

Berkshire Cycling

Great Barrington Rides

Egremont warm-up: We ramble along the back roads of North Egremont, South Egremont and Alford.

Mill River and Umpachenee Falls: Today's ride takes us along the flat flood plain of the Housatonic River through Sheffield farmland to [Umpachenee Falls](#), and lunch at the [Southfield General Store](#). Take time to visit the fascinating [Buggy Whips Antiques](#). We return through the hamlet of Mill River and enjoy an exhilarating downhill ride back to the Housatonic River, a total of about 30-45 .



Day 3, Tyringham : Today's 40 mile ride takes us through Lee, Stockbridge, Monterey, and the Tyringham Valley, with a stop at [Santorella](#), "The Gingerbread House". We through Stockbridge, taking Monument Mountain Road and a wonderful downhill ride back to town.

Alford and West Stockbridge: Today's ride takes us through tiny Alford and West Stockbridge, and a ride along the rapids of the Housatonic River to the town of Housatonic. There are many great places you'll want to visit. We often take a break from the 2 mile moderate climb out of West Stockbridge for a walk through the [Berkshire Botanical Garden](#). Today's ride is about 35 miles, leaving time to stop in on the way home or return by car to the [Norman Rockwell Museum](#).



Mount Everett and New York State For the "climbers", we have a 5 mile ascent along the second highest mountain in Massachusetts, [Mount Everett](#). After reaching rural Mount Washington, you'll have a great descent to Copake in New York State, riding past remarkable Bash Bish Falls. We ride a few miles on the [Harlem Valley Rail Trail](#) and then cycle several

miles through upstate New York farm country, before crossing the Taconic Mountains again on our return to Great Barrington . Today's ride is about 40 miles.

Williamstown Rides



Bennington, Vermont: We take a very scenic ride to Bennington, Vermont, with a climb along wide-shouldered Rt. 7, and a beautiful ride on Barber Pond Rd. to Bennington (stop for lunch). We love to check out the Bennington Fish Hatchery and the [old car museum](#) . We have lunch today at [All Days and Onions](#) before riding past the [Bennington Monument](#) and through 3 covered bridges! We have a scenic return through pastoral Hoosic, NY and Pownal, VT to Williamstown. 45 miles, intermediate, with rolling hills and long gentle ascents. There is also a 20 mile short version that breaks away before Bennington, taking beautiful rolling North Pownal Rd.

The Deerfield River. From Williamstown we pass through North Adams and head up the Mohawk Trail (Rt. 2), winding through the "Hairpin Turn" until we reach a fantastic view of the valley below at Whitcomb Summit. A couple of miles later we begin a rapid descent to the Deerfield River Valley and head up through the Green Mountains of Vermont, with a great view of kayakers enjoying the river rapids. Reaching rural Readsboro, Vermont, we turn south with a 10 mile gradual descent back to Massachusetts. We'll stop by amazing [Natural Bridge](#) in North Adams before taking the back road to Williamstown.

Around Mount Greylock. Today we'll take back-roads through North Adams, and continue on the wonderful [Ashuwillticook Rail Trail](#). Adams to Cheshire. We cross over to Lanesborough as we circle [Mount Greylock](#), the highest peak in Massachusetts. A moderate 3 mile climb on wide-shouldered Route 7 beside Brodie Mountain offers some of the most exquisite views in New England. You'll enjoy the continuous 10 mile descent all the way back to [Williamstown](#), "The Village Beautiful" with a stop at the [Store at Five Corners](#). While in Williamstown you might enjoy visiting the [Clark Art Museum](#) and the Williams College Museum of Art. [Mass MOCA \(Museum of Contemporary Art\)](#) has massive exhibits, and a performance on Friday evenings.





Ashuwillticook Rail Trail We join the [Ashuwillticook Rail Trail](#) in Adams with the option for a side trip to the [Natural Bridge State Park](#) in North Adams. Circling around Mount Greylock, the state's largest mountain, our return takes us north along scenic Route 7, with a wonderful 12 mile descent back to [Williamstown](#) .

Lenox Rides

The Tyringham Valley: This great 40 mile tour of some of the remoter areas of the Berkshires takes us from the Apple Tree Inn through Lee and Stockbridge. A steady but gradual ascent on Monument Valley Road brings us to Monterey, one of the "hilltowns" of the Berkshires. We enjoy a thrilling descent into the Tyringham Valley, (stopping by [Santorella](#), "The Gingerbread House), then stop in old-fashioned Lee for lunch. Our return takes us through Lenoxdale into Lenox, and we finish up with a wonderful 5 miles on beautiful Undermountain Road. Total 40 miles. Tonight we'll enjoy true home made Italian food at [Frankie's Ristorante Italiano](#) in Lenox.

Day 3: Alford and the Taconic Range: Today we'll ride along Stockbridge Bowl to [Stockbridge](#), with the option of stopping to visit [Chesterwood](#), home of sculptor Daniel Chester French. We continue on a wonderful loop along the rapids of the Housatonic River until we get to the village of Housatonic. Passing by the Guthrie Center (in the church featured in "Alice's Restaurant") the ride takes along the edge of the Taconic Mountains through rural Alford. After climbing the rolling hills of Alford, you'll enjoy a thrilling downhill ride on West Center road as we had in to West Stockbridge for lunch. We head out of town with a 2 mile moderate climb, and the option to stop for a visit at the [Berkshire Botanical Garden](#). The total loop is 35 miles, with a van lift recommended from West Stockbridge. We'll also be near the [Norman Rockwell Museum](#), a popular Berkshire attraction, which you may wish to stop in and visit during your stay in the Berkshires. Today's ride is 35 miles



The Tyringham Valley . Ride past working farms in Lee to Stockbridge. Our ride takes us along the Housatonic River and continues on to Tyringham and [Santeralla](#) ("the Gingerbread House") . We return through downtown Lee and Lenox , with a great ride on Undermountain Rd. Distance: 20-45 miles.

Stockbridge and Alford: We ride past stately mansions on Prospect Hill Rd. to [Stockbridge](#). Today we follow the Housatonic River rapids past the [Guthrie Center](#), made famous in the movie Alice's Restaurant. We turn to take on the rolling hills at the foot of the Taconic Mountain range in Alford on our way to West Stockbridge.. Our return takes along Stockbridge Bowl on our way back to Lenox. Distance: 32 miles, with short options available.



The Hancock Shaker Village: This ride goes to [Hancock Shaker Village](#), to visit the shops, kitchen, barns and other features at this popular attraction. A wonderful climb over Lenox Mountain is an option on our return. Distance: about 20 miles.