

Bike and Dine 2007 Itinerary

Oct 6th, Saturday, STBC and TCSC Joint Biking Event

Biking Option 1 - Catskill Scenic Trail (CST) Touring Ride - Coordinated by Nancy Botting of STBC (Scenic and Smooth)

Biking Option 2 - Plattekill Guided Mountain Biking - Coordinated by Tim Hanna of TCSC (Scenic, Exhilarating and Unique)

Details for both options:

- 8 AM - Meet at the old Chi-Chi's parking lot, Harry L Drive, JC
- Caravan or carpool to The Neptune Diner on Rt 23 in Oneonta
- (Or go directly to the restaurant and meet there at 9 AM.)
- We'll all have a nice breakfast at the Neptune Diner and then the "breakfast group" will split into two separate groups. One for the "Option 1 ride" in Bloomville and the other for the "Option 2 ride" in Roxbury. Each group will hopefully be a mixture of TCSC and STBC riders. We'll leave Neptune at 10 AM.



Option 1 Details: (Catskill Scenic Trail)

- 10:30 AM - Park at Bloomeville CST access
- Ride bikes to Stamford
- 12:30 PM Arrive in Stamford
- Possibly continue to Grand Gorge on the CST (adds 45 minutes each way)
- Stop for breaks along the way (estimated 30 - 60 minutes total for breaks)
- Ride back on the CST to Bloomeville. Arrive at 2:30 (or 4:15 PM from Grand Gorge)
- Meet the Plattekill riders for dinner at a nice restaurant in Oneonta 3:30 (or 5:15 PM)



Option 2 Details: (Plattekill Mountain)

- 11 AM arrive at Plattekill Mountain in Roxbury, NY
- Purchase lift tickets and rent bikes
- We have the following group rates
- Lift tickets for all day are \$20 (reg \$30) and use your own bike (not recommended)
- Lift tickets combined with bike rental and guide \$65 (recommended) (reg \$90)
- Ride from Noon till 4 PM
- Meet the CST riders for dinner at a nice restaurant in Oneonta 5:15 PM



More information about Plattekill Lift Served Mountain Biking

About the bikes -

Plattekill builds the custom bikes that they rent specifically for this terrain. They have super smooth suspension systems that rival those on motorcycles. The tires are large knobby tires. The brakes are hydraulically actuated disc brakes. These bikes enhance your experience on the mountain because they give you the smooth ride and easy control needed to make tough trails seem very doable. The best bike to rent is a “freeride” bike. Call Plattekill to reserve your bike at 800-GOTTA-BIKE or (607) 326-3500.

About the guide -

We will stay as a group for the first few rides and be guided by one of the Plattekill Mountain guides. We've arranged to have the same guide we had last year. (It's reported that Mike, our guide, has a new set of jokes for 2007.) It is important to have a guide because there are 60 miles of trails and the guide will assess the skill level of the group and choose the best trails. The guide will also give us a good variety of routes while keeping us off trails that are too advanced. It is a great way to ensure a good first experience. Because we are a group, we are afforded the benefit of having a guide as part of our group package. If you've always wanted to try this, doing it with a group and a guide is a good way to get started.



About the trails -

The elevation of Plattekill is 3500 ft so the vistas and views of the Catskills are breathtaking. There are abundant opportunities for great views and they occur wherever the mountain biking trails cross the ski trails. The bike trails are generally quite different than the ski trails used in the winter. They consist of single track through the woods, some service roads and some of the more gently sloped, green ski trails. The steeper blue and black ski trails are not available for mountain biking. There are some short, uphill sections but generally, there isn't a lot of pedaling to be done. There is one lift used in the summer for mountain biking. Your bike is carried on a separate chair that precedes you. It is loaded and unloaded for you by the lift attendants.



To sign up, please contact Tim Hanna at 656-7680 or Nancy Botting at 237-6952.

[View photos from Bike and Dine 2006](#) E-mail “info (at) TripleCitiesSkiClub (dot) com”