

ROCHESTER, NY

Hike, Bike or Paddle

"One of the top bike-friendly cities in the U.S." — Bicycling Magazine



Bring your bike, your hiking shoes, or your paddle — with more than 12,000 acres of parkland, 100+ miles of well-marked trails, and extensive waterways, Rochester is an exciting adventure for any outdoor enthusiast.

Bike-Friendly

Rochester takes its reputation as an award-winning city for cyclists seriously for safe, enjoyable riding.

Municipal buses - with bike racks

Exclusive bike travel lanes - 5 to 6' wide in the city

City trails - connect from the Genesee Riverway Trail from the Erie Canal Heritage Trail, through the heart of the city. Ride on to the Seaway Trail at the Port of Rochester.

Bike Locker program - Bike shelters, posts and racks, corrals and service stands available.

Ride along - with members of recreational, racing, tandem, recumbent, and mountain biking clubs.



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Bike Scenic Routes

The shoreline of Lake Ontario - One of the five Great Lakes. Bike along country paths, through wooded parks, past quiet beaches and historic lighthouses. Visit the wild beauty of Chimney Bluffs.

The Genesee River - A 40 mile bike ride from Rochester to Letchworth State Park, "The Grand Canyon of the East."

The Erie Canalway Trail - 450 miles of stunning scenery, picturesque villages and historic sites. Flat, well-maintained pathways popular for hiking, biking or walking.

Turning Point Park - Nearly two miles of land-based trails following the Genesee River and over a winding bridge above the Genesee River Turning Basin.

Scenic trails

Highland Park - One of the oldest arboretums in the U.S. and home to the largest collection of lilacs in North America.

Seneca Park - 2-mile trail and dramatic views of the Genesee River wilderness areas.

Mendon Ponds Park - A huge park at 2,514 acres with unique land formations left by retreating glaciers. On the National Registry of Natural Landmarks.

Durand-Eastman Park - Hilly terrain with surprising views along 5,000 feet of Lake Ontario's waterfront.

Ellison Park - "Hidden" trails through pristine forests.

Genesee Valley Greenway - Urban hiking along 50mi.+ of accessible trails in & around Rochester.

Paddling

Rochester's waterways are easily accessible and ready for your next adventure!

Genesee River - Glide into the city and enjoy easy docking at **Corn Hill Landing**.

Historic Erie Canal - Paddle through a lock. Rentals available throughout the area.

Bay Creek Paddling Center in Ellison Park - Canoe/kayak rentals on Irondequoit Creek.

Genesee Waterways Center in Genesee Valley Park - 600 feet of accessible docks, canoes and flat-water kayaks to rent.

Lock 32 Whitewater Park - A 700 foot-long course with rapids, squirt lines, and more.

Rochester River Romance - Two-day regatta in October with activities and events.



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