



Dana Carns- Kerec
GAP and C&O Group Sales Manager
Golden Triangle Bike

Office 412-600-0675 Cell: 412-316-6309
bikepghgapguide@gmail.com
<https://bikethegreatalleghenypassage.com/>



STAGNUT 8 Day GAP - C&O Final Itinerary

May 8, 2025 - May 15, 2025

You are about to experience an adventure of a lifetime. We are honored that you have chosen Golden Triangle Bike to help set it all up! While your journey will be [Self-Supported](#), we want to be your first line of support should you need it. At any point before or during your trip, let us know if you have any questions about the itinerary, lodging, transportation, bikes, trail and towns. Give us a call or text at (878) 217-8255.

Below you will find your final itinerary. Check it out, save it to your phone or print a copy. Don't forget to reference our [Preferred Trail Partner list](#) and our [GAP Riders](#) page as supplements to your itinerary .

TRIP OVERVIEW:

Riding Details: Pittsburgh to Washington DC (335 mi)

8 Days : 5/8- 5/15/25

Number of Riders: 2 riders

SERVICES PROVIDED:

Lodging: (7) Nights Double Occupancy- separate beds

Bike Rental(s): N/A

Bike Drop off: N/A

Shuttle Transportation: N/A

Luggage Transfer: N/A

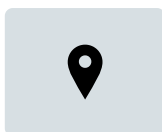
Add on: N/A

Information & Documents



Pittsburgh City Guide: Dining

Pittsburgh is fortunate to have some of the best options for dining. The city offers local fare favorites (Primanti's), hole-in-the-wall breakfast spots to fine dining and international restaurants.



Over The Bar Bicycle Cafe in the Historic South Side

2518 East Carson Street, Pittsburgh, PA, US, 15203



Gaucho Parrilla Argentina

146 6th St, Pittsburgh, PA, US, 15222



Revel + Roost

242 Forbes Ave, Pittsburgh, PA, US, 15222
(412) 281-1134



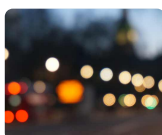
Primanti Bros.

46 18th Street, Pittsburgh, PA, US, 15222
(412) 263-2142



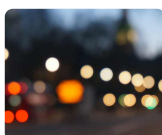
DiAnoia's Eatery

2549 Penn Ave, Pittsburgh, PA, US, 15222
(412) 918-1875



Tākō

214 6th St, Pittsburgh, PA, US, 15222
(412) 471-8256



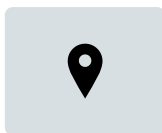
Butcher And The Rye

212 6th St, Pittsburgh, PA, US, 15222
(412) 391-2752



The Speckled Egg PGH

501 Grant St, Pittsburgh, PA, US, 15219
(412) 251-5248



Sly Fox PGH Brewery at the Highline

46 South 4th Street, Pittsburgh, PA, US, 15219



Burgatory

342 N Shore Dr, Pittsburgh, PA, US, 15212



Emporio: A Meatball Joint

942 Penn Ave Fl 1, Pittsburgh, PA, US, 15222



The Yard

100 5th Ave, Pittsburgh, PA, US, 15222
(412) 291-8182



Meat & Potatoes

649 Penn Ave, Pittsburgh, PA, US, 15222
(412) 325-7007



Hofbrauhaus Pittsburgh

2705 S Water St, Pittsburgh, PA, US, 15203



Pamela's P & G Diner

60 21st St, Pittsburgh, PA, US, 15222
(412) 281-6366



Eddie V's Prime Seafood

501 Grant Street, Pittsburgh, PA, US, 15219



Pittsburgh Attractions and things to do

A small town feel, with big city attractions. Pittsburgh has some many options, major league sports teams, art, museums and more.



Pittsburgh National Aviary



Heinz Field

100 Art Rooney Ave, Pittsburgh, PA, US, 15212
(412) 697-7700



Primanti Brothers At PNC Park

115 Federal St, Pittsburgh, PA, US, 15212
(412) 321-2827



Bicycle Heaven

1800 Preble Ave, Pittsburgh, PA, US, 15233
(412) 716-4956



Carnegie Science Center

1 Allegheny Ave, Pittsburgh, PA, US, 15212
(412) 237-3400



Duquesne Incline Upper Station

1220 Grandview Avenue, Pittsburgh, PA, US, 15211



Benedum Center For The Performing Arts

237 7th St, Pittsburgh, PA, US, 15222
(412) 456-6666



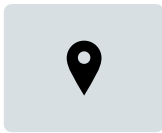
Heinz Hall for the Performing Arts

600 Penn Avenue, Pittsburgh, PA, US, 15222



O'Reilly Theater

621 Penn Ave, Pittsburgh, PA, US, 15222
(412) 316-1600



Kayak Pittsburgh Downtown

446527 80.003889, Pittsburgh, PA, US, 15212



Senator John Heinz History Center

1212 Smallman St, Pittsburgh, PA, US, 15222
(412) 454-6000



Point State Park



The Andy Warhol Museum

117 Sandusky St, Pittsburgh, PA, US, 15212
(412) 237-8300



Home Page - Mattress Factory



Kennywood: Best Theme & Amusement Park for Families in PA



Carnegie Museum Of Natural History

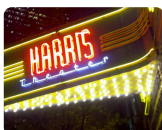
4400 Forbes Ave, Pittsburgh, PA, US, 15213
(412) 622-3131



Clemente Museum | Pittsburgh Pirate Roberto Clemente, The Great One, PA

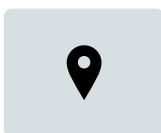


Pittsburgh Zoo & Aquarium |



Harris Theater

809 Liberty Ave, Pittsburgh, PA, US, 15222



Schenley Park

Pittsburgh, PA, US, 15213



Frick Fine Arts Building

650 Schenley Drive, Pittsburgh, PA, US, 15213



PPG Paints Arena

1001 5th Ave, Pittsburgh, PA, US, 15219



Washington, D.C. - The City

Washington is a city of contrasts. While it might be best recognized in its political role, D.C. wants the world to know that it has much more to offer than governmental gossip and diplomatic deals. Divided into districts, each neighborhood represents another distinct feature that adds to the diverse characteristics of breathing life into the city.

While isolated Georgetown is bustling with new, trendy boutiques and restaurants, Shaw, once the site of racial tension and riot, is undergoing a revitalization program to make it a hot destination for African-American heritage tours. Downtown might offer theaters, galleries, and the best Chinese food in the Chinatown restaurants while the New U district, where Duke Ellington once played, is the in vogue neighborhood for hearing live music. And amid all this, let's not forget the political and military monuments and memorials along the National Mall. It is in this area that you'll also find the wonderful Smithsonian complex of museums.

The city is a melting pot of cultures and communities, which have a fantastic influence on restaurants in particular. Whatever your culinary preferences, D.C. can cater to them, be it French, American or Ethiopian. Spread out across the city, all the choices are on offer. One of the key aspects of Washington, D.C. is that, despite being crammed with different tastes, smells, sights, and sounds, it is not claustrophobic. D.C.'s neighborhoods are spread out over an expanse that is broken up by generous oases of green space, giving the city that sense of liberation and harmony which it strives to promote.



2025 Preferred Trail Partner List GAP and C&O

Click here: [2025 Preferred Trail Partner List](#)

GAP and C&O

May 8 - Thursday



Check in at Golden Triangle Bike for a bike fitting, luggage drop off, and/or final questions.

Stop in at Golden Triangle Bike.

Located on the trail at 600 1st Avenue, Pittsburgh PA. 412-600-0675

Keep in mind:

- Shop opens at 9am Tuesday - Sunday. **Monday is by appointment only.**
Allow 30- 45 minutes for your bike fitting, final questions, and map review.
- Drop off luggage for your trip at our shop. (Luggage will be tagged and transported to lodging location to arrive by 4pm each day. We ask that luggage is ready to go each day by 9am)
**If riders are staying at the Drury Hotel, luggage can be picked up, and tagged there. We ask that it is ready by 9am, and labeled.*



Pittsburgh to West Newton

Pittsburgh to West Newton : 34 miles

Approximate Time in the Saddle : 4 hours

When you are at the Point of Pittsburgh Mile Marker (0) or (150)

Fort Pitt was a fort built by British colonists during the Seven Years' War at the confluence of the Monongahela and Allegheny rivers, where the Ohio River is formed in western Pennsylvania (modern day Pittsburgh). It replaced Fort Duquesne, a French colonial fort that was considered strategically important for controlling the Ohio Country, both for settlement and for trade. A successful trading post at the forks doing business with a number of nearby Native American villages. Both the French and the British were keen to gain advantage in the area. As the area was within the drainage basin of the Mississippi River, Pittsburgh is the 2nd largest inland port in the country based on tonnage that passes on the rivers.

The Fort Pitt Block House (sometimes called Bouquet's Blockhouse or Bouquet's Redoubt) is a historic building in Point State Park in the city of Pittsburgh. It was constructed in 1764 as a redoubt of Fort Pitt, making it the oldest extant structure in Western Pennsylvania, as well as the "oldest authenticated structure west of the Allegheny Mountains". When Fort Pitt was demolished in 1792, the Block House was left untouched because it was already in use as a residence. In 1894, philanthropist Mary Schenley presented the deed to the Block House to the Daughters of the American Revolution (DAR). She did this specifically so that the structure might be preserved for future generations: The structure has never been torn down, completely rebuilt, or moved during its centuries of existence. Much of its timbers, brick, and stone remain original to its 1764 construction. The building is recognized by the National Register of Historic Places as being the sole surviving historical building in the "Forks of the Ohio (Site of Fort Duquesne and Fort Pitt, Bouquet's Blockhouse)" historic place. It also has a historical marker issued by the commonwealth of Pennsylvania and is a Pittsburgh History & Landmarks Foundation.

Along the Way : From the first turns of the pedals in Point State Park you'll pass through downtown Pittsburgh on your way towards Homestead. Stop at the Pump House, a key site in the Homestead Strike of 1892. Take in the view of the stacks, and furnace ruins along the trail. Giving riders a small taste of the scale the Coal and Steel industry that once thrived in Pittsburgh. Say farewell to Pittsburgh as you cross into McKeesport. After winding through town, the Youghiogheny River becomes your guide as the trail surface turns to crushed limestone for good. Pass through Boston, the Dravos Cemetery. You're already in the thick of it, crushing limestone beneath your tires as you roll by Sutersville. West Newton rolls by 3.5 miles later.

Recommendations : Dinner at The Trailside Restaurant, be sure to grab some soft pretzel sticks! Check out our **Preferred Trail Partner List** for more details.



CHECK-IN 3:00 PM - Bright Morning B&B

Bright Morning B+B :

127 Jefferson Court

West Newton, PA 15089

Aaron and Aliviai: (724) 872-0792

Tips from the Bed & Breakfast:**Check in: 3pm to 6pm**

Beneath the "Bright Morning" sign, visible from the trail, is the doorbell that lets us know you're here.

Bikes on the bike rack in front can be moved to the "Bike Barn" in front of the greenhouse or left waiting if you decide to grab a cold one from the Patio Bar.

- Bike storage in a locked shed or garage will be provided. Please do not bring your bikes into your room or the B&B buildings
- Please remove bicycle shoes / cleats
- No smoking anywhere on the premises
- Check in is between 3 and 6 PM and Check out is by 10:30 AM

You'll be given directions to your room and the run-through on breakfast details.

Every morning at 7:00 the coffee and tea are started for the early birds and the dining area begins to be filled with the aroma of bacon, ham or sausage to be served 7:30-8:30.

Before 6:30am, guests can prepare supplied coffee in one of the guest kitchens.

Option to set up : **Picnic Lunch** (call by phone directly to make arrangements)

Wrap, roll or sandwich with sides of fresh cut vegetables with dip or pasta salad and fresh fruit, chips and homemade cookies.(Serves one person).

\$20.00**May 9 - Friday****West Newton to Ohiopyle, PA****West Newton to Ohiopyle : 42 miles****Approximate Time in the Saddle : 5 hours**

Along the Way : Ride a few short miles after leaving West Newton and you'll pass the 'patch town' of Whitsett, 63 years this location was a major coal town. This town achieved National Historic Register of Historic Places status in 1995 as it exemplified the typical coal patch company town. Similar towns sprang up all over in the 19th Century. You'll pass the remains of the Pittsburgh Coal Company's Banning Number One Mine and overhead you'll see the impressive Pittsburgh & West Virginia Banning trestle. Only concrete foundations and silos remain of the once-extensive mining complex that included a coal cleaning plant and several rows of company houses. Similar towns sprang up all over in the 19th Century. This area was known as the Connellsville Coke and Coal Region.

You'll find Connellsville at mile marker 88. At mile marker 75.5 heading towards Ohiopyle take a chance and stop at the Mitchell Field marker. There is a footpath that goes about 30 yards to a nice little waterfall (this is affected by the rainy season, so view may not be available in peak summer). Crossing the old rail bridge into Ohiopyle is the highlight for today as you're now in the heart of the Laurel Highlands!

Early on in George Washington's life as a surveyor in the British Army he arrived at Ohiopyle (located on the Great Allegheny Passage). The British scouting trip was looking for a water route to Pittsburgh. At Ohiopyle he recorded in his journal that the falls made that route impossible by boat. (Ohiopyle Falls "**Niagara Falls of Western PA**", creates a thunderous roar as it plunges over a 20 foot drop on the Youghiogheny River)

The actual journal writings are reproduced at the Visitor Center at Fort Necessity. It took a long time for the P&LE and Western Maryland railroads to complete that route along the Youghiogheny and Casselman Rivers to Pittsburgh. You are pedaling through a long history when you ride the GAP.

Take a side trip and head over to Frank Lloyd Wright's Fallingwater, a (UNESCO) World Heritage Site.

* On July 10, 2019, the United Nations Educational, Scientific and Cultural Organization Committee inscribed Fallingwater and seven other Frank Lloyd Wright-designed sites to the UNESCO [World Heritage Site](#) at a meeting in Baku, Azerbaijan.

The inscription, [The 20th-Century Architecture of Frank Lloyd Wright](#), to the UNESCO World Heritage List represents the first modern architecture designations in the United States.

Recommendations : Lunch in Connellsville at Valley Dairy or grab a yogurt at Trailside Treats. Dinner in Ohiopyle at the Falls City Pub. Spend the day hiking Sugarloaf or hike to one of many splendid waterfalls in the area. Buy a river raft, guide a beer, and you'll make a friend for life. Don't forget to check out the [The Ruins Project](#) at Mile 104 (check our **Preferred Trail Partner List** for more info about booking a tour)



CHECK-IN 4:00 PM - Ohiopyle Suites

[Ohiopyle Suites](#)

28 Sherman Street

Ohiopyle, PA 15470

Pam : 877.992.7238

Tips for the Location:

Check in: 4pm

Bicycles may be taken into your room (if clean). There is a hose on site for your convenience. You may also chain bikes to the deck or the bicycle rack in the parking lot.

We now have a contactless check in. You will receive a text day of with the code to access your room for arrival.

Note, checkout is 10:30am on your day of departure.

Continental Breakfast is from 7am- 10:30am, located in the Ice Room

New for 2025:

We would like to let you know that Ohiopyle Suites ownership also has two restaurants where you will receive 10% off just for being our guest!

The Stone House is located at 3023 National Pike in Farmington. Just minutes from Ohiopyle! The restaurant can accommodate a party of 2 to 200! We highly recommend trying their BBQ while in the area. [Stone House Inn](#)

Braddock's Inn is located at 3261 National Pike in Farmington. Enjoy some of the best casual food on the mountain. Check out their event calendar for special events and live entertainment.
<https://www.braddocksinn.com/#home-braddocks-section>

Book In advance "in-room food options: Receive chef-prepared meals delivered hot or stocked in your fridge before arrival. Order now: bit.ly/vacation-ready-meals Must be at least 48 hours notice to order.)

Guests may order wine, cheese, or chocolate covered strawberries, grilling packages (there is a gas grill on site for guest use). Items will be in the mini fridges when guests arrive. A great way to relax after a long day on the trail.

Prices are:

6 chocolate covered strawberries \$16.95 + tax

12 chocolate covered strawberries \$26.49 + tax

Cheese tray for 2 \$23.31 + tax

Bottle of wine \$37.99

Rafting on the Yough “ Magical Moments Experience’ as an option for GTB riders that want to dismount the bikes for a few hours.

Great for riders that have built in a "rest day" to explore the Laurel Highlands.

It typically meets at 8:00 am, but could certainly be planned for guests for early as 7:00 am or as late as 5:00 pm. Trip takes 3.5 hours to complete. It would add 7.5 miles to that day's ride.

It is a fully guided private tour and costs \$367.60 for 1 to 6 persons (park fee of \$5.10/person not included). Simply book the 8:00 am and drop us a note about what time the GTB guests would like to raft. For the morning trips the crew can meet the guests at the end of the river with clothes and bikes so they can jump straight on the trail.

Book Directly with OhioPyle Suites by calling us at 724-329-8850 or www.raft.com to book online.

May 10 - Saturday



OhioPyle to Meyersdale, PA OhioPyle to Meyersdale : 41 miles

Approximate Time in the Saddle : 5 hours

Along the Way : Are you keeping track of the many rivers you've met so far? In ten measly miles you'll find Confluence, named for the meeting of the Youghiogheny, the Casselman, and the Laurel Hill Creek. You'll ride the Pinkerton Horn, a prominent bend in the Yough, on your way into Rockwood, yet another picturesque town in the Laurel Highlands. Approaching Meyersdale, get ready for a viaduct crossing you won't soon forget!

Recommendations : Lunch at the Lucky Dog Cafe or Mitch's in Confluence. There is a local brewery Trail Head Brewery in Rockwood (very limited day and hours of operation). Dinner at the White House Restaurant in Meyersdale. Check out our **Preferred Trail Partner List** for more details and options.



**CHECK-IN 3:00 PM -
Inn on Main**

Inn on Main:

510 Main St
Meyersdale, PA 15552
814-634-7947

Tips from the B&B:**CHECK IN 3-5 PM**

Our arrival time is 3pm and check out is 10am. Please understand that we cannot accommodate early arrivals due to the intimacy of the inn.

Located directly across from the Meyersdale Trailhead.

Store your rig in our secure indoor bike storage with e-bike charging and attached bike wash amenities.

*If arriving by bike and you have luggage, please pull bike in the driveway near the front door. Unload your gear and leave it on/by the front patio. Take your bike around the right side of the house into the carriage house which is the bike storage. You can set your bike anywhere you see room On the rack, against the wall, etc.

*BIKE STORAGE CODE IS 0401 - No need to lock the bike storage.
We will lock it at night.

*Once inside, please reference room map on your left to guide you to your room.

Breakfast will include freshly prepared hot dishes along with many continental items. It may be buffet style and/or plated depending on guest occupancy. **Breakfast is typically served at 8 am**, however we may accommodate different times with advanced notice. We are always prepared to accommodate special diets and are happy to do so with advanced notice. All rooms will include a microwave, Keurig, and minifridge. Secure bike storage, bike wash station, balconies, and a large wraparound porch for relaxation and socializing.

***Option to add- 3 Course Spaghetti Dinner :**

Call and reserve separately- (must be set up in advance call 814-634-7947 to set up directly)

Long day on the trail and don't feel like going out to eat? Enjoy a Spaghetti dinner for 2 at The Inn. All dinners include:

- Caesar salad
- Garlic bread
- Spaghetti with homemade sauce
- Homemade meatballs (Can omit if needed)
- Dessert

***Option to add- Charcuterie Board for 2: (must be set up in advance call 814-634-7947 to set up directly)**

Enjoy a charcuterie board after a long day on the Trail. Premium platter featuring meats, cheeses, fruits, nuts, and crackers.

May 11 - Sunday



Meyersdale to Cumberland, MD

Meyersdale to Cumberland : 32 miles

Approximate Time in the Saddle : 4 hours

Along the Way : Nothing can compare after crossing the Salisbury Viaduct into Meyersdale, right? The Bollman Bridge crossing comes close and in no time you're at the peak of the Eastern Continental Divide. From here, 25 mile descent through the Big Savage and Borden Tunnels, cruising past turn off for Frostburg and into Cumberland! Take the time at MM 22 to get a view of the rolling mountains, look out over 3 different states, Pennsylvania, Maryland and West Virginia along with pictures at the Mason/Dixon line. Mason-Dixon Line Park has a replica obelisk and cast bronze marker plate. There is some great history to be found on the interpretive signs there and the park also includes 11 large granite blocks spelling out Mason & Dixon. At Mile 5 check out a famous railroad landmark, Helmstetter's Curve, this is a 180 degree horseshoe curve along the abandoned Western Maryland Railway line. A good spot to see the Western Maryland Scenic train roll by. Then at Mile 4 take a chance and venture to Bone Cave. When the original railway was constructed in 1912 a local naturalist discovered fossils among the rocks blasted from the site, resulting in an excavation from paleontologists which uncovered 41 genera of mammals including a saber-toothed cat. On display at the Smithsonian National Museum of Natural History. The last 2 miles into Cumberland you are riding through the Cumberland Narrows. This natural water gap formed over thousands of years from a small stream eroding the sandstone. A 900 foot deep gorge was created, and a natural route through the Appalachian mountains was formed. Used by local indigenous tribes and known as the Nemacolin's Trail. This area also offers a unique view of the south side of Wills Mountain.

Recommendations : Stop for coffee at the Mountain City Creamery and head up to Main Street Books for something to read on your ride home. Dinner in Cumberland at the Crabby Pig. Don't forget to stop by Canal Place Heritage Park for your picture at the medallion at Mile 0, check out the Visitors center and the 3 story restored Western Maryland Railway Station. Check out our **Preferred Trail Partner List** for more details and options



CHECK-IN 3:00 PM -

Fairfield Inn Cumberland

[Fairfield Inn](#) :

21 North Wineow Street

Cumberland, MD 21502

Jessica Clark : 301.722.0340

Tips from the Fairfield Inn:

CHECK IN 3-6PM

[Directions:](#)

There is a hose outside to clean off bikes.

AMENITIES ON-SITE

Free Wifi, Free Coffee/Tea, Pool, Hot Tub, Fitness Center, Laundry

****GTB riders must provide a personal credit card to hotel at the time of check in for possible incidentals.***

May 12 - Monday



Cumberland, MD to Little Orleans, MD

Cumberland to Little Orleans : 43 miles

Approximate Time in the Saddle : 5 hours

Along the Way : As Cumberland fades away into the narrow valley behind you, hold on tight for the C+O!

The path was originally built for the mules to walk beside the canal boats as they “towed” them along the Potomac River hence the term “towpath.” The Canal was once an active transportation link between the coal fields of the Allegheny Mountains and the urban markets of what is now Washington DC. The Canal took 22 years to construct, it became apparent that the canal could not compete with the B&O railroad in terms of speed and capacity. The National Park Service took over the canal in 1971 and continued efforts to restore and preserve its history. This is one of the few places in America where you will find a trail free from traffic for over 380 total miles from Pittsburgh to DC, making it a cyclist's dream come true! Keep a weathered eye out for turtles sunning in the remnants of the canal as you glide past Spring Gap and Old Town. Locks and aqueducts pale in comparison to the scope of the Paw Paw Tunnel, so arm yourself with as much light as you can muster. 3,000' and 15 miles later check in at Bill's Place in Little Orleans. Bring an extra dollar!

Recommendations : Lunch Schoolhouse Kitchen in Old Town or Amanda's Place in Paw Paw. Pack extra snacks and meals for this leg and have a picnic lunch or early dinner, there are not many options in the Little Orleans area. Bill's Place has varied hours of operation and they change frequently. Check out our **Preferred Trail Partner List** for more details and options



CHECK-IN 4:00 PM - Town Hill B&B

Town Hill B+B:

31101 National Pike

Little Orleans, MD 21766

Dave + Donna : 301.478.2794

Tips from the Bed & Breakfast:**Check in- 4pm-7pm**

If you are coming to us from Cumberland, you have one option for lunch - the Schoolhouse Kitchen in Oldtown. The restaurant is usually closed on Mondays, so please plan accordingly. This is the most remote section of the Canal. If you do not want to carry or bring lunch with you, the Schoolhouse Kitchen is your only option. It is located in the old elementary school about 200 yards off the trail, where they converted the cafeteria into a restaurant.

When riders get off the trail at mile marker 140.9 look for a brown park sign that says Fifteen Mile Creek.

By mid afternoon, you will be traveling the Paw-Paw Tunnel, which is over 3,000 feet long. We suggest that you walk your bike through the tunnel and bring a flashlight because of the uneven surface, narrow walkway, and lack of lighting. When arriving at mile marker 140.9, look for a small wooden bridge across the canal. Near the bridge is a small tunnel under the abandoned railroad; Bill's is through the tunnel.

SHUTTLE SERVICE

Town Hill B&B offers a shuttle for our guests and their bicycles from mile marker 140.9 (Bill's Place) to the inn.

Upon arrival at Bill's Place, please call to arrange a shuttle pick-up time. Another option is to call the day before to set up the timing in advance. Most guests enjoy dinner at Bill's Place there while waiting for the shuttle.

(PLEASE NOTE that Bill's Place hours vary, so its always smart to pack food for lunch, snacks and dinner for this Cumberland to Little Orleans section!)
Make sure to check out the [Preferred Trail Partner list](#) for more information.

****With a prior reservation, the shuttle is available from 4:00pm to 7:00pm. Let them know you are booked with Golden Triangle Bike.***

No reservation is required for the shuttle back down to the trail. In the morning; you can decide whether you would like to ride your bicycle or take the shuttle back down.

May 13 - Tuesday

Little Orleans to Williamsport, MD
Little Orleans to Williamsport : 41.5 miles

Approximate Time in the Saddle : 5 hours

Along the Way : Soon after leaving Little Orleans, you have the option to take the Western Maryland Rail Trail. The trail parallels the towpath, it's paved surface is inviting to those weary of bumps. Development in Hancock trickled down from the National Road, to the C+O Canal, to the Railroad, and finally, the trail.

Take a short detour to explore Fort Frederick. 5 points for a photo of yourself next to a historic interpreter! A key site in the French and Indian War, this fort looks just like it did in 1758! Once you spot the Cushwa Warehouse, you know you're in Williamsport!

Recommendations : Stop at Buddy Lou's for lunch or early dinner. Check out our **Preferred Trail Partner List** for more details and options for dinner in Williamsport.



CHECK-IN 3:00 PM - Elmwood B&B

Elmwood Farm B+B:

1631 Kendle Rd.

Williamsport MD 21795

Selena : 240.707.0772

Tips from the Bed & Breakfast:

Check-in time is 3:00 - 7:00 PM. Check-out time is 11:00 AM.

Please let us know if you plan to arrive earlier than 3:00pm or arrive after 7:00pm.

We are located approximately 2.5 miles from mile marker 99.4 on the C&O Canal Towpath in Williamsport, MD.

We provide free shuttle service, secure bike storage and wash station, and bike parts and repair service is available nearby. We will contact you the day of your arrival.

Freshly made from our bake house, you will be served a fixed 2 course gourmet breakfast every morning between 8 and 9:30 a.m. For our business travelers on Monday - Friday with advance notice, we can prepare breakfast earlier if needed. For specific breakfast times and requests, please specify upfront when reserving your room.

May 14 - Wednesday



Williamsport to Harpers Ferry, WV Williamsport to Harpers' Ferry : 40.5 miles

Approximate Time in the Saddle : 5 hours

Along the Way : In 15 miles you'll earn a 2.7 mile respite from the bumps of the towpath along Big Slackwater, a raised concrete section of trail. Shepherdstown is next on the route, and the oldest chartered town in West Virginia. During the Civil War Shepherdstown became an impromptu hospital for Robert E. Lee's retreating Confederate Army and Antietam National Battlefield is roughly 3 miles away, known as the bloodiest battle in the Civil War.

In 12 miles finishing your day in Harpers Ferry NHP, famous for the capture of abolitionist John Brown. Look for the bridge to cross. This rail-with-trail bridge crosses the Potomac River near its confluence with the Shenandoah River.

Take the spiral staircase and cross a cantilevered section of the bridge that allows access between Harpers Ferry and (C&O Canal Towpath) and connects the Appalachian Trail from West Virginia to Maryland. Take your time with the bikes and maybe take the stairs in stages, with saddle bags first then the bikes. It all adds to the adventure!

The park is a living history museum with exhibits, shops, and great restaurants. While in Harpers Ferry challenge yourself with a hike to [Maryland Heights](#). The reward at the top is the breath-taking view of the confluence of the Potomac and Shenandoah Rivers. Thomas Jefferson was quoted as saying that the view from Maryland Heights was alone worth the trip to America from England to see such beauty. Get your tin mug filled with Civil War era history!

Recommendations : Lunch in Shepherdstown at the Blue Moon Cafe. Check out our **Preferred Trail Partner List** for more details and options.

CHECK-IN 4:00 PM -



Towns Inn

The Town's Inn

179 High Street

Harper's Ferry, WV 25425

Karan : 304.932.0677

Call the day of arrival to update check in time.

Tips from the Bed & Breakfast:

Check in 4pm and on: Must contact location directly if an earlier time or after 6pm

Come up the steps to the balcony of the Inn. Near the entrance to the Reception Hall is a hanging mailbox that has a "Welcome Envelope" for each guest. The envelope contains keys for your room and the location of your room, which is either in the Mountain House or next door in the Heritage House at 179 High Street. The envelope also contains a summary of useful information, a feedback form, and a map. If you arrive prior to the official 4:00 check-in time, you are welcomed to come to the Inn to enjoy the Marketplace — and we will let you know the status of your room, which may be ready before 4:00.

Bicycles can be stored on the Back Patios of the Inn but cannot be stored in any guest rooms other than the 1820 Suite and the Friendship Suite . We've had no problems with outdoor bicycle storage for over sixteen years — but we do suggest that you bring a lock or buy a lock from us. We have plastic bags to cover bicycle seats and brushes / rags for hosing down bicycles available.

Please note that the reception area is in the Mountain House (175 High St.), where I live on the second floor. Come up the steps to the balcony and come on inside. If the door is locked, ring the bell or give me a call.

BAGGAGE ~ Transfer services generally drop off baggage in common areas. The common areas for lodging guests at the Inn are on the third floor of the Mountain House and the third floor to the Heritage House. Baggage for the 1820 Suite and Friendship Suite is placed directly into the rooms.

BREAKFAST: *GTB has a Breakfast credit that can be used in Towns Inn Market on site. Each guest receives a \$14 credit for food and/or beverages offered in the Marketplace Country Store & Self-Serve Cafe. The Marketplace features hot and cold homemade specialties, snacks, and more and is self-serve.

May 15 - Thursday



Harper's Ferry to Washington DC (Mile 0, Mile 184.5 for C&O or Mile 335 for GAP/ C&O)

Harper's Ferry to Washington, DC : 61 miles

Approximate Time in the Saddle : 7.5 hours

Along the Way : If you didn't get enough history in Harper's Ferry, stop in to the Brunswick Railroad Museum just across the tracks. If that's not enough, check out some history at the Railroad Museum just across the tracks in Brunswick. This old railway town has had many names, 1780 "Berlin" but was known by locals as "Eeltown" in 1753 called "Hawkins Merry Peep-o-Day". Only in 1890 was Brunswick finally decided on.

Back on the towpath, cross the Monocacy Aqueduct. Pop quiz! How many arches did you count on this 500' long stretch? Moving along, stopping and stretching at White's Ferry, the last operating cable ferry on the Potomac. Take a moment to go 0.2 miles off the towpath on the berm side of the basin near Rileys Lock (Lock 24) to see the ruins of Seneca Sandstone Company. Starting the mill in 1837—right at the quarry using water from the Canal to power its water wheel and later a turbine, the mill used a toothless blade to cut sandstone at a rate of an inch an hour. The mill also cut granite and stone shipped from neighboring quarries. The most visible use of this cut sandstone is the iconic Smithsonian castle on Washington's Mall. The mill was also used to cut granite and marble used in the U.S. Capitol and the Washington Monument. Soak up even more history while peering over the edge at Great Falls, a popular stop for cyclists and tourists from all over. You're on the home stretch now! Just 14 more miles and you're in the heart of Georgetown! When the canal ends in a brick paved plaza turn right, go down the big hill toward the Potomac river. Cross the street into Georgetown park. Go left in the park and follow it to the Thompson's boat center. Go to the right side of the building and you will see mile 0. You can ask the boat guys and they will tell you where it is.

Recommendations : Fuel up early at Bean's in the Belfry in Brunswick. Check out our **Preferred Trail Partner List** for more details.