



**RAILS-TO-TRAILS CONSERVANCY'S  
2014 GREENWAY SOJOURN**

**RIDE GUIDE**



**Weirton, W.Va to Cumberland, Md.**

Panhandle Trail

Montour Trail

Great Allegheny Passage

**Sunday, June 22 - Friday, June 27 2014**

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# A Welcome Note from RTC...

## **Welcome to Rails-to-Trails Conservancy's (RTC) 12th annual Greenway Sojourn.**

For the first time ever, this year will be visiting three different states, so this is officially a regional ride! This expansion of the Sojourn will certainly continue, and we plan to visit more trails and communities in West Virginia and also Ohio in the coming years. The majority of Sojourn participants hail from outside Pennsylvania – this year we have 32 states represented – so the Sojourn is fast becoming a truly national event.

This year we will have 10 RTC staff joining us – the most ever – so if at any stage you have questions about RTC, or the development and promotion of rail-trails across America, be sure to flag one of us down for a chat.

It is important to mention our wonderful partners at Wilderness Voyageurs. Returning Sojourners will remember Gary Smith, who will be with us again. But his teammate this year is the much younger Erin Graber. They have made things easy for us in planning the Sojourn, and will do the same for you in enjoying it.

The Pennsylvania Department of Conservation and Natural Resources (DCNR) is again supporting the Sojourn, as it has done for the past 12 years. No other state's natural resource agency has done as much for trails as these guys, and all Pennsylvanians and visitors benefit in a variety of ways. Thank you DCNR.

I'm excited about our walking option, which is new this year. The Sojourn is unique in so many ways, because we are willing to explore new ideas. (One year we tried washing our own dishes... Yeah, some ideas catch on, some don't.) I look forward to learning how we can improve this new aspect of the Sojourn as I walk with the trailblazing 10 people who chose this mode.

I hope you have been training hard to make your Sojourn adventure the best it can be. Don't forget to do some heat training, and toss in a hill or two!

I wish you a safe trip before, during and after the Sojourn,

**Tom Sexton**  
**Rails-to-Trails Conservancy**  
**Director, Northeast Regional Office.**



## A Few Basics...

We are glad you have decided to join us for an exciting five days of cycling, camping, renewing old friendships and making new ones. The great thing about rail-trails is that they are usually pretty flat, as the railroads that preceded them were looking for gentle grades so they could carry great loads without taxing the train engine.

The Sojourn is designed to be a fun and active vacation for cyclists who enjoy touring by bicycle (and this year, walking).

As you ride through historic towns of Pennsylvania, Maryland and West Virginia, you'll pass through field and forests, along beautiful waterways and by a wide variety of railroad structures, to experience what many consider to be the most scenic rail-trail in the world.

Our host towns – Cecil, Belle Vernon, Confluence, Meyersdale, and Cumberland – are ready to show

you what hospitality means. Ride your pace, take in the sights, and enjoy an adventure you won't soon forget.

Leave in the morning whenever you are ready, and travel at your own pace. We have the full range of ages and abilities, so there'll usually be someone to ride with. Each day's ride includes water breaks, and there will always be shady places along the way to stop. That being said, we'll travel between 30 - 52 miles per day, so Sojourners must be in reasonable physical condition and used to riding.

**Volunteers:** Rails-to-Trails Conservancy's Greenway Sojourn could not happen without the dedication of event volunteers. Please take the time to thank our volunteers and all the organizations, sponsors and vendors that help make your trip more enjoyable and this event possible. Volunteers and staff will be wearing orange vests.



### FITNESS AND SAFETY

If you're unsure if you're fit enough for the Sojourn, get out on your local trail over the next few weeks and try out a 20-mile ride. See how your body feels, and whether you think you could do that a few days in a row. Many Sojourners get in a fitness routine the few months prior to the Sojourn to make sure they are in good condition. What a great excuse to improve your fitness and spend some time on your local trail!

Please make safety your highest priority. It is important that you let others know you are passing on their left (ride right, pass left) simply by calling out "passing." Please be courteous to all trail users. Have a safe and delightful ride and enjoy the Sojourn!

Rails-to-Trails Conservancy (RTC) is dedicated to making a positive economic impact in the communities that the Sojourn passes through. RTC is very proud that our work has been able to help revitalize these communities and make trail tourism a profitable, and sustainable, local economy.

The Sojourn is a big event for these small towns, and most of the people you will meet will enjoy helping cyclists out whenever and however possible, and will often come out in the overnight towns to help us celebrate. Get to know as many people as you can during the Sojourn – both riders and locals – and you'll make friends for life!

## Got questions?

**Wilderness Voyageurs has the answers.**

P.O. Box 97, 103 Garrett St, Ohiopyle, PA 15470

Phone: 800.272.4141 or 724.329.1000.

Email [gary@wilderness-voyageurs.com](mailto:gary@wilderness-voyageurs.com)

### THE SOJOURN - A QUICK LOOK AHEAD

**From Weirton, W.Va to Cumberland, Md., we'll be riding the Panhandle Trail, the Montour Trail, and finishing on the Great Allegheny Passage.**

You'll ride approximately 190 miles over the course of five days, averaging 45 miles a day.

**Sunday, Day 1:** Weirton to Cecil Township, Pa., where we will camp in Cecil Park.

**Monday, Day 2:** Through Glassport, Pa., and on to Cedar Creek State Park, just outside Belle Vernon, Pa.

**Tuesday, Day 3:** You'll venture through Connellsville, Chestnut Ridge Gorge, and Ohiopyle to Confluence, Pa.

**Wednesday, Day 4:** Layover Day! There were 5 options outlined in your on-line registration.

**Thursday, Day 5:** We leave Confluence and travel to Meyersdale, Pa., on rail-trail and on road.

**Friday, Day 6:** Back to our cars parked in Cumberland. The 32-mile route takes us through three tunnels and across the Mason-Dixon Line. Bring your bike light! The final day includes 23 miles downhill, descending the Allegheny Front.

## Good to Know...

**Bike Rentals:** We have a limited number of bikes to rent for the Sojourn so we highly encourage you to ride your own bike. If you do not have a bike or are traveling from afar, please call us after making your reservation. Rental bikes will be distributed at check-in in Weirton and collected on the final day.

**Travel Insurance:** Optional. Should you want it, we suggest using Travel Guard. [www.travelguard.com](http://www.travelguard.com) or 1.800.826.1300.

**Weather:** Typical weather for June is highs in the lower 80s and lows in the lower 60s. Rain is possible. Much of the Panhandle Trail, Montour Trail and Great Allegheny Passage rail-trails are shaded!

**Trail Surface:** The vast majority of the Panhandle Trail, Montour Trail and Great Allegheny Passage is packed crushed stone. Sections, particularly edges, may be soft, so be careful when riding. Skinny road bike tires are not recommended.

### Before you start: A few things to do in Cumberland, Md!

- Western Maryland Scenic Railroad: [www.wmsr.com](http://www.wmsr.com)
- C&O Canal National Historical Park and Visitors Museum: [canal-place.org/attractions](http://canal-place.org/attractions)
- Cumberland Trail Connection Bicycle Shop: [www.ctcbikes.com](http://www.ctcbikes.com)
- Fourth Annual Tri-State Wing-Off: [tristatewingoff.com](http://tristatewingoff.com)



# On The Trail...

## Share The Trail:

As well as cyclists, the trail is used by equestrians, roller bladers, walkers and more. Please be courteous to all other users and pass safely.

## Typical Signage

Pictured right, a typical Sojourn sign.

Pictured below is a typical Mile Marker for the Great Allegheny Passage. We ride to Mile Marker 0 at Cumberland. Mile Markers are approximate on the GAP and are referring to the nearest marker to the point of interest. Ignore all Mile Markers except the tall, white plastic markers. The Great Allegheny Passage combines several trails into one system. You may see signs from these component trails, such as the Yough River Trail. Be sure to follow only the white mile markers!



## Important phone numbers

Emergency: 911

Wilderness Voyageurs: 800-272-4141

Gary Smith's cell phone: 717-503-5003

## SAG vehicles

The Support and Gear (SAG) vehicles will have limited access and will support you for emergencies. It is not a taxi service and riders are expected to complete rides under their own power. If you need help, ask any person with an orange vest.

# Day of Arrival - Sunday, June 22

**SOJOURN CHECK-IN** will begin at Allegany College of Maryland in Cumberland, Md., at 7 a.m. on Sunday, June 22. Overnight lodging is not provided on Saturday night, June 21, but there are several motels and hotels in the area. Check out pre-ride lodging options at [explore-cumberland.com](http://explore-cumberland.com). Free parking for the duration of the ride will be provided in Cumberland.

## ARRIVE & PARK: SUNDAY, 7 A.M.

Parking is offered at 12401 Willowbrook Road, Cumberland, MD 21502. As you pull into the campus, the Continued Education Building is the first building on your right. Take the first right and follow signs for parking.

Please follow instructions from volunteer parking area personnel and park close to other vehicles so we can fit all cars in the parking area. Parking is at your own risk. Please do not leave any valuables in your car.

Your first order of business will be to check in and load bikes on trucks and luggage on motor coaches for the drive to Weirton, where the Sojourn will begin. You will reconnect with your bikes at the beginning of the ride in Weirton.

## MOTORCOACHES LEAVE CUMBERLAND 8 A.M.

### Cumberland Breakfast Options...

\* Café Marks on the downtown mall  
37 Baltimore Street

\* Queen City Creamery, 108 Harrison Street.

### From I-68 Eastbound: From I-68 Westbound:

- Take exit 44 for US-40/Willowbrook Road
- Keep right at the fork
- Follow signs to Allegany College of Maryland
- Take Exit 44 for US-40/Willowbrook Road
- Keep left at fork
- Follow signs to Allegany College of Maryland

## RIDE STARTS: SUNDAY, 11 A.M.

We will start at the Harmon Creek access point for the Panhandle Trail in Weirton, W.Va.

NB: If you have arranged to make your own way to Weirton rather than Cumberland, note there is no parking in Weirton, and transportation back to Weirton at the end of the ride will not be provided. Check-in at the small tent and wait for vehicles to arrive. There is no parking at this location.

### Typical Day Schedule

6 a.m. Quiet hours end

6:30 a.m. Yoga starts

7 - 8 a.m. Breakfast

9 a.m. Luggage on truck if move day

5 to 6:30 p.m. Dinner

7 p.m. Rider meeting/program

8:30 p.m. Volunteer meeting

10 p.m. Quiet hours begin



# Riding Highlights... Days 1 & 2

## **Sunday, Day 1 - 27 miles**

Weirton, W.Va to Cecil Park, Cecil Township, Pa.

**MM 28:** Harmon Creek Parking Area – where the real fun begins!

**MM 25.22:** Colliers, W.Va – second oldest town in Brooke County!

**MM 24.67:** W.Va and Pa state line. Your chance to be in two states at once!

**MM 14.5:** Joffre – interesting tunnel over road (circa 1905), includes former pedestrian tunnel.

**MM 13.5:** Bulger – Veterans Memorial.

**MM 8.62:** Panhandle/Montour Trail Crossing – Keep right to continue on to the Montour Trail!

Continue on the Montour Trail for approximately 6.5 miles to our camping location for night 1, Cecil Park.

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## **Monday, Day 2 - 51 miles**

Cecil Park, to Cedar Creek Park, Pa.

**MM 22.6:** After packing up your camp, the trail adventure begins!

**MM 29:** Greer Tunnel – keep an eye out for remnants of the Montour Railroad.

**MM 33:** First Road Section – Knight Road to Brownsville Road (1.66 miles)

**MM 35:** Library Trestle – This 506-foot trestle over Library Rd. in South Park was formerly used by the Montour Railroad.

**MM 39:** Road Detour - Peters Creek Road (5.39m)

**MM 46:** Road Detour – across the Clairton-Glassport Bridge.

Continue through Glassport, Pa.

*\*\*Due to limited dining options, Lunch will be offered at Max and Odi's (500 Monongahela Ave, Glassport, PA, 15045), at your own cost. \*\**

After lunch, continue along Monongahela Ave. to the Great Allegheny Passage.

**MM 127:** Boston, Pa. Elevation 761' - Your ride is now along the Youghiogheny River, commonly called the “Yough” (pronounced “Yok”).

Youghiogheny is an Algonquin word meaning “a stream flowing in a contrary direction.” The “Yough” flows from south to north.

**MM 111:** Port Royal Tufa. Just before you get to Cedar Creek Park is the Port Royal Tufa, a fast-growing outdoor stalactite, one of the few in the United States. The naturally occurring carbonated spring leaves a deposit of dissolved limestone as it flows down the cliff.

**MM 111.5** Cedar Creek Campground – you have arrived at our campsite for night 2!



# Riding Highlights... Day 3

## Tuesday, Day 3 - 48 miles

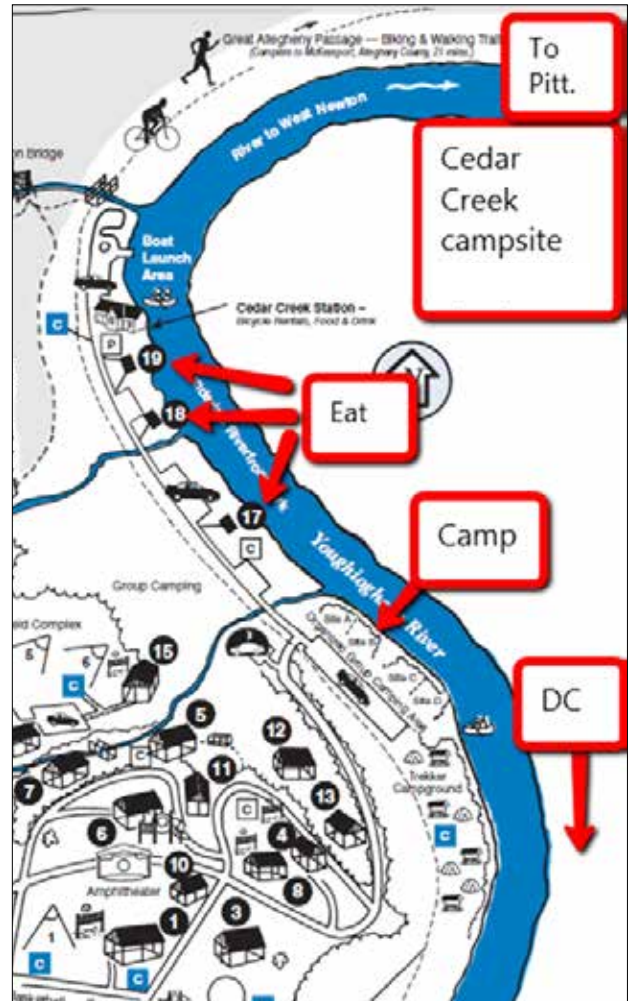
Cedar Creek to Confluence, Pa.

**MM 110:** Just past Cedar Creek Park is a textbook example of what geologists call “boxwork structure.” When iron bearing minerals became concentrated along fractures and bedding planes in a sandstone rock, sulfate bearing minerals were left in between. Near the surface the sulfate minerals form crystals and expand, breaking apart the rock, while the iron bearing zones remain intact. The differences in weathering create the post office box, cubby-hole appearance.

**MM 94:** Dickerson Run Yard trail access – optional. Exit the rail-trail and use the highway bridge to cross the river and head into the town of Dawson, a federal historic district. Architecture from the late 1800s in the town needs some attention, but there is charm under all that coal dust. In 1890, Dawson had the most millionaires per capita in the world.

**MM 92:** Adelaide, Pa., was once one of the largest coking complexes. Coal was mined in this region and transformed into coke in “beehive” ovens (like making charcoal from wood). Almost pure carbon, coke burns hotter than coal and was crucial to the success of Pittsburgh’s steel making. The town was founded by Henry Clay Frick in 1888 and named for his wife. By 1910 it consisted of a coal mine, 375 coke ovens and housing for employees. It stretched from this area to nearly one mile downstream where a few partial “beehive” ovens remain. In 1916, at peak production, 223,908 tons of coal were mined here and reduced to 149,270 tons of coke. By 1910, 44,252 of the 55,166 coke ovens in Pennsylvania were located in the Connellsville Coke Region.

**MM 88:** Connellsville - water stop at the park, elevation 919'. Colonel William Crawford’s cabin, originally built in 1765 at the area known as Stewart’s crossing. Crawford was an American soldier and surveyor who worked as a western land agent for George Washington. He fought in the French and



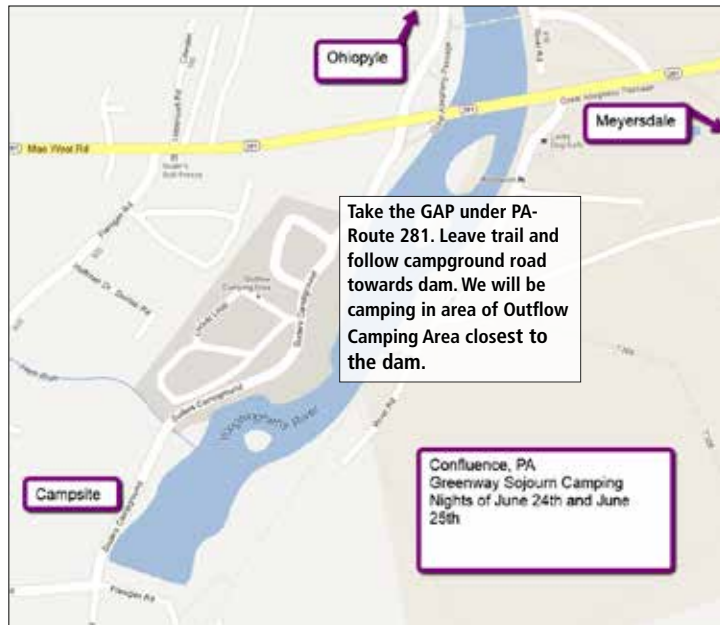
Indian War and the American Revolutionary War. Shallow waters allowed river crossing before bridges. George Washington crossed here twice. Washington taught surveying to Crawford before military service. This is the biggest town you will pass through today and has various shops.

**MM 84:** Chestnut Gap - the 1,400’ deep gorge is one of the deepest in the eastern United States. The rail-trail saves you a lot of effort. If you took the highway to Ohio pyle, the route would not be very flat at all!

# Riding Highlights... Day 3

**MM 80:** Enter Ohiopyle State Park, the largest state park in Pa., at over 20,000 acres. While technically you already entered Ohiopyle State Park just outside of Connellsville, the park is now wider than the width of the rail-trail.

**MM 72:** Town of Ohiopyle, elevation 1,217'. You emerge from the tree tunnel and cross a high railroad bridge over the Youghiogheny, continue on for another 400 yards and find yourself on an award-winning bike bridge. Look to your left and you will see the Wilderness Voyageurs store - riders get a 15% discount. Rafts and kayaks can usually be seen from the high bridge on the "Lower Yough" river section. Visitor information and restrooms are available at the train station. The name Ohiopyle is believed to be derived from the native American word "ohiopehlla," which means "white, frothy water." When you see the 20' waterfall in town, be sure to look for the Youghness Monster, who lives under the waterfall. The falls contain an interesting history. As a British soldier in the period of the French and Indian War, George Washington scouted this area, and "was obliged to come ashore as the rapids became too great," as quoted from his journal, ending the quest for a water route to the French held Fort Duquesne in what is now Pittsburgh. After the train station, our ride continues along the Youghiogheny on the section known as the Middle Youghiogheny, which contains Class 1 & 2 rapids, ideal for families with young children. These waters are renowned for



trout; the bottom release from the Youghiogheny Dam ensures consistently cool water. There will be two crossings of a minor road and no options for turns; stay straight on the trail.

**MM 63.5:** Ramcat Trailhead, restrooms.

**MM 62:** Town of Confluence, elevation 1,332'. Follow signs to Outflow Camping Area, U.S. Army Corps of Engineers (do not cross bridge into town looking for the campground). Historically known as "turkey foot," here the Casselman River and Laurel Hill Creek join the Youghiogheny River. The confluence of these rivers looks like a turkey's foot.



# Riding Highlights... Days 4 & 5

## Wednesday, Day 4 – Layover Day

Pre-register for one of the following options. Cost for one activity is included in the cost of the trip.

1. Tour of Frank Lloyd Wright's Fallingwater
2. Tour of Frank Lloyd Wright's Kentuck Knob
3. Whitewater rafting in Ohiopyle on the Lower Youghiogheny River, Class III-IV whitewater
4. Family/scenic rafting on the Middle Youghiogheny River, Class I-II whitewater
5. Self-guided biking or hiking in or around Ohiopyle State Park. Beautiful trails and waterfalls!

## Thursday, Day 5 – 31.6 miles Confluence to Meyersdale, Pa.

**MM 50:** Markleton, elevation 1,675'. When you come to the road crossing turn left and drop down to the access parking lot on the left along the river. Grab a swim! Restroom facilities.

**MM 43.7:** Rockwood, elevation 1,837'. Water stop.

**MM 41:** Wymp's Gap Fossil Quarry. The rock here is filled with marine invertebrate fossils that are between 330 and 360 million years old. Feel free to poke around. The small quarry, marked with a post that says GR-5, is between Rockwood and Garrett about ¼ mile pass MM 41 (MM 40.75).

**MM 36:** Garrett, elevation 1,940'. There are picnic tables and shade. It is worth the ride up towards Garrett to check out the old buildings.

**MM 34:** Salisbury Viaduct. At 1,908 feet long, Salisbury Viaduct crosses the Casselman River valley west of the community of Meyersdale. The viaduct crosses CSX tracks and U.S. Route 219, and from it you can see a wind farm that generates electricity on the site of an old strip mine.

**MM 31.8:** Meyersdale Railroad Station and museum, most choices for lunch. Elevation 1,988'. Follow signs and town roads to campsites.

### Duck into Rockwood...

The Rockwood Mill Shoppes and Opera House is a great spot to stop for a rest, some food or just a browse. This spot is loved by GAP regulars for its pizza, and its homemade icecream.



# Riding Highlights... Day 6

**Friday, Day 6 - 32 miles**  
Meyersdale to Cumberland, Md.

**Three tunnels today, so take a light,  
and take your time!**

**MM 30:** Keystone Viaduct. To cross Flaugherty Run, the Western Maryland Railroad built this 900' viaduct that also affords great views of passing CSX trains.

**MM 23.9:** Deal trailhead, toilets.

**MM 23:** Eastern Continental Divide (ECD). Congratulations, you have just crossed over the ECD, at 2,375' the highest point of the trip. It is all downhill from here!



**MM 22.5:** Big Savage Tunnel. Big Savage Mountain is also known as the Allegheny Front, the ridge that marks the end of the Allegheny Plateau Province and the beginning of the Ridge and Valley Province. The Western Maryland Railway built the 3,300'-long single-track tunnel between 1910 and 1912. It was rebuilt for trail use in 2002 and 2003. Just through the tunnel, enjoy the view to the east. Look far away and you'll see a gap where Wills Creek flows through the narrows into Cumberland. It is just to the right of the large bare rock mountainside. You will ride through that gap today!

**MM 20.5:** Mason Dixon Line, elevation 2,222'. The line is usually considered the boundary between the North and the South. Between 1763 and 1767, Charles Mason and Jeremiah Dixon of England surveyed the boundary that settled a long-running dispute between the Penns of Pennsylvania and the Calvert of Maryland.

**MM 17.5:** Borden Tunnel, elev. 2,000'. STOP! Lights on, and sunglasses off. Ease through the 957' unlit tunnel.

**MM 15.5:** Frostburg, Md., trailhead, elevation 1,801'. Interesting train station with working roundtable. Consider visiting the Thrasher Carriage Museum: [thethrashercarriagemuseum.com](http://thethrashercarriagemuseum.com).

After Frostburg, continue downhill to Cumberland. The rail-trail will soon turn into a "rail-with-trail," alongside the active scenic line operated by the Western Maryland Scenic Railroad. Be careful when crossing the railroad tracks. Look both ways and cross the tracks at a 90 degree angle. Be extra careful if tracks are wet as they will be very slippery.

**MM 6:** Brush Tunnel. STOP! Lights on, and sunglasses off. Take your time through this tunnel that is also used by the tourist railroad. A metal cable fence inside the tunnel separates bikes from trains.

**MM 5:** Helmstetters Curve, famous 180-degree horseshoe curve.

**MM 4:** Bone Cave. The Smithsonian Institution collected fossilized bones from here, estimated to be from 200,000 years ago.

**MM: 0!** Cumberland, Md. Elevation 605'. End of Sojourn!

# End of the Sojourn... City of Cumberland

## You Made It!

We have descended about 1,800' since the Eastern Continental Divide earlier in the day.

A new bicycle adventure for another day lies ahead – ride the Chesapeake and Ohio (C&O) Canal tow-path to Washington, D.C.

Canal historians estimate approximately 35,000 laborers helped dig the canal as well as build aqueducts, culverts, locks, lock houses, etc. It took 22 years to build the canal from Georgetown, D.C. to Cumberland, Md., along the Potomac River. Much of the workforce was immigrants from Ireland and Western Europe. The canal never made it to the Ohio River.



# What to Bring... List & Tips

**Maximum of two duffel bags, weighing less than 40 lbs. total. If your bag is overweight, you will be asked to remove some items to meet the weight requirements.**

Listed below are some ideas, but prioritize your items so you have what you really need.

## A FEW IMPORTANT TIPS

- **Wrap clothing in plastic bags - this will keep clothes dry even if your duffel gets wet. Wet tents from morning dew can easily spread water from one bag to another.**
- **Duffel bags with wheels make for easier hauling.**
- **Mark bags boldly with distinctive labeling - there'll be lots of black bags that all look alike.**
- **Do laundry along the way to reduce amount of clothing you'll need. Commercial laundromat available in Confluence, Pa.**

## Suggested Items - Some Are Optional

- Money
- A bicycle **in good condition and tuned up.**
- A great attitude (not optional)
- Air mattress or sleeping pad/mat
- Anti-friction such as Chamois Butter
- Bandana/Handkerchief
- Bicycle gloves
- Bike bell
- Bike lock (and key!)
- Camera
- Camp towel. Or use Comfy Campers towel service.
- Cell phone & charger. Verizon coverage better than AT&T. Some areas have no cell signal.
- Cold-weather clothes (fleece pullover and long sleeve windbreaker)
- Cycling shoes, shorts and shirts
- Deck of cards
- Duct tape
- Ear plugs. Active tracks close to campsites.
- Fanny pack.
- Flashlight
- Frame air pump and/or CO2 cartridges with Schrader/Presta adapter
- GPS unit
- Hat
- Headlight and tail light
- Helmet. **To be worn at all times when riding.**
- Identification + list of meds and insurance card
- Insect repellent
- Laundry bag
- Personal first aid kit with aspirin, ibuprofen, band-aids, antacids, etc.
- Pocket knife
- Snacks
- Prescription medications
- Rain jacket, poncho or trash bag
- Reading glasses
- Reading material
- Rearview mirror
- Regular shorts
- Rope
- Shirts and/or jerseys. Quick drying fabric.
- Shoes/sandals (riding, walking, rafting, shower)
- Sleeping bag & pillow
- Socks
- Spare spokes for your wheels if not standard
- Spare tire if odd size
- Spare tubes, patch kit and basic bike tools
- Sunglasses
- Sunscreen and lip balm
- Swimsuit
- Tent (bring all the parts!)
- Toiletries, inc' detergent and toilet paper/tissues.
- Two water bottles to fit on your bike and/or a hydration pack
- Washcloth or "nylon net scrubbie" for shower
- Writing material and stamps
- Ziploc/garbage bags

# Luggage... The Hard Rules

## **The 40lb bag limit and weight requirements includes your clothing, tent, sleeping bag, etc.**

Please weigh your bags and pack accordingly. If your bag is overweight, you will be asked to remove some items to meet the weight requirements. To get an accurate weight, weigh yourself on a scale and then do it again holding your bag. **Riders may not strap or tie anything to the bags.** Coolers, chairs, extra bikes, hard trunks, suitcases and stoves are not allowed in luggage. Riders must deliver their luggage to the luggage truck by 9 a.m. each morning. Once the luggage has been loaded on the trucks, riders will not have access to it until it has been unloaded in the next town. There will be luggage trucks to move your gear between each night's camp spot. This is a "group effort" type of trip! Upon reaching the evening's campsite, folks pitch in to unload the luggage truck. It's a great way to get to know your fellow rider. We recommend that riders make sure they have their sunscreen, money, camera, medication, rain gear, etc. with them for the days ride.

### **DO NOT BRING!**

- Bike trailer
- Cooking gear
- Trashcans – they will be provided
- Bulky lawn chairs (can rent at Comfy Campers)
- Loud electronics
- Coolers
- Extra bike
- Hard walled trunks
- Tupperware bins
- Hard suitcases
- Cots
- Quit claim deeds to the Salisbury Viaduct
- Other bulky stuff

Rails-to-Trails Conservancy assumes no responsibility for lost/damaged items.  
Make sure to bring a lock for overnight bicycle parking.





# Camp & Care... Some Important Details

## **Campgrounds**

You may want to bring earplugs to avoid being awakened by trains, or late-nighters and early-risers. Eye-masks also come in handy, especially if camp close to a building with security lights. Please note that camping and facilities on days that we travel to new towns do not open for cyclists until 1 p.m. If you set up camp prior to this, you may be asked to move. If you do arrive prior to 1 p.m., please respect that staff and volunteers are getting the site ready. The site map is subject to change.

## **Quiet Hours**

Between 10 p.m. to 6 a.m., whispers only please! Be sure not to let the portable toilet doors slam. Flashlights should be directed away from the tents of others.

## **Showers & Bathrooms**

A shower trailer with outdoor sinks will be available at every overnight location. Showers will not be available on the last day after your final ride to Cumberland. You can contact Comfy Campers if you want daily clean towel service.

## **Therapeutic Massage Services**

Massage service will be provided by Everyday Therapeutics Massage at every campsite. To better serve riders, interested participants are encouraged to email [donna@everydaytherapeuticsmassage.com](mailto:donna@everydaytherapeuticsmassage.com) with name, approximate desired massage time(s), and which day(s) of week. Sign-ups can also be made at the information table in camp. Massage therapy will start at 2 p.m. if people sign up ahead of time; otherwise, massage hours will run from 4 p.m. to 10 p.m. Early sign-ups will help determine how many massage therapists will be there. Cash, checks, and credit cards accepted.

10 minutes-\$12, 15 minutes-\$18,  
20 minutes-\$24, 30 minutes-\$35  
60 minutes-\$65

Swedish, Deep Tissue, Trigger Point Therapy, Thai Massage, Sports Massage, Reflexology and PNF Stretching.

## **Yoga**

Morning yoga classes will begin at each campsite at 6:30 a.m. No charge, but donations are encouraged.

## **Children**

Children under the age of 16 are required to ride with their parents/guardians or another responsible adult. While riding with a child, you control his or her movements on the bike. Children can be unaware of the dangers of other bikes and cars around them. Always ride immediately behind and slightly to the left of your child. At the overnight facility, parents are responsible for the actions of their children. People can become separated during the day's ride, so take extra care to maintain contact. Riding with children means keeping them within sight. When a child rides in a SAG vehicle, the parent or guardian is required to accompany him/her.

## **Bicycles in Camp**

Always lock your bicycle when you are not riding it! Bring a bicycle tarp if you are worried about the elements. Bicycle covers are handy for protection and are reasonably priced at your local bike shop.

## **Volunteer Bike Mechanics**

Riders should compensate volunteer bike mechanics for time and parts. They will be available at each overnight location.

## **Pre-breakfast Coffee**

Comfy Campers will serve coffee and other hot beverages starting at 6 a.m. Contact them to arrange for this service.

## **Official Tent, Towel, Chair Service Vendor**

Sign up for optional CampTel Tent Package from Comfy Campers at [comfycampers.info](http://comfycampers.info) or phone 315-283-0220. Your tent will be set up/taken down for you, air mattress inflated, chair furnished and clean towel supplied daily! Comfy Campers is the official tent service vendor for the Greenway Sojourn. Comfy Campers offers full service tent rental, which includes a tent, a thick comfortable air mattress, a fresh bath towel daily, a camp chair. They also offer an a la carte menu of services.

# The Sojourn Safety Pledge

**This is the Greenway Sojourn Safety Pledge.** It is very important that all riders adhere to these safety rules in order to ensure a safe and enjoyable ride for everyone. Cyclists who have never ridden in a big group ride need to know a few “rules of the road” to avoid colliding with other cyclists or causing a crash. You can go to the hospital just as fast getting hit by another cyclist as getting hit by a car!

- o **I will ride responsibly and follow all the rules of the road as defined by state laws.**
- o I will wear my helmet at all times while on my bike.
- o **I will obey all traffic signs and signals.**
- o I will ride single file when a car or truck is close behind me and is preparing to pass.
- o **I will never ride more than two abreast.**
- o I will not draft on other riders (pace lines are sternly discouraged).
- o **I will yield to riders trying to pass me.**
- o I will keep a bicycle length between me and the rider in front of me.
- o **I will call out my intentions to riders behind me: “Slowing!” “Stopping!” “Turning!”**
- o I will use hand signals when appropriate.
- o **I will point to hazards and/or call out to riders behind me: “Gravel!” “Hole!” “Tracks!”, etc.**
- o I will pull completely off the road or trail to stop and let others pass.
- o **I will not stop in the middle of the road or trail.**
- o I will call out to riders that I am about to pass: “Passing on your left!” (Never pass on the right).
- o **I will always ride defensively. I will always be aware of other riders, vehicles and pedestrians near me. I will never assume I know what they are going to do.**
- o I will use common sense and courtesy toward motorists, and others while I am on my bike.
- o **I will provide adult supervision to my children under age 16.**
- o I will not ride before daylight.
- o **If I ride at night, I will use a front and rear light and rear reflector.**
- o I will have fun, enjoy myself and thank all those who made this Greenway Sojourn possible!

# Bike Fit, Body Fit...

## **Getting Your Bike Ready**

Get your bike tuned up and adjusted to fit you before beginning to train. Efficient position and good body alignment will help you feel more comfortable. Have a professional bike technician check your position, including the points between your body and the bike: seat, shoes, pedals and hands. Poor fit is more painful than poor training. To have your bike professionally fit, contact a bicycle shop in your area. Schedule a pre-ride tune-up with your local bike shop a week or two before the ride. Make sure to have them check the condition and adjustment of brake pads, brake cables and gear cables as well as bearing adjustments in your hubs, headset and bottom bracket. Tires should be checked for excessive wear, cuts and nicks. Remember, old tires not only mean more punctures; they may also be unsafe.

## **Getting Your Body Ready**

Whether you're riding the Greenway Sojourn for the first time or you're a Sojourn veteran, getting yourself – and especially your body – ready for the ride is the key to making it an enjoyable experience. Putting in plenty of miles of training is definitely important, especially back-to-back days. However, don't focus solely on mileage. A well-rounded training program includes strength, flexibility, endurance, nutrition, hydration and rest. The Sojourn should not be your training, but a culmination of your training effort. A major cause of injuries is lack of conditioning.

## **Staying Hydrated**

Water is important before, during and after every workout. When cycling, be sure to drink at least one bottle of water per hour. Drink even if you are not thirsty – remember, if you are thirsty, then you are already dehydrated! Once you've finished your ride, make sure you continue to drink water or sports electrolyte and recovery drinks.

## **Food**

Carbohydrates is one thing that you do not need to skip out on during the ride. Your food plan during training should be comprised of mostly carbohydrates (55 – 65%), with the remainder in equal amounts of protein and fat. You're training hard and burning fuel faster than when you are sitting on the couch changing channels. You need immediate and stored fuel; which is primarily supplied by a diet high in carbohydrates. This is not the time to be on the Atkins or South Beach diet!

## **Strength Training**

Strength training is a vital piece in any exercise regimen, whether recreation or competition. In order to be strong in the saddle, you need to have strength not only in your legs and heart, but in the rest of your body. A strong core is essential to good riding posture and climbing ability. Try including at least two days-a-week of a full-body strength training program targeting your major muscle groups, with an emphasis on abdominal and back muscles.

## **Stretching**

Stretching is essential to injury prevention and improving muscle recovery. Focus on all major muscle groups, not just the legs. Stretch after every workout, bike ride, and even if you didn't do anything that day.

# Bike Fit, Body Fit, cont'...

## Tips to Take Care of Yourself on The Sojourn!

- Apply a waterproof sunscreen on exposed skin several times daily. It should become a part of your rest stop routine while on the ride.
- Wear padded gloves.
- Shake out your arms and legs every couple of miles to avoid soreness.
- Drink plenty of fluids – at least one bottle an hour. If you are not thirsty, drink anyway! You can become dehydrated without knowing. The trick to successful long distance cycling is this: Drink before you're thirsty, and...
- Eat before you're hungry.
- Stretch before and after riding and take plenty of breaks during the day.
- When crossing railroad tracks, do it slowly and at a 90 degree angle. Or just get off your bike and walk across! Always walk your bike across if the tracks are wet, at an angle, or if traffic prevents you from crossing at a 90 degree angle.
- If you have knee problems – Consider installing a triple-ring crank set, using floating pedals or having your cleats fit-checked. Standing when climbing hills is tougher cardiovascularly, but easier on the knees.
- Smile and laugh! Doctors swear by it...

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## BEFORE YOU GO...

Learn More About the Local Trails and Towns

**The Panhandle Trail:** [panhandletrail.org](http://panhandletrail.org)

**The Montour Trail:** [montourtrail.org](http://montourtrail.org)

**The Great Allegheny Passage:** [atatrail.org/pv/trailtowns.cfm](http://atatrail.org/pv/trailtowns.cfm)

**Rails-to-Trails Conservancy:** [railstotrails.org](http://railstotrails.org)

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### Wilderness Voyageurs Tours

Check out other bike tours hosted by Wilderness Voyageurs – Inn to Inn tours for up to 12 guests.

**[wilderness-voyageurs.com/bike-tour](http://wilderness-voyageurs.com/bike-tour)**

For all of you rail-to-trail enthusiasts, don't leave the Katy Trail off of your list!

**[wilderness-voyageurs.com/katy-trail-bike-tour](http://wilderness-voyageurs.com/katy-trail-bike-tour)**

# Meals & Menu...

Sojourners will receive a wristband which will be checked at every meal. Vegetarian entrees will be provided only to those who pre-ordered vegetarian meals. Menus below subject to change.

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## DAY 1 SUNDAY

### Bagged lunch, Weirton

Sandwich options, chips, fruit, various beverages.

### Dinner

Pulled pork or shredded chicken sandwiches, coleslaw, pasta salad, cookies.

Vegetarian Option – Veggie Stack: eggplant, tomato, onion, mushroom, cheese and marinara.

Drinks – Iced tea, lemonade, water.

## DAY 2 MONDAY

### Breakfast

Assorted breakfast sandwiches, fresh fruit, pastries, orange juice and coffee.

### Lunch

On your own. Best place to seek lunch en-route is Glassport. Max and Odi's will have sandwiches on a croissant, or a vegetarian wrap served with your choice of fruit or chips and a drink.

### Dinner

Chicken and vegetable fajitas, dirty rice, salad, chips, salsa and guacamole.

## DAY 3 TUESDAY

### Breakfast

Fresh fruit (seasonal) melon, strawberry, blueberries etc., bagels, muffins and assorted pastries, orange juice, milk, coffee and tea.

### Lunch

On your own. Best places to seek lunch en-route are Connellsville and Ohiopyle.

### Dinner

To be announced.

## DAY 4 WEDNESDAY

### Breakfast

Assorted breakfast sandwiches, fresh fruit, yogurt, assorted pastries and muffins, coffee, hot tea, juice.

### Lunch

\$10 vouchers will be given to folks touring either Kentuck Knob or Fallingwater. River lunches will be provided to those rafting.

### Dinner

Ham and scallop potatoes, salad and rolls.

Vegetarian Option – Three Bean Chili.

## DAY 5 THURSDAY

### Breakfast

Homemade granola, yogurt, fresh fruit (seasonal) melon, strawberry, blueberries etc., bagels, muffins and assorted pastries, orange juice, milk, coffee and tea.

### Lunch

On your own. Best options, Rockwood en-route, or Meyersdale.

### Dinner

To be announced.

## DAY 6 FRIDAY

### Breakfast

Pancakes with Somerset County maple syrup.

# Thank You Sponsors & Sojourners!

**The 2014 Rails-to-Trails Conservancy Greenway Sojourn would not have been possible without:**

You, as a participant!

Pennsylvania Department of Conservation and Natural Resources

The Progress Fund – The Trail Town Program®

The local residents and businesses

Maryland Department of Planning

Allegheny Trail Alliance

The Allegheny Trail Alliance (ATA) is a coalition of seven trail organizations in southwestern Pennsylvania and western Maryland, that form the Great Allegheny Passage and the Montour Trail. Connected to the 184.5 mile C&O Canal Towpath in Cumberland, this network provides a non-motorized, nearly level trail system between Washington, D.C. and Homestead, Pa. The Great Allegheny Passage is part of the Potomac Heritage National Scenic Trail, one of eight nationally designated scenic trails. The ATA member trail organizations are:

Mountain Maryland Trails - Cumberland to the Mason-Dixon Line: [mmtrails.org](http://mmtrails.org)

Somerset County Rails-to-Trails Association - Mason-Dixon Line to Confluence: [bikesomersetcountypa.com](http://bikesomersetcountypa.com)

Ohioopyle State Park - Confluence to Connellsville: [dcnr.state.pa.us](http://dcnr.state.pa.us)

Regional Trail Corporation - Connellsville to McKeesport: [regionaltrailcorp.com](http://regionaltrailcorp.com)

Steel Valley Trail Council - Clairton to Homestead: [steelvalleytrail.org](http://steelvalleytrail.org)

Friends of the Riverfront - Homestead to Pittsburgh: [friendsoftheriverfront.org](http://friendsoftheriverfront.org)

Montour Trail Council - McDonald to Clairton: [montourtrail.org](http://montourtrail.org)



Pennsylvania Department of Conservation and Natural Resources is a great supporter of rail-trails in the Commonwealth of Pennsylvania. It provides the Greenway Sojourn with financial and logistical support through the Bureaus of Recreation and Conservation, State Parks, Forestry and Topographic and Geological Survey.

## **About Rails-to-Trails Conservancy**

### Our Mission

Rails-to-Trails Conservancy is a nonprofit organization based in Washington, D.C., whose mission is to create a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people.

### Who We Are

Rails-to-Trails Conservancy serves as the national voice for more than 150,000 members and supporters, 20,000-plus miles of rail-trail throughout the country, and more than 9,000 miles of potential rail-trails waiting to be built.

We have supported the tremendous growth and development of rail-trails since opening our doors February 1, 1986. Then, there were fewer than 200 known rail-trails. Today, there are more than 1,800 preserved pathways that form the backbone of a growing trail system that spans communities, regions, states and, indeed, the entire country.



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