

# Poughkeepsie-Peekamoose-Poughkeepsie

## 100 miles, 6500 Vertical Feet, Difficulty Factor 165

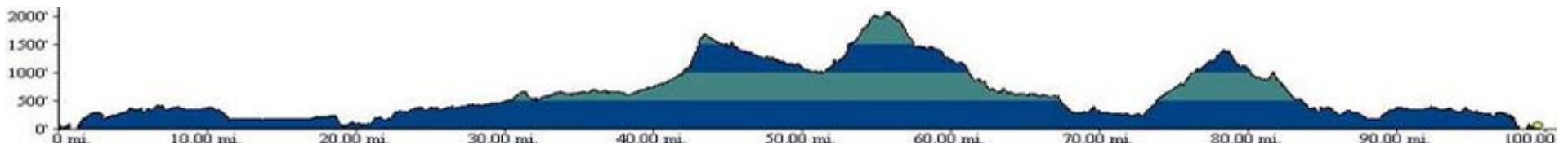
**Bold!: Easy to Miss** QL: Quick Left QR: Quick Right CS: Continue Straight X: Cross BL: Bear Left BR: Bear Right

Go	Do	Cue Set 1	Σ
0.0	-	Start Poughkeepsie Metro North	0.1
0.1	L	Rinaldi Blvd	0.2
0.3	R	Gerald Dr	0.5
0.2	L	Bridge Ramp	0.7
0.7	R	Haviland Rd to end	1.4
1.5	R	US 9W	2.9
2.2	L	SR 299	5.1
7.0	R	CR 7 (Springtown Rd->Elting Rd)	12.1
6.7	BR	TRO CR 7 (Keator Ave)	18.8

Go	Do	Cue Set 2	Σ
0.2	L	TRO CR 7 (Keator Ave)	19
0.3	L	SR 213	19.3
4.5	R	SR 209/213	23.8
0.8	L	SR 213	24.6
1.0	R	TRO SR 213 to end	25.6
7.5	BL	SR 28A	33.1
<b>5.4</b>	<b>!L</b>	<b>CR42 (unmarked) @ sign to Sundown</b>	<b>38.5</b>
12.5	-	Stop on left, no facilities (see notes on map)	51
0.5	BL	Greenville Rd (CR 46) to end	51.5

Go	Do	Cue Set 3	Σ
3.5	R	at T, Yeagerville Rd	55
<b>2.0</b>	<b>!L</b>	<b>First Left, Mill Rd, easy to miss</b>	<b>57</b>
0.7	BR	TRO Mill Rd (rough with hardpack ahead)	57.7
1.9	L	Sholam Rd	59.6
0.4	R	TRO Sholam Rd to end	60
1.5	L	at T, SR 55A <b>careful stop</b>	61.5
1.7	BL	Merge with SR 55	63.2
5.3	L	US 209	68.5
4.4	R	US 44/55	72.9

Go	Do	Cue Set 4	Σ
<b>10.5</b>	<b>!L</b>	<b>SR 299 -- easy to miss on descent</b>	<b>83.4</b>
9.8	R	New Paltz Rd	93.2
3.6	BR	Vineyard Ave (SR 44/55)	96.8
<b>0.1</b>	<b>!QL</b>	<b>Milton St</b>	<b>96.9</b>
0.3	R	US 9W	97.2
0.5	L	Haviland Rd->Mid Hudson Bridge	97.7
1.8	R	After off-ramp, Gerald DR	99.5
0.2	L	Rinaldi Blvd	99.7
0.3	R	Poughkeepsie Metro North	100



**Rest Stop Options**  
As of May, 2008 the delis in Olive Bridge and West Shokan were closed.

In Sundown, around mile 51 there are two options: 1) The Sundown Mini Mart, open May 1 to mid-October, 9 AM - 8 PM. Very minimal, no facilities, but the owner is very nice. Call 845-985-7195 2) Just past Greenville Rd on the right a home owner sells sundries from his garage. Again, no facilities.

In Napanoch at mile 69 on Route 209 just north Route 55 is a full-service market.

John Z Cell: 917-617-0901  
Hank Cell: 917-747-8504

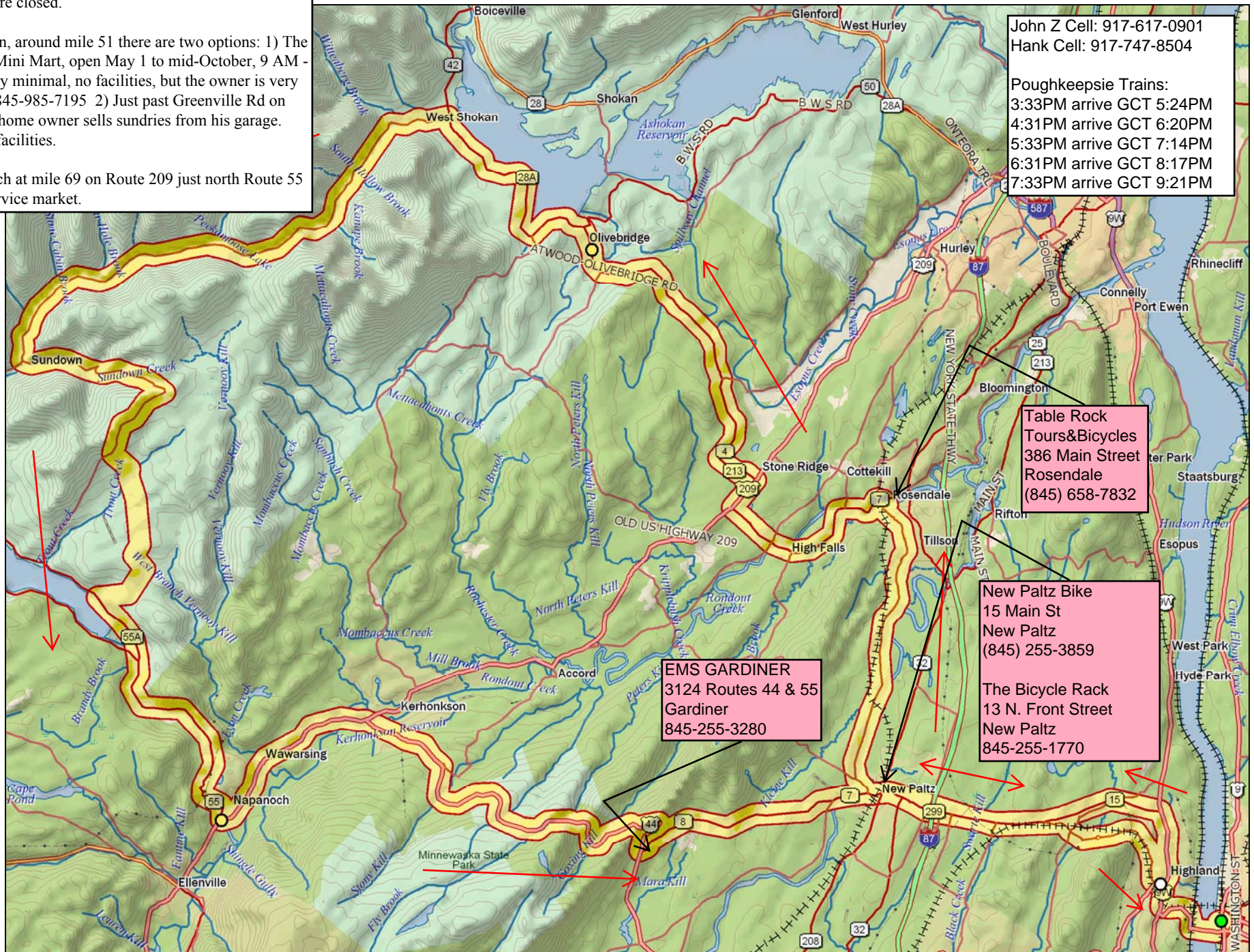
**Poughkeepsie Trains:**  
3:33PM arrive GCT 5:24PM  
4:31PM arrive GCT 6:20PM  
5:33PM arrive GCT 7:14PM  
6:31PM arrive GCT 8:17PM  
7:33PM arrive GCT 9:21PM

**Table Rock  
Tours&Bicycles**  
386 Main Street  
Rosendale  
(845) 658-7832

**New Paltz Bike**  
15 Main St  
New Paltz  
(845) 255-3859

**The Bicycle Rack**  
13 N. Front Street  
New Paltz  
845-255-1770

**EMS GARDINER**  
3124 Routes 44 & 55  
Gardiner  
845-255-3280



Data use subject to license.

© DeLorme. DeLorme Topo USA® 7.0.  
www.delorme.com

