

Bike Trek: Great Allegheny Passage and C&O Canal **Friday-Sunday October 16 – 18, 2009**

Leave: 3:00 PM Friday at CCUMC.

Return: 3:00 PM Sunday at CCUMC.

Summary of Trip and Action Points for Scouts and Parents:

- § This outing is a 50-mile **downhill** bike trek from west to east starting on the Great Allegheny Passage Trail (GAP) and continuing on the C&O canal towpath. In a departure from the Troop's usual weekend outing, this trip will leave Friday afternoon, October 16, at 3pm, and not return until Sunday. (This is a three-day weekend for Montgomery County Public Schools.)
- § The trip is designed to give those scouts who might want to try for the cycling merit badge the opportunity to ride the required 50 miles within 8-hours as well accommodate those who may choose to ride fewer miles. There is one caveat: Scouts will be asked to choose whether they plan on biking fewer miles at the October 13 meeting. With our chase vehicles-with-trailers and several easy access points along the route, any breakdowns and all skill levels can be supported.
- § Scouts will need a bike in good-working order, a helmet, and camping gear for two nights of camping in two different campgrounds. (See details below.) Two breakfasts and Saturday night's dinner will be coordinated by patrols but scouts should be prepared to purchase two fast-food meals in route to and from the trek and to bring a packed lunch, snacks and water bottle(s) for the bike trip itself on Saturday.
- § All directions to campsites and access sites are detailed below. Parents are needed to help along the trail with bikers and as shuttle drivers. The cost of the trip is \$20.



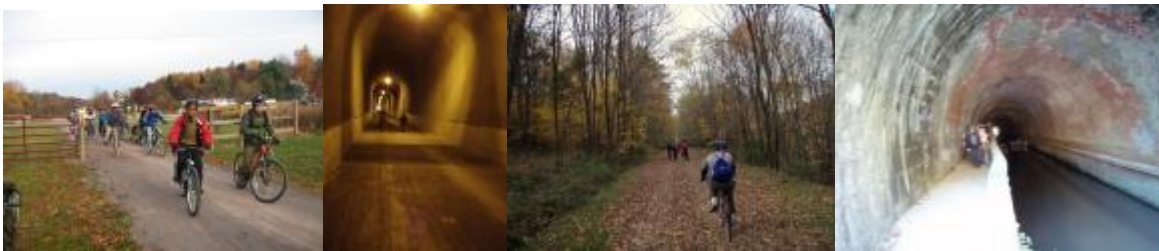
Overview: The 50-mile trip will take us over the Eastern Continental divide (elevation 2375 ft), through the Big Savage Tunnel (photo at left), through the college town of Frostburg, through Brush Tunnel into Cumberland, then on to, and through, the famous 3,100 foot-long Paw Paw canal tunnel. We will camp Saturday night at the Sorrel Ridge hiker/biker camp (C&O MP 154), just east of the Paw Paw tunnel, on the C&O Canal. This has always been a very popular T255 site with Potomac-edge camping on nice grass with amenities – fire ring, picnic table, and modern porta-john. For the more adventurous there is a huge cliff on one side of the pathway that offers a grueling climb up to a spectacular campsite with panoramic view. Sunday we will retrace our steps 2 miles back to the car access near the town of Paw Paw, WV (C&O MP 156) at the intersection of the C&O Canal and WV RT 9/MD RT 51. There is easy vehicle access and ample parking

at Paw Paw (C&O MP 156). There is no vehicle access at Sorrel Ridge camp (C&O MP 154) – a 2-mile bike/hike from Paw Paw.

Itinerary: **Friday**-Leave CCUMC at 3:00 pm and drive 2.5 hours to the Mason-Dixon Campground, Meyersdale, PA, stopping at a fast-food place for dinner on the way. We will camp here, enjoying a campfire and camaraderie and get an early start Saturday. **Saturday**-Rise at 6:00 am and begin trek at 8:00 am at Deal (GAP MP 25), near the Eastern Continental Divide. Bike downhill, east, toward Frostburg (GAP MP 15) and Cumberland (GAP MP 0/C&O MP 184). Continue on biking east on the C&O Canal past

Spring Gap (C&O MP 175), Old Town (C&O MP 167), Town Creek (C&O MP 162), Paw Paw (C&O MP 156) and end up camping for the night, just east of the Paw Paw tunnel, at the Sorrel Ridge hiker/biker camp (C&O MP 154). **Sunday**-We will eat breakfast, break camp, retrace our steps 2 miles west to the Paw Paw vehicle access at WV RT 9/MD RT 51 (C&O MP 156) where we will board 1st class accommodations for the ride home.

We will need to walk our bikes through the Paw Paw Tunnel. **Everyone is required to carry a working light in the long dark tunnel.** We will also need to carry all of our camping gear from the Paw Paw vehicle access (C&O MP 156) to the Sorrel Ridge camp (C&O MP 154). In the past we have found that using one's bike as a transporter works quite well. We will stop at a fast-food restaurant for lunch Sunday on the trip home. We plan to arrive back at CCUMC at 3:00 PM.



Cost: \$20 (\$5 - campground/\$15 – transportation)(Driver costs are reimbursable.)

Food-Friday:

Bring money for fast-food dinner and
Bring snacks for Friday night. (Coordinate with PATROLS)

Food-Saturday:

Bring ready-to-eat breakfast (This means no cooking is required as we will not have time to cook.)
Bring ready-to-eat lunch and snacks for biking, and
Bring food to cook, by Patrol, for dinner.

Food-Sunday:

Bring ready-to-eat breakfast, and
Bring money for lunch at a fast-food restaurant.

Uniforms: Class A uniforms are not required. Class B is desired but not required.

Water: Water is available at the campsites and at occasional locations along the GAP and C&O. Carry 1 liter with you at all times. Start off well hydrated. Quench your thirst and hydrate Thursday night, and Friday, and before setting out on the trip Saturday, and when at water sources. It is important to stay well hydrated. Your urine should be clear or pale yellow. Never pass up a water source without drinking and never leave a water source without your bottle(s) full.

Friday:

03:00 pm Leave CCUMC (stop en-route for dinner at a fast-food restaurant)
06:30 pm Arrive Mason-Dixon Campground, make camp
10:00 pm Quiet time

Directions Chevy Chase to Mason-Dixon Campground, 4121 Greenville Road, Meyersdale, PA 15552-8518, Tel 814-634-5982, owner 301-689-2769, Emergency 240-580-6848, Hospital 814-634-5911: 144

miles, 2 hours, 15 minutes

- o I-495, Capital Beltway West
- o Exit 35, I-270 North to Frederick
- o At 36.6 miles Take I-70 West toward Hagerstown.
- o At 89.4 miles Take Exit 1A Left to I-68 West toward Cumberland.
- o At 140.1 Take Exit 29 Right to MD-546 toward Finzel.
- o At 140.4 miles keep right on MD-546 to Finzel.
- o At 143.8 arrive Mason Dixon Campground.

Saturday:

06:00 am Reveille, breakfast, break camp
07:00 am Depart for trailhead at Deal
08:00 am Start trek travelling east bound on GAP

Directions from Mason-Dixon Campground to Deal trail access at GAP MP 25:

Exit campground turning left onto MD-546.
Almost immediately Right onto McKensie Hollow Road
In approximately 3 miles Left on Deal Road
In approximately 0.5 mile Turn into Deal trail access parking

04:00 pm All riders must complete the 50-miles in under 8 hours to meet the qualifications for the cycling merit badge. Make camp at Sorrel Ridge camp.
06:00 pm Patrols prepare dinner
07:30 pm Campfire
10:00 pm Quiet Time

Sunday:

07:30 am Reveille, breakfast, break camp
09:00 am Depart – retrace steps east through Paw Paw Tunnel to vehicle access at Paw Paw. (Sorrel Ridge camp at C&O MP 154)
11:00 am Depart for return to CCUMC
The Paw Paw Campground is a pick-up point for scouts that have alternate plans for Saturday Night or Sunday (by prior arrangement with the Scoutmaster). Parents may reach the campgrounds by vehicle following the directions below.

Directions: Chevy Chase to Paw Paw vehicle access in Maryland. Distance approx. 100 miles, Driving time approximately 2.5 hours.

I-495 to I-270 N to I-70 W to EXIT 1 at Hancock

Take US 522 S toward Berkeley Springs

Take WV-9 NW toward Great Cacapon

There is a right turn towards the end, but you stay on WV-9 and pass through the town of Paw Paw.

As you cross the Potomac River, WV-9 becomes MD-51.

Take the first Right into the C&O vehicle access and campground.

This will be the meeting point for our regular pickup at the end of our trip on Sunday at 11 am and for Saturday pickups by prior arrangement with the Scoutmaster.

APPROVAL / PERMISSION SLIP

Approval/permission is granted by the parents/guardians of Boy Scout _____ for their son/Scout to participate in the activities of Troop 255, Chevy Chase, Maryland, National Capital Area Council, Boy Scouts of America.

Approval/permission is granted to the adult members of Troop 255 to authorize treatment of the Boy Scout named above in the event of an accident or emergency. Adult members of Troop 255 that authorize treatment of the Boy Scout in the event of an accident or emergency shall be released from any or all liabilities.

Necessary local and national tour permits will be obtained by Troop 255.

This approval/permission is valid for the October 16-18, 2009 Great Allegheny Passage Trail (GAP) and C&O Canal Tow-Path Bike Trek from the Eastern Continental Divide, Pennsylvania (Deal access point on GAP) to Sorrel Ridge Campgrounds and Paw Paw Tunnel (access point on the C&O Canal), Maryland.

I can drive: _____ YES _____ NO

If YES, I can carry _____ scouts including my own.

Parent Signature

Parent Name (Print)

Date

Contact Tel. _____