

Dutchess County Bike Guide

Signature routes and attractions
in New York's Hudson Valley.



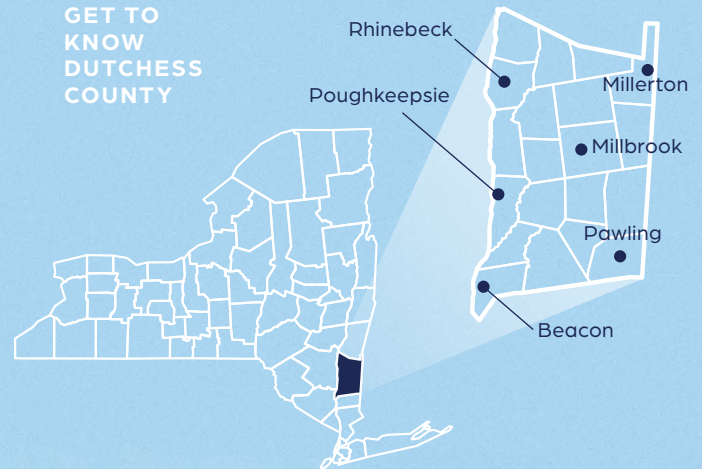
DESTINATION
DUTCHESS
HEART OF THE HUDSON VALLEY

Enjoy the Ride.

When you experience rolling hills, winding roads, and magnificent views, you understand that there's a perfect harmony between the revolutions of the wheels and a revelation of the world around you. Riders of all levels will enjoy these signature routes through the heart of the Hudson Valley, stopping at a variety of charming towns and quaint villages along the way. There's a story down every road in Dutchess County; hop on your bike and discover yours.

Walkway Over the Hudson State Historic Park
Poughkeepsie, NY

GET TO
KNOW
DUTCHESS
COUNTY



Looking for more outdoor adventures? Get the free **Zen Finder mobile passport** for over 30 hidden-gem hiking trails and fresh-air activities. **Hike your way through the list and earn prizes** while you're at it!



How to Use This Guide

Our routes are designed to spark your next adventure. Choose one that matches your skill and comfort level and feel free to adapt it to your needs. Dutchess County offers everything from family-friendly rail trails to more challenging road rides with traffic and narrow shoulders. Use the map legend to see road types, amenities and facilities. Ride responsibly, follow cycling laws, and remember — your safety is in your hands. Most of all, enjoy the ride!

- 1 **WRS Dutchess Rail Trail & Walkway Over the Hudson**
Part of the Empire State Trail
ROUTE LENGTH **57.6M** ELEVATION GAIN **1,519 FT**

- 2 **Harlem Valley Rail Trail, Amenia/Wassaic Loop & Dover**
ROUTE LENGTH **52.9M** ELEVATION GAIN **1,896 FT**

- 3 **Hyde Park & Staatsburg**
ROUTE LENGTH **25.1M** ELEVATION GAIN **1,056 FT**

- 4 **Rhinecliff, Rhinebeck & Annandale-on-Hudson**
Part of the Empire State Trail
ROUTE LENGTH **22.4M** ELEVATION GAIN **979 FT**

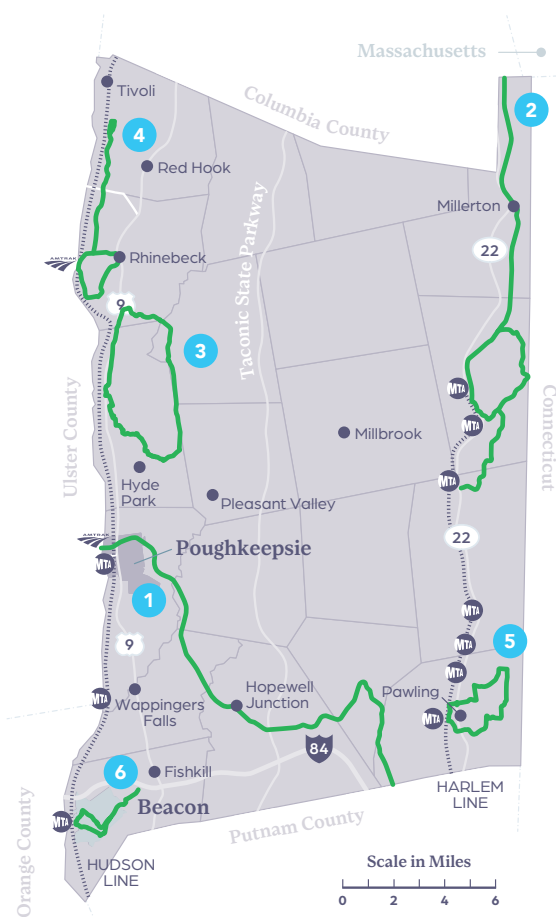
- 5 **Pawling & Quaker Hill**
ROUTE LENGTH **12.3M** ELEVATION GAIN **1,090 FT**

- 6 **Beacon & Glenham**
ROUTE LENGTH **10.0M** ELEVATION GAIN **528 FT**

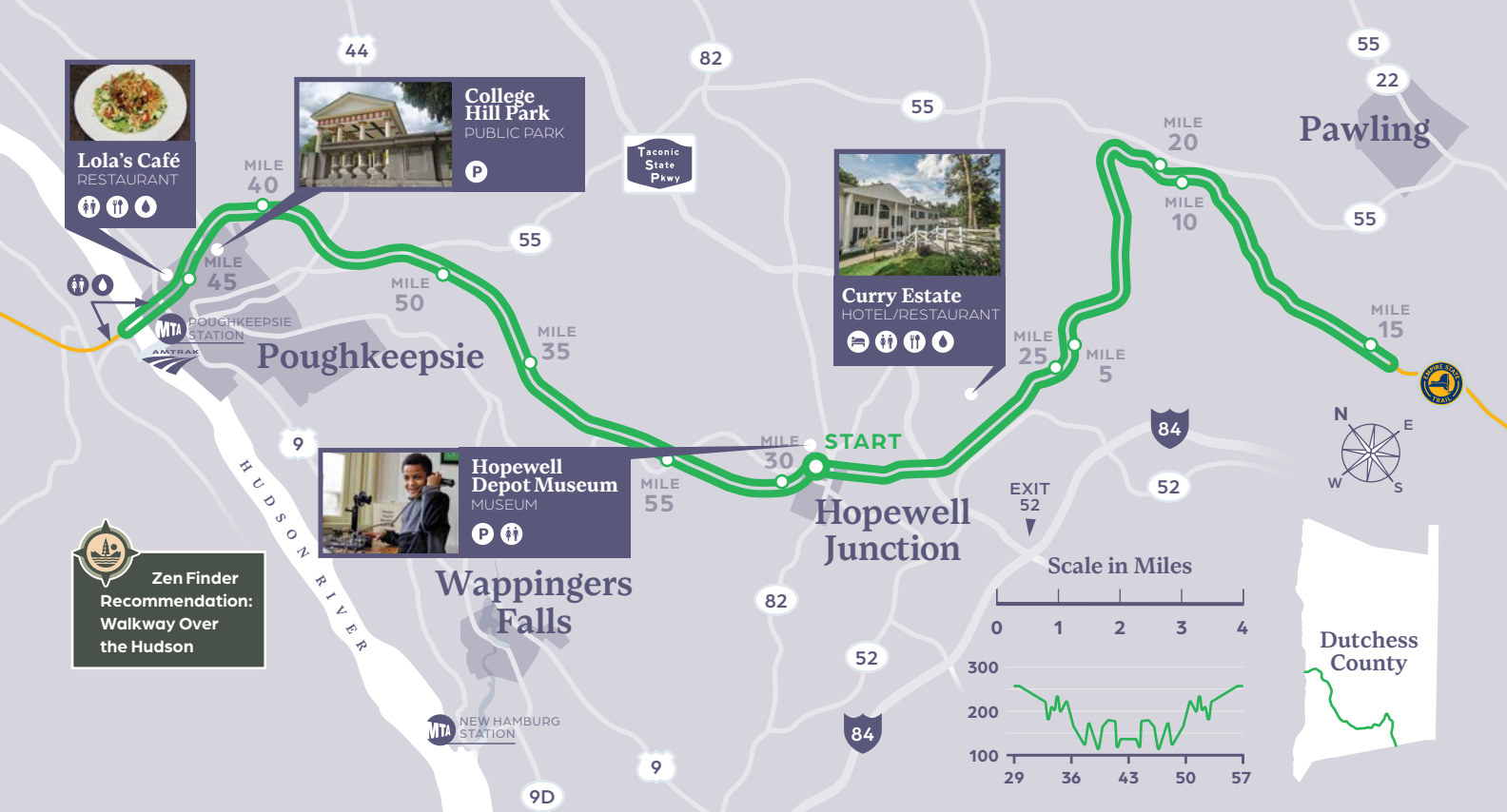
MAP LEGEND

	Bike Route		Potable Water
	Roadway		Paid Admittance
	Railroad		Lodging
	Starting Point		Food
	MTA Station		Picnic Area
	Amtrak Station		Camping
	Parking		Ice Cream
	Restrooms		Craft Beverage

*Be sure to confirm hours of attractions and amenities before visiting.



Follow these routes on
Ride with GPS and Strava.



BIKE TOUR 1

WRS Dutchess Rail Trail & Walkway Over the Hudson

Part of the Empire State Trail

Family-Friendly Trail Ride
PAVED PATH | CAR-FREE | SCENIC RIDE

ROUTE LENGTH **57.6M** ELEVATION GAIN **1,519 FT**

Begin at the **Hopewell Depot Museum**, southern trailhead of the Dutchess County Rail Trail, where you can learn about the history of the former railway. Pass by dense woods, farm fields, ponds and wetlands on the first segment. The second portion includes trips in each direction over the 1.26-mile **Walkway Over the Hudson**, which provides 360-degree views of the Hudson River. Grab a bite along the route at **PC's Paddock** or **Lola's Café** in Poughkeepsie. Take a break at **College Hill Park** in Poughkeepsie (the highest point in the city and the site of a famous speech by Frederick Douglass in 1858) for stunning views. A short detour on the **MJM Northside Line** at Parker Avenue in Poughkeepsie will lead you to the **Hudson Heritage** shopping plaza for more options for a quick bite near Marist University.

- START: Hopewell Depot Trailhead**
- 0.0** EXIT Parking & turn **RIGHT** on Dutchess Rail Trail
 - 1.7** CROSS the Taconic State Parkway
 - 14.8** TURN AROUND at Holmes Rd.
 - 27.9** CROSS the Taconic State Parkway
 - 29.6** CONTINUE PAST Hopewell Depot
 - 32.1** CROSS NY 376
 - 39.2** CROSS Dutchess Turnpike (US 44)
 - 42.3** CONTINUE onto Walkway Over the Hudson
 - 43.6** TURN AROUND once across the river and head back using Walkway Over the Hudson
 - 44.9** CONTINUE onto Dutchess Rail Trail

- 45** 50-55
- 48.0** CROSS Dutchess Turnpike (Rt. 44)
- 55.1** CROSS NY 376
- 57.6** REACH Hopewell Depot Trailhead Parking
- 57.6** RIDE COMPLETE



This route covers the entire William R. Steinhaus Dutchess Rail Trail and a portion of the Maybrook Trailway. Both are part of the **Empire State Trail**, a 750-mile path connecting people to New York's spectacular natural beauty, cultural heritage, iconic landscapes and unparalleled outdoor recreation opportunities. The trail connects urban centers, village main streets and rural communities from New York City through the Hudson River Valley, west to Buffalo along the historic Erie Canal, and north to the Adirondacks. empiretrail.ny.gov.



BIKE TOUR 2

Harlem Valley Rail Trail, Amenia/Wassaic Loop & Dover

Visit the Maxon Mills art gallery in Wassaic, a seven-story repurposed grain elevator now home to the **Wassaic Project**. Once you reach Millerton, feel free to walk (or pedal) around the quaint village. Stop at the famous **Harney & Sons** tea shop or **Willa** for a bite to eat. From Dover Plains, quick detours include **Tenmile Distillery**, **Kelly's Creamery** and **Kelly's Husband's Food Truck**, and **Dover Stone Church**, an easy hike that leads you to a unique stone formation. Enjoy a delicious farm-to-table meal (and maybe book a luxurious room) at **Troutbeck**, a historic estate in Amenia.

Hills to Conquer, Sights to Savor

METRO-NORTH ACCESS | ROADS & TRAILS | HEART-PUMPING HILLS

ROUTE LENGTH **52.9 M** ELEVATION GAIN **1,896 FT**

START: Wassaic Station MTA Metro-North Harlem Line

- 0.0 **CONTINUE SOUTH** on the Harlem Valley Rail Trail
- 0.7 **LEFT** on Furnace Bank Rd.
- 0.7 **RIGHT** on Main St.
- 0.8 **RIGHT** on South St./Amenia-Wassaic Rd.
- 1.6 **STRAIGHT** on S. Amenia Rd.
- 2.7 **RIGHT** on Kent Rd.
- 3.6 **STRAIGHT** on Sinpatch Rd.
- 4.5 **VEER RIGHT** at the fork with Benton Rd. to remain on Sinpatch Rd.
- 4.7 **LEFT** on Poplar Hill Rd.
- 7.8 **RIGHT** on Maple Ln.
- 8.2 **STRAIGHT** on Mill St.
- 8.6 **TURN AROUND** at Dover Plains Metro-North Railroad Station

- 9.0 **STRAIGHT** on Maple Ln.
- 9.7 **LEFT** on Poplar Hill Rd.
- 12.7 **RIGHT** on Sinpatch Rd.
- 13.6 **STRAIGHT** on Kent Rd.
- 14.7 **RIGHT** on S. Amenia Rd.
- 15.2 **STRAIGHT** on Amenia Union Rd.
- 17.0 **VEER LEFT** at the fork onto Leedsville Rd.
- 17.6 **LEFT** on Leedsville Rd.; follow to end
- 19.8 **LEFT** on NY 343
- 21.1 **RIGHT** onto the Harlem Valley Rail Trail
- 27.8 **FOLLOW TRAIL** through Millerton
- 35.0 **TURN AROUND** at Boston Corners Rd.
- 52.9 **FOLLOW TRAIL** back to Wassaic Train Station
- 52.9 **RIDE COMPLETE**



BIKE TOUR 3

Hyde Park, Pleasant Valley & Staatsburg

Historic Highlights

NATIONAL & STATE PARK ACCESS | RIVER VIEWS | ROADS & TRAILS

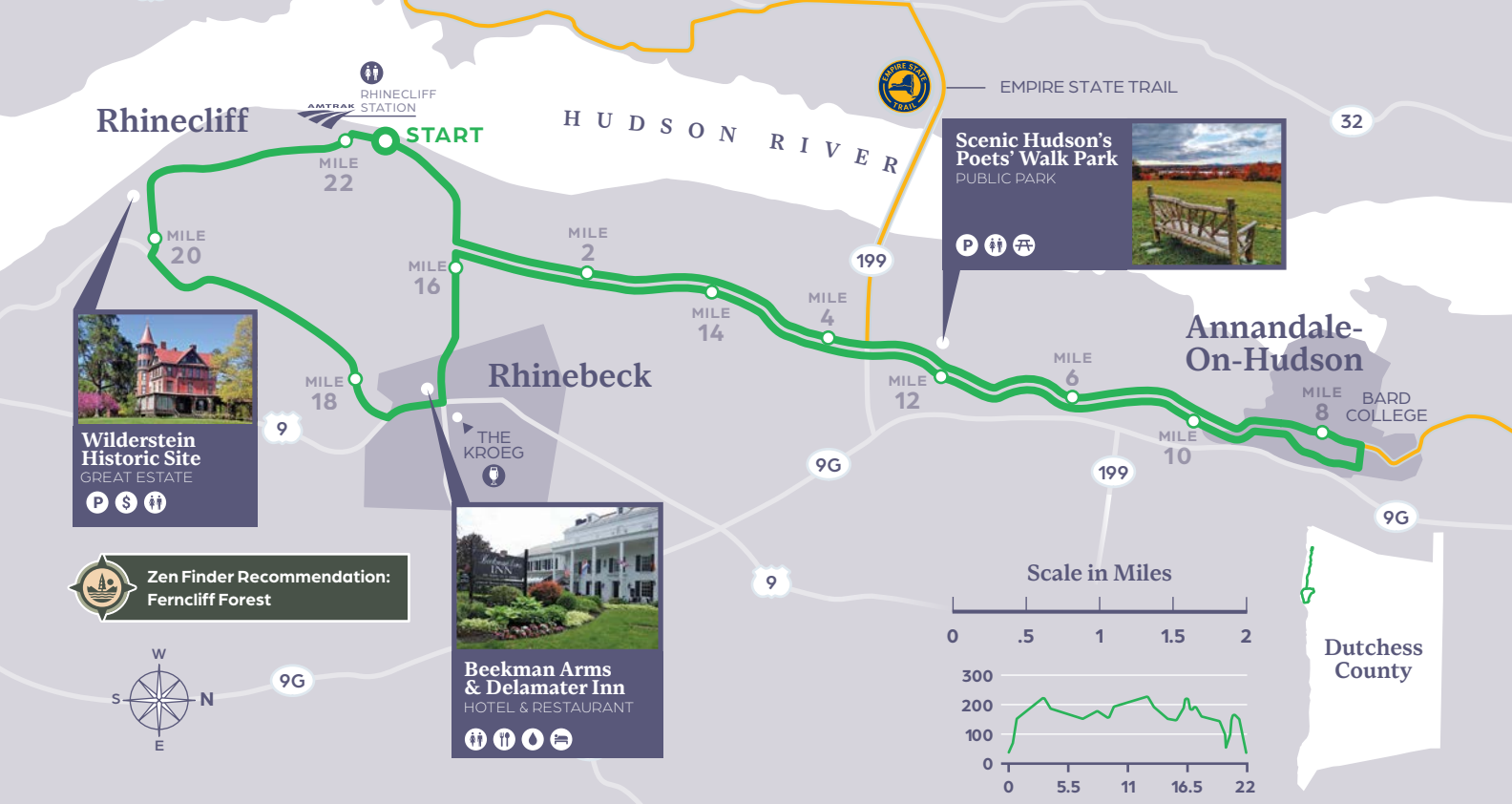
Visit **The Home of Franklin D. Roosevelt National Historic Site**, the **FDR Presidential Library and Museum**, **Vanderbilt Mansion National Historic Site**, **Mills Norrie State Park**, and **Staatsburgh State Historic Site**, home to the Mills family's Gilded Age mansion. Detour to the **Eleanor Roosevelt National Historic Site**, then enjoy a meal at **River & Post** in Staatsburg or **Eveready Diner** in Hyde Park. End with a sake tasting at **Dassai Blue Sake Brewery**.

ROUTE LENGTH **25.1M** ELEVATION GAIN **1,056 FT**

START: Mills-Norrie State Park Marina

- 0.8 SHARP RIGHT** on Margaret Norrie State Park
- 1.0 LEFT** on Old Post Rd.
- 2.1 RIGHT** on Old Post Rd.
- 3.0 SHARP LEFT** on Old Post Rd.
- 3.1 KEEP RIGHT** on Mills Cross Rd.
- 6.1 RIGHT** on N. Quaker Ln.
- 13.1 RIGHT** on Salt Point Tnpke.
- 14.3 SHARP RIGHT** on Cream St.
- 14.4 LEFT** on E. Dorsey Ln.
- 15.6 RIGHT** on Creek Rd.
- 16.7 SLIGHT RIGHT** on Violet Ave./NY 9G

- 16.8 LEFT** on Roosevelt Farm Lane Trail (paved & gravel)
- 18.5 RIGHT** on Albany Post Rd.
- 18.9 LEFT** on South Dr.
- 19.0 SHARP RIGHT** on Ravine Rd.
- 19.1 LEFT** on Calmer Pl.
- 20.0 LEFT** on Albany Post Rd.
- 20.6 LEFT** on Vanderbilt Park Rd.
- 21.5 RIGHT** on Vanderbilt Park Rd.
- 21.5 LEFT** on Albany Post Rd./US 9
- 24.1 KEEP LEFT** on Old Post Rd.
- 24.2 LEFT** on Margaret Norrie State Park
- 24.3 SHARP LEFT** on Margaret Norrie State Park
- 25.1 RIDE COMPLETE**



BIKE TOUR 4

Rhinecliff, Rhinebeck & Annandale-on-Hudson

Part of the Empire State Trail

Town, Country and Campus

AMTRAK ACCESS | NORTHERN DUTCHESS SAMPLER | BIKE-FRIENDLY ROADS

ROUTE LENGTH **22.4 M** ELEVATION GAIN **979 FT**

For a ride that's both scenic and historic, begin in the hamlet of Rhinecliff and head toward **Bard College** in Annandale-on-Hudson, where you can explore the **Montgomery Place Campus** in Red Hook, a 380-acre estate adjacent to the main Bard campus and overlooking the Hudson River. Stop by **Scenic Hudson's Poets' Walk Park** in Red Hook for a picnic and spectacular views. Or, have a meal in one of the many restaurants in the bustling Village of Rhinebeck, including **The Tavern at The Beekman Arms**, **Foster's Coach House** or **Terrapin**. Don't miss the **Wilderstein Historic Site** in Rhinebeck, home of President Franklin D. Roosevelt's cousin and confidant, Margaret "Daisy" Suckley.

START: Amtrak Rhinecliff Train Station

- 0.0 **EXIT** Hutton St. and turn **LEFT** on Charles St.
- 0.2 **SLIGHT LEFT**; Charles St. becomes Rhinecliff Rd.
- 1.0 **VEER LEFT** onto River Rd.
- 7.3 **VEER LEFT** on Annandale Rd.
- 7.4 **LEAVE ROAD** and **MERGE LEFT** onto Annandale Pedestrian/Bike Path, following Annandale Rd.
- 8.3 **RIGHT** on County Road 103/Annandale Rd. at Cruger Island Rd.
- 8.5 **RIGHT** on Campus Rd.
- 9.2 **LEFT** on Annandale Pedestrian/Bike Path, following Annandale Rd.

- 9.5 **KEEP RIGHT** on River Rd.
- 15.8 **LEFT** on Rhinecliff Rd.
- 16.7 **STRAIGHT** on W. Market St.
- 17.0 **RIGHT** on Mill St., also known as US 9
- 17.5 **RIGHT** on Mill Rd.
- 19.9 **RIGHT** on Morton Rd.
- 21.8 **STRAIGHT** on Kelly St.
- 22.2 **VEER LEFT** at fork to remain on Kelly St.
- 22.2 **STRAIGHT** on Charles St.
- 22.3 **LEFT** on Hutton St.
- 22.4 **RIDE COMPLETE**



BIKE TOUR 6

Beacon & Glenham

Explore Trendy Beacon

METRO-NORTH ACCESS | ROADS & TRAILS | DINING & SHOPS

ROUTE LENGTH **10.0 M** ELEVATION GAIN **528 FT**

The route begins and ends at the Beacon Metro-North train station and takes you through Beacon's vibrant Main Street dining, shopping and entertainment corridor. You can board the train with your bike in Manhattan or Westchester, enjoy a scenic train ride along the Hudson River and arrive in Beacon in less than two hours. Sit for a while or launch a kayak on the river from **Scenic Hudson's Long Dock Park**. Recover with a treatment and stay at **The Dutchess Inn & Spa**. A quick detour will take you to **Dia Beacon**, an impressive collection of contemporary art that includes Andy Warhol's "Shadows."

START: Beacon Train Station, MTA Hudson Line

- 0.0** EXIT Railroad Dr. and turn **RIGHT**.
- 0.2** CONTINUE on Klara Sauer Trail
- 1.0** LEFT on Dennings Ave.
- 1.1** SHARP RIGHT onto Dave Miller Connector Trail
- 1.7** LEFT on South Ave.
- 1.8** RIGHT on Tioronda Ave.
- 2.6** RIGHT on Wolcott Ave./NY 9D
- 2.9** LEFT on Phillips St.
- 2.9** RIGHT on Madison Ave.
- 3.2** RIGHT on Judson St.
- 3.3** LEFT on Wolcott Ave./NY 9D, LEFT on Howland Ave.
- 3.5** KEEP RIGHT to stay on Howland Ave./Depuyster Ave.
- 4.4** Ave.
- 5.6** CONTINUE on Washington Ave.
- 5.7** LEFT on Maple St.

- 6.2** LEFT on Old Glenham Rd.
- 6.3** SHARP RIGHT on Red Schoolhouse Rd.
- 6.9** SHARP LEFT on Fishkill Ave./NY 52
- 6.9** LEFT on Mill St.
- 7.2** CONTINUE on Mason Cir. followed by 2 RIGHT TURNS
- 7.3** SHARP LEFT on Bridge St.
- 7.8** RIGHT on Liberty St.
- 8.0** KEEP LEFT on Liberty St.
- 8.1** RIGHT on Grove St.
- 8.2** LEFT on Leonard St.
- 8.4** SHARP RIGHT on E. Main St.
- 9.3** LEFT on Main St.
- 9.4** RIGHT on North Ave./NY 9D/NY 52 Bus
- 9.9** SHARP LEFT on Beekman Rd.
- 10.0** RIGHT on Beekman St. N.
- 10.0** SLIGHT RIGHT on Red Flynn Dr.

RIDE COMPLETE

Shops, Rentals and Events

BIKEWAY Wappingers Falls

Locks and rider helmets included with bike rentals.
Reservations available online.

1581 NY 376

(845) 463-7433 | bikeway.com

CITY BIKE RENTALS Poughkeepsie

Bike rental shop convenient to the Walkway Over the Hudson and the Dutchess Rail Trail. Reservations preferred, open seasonally.

115 Parker Ave.

(845) 486-4100 | citybikerentalspk.com

BEACON BIKES Beacon

Electric bike sales, service and rental.

332 Fishkill Ave.

(845) 863-9301 | beaconebikes.com

PV BICYCLE SHOP Pleasant Valley

Repairs, large selection of new and used bikes.
Accessories for beginners and pros. Rentals available.

1557 Main St./US 44

(845) 635-3161 | pvbikeshop.com

RHINEBECK BICYCLE SHOP Rhinebeck

Service, repairs, sales and accessories.

10 Garden St. | (845) 876-4025

Events

APRIL - OCTOBER

EMPIRE STATE TRAIL TOUR

Runs monthly and is a supported 35-mile ride along the Maybrook Trailway between the Brewster and Poughkeepsie train stations. | bikehudsonvalley.com

SUMMER

CYCLE THE HUDSON VALLEY TOUR

A fully supported, seven-day, 200-mile tour from the Albany area to New York City along the Hudson River section of the Empire State Trail. | ptny.org

OCTOBER

DISCOVER HUDSON VALLEY RIDE

Routes range from 15 to 100 miles; all routes begin and end at Victor C. Waryas Park in Poughkeepsie. | bike.nyc

Resources & Information

BIKE DUTCHESS

Locate bicycle parking and routes throughout Dutchess County.
gis.dutchessny.gov/bike-dutchess

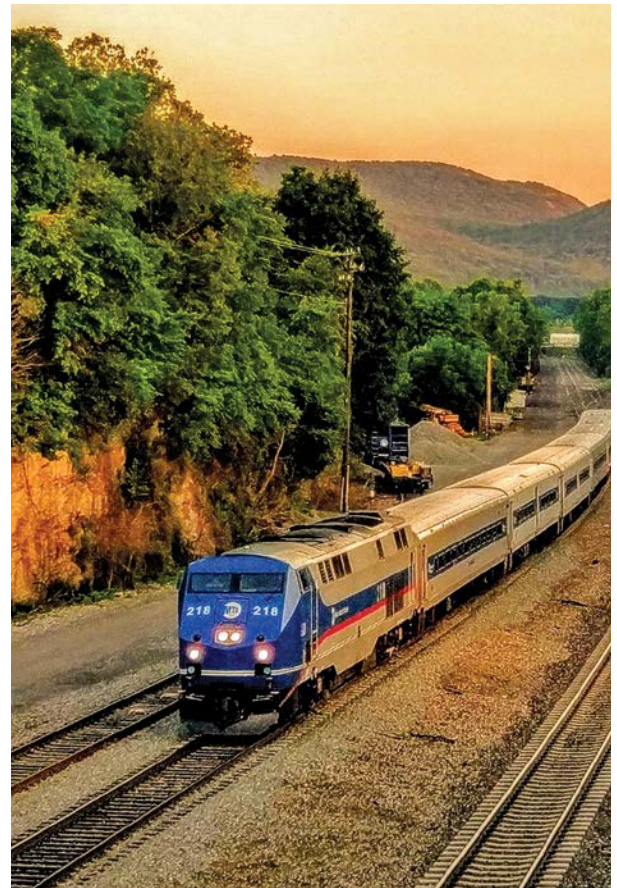


MID HUDSON BICYCLE CLUB (MHBC)

midhudsonbicycleclub.com

BEACON BICYCLE COALITION

bikebeacon.org



The train is an easy and convenient way to get your bike to Dutchess County. Just check your local train schedules and get you and your bike on board.



new.mta.info/guides/bikes



amtrak.com/onboard/bring-your-bicycle-onboard.html



DESTINATION DUTCHESS

HEART OF THE HUDSON VALLEY



DestinationDutchess.com

To the best of our knowledge, the information in this guide is correct as of November 1, 2025. We recommend that you contact a site before visiting. This guide lists only those sites that are open to the general public and wish to be included. Listings do not represent an endorsement. The programs provided by this agency are partially funded by monies received from the County of Dutchess.

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