Governor Martin O'Malley with wife Katie and children Grace, Anna, William and Jack with dog Lady.

PLEASE KEEP MARYLAND BEAUTIFUL

For information on things to see and do in Maryland
Phone 1-800-543-1036

Please BUCKLE UP IT'S THE LAW

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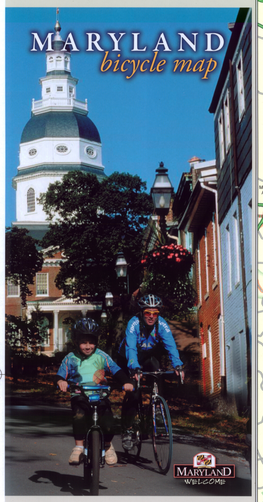
John D. Porcari, Secretary of Transportation
Neil J. Pedersen, State Highway Administrator



CYCLING IN MARYLAND

Maryland beckons you to revel in four season fun at its finest. We put our best foot forward with biking routes that take you through unpoiled forests, down country lanes, around pedal-friendly small towns, and alongside historic sites. Here's your chance to plan a cycling vacation across the state to see everything from our rocky western cliffs to our sandy eastern beaches and miles of scenic roads in between. Or connect to the American Discovery Trail, *http://www.discoverytrail.org/*, or East Coast Greenway, *http://www.greenway.org/*, for that once-in-a-lifetime trip across the country.

For the day tripper, Maryland offers scenic bike routes and circuits on local roads and multi-use trails. Experience the unique personality of each region. From the sight of Chesapeake Bay lighthouses, to the rapids of the Potomac, it's a complete treat for the senses. See the back side of this map for enlarged views of select trails. For more information, a listing of bike trails and routes, other local bike maps and resources, check out *http://www.visitmaryland.org*

YOU ARE THE KEY TO KEEPING MARYLAND'S ROADS SAFE!

Driver errors cause 93 percent of crashes in Maryland!
Plan ahead - Before traveling, check for road conditions at *www.marylandroads.com*
In case of a crash, Maryland law requires involved drivers to STOP!
- MOVE IT - if no injuries, move vehicle(s) out of the travel lanes.
- Exchange personal, insurance, license and registration information.

Call 911 for emergencies and #77 for disabled vehicle/assistance.
Stay alert and slow down in work zones; citation fines for speeding could be doubled!

POLICE STRICTLY ENFORCE DRUGGED & DRUNK DRIVING LAWS

Blood Alcohol Concentration (BAC) .08 is legally drunk; you can be arrested for a BAC of .07.
Always drive sober!

SAFETY BELTS & CAR SEATS - MARYLAND LAW

Drivers and adult front seat passengers MUST wear a seat belt. Children under age 16 MUST be secured in a child safety seat or seat belt. Children under age 6, or who weigh 40 pounds or less, MUST be secured in a child safety seat.
For information, call Kids in Safety Seats at 1-800-370-SEAT.

RIGHT ON RED

After stopping and yielding to pedestrians and other vehicles, a right turn on red is permitted except when signed NO TURN ON RED.

WIPERS ON! LIGHTS ON!

Use headlights and wipers together. It's the law!

Stop for pedestrians in crosswalks and intersections and share the road with cyclists.

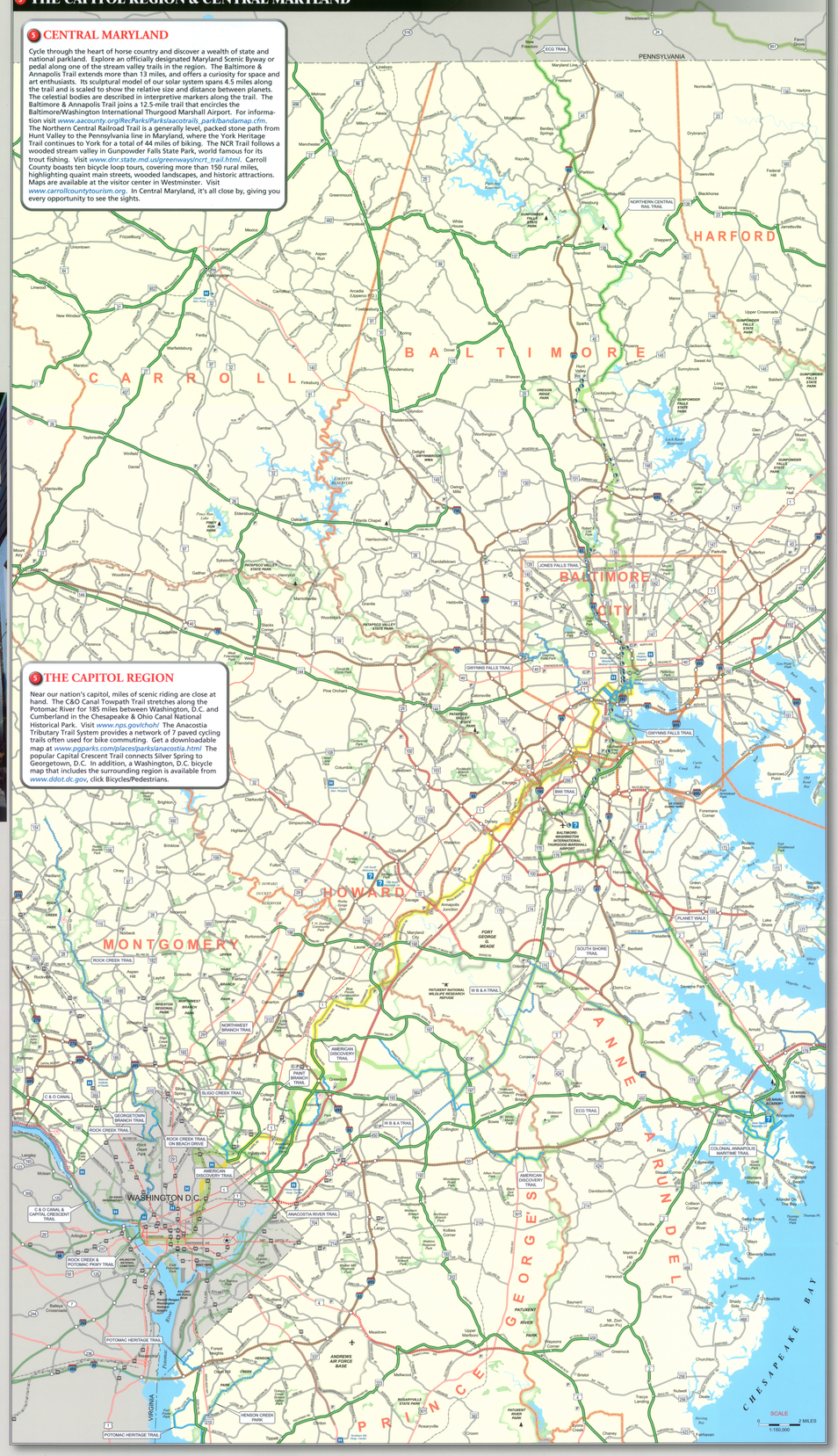
KEY PHONE NUMBERS

Motor Vehicle Administration	1-800-950-1MVA
E-Z Pass Service Center	1-888-321-6824
Bay Bridge Hotline (for assistance crossing the bridge)	1-877-229-7726
MD State Highway Administration Statewide Operations Center	1-800-543-2515
BWI Thurgood Marshall Airport	1-800-435-9294
Maryland Center for Missing Children	1-800-637-5437

5 THE CAPITOL REGION & CENTRAL MARYLAND

5 CENTRAL MARYLAND

Cycle through the heart of horse country and discover a wealth of state and national parkland. Explore an officially designated Maryland Scenic Byway or pedal along one of the stream valley trails in the region. The Baltimore & Annapolis Trail extends more than 13 miles, and offers a curiosity for space and art enthusiasts. Its sculptural model of our solar system spans 4.5 miles along the trail and is scaled to show the relative size and distance between planets. The celestial bodies are described in interpretive markers along the trail. The Baltimore & Annapolis Trail joins a 12.5-mile trail that encircles the Baltimore/Washington International Thurgood Marshall Airport. For information visit *www.aacounty.org/RecParks/Parks/aacotrails_park/bandamap.cfm*. The Northern Central Railroad Trail is a generally level, packed stone path from Hunt Valley to the Pennsylvania line in Maryland, where the York Heritage Trail continues to York for a total of 44 miles of biking. The NCR Trail follows a wooded stream valley in Gunpowder Falls State Park, world famous for its trout fishing. Visit *www.dnr.state.md.us/greenways/ncrt_trail.html*. Carroll County boasts ten bicycle loop tours, covering more than 150 rural miles, highlighting quaint main streets, wooded landscapes, and historic attractions. Maps are available at the visitor center in Westminster. Visit *www.carrollcountytourism.org*. In Central Maryland, it's all close by, giving you every opportunity to see the sights.



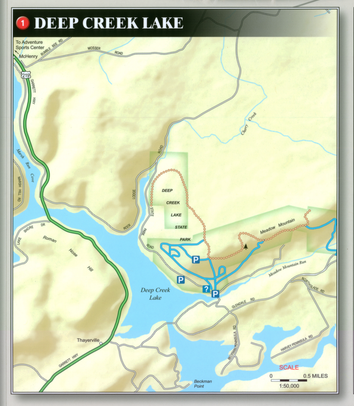
5 THE CAPITOL REGION

Near our nation's capitol, miles of scenic riding are close at hand. The C&O Canal Towpath Trail stretches along the Potomac River for 185 miles between Washington, D.C. and Cumberland in the Chesapeake & Ohio Canal National Historical Park. Visit *www.nps.gov/choh/* The Anacostia Tributary Trail System provides a network of 7 paved cycling trails often used for bike commuting. Get a downloadable map at *www.pgparks.com/places/parks/anacostia.html* The popular Capital Crescent Trail connects Silver Spring to Georgetown, D.C. In addition, a Washington, D.C. bicycle map that includes the surrounding region is available from *www.ddot.dc.gov*, click Bicycles/Pedestrians.

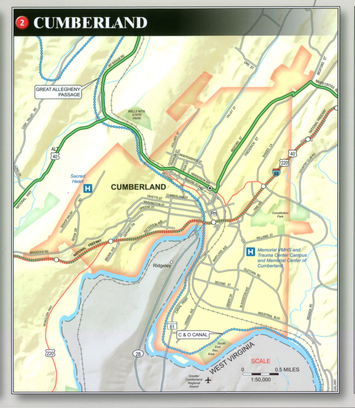
1 2 3 4 WESTERN MARYLAND

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!

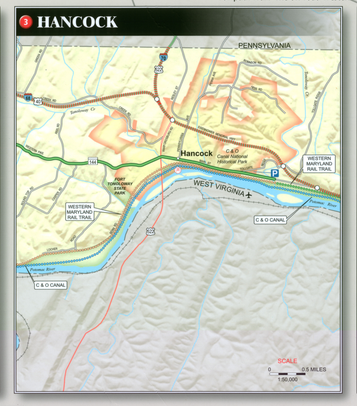
1 DEEP CREEK LAKE



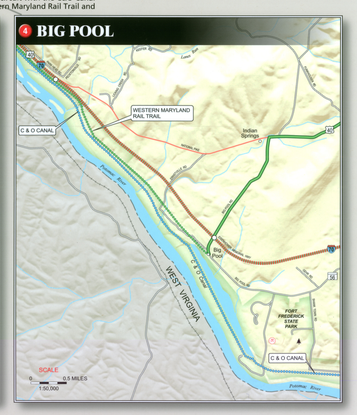
2 CUMBERLAND



3 HANCOCK



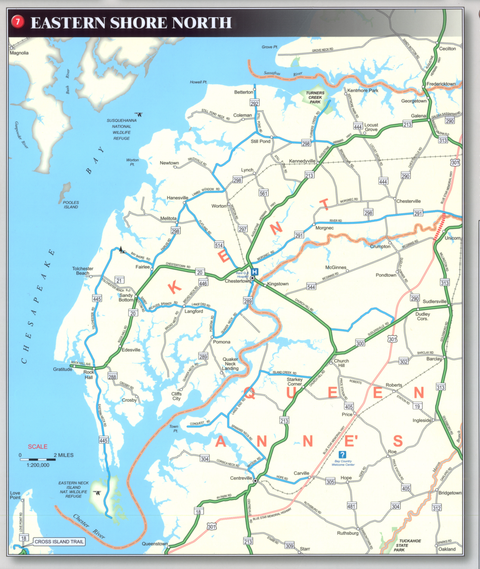
4 BIG POOL



6 SOUTHERN MARYLAND

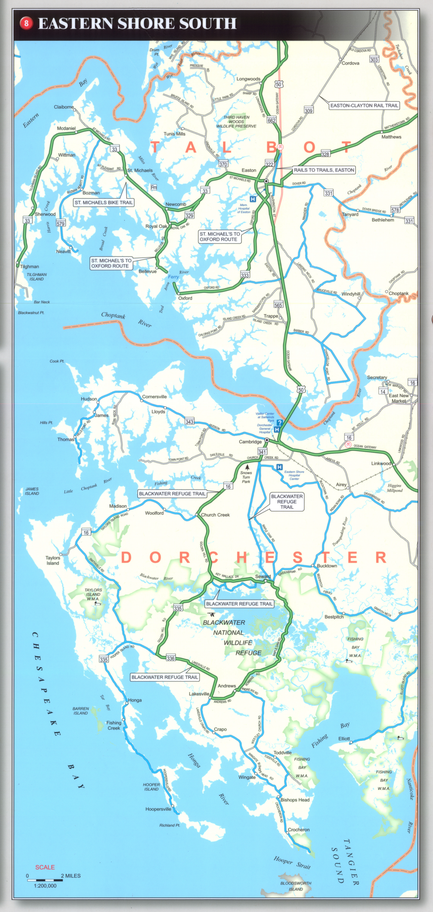
Southern Maryland boasts some of the most scenic bike routes, with light traffic, wide shoulders and historic sites along the way. Rolling countryside with views of the Potomac River or Chesapeake lighthouses delights the passing cyclist. A 23.4-mile excursion follows the escape route of John Wilkes Booth after he assassinated President Abraham Lincoln. A new paved Three Notch Trail passes through historic Charlotte Hall, where a farmers' market promises fresh local produce and baked goods. The Southern Maryland tri-county bicycle route map is available from county tourism offices in Prince Frederick, La Plata, and Leonardtown. For information visit *www.ecalvert.com/content/tourism/index.asp*, *www.exploracharlescomd.com/*, or *www.co.saint-marys.md.us/tourism*.
Slow down and see the black-eyed Susans!

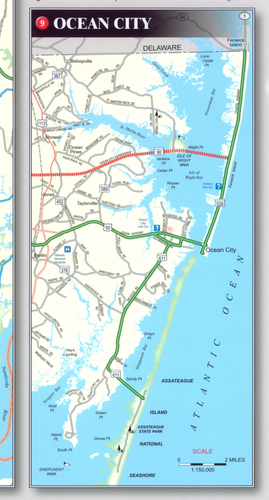
7 EASTERN SHORE NORTH



8 EASTERN SHORE SOUTH

Ride through mostly level expanses of tall coastal plain forest, marshlands and farm fields. Blackwater National Wildlife Refuge provides bikers great views of a salt marsh ecosystem, internationally known for its birding. Pick up a free guide about this and other road-cycling destinations from the Dorchester County Visitor Center or visit *www.tourdorchester.org*. A bike map with queue sheets for neighboring Caroline County is available from Caroline County Tourism in Denton. Visit *www.tourcaroline.com* for information. Cyclists enjoy the charm of small towns along the 35-mile St. Michael's, Oxford and Easton triangle, a bike route with a pleasant ferry ride between Bellevue and Oxford.



9 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*