

Day 3 – Brockport to Palmyra – cues  
Aug 26 - Thursday (mapped miles = 48.1)

Route leaves hotel, goes to convenience store (optional) and rejoins the trail. We ride around Rochester.

From hotel turn **left** onto

**LAKE RD/MAIN STR.** At the second stoplight turn **left** onto **CRESTVIEW DR** and ride into the shopping area for Wegman's grocery store for supplies.

Return and turn **left** on

**LAKE RD/MAIN STR**, turn and ride about 1 mi to the canal. Cross the bridge and turn **right** to rejoin

**ERIE CANALWAY TRAIL.** Stay on the trail through Spencerport. At mile 14.0, keep **right** to stay on the ECT. At mile 14.5, turn **left** and get on

**LONG POND RD (CR 136)** to cross the canal. Rejoin the

**ERIE CANALWAY TRAIL** on the opposite side. Stay on the ECT as it curves south around Rochester. At mile 20.4 (where the trail reaches the river), turn **left** onto the

**GENESEE VALLEY GREENWAY** and cross the canal. In .5 miles turn **right** onto

**ERIE CANALWAY TRAIL** and cross the Genesee River. At mile 27.2 (near the Pittsford Sewer Dept.), briefly keep **left** and continue on trail along Brook Rd. \*\* At the T-intersection, turn **right** and ride to the end of the road (looks like a dead-end, but the trail continues here).

\*\* the trail may actually continue along the canal, with the Pittsford Sewer Dept. on your left. If so, follow the trail under the Monroe Ave. bridge \*\*

Continue on the trail to the outskirts of Palmyra. Enter

**PAL-MAC AQUEDUCT PARK** and continue on the trail. Turn **right** on

**CHURCH STR.** Ride about 1 block to and turn **left** on

**WEST MAIN STR (NY 31).** Ride 1 block and turn **right** on

**CUYLER STR.** Ride 2 blocks and turn **right** on

**EAST CHARLOTTE AVE/WALKER STR.** Take the next **left** onto

**HATHAWAY PLACE.** Ride to a T-intersection and turn **right** on

**EAST FOSTER STR.** At the next intersection turn **left** onto

**CANANDAIGUA STR (NY 21).** Ride 1 mile to the hotel. Turn **left** to get to

**PALMYRA INN BEST WESTERN.**