



Cycle Your Way

Take part in the Autumn Escape Bike Trek virtually this September and ride in your own neighborhood, on your own time, whenever it's convenient for you.

Whether you and your family ride bikes for fun or for fitness, we would love for you to join us virtually for this year's [Autumn Escape Bike Trek](#). We recommend riding during the same weekend as the in-person ride (September 27-29) or any time during the month of September, but when you ride and how far you go is truly up to you!

Here, we recommend a number of trails, but you're not limited to just these—if you have another favorite, go conquer it!

Track Your Progress



Download the Strava app on your iPhone or Android device and search for the [Autumn Escape Bike Trek](#) to track every mile you complete! Stay on top of the leaderboard on the Strava app.

See you on the ride! Share photos and videos from your rides on social media using **#AEBT** and **#EveryMileCounts**.

EVENT DETAILS

Register at [AutumnEscape.org](#) and fundraise through our online Participant Center! Then, join our [Strava Club](#) to track your mileage and compete to be on top of the leaderboard.

EVENT HIGHLIGHTS

- Raise \$250 or more to get your event medal and t-shirt.
- Raise \$1,000 or more to get your 2024 cycling jersey.
- Reach [additional incentive levels](#) for even better swag.

GET SOCIAL!

Post pictures of you riding during September and event weekend (September 27-29), tag us on [Facebook](#), and use **#AEBT** and **#EveryMileCounts** to share your journey!



Our Favorite Northeast Bike Paths

NAME	CITY/TOWN(S)	MILES
MASSACHUSETTS		
Assabet River Bike Path	Hudson - Marlborough	5.6
Bruce Freeman Rail Trail	Concord - Lowell	6.8
Cape Cod Canal Bike Paths	Bourne	7
Cape Cod Rail Trail	Yarmouth - Wellfleet	21.9
Charles River Bike Path	Boston, Cambridge, Newton, Watertown	11.8
Mattapoissett / Phoenix Bike Trail	Fairhaven	4.1
Minuteman Bikeway	Cambridge - Concord	9.7
Myles Standish State Forest	Carver	6.1
Norton Bike Path	Norton	1.6
Norwottuck Rail Trail	Northampton - Amherst	7.2
Shining Sea Bike Path	Falmouth - Woods Hole	10.7
Upper Charles Trail	Milford, Ashland, Hopkinton, Sherborn and Holliston	9
RHODE ISLAND		
Blackstone River Bike Path	Pawtucket - Woonsocket	11.2
East Bay Bike Path	E. Providence - Bristol	14.3
Ten Mile River Greenway	Pawtucket	3
Washington Secondary Bike Path	Cranston - Coventry	19.2
CONNECTICUT		
Farmington Canal Heritage Trail	Farmington	8.7
Mansfield Hollow State Park Path	Mansfield Center	3
Simsbury Bike Path	Granby - Farmington	26.1
NEW YORK		
Erie Canalway Trail	Camillus to Port Byron	17.5
Keuka Lake Outlet Trail	Penn Yan - Dresden	6.2
Ontario Pathways	Canandaigua - Stanley	11.6
NEW HAMPSHIRE		
Franconia Notch Bike Trail	Lincoln	12.5
Northern Rail Trail	Lebanon - Mascoma Lake	5.4
MAINE		
Androscoggin River Bicycle Path	Brunswick	5.5
Kennebec River Rail Trail	Augusta - Gardiner	6.5
Mountain Division Trail	Standish - Windham	6.9