



Visitor Centers

Downtown Visitor Center
110 North Tioga St
(607) 273-7482, (800) 284-8422

Located on the Ithaca Commons, our flagship visitor center is your one-stop source for travel information, activities, and events in Ithaca, Tompkins County, the Finger Lakes Region and surrounding New York State.

The self-service lobby, open 24/7, is stocked with maps and key information on accommodations, attractions and activities.

Open year-round, 6 days per week.
Hours: MON-SAT 10am-5pm

Taughannock Falls Overlook Visitor Center
2381 Taughannock Park Rd., Trumansburg
(607) 209-0008

Situated at the highest waterfall east of the Rocky Mountains. Information on trails, waterfalls, outdoor activities, and local knowledge of the Trumansburg and Ithaca area.

Open seasonally May-October: MON-SUN: 10am-5pm

Online at VisitIthaca.com & [Facebook.com/VisitIthaca](https://www.facebook.com/VisitIthaca), or call 1-800-28-ITHACA

Request maps or suggest corrections by emailing itct@tompkins-co.org.

Bike-Friendly Events

What's the best way to travel and enjoy your time in Ithaca and Tompkins County? By bike, of course! Check out all of these events around town that are bike-friendly and get ready for a fun filled ride around some of the area's best music events, food festivals, fundraisers, and more! For complete event information, head to Events.VisitIthaca.com and www.downtownithaca.com/events

Spring
Streets Alive – bikewalktompkins.org/streetsalive
Ithaca Festival – IthacaFestival.org
Gorges Ithaca Half Marathon – <https://runsignup.com/Race/NY/Ithaca/GorgesIthaca>
Ithaca Farmers Market, April - December – ithacamar.com

Summer
Ithaca Farmers Market, April - December – ithacamar.com
Local Farmers Market – varies yearly – ccetompkins.org/agriculture/buy-local/farmers-markets

Finger Lakes Grassroots Festival – GrassrootsFest.org
Cayuga Lake Triathlon – cayugalaketriathlon.org

Fall
AIDS Ride for Life – AIDSrideforlife.org
Porchfest – Porchfest.org
Apple Harvest Festival – downtownithaca.com/events

Winter
Trumansburg WinterFest – [facebook.com/TburgWinterFest](https://www.facebook.com/TburgWinterFest)
Winter Light Festival – downtownithaca.com/events
Press Bay Alley Holiday Market – [facebook.com/PressBay](https://www.facebook.com/PressBay)

Local Biking Resources

Bike Walk Tompkins
Bike advocacy, education and bike share information – bikewalktompkins.org

Bicycle Rentals
Contact the Visitor Center for information.

Cornell Bicycling Information
fcs.cornell.edu/services/parking-transportation/getting-around/cycling-campus

Recycle Ithaca's Bikes (RIBs)
facebook - [RecycleIthacaBicycles](https://www.facebook.com/RecycleIthacaBicycles)

Mountain Bike Information
Shindagin Hollow State Forest: dec.ny.gov/lands/64136.html
Hammond Hill State Forest: dec.ny.gov/lands/8204.html

Biking & Hiking Trail Information
ithacatrails.org and gofingerlakes.org

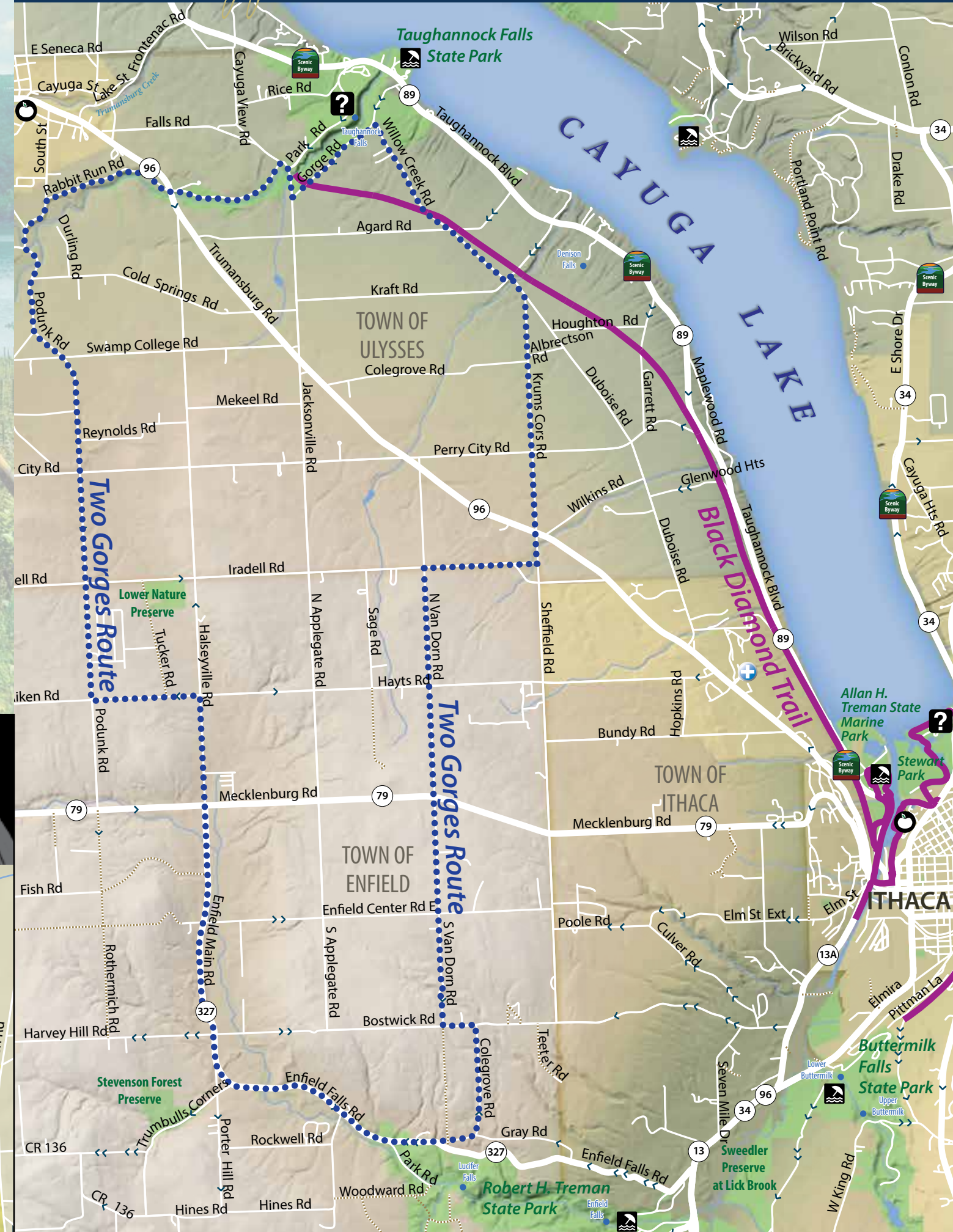
The Bike Boulevard Network!

Ithaca's bike boulevard network connects about three miles of low-traffic and traffic-calmed streets to downtown schools, community centers, and parks. Though these routes are intended to be "family friendly," cyclists must share the travel lanes with motor vehicles and need to use caution when crossing busy streets.

Bike Boulevard Map and Other Guides
bikewalktompkins.org/maps

RIDE Suggestions

Find more cycling information at:
Finger Lakes Cycling Club - fingerlakescycling.org
Cornell Cycling - cornellcycling.com



Two Gorges

Start: Taughannock State Park
Mileage: 28 miles
Description: Moderate

This ride connects two of the outdoor jewels of our area — Taughannock Falls State Park and Robert H. Treman State Park. (A third state park, Buttermilk Falls, is also very much worth visiting). Each of the parks deserves a separate visit, and you may want to spend time at either or both as part of this ride. Provided here, though, is just the route between the upper ends of the two parks.

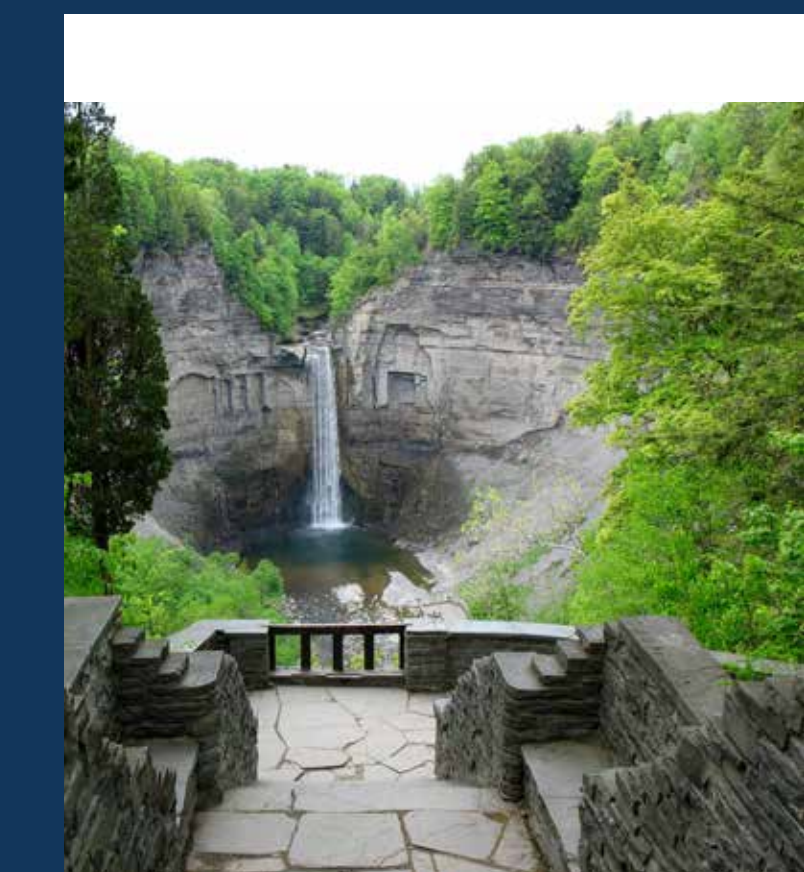
Mountain bikers, we have trails! Download trail maps for Hammond Hill and Shindagin Hollow State Forests at: Cycle-CNY.com



Trails to Taughannock Overlook from Ithaca Farmers Market

Start: Cass Park or Stewart Park
Mileage: 22-23 miles
Description: Moderate/Difficult

Two multi-use trails, the Cayuga Waterfront Trail and the Black Diamond Trail, connect the Ithaca Farmers market to Taughannock Falls State Park, and it's all off-road.



BIKE

Map

Ithaca & Tompkins County 2024

CITY Legend

For the City of Ithaca, streets are ranked based on traffic volume only. In general, streets in the City of Ithaca are narrow with no bike lanes and have parked cars on one or both sides of the street. Caution should be used when biking. The streets shown on this map are the principal streets in the City - unrated streets would generally be considered to have very low traffic volumes. The Ithaca Commons is a dismount area where bikes need to be walked.

Traffic Volume Ranking for the City of Ithaca

Very Low	Less than 1,000 vehicles per day	Green line
Low	1,000 - 2,999 vehicles per day	Blue line
Medium	3,000 - 6,000 vehicles per day	Yellow line
Heavy	6,001 - 15,000 vehicles per day	Orange line
Very Heavy	More than 15,000 vehicles per day	Red line

Multi-Use Trails Off-road paths for walking, bicycling, in-line skating, etc. restricted to non-motorized vehicles use.

Off-Road Links Paths and sidewalks used as shortcuts by bicyclists and pedestrians – these are not approved as formal trails.

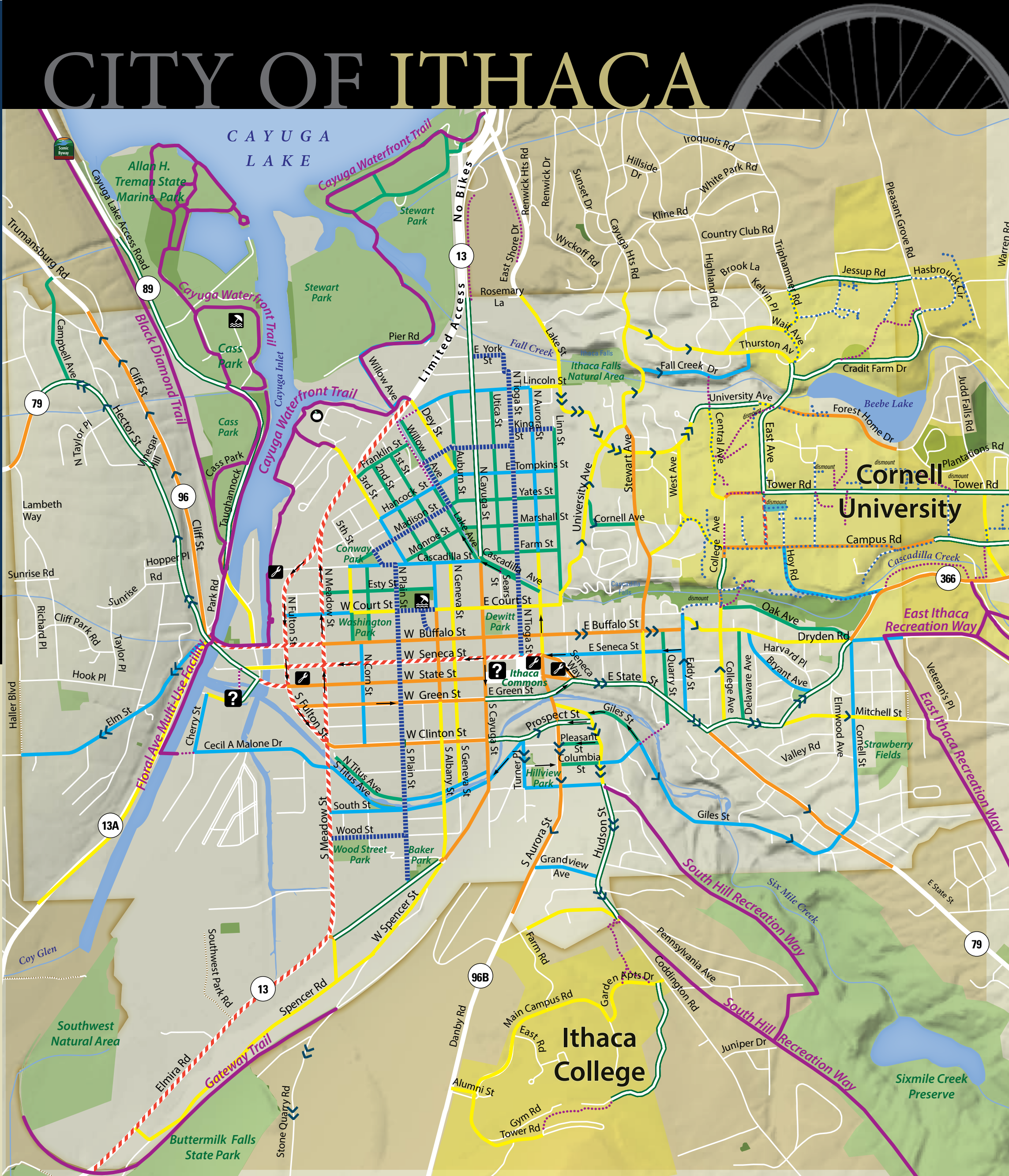
Marked Bike Lanes On-road bike lanes are painted on the street.

Bicycle Boulevard Calmed streets to downtown schools, community centers, and parks.

Bike Route Shared roadways on the Cornell University Campus

Visitor Center **Farmers Market** **Bike Shop**

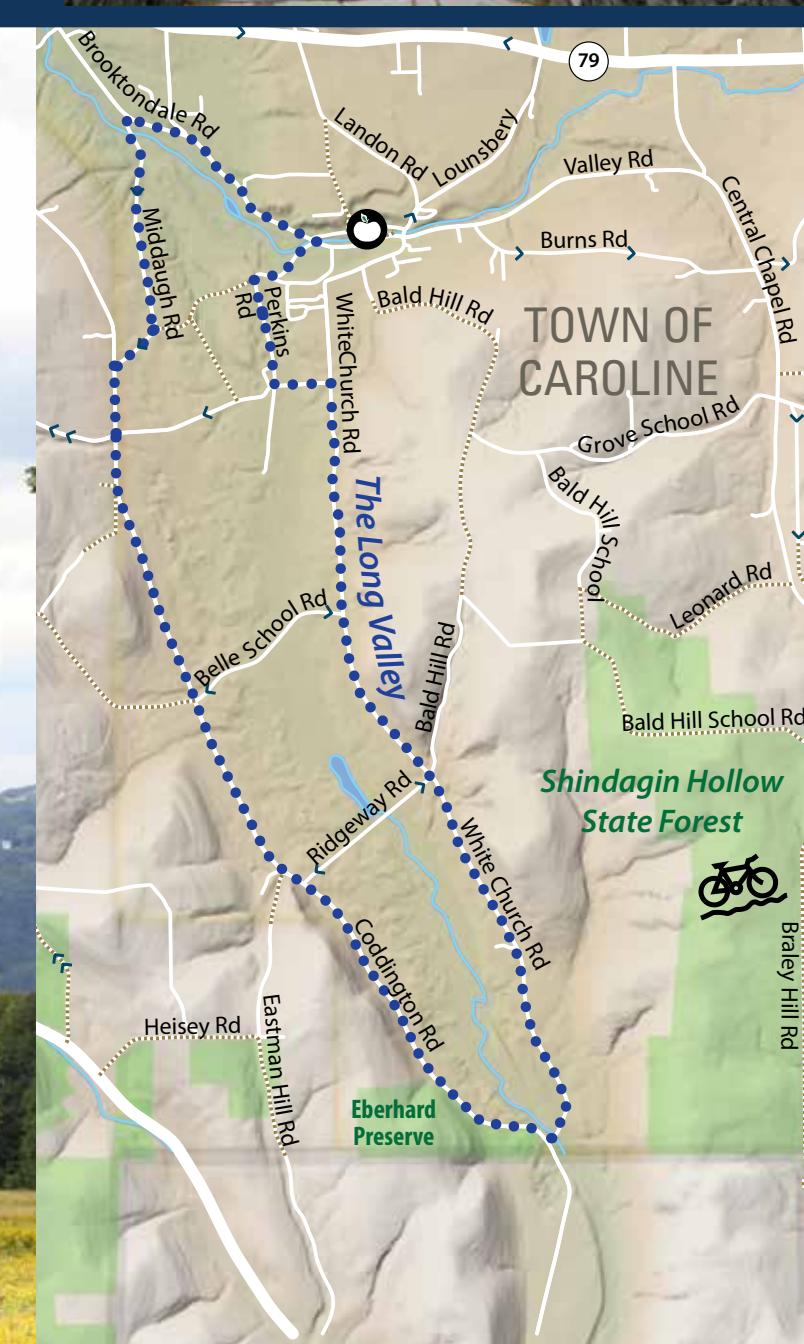
→ Oneway > 4% Slope >> 8% Slope



The Long Valley

Start: Brooktondale Post Office
Mileage: 12 miles
Description: Easy

This ride has a minimum of hill climbing, an unusual thing in this part of the world. People who are out of shape, uncertain of their riding skills, or worried about their stamina can safely consider this ride -- the whole ride is only 12 miles (easier than you might think!), but there are two shortcuts to make the ride even shorter if you feel the need.



ON-ROAD TIPS

Bicycling is an efficient, fun, and healthful way to get around Tompkins County and the City of Ithaca. The ratings on this map may be used as a guide for selecting routes to travel between different points. The roads have been color-coded to represent how suitable the conditions for bicycling are on a particular stretch of roadway for an average bicyclist.

Road conditions change: bicyclists must always be prepared for heavy volumes of traffic, traffic conflicts, potholes, loose debris, road construction, changes in weather, open car doors, other vehicles, pedestrians, and other road hazards. This map represents conditions in the spring of 2022.

- Bicycling on Route 13 (Expressway) between Dey Street and Warren Road is prohibited by law.
- Bicyclist must share all roads / streets with other vehicles.
- State roads usually have wide shoulders for use by bicyclists, however they also carry the highest traffic volumes and have the highest speed limits. Some cyclists may prefer alternate routes.
- Bicyclists should be aware that traffic volumes may vary by time of day and/or depending on locally scheduled events (i.e. festivals, farmers market, etc).
- Bicyclists must assess their own riding skills to determine if they possess sufficient ability to adapt to changing traffic patterns, road conditions, and the steep slopes indicated.
- Bicyclists must adhere to New York State and local bicycle laws (www.dot.ny.gov/display/programs/bicycle/safety_laws/laws), and assume responsibility for their own safety when using the road ratings on this map.

The Ithaca-Tompkins County Transportation Council, its member agencies and staff do not guarantee the safety of the rated road segments indicated on this map for use by bicyclists, and assume no liability for personal injuries or property damage resulting from the use of this map.

SUITABILITY DEFINITIONS

This map can be used by anyone ranging from the beginner to the more expert cyclist. However, the rankings and bike suitability ratings were created for the average cyclist. Therefore, there may be disagreements with the ratings. The average cyclist can be defined as one who prefers routes with less traffic and more room for safe cycling, and is familiar with the rules of the road. The cyclist should be confident on roadways yet be more confident on less steep grades.

Not included in suitability ratings

- The steepness of roads is not included as part of the road rating, but is instead indicated separately by single (steep) and double (very steep) arrows at appropriate locations (Steep is 4% to 8%; Very Steep is greater than 8%).
- Dirt and gravel roads are indicated on the map but are not rated for bicycling for the purpose of this map and no steepness indicator arrows are provided for them.
- Tompkins County roads and City of Ithaca streets are rated differently.

Tompkins County Map Suitability

Bicycle suitability ratings for roads in Tompkins County are based on a variety of existing road conditions and features such as posted speed limits, shoulder material / width / condition, pavement quality and amount of daily traffic. A steep grade indicator is also shown on this map to supplement the bicycle suitability rating. The definitions on the reverse side of this map outline the **typical conditions** for each suitability definition at the time of its rating. Also keep in mind that the suitability ratings are subjective and that the actual conditions may vary. Road characteristics will vary when cycling through hamlets and villages.

RULES OF THE ROAD

The laws regulating bicycling on New York's roads define the rights and duties of bicyclists as well as the motorists with whom they share the roadway.

Bicyclists and motorists basically have the same rights and duties, and the laws governing traffic regulation apply equally to both.

- Bicyclists must obey all regulatory signs.
- Bicyclists are permitted on all streets unless otherwise indicated.
- Bicycles must ride with the flow of traffic on the right side of the road.
- Bicycles cannot ride more than two abreast on roadways.
- Children under 14 must wear a helmet.
- More safety information at www.dot.ny.gov/display/programs/bicycle/safety_laws/safety-tips

STOP
Obey signs
Signal intentions
Be visible
Yield to pedestrians

BIKE ON BUS

Online at tcatbus.com

Every bus in the TCAT fleet has a bicycle rack mounted on its front end. These racks can help cyclists tame the hills and weather of Tompkins County. There is no additional fare for using the bike racks.

TCAT is an innovator. In 1996, TCAT was the first bus system in New York State to install bike racks fleet-wide. TCAT buses carry 38,000 bicycles a year and encourages people to get out and ride. Remember, a TCAT bus is your ultimate hill climbing gear!

For safety reasons, the driver cannot get off the bus to assist you. Please follow the instructions printed on the rack.

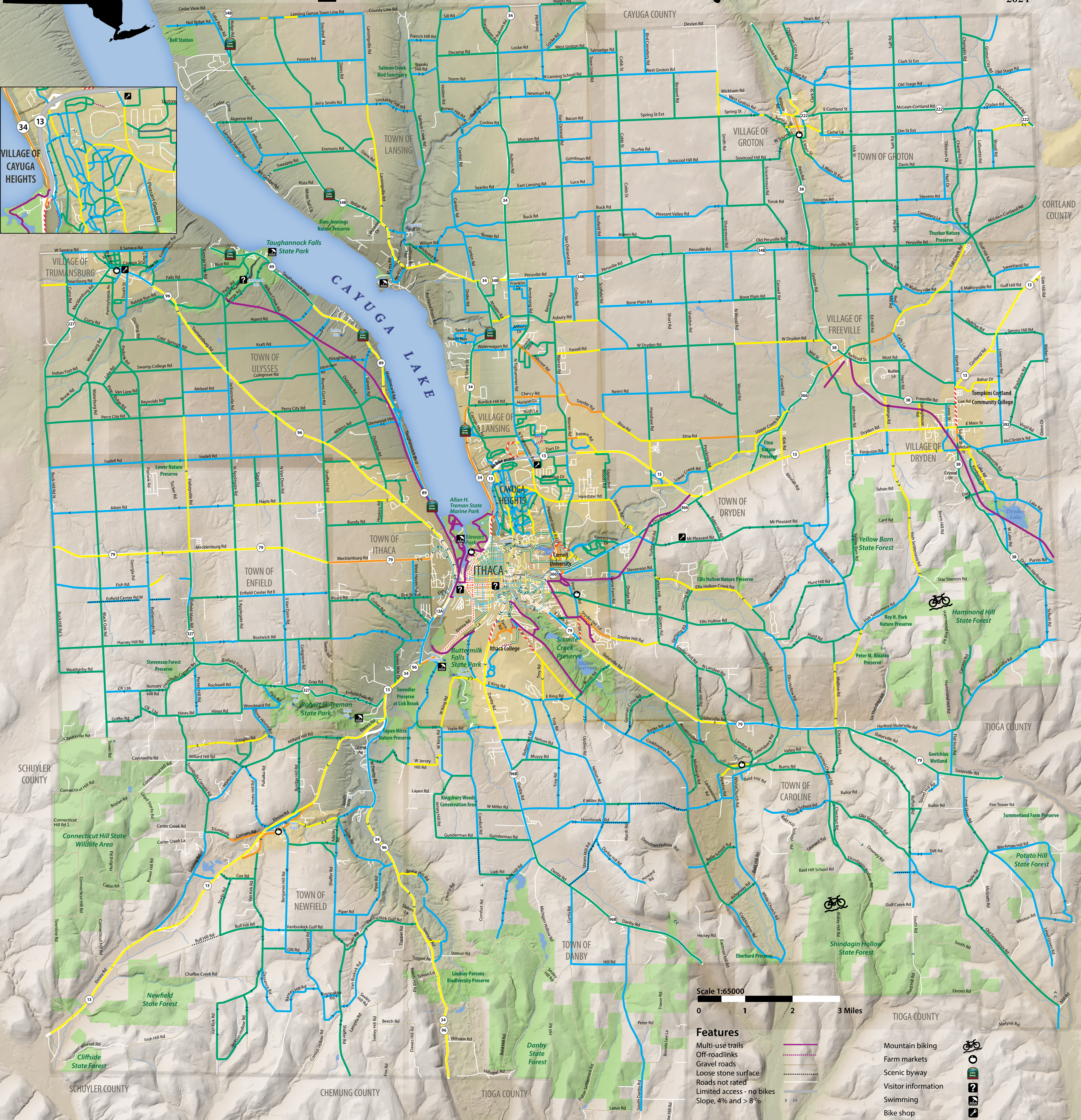
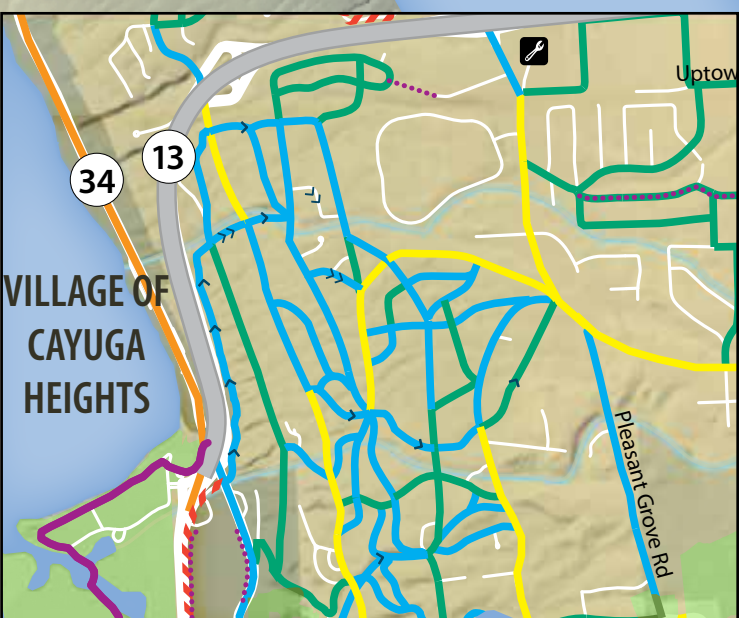
- Bike racks are first come, first served. Each bus can carry 2 bikes.
- There is no additional fare for using the bike rack.
- Children 10 or younger must be accompanied by an adult to load and unload bikes.
- All people using the rack must be strong enough to load and unload their bike.



Tompkins County

Bicycle Suitability

2024



Features

- Multi-use trails
- Off-roadlinks
- Gravel roads
- Loose stone surface
- Roads not rated
- Limited access - no bikes
- Slope, 4% and > 8%

- Mountain biking
- Farm markets
- Scenic byway
- Visitor information
- Swimming
- Bike shop

<p>Excellent road for cycling</p> <p>Highly recommended for bicycling. On County and Local Roads: low traffic volume, lower posted speed, and excellent road condition. May have paved shoulder. On NY State Roads: medium traffic volume with excellent paved shoulder.</p>	<p>Very good road for cycling</p> <p>Recommended for bicycling. On County and Local Roads: low-to-medium traffic volume and good, but not excellent, road condition. No paved shoulder. On NY State Roads: medium traffic volume, good-to-excellent road condition, with excellent paved shoulder.</p>	<p>Average road for cycling</p> <p>Acceptable for bicycling. On county and local roads: Low-to-medium traffic volume and average, but not good, road condition. No paved shoulder. On NY State Roads: medium-to-heavy traffic volume with excellent paved shoulder.</p>	<p>Fair road for cycling</p> <p>Only marginally suitable for bicycling. On county and local roads: Low-to-medium traffic volume and fair-to-average road condition. No paved shoulder. On NY State Roads: heavy traffic with limited shoulder.</p>	<p>Least Suitable</p> <p>These roads were considered least suitable for bicycling. Medium to high traffic volume, no shoulders, and fair or below fair road conditions.</p>
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