

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. Ohiopyle State Park 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) and continues downhill for 15 miles. 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.

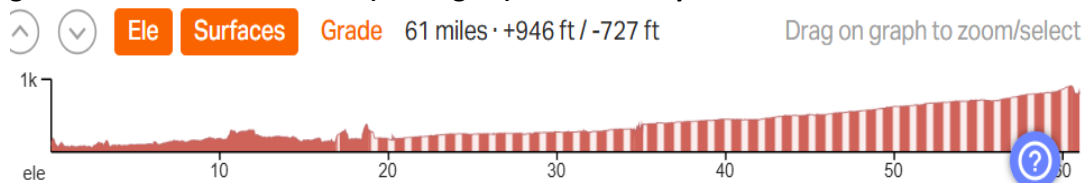
Day 4 to Gettysburg PA - we begin the day on the Western Maryland Rail Trail (WMRT) for 10 miles. After exiting the WMRT, we return to C&O for another 15 miles. At Williamsport, the route leaves the C&O Canal Trail and uses paved state highways around Hagerstown, Maryland. In Funkstown, there is a single lane with no shoulder, but it transitions to 2 eastbound lanes within a mile. After lunch, the route follows rolling hills on county roads, and then we cross the Catocin mountain. After a long downhill, we enter Fairfield and pass through Gettysburg National Military Park.

Day 5 to Lancaster PA – today we utilize PA Bicycle route “S” for most of the day. We start on 15N and then take RT 234 which has a small shoulder with moderate traffic. Drivers were very courteous. York and Lancaster both have moderate traffic with 2 eastbound lanes. 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. Refraining from taking photos is more than just a courtesy; it is respect for the Amish and their way of life.

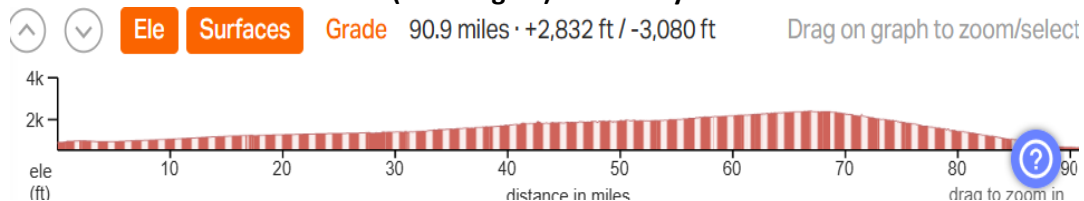
Day 6 to Philly - we continue on PA Bicycle route "S" for most of the day. In Phoenixville, we join the multi-use Schuylkill River Trail, which provides mostly off-road riding into Philadelphia and finishing in Manayunk. Let's celebrate at the Manayunk Brewery!

DAILY DETAILS

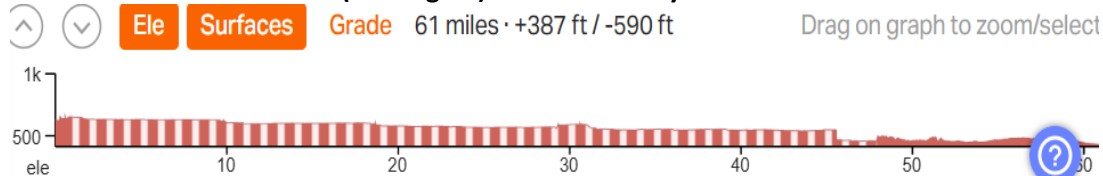
1. Pittsburgh to Connellsville – 61 miles (946 ft gain) Monday



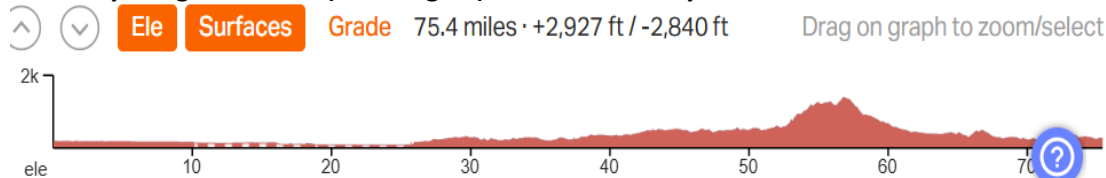
2. Connellsville to Cumberland – 91 miles (2832 ft gain) Tuesday



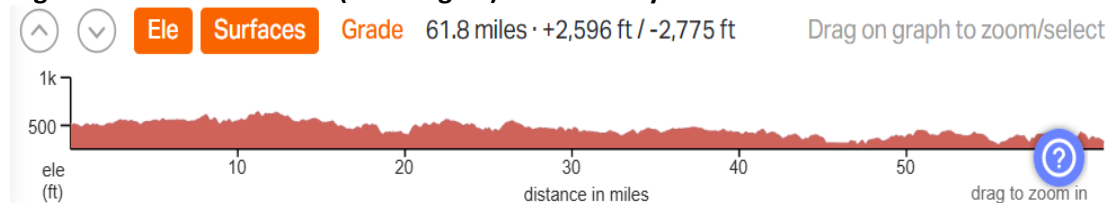
3. Cumberland to Hancock – 62 miles (387 ft gain) Wednesday



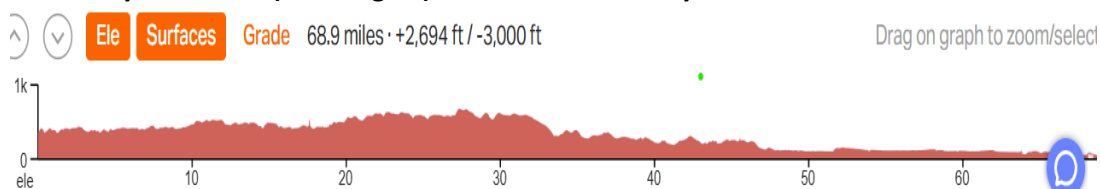
4. Hancock to Gettysburg – 75 miles (2927 ft gain) Thursday



5. Gettysburg to Lancaster – 62 miles (2333 ft gain) Friday



6. Lancaster to Philly – 69 miles (2497 ft gain) Saturday



REST STOPS AND HOTEL INFO.

Sunday Day0 – travel to Pittsburgh

- Meet at 1 Lock St, Manayunk PA
- 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**
- Sager Mosaics, 549 River Rd, Perryopolis PA. – 45 mi.
- 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, 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 (SAG shuttle available)
- 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
- Rocky's Pizzeria **Lunch – 44 miles**
- Monterey Park, 9 Charmian Rd, Waynesboro PA - 55 miles
- Days Inn, 865 York Rd, Gettysburg PA – 81 miles

Friday Day5 - Gettysburg to Lancaster. Rest stops:

- East Berlin Beverage, 3rd St (left at intersection), East Berlin PA (717) 259-0513 - 19 mi.
- Union Station Grill, 173 S4th St, Columbia PA (717) 684-1111 **Lunch Stop - 45 miles**
- Avid Hotel 2151 Lincoln Highway East, Lancaster PA - 62 miles

Saturday Day6 - Lancaster to Philly. Rest stops:

- Wawa, 2837 Main St. Morgantown PA - 23 miles
- Bob's Haven Deli, 1442 Charlestown Rd, Phoenixville PA. **Lunch Stop – 44 mi**
- The Tricycle Cafe, 1 Station Ave, Conshohocken PA - 61 miles
- 1 Lock St, Manayunk PA (luggage pickup) - 69 miles