

# Three Cities Cycling Tour

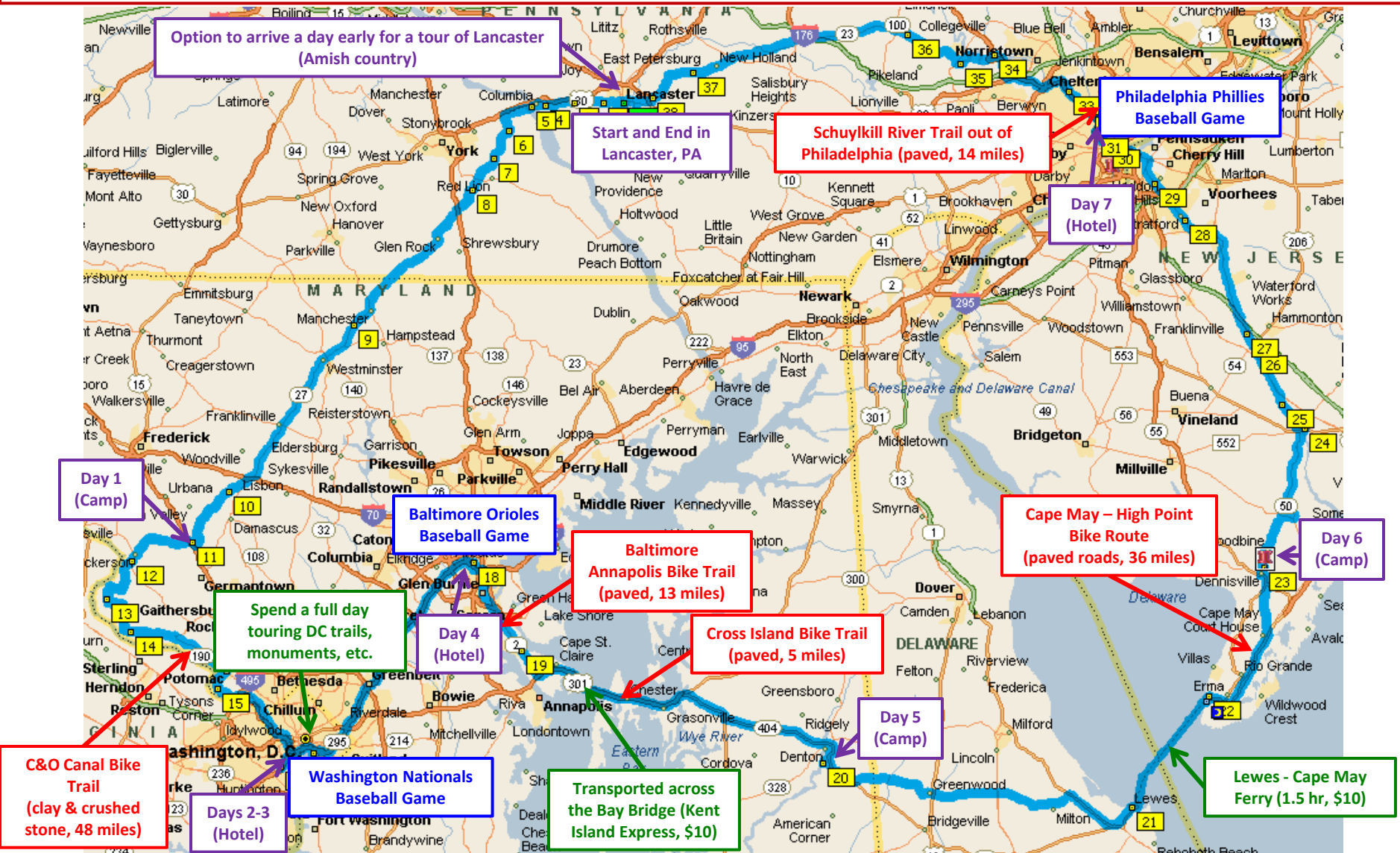
May 12-19, 2012

8 days, 452 miles



# Three Cities Cycling Tour

Map with highlighted features and stops



# Three Cities Cycling Tour - Trip Highlights

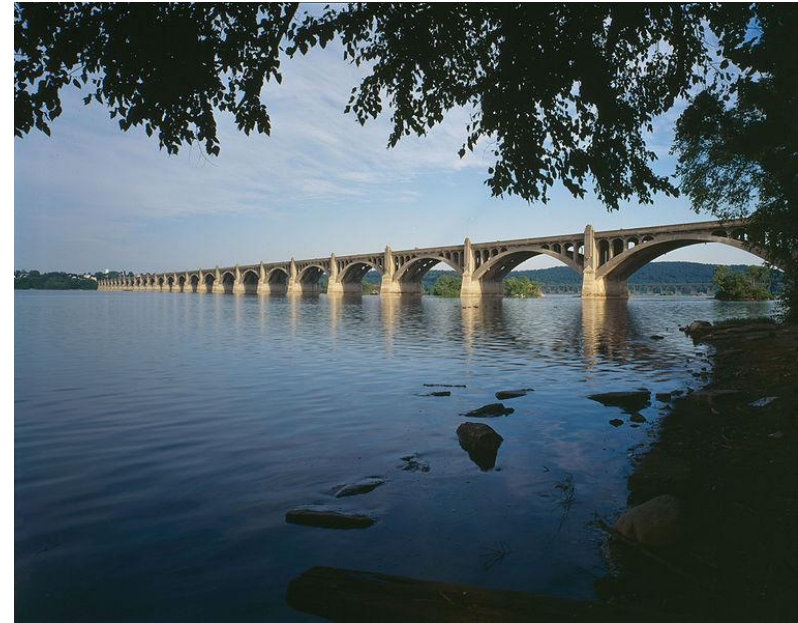
- Sat, May 12 – Sat, May 19
- 8 days, 525 miles, flat/rolling hills
- 5 states: PA, MD, VA, DE, and NJ
- Begin and end in Lancaster, PA (I would have started in DC, but the baseball schedule didn't work.)
- Three major cities: Washington DC, Baltimore, and Philadelphia
- Three major league baseball games at all three cities - night games. (Attendance optional, but it should be fun!)
  - Mon, May 14 – Washington vs San Diego
  - Tues, May 15 – Baltimore vs New York
  - Fri, May 18 – Philadelphia vs Boston
  - I will work out the details for advance ticket purchases and get back to you later
- Stay in hotels very close to subway or light rail lines in the three cities
  - If anyone wants to skip a baseball game there would be many other options.
- Stay in hotels for the 3 games nights (plus an extra night in DC) and camp the other 3 nights. I will provide details on reservations later.
- Include a full day touring DC:
  - Mt. Vernon Trail, Capital Crescent Trail, Georgetown Trail, Rock Creek Park (all paved)
  - Washington Monument, White House, US Capitol, Jefferson Memorial, Lincoln Memorial, National Mall, Washington Zoo, and more
- Visit Annapolis (remember Chick N Ruths?)
- Get transported across the Bay Bridge near Annapolis (\$10)
- Cycle several nice bike trails, including:
  - **C & O Canal Trail** from Point of Rocks, MD into DC (48 miles, clay & crushed stone)
  - **Baltimore-Annapolis Bike Trail** (13 miles, paved)
  - **Cross Island Bike Trail** on Kent Island – just across the Bay Bridge from Annapolis (5 miles, paved)
  - **Schuylkill River Trail** out of Philadelphia (paved, 14 miles)
  - **Cape May – High Point Bike Route** (paved roads, 36 miles)
- Take the Lewes - Cape May Ferry (\$10, 1.5 hours) from DE to NJ
- Option to arrive one day early for a tour of Lancaster, Pa (Amish country – may include some of the 25 covered bridges in PA Dutch country)

**Day 1 (Saturday, May 12)**  
**Lancaster, PA to Clarksburg, MD**  
**89 miles**



**Start:** Hotel, Lancaster  
**End:** Little Bennett Regional Park  
**Breakfast:** Restaurant in Lancaster  
**Lunch:** TBD  
**Dinner:** Restaurant in Clarksburg

- Nice rural route through PA and MD
- Mostly rolling hills
- Cross the Susquehanna River
- Route/campground may be changed – I will keep you posted.
- Camp at Little Bennett Regional Park
  - 23705 Frederick Road  
Clarksburg, MD 20871  
Campground Registration: 301-528-3430
  - \$25 per tent site
  - Hot showers
  - Camp store (snacks & such)
- More details later!



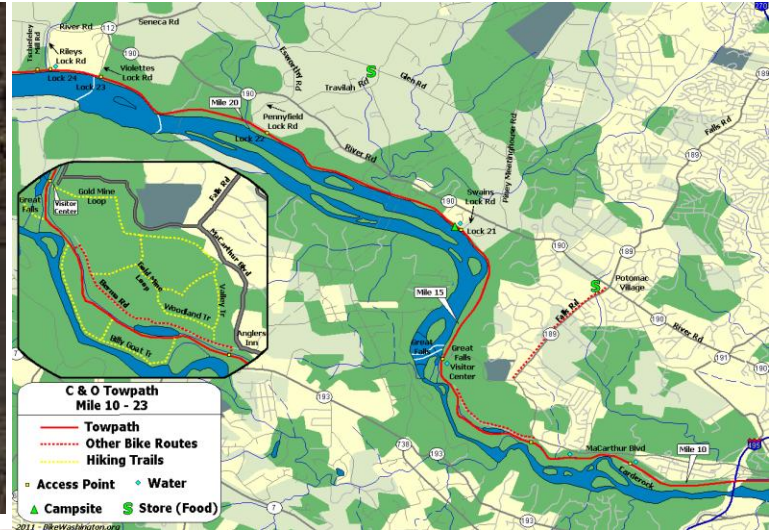
**Columbia-Wrightsville Bridge over the Susquehanna River**  
**Ref: [www.wikipedia.com](http://www.wikipedia.com)**

**Day 2 (Sunday, May 13)**  
**Clarksburg, MD to Washington DC**  
**64 miles**

**Start:** Little Bennett Regional Park  
**End:** Best Western Pentagon,  
 2840 S. Glebe Rd, Arlington, VA  
**Breakfast:** TBD  
**Lunch:** TBD  
**Dinner:** Restaurant in Arlington

- Cycle 10 miles to the bike trail, 48 miles on the bike trail, then 6 miles to the hotel in Arlington
- Cycle 48 miles of the 184-mile C & O Canal Bike Trail from Point of Rocks (MP48) into DC (MP0)
- C&O Canal Bike Trail has a clay & crushed stone surface

<http://bikewashington.org/canal/>

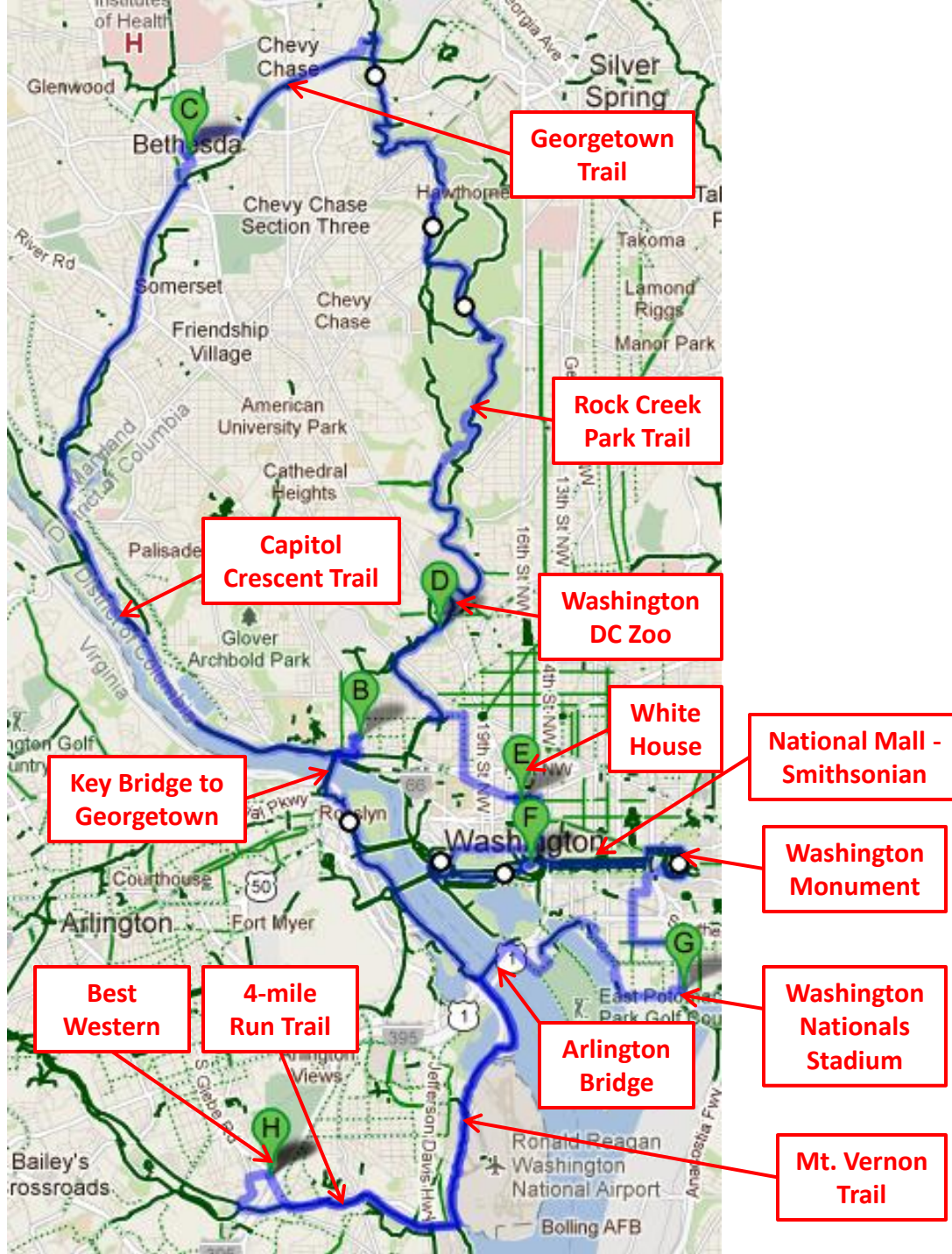


Great Falls near MP14 on the C & O Canal Bike Trail (ref: www.wikipedia.com)

**Day 3 (Monday, May 14)**  
**Washington DC to Washington DC**  
**70 miles?**

- Get ready for a tour of Washington DC (50 miles or so)!
- The best way to see DC is by bike.
- The hotel provides easy access to bike trails and the metro (I have stayed in this hotel several times.)
- We will visit the Washington Zoo, White House, US Capitol, Lincoln Memorial, Jefferson Memorial, Washington Monument, WWII Memorial, and more.
- Go to a **Washington Nationals** game in the evening (see next slide) – 10 miles each way to the game

**Start:** Best Western Pentagon, 2840 S. Glebe Rd, Arlington, VA  
**End:** Best Western Pentagon, 2840 S. Glebe Rd, Arlington, VA  
**Breakfast:** Restaurant in DC  
**Lunch:** Restaurant in DC  
**Dinner:** Restaurant in DC



**Day 3 (Monday, May 14)  
Tour DC during the day**

**The best way to see  
DC is by bicycle!**



Smithsonian  
*National Zoological Park*

Friends of the  
National Zoo

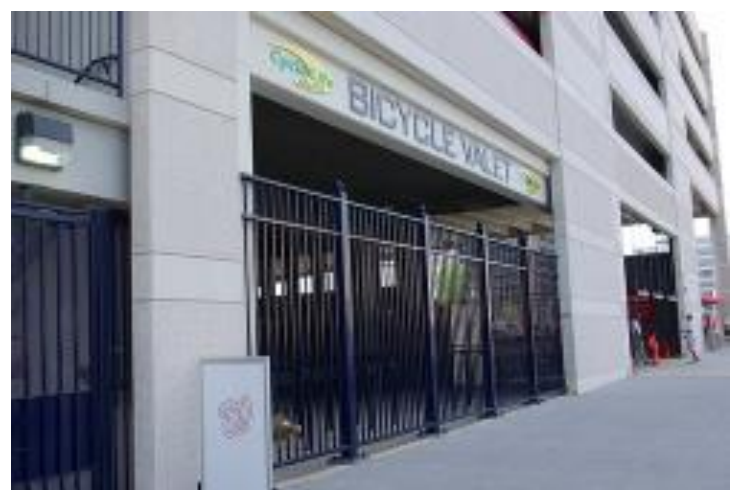


**VISIT**  
FREE ADMISSION



**Day 3 (Monday, May 14)**  
**Go to a Washington Nationals Baseball Game in the evening**

- Mon, May 14 – *Washington Nationals vs San Diego Padres*
- Cycle to the game and experience free bike valet parking (10 miles each way)
- Bring lights as we will cycle home in the dark (safe route, mostly on bike trails)
- Bring a bike lock (even though bikes are guarded)
- Option of going to the game by metro (if the weather is bad, for example)
- Game starts at 7pm. Ends around 10pm? (Light day tomorrow!)
- I will provide ticket purchase details later.

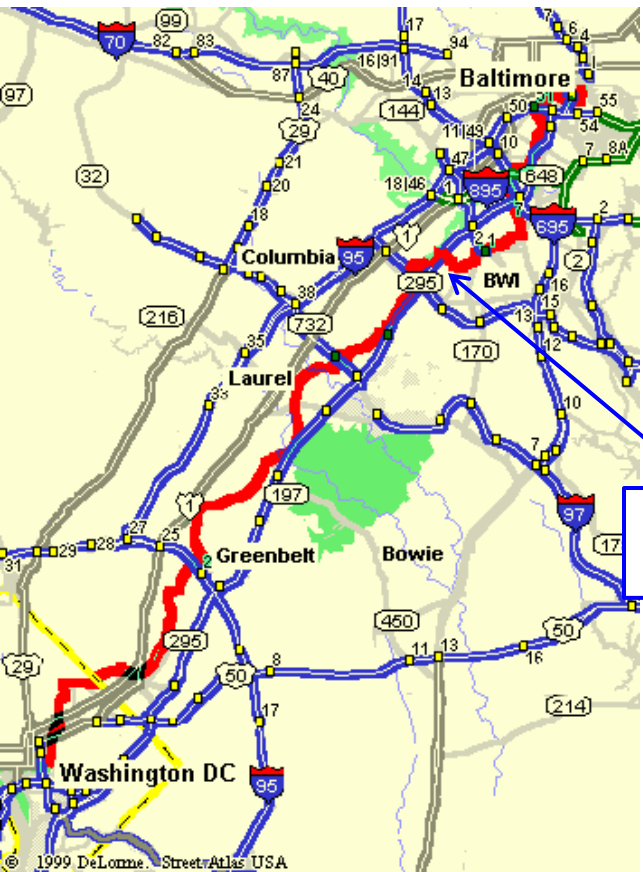




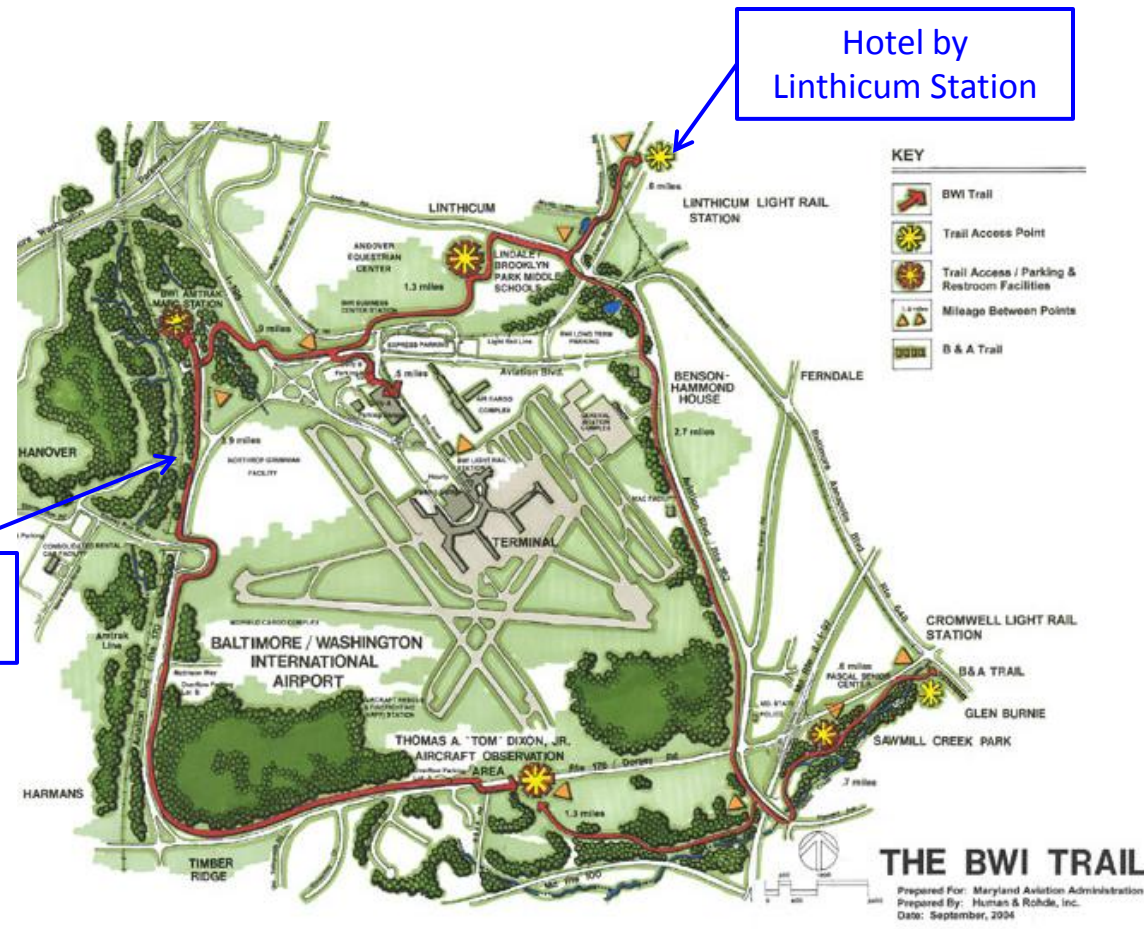
**Day 4 (Tuesday, May 15)**  
**Washington DC to Baltimore, MD**  
**46 miles**

**Start:** Best Western Pentagon  
**End:** Sleep Inn & Suites – BWI, 6055 Belle Grove Rd, Baltimore  
**Breakfast:** Restaurant  
**Lunch:** Restaurant  
**Dinner:** Restaurant – Inner Harbor

- **BikeWashington.org** lists a 47.2 mile route on their website from the US Capitol in DC to Baltimore.
- At MP34 it intersects the BWI Trail (at Stoney Run Road) which has a branch to the Linthicum Station next to our hotel.
- The route is mostly on small roads so it has lots of turns!
- 7 miles from hotel to US Capitol, 34 miles to BWI Trail + 5 miles to hotel near Linthicum Station



Stoney Run Rd



Hotel by Linthicum Station

**Day 4 (Tuesday, May 15)**  
**Hotel and Light Rail Information**

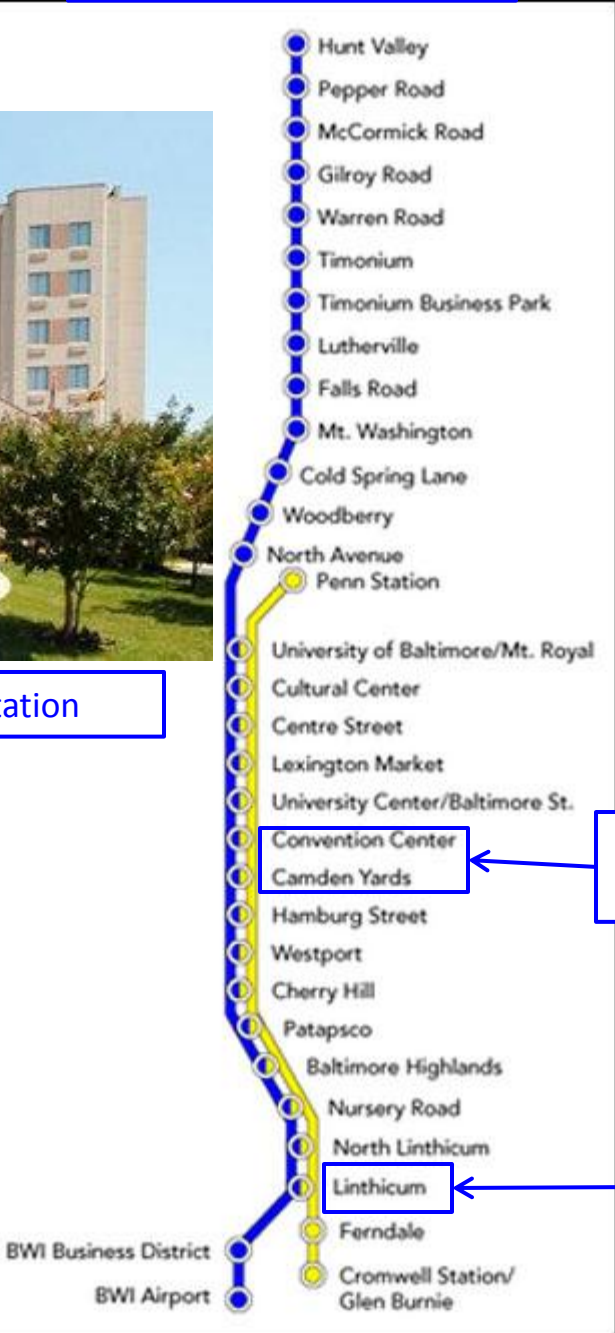
**Baltimore Light Rail Map**



**Sleep Inn & Suites** - across the street from the station



**Linthicum Station**



- \$1.60 fare (one-way) for any station or \$3.50/day
- Trains run 5am – midnight
- 15 minute trip from N. Linthicum Station to Camden Yards
- Runs every 15 minutes

**Convention Center** – Inner Harbor  
**Camden Yards** – baseball stadium

**Linthicum** - Hotel is across the street

## Day 4 (Tuesday, May 15)

### Go to a Baltimore Orioles Baseball Game in the evening (and dinner in the Inner Harbor area?)

- Tues, May 15 – *Baltimore Orioles vs New York Yankees*
- Hotel is right across the street from the Linthicum light rail station
- Exit light rail at the Camden Yards Station for the game or at the Convention Center Station to go to the Inner Harbor area (perhaps before the game for dinner?)
- Game starts at 7pm. Ends around 10pm?
- I will provide ticket purchase details later.



### *Baltimore Inner Harbor*

- Restaurants & shops along the scenic waterfront
- National Aquarium
- Convention Center
- Historic Ships of Baltimore
- American Visionary Art Museum
- Geppi's Entertainment Museum
- USS Constellation Museum
- Short walk to Camden Yards



**Day 5 (Wednesday, May 16)**  
**Baltimore, MD to Denton, MD**  
**57 miles**

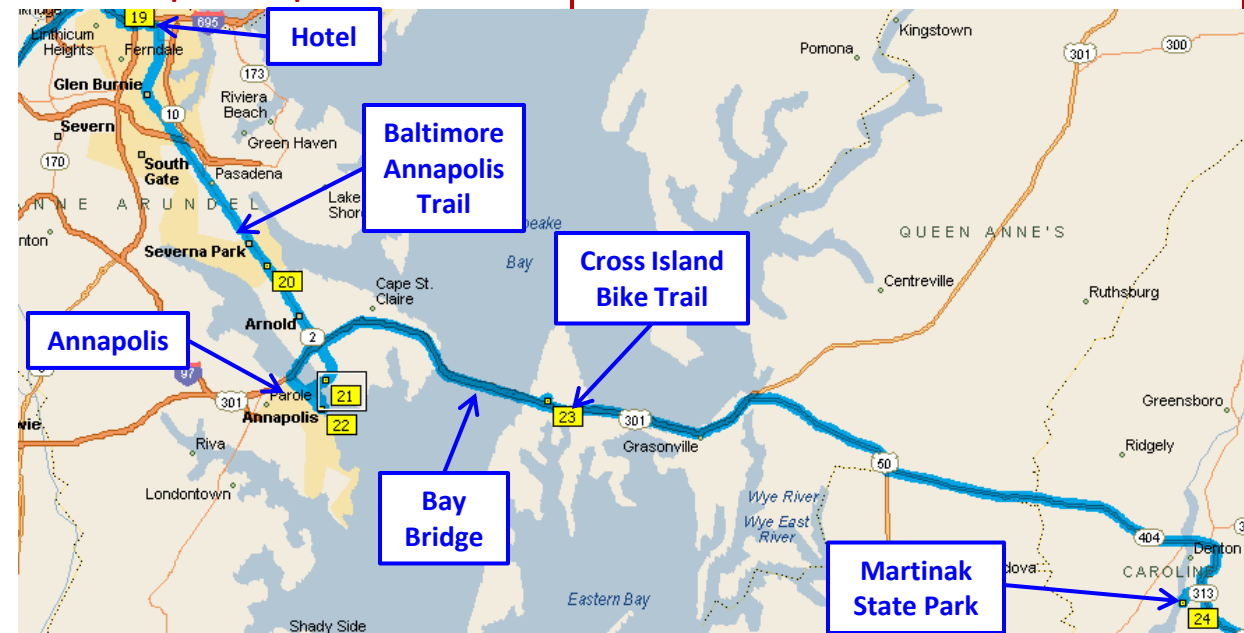


**Kent Island Express Trailer (4 bikes)**

**Start:** Sleep Inn & Suites - BWI  
**End:** Martinak State Park, MD  
**Breakfast:** Restaurant  
**Lunch:** Chick & Ruth's Delly (Annapolis)  
**Dinner:** Restaurant in Denton



- Cycle from hotel to Baltimore-Annapolis Trail (5 miles)
- Follow Baltimore-Annapolis Trail (13 miles)
- Brief tour & lunch in Annapolis (5 miles?)
- Transported across Bay Bridge by Kent Island Express
- Follow Cross Island Bike Trail on Kent Island (5 miles)
- Continue to Martinak State Park (29 miles)
- May adjust route – still looking at other park options



**Day 5 (Wednesday, May 16)** - The Bay Bridge from Annapolis to Kent Island. Cyclists are not allowed to cross. Kent Island Express will take us across for \$10.00 each (4 at a time).

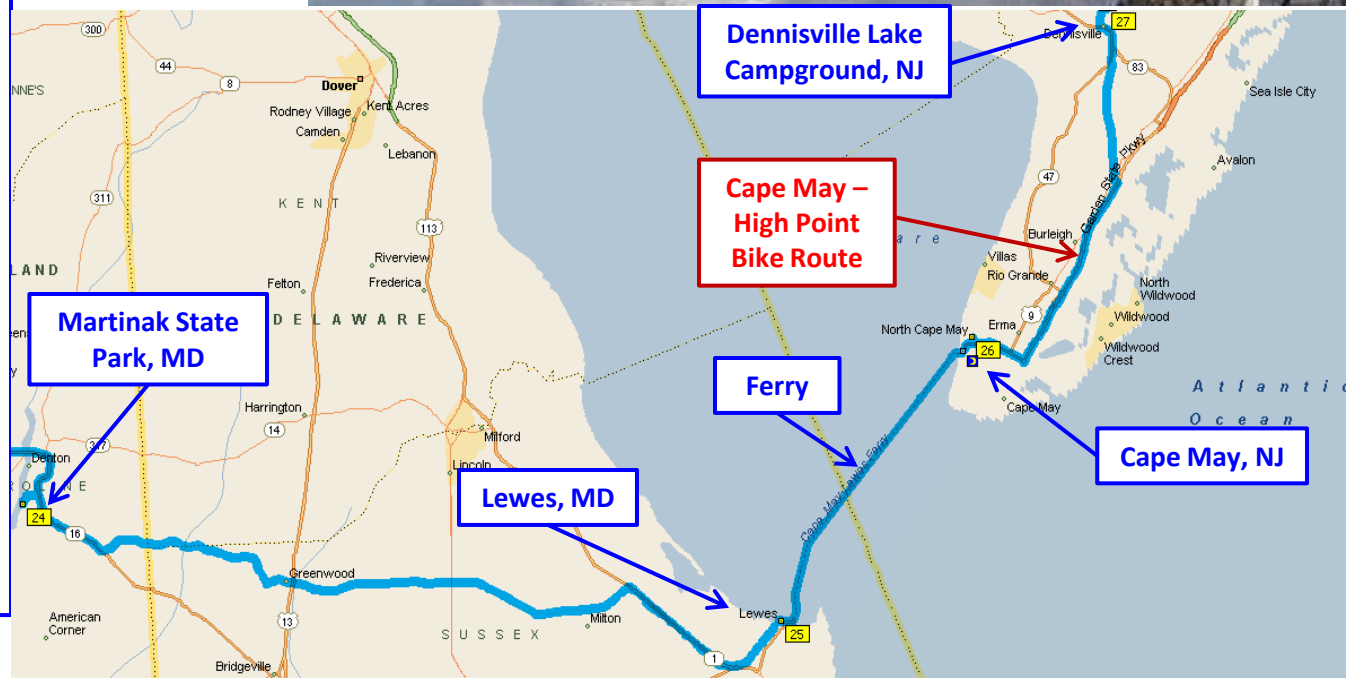


**Day 6 (Thursday, May 17)**  
**Denton, MD to Dennisville, NJ**  
**65 miles**

**Start:** Martinak State Park, MD  
**End:** Dennisville Lake Campground, NJ  
**Breakfast:** TBD  
**Lunch:** Restaurants near either ferry terminal or eat in the food court on the ferry  
**Dinner:** TBD

**Cape May - Lewes Ferry**

- Lewes, DE to Cape May, NJ
- 17-mile, 85-minute cruise
- Ferry holds 100 cars & 1000 people
- Passengers \$10 each (no extra fee for bikes)
- Food court on the ferry
- Ferries depart Lewes at 9:15 AM, 12:45 PM, 4:15 PM, and 7:45 PM
- The ferry is about 45 miles from Martinak State Park, so the 12:45 PM ferry sounds about right.
- 22 miles from the ferry to Dennisville Lake Campground (I may look for something a little closer to Philadelphia so that we get into Philly sooner on Day 7)



**Day 7 (Friday, May 18)**  
**Dennisville, NJ to Philadelphia, PA**  
**65 miles**

- Follow Cape May – High Point Bike Route to Mays Landing (36 miles)
- Route from Mays Landing to Philadelphia still needs work and may be a challenge
- Cross into Philadelphia on Ben Franklin Bridge
- Follow city bike routes (see brochure below) through Philadelphia.
- Philadelphia Phillies game in the evening (see later slide)

**Start:** Dennisville Lake Campground  
**End:** Best Western City Center, Philadelphia  
**Breakfast:** TBD  
**Lunch :** TBD  
**Dinner:** Restaurant in Philly before the ball game



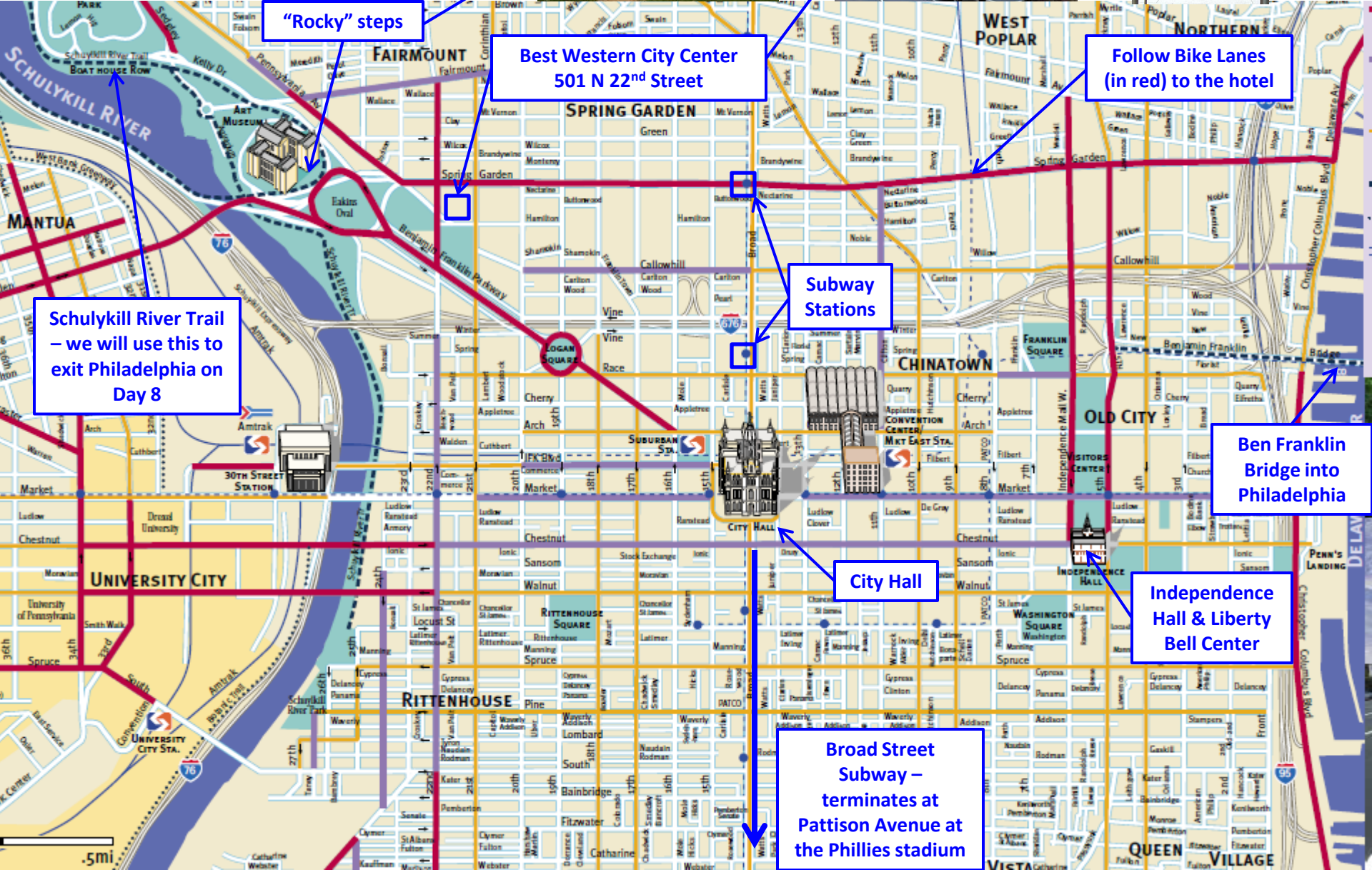
Crossing the Ben Franklin Bridge on a Bicycle



[http://www.youtube.com/watch?v=e\\_Y4nibxoAA](http://www.youtube.com/watch?v=e_Y4nibxoAA)

[http://www.phila.gov/streets/pdfs/Philabike\\_Brochure.pdf](http://www.phila.gov/streets/pdfs/Philabike_Brochure.pdf)

# Day 7 (Friday, May 18) Getting around Philadelphia



“Rocky” steps

Best Western City Center  
501 N 22nd Street

Follow Bike Lanes  
(in red) to the hotel

Schuylkill River Trail  
– we will use this to  
exit Philadelphia on  
Day 8

Subway  
Stations

Ben Franklin  
Bridge into  
Philadelphia

City Hall

Independence  
Hall & Liberty  
Bell Center

Broad Street  
Subway –  
terminates at  
Pattison Avenue at  
the Phillies stadium

.5mi

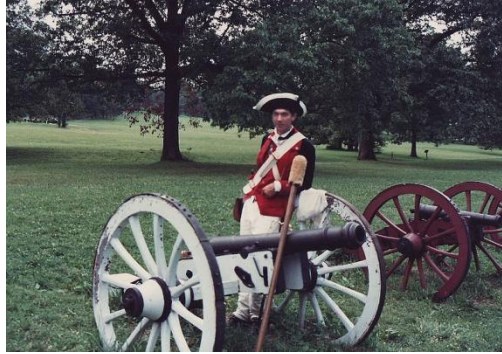


**Day 7 (Friday, May 18)**  
**Go to a Philadelphia Phillies Baseball Game**

- Fri, May 18 – Philadelphia Phillies vs Boston Red Sox
- Hotel is a few block from the subway
- Exit subway at Pattison Avenue
- Dinner near the stadium before the game?
- Game starts at 7pm. Ends around 10pm?
- I will provide ticket purchase details later.



**Day 8 (Saturday, May 19)**  
**Philadelphia to Lancaster**  
**85 miles**

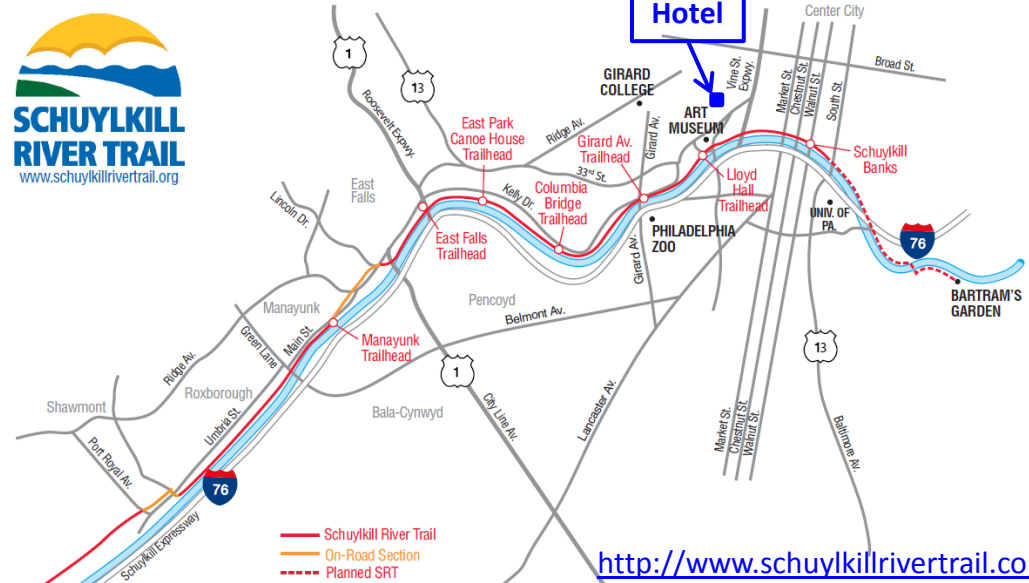


**Start:** Best Western City Center, Philadelphia  
**End:** Hotel, Lancaster (TBD)  
**Breakfast:** TBD  
**Lunch :** TBD  
**Dinner:** Victory Dinner in Lancaster

- Follow the Schuylkill River Trail out of Philadelphia (first 14 miles) then continue to Lancaster
- Follow a route to Lancaster recommended by area cyclists
- Cycle through Valley Forge National Historic Park (site where the Continental Army camped during the Revolutionary War. Welcome Center, museum, historic structures, and more.
- More details later.



**Schuylkill River Trail**  
Philadelphia section



**Valley Forge National Historic Park Monument**

<http://www.schuylkillrivertrail.com/>

**Day 0 (Friday, May 11)**  
**Arrive a day early for an**  
**(unloaded) tour of Lancaster**



**Start:** Hotel in Lancaster (TBD)  
**End:** Hotel in Lancaster (TBD)  
**Breakfast:** TBD  
**Lunch :** TBD  
**Dinner :** TBD

- Visit Amish country
- Tour an Amish farm
- I will check with friends that have ridden in the Covered Bridge Metric Century several times to get recommendations.
- More details later.
- Camping in Lancaster might be an option also.

