

Lakes and Seaway New York Tour Schedule

| DATE | START | FINISH | MILES | CLIMBING |
|-----------|--------------------------|----------------|-------|---|
| 9/16/2023 | Arrive in Burlington, VT | Check In | | Ride to Ben and Jerry's for Ice Cream** |
| 9/17/2023 | Burlington, VT | Lake Placid | 100 | 7000' * |
| 9/18/2023 | Lake Placid, NY | Od Forge | 100 | 3000' |
| 9/19/2023 | Old Forge, NY | Sackets Harbor | 75 | 2000' |
| 9/20/2023 | Sackets Harbor, NY | Odgensburg | 86 | 1700' |
| 9/21/2023 | Odgensburg, NY | Malone | 76 | 1300' |
| 9/22/2023 | Malone, NY | Burlington | 76 | 3700' |
| 9/23/2023 | Depart for home | | | |

*Includes the climb up Whiteface Mt. It is an out and back and can be easily avoided.

513 miles 86 miles per day 18,700' of climbing Averaging 3,116' per day