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OCEAN CITY

The shore's long flat roads are ideal for bikers of all ability levels. The 87-mile Beach to Bay Indian Trail is a National Recreation Trail that connects Ocean City to Crisfield.

Viewtrail 100, beginning and ending in historic Berlin, is a scenic 100-mile loop route on lightly traveled back roads around farmland and the Pocomoke River State Forest. Trail maps are available at the Worcester County Visitor Center in Snow Hill or visit www.visitworcester.org. Download other high resolution bike maps at www.wicomicotourism.org