

Date	Start & Stop Lodging	Lodging Address	Contact Phone			
		<i>Route on RideWithGPS.com</i>	<i>Distance • Climb / Descent</i>	<i>Net Elev.</i>	<i>Steepest</i>	<i>@ Mile</i>
	Bike the Burgh Tours	1049 Penn Ave, Pittsburgh PA 15222	(412) 246-9494			
5/6/23	Day 0 - GAP	https://ridewithgps.com/routes/42236971	10.6 miles • +239 ft / -219 ft	20	2.00%	1.9 to 2.4
	Holiday Inn Express (5/6-8)	658 E Waterfront Dr, Homestead, PA 15120	(412) 205-3904			
5/8/23	Day 1 - GAP	https://ridewithgps.com/routes/41791855	31.9 miles • +995 ft / -825 ft	170	9.9%	29.8 to 30.9
	Comfort Inn (5/8-9)	4300 State Route 51 S., Belle Vernon, PA	(724) 929-3177			
5/9/23	Day 2 - GAP	https://ridewithgps.com/routes/42230500	38.5 miles • +1,310 ft / -1,012 ft	298	4.0%	22 to 22.7
	Yough Plaza Motel (5/9-10)	28 Sherman Street, Ohio, PA 15470	(724) 329-8850			
5/10/23	Day 3 - GAP	https://ridewithgps.com/routes/42230560	40.5 miles • +1,774 ft / -1,015 ft	759	5.1%	24.5 to 24.6
	Yoder's Guest House (5/10-11)	106 Meyers Ave, Meyersdale, PA 15552	(814) 634-8791			
5/11/23	Day 4 - GAP	https://ridewithgps.com/routes/42230673	33.5 miles • +1,087 ft / -2,228 ft	-1,141.00	9.0%	32.6 to 33
	Hampton Inn (5/11-12)	109 Welton Dr, Cumberland, MD 21502	(301) 729-4028			
5/12/23	Day 5 - C&O	https://ridewithgps.com/routes/42230875	62.6 miles • +669 ft / -1,039 ft	-370.00	4.3%	62.4 to 62.6
	Hancock Motel (5/12-13)	2 Blue Hill Rd, Hancock, MD 21750	(301) 678-6109			
5/13/23	Day 6 - C&O	https://ridewithgps.com/routes/42235696	29.3 miles • +528 ft / -624 ft	-96.00	5.2%	25.6 to 25.8
	Super 8 (5/13-14)	16805 Blake Rd, Hagerstown, MD 21740	(301) 582 1992			
5/14/23	Day 7 - via Sharpsburg	https://ridewithgps.com/routes/42235529	22.9 miles • +895 ft / -967 ft	-72.00	9.0%	20 to 20.3
	or Day 7 - C&O	https://ridewithgps.com/routes/42235538	31.9 miles • +520 ft / -592 ft	-72.00	7.2%	34.9 to 35.1
	Thomas Shepherd Inn (5/14-15)	300 W German St, Shepherdstown, WV 25443	(304) 876-3715			
5/15/23	Day 8 - C&O	https://ridewithgps.com/routes/42594788	43.4 miles • +1,480 ft / -1,593 ft	-113.00	11.7%	29.8. to 30.8
	Best Western (5/15-16)	726 E Market St, Leesburg, VA 20176	(703) 777-9400			
5/16/23	Day 9 - W&OD & CUSTIS	https://ridewithgps.com/routes/42234953	35.4 miles • +1,265 ft / -1,489 ft	-224.00	6.1%	26 (bridge)
	or Day 9 - W&OD, CUSTIS, C&O	https://ridewithgps.com/routes/42338935	40.3 miles • +1,447 ft / -1,671 ft	-224.00	5.8%	26 (bridge)
varies	Red Lion Inn (5/16-17+)	1501 Arlington Boulevard, Arlington, VA 22209	(703) 524-5000			+4.9 miles to include DC
	Route Collection:	https://ridewithgps.com/collections/1865909?privacy_code=nwoBw3RSgHVLwSMZ				
	Actual Ride Collection:	https://ridewithgps.com/collections/1981154?privacy_code=UAHMORFIG5JeJH2Y				
Trails:	GAP: Great Allegheny Passage Rail Trail (Pittsburgh to Cumberland)					
	WMRT: Western Maryland Rail Trail - paved (Little Orleans to Hancock)					
	C&O: Chesapeake & Ohio Canal Towpath (Cumberland~Point of Rocks; Georgetown)					
	W&OD: Washington and Old Dominion Rail Trail - paved (Leesburg to Arlington)					
	CUSTIS TRAIL: (Arlington)					
	ROCK CREEK TRAIL - paved: (Georgetown to Lincoln Memorial)					