We began our trip by leaving a car at our destination--The Trailside Inn in Hancock, MD. on Saturday. On Sunday we began our GAP bike trip below the Hot Metal Bridge in South Works, Pittsburgh. The GAP trail was open and clear, with some spots which retained debris from hurricane Florence, and all of the rivers were running high. Day two from Smithton to Ohiopyle was beautiful and uneventful, though we noticed more and more high water in the rapids of the rivers, as well as, multiple waterfalls running from the uphill of the trail. Day three from Ohiopyle to Meyersdale was long with portions of the ride offering a 2% incline into Meyersdale, PA. Day four offered us a ride thru the Eastern Continental Divide and across the Mason Dixon Line, with a long downhill to Cumberland, MD to mile 0 of the GAP Trail. Day 5 is where we began the C&O Trail from Cumberland to Hancock and a trip thru the Paw Paw Tunnel. The Western MD. Rail Trail was a nice end to a 60 mile ride, which early on offered mud, water, roots and rocks thru the wet trail. We met lots of nice riders who were on their way up to Pittsburgh and going down from Pittsburgh. This was my first non-solo ride with two friends and a SAG, which was fabulous. Another awesome week well spent on the GAP and C&O Trails.

**Itinerary:**

**Saturday, Sept. 29th - Travel to Pittsburgh** – September 29, 2018 and leave one car in Hancock, MD

**Sunday, Sept. 30 – Day 1 - Pittsburgh to Smithton** (past West Newton 5-6 miles);
*Mile Marker 150-107; Bike 43 miles;* Smithton Exit Trail Access and across bridge
**Monday, Oct. 1 – Day 2 – Smithton to Ohiopyle; Bike 35 miles; Mile Marker 107-72**

**Tuesday, Oct. 2 - Day 3 - Ohiopyle to Meyersdale; Bike 41 miles; Mile Marker 72-31**

**Wednesday, Oct. 3 - Day 4 - Meyersdale to Cumberland, MD; Bike 31 miles; Mile 31-0 to the end of the GAP Trail = 150 miles**

**Thursday, Oct. 4 - Day 5 - Cumberland to Hancock, MD; Bike 60 miles; C&O Mile Marker 184 to Mile 124**

**Total Mileage = 210 Miles in 5 days**

Kudos to those who offer upkeep to the GAP trail and to the C&O Park Service Rangers!

Patty