 shirts, 1 pair of pants, change of unmentionables, and toiletries)
3. Pack a rain cover...this came in very handy...PS... the first part of June was great weather...and the kids are still in school there too.
4. Not all hotels provide toothpaste, shaving stuff, and shampoo.
5. **Invest in saddlebags and carriers...**carrying backpacks on first day was fine, but it wore greatly on us for the rest of the trip.
6. Bring a good bike seat, and if possible, good handlebar grips.
7. We did plan for flat tires, fortunately we didn't have to use the tubes, but it is always good to have tubes and tools for flat tires or other adjustments...PS...they will take the tools away at the airport if carrying them on plane. They also check the bike carriers thoroughly, so plan on that.
8. Put on sunscreen even in areas you don't think will need it... at least twice a day...when it rains it washes off. Rays go through clouds.
9. Don't listen to your GPS, it will want you to take all the highways...The trail is easy to find. The Lockport museum has a great free map of the trail. If all else fails...ask someone.
10. Set your distance to what you can handle. We rode 40 miles per day...we could have cut it down to 30. Check out all the available places to stay. There are many places that are not on the internet.
11. We didn't need bug spray because it was windy, but it might come in handy.
12. Diners are the best places to eat...they have a variety of foods, not just the greasy stuff, which we craved.
13. Each 40 mile day took us 8 hours...that includes stopping, taking pictures, looking at maps, resting, and lunch.



You can buy your bikes then donate them to your favorite charity at end of trip