

RIDE NO. 10 MOHAWK HIGHLANDS AND VALLEY

Mileage = 42

Elevation Gain = 2,495

Category = Moderate

Here's a really pretty ride in southwestern Montgomery County. To reach the starting point, take the Thruway to Exit 29, Canajoharie. The ramp exits onto SR 5S. Turn right, west, going a short distance to SR 10, where you turn left. In 4.3 miles, bear right on SR 163. Pass CR 88, left, where SR 163 bends right in another 3.4 miles. Reach Sprout Brook in two more miles. There's a barn on the right just before reaching the right turn onto Cherry Valley Road (CR 82) in Sprout Brook. Use the small parking area between the barn and the house, checking at the house for on okay.

This 42-mile ride, which has a total elevation gain of 2,495 feet, starts in the southern uplands above the Mohawk Valley at an elevation of 733 feet. The road undulates and then climbs to 1,292 feet at the 7.3-mile point, providing some fine views of the valley to the north. It continues up and down for the next 9.7 miles before turning northwest to begin a gradual descent into the valley. The grade steepens at the 31.3-mile point, where the elevation is 672 feet, reaching the river level of 330 feet in the next two miles. Line 20 of the cue sheet shows a right turn on SR 10 (Church Street) in Canajoharie to cross the Mohawk River to a Stewart's Shop in Palatine Bridge. If you'd prefer to carry on without stopping, turn left here and pick up at cue-sheet line 24, a right turn on Cliff Street in about a tenth of a mile.

Having descended from the uplands to the valley, you now have to climb back, but only to an elevation of 951 feet (line 28) before dropping down to Sprout Brook's elevation of 733 feet.

With an average elevation gain of about 60 feet per mile, this ride provides a decent workout, but is not too arduous (admittedly a subjective evaluation).

Before loading your bike on the car at the end of the ride, you might want to pedal down CR 82, Cherry Valley Road, for a tenth of a mile or so to the house on the left where Henry J. Kaiser was born in 1882. He died in 1967. You know of him, right? He was an industrialist who organized a consortium of companies to build the Hoover, Bonneville and Grand Coulee Dams. One of his companies built cargo ships in record time during WW II, producing 1,490 vessels in that period. He founded Kaiser Steel Co., Kaiser Aluminum & Chemical Corp., and Kaiser Gypsum. He built Kaiser and Frazer automobiles in the late '40s and early '50s. He established a health care organization for his employees. It became Kaiser-Permanente. He built a resort center in Hawaii that he sold later to the Hilton Hotel chain for more than \$21 million. Considering his humble beginnings and meager education, it's incredible that he achieved so much. The house is still occupied, but a sign in the front yard identifies it as Henry's birthplace.

START IN SPROUT BROOK, NY. PRKG AREA ON SO. SIDE OF SR 163 JUST WEST OF
CR 82 (CHERRY VALLEY RD.) BETWEEN BARN AND HOUSE (CHECK AT HOUSE FOR O.K.)

1	GO EAST ON SR 163 MSL ELEVATION = 733'	-	-
2	STR8 ON CR88, UM W.AMES RD. 720'	2.0	2.0
3	X SR10 TO CR 89 - LATIMER HILL RD 712'	2.5	4.5
	CLIMB 580' TO 1,292' NEXT 2.8 MI, A 4% GRADE		
4	X CR 100, THEN L ON CR 102 - W. LYKERS RD. 1,055'	5.8	10.3
5	X CR 93 TO CR 103 - E. LYKERS RD. 1,009'	1.4	11.7
6	R AT END ON SR 162 (SS) 1,094'	3.8	15.5
7	L ON CR 104 (CORBIN HILL RD.) 1,094'	100	FT.
8	L ON CR 130 (BRAND RD.) 1270'	1.7	17.2
9	BECOMES UM ROAD IN RURAL GROVE 993'	4.0	21.2
10	R ON SR 162 (YS) 972'	0.3	21.5
11	L ON CR 98 (FLAT CREEK RD.) 882'	1.7	23.2
12	R ON CR 93 (CARLISLE RD.) (SS) 807'	2.0	25.2
13	L ON CONWAY RD. 702'	0.8	26.0
14	R AT END ON CR 91, BLAINE RD.(SS) 788'	2.2	28.2
15	STR8 ON CR 93 (CARLISLE RD.) AT JCT.-SS 759'	1.9	30.1
16	R AT END ON CR 94 (YS) 672'	1.2	31.3
17	PASS CUNNINGHAM RD. - R, AT CURVE 607'	0.3	31.6
18	BL ON MOYER ST. (MAPLE AVE AHEAD) 514'	0.5	32.1
19	L ON MONTGOMERY ST. (SS) 339'	0.8	32.9

20	R ON SR 10 (CHURCH ST.) - TL	330'	0.1	33.0
21	X RIVER TO PALATINE BRIDGE	352'	0.4	33.4
22	L ON SRS 5 / 10 (STEWART'S)	365'	-	-
23	BACKTRACK ON SR 10 INTO CANAJOHARIE		-	-
24	R ON CLIFF ST.	335'	0.5	33.9
25	L ON SHARPER AVE,	342'	0.4	34.3
26	R ON RIDGE ST.	420'	0.1	34.4
27	BECOMES CR 80 (CLINTON RD.)	520'	0.4	34.8
28	BEAR R ON CR 80 (CR 84, BUEL RD. - L)	951'	4.6	39.4
29	L ON SR 163 (SS)	773'	1.9	41.3
30	REACH STARTING POINT	733'	0.5	41.8