

Ride Description (milage and elevations on page 2)

Write up courtesy of AdventureCycling.org:

From Pittsburgh, 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. Some sections are paved, but the majority of the trail has a smooth crushed limestone surface. Grades along the trail are less than 2 percent. 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 an industrial area and downtown. Then it begins heading upstream along the Youghiogheny River. South of McKeesport, you'll cross the Youghiogheny River and begin the long gradual climb to the Eastern Continental Divide at 3,292 feet. Near Ohiopyle State Park, expect significant bicycle and pedestrian traffic on the GAP. This is a popular white water rafting and outdoor recreation destination, especially during summer months. There are four tunnels, ranging from 849 feet to 3,294 feet in length. The Big Savage Tunnel is the longest and lies just east of the Eastern Continental Divide. It has lights, and is closed seasonally from mid-December to mid-April. 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. 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.

From Frostburg, Maryland to Cumberland, the GAP parallels the Western Maryland Scenic Railroad (WMSR). 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.

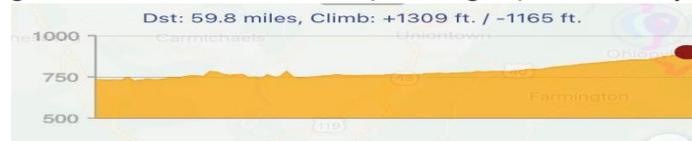
In downtown Cumberland, the GAP seamlessly meets the C&O Canal Trail at the Canal Place Heritage Area. The C&O Canal Trail follows the towpath of the C&O Canal through the Chesapeake and Ohio Canal National Historical Park. The trail surface is mostly dirt and can be slick and hard to ride in wet conditions. 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 4.5 miles east of Little Orleans, the Western Maryland Rail Trail provides a paved trail for 21 miles to Fort Fredrick State Park. At Williamsport, the route leaves the C&O Canal Trail and uses state highways around Hagerstown, Maryland. The route follows hills and valleys on county roads and state and federal highways using several signed BicyclePA routes across south central Pennsylvania. It passes through Gettysburg National Military Park. Downtown Gettysburg has significant, though slow-moving traffic during tourist season.

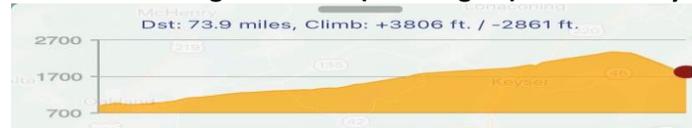
After crossing the Susquehanna River, the route enters Lancaster County, known as "Pennsylvania Dutch Country" and the city of Lancaster. The county is home to many Amish families. Just as the Amish do not carry personal photographs or display them in homes, they do not want others to take photographs of them. Many visitors find it difficult not to do so. Please do not take photographs in which faces are recognizable. Refraining from taking photos is more than just a courtesy; it is respect for the Amish and their way of life. East of New Holland, state highways connect to rural roads near Pughtown. The route uses bike paths through Valley Forge National Historical Park, then it joins the multi-use Schuylkill River Trail, which provides mostly off-road riding into downtown Philadelphia.

DAILY DETAILS

1. Pittsburgh to Connellsville – 60 miles (1309 ft gain) Monday Sept 9, 2024

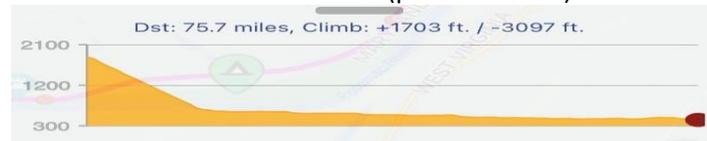


2. Connellsville to Frostburg – 74 miles (3806 ft gain) Tuesday Sept 10, 2024



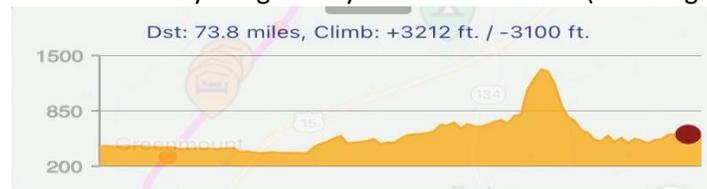
3. Frostburg to Hancock – 81 miles (1703 ft gain) Wednesday Sept 11, 2024

- Frostburg to Cumberland – 16 miles (downhill)
- Cumberland to Little Orleans, C&O trail – 43 miles
- Little Orleans to Hancock - 16 miles (paved rail trail)

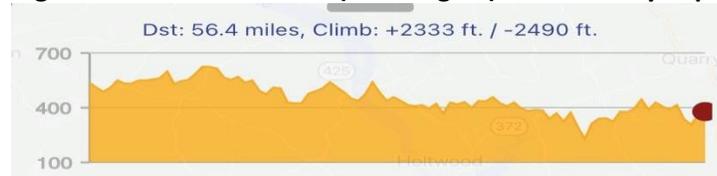


4. Hancock to Gettysburg – 80 miles (3212 ft gain) Thursday Sept 12, 2024

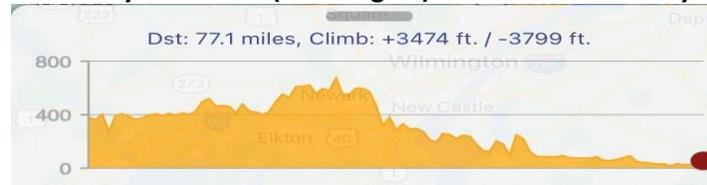
- Hancock to Ft Frederick – 12 miles (paved rail trail)
- Ft Frederick to Gettysburg via Fayetteville – 57 miles (1752 ft gain)



5. Gettysburg to Lancaster – 61 miles (2333 ft gain) Friday Sept 13, 2024



6. Lancaster to Philly – 72 miles (3474 ft gain) Saturday Sept 14, 2024



Link to Maps (purchase required): [PHIL ALT 1 - Pittsburgh, PA to Lancaster, PA](#)
[PHIL ALT 2 - Lancaster, PA to New York City, NY](#)

The Keystone State Ride (KSR) is held every September to raise funds for Penn Medicine's Abramson Cancer Center. To join this ride, please visit www.KeystoneStateRide.com. If unable to find this in a web search, please paste this address into the window at the top of your browser.