

Vacations Of A Lifetime

Cycling Along New York's Historic Canals

(NAPSA)—Imagine a romantic and adventurous tour of New York State's Canal System without leaving dry land.

That's what hundreds of cyclists will be enjoying when they take part in the fifth annual Cycling the Erie Canal event scheduled for July 6-13. The eight-day, 400-mile cross state recreational bicycle tour runs from Buffalo to Albany along the historic, scenic and still-active Erie Canal.

The tour—which is limited to 400 cyclists and last year drew riders from 28 states—passes through historic Canal villages and rural countryside. Along the way historians and local experts will introduce the riders to the people, places and things that made the Erie Canal so unique in its day and so important to the history of New York State.

Other enjoyable and surprisingly economical ways to enjoy your Canal visit, can include forays into:

- **Fishing:** Cast your line into calm Canal waters—and compete in the exciting Geneva Trout Derby or the Seneca Falls Bass Derby (May 24-26) or the Erie Canal Fishing Derby in Albion (July 7-20).

- **Festivals:** Seneca Falls also features a Waterfront Festival and Cardboard Boat Race and a Fresh Herb and New Wine Festival.

- **Boating:** Take in the Annual Tug Boat Round-Up in Waterford (Sept. 5-7), the Genesee River Canoe Regatta (Sept. 20), the Erie Canal Steamboat Rally (July 5) or the Electric City Canoe Races (July 20).

- **Art:** See the Rome, New York Taste of the Arts Festival, the Cornhill Arts Festival (Sept. 20-21) or the Ozfest at the Chittenango L.



Hundreds of cyclists will participate in an eight-day tour along the Erie Canal.

Frank Baum Oz Museum (June 5-8).

- **History:** Along the Oswego, you can enjoy Fulton's Canal Heritage Days (July 13) or you can join the Annual Convention Days Celebration of the First Women's Rights Convention in Seneca Falls (July 17-19).

In fact, there are many ways to enjoy the 524-mile Canal System of New York State, which is easily accessible by car from several states and provinces, or by plane at a number of airports.

A Canal visit can be an especially great way for travelers to nearby New York City to unwind for a while. You can try your hand at captaining your own boat or ride your bike along the more than 230 miles of Canalway Trail.

For more information on vacationing along a Canal, call 1-800-4CANAL4 or visit www.canals.state.ny.us/.