

Biking to Bed and Breakfasts

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Missouri: Katy Trail along the River

The subtle charms of the Missouri River unfold for cyclists who pick a section of the 225-mile Katy Trail, a [state park](#) that makes use of a railroad right of way abandoned in 1986 after numerous river washouts. Start your meandering journey from Jefferson City and ride 49 miles to Boonville, where you might stay at the [Rivercene Mansion B&B](#) or the [Hotel Frederick](#). Or begin at Saint Charles and ride to one of the smaller towns 20, 40 or 60 miles to the west. Overwhelmed by the possibilities? Use this [handy planner](#) to plot your moves.

New York: From the City to Croton-on-Hudson

Try this 40-mile "escape from New York," courtesy of cycling enthusiast Michael Dolan of [BnBfinder.com](#): "Bike out of the top of the city via the Bronx, through Van Cortland Park, crossing the bridge upstate to jump on the Old Croton Aqueduct," now a multiuse trail. "Take the Aqueduct trail through Sleepy Hollow/Tarrytown, which besides being the home of Ichabod Crane, is a cool little village with good food and some funky shops. Along the way you pass the mansion of Madame CJ Walker and the Octagon House. The Aqueduct trail ends at Croton-on-Hudson, home of the Alexander Hamilton House B&B. On the Aqueduct trail, you'll feel like you're deep in the woods, but should you get a flat tire, get hungry or need to bail out because of the weather, you're never far from civilization."

Ohio: From Cleveland South, by Canal Towpath

The canal that opened up Cleveland and the rest of Ohio to the Eastern states is now the site of the 87-mile [Towpath Trail](#), which opens up rural Ohio to the Cleveland cyclist. Beginning five miles south of downtown, the crushed gravel trail runs along the [Ohio and Erie Canalway](#), which winds through the Cuyahoga River Valley and its forests, fields and wetlands. Pedal leisurely and end your day at mile 20 in Sagamore Hills for a stay at the 1848 [Inn at Brandywine Falls](#), overlooking a 67-foot waterfall. Or continue to mile 35 and the [O'Neil House Bed and Breakfast](#), a 19-room Tudor manse in a leafy neighborhood of Akron.

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