



Unforgettable Hudson Valley Adventures

Welcome to Hudson Valley Detours!

Explore the breathtaking beauty of the Hudson Valley like never before with Hudson Valley Detours. We invite you to embark on an extraordinary journey where thrilling outdoor activities curated by Alpha Win Racing, luxurious accommodations at Diamond Mills Hotel, indulgent spa and recovery services at the Waterside Spa, and exceptional dining experiences at BLACKBARN Hudson Valley await. Get ready to experience a world of natural wonders and extraordinary hospitality, all in one remarkable package.



Adventures

Biking Adventures to iconic locations in the Hudson Valley

Are you ready for a fun and memorable tour through the Hudson Valley? Let us take you on an extraordinary experience of adventure, luxury, culinary delights, breathtaking landscapes, and the simple joy of cycling through one of New York's most beautiful regions.

Highlights include:

- Set off on a thrilling ride across the Hudson River via the **Walkway Over the Hudson**, the world's longest elevated pedestrian bridge. Enjoy panoramic views of the river and surrounding landscape.
- Take in spectacular scenery as you bike around the perimeter of the magnificent **Ashokan Reservoir** with awe-inspiring views of the water and surrounding forest.
- Gear up for an exciting ride with rolling hills to the famous town of **Woodstock**. Once there enjoy all the town has to offer including shops, museums, history and lunch at a local eatery.
- Take a ride between the historic towns of Hudson and Catskill over the **Rip Van Winkle Bridge**, with grand views of the mighty Hudson and surrounding Catskill Mountains.
- Step aboard our boat for a sunset cruise to the historic **Saugerties Lighthouse** on the Hudson River. You'll be treated to a magical night on the water with sunset views.
- Enjoy healthy farm-to-table cuisine to fuel your body for daily rides and aid in post-workout recovery at **BLACKBARN Hudson Valley** and the **Waterside Cafe**.
- Recharge and rejuvenate at the **Waterside Spa** with hydrotherapy circuit, fitness equipment and classes, massages and treatments.



Itinerary

Sample itinerary for all Hudson Valley Detours

Cyclists will have a Level 1 and Level 2 option each day. The Level 1 ride will be a full 40-50 miles, and on the Level 2 ride cyclists will enjoy a 20-25 mile ride as well as some added time at the Waterside Spa and Diamond Mills!



Biking Adventure: Days 1-3

SUNDAY (Introduction + Bike Tune-up)

- Arrive in the evening at Diamond Mills Hotel and check in.
- Attend a welcome reception at BLACKBARN Hudson Valley, with light refreshments.
- Take in the view of the Esopus Creek and Waterfall on the terrace while getting to know your fellow adventurers.
- Ensure your gear is ready with bike tune-up following the reception.

MONDAY (25 – 50 miles)

- Enjoy continental breakfast in the lobby of Diamond Mills Hotel before setting off on your first adventure.
- Adventurers will be transported with their bikes to the Walkway Over the Hudson.
- The trip begins with a one-of-a-kind ride across the Walkway, directly over the Hudson River.
- Experience beautiful views of the scenic and historic area from the Catskills all the way to the Hudson Highlands. Bikers will continue onto the Dutchess Rail Trail for a scenic ride through Dutchess County.
- Enjoy lunch at American Bounty at the Culinary Institute of America, the world's premier culinary college.
- Upon arriving back at Diamond Mills Hotel, adventurers will be escorted to Waterside Spa for an afternoon of relaxation and rejuvenation alongside the Hudson River.
- Dinner will be served at the Waterside Spa Cafe.

TUESDAY (25 – 50 miles)

- Enjoy continental breakfast in the lobby of Diamond Mills Hotel.
- Embark on a bike ride around the Ashokan Reservoir, one of the largest reservoirs in the New York City water supply system. The first group will begin on their ride directly from the Hotel, while the second group will be transported to the Reservoir for their ride.
- A picnic lunch will be provided following the ride by the Ashokan Fountain. Be sure to keep an eye out for Bald Eagles as you take in the view of the majestic Catskill Mountains.
- Return to Waterside Spa in the afternoon to unwind after the day's adventure.
- Experience the Hudson River firsthand with a relaxing river cruise, featuring a riverside dinner on a private dock, courtesy of BLACKBARN Hudson Valley.

Actual itineraries will be available closer to your scheduled booking.

Itinerary

Sample itinerary for all Hudson Valley Detours



Biking Adventure: Days 4-6

WEDNESDAY (20 – 40 miles)

- Enjoy continental breakfast in the lobby of Diamond Mills Hotel.
- Set off on your third adventure to the charming and historic town of Woodstock. Bikers will start from Diamond Mills Hotel, with the first group taking a longer rolling route through West Saugerties and the second heading straight to Woodstock.
- Upon arrival in Woodstock, bikers will have the opportunity to tour this iconic location and visit local shops and attractions.
- Adventurers will convene for lunch at one of the eclectic establishments Woodstock has to offer.
- Enjoy an afternoon facial or massage, or take a dip in the relaxation pool at Waterside Spa.
- Dinner at BLACKBARN Hudson Valley, sister to the BLACKBARN Restaurant in New York City.

THURSDAY (25 – 50 miles)

- Enjoy continental breakfast in the lobby of Diamond Mills Hotel.
- Experience a unique ride across the Rip Van Winkle Bridge, a cantilever bridge spanning the Hudson River between Hudson and Catskill, with sweeping views of the Hudson River Valley and the Catskill Mountains. The first group of bikers will be transported to Rip Van Winkle Bridge, while the second will be taken to Catskill, for their fourth and final adventure of the week.
- Lunch will be enjoyed in the quaint village of Rhinebeck following the ride.
- Take advantage of the final opportunity to visit Waterside Spa, or take a tour of the town of Saugerties, visiting local shops, going on local hikes, or paddling along the Esopus Creek.
- Dinner will be a special evening at BLACKBARN Hudson Valley, with a Chef's Table dinner to close out the action-packed week.

FRIDAY (Final farewell)

- Enjoy a final continental breakfast in the lobby of Diamond Mills Hotel before checking out.

Please note that schedule order is subject to change due to weather conditions.

Adventures are always welcome to transport their own bikes to the daily ride.

Joining You on the Tour



Tom Struzzieri is the founder and former CEO of HITS where he held that position for more than 40 years. Under his leadership, HITS became the largest and most successful producer of equestrian events in the world. In the fall of 2022, he left his post as CEO and sold the company to Traub Capital Partners. In addition, he is the owner of Diamond Mills Hotel which he built in 2011.

Outside of the office, Tom is an avid triathlete and was inspired by his own personal experience with the sport after receiving training sessions for his 50th birthday. As many others before him, he became instantly hooked on the sense of fulfillment, well-being and personal accomplishment that came from his triathlon training. Overcoming personal obstacles with the challenges of the swim, bike and run only made it more of a passion and eventually a business interest. Tom recently completed his seventh full-distance race. His wife, Jane, is also a triathlete having competed in several sprint and half distance races.

In September 2022, Struzzieri fulfilled his life-long goal of cycling across the United States, supporting the National Multiple Sclerosis Society (NMSS) with several members of his family and friends. Halfway through the ride, he was hit by a truck which broke his back. He recovered and was able to finish the ride in January 2023.

Tommy Struzzieri is the son of Tom Struzzieri and is the founder and CEO of Alpha Win Racing, which produces a full calendar of endurance events in New York, Florida and California. In addition, he is the founder and CEO of GenZHome which designs and develops portable homes that can be shipped to anywhere in the world.

Tommy's interest in endurance sports started at an early age, going to watch his father race and joining in on early morning track workouts. He fell in love with endurance sports and was named an All-American age group triathlete at 12 years old. Throughout high school, he began to focus on running and despite multiple large-scale injuries, ran Division 1 track and Cross Country at Syracuse University. Tommy is a USA Triathlon Certified Race Director and a member of the USA Triathlon Multisport Committee.



Mike Halstead is a beloved local veterinarian who has been with the Lake Katrine Animal Hospital since 2001. He completed his undergraduate studies at SUNY Binghamton and graduated from the Ross University School of Veterinary Medicine in 1991.

Dr. Halstead has competed in dozens of Ironman triathlons, including the prestigious Ironman World Championships. In 2012, Dr. Halstead was diagnosed with Multiple Sclerosis but kept up his active lifestyle despite the disease. "I've been lucky because there are many people out there who have MS that aren't able to continue being as active as they want to be." Four years later, he was diagnosed with stage four melanoma. This MS and cancer survivor has not slowed down. In 2022, he and friend Tom Struzzieri cycled over 100 miles a day for 29 days from San Diego, California to St. Augustine, Florida to raise money for the National Multiple Sclerosis Society.



Elegant Accommodations

***Awaken to the sounds of falling water at Diamond Mills Hotel.
Every room features a furnished balcony overlooking the Esopus Falls.***

After your day of outdoor exploration, treat yourself to the ultimate relaxation at Diamond Mills, a luxurious hotel nestled in the heart of the Hudson Valley. Unwind in elegantly appointed rooms with private balconies overlooking the Esopus Waterfall. Indulge in the finest amenities, including plush bedding, spa-like bathrooms, and breathtaking views of the surrounding landscapes. Diamond Mills offers a tranquil oasis where you can recharge and rejuvenate in preparation for your next adventure.





BLACKBARN

HUDSON VALLEY

Prepare your taste buds for an extraordinary culinary experience at BLACKBARN Hudson Valley, inspired by BLACKBARN NoMad in New York City. Indulge in a farm-to-table dining experience that celebrates the region's bountiful harvest and rich culinary heritage. Savor delectable dishes crafted from locally sourced ingredients, expertly prepared by our renowned chefs. You'll enjoy the warm and inviting atmosphere of our restaurant, where rustic charm meets contemporary elegance, creating a perfect backdrop for an unforgettable dining experience.



Chefs Marcos Castro (left) and John Doherty (right)



Relax and Recover

The Waterside Spa is located on the waterfront and offers lovely views of the marina and the Saugerties Lighthouse creating an idyllic setting for relaxation and rejuvenation.



The Waterside Cafe

Nourish your body and soul at the Waterside Cafe. Savor delicious and healthy food and beverages in a relaxing and serene environment by the water's edge.

Housed in historic buildings with elegantly designed interiors, the Waterside Spa is designed to create a sense of relaxation and harmony. Our friendly and attentive staff will guide you through a variety of wellness offerings including massages, facials, body treatments, manicures and pedicures. The spa features a range of amenities aimed at enhancing your experience: hot tub, lounge pool, cold plunge pool, sauna, fitness equipment, classes, relaxation areas and the Waterside Cafe.

Adventure Pricing

TOUR PACKAGE

2024 DATES

Spring Biking Week 1	May 5 – 10
Spring Biking Week 2	May 12 – 17
Spring Biking Week 3	May 19 – 24
Fall Biking Week 1	September 15 – 20
Fall Biking Week 2	September 22 – 27
Fall Biking Week 3	September 29 – October 4

Your Hudson Valley Detours Adventure includes:

- *All meals during stay excluding gratuity*
 - *Luxury hotel room with a balcony overlooking the Esopus Waterfall*
 - *Expert tour guides from Alpha Win Racing with 40+ years of experience*
 - *Snack and beverages between meals*
 - *Van shuttles to support different routes by level*
 - *Personal concierge service during your stay to secure additional activities such as wine tastings and tours of historical locations*
 - *Bike Rental is additional, and may be arranged through our partner, Overlook Bicycles.*
- Details are on the following pages. Helmets and accessories are the participants' responsibility. Guests are welcome to bring their own bikes and accessories.*

PACKAGE PRICE:

\$4,000 per person based on double occupancy \$5,000 per person based on single occupancy.

Bike Safety

PLEASE READ THESE INSTRUCTIONS PRIOR TO YOUR TOUR

Hudson Valley Detours wants you to have a fun and safe tour!

- Please listen to guides for important instructions before and throughout the tour.
- Helmets are mandatory on our tours.
- Do not wear headphones or earbuds during rides.
- Familiarize yourself with hand signals for stopping, and for turning right and left.
- The road is a shared space and cyclists should follow the same rules and responsibilities as motorists: ride in a straight line, single file and in the same direction as traffic. Obey all traffic and stop signs.
- Keep at least one hand on the handlebars at all times.
- Be aware of your surroundings, as well as weather and road conditions.

If you choose to ride an electric bike and it's your first time, please ask your guide for instructions during your bike fitting and safety review.



Gratuities for Guides:

Gratuities for guides are optional but appreciated to thank them for their expertise and support during your tour. Guides will share tips unless you prefer to tip separately. If you choose to do so, please plan to have cash available as this cannot be charged to your room. There is an ATM in the hotel lobby for your convenience.

Bike Rentals

RENTALS ARE AVAILABLE THROUGH OVERLOOK BICYCLES



The first option is an Aluminum Road Bike from Giant Bicycles called the **Contend AR 1**. It features a Carbon Fork and Carbon Seat post, and a modern 11 Speed Shimano 105 group, with 11x34-11spd cassette and 50/34 compact front chainrings, perfect gearing for our local Catskill Mountain Terrain! This bike also comes equipped with tubeless tires!

\$400 per week includes delivery and maintenance

The second option is a higher-end Full Carbon Fiber Road Bike from Giant Bicycles called the **Defy Advanced 2**. This bike has the same build as the Contend AR 1, but it is full Carbon Fiber. It has a much more comfortable and compliant ride and it is lighter in overall weight as well. Shimano 11 Speed 105 drive train with compact 50/34 front chain rings and 11/34 rear cassette. Tubeless Wheels and tires on this as well!



\$500 per week includes delivery and maintenance

E-Bikes are available by request. Please call for pricing.

Hudson Valley *detours*

For more information, please contact us:

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