

My Top 3 Picks for Cycling Adventures



Biking oil painting

Lately, inspiration for my work has expanded beyond sun, sea and snow.

As the weather has been getting nicer, I've incorporated biking into my exercise program or go biking just to get out and explore.

If you're looking for inspiration, consider cycling as part of daily schedule and even your vacation plans. The following are my TOP 3 cycling trip suggestions:

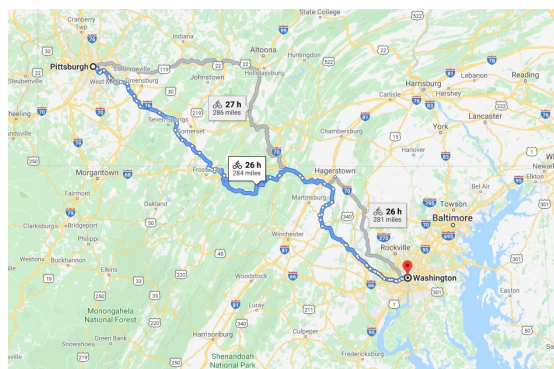
#1. Haliakala Downhill Biking in Maui Hawaii



(Click here) Information on this downhill biking adventure

#1. Haliakala Downhill Biking in Maui - You begin your day at 3:30 in the morning to watch the sunrise. Tour companies drive you to the top of the volcanic crater to watch the sunrise. The bike ride is 27 miles long and mostly downhill which involved little to no pedaling. The Haleakalā downhill bike tour is one of the most popular things to do in Maui for island visitors. It's relaxing and thrilling all at the same time and offers a unique perspective of Maui, one that many visitors who stay just by the beach never get to see.

#2. Biking from Pittsburg PA. to Washington DC



(Click here) Biking from Pittsburg to Washington DC



[Click here for information on the Eastern Continental Divide](#)

#2. Biking from Pittsburgh to Washington DC - This is a car free ride and takes 6 days. I took the shorter trip which was only 3 days. You travel along an old railroad trail over bridges, through tunnels and even crossing the eastern continental divide. Your journey begins in Ohio as we head “downhill” on the GAP (Great Allegheny Passage) towards Cedar Creek in the “Yough” Valley. The near -level trail constructed on old railroad bed with a maximum 2% grade and a smooth crushed limestone surface- translates into mile melting easy riding. From there, you will spend the next day along the Casselman River and Will’s Creek crossing beautiful iron bridges created by the railroads as we descend from the Allegheny Front to Cumberland, Maryland- the Queen City.

#3. Biking in Copenhagen Denmark



[\(Click here\) Cycling in Copenhagen](#)

#3. Biking in Copenhagen - Biking in Copenhagen is a beautiful experience. Imagine seeing most of the sites of the city and just renting a bike with a click on your I phone. What a great way to see this city. There are more than 250 miles of bike lanes in Copenhagen, according to the Danish Foreign Ministry, and some 600 miles of bike paths in the greater Copenhagen area.

“When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking.”

Sir Arthur Conan Doyle (1859 – 1930), author of Sherlock Holmes

If interested in any of these trips, let me know. I have some good recommendations on who to use and when to go.



Click here for more information on Liberty State Park

Another great biking location - New Jersey Waterfront Area

: If you live in the Jersey City area, then Liberty State Park in Jersey City is a great place to go for a bike ride. Also, the Jersey Shore from Sandy Hook (Gateway National National Park) to Cape May are all great places to take a bike ride along the Jersey Shore.



Mountain Biking

Mountain Biking is another great biking adventure

- Another great way to enjoy biking is to go mountain biking. I would suggest Killington Vermont where I like to go. Just ride up the ski lift and glide down the mountain on a bike. There is very little peddling and a whole lot of excitement riding down the mountain.

Projects and Online training classes



Play "Falling Leaves"

A video project that combines art, music, photography and video.

Whether you're an artist that paints in oils, a musician that plays an instrument, a photographer or a videographer, or just enjoy the arts, I think you will find this link interesting. I am an artist and recently I combined my art with a very talented musician. My name is Anthony Russo (see: www.the3sart.com) and the musician is Rich Kurtz (see: www.cadencemusicstudio.com). We are Ski Ambassadors at the Killington Ski Resort. We produced this music video about the Green Mountains in Vermont. It shows the beauty of the mountains in autumn when the mountains explodes with beautiful vibrant colors. Since our ski season was cut short by this terrible coronavirus, we had time on our hands and we decided to combine our efforts for this video project. Rich is a talented musician

and wrote a beautiful musical piece that was combined with photography by both of us, as well as my oil paintings and watercolors. Together we produced a beautiful video that displays the love of the mountains in Vermont. This was a very interesting project working with another artist (Rich) and combining our respective art mediums. This was something I have not done in the past. Rich composed the music, plays the cello in the project and recorded and mixed the music in his recording studio. We are both proud of our combined efforts in this project. Please take a listen and share this video with your friends for their enjoyment and knowledge of collaboration with other artists and other art forms. The results can be a powerful expression of the arts. Any questions, call Anthony Russo at 732-778-8028

Play original composed (by Richard Kurtz) music video called "Falling leaves"



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Online training classes

Online Art and Computer software classes for your computer, smart phone or iPad.

- I am offering online remote learning classes on art and computer software. Clearly this battle with the corona virus has changed the way we do business. I believe the future will include a degree of social distancing. If you are a teacher, business person, own your own business and want to communicate with friends and family, video conference is an excellent tool. If interested let me know and I can customize a class for you and peers or friends. God bless our first responders, nurses and doctors. Hope everyone is doing well. Continue to stay home and stay safe.

Go to 3S Art website



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