

TRACING HISTORY

CANALWAY CHALLENGE

TRACKING MILES

Are you up for a challenge?

Whether your focus is fitness or fun, set your personal mileage goal and get moving.

Cycle, paddle, run, hike or walk along the 524-mile NYS Canal System and 365-mile Erie Canalway Trail and discover all you can do along New York's canals.

Participating in the Canalway Challenge is easy and free:

1

REGISTER ONLINE and choose your mileage goal.
www.eriecanalway.org/challenge

2

TRACK YOUR MILES. Do one big trip or several smaller ones on the waterway or Canalway Trail to achieve your mileage goal. People with disabilities are welcome to participate in a 1st Mile Challenge by completing one mile.

3

UPLOAD YOUR PHOTO FINISH! You'll be recognized for achieving your mileage goal with a certificate and decal. You can also purchase exclusive Canalway Challenge merchandise to show off your miles!



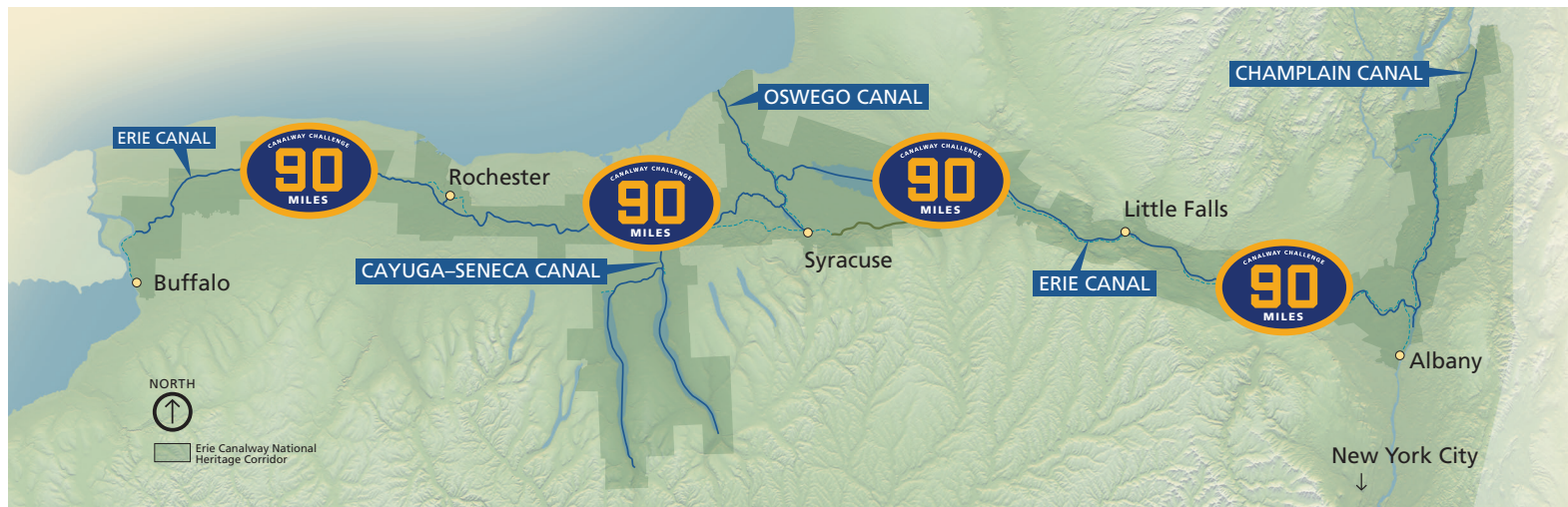
**NEW for
2025 only...**

**Log 200 miles for 200 years
of the Erie Canal!**



In partnership with the National Park Service

For more about how and where to rack up your miles, visit:
www.canalwaychallenge.com



RACK UP THE REGIONS

The Erie Canal and Canalway Trail are divided into distinct regions, each roughly 90 miles.
Rack up all four regions to become a 360 End-to-End!

- Buffalo to Rochester**
Calm waters and flat, easy trail connect charming towns rich in canal history.
- Rochester to Syracuse**
Varied terrain on water and land joins picturesque countryside with vibrant cities.
- Syracuse to Little Falls**
Tasty craft brews and ice cream await along the historical canal of the 1800s and today's canal route.
- Little Falls to Albany**
The Erie Canal merges with the mighty Mohawk River to reveal treasures accessible by water and trail.

CONNECTING CANALS

The Champlain, Oswego, and Cayuga-Seneca Canals offer more opportunities for adventure.

- Champlain Canal**
Waterford to Whitehall (63 miles)
Paddle or cycle a region steeped in American history.
- Cayuga-Seneca Canal**
Montezuma to Geneva, Cayuga and Seneca Lakes (92 miles)
Famed for its wineries, wildlife, and beautiful lakes.
- Oswego Canal**
Three Rivers to Oswego (23 miles)
Short but sweet! Paddle the scenic Oswego to Lake Ontario.

You can count miles on any of these canals toward your Canalway Challenge total!



SHARE YOUR JOURNEY

Show off special moments and inspire others to take the challenge! Upload photos to our Facebook group (facebook.com/canalwaychallenge), share on Instagram using the hashtag: **#CanalwayChallenge**, and tag your favorite miles with the hashtag: **#Favorite15**.



FOR INFORMATION
www.canalwaychallenge.com
facebook.com/canalwaychallenge
#CANALWAYCHALLENGE



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