

Ride Description (milage and elevations on page 2)

Day 1 to Connellsville PA - the route uses the Great Allegheny Passage (GAP). The GAP is a multi-use trail that primarily follows railroad corridors from Pittsburgh, Pennsylvania to Cumberland, Maryland. Leaving Pittsburgh, the route follows the Three Rivers Heritage Trail along the south and west side of the Monongahela River. At McKeesport, the GAP crosses the Monongahela River on a pedestrian/cyclist bridge and follows paths through a paved industrial area and downtown. Then it begins heading upstream along the Youghiogheny River. South of McKeesport, you'll cross the Youghiogheny River. After our first rest stop in Boston, the trail transitions to a smooth crushed limestone surface. Grades along the trail are less than 2 percent.

Day 2 to Cumberland MD – today we begin the long gradual climb to the Eastern Continental Divide at 3,292 feet. Our first stop is in the Ohiopyle State Park which is a popular white water rafting and outdoor recreation destination. The Salisbury Viaduct, 1,908 feet in length, and the Keystone Viaduct, 909 feet in length, are up to 100 feet high and use the original railroad structures. After crossing the Eastern Continental Divide, we begin a 24 mile downhill run. There are also four tunnels, ranging from 849 feet to 3,294 feet in length. The Big Savage Tunnel is the longest and has lights. The historic Mason Dixon Line represents the state line between Pennsylvania and Maryland. This line became widely known as the symbolic divide between the Northern and Southern states during the Civil War. After Frostburg, the GAP parallels the Western Maryland Scenic Railroad (WMSR), and the 914 ft. Brush Tunnel is shared by the WMSR and the GAP — cyclists are cautioned to not be in the tunnel when a train is in it or when approaching the tunnel. The GAP seamlessly meets the C&O Canal Trail at the Canal Place Heritage Area.

Day 3 to Hancock MD - The C&O Canal Trail follows the towpath of the C&O Canal through the Chesapeake and Ohio Canal National Historical Park. The trail surface is mostly dirt and can be slick and hard to ride in wet conditions. The first 10 miles are the roughest conditions with some loose gravel (a SAG van to Oldtown is an option for this section). All hikers and bikers must yield the right of way to horses and mules. Water sources can be scarce along the C&O, especially on the 60 miles between Cumberland and Hancock. The 3,118-ft. Paw Paw Tunnel was built to avoid six miles of horseshoe-shaped bends on the Potomac River. **Cyclists need to use lights to navigate the tunnel.** Beginning 0.7 miles east of Little Orleans, the Western Maryland Rail Trail provides a paved trail for 16 miles to Hancock.

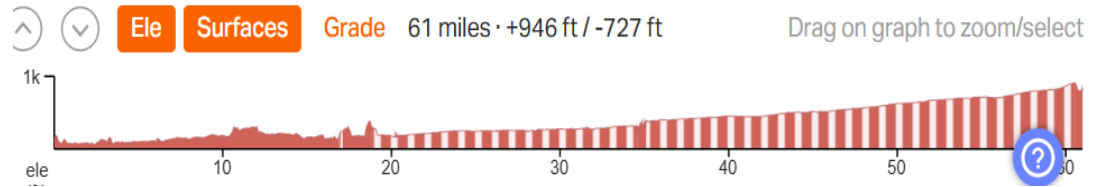
Day 4 to Gettysburg PA - we begin the day on the Western Maryland Rail Trail (WMRT) for 10 miles. After exiting the WMRT, we return to C&O for another 15 miles. At Williamsport (mile 25), the route leaves the C&O Canal Trail and uses paved roads. We travel north on route 63 for 8 miles and then transition to country roads with rolling hills with low traffic. At mile 50, we begin our climb over the Catoclin mountains (3 mile climb, 700ft with 3.5% average grade – max 9.2%). We have one short steep climb at mile 55. After a long downhill, we enter Fairfield (mile 61) and pass through Gettysburg National Military Park. You can use our boost van at mile 50 with a drop off at mile 61 if you want to skip the climb.

Day 5 to Lancaster PA – today we start on country roads for 12 miles and then switch to PA Bicycle route “S” (RT 234) for most of the morning. RT 234 has a small shoulder with moderate traffic. Drivers were very courteous. In York, we switch to a side street with a dedicated bike lane (mile 29). After crossing the Susquehanna River, we stop for lunch in Columbia (mile 44). After lunch, we head north to bypass the city of Lancaster and tackle our first big climb of the day (1.2 miles, 284ft with 4.4% average grade – 7.3% max). We will avoid the major Lancaster roads and utilize some of the smaller roads. Some of these roads don't have shoulders, but the traffic volume is much lighter. Lancaster County is known as “Pennsylvania Dutch Country”. The county is home to many Amish families and beautiful farmland.

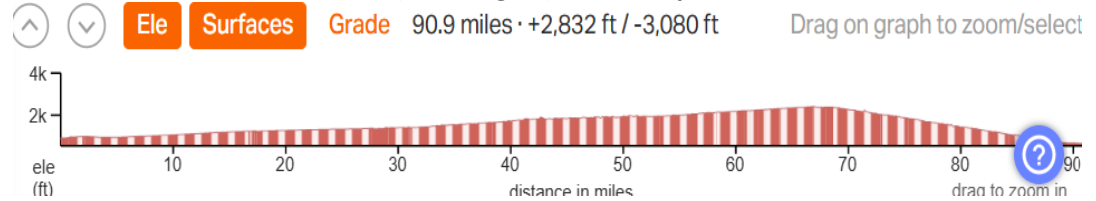
Day 6 to Philly – today we are on rolling country roads for most of the morning as we enjoy some beautiful farmland. We have 3 big climbs today: mile 5 (1.9 miles, 412 ft climb, 3.9% average grade – 7.4% max), mile 13 (0.5 miles, 102 ft climb, 2.6% average grade – 5% max), and mile 22 (1.6 miles, 329 ft climb, 3.5% average grade – 11.3% max). We stop in Phoenixville for lunch, and then we join the multi-use Schuylkill River Trail, which provides off-road riding into Philadelphia (finishing in Manayunk). Let's celebrate at the Manayunk Brewery!

ELEVATIONS

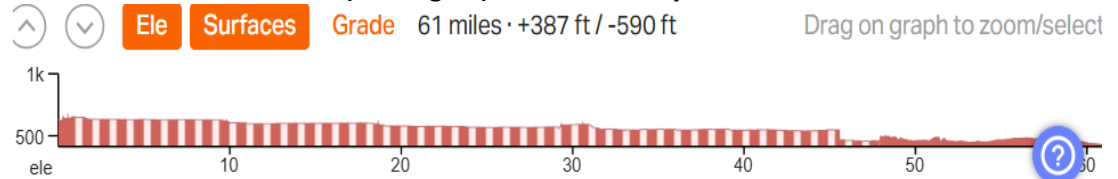
1. Pittsburgh to Connellsville – 61 miles (946 ft gain) Monday



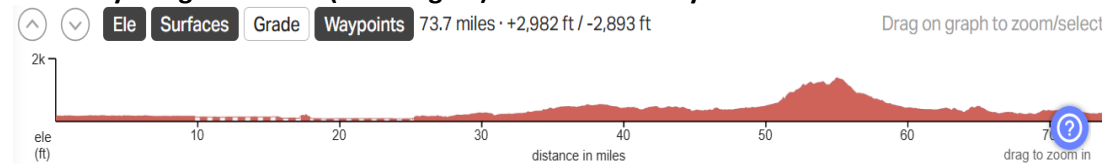
2. Connellsville to Cumberland – 91 miles (2832 ft gain) Tuesday



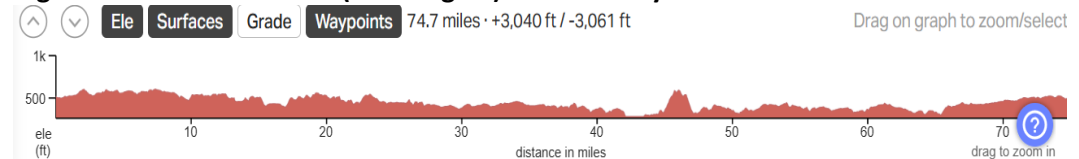
3. Cumberland to Hancock – 61 miles (387 ft gain) Wednesday



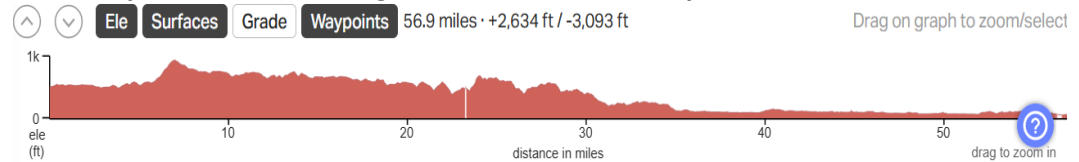
4. Hancock to Gettysburg – 74 miles (2982 ft gain) Thursday



5. Gettysburg to Lancaster – 75 miles (3040 ft gain) Friday



6. Lancaster to Philly – 57 miles (2634 ft gain) Saturday



REST STOPS AND HOTEL INFO.

Sunday Day0 – travel to Pittsburgh

- Fairfield Inn, 435 Fort Pitt Boulevard, Pittsburgh PA

Monday Day1 - Pittsburgh to Connellsville. Rest Stops:

- Gap Trail Parking Lot, 1920 Donner St, McKeesport PA (near Boston PA) – 20 mi.
- West Newton PA. **Lunch Stop – 34 miles**
- 118 First St, Perryopolis PA. – 46 mi. (Whitsett?)
- Comfort Inn, 325 N First St, Connellsville PA – **61 miles**

Tuesday Day2 - Connellsville to Cumberland MD. Rest stops:

- Lucky Dog Café, 849 River Rd, Confluence PA – 27 miles
- Rockwood Bike Shop, Rockwood PA. **Lunch Stop – 45 miles**
- Gap Trail Parking Lot, 527 Main St, Meyersdale PA – 57 miles
- Gap Trailhead, 10109 New Hope Rd NW, Frostburg MD – 74 miles
- Ramada Inn, 100 South George St, Cumberland MD – **91 miles**

Wednesday Day3 – Cumberland MD to Hancock MD. Rest stops:

- C&O Canal Lock 70, Oldtown MD – 18 miles
- 15 Mile Creek Campground, Little Orleans MD. **Lunch Stop – 44 miles**
Switch to rail trail in 0.7 miles
- C&O Bicycle Shop, 9 Pennsylvania Ave, Hancock MD – **61 miles**
- Shuttle to Country Inn, 110 S Washington St, Berkley Springs WV

Thursday Day4 – Hancock MD to Gettysburg PA. Rest stops:

- Breakfast at IHOP – 1 mile
- Switch back to C&O trail at Ernstville Rd (mile 10).
- Williamsport Visitor Center – 25 miles
- Castello's 15731 Pennsylvania Ave N, State Line PA **Lunch – 38 miles**
- **Boost Bus:** Liberty Baptist Church 11195 Airport Rd, Waynesboro PA – 50 miles
 - **Bathrooms** - KFC 11154 Midvale Rd (0.2 miles)
- **Drop Off!** Fairfield High School, Fairfield PA – 61 miles
- Days Inn, 865 York Rd, Gettysburg PA – **74 miles**

Friday Day5 - Gettysburg to Lancaster. Rest stops:

- East Berlin Beverage, 3rd St (left at intersection), East Berlin PA - **16 mi.**
- Sheetz 3998 E Market St, York PA – **36 miles**
- Union Station Grill, 173 S4th St, Columbia PA **Lunch Stop - 45 miles**
- Turkey Hill 601 Richmond Dr, Lancaster PA - **59 miles**
- Country Squire Inn 504 East Main Street, New Holland PA - **75 miles**

Saturday Day6 - Lancaster to Philly. Rest stops:

- Nantmeal Methodist Church 359 Nantmeal Rd, Glenmoore PA - 23 miles
- 351 Bridge St, Phoenixville PA. **Lunch Stop – 44 mi**
- Conshohocken Brewing Co, Conshohocken PA - **51 miles**
- 1 Lock St, Manayunk PA (luggage pickup) - **57 miles**