



1 2 3 4 WESTERN MARYLAND

Mountain Maryland promises grand vistas and challenges for all, yet several rail trails provide easier grades for beginner and intermediate cyclists. In this intensely beautiful rugged countryside, you'll visit winding streams, Amish farms and misty river valleys. See a blazing sunset amid lush green mountaintops. The Great Allegheny Passage of Maryland has a crushed stone surface and follows the route of the Western Maryland Railroad for 21 miles from Cumberland to the Pennsylvania line, then continues to Pittsburgh. The trail links to the C&O Canal Towpath Trail in Cumberland. For more information visit www.ahtmtrail.org/ The Western Maryland Rail Trail is a paved surface trail that begins west of Fort Frederick State Park and follows 25 miles of the Potomac River. Riders can make a circuit with the C&O Canal Towpath Trail. The off-road Western Maryland Rail Trail and

the Chesapeake and Ohio Canal Towpath Trail are the only bicycle connections between Big Pool and Hancock. For more information visit www.dnr.state.md.us/publiclands/wmrt.html You can also tour the back roads of Washington County's ridge and valley region using a bike map available from the Hagerstown-Washington County Convention and Visitors Bureau. Visit www.marylandmemories.org for more information. Head for the mountains!