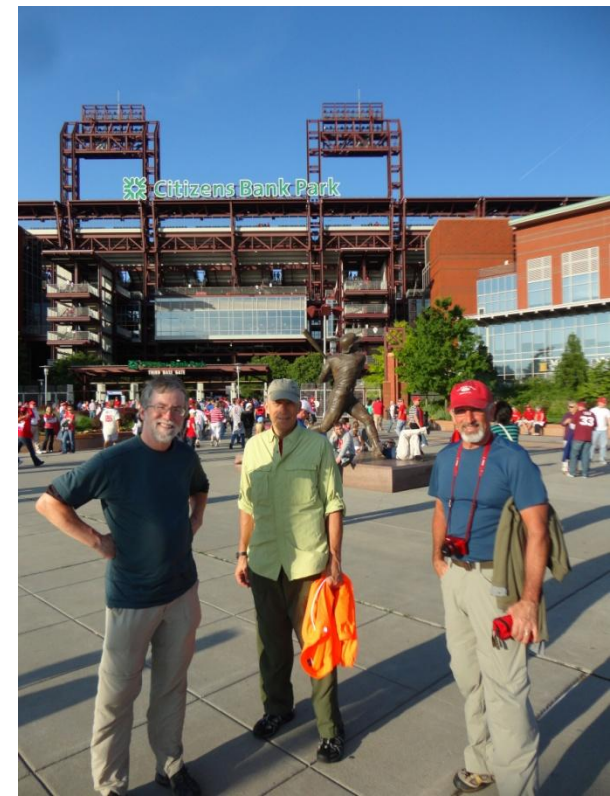


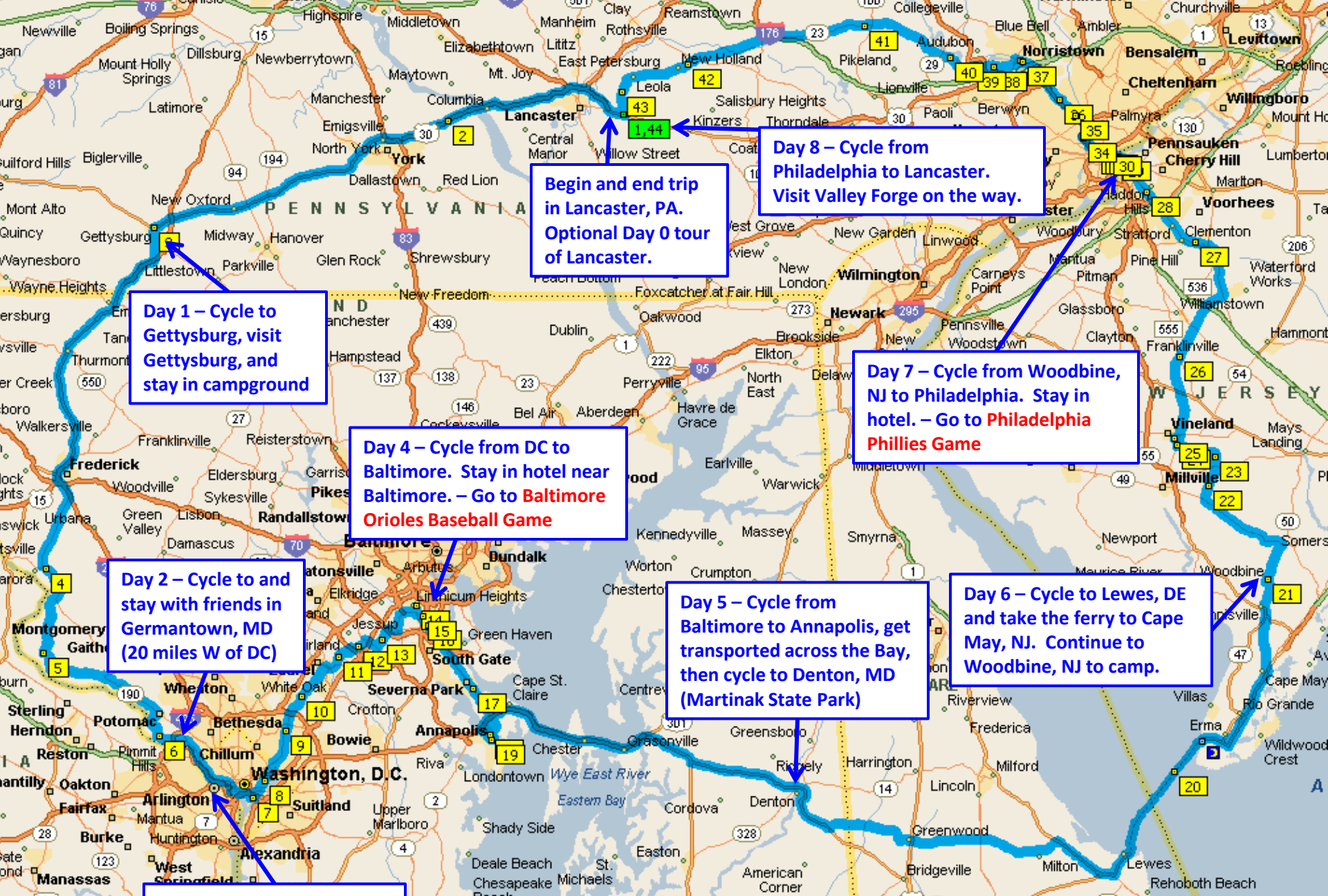


Three Cities Cycling Tour

May 11 – 19, 2012

- 12 cyclists
- 9 days, 600 miles
- 11 flat tires
- Cycled thru 5 states + DC
- Tour of Washington DC
- Cycled around Gettysburg
- Tour of Amish country in Lancaster, PA
- Bikes on the Cape May Ferry
- Bikes on subways
- Only one rainy day!
- Transported across the Bay Bridge near Annapolis
- 3 major league baseball games in Washington, Baltimore & Philadelphia
- Mixture of urban riding, country riding, and bike trails.
- What a great trip!





Our 9-day, 600-mile route went through 5 states (PA, MD, VA, DE, NJ) + Washington DC.



Paul – Virginia Beach, VA



Dean – Bar Harbor, ME



Dennis – Chesapeake, VA



Chris – Norfolk, VA



John – Boone, NC



Beth – Boone, NC



Dennis – Boone, NC



Peter – Boone, NC



Joe – Charlottesville, VA



Frank – Virginia Beach, VA



Mike – Virginia Beach, VA



Thom – Virginia Beach, VA



Day 0 (46 miles) – 5 of our 12 cyclists arrived a day early for an optional tour of Lancaster. It was fascinating to see the Amish working their beautiful farms.





Day 0 – We saw 5 covered bridges. Some were temporarily closed, but it didn't stop us!





Day 0 – Amish buggies and bikes behind a grocery store. Amish baked goods near a farmhouse. We stopped and bought a pack of whoopie pies and shared them!







We stopped and gave this Amish farmer plenty of room as he led his team of horses across the road to a nearby field.



What an interesting way to bale hay!



Day 1 (68 miles) – We started from a hotel in Lancaster and cycled to Gettysburg. Joe had a conflict and arrived about 1.5 hours late, but he is an amazing cyclist and he caught us by lunchtime!



Day 1 – Crossing the Susquehanna River on the way from Lancaster, PA to Gettysburg, PA



Gettysburg National Battlefield has 40 miles of roads and over 850 monuments like the one above



Round Top Campground - Gettysburg



Day 1 - It was getting late after visiting Gettysburg and we ran across this BBQ place near camp



Day 2 (76 miles) – Gettysburg, PA to Germantown, MD. Here we stopped for lunch in Frederick, MD. Our bikes often attracted a lot of attention!



Day 2 – We joined the C & O Canal Trail for our last 20 miles of the day.



Day 2 – Stopping for water along the C&O Canal Trail.



Day 2 – Sandy cycled from her house to meet us.



Daryl and Paul at the grill



Relaxing at Daryl & Sandy's house. They have toured with us a few times in past years.



Day 3 – (48 miles) It rained most of the day. We decided to skip the 20 miles on the C&O Canal trail and take local roads to Washington DC instead. Marc & John Tobey from Virginia Beach joined us for today's tour of DC.



Day 3 – The White House. There was a big group of Ethiopians nearby chanting about something, so we started chanting “More bike lanes!”



Day 3 – We took this bike lane down the center of Pennsylvania Ave from the White House to the US Capitol Building (seen in the distance)



**Day 3 – Bike touring is a fantastic way to see DC!
Visiting the US Capitol Building and the Washington Monument.**



Day 3 – Jefferson Memorial



Day 3 – The Washington Nationals baseball stadium is only 1.5 miles from the US Capitol. We planned to cycle to the game, but took the metro instead due to rain.



We went to three baseball games:

Day 3 (M, May 14)

Washington Nationals vs San Diego Padres

Day 4 (T, May 15)

Baltimore Orioles vs New York Yankees

Day 7 (F, May 18)

Philadelphia Phillies vs Boston Red Sox

(all three home teams won!)



Day 4 (55 miles) – We cycled from Washington DC to Baltimore. Our route included a number of bike paths and trails. Here we followed the Metropolitan Branch Line Trail in DC. This elevated section of the trail followed the metro line (subway).



Day 4 – Anacostia River Trail





Day 4 – Tours always include some unexpected detours! Here a mile-long section of the Anacostia River Trail was closed. What should we do?





Day 4 – Some bike trails are tricky to find. Here we entered the BWI Trail using a ramp from the top of an overpass. It was a great trail around the BWI Airport.



We took the light rail from our motel to Baltimore's Inner Harbor area. We ate dinner then walked to nearby Camden Yards for the baseball game.





Day4 – Camden Yards - Baltimore Orioles vs New York Yankees



Day 5 (66 miles) – We started the day with a 20 mile ride on the Baltimore-Annapolis Bike Trail



Video – Baltimore Annapolis Trail



Day 5 – Annapolis, MD



Day 5 – Bikes aren't allowed to cross the Bay Bridge from Annapolis to the Eastern Shore. Kent Island Express carried us across (4 at a time) for \$15 each.



We camped at Martinak State Park. We cycled into nearby Denton, MD for dinner and ice cream (of course).



Day 6 (88 miles) – We cycled from Denton, MD to Lewes, DE and took the ferry to Cape May, NJ. We then continued to Belleplaine State Forest Campground.



Passenger fare is only \$10 for the Cape May Ferry. No extra cost for a bike.





Lunch and a tour of Cape May, NJ



Day 6 – Memorable touring moments often come when eating in small towns. We had a great time eating at this restaurant in Woodbine, NJ near our campground.



Day 7 (68 miles) – The nice folks at Soprano's recommended this Greek restaurant for breakfast. The problem was that they didn't open until 7:30am. We called and asked if they could open at 7:00am for 12 hungry cyclists and they agreed!



Day 7 – Joe kept getting flats and even tried swapping his tires. He finally bought a new tire when we reached Philadelphia.



Day 7 – We missed a turn and ended up adding 12 miles to our route. Joe's iPhone got us back on course, but didn't warn us that we would be on a dirt road!



Day 7 – Beth enters the train station to catch the train the last 14 miles to Philadelphia. We were warned that cycling through Camden, NJ wasn't a good idea!



Mike takes the escalator to the train station platform to go to Philadelphia



Waiting for the train to Philadelphia



We were concerned about getting 12 loaded bikes on Friday afternoon train, but the trains going into Philadelphia were almost empty



Day 7 - Cycling through Philadelphia from the train station to the hotel.



Arriving at the Philadelphia Phillies stadium



Go Phillies!

Phillies

Coca-Cola **RE/MAX**

TONIGHT'S ATTENDANCE

45,205

The Phillies and Red Sox Thank You!

RED SOX	0	0	1	1	0	1	0	0	8	9	4	2	0	0	0
PHILLIES	4	0	0	0	7	0	0	0	8	9	5	5	0	0	0

WOMEN AND GENTLEMEN, THIS EVENING'S PLAY

Citizens Bank Park

TOYOTA

Choose Blue.

W.B. MASON
SINCE 1884

HORIZON SERVICES
PLUMBING
HEATING • COOLING



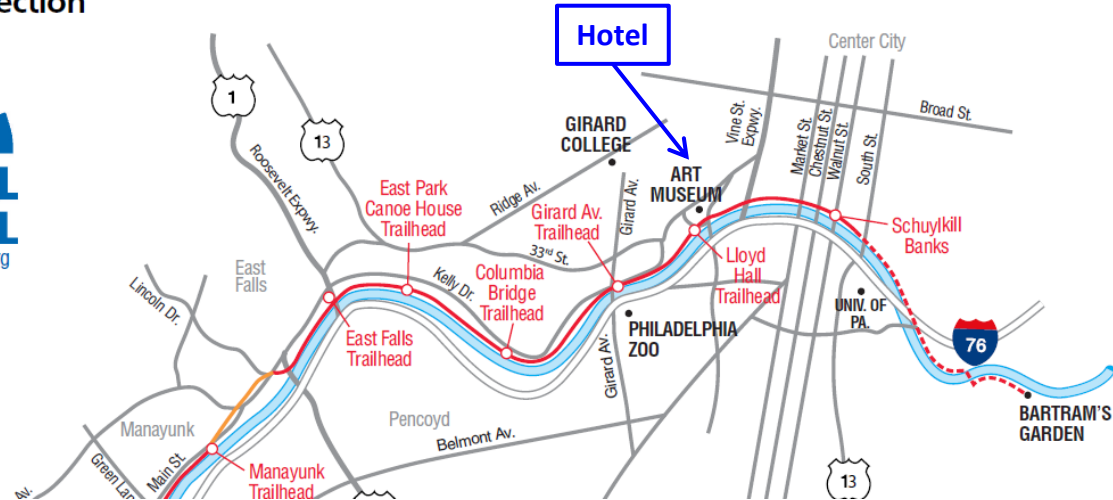
Day 8 (88 miles) – Paul snuck out for an early morning ride (5:45am) in Philadelphia before we hit the road. It was fun to ride the empty streets!



Day 8 – Our hotel was very close to the Philadelphia Art Museum (“Rocky steps”)

Schuylkill River Trail

Philadelphia section



Day 8 – A couple of local cyclists escorted us for most of the 20 miles along the Schuylkill River Trail from Philadelphia to Valley Forge.



Exiting the bike lane along the bridge over the Schulykill River to Valley Forge



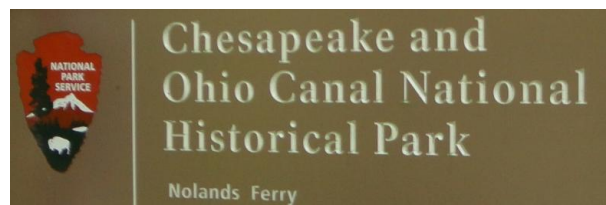
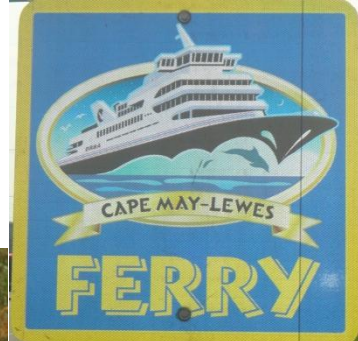
Day 8 – Touring Valley Forge



Day 8 – Lunch near Valley Forge, PA



Day 8 – As we cycled from Valley Forge to Lancaster we were back in Pennsylvania Dutch farm country.



Saturday, July 21

Join me?

Tour of DC and cycle to Washington Nationals baseball game



Join Paul Gordy for a fun weekend with fairly low mileage and an easy pace (C pace – no drops!) We will stay together as a group. Cycling in DC is fantastic with their great bike paths (all paved) and bike lanes. There is no better way to see the monuments in DC than by bicycle! Contact Paul at blueridgecyclist@gmail.com or 403-5914 for more information.

Schedule

Saturday, July 21: (about 25 miles for DC tour and 16 miles for trip to and from baseball game)

- Drive to DC in the morning (on your own or car pool). **Arrive by 9:45am.** Park at Best Western Pentagon - 2480 S Glebe Rd, Arlington, VA (\$89/night). You can drive home after the game, but staying overnight is recommended.
- **10:00am** – Begin tour. Cycle great bike trails to National Mall (about 6 miles). Lunch near the White House (Cosi – great food). Cycle around the White House, US Capitol, Washington Monument, Lincoln Memorial, Jefferson Memorial, and more. Also stop by the stadium to buy tickets (1.5 miles from US Capitol). \$28.00/ticket.
- **3:00pm** - Cycle back to the hotel to check in and relax for a bit before heading to the game.
- **5:30pm** – Cycle to the stadium (8 miles). Free bike valet parking! Bikes are left in a secure, guarded location, but bring a lock as well.
- **7:05pm** – Washington Nationals vs Atlanta Braves. Eat dinner at the game.
- **10:00pm** – Cycle back to the hotel. Safe route. Mostly bike trails. Bring bike lights and a bike lock.

Schedule (continued)

Sunday, July 21: (about 25 miles)
Drive home or stay for an optional ride.

8:00am – cycle to Washington Zoo (free) and Rock Creek Park (closed to cars on weekends).

Noon – arrive back to hotel and head for home



Southern Utah/Grand Canyon

- Late July 2013
- 524 miles (CCW direction)
- Nice temperatures (highs in low 80s, lows in mid 50s) – May is too cold. Cedar Breaks (10,600 ft) is often snowed in until June)
- Ship bikes to bike shop in Page, AZ
- Several motels in Page, AZ for start and end of trip
- Option to arrive 1-2 days early for unloaded tour near Page, AZ (Antelope Canyon, Glen Canyon, Lake Powell)
- Lots of climbing (38,373 ft) but less than the BRP (48,000 ft in 570 miles)

