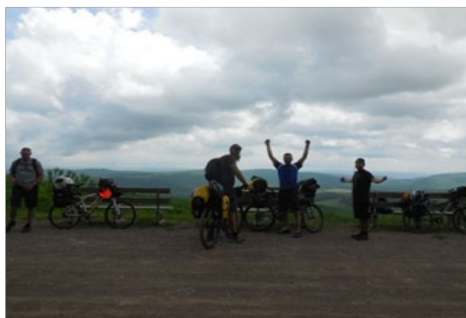


## Biking the “Great Allegheny Passage”...” or Gap Trail” May 18-22, ‘17. Bike-Camping Trip.

With all of our clothes and camping equipment , 30-40 lbs. on our bikes... five of us set out for a five day bike trip on the Gap Trail. Rigorous, enormous fun, endurance. Truly a life experience. Beautiful -- Canopies miles long, rivers, water falls, expansive views, too much to list. Here is a trip summary:

- Departure Point State Park at “The Point” in Pittsburgh..
- Ride two miles to Jack’s Bar for kickoff shots of Jack.
- Ride one mile to Bagel shop for breakfast.
- Total trip: 150 miles. Pittsburgh to Cumberland, MD.
- 130 contiguous miles uphill to the Continental Divide. Elevation change 1872 feet.
- Final stretch 20 miles downhill to Cumberland, MD. Average speed over the 150 miles was 10.7 mph.
- Bikes setup to carry stuff on/in: handlebar bags , handlebars , back pack, seat post rack, rear saddle bags, and anywhere else you can fasten your stuff.
- The five days included rides of 25 miles, 30 miles, 30 miles, 20 miles, 45 miles. (mileage rounded)
- The routine: ride to camp site, unpack bikes, set up camp, secure beer, Jack, and ice, eat and party, sometimes ride to nearest town bars, in the morning tear it down, repack the bikes, ride to the next camp site, repeated for four nights, five days. .
- All sites were on the “Rails to Trails” pathway. Trail is crushed limestone.
- Never missed a Pens Playoff game. Watched one in a camp laundry room, the other in Rockwood town bar... many beers; the group did 20 shots of Crown Apple. Win!
- Food: carried, or eat in town, or restaurants along the trail.
- Full trail map – see link below.
- Setting up ‘18 dates if you are interested !



<https://gaptrail.org/explore/printable-maps>