

Washington DC to Pittsburgh

*Via the **C&O Towpath** and the **Great Allegheny Passage (GAP)***

May 6-14, 2017



*More detail to be added
to this presentation later
(things to see, where to
eat, cue sheets, etc.)*

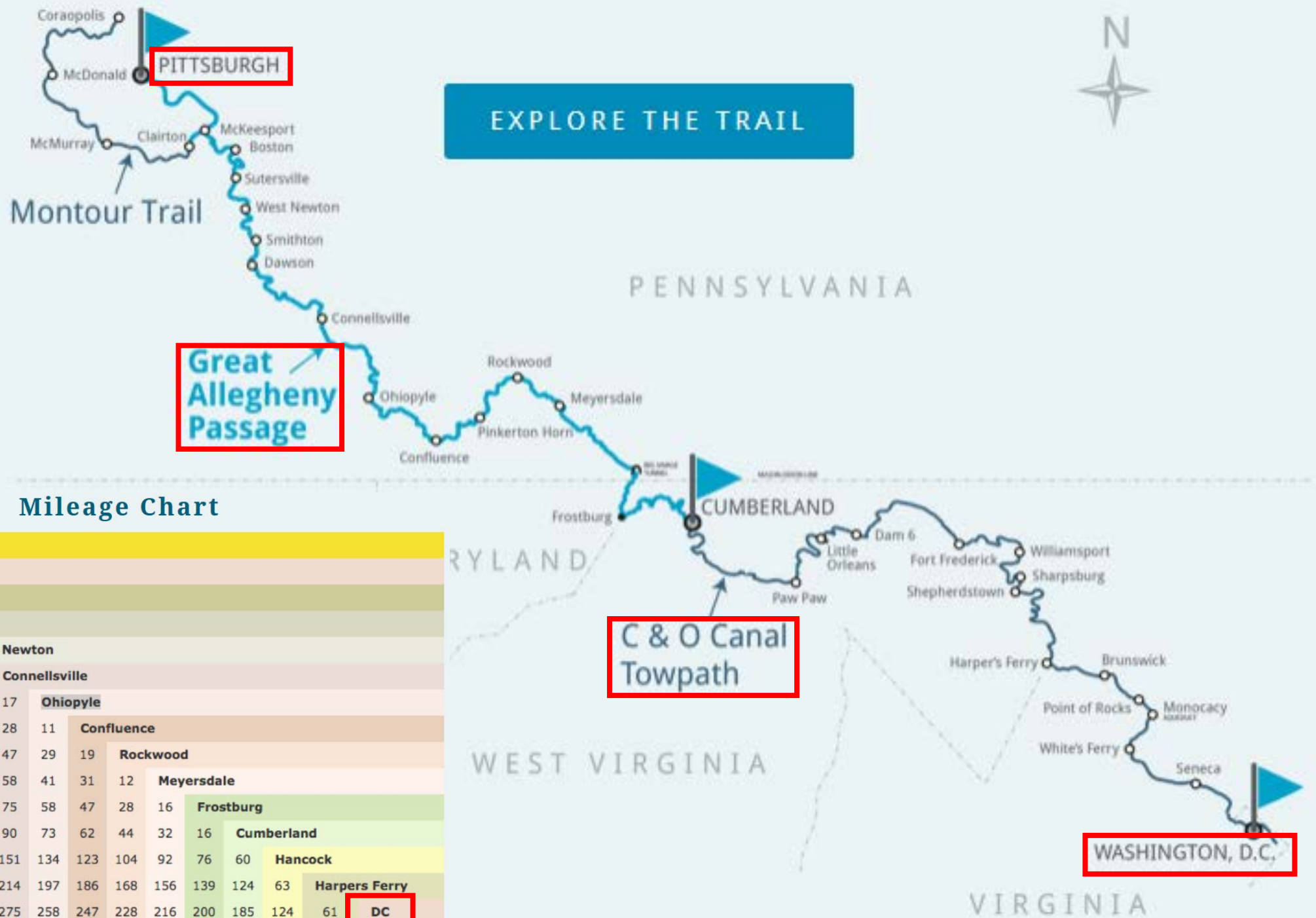
*See
spreadsheet
for more
details*

Trip Day	Day of Week	Date	Starting Location	Ending Location	Miles	Notes
0	Sat	5/5		Daryl & Sandie's house	0	Perhaps arrive at Daryl and Sandies in late afternoon or evening?
1	Sun	5/6	Daryl & Sandie's house	Daryl & Sandie's house	60.0	MP14 (Great Falls) to MP0 of C&O Towpath, morning tour of DC (Rock Creek Park, monuments), cycle to Washington Nationals game (1:30 pm)
2	Mon	5/7	Daryl & Sandie's house	Brunswick Family Campground	61.6	Begin at MP14 (Great Falls) - MP0.0 to MP14 covered yesterday.
3	Tue	5/8	Brunswick Family Campground	C & O Bicycle: Screened-In Bunkhouse, Hancock, MD	65.9	
4	Wed	5/9	C & O Bicycle: Screened-In Bunkhouse, Hancock, MD	Cumberland YMCA Campground	62.8	
5	Thu	5/10	Cumberland YMCA Campground	US Army Corp of Engineers Outflow Camping Area - Youghiogheny River Suder Rd, Confluence, PA	64.9	
6	Fri	5/11	US Army Corp of Engineers Outflow Camping Area - Youghiogheny River Suder Rd, Confluence, PA	Youghiogheny Canoe Outfitters Campground (West Newton, PA)	69.5	
7	Sat	5/12	Youghiogheny Canoe Outfitters Campground (West Newton, PA)	SpringHill Suites, Mt. Lebanon, PA	63.8	
8	Sun	5/13	SpringHill Suites, Mt. Lebanon, PA	SpringHill Suites, Mt. Lebanon, PA	40.0	Morning tour of Pittsburgh. Take light rail to Pittsburgh Pirates game (1:35pm) - leave bikes in motel.
9	Mon	5/14	SpringHill Suites, Mt. Lebanon, PA		33.7	Cycle 6.4 miles from motel to train station (5:20am departure). Cycle from Union Station train station (1:05 arrival) to Daryl's house (27.3 mi).
				Total Miles:	522.2	

It could be a big group, although some cyclists listed aren't certain yet. It looks like we will have at least 12 and maybe more.

See spreadsheet for more details

C&O/GAP Trip	Email	Cell Phone	Emergency Contact	Notes
Paul Gordy	blueridgecyclist@gmail.com	757-403-5914	Alice: 757-403-0919	
Dean Read	dsread47@gmail.com	207-281-2763	Penny: 207-281-2764	
Daryl Knuth	dknuth.changeagent@gmail.com	301-233-7147	Sandy: 301-525-3798	
Tom Jamison	Thomas.Jamison@comcast.net	423-847-3958	Regina Mowery (423) 400-7958 Becky Kean (423) 504-4787	
Chris McKinnon	bikeboy51@verizon.net			
Thom Sare	thomsare@gmail.com	757-818-5917		
Mike DeSantis	MAD56@cox.net	757-573-7919	Pam: 757-427-9817, 757-575-1490	
Jon Creech	joncreech82@hotmail.com			Friend of Mike DeSantis
Steve Kepner	s_kepner@yahoo.com			Friend of Mike DeSantis
Frank Keefe	francis.keefe@duke.edu			
Bo Glenn	boglenn@nc.rr.com			
Barry Stiffler	blsmini@gmail.com		Molly:	Join us in Cumberland
Beth Cramer	crameree@appstate.edu	828-773-6098	Ian: 828-406-2580	
John Boyd	boydjd@appstate.edu	828-406-6900	Ian: 828-406-2580	
Robert Shanks	rjshanks13@gmail.com		Amy:	
Travis Davidson	travis7davidson@gmail.com			
Dennis Blair	dblairhome@yahoo.com			On "wish list"
Dennis Ramsey	DWR2732@VERIZON.NET	757-636-0086	Susan: . 757-483-6146	Haven't heard from Dennis yet



Mileage Chart

Pittsburgh														
9	Homestead													
16	7	McKeesport												
20	11	4	Boston											
34	25	18	14	West Newton										
59	50	43	39	25	Connellsville									
77	68	61	56	42	17	Ohiopyle								
87	78	71	67	53	28	11	Confluence							
106	97	90	86	72	47	29	19	Rockwood						
118	109	102	98	84	58	41	31	12	Meyersdale					
134	125	118	114	100	75	58	47	28	16	Frostburg				
150	141	134	130	116	90	73	62	44	32	16	Cumberland			
210	201	194	190	176	151	134	123	104	92	76	60	Hancock		
273	264	257	253	239	214	197	186	168	156	139	124	63	Harpers Ferry	
335	325	318	314	300	275	258	247	228	216	200	185	124	61	DC

<https://www.gaptrail.org/plan-a-visit/mileage-elevation-charts>

Elevation changes along the Great Allegheny Passage and C&O Towpath



C&O Tow Path

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

<http://www.bikecando.com/bikecando/default.aspx>



www.adventurecycling.org

Great Allegheny Passage (GAP)

<https://www.gaptrail.org/>

<http://www.bikecando.com/bikecando/default.aspx>



The Great Allegheny Passage soars over valleys, snakes around mountains, and skirts alongside three rivers (the Casselman, Youghiogheny, and Monongahela) on its nearly level path. Cyclists pass through the Cumberland Narrows, cross the Mason-Dixon Line, top the Eastern Continental Divide at 2,392', weave through the breathtaking Laurel Highlands, wind their way through 19,052-acre Ohiopyle State Park, journey through the region's coke, coal, mining, and steel-making corridor, and end at Pittsburgh's majestic Point State Park.



GREAT ALLEGHENY PASSAGE®

150 miles of biking and hiking from Cumberland, MD to Pittsburgh, PA

Day 1 – Sunday, May 6

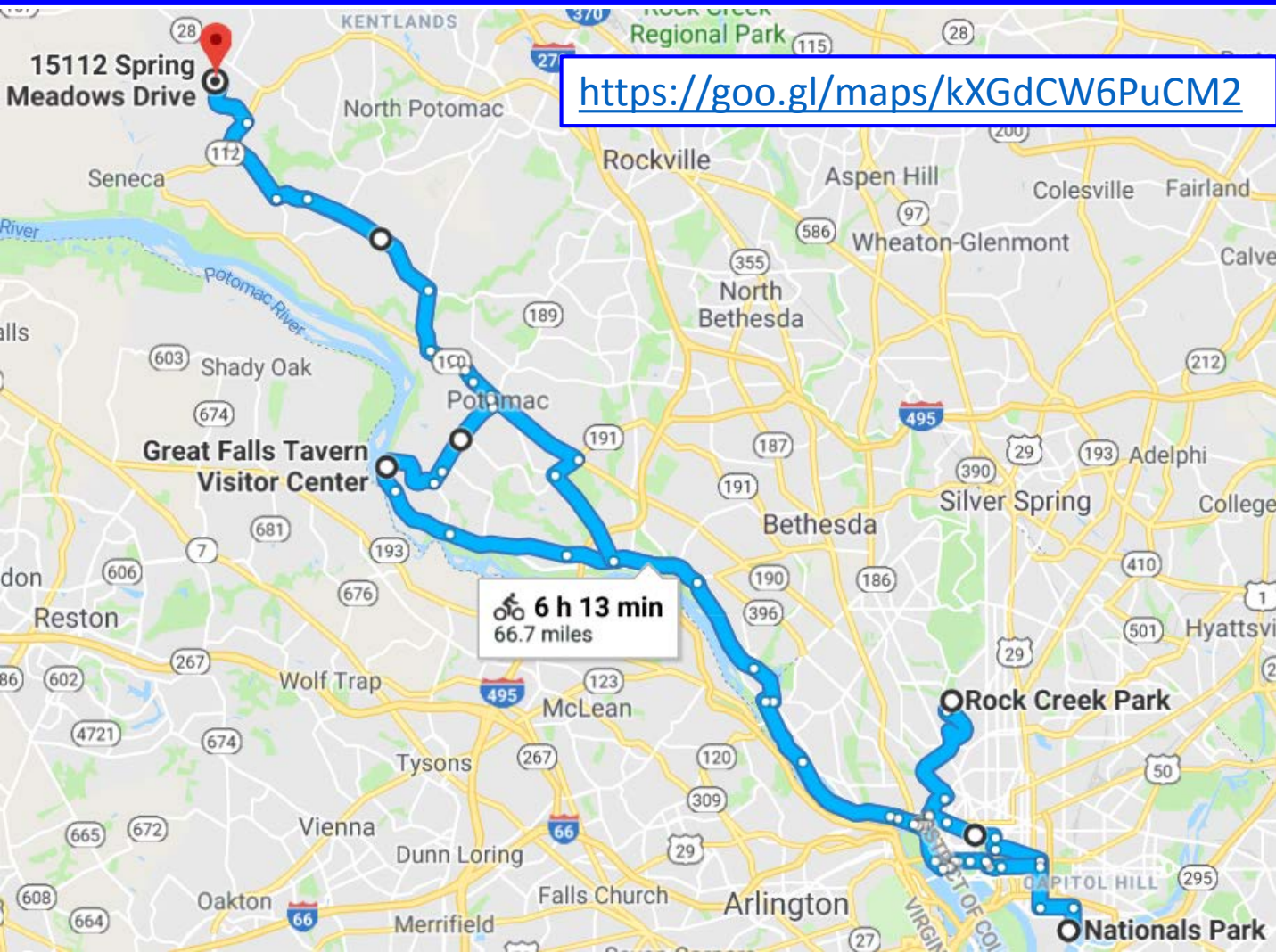
MP0 to MP14 on the C&O Towpath

Day trip from Daryl and Sandie's house

(15112 Spring Meadows Drive, Germantown, MD)

AM: Cycle from MP14 (**Great Falls**) to MP0 (Georgetown) on C&O Towpath with optional ride through **Rock Creek Park** (no cars on weekends). We start at MP14 tomorrow as we start heading to Pittsburgh, so this allows us to see the entire C&O Towpath.

PM: Cycle to **Washington Nationals Game** (1:30-4:30) – free valet parking! Cycle back to Daryl and Sandie's after the game.



Washington Nationals

May 4
Fri vs. Phillies 7:05 pm EDT

May 5
Sat vs. Phillies 4:05 pm EDT

May 6
Sun vs. Phillies 1:35 pm EDT

2018 Washington Nationals regular season single game tickets will go on sale on Thursday, March 1.

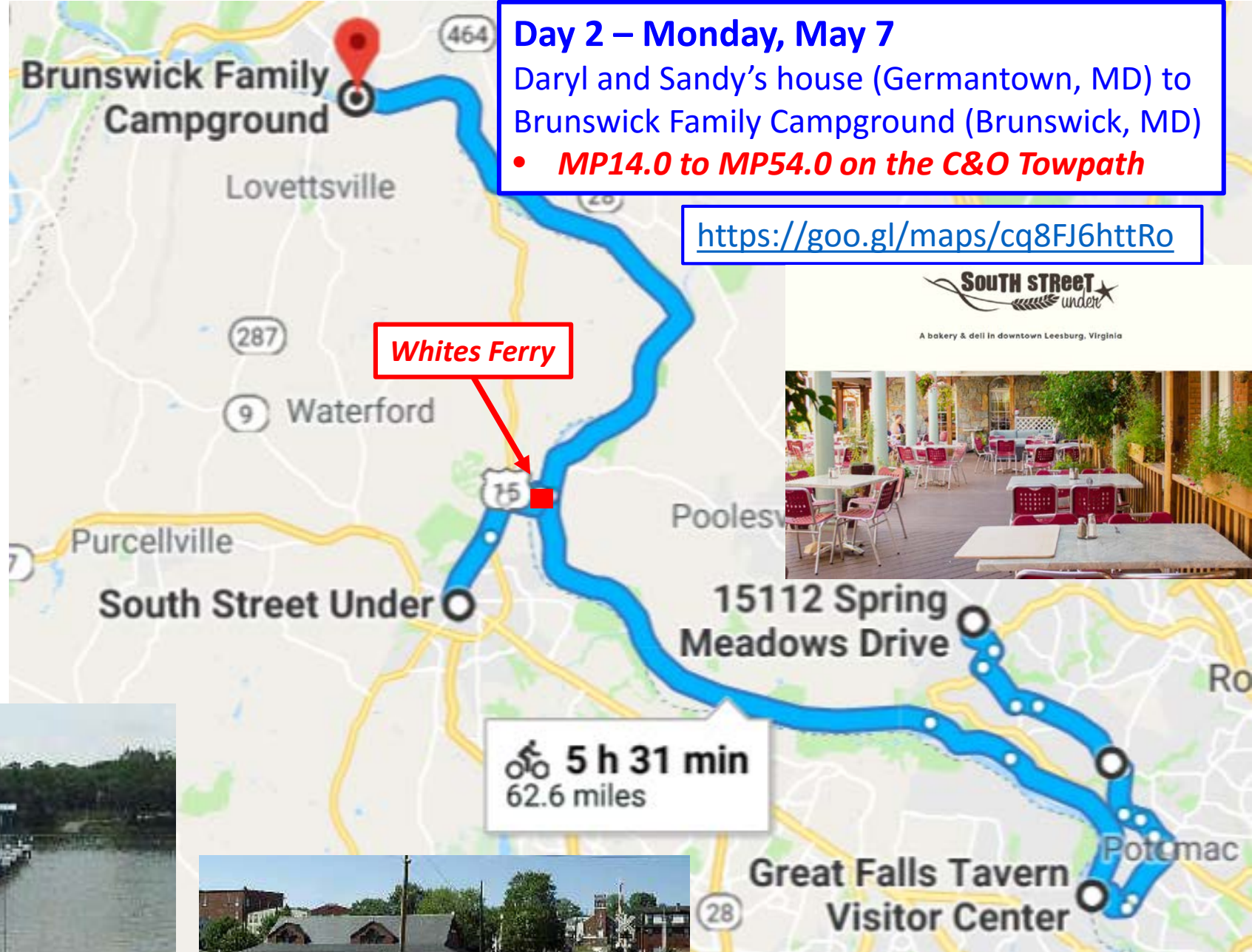
2018 Philadelphia Phillies Single Game tickets are scheduled to go on sale at 9 a.m. ET on Feb. 15.

Washington Nationals

The Nationals stadium is one of the few ball parks that offers free bike valet parking. You can cycle past cars lined up for expensive parking and put your bike in a convenient location just inside the stadium with guards and bike racks where you can lock your bike. The valet parking is open 2 hours before the game until 1 hour after the game. Paul's son Bryan is shown inside the free bike valet parking area below.



- We will cycle from Daryl & Sandie's house
- MP14 - join the C&O Towpath at **Great Falls**. We might take a short hike to one of three overlooks by the falls and stop at the National Park Service Visitor Center.
- MP35.7 - historic **White's Ferry**. Take the ferry across the Potomac to Leesburg for lunch (\$2.00 fee for bikes).
- **Lunch: South Street Under** in Leesburg – bakery & deli. Good menu. Indoor & nice outdoor seating. 203 Harrison Street.
- MP54.0 - We will stop and set up camp at the **Brunswick Family Campground** and then cycle another mile into Brunswick for dinner (**Beans In the Belfry** and **Potomac Street Grill** open until 9pm). We will also stop and visit the historic rail station in Brunswick, MD.



View of Great Falls from Overlook #1

White's Ferry

Rail Station in Brunswick, MD (MP55)



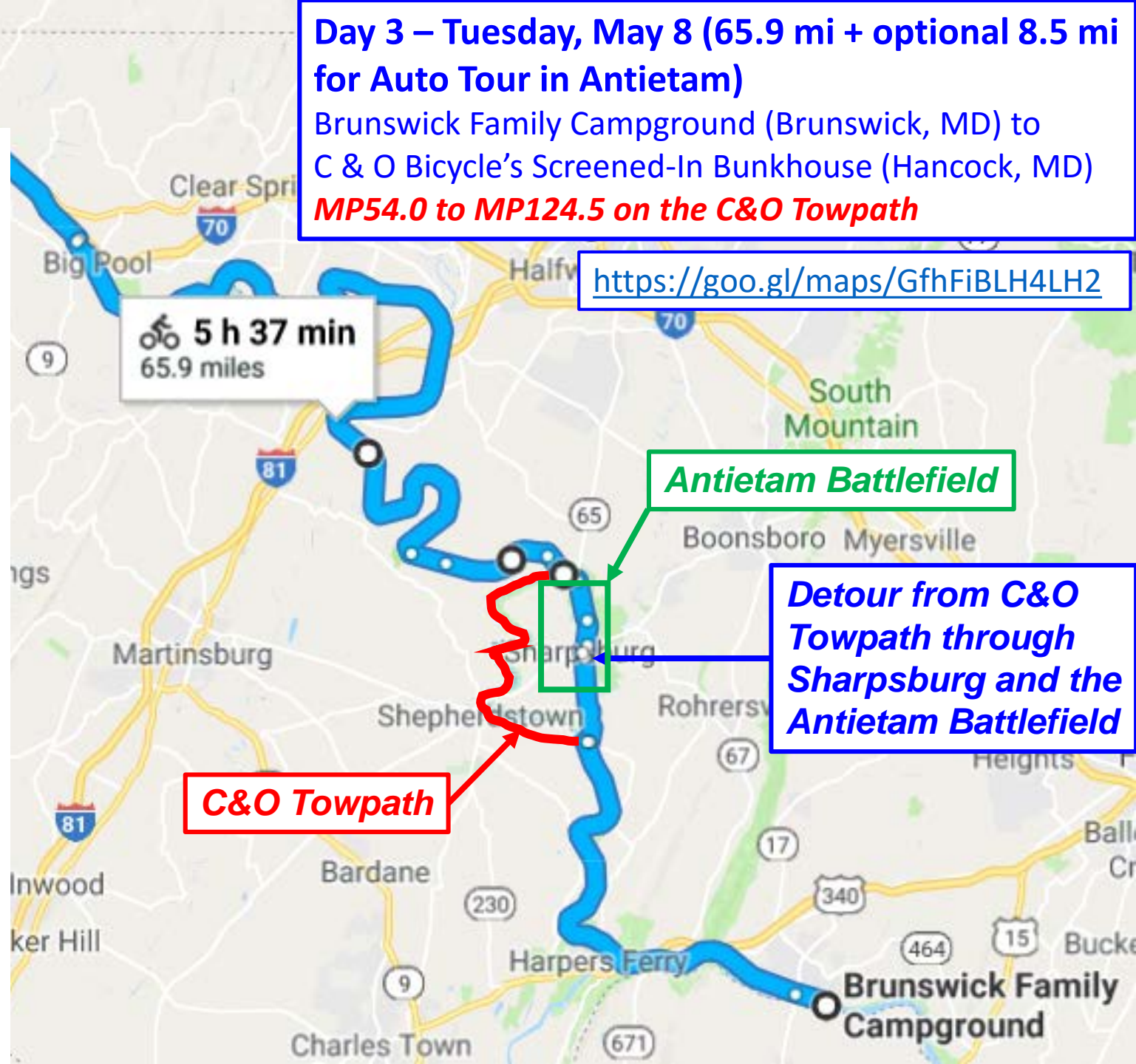
- MP54 – Exit camp.
- MP55 – Breakfast in Brunswick, MD - ***Beans In The Belfry*** restaurant opens at 8am.
- MP58 - a lockhouse is at the point where the Appalachian Trail crosses the C&O Towpath.
- MP60.7 – Take footbridge for a short visit to ***Harpers Ferry, WV***. Some may opt to stay and visit some sites.
- MP70 – Take footbridge to Harpers Ferry Road which leads to the ***Antietam National Battlefield***. Go to the Visitor Center. Bike the “Auto Tour” (8.5 miles). Continue N on Sharpsburg Pike (65) to return to the C&O Towpath.
- MP80.9 – Return to C&O Towpath at Taylor’s Landing Boat Ramp
- MP99 – Williamsport, MD. NPS Visitor Center. Lunch and grocery store stop.
- MP114.5 – Begin following the paved ***Western MD Rail Trail***. (Trail continues to MP136.3 tomorrow.)
- MP124.5 – Screened-in bunkhouse at ***C&O Bikes*** in Hancock, MD (we have reservations!) Restaurants within walking distance for dinner, including ***BuddyLou’s*** – 3 blocks away (highly recommended by bike shop and Thom Sare).

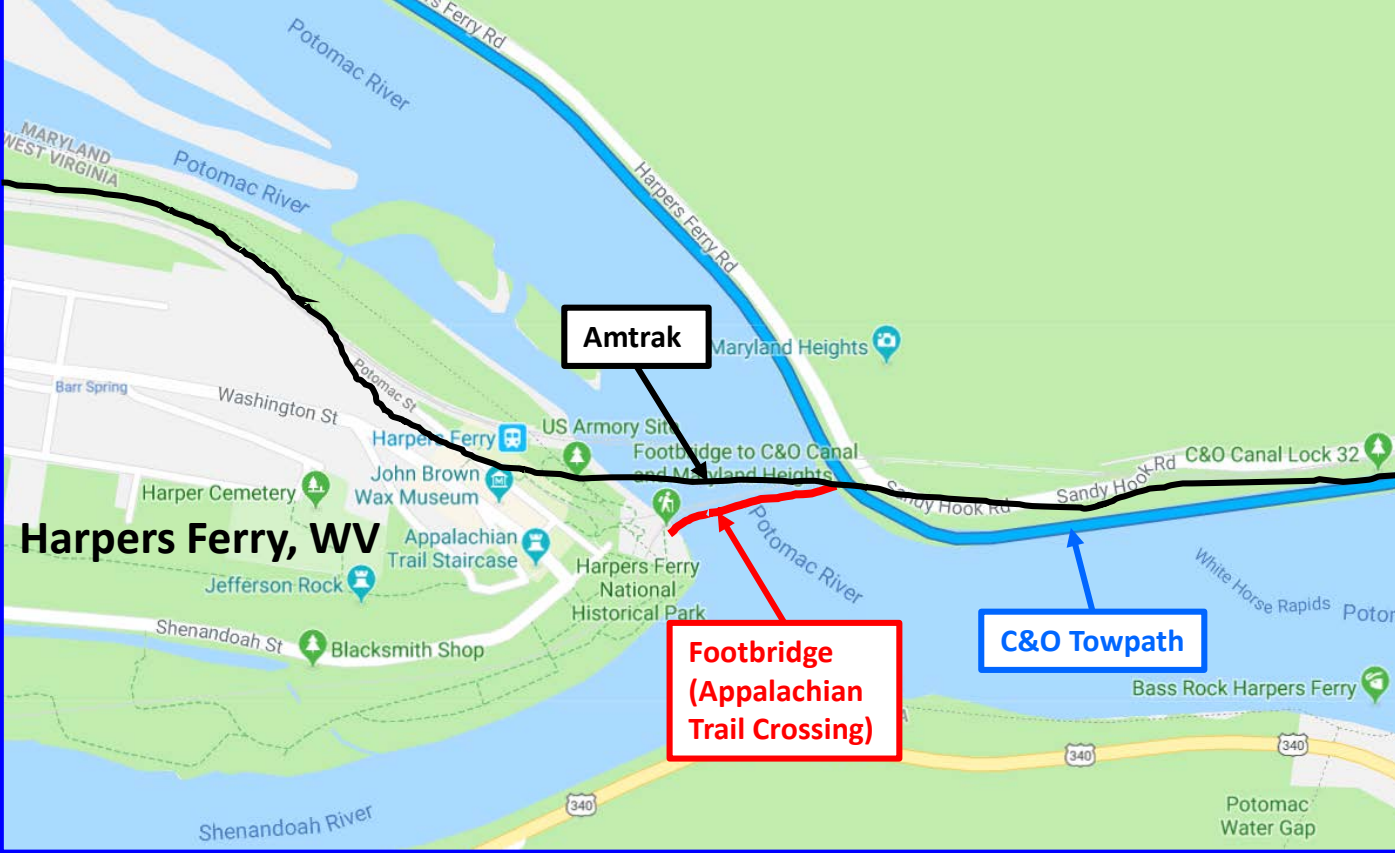
Day 3 – Tuesday, May 8 (65.9 mi + optional 8.5 mi for Auto Tour in Antietam)

Brunswick Family Campground (Brunswick, MD) to C & O Bicycle’s Screened-In Bunkhouse (Hancock, MD)

MP54.0 to MP124.5 on the C&O Towpath

<https://goo.gl/maps/GfhFiBLH4LH2>





Harpers Ferry is a historic town in Jefferson County, West Virginia. It is situated at the confluence of the Potomac and Shenandoah rivers where the U.S. states of Maryland, Virginia and West Virginia meet. It is the easternmost town in West Virginia. The town's original, lower section is on a flood plain created by the two rivers and surrounded by higher ground. Historically, Harpers Ferry is best known for John Brown's raid on the Armory in 1859 and its role in the American Civil War. The population was 286 at the 2010 census.

https://en.wikipedia.org/wiki/Harpers_Ferry,_West_Virginia

It might be fun to take the footbridge into Harpers Ferry and cycle through the town. We may not stay long to allow time for a longer visit at Antietam. However, some might wish to explore Harpers Ferry instead and see:

- Harpers Ferry National Historical Park – including a Visitor Center and over 20 miles of trails
- John Brown Wax Museum
- Several other museums
- John Brown's Fort
- Jefferson Rock (nice view)
- Appalachian Trail Conservancy Visitor Center



Mile 60.2 - Footbridge to Harpers Ferry

Mile 60.2 - Downtown Harpers Ferry

http://bikewashington.org/canal/canal_1.php

Antietam National Battlefield

The bloodiest day in American history: 23,000 soldiers were killed, wounded or missing after twelve hours of savage combat on September 17, 1862. The Battle of Antietam ended the Confederate Army of Northern Virginia's first invasion into the North and led Abraham Lincoln to issue the preliminary Emancipation Proclamation.

Fee: \$5.00 (or free if you have a National Parks pass)

Visitor Center: theater, exhibits, observation room, and **museum store**. 26-minute orientation film narrated by James Earl Jones is shown on the hour and the half hour.

Pry House Field Hospital Museum: This new museum is located in the historic Pry House which served as Union Commander General George B. McClellan's headquarters during the battle. \$5.00 fee. (on the right edge of the map)

Bicycles: Bicycling is permitted on paved park tour roads and parking lots. Riding is prohibited on all walkways, agricultural land, the Snavely's Ford Trail, and the Sherrick Farm Trail.

Auto Tour (also great for bikes): Take the self-guided 8.5 mile auto tour through the battlefield. The tour has 11 stops and begins at the Dunker Church.

Recommendation: *Begin at the Visitor Center and then cycle the Auto Tour (note that it is one-way). Note that this will add 8.5 miles to our trip.*



C&O Bicycle is located in beautiful, small-town Hancock, Maryland. You will find us at mile marker 124.5 of the C&O Canal, an old towpath used to transport freight from Georgetown to Cumberland. We are also at mile marker 10.7 on the Western Maryland Rail Trail, a 22.5-mile paved trail that provides a scenic route through the mountains, not over them. Our unique shop offers bicycle rentals, repairs, and sales. We also have a screened-in bunkhouse for weary travelers to spend the night. Our general store is the perfect place to stop for a snack, a drink, or necessary supplies before hitting the trails.

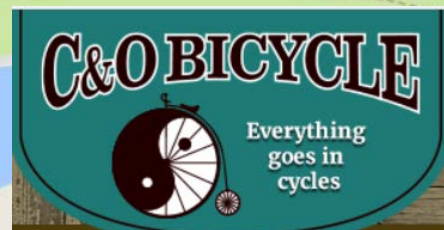
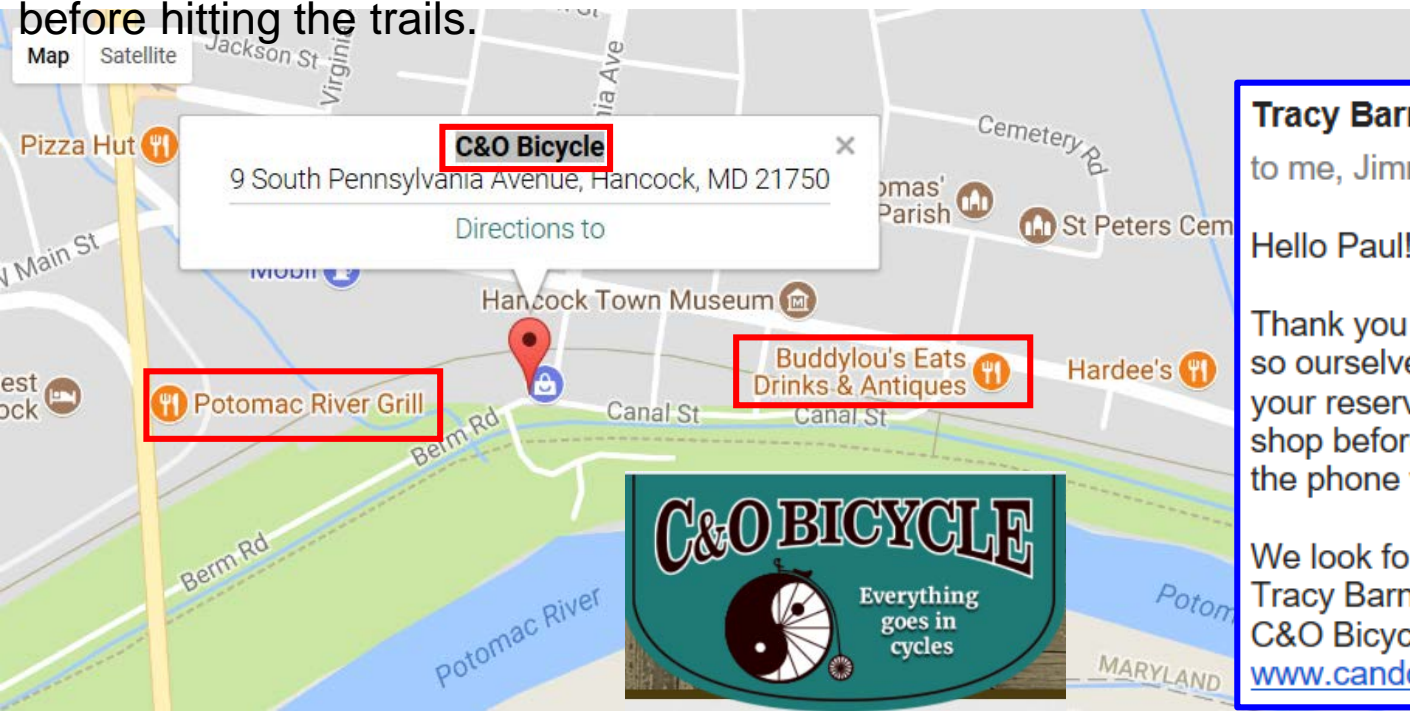


Screened-In Bunkhouse:
\$15/cyclist, hot showers



General Store

The bike shop recommends:
Buddylou's Eats Drinks & Antiques for dinner
Potomac River Grill for breakfast (opens 8am)



Tracy Barnhart <candobicycle@gmail.com>
to me, Jimmy

Feb 3 (1 day ago)

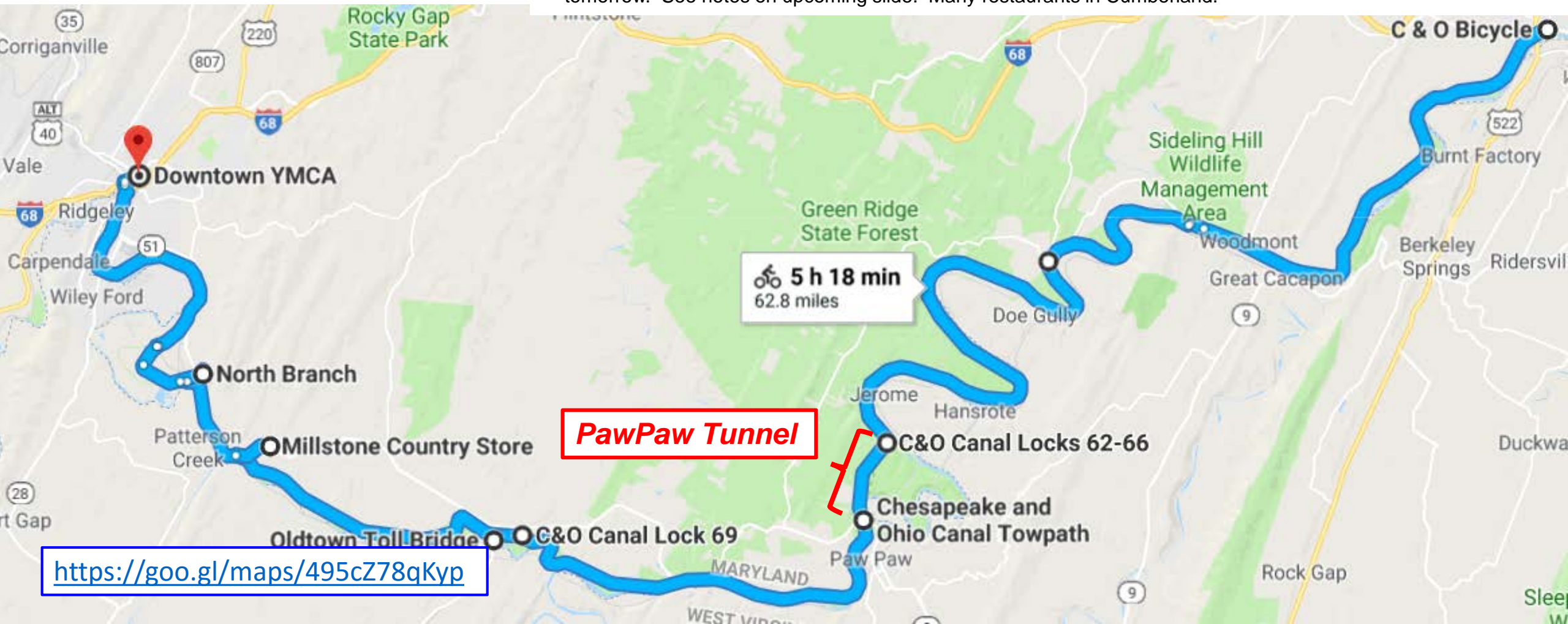
Hello Paul!

Thank you for contacting us! Our shop and bunkhouse are pretty fantastic, if we do say so ourselves. :0) We would love to host you in the bunkhouse on May 8th. I will mark your reservation on the calendar. If you don't plan to arrive by 5 p.m., please call the shop before then and we'll give you the combination to the gate lock. You can pay over the phone with a credit card at that time, and we'll put towels in the bunkhouse for you.

We look forward to seeing you in May!
Tracy Barnhart
C&O Bicycle
www.candobicycle.com

Day 4 – Wednesday, May 9 – 62.8 mi
C & O Bicycle's Screened-In Bunkhouse
(Hancock, MD) to
Cumberland YMCA (Cumberland, MD)
MP124.5 to MP184.5 on the C&O
Towpath

- MP124.5 – Breakfast at **Potomac River Grill** (opens at 8am, recommended by bike shop) – ¼ mile from C&O Bicycle via the **Western MD Rail Trail**. Continue on the **Western MD Rail Trail** after breakfast.
- MP136.3 – Exit the paved **Western MD Rail Trail** back onto the C&O Towpath.
- MP140.9 – Fifteen Mile Creek Aquaduct
- MP141 – Little Orleans, MD
- MP155.2 – **Paw Paw Tunnel**. We will likely need to walk bikes for 0.6 mi through this tunnel. Canal and small, uneven side path in tunnel. See photos next slide. Stop at tunnel entrance/exit and hike to top (good photo op).
- MP156.2 – **Wrenwood Inn B&B (PawPaw, WV)** serves lunch 11-1. 0.5 mi off of the C&O Towpath.
- MP166.7 – **School House Kitchen** (19210 Opessa St SE, Oldtown, MD (301) 478-5189) - Possible late lunch.
- MP184.5 – **Cumberland YMCA** - End of the C&O Towpath. We will start the Great Allegheny Passage (GAP) tomorrow. See notes on upcoming slide. Many restaurants in Cumberland.



Paw Paw Tunnel



Paw Paw Tunnel (MP155.2 – MP155.8) – Canal inside tunnel with small, uneven side path. May have to walk bikes (3100' or 0.6 mi).

PawPaw Tunnel (MP155.8) – Upstream entrance to the tunnel (we will exit here).

http://bikewashington.org/canal/canal_1.php

The **Paw Paw Tunnel** is a 3,118-foot-long (950 m) [canal tunnel](#) on the [Chesapeake and Ohio Canal](#) (C&O) in [Allegany County, Maryland](#). Located near [Paw Paw, West Virginia](#), it was built to bypass the Paw Paw Bends, a six-mile (9.7 km) stretch of the [Potomac River](#) containing five horseshoe-shaped bends. The town, the bends, and the tunnel take their name from the [pawpaw](#) trees that grow prolifically along nearby ridges.

Built using more than six million bricks, the tunnel has been described as "[the greatest engineering marvel along the Chesapeake & Ohio Canal National Historical Park](#)." Located at milepost 155.2, the tunnel served to eliminate six miles of canal and is credited with contributing to the economic success of nearby Cumberland, Maryland.

Construction on the tunnel began in 1836 and was expected to be completed within two years at a total cost of \$33,500. But the project proved far more complicated and costly than expected, and the tunnel would not open until 1850, more than a decade behind schedule.

https://en.wikipedia.org/wiki/Paw_Paw_Tunnel

Adventure

- Camping
- Rentals

Camping At The Y



The Y outdoor camping area consists of a fenced yard area with a pavilion and picnic tables. We are located within one mile of the C & O Canal and the Great Allegheny Passage. Your rental fee includes use of our indoor shower facilities, indoor restrooms, and access to vending machines.

Reservations are not required, however, to place a reservation, please call our welcome center for more information:

Phone: [301-777-9622](tel:301-777-9622)

Rental Request

Name *

First

Last

Phone Number *

Email *

Comment *

When

March - November

Check in and set up is after 6:00 pm and check out is by 8:00 am on weekdays.

Rates

Members and Away Members	FREE
Adult Program Members	\$12.00 per night

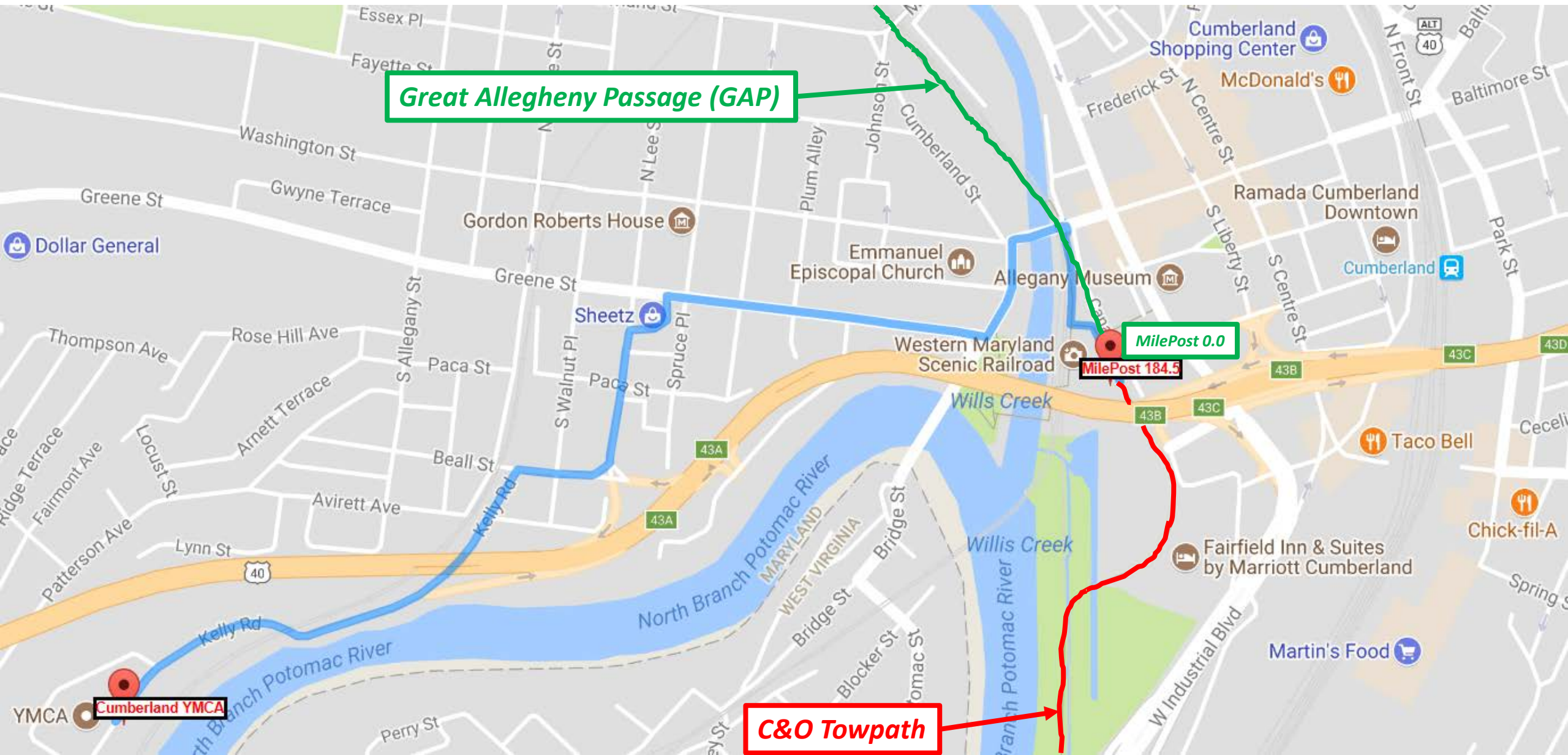
There are two YMCA locations in Cumberland (Riverside and Downtown). We will use the Riverside location:

Cumberland YMCA - Riverside
601 Kelly Road
Cumberland, MD

PG made reservations on 2-14-18.
Details:

- Reservation made for 15.
- We pay when we arrive (\$12 per cyclist).
- YMCA open until 10pm for using showers.
- Portable bathroom near campsite.
- Web site lists check in and set up after 6pm, but I found out that the time isn't critical and we can arrive whenever we wish.
- No laundry service at the YMCA, but there is in town.

Cumberland, MD – Direction to the Cumberland YMCA from the end of the C&O Towpath



Cumberland, MD – Things to see

MP0 Marker – Look for the marker at the start of the GAP trail

C&O Canal National Historical Park and Visitors Museum - 13 Canal St, open 9-5 – Beautiful restored train station with shops

Canal Place - at the western end of the C&O Canal, showcases the heritage of this former railroad hub. It also features an enticing mix of retail, galleries and recreation. Boat rides on the canal and excursions aboard an old-time train powered by a steam locomotive are available from Canal Place.

Trestle Walk - The “Trestle Walk” project connects the station area with the C&O Canal towpath. This project provides a pedestrian walkway along a former railroad trestle which will ultimately cross the re-watered canal basin and terminate in an overlook at the Potomac River. The walkway follows the perimeter of the Crescent Lawn Festival Grounds.

Trail Connection - bike shop

Western MD Scenic Railroad - The Western Maryland Scenic Railroad offers a variety of scenic, dining, and specialty excursions throughout the year. Individual and group rates are available for the Mountain Limited, our scenic excursion, as well as Evening Paradise Dinner Trains on Saturday evenings. Also available throughout the year are various specialty and holiday excursions.

Allegany Museum - 3 Pershing St, free, history of Cumberland, MD

George Washington’s Headquarters - In Riverside Park, Greene St. – a one-room cabin

Emmanuel Episcopal Church - 16 Washington St – beautiful restored historical church on the site of pre-Revolutionary War Fort Cumberland with underground tunnels. Safe stop on the Underground Railroad. 3 Tiffany stained-glass windows.



C&O Canal National Historical
Park and Visitors Museum

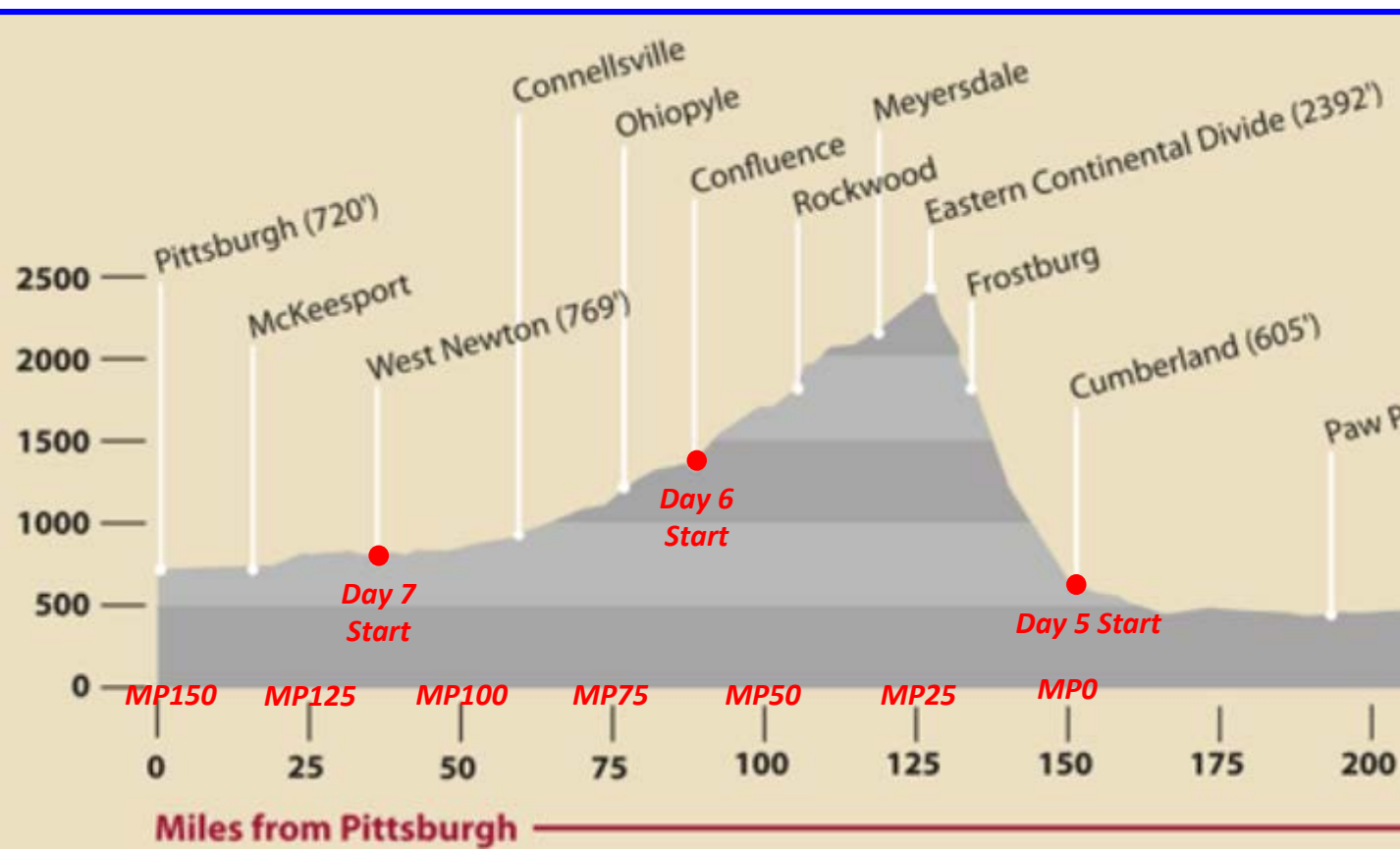


Mile 0 Marker at start of GAP Trail

Great Allegheny Passage (GAP) Trail

On **Days 5-7** we will cycle the GAP trail from Cumberland, MD to Pittsburgh, PA. The first 15 miles of the trail are adjacent to the Western Maryland Scenic Railroad (Cumberland to Frostburg) and the first 20 miles are uphill (see profile below). Note that we climb 1787' in 20 miles with an average grade of 1.7%. The GAP trail has some nice improvements over the C&O Towpath.

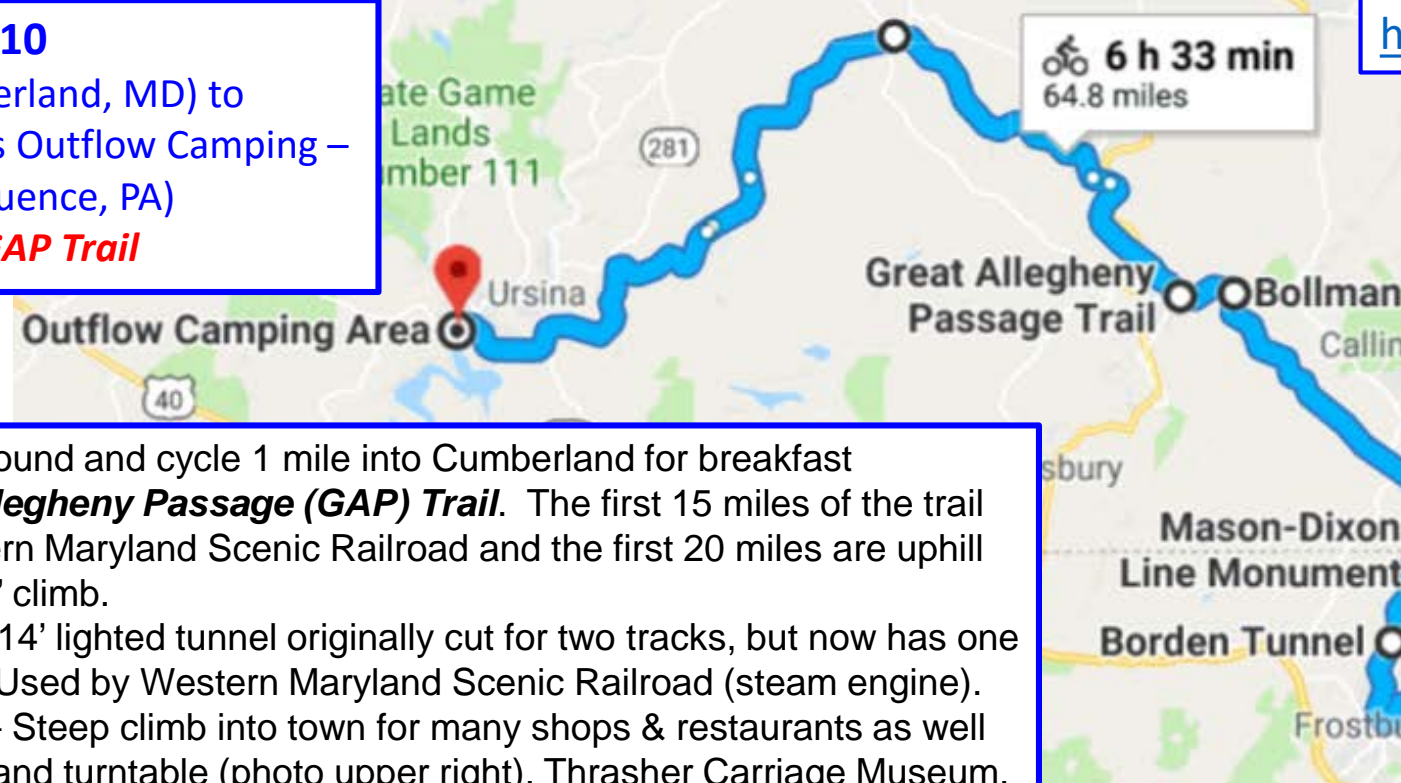
- The trail is wider with a nicer surface.
- The C&O Towpath follows a canal and towns aren't generally right on the trail, but the GAP Trail follows old railroad lines which went right through towns, so there are many nice "trail towns."
- The PawPaw Tunnel had a rough surface with a canal inside, whereas the tunnels on the GAP trail were train tunnels and are now paved (and in some cases lighted) for cyclists.



Day 5 – Thursday, May 10

Cumberland YMCA (Cumberland, MD) to
US Army Corp of Engineers Outflow Camping –
Youghiogheny River (Confluence, PA)

- **MP0 to MP60 on the GAP Trail**

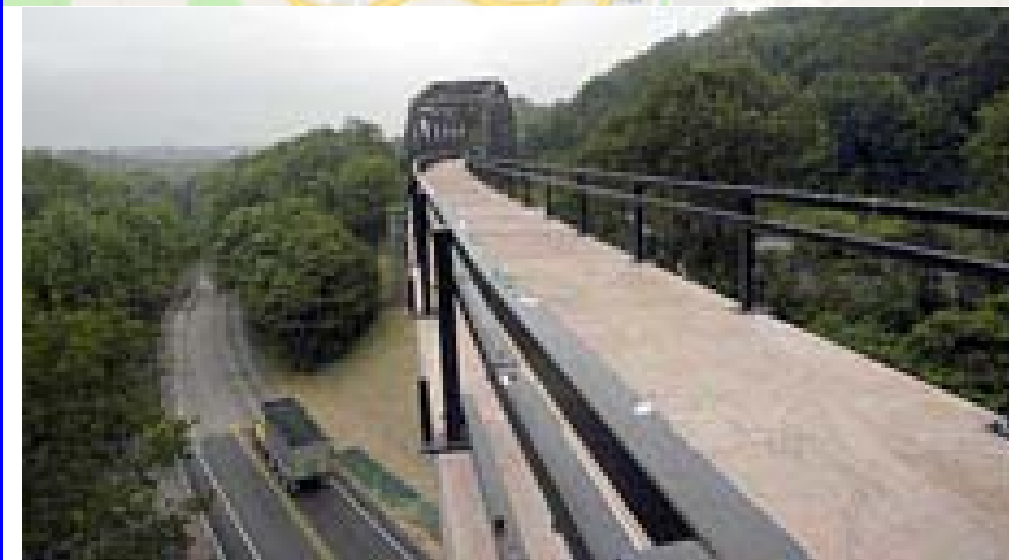
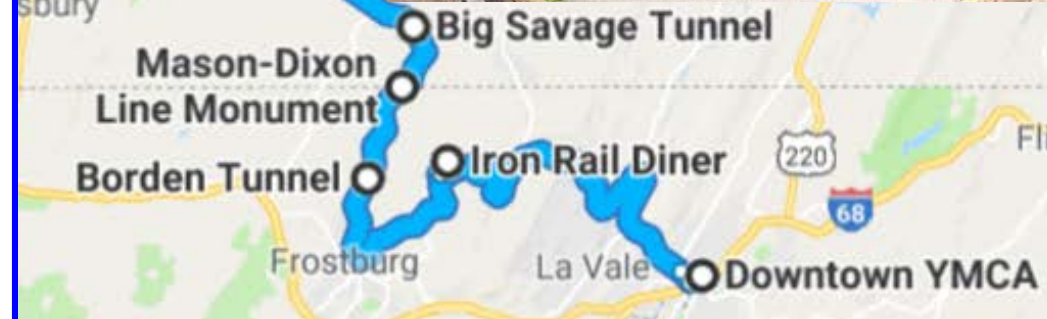


<https://goo.gl/maps/XiwTtFQxnbz>



Frostburg Turntable

- Leave the YMCA campground and cycle 1 mile into Cumberland for breakfast
- MP0 – Start the **Great Allegheny Passage (GAP) Trail**. The first 15 miles of the trail are adjacent to the Western Maryland Scenic Railroad and the first 20 miles are uphill (see profile below). 1787' climb.
- MP6 – **Brush Tunnel** – 914' lighted tunnel originally cut for two tracks, but now has one track and one bike lane. Used by Western Maryland Scenic Railroad (steam engine).
- MP15 – **Frostburg, MD** – Steep climb into town for many shops & restaurants as well as a restored train depot and turntable (photo upper right), Thrasher Carriage Museum,
- MP17.5 – **Borden Tunnel** - 975.5', paved, no lights, wide since built for two tracks
- MP20 – **Mason-Dixon Line** (cross from MD into PA). Look for marker..
- MP22 – **Big Savage Tunnel** - longest tunnel on the GAP at 3294.6 ft, closed Oct – April and closed last year for maintenance, but should be open for us. Great views.
- MP23 – **Eastern Continental Divide** - highest point on trip and cross into PA
- MP30 – **Keystone Viaduct** - magnificent, curving 910' structure
- MP32 – Lunch in Meyersdale, PA (White House Restaurant or The Morguen Toole Company)
- MP34 – **Salisbury Viaduct** – impressive 1908' structure
- MP43 – Rockwood, PA (shops, restaurants, small bike shop)
- MP52 – **Pinkerton Tunnel** – impressive site with bridges on either side of this 849' tunnel that was restored in 2015. A trail along Pinkerton Horn used to bypass the tunnel is still available.
- MP60 – **US Army Corp of Engineers Outflow Camping – Youghiogheny River**
- MP60 – Confluence, PA – restaurants, grocery stores



Keystone Viaduct

<http://old.post-gazette.com/sports/outdoors/20030803walsh0803p2.asp>



Big Savage Tunnel (MP22)
<http://www.thegreatalleghenypassage.com>



Eastern Continental Divide (MP23)
<http://www.thegreatalleghenypassage.com>



Brush Tunnel (MP6) – tracks and path share the tunnel
www.bridgehunter.com



Mason-Dixon Line (MP20) - MD/PA border
<http://www.johnvantine.com/biking-dc-pittsburgh-co-canal-gap-trail/>



Salisbury Viaduct (MP34)
www.bridgehunter.com

**US Army Corp of Engineers Outflow
Camping Area (Youghiogheny River)**

Group site 1A reserved by PG. \$35 total for up to 40 campers. Hot showers.

Rivers Edge Café - Dine on the wrap-around porch overlooking the river, or inside the old-world 1890's farmhouse. Long a favorite of bicyclists on the Great Allegheny Passage.

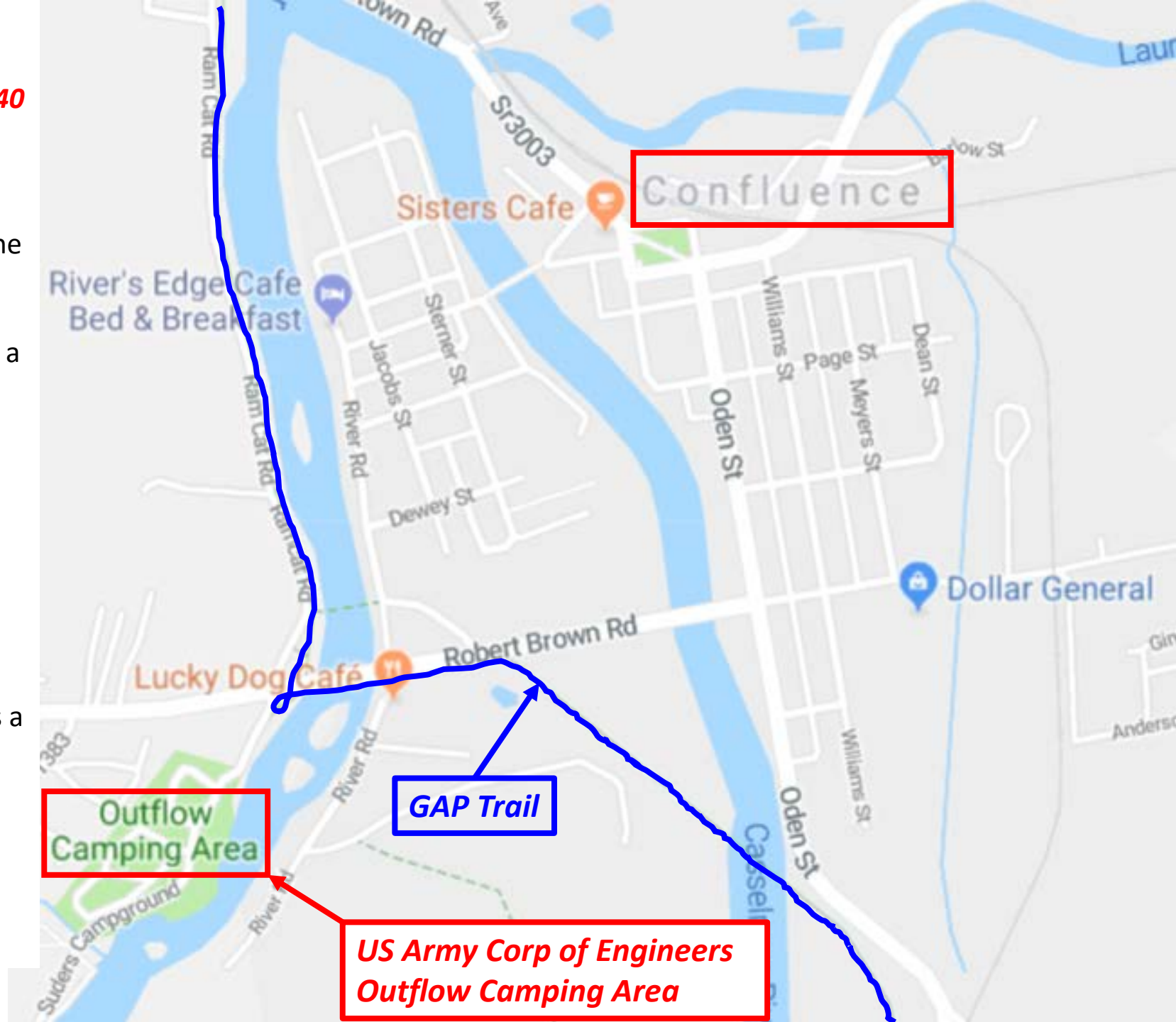
Lucky Dog Café - Located on the bike trail we provide a comfortable setting for any appetite with a diverse menu that will appeal to everyone's taste.

Sisters Café - Sisters' Café is located four blocks from the Great Allegheny Passage bike trail. We provide a full menu and are open daily from 6am – 2pm year round.

Confluence Cyclery - A full service bike shop on the Great Allegheny Passage. Rentals, repairs and sales and accessories. Stop in and say hello when you are in the Confluence area.

Confluence Foodmart - Confluence Foodmart is a full service grocery store. Yough Valley Pharmacy is located inside along with our gift and home decor shop.

(Descriptions courtesy of nearby WendyWorld Campground, <http://www.wendyworld.biz/>)

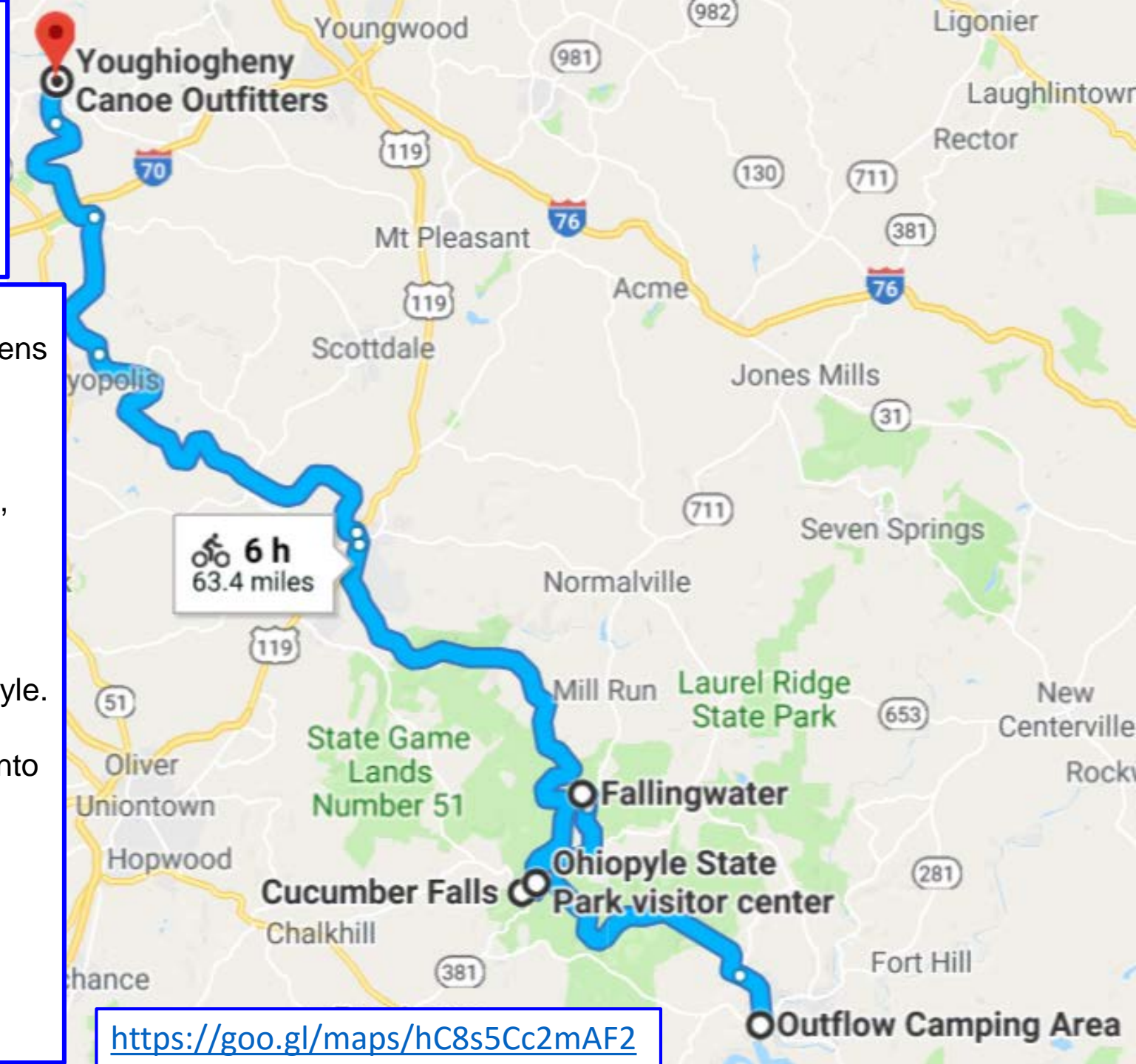


Day 6 – Friday, May 11

US Army Corp of Engineer Outflow Camping
(Confluence, PA) to
Youghiogheny Canoe Outfitters Campground (West
Newton, PA)

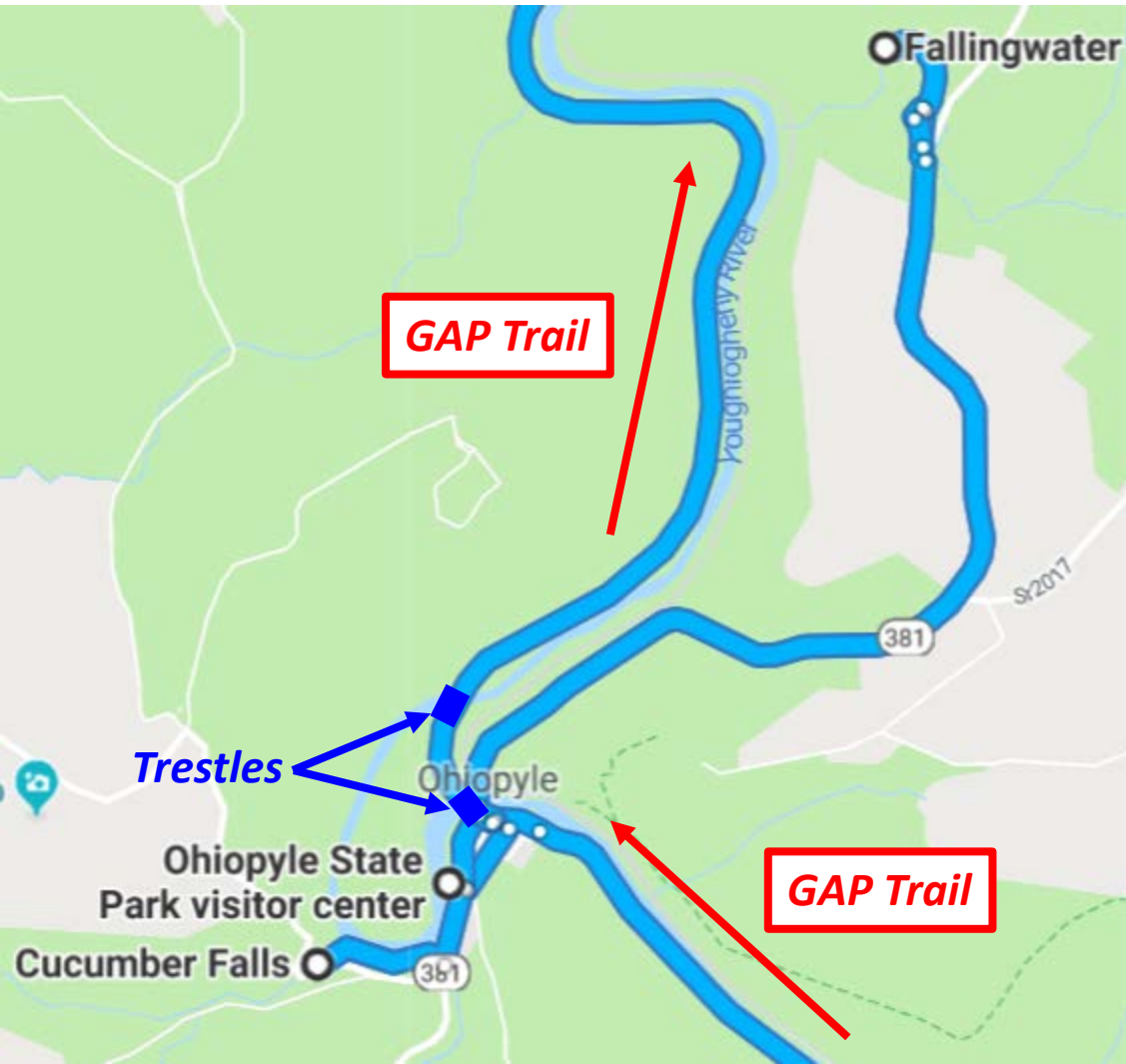
• **MP60 to MP114 on the GAP Trail**

- Leave the campground and cycle 1 mile to **Sisters Café** in Confluence (482 Hugart St) for breakfast (opens 6am).
- MP60 – Continue on GAP trail after breakfast
- MP72 – **Ohiopyle, PA**. Stop to see Ohiopyle State Park, Ohiopyle Falls, Cucumber Falls, 2 bike shops, many shops and restaurants
- MP72 – Side trip to **Fallingwater** (8 mi RT)
- MP72 – Return to Ohiopyle for lunch.
- MP72 – Continue on the GAP trail. We ride on two trestles over the Youghiogheny River leaving Ohiopyle.
- MP88 Connellsville, PA – many restaurants, shops, bike shop, Westgate Laundromat. Cross the river into town and try their bike loop through town.
- MP114 - **Youghiogheny Canoe Outfitters Campground (West Newton, PA)**
- MP 114 – West Newton, PA. Cross the century-old bridge into town for many shops and restaurants.
- MP114 – Dinner – **Trailside** restaurant in West Newton



<https://goo.gl/maps/hC8s5Cc2mAF2>

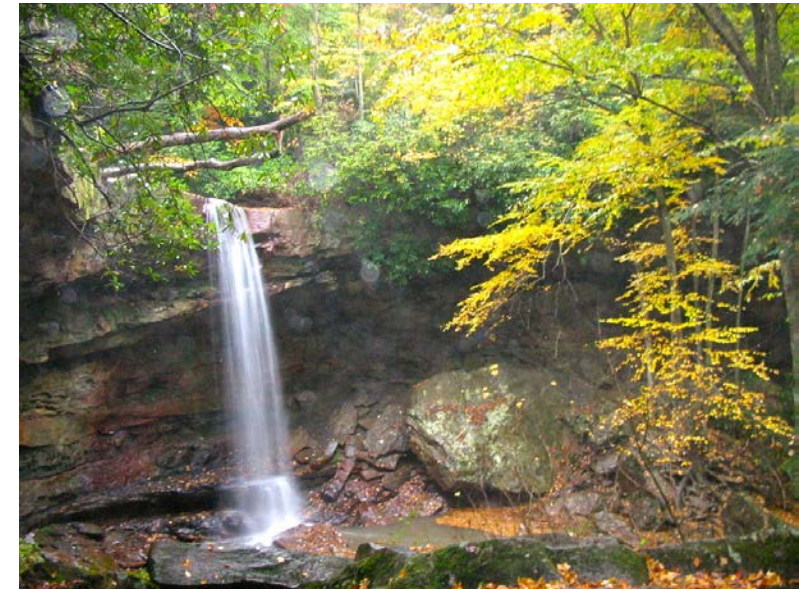
Ohiopyle (Mile 72) – The falls and river recreation have made Ohiopyle a tourist destination since the advent of the railroads. Today, Ohiopyle is the headquarters of **Ohiopyle State Park**, one the most popular state parks in Pennsylvania. Opportunities for whitewater rafting, hiking, and, of course, biking make this town an outdoor recreation destination for over 1.5 million visitors each year. <https://www.gaptrail.org/explore/trail-towns>



Ohiopyle Falls is in **Ohiopyle State Park**. This is a large park, but the falls are right in the center of it and hard to miss. This is low, wide waterfall on the powerful Youghiogheny River (known as the "Yawk").



Cucumber Falls can be reached from Kentuck road or Rt 381. Kentuck road intersects Rt 381 just south of the main falls and just across from the natural water slides. There is a rustic stairway down into the gorge which will take you to the base of the falls. There is an overlook by the top of the falls. Maps are available for free in the park office which shows you the location of everything in the park.



Fallingwater is a house designed by architect **Frank Lloyd Wright** in 1935 in rural southwestern Pennsylvania, 43 miles (69 km) southeast of Pittsburgh. The house was built partly over a waterfall on Bear Run in the Mill Run section of Stewart Township, Fayette County, Pennsylvania, located in the Laurel Highlands of the Allegheny Mountains. The house was designed as a weekend home for the family of Liliane Kaufmann and her husband, Edgar J. Kaufmann, Sr., owner of Kaufmann's Department Store.

After its completion, *Time* called Fallingwater Wright's "most beautiful job,"^[5] and it is listed among *Smithsonian's* "Life List of 28 places to visit before you die."^[6] The house was designated a National Historic Landmark in 1966.^[3] In 1991, members of the American Institute of Architects named Fallingwater the "**best all-time work of American architecture**" and in 2007, it was ranked 29th on the list of America's Favorite Architecture according to the AIA.

<https://en.wikipedia.org/wiki/Fallingwater>

Visiting Fallingwater

- Fallingwater is 4 miles off of the GAP trail, so visiting it adds 8 miles RT to our trip (already included in the total listed).
- A grounds pass costs \$10.00 allowing us to see the grounds and the outside of the house (I think that this is a good option).
- Tours of the house are available for \$30.00, but you might need to check the schedule.
- Fallingwater Visitor Center (9:15 a.m. to 4 p.m.)
- Fallingwater Museum Store (9:30 a.m. to 4:30 p.m.)
- Fallingwater Café (10 a.m. to 4 p.m.)



West Newton, located at mile 113 on the Great Allegheny Passage, boasts a sheltered location in a scenic river valley. Some businesses near the trail include a canoe outfitter, B&B, bike shop and restaurant with outdoor seating. At the road crossing there's a *pioneer sculpture crafted from railroad spikes* and be sure to pose with him for a picture! Stop by the West Newton Visitor Center for a friendly chat, trail information, and lots of trail-related merchandise. The historic downtown is just across West Newton Bridge.

Giant Eagle Supermarket



Gary's Chuckwagon Restaurant

Great little place for breakfast or lunch.
Quality homemade food for a decent price.
Bakery connected to restaurant. Open 8-3.



The ***Trainside*** is located on the west side of West Newton Pennsylvania along the Great Allegheny Passage and Youghiogheny River. Our facility consists of a Pub and Restaurant with the West Newton Bike Shop on the lower level.

Good menu. Dinners, sandwiches, pizzas, salads, wraps, ...
Open 5-9pm (winter hours) – check later.



Our Campground in West Newton

Youghiogheny Canoe Outfitters
Kayaking Pittsburgh

Call Today: ***724-872-7585***

226 Collinsburg Road
West Newton, PA 15089

Campground Fees (includes free firewood)

\$10 per night per adult

\$6 per night per child under 16

\$4 per shower

The **Hot Metal Bridge** is a [truss bridge](#) in [Pittsburgh, Pennsylvania](#), that crosses the [Monongahela River](#). The bridge consists of two parallel spans on a single set of piers: the former [Monongahela Connecting Railroad Bridge](#), built in 1887, on the upstream side and the former Hot Metal Bridge, built in 1900, on the downstream side.

The bridge connects 2nd Avenue at the [Pittsburgh Technology Center](#) in South [Oakland](#) with Hot Metal Street (South 29th Street) in the [South Side](#). The downstream span reopened for pedestrian and bicycle use in late 2007 after two years of work. The [Great Allegheny Passage](#) hiker/biker trail passes over this bridge as it approaches Pittsburgh's [Golden Triangle](#) area.



By Samuel Sonne - Own work, CC BY-SA 2.5,
<https://commons.wikimedia.org/w/index.php?curid=802564>

Beginning in Pittsburgh's Point State Park, the trail overlaps the route of the Eliza Furnace segment of the [Three Rivers Heritage Trail](#). Trail users are treated to an array of signage interpreting the area's industrial past. A crossing of the Hot Metal Bridge, once used to carry iron by rail from the Eliza furnaces to Pittsburgh's south side to produce finished steel, leads across the Monongahela River to the Three Rivers Heritage Trail's South Side and Baldwin Borough segments, which extend south to Homestead.

Before reaching the quaint town of Ohiopyle, you cross two impressive trestles (going south)

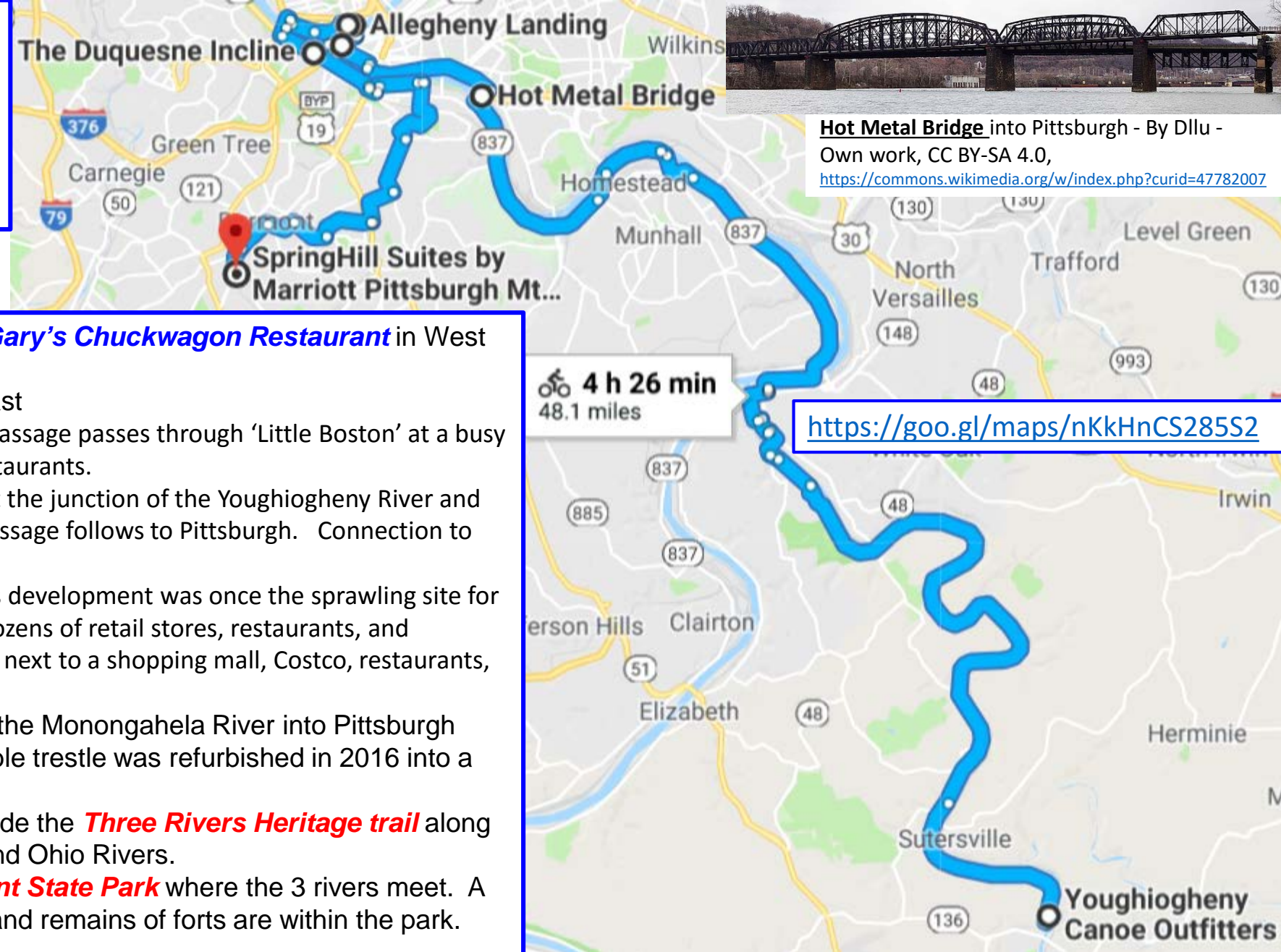
[Dead Man's Hollow](#), former site of the Union Sewer Pipe Company located outside of [McKeesport, Pennsylvania](#), now a 440-acre nature preserve and spur trail

[Dravo Cemetery](#), originally the Seneca tribe's village known as Cyrie, later the home of the Dravo Methodist Church and Cemetery. Now a popular camping area and rest spot near Buena Vista, Pennsylvania.

Day 7 – Saturday, May 12

Youghiogheny Canoe Outfitters
Campground (West Newton, PA) to
SpringHill Suites Motel (Lebanon, PA)

- **MP114 to MP150 on the GAP Trail**

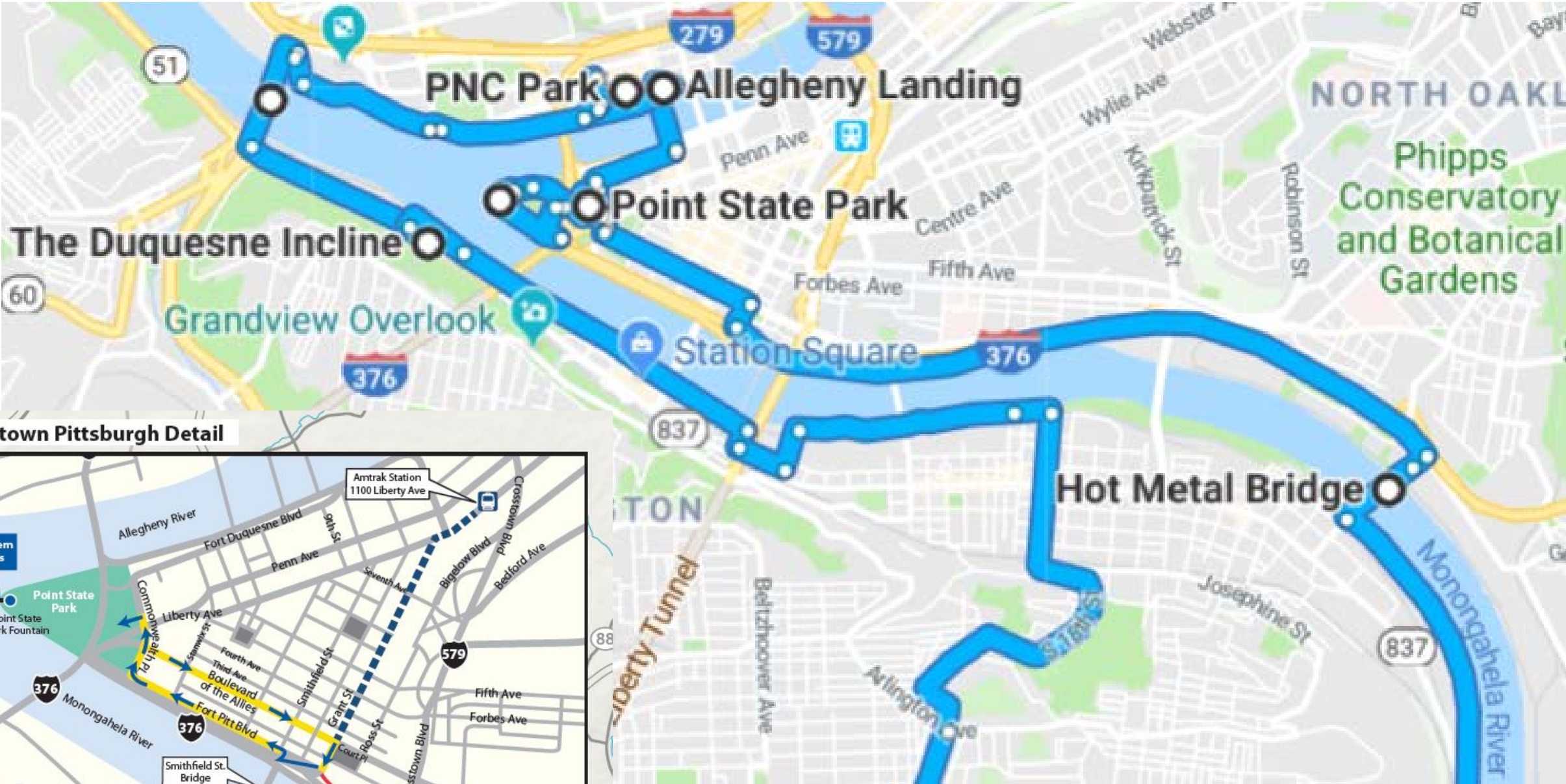


Hot Metal Bridge into Pittsburgh - By Dllu -
Own work, CC BY-SA 4.0,
<https://commons.wikimedia.org/w/index.php?curid=47782007>

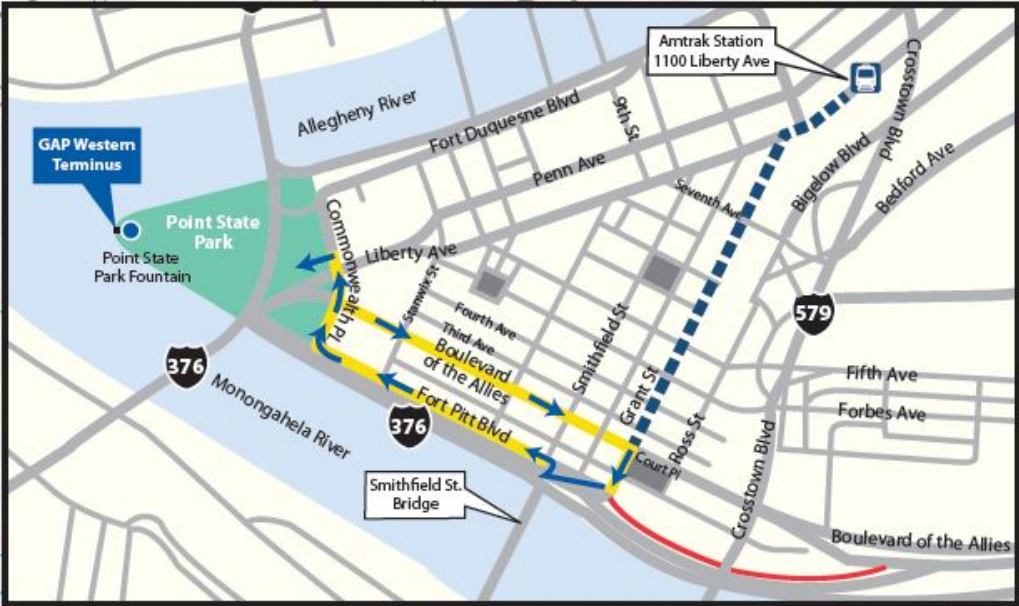
- Leave the campground and stop at nearby **Gary's Chuckwagon Restaurant** in West Newton for breakfast (opens 8am).
- MP114 – Continue on GAP trail after breakfast
- MP128 – **Boston, PA** – The Great Allegheny Passage passes through 'Little Boston' at a busy trailhead and ballpark, with many shops and restaurants.
- MP132 – **McKeesport, PA** – McKeesport is at the junction of the Youghiogheny River and the Monongahela, which the Great Allegheny Passage follows to Pittsburgh. Connection to the Montour Trail.
- MP140 – **Homestead/The Waterfront** – This development was once the sprawling site for the Homestead Steel Works and now features dozens of retail stores, restaurants, and entertainment venues. Trail runs along the river next to a shopping mall, Costco, restaurants, etc.
- MP146 – **Southside of Pittsburgh** – Cross the Monongahela River into Pittsburgh over the **Hot Metal Bridge**. Half of this double trestle was refurbished in 2016 into a nice bike lane.
- MP150 – **Downtown Pittsburgh** – We will ride the **Three Rivers Heritage trail** along the banks of the Monongahela, Allegheny, and Ohio Rivers.
- MP150 – The GAP trail officially ends at **Point State Park** where the 3 rivers meet. A beautiful fountain, great views of the rivers, and remains of forts are within the park.
- Duquesne Incline -
- SpringHill Suites – Mt. Lebanon, PA – right next to light rail line which we will take to the Pirates game tomorrow.

See expanded view of Pittsburgh area on next slide

Pittsburgh area



Downtown Pittsburgh Detail

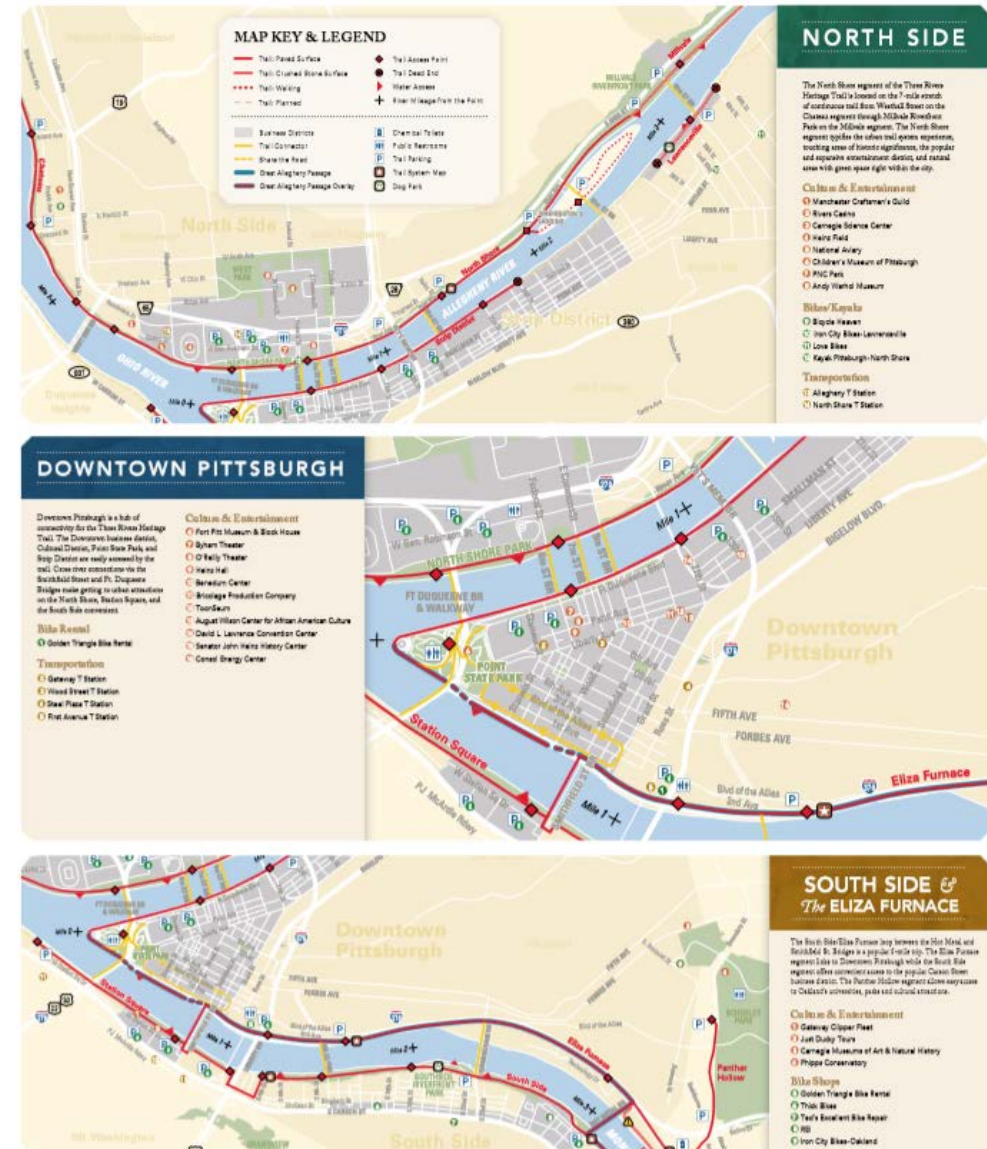


Point State Park is a Pennsylvania state park on 36 acres in Downtown Pittsburgh at the confluence of the Allegheny and Monongahela rivers, forming the Ohio River. https://en.wikipedia.org/wiki/Point_State_Park



The park also includes the outlines and remains of two of the oldest structures in Pittsburgh, **Fort Pitt** and **Fort Duquesne**. The **Fort Pitt Museum**, housed in the Monongahela **Bastion** of Fort Pitt, commemorates the **French and Indian War** (1754–63), in which the area soon to become Pittsburgh was a **major battlefield**. It was designated a **National Historic Landmark** in 1960 for its role in the strategic struggles between Native Americans, French colonists, and British colonists, for control of the Ohio River watershed.

The **Three Rivers Heritage Trail** is a multi-use riverfront trail system in the Pittsburgh region. This 24-mile nonlinear trail has segments on both banks of Pittsburgh's three rivers with access to city neighborhoods, business districts, and local attractions.



Follow link below for online map

<https://friendsoftheriverfront.org/trails/three-rivers-heritage-trail/>

Duquesne Incline

The Duquesne Incline is an inclined plane railroad located near Pittsburgh's South Side neighborhood and scaling Mt. Washington. Designed by Samuel Diescher, the incline was completed in 1877 and is 800 feet long, 400 feet in height, and is inclined at a 30-degree angle. It has an unusual track gauge of 5 ft. https://en.wikipedia.org/wiki/Duquesne_Incline

Hours: Monday through Saturday: 5:30 a.m. to 12:30 a.m.

Sundays and Holidays: 7:00 a.m. to 12:30 a.m.

FARES:

Adults (Ages 12-64) \$2.50 Each Way or \$5.00 Round Trip

GROUP RATES:

Group Rates are Valid for Any Group of Ten or More People

Adults (Ages 12-64) \$1.75 Each Way or \$3.50 Round Trip

Riders of The **Duquesne Incline** may take a bicycle with them, on the **Incline** cable car, for an additional cash fare(i.e. the bicycle patron would then pay two fares, for transport of self and bicycle). inclinedplane.tripod.com/bike.htm

We could lock bikes at the bottom and ride it round trip or ride it to the top with bikes and continue on to the hotel from the top (a shortcut!)



<http://www.bikepggh.org/resources-3/bikesontransit/>

If time allows, we might ride the Duquesne Incline for a unique view of Pittsburgh!



Day 8 – Sunday, May 13

- Day trip to explore Pittsburgh from SpringHill Suites Motel (Lebanon, PA) – details to be added later
- AM: Loop through Pittsburgh
- PM: Take light rail to **Pittsburgh Pirates** Game (leave bikes in motel)

See next slide for light rail details
Still working on the optional trip to explore Pittsburgh on Sunday morning.
More details later!

Springhill Suites in Mt. Lebanon is right next to the Mt. Lebanon light rail station.



2018 Washington Nationals regular season single game tickets will go on sale on Thursday, March 1.
2018 Philadelphia Phillies Single Game tickets are scheduled to go on sale at 9 a.m. ET on Feb. 15.

SpringHill Suites Pittsburgh Mt. Lebanon

611 Washington Road Mt. Lebanon, PA 15228 USA



Check in Saturday, May 12, 2018
Check out Monday, May 14, 2018

Room(s): 1
Adult(s) per room: 2
Room type(s): Studio, 2 Queen, Sofa bed
[Edit](#) • [Room Details](#)

Prices in USD

1 room(s) for 2 night(s)

[Rate Details](#)

Saturday, May 12, 2018	152.00 USD
Sunday, May 13, 2018	116.00 USD

Total cash rate	268.00
Estimated government taxes and fees	37.52

Total for stay in hotel's currency 305.52 USD

Our best rate. Guaranteed.

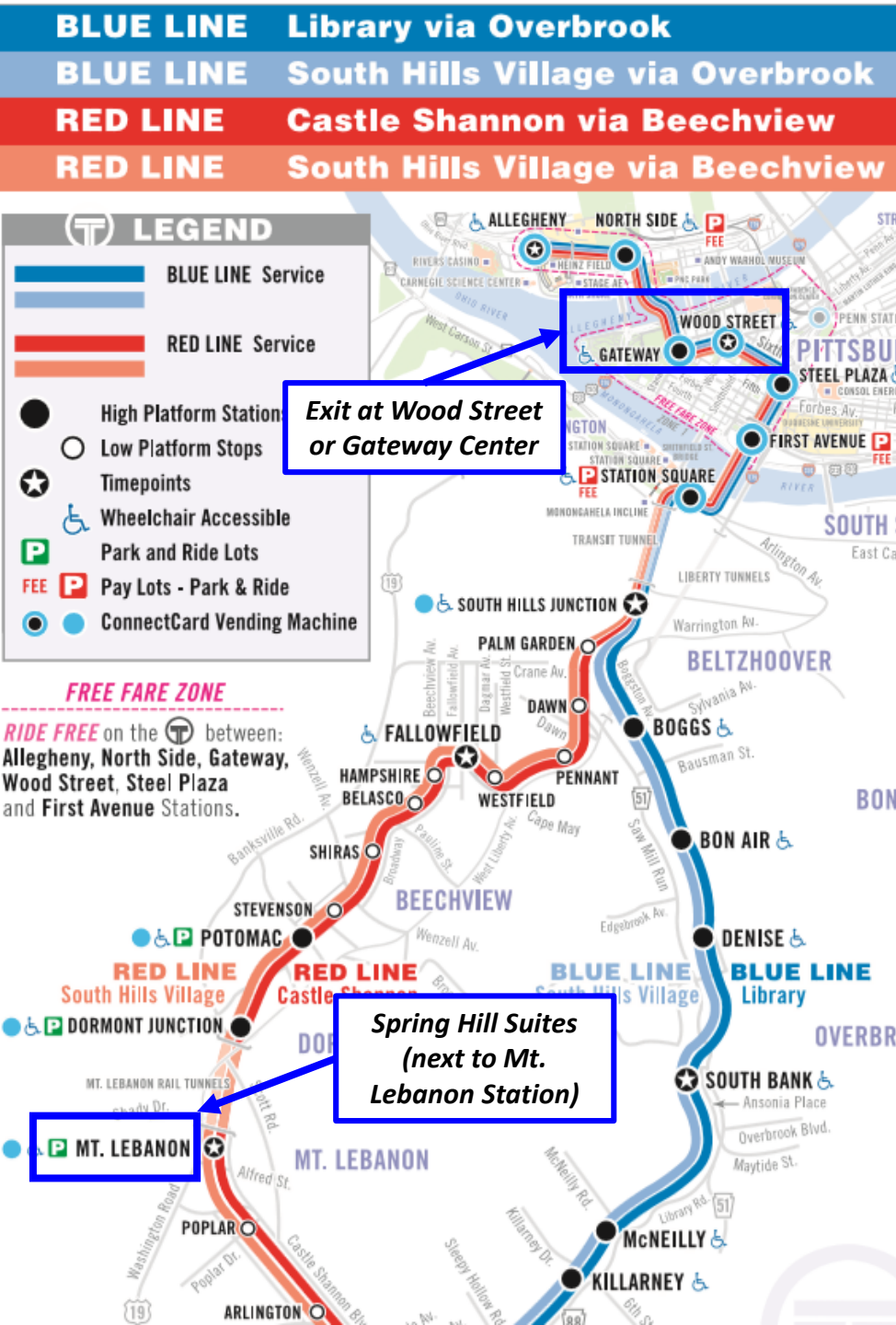
Taking light rail (the "T") to the Pittsburgh Pirates game

- We can explore Pittsburgh (or relax in the motel) and then take light rail to PNC Park for the game (leave bikes in the motel).
- Catch the light rail around noon for the 1:35 ball game?

The "T" provides easy access to downtown for those fans living in the South Hills. Get off at either the Wood Street or Gateway Center stations and walk across the Roberto Clemente Bridge (closed to traffic for ball games) to PNC Park. Downtown and the bridge are festive and full of vendors on game days. Fans coming to PNC Park are able to take advantage of the FREE Light Rail Transit (or "T") service that significantly enhances the experience for fans coming to and leaving the ballpark.

http://pittsburgh.pirates.mlb.com/pit/ballpark/parking/directions/index.jsp?content=public_transportation

RED LINE - CASTLE SHANNON												
SUNDAY AND HOLIDAYS												
NORTHBOUND												
To Downtown Pittsburgh - North Shore												
Upper Saint Clair South Hills Village (Park and Ride)	Bethel Park Washington Junction (Park and Ride)	Castle Shannon Overbrook Junction (Park and Ride)	Castle Shannon Castle Shannon (Park and Ride)	Mount Lebanon Mt. Lebanon Station (Park and Ride)	Dormont Dormont Junction (Park and Ride)	Dormont Potomac Station (Park and Ride)	Beechview Fallowfield Station	South Hills Junction Inbound Platform	Station Square Inbound Platform	Downtown Wood St Station Inbound Platform	North Shore Allegheny Station	
5:13	5:18	5:21	5:22	5:26	5:28	5:30	5:35	5:39	5:43	5:48	5:57	
5:33	5:38	5:41	5:42	5:46	5:48	5:50	5:55	5:59	6:03	6:08	6:17	
5:53	5:58	6:01	6:02	6:06	6:08	6:10	6:15	6:19	6:23	6:28	6:37	
6:13	6:18	6:21	6:22	6:26	6:28	6:30	6:35	6:39	6:43	6:48	6:57	
6:33	6:38	6:41	6:42	6:46	6:48	6:50	6:55	6:59	7:03	7:08	7:17	
.....	7:01	7:02	7:06	7:08	7:10	7:15	7:19	7:23	7:28	7:37	
.....	7:21	7:22	7:26	7:28	7:30	7:35	7:39	7:43	7:48	7:57	
.....	7:41	7:42	7:46	7:48	7:50	7:55	7:59	8:03	8:08	8:17	
.....	8:01	8:02	8:06	8:08	8:10	8:15	8:19	8:23	8:28	8:37	
.....	8:21	8:22	8:26	8:28	8:30	8:35	8:39	8:43	8:48	8:57	
.....	8:36	8:37	8:42	8:44	8:47	8:53	8:59	9:03	9:08	9:17	
.....	8:56	8:57	9:02	9:04	9:07	9:13	9:19	9:23	9:28	9:37	
9:22	9:28	9:31	9:32	9:37	9:39	9:42	9:48	9:54	9:58	10:03	10:12	
.....	9:46	9:47	9:52	9:54	9:57	10:03	10:09	10:13	10:18	10:27	
.....	10:01	10:02	10:07	10:09	10:12	10:18	10:24	10:28	10:33	10:42	
.....	10:16	10:17	10:22	10:24	10:27	10:33	10:39	10:43	10:48	10:57	
.....	10:31	10:32	10:37	10:39	10:42	10:48	10:54	10:58	11:03	11:12	
10:37	10:43	10:46	10:47	10:52	10:54	10:57	11:03	11:09	11:13	11:18	11:27	
.....	11:01	11:02	11:07	11:09	11:12	11:18	11:24	11:28	11:33	11:42	
.....	11:16	11:17	11:22	11:24	11:27	11:33	11:39	11:43	11:48	11:57	
.....	11:31	11:32	11:37	11:39	11:42	11:48	11:54	11:58	12:03	12:12	
.....	11:46	11:47	11:52	11:54	11:57	12:03	12:09	12:13	12:18	12:27	
.....	12:01	12:02	12:07	12:09	12:12	12:18	12:24	12:28	12:33	12:42	
.....	12:16	12:17	12:22	12:24	12:27	12:33	12:39	12:43	12:48	12:57	
.....	12:31	12:32	12:37	12:39	12:42	12:48	12:54	12:58	1:03	1:12	
.....	12:46	12:47	12:52	12:54	12:57	1:03	1:09	1:13	1:18	1:27	
.....	1:01	1:02	1:07	1:09	1:12	1:18	1:24	1:28	1:33	1:42	
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.....	1:31	1:32	1:37	1:39	1:42	1:48	1:54	1:58	2:03	2:12	



Light rail in Pittsburgh (“the T”)

Bikes on the T

Bikes are allowed on the Port Authority's light rail system – commonly known as the T – at all times in either direction. Riders may load/unload their non-folding bikes at high-platform stations only. [View a light rail system map that identifies high-platform stations.](#)

Two bikes are permitted per light rail vehicle and must be stowed in the designated wheelchair spaces. Persons in wheelchairs have priority over bicycles.

Be sure to hold onto your bike securely while on the T and keep it clear of aisles and doorways. Bicycles must be walked at all times when accessing Port Authority T stations.

Bikes on the Monongahela Incline

Bikes may be brought aboard the Mon Incline's wheelchair-accessible car at all times in either direction. One bike is permitted at a time and must be stowed in the designated wheelchair space. Persons in wheelchairs have priority over bicycles.



https://en.wikipedia.org/wiki/Pittsburgh_Light_Rail

It looks like we won't need to take our bikes on the "T", but they are allowed at all times in either direction.

Pittsburgh Pirates

PNC Park's prime location along the shore of the Allegheny River and adjacent to Federal Street takes advantage of scenic vistas of the downtown skyline and riverfront, as well as pedestrian and riverboat access, creating an exciting and dramatic urban sports venue. It also provides easy access for pedestrians crossing the Roberto Clemente bridge from downtown, as well as those arriving from the riverwalk.

<http://pittsburgh.pirates.mlb.com/pit/ballpark/index.jsp>



On game days the Roberto Clemente bridge is closed to vehicular traffic and spectators can take a short walk from downtown and cross the Allegheny River to PNC Park. The view is fantastic!



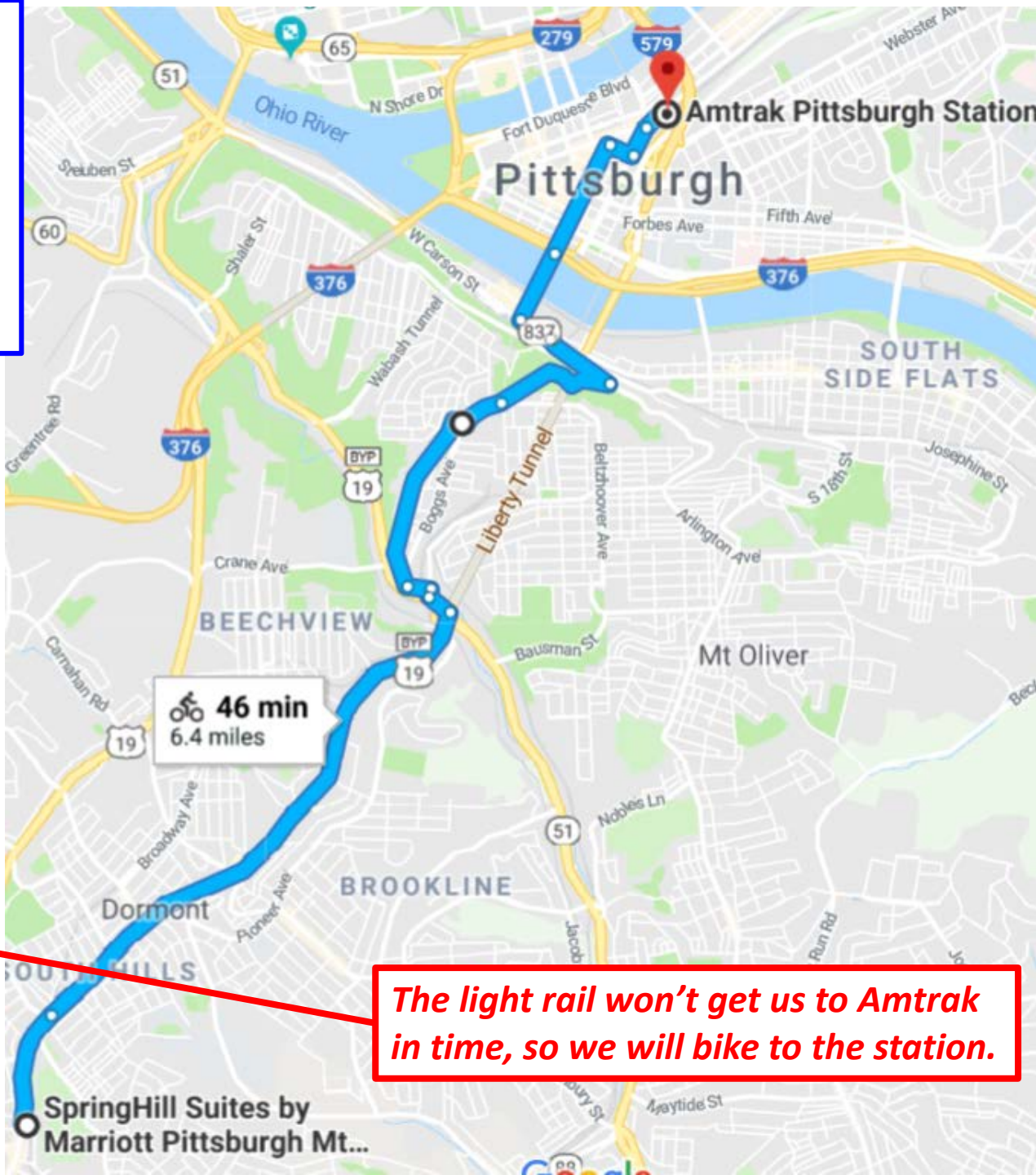
Day 9 – Monday, May 14

- Cycle 6.4 miles from the motel to the Amtrak station in downtown Pittsburgh (too early for light rail). **Start at 3:00am - 3:30am. Bring lights!**
- Take Amtrak from Pittsburgh to Washington DC (Union Station). Eat breakfast on the trail (see details in later slides)
- Cycle 27.3 miles from Union Station to Daryl’s house

Problem: Light rail doesn’t run early enough to get us to the Amtrak station for a 5:20am train. The earliest we could get there is 5:11am. We will cycle there instead.

RED LINE - CASTLE SHA
MONDAY THROUGH

NORTHBOUND											
To Downtown Pittsburgh - North Shore											
Upper Saint Clair South Hills Village (Park and Ride)	Bethel Park Washington Junction (Park and Ride)	Castle Shannon Overbrook Junction	Castle Shannon Castle Shannon (Park and Ride)	Mount Lebanon Mt. Lebanon Station (Park and Ride)	Dormont Dormont Junction (Park and Ride)	Dormont Potomac Station (Park and Ride)	Beechview Fallowfield Station	South Hills Junction Inbound Platform	Station Square Inbound Platform	Downtown Wood St Station Inbound Platform	North Shore Allegheny Station
4:32	4:38	4:41	4:42	4:46	4:48	4:51	4:56	5:02	5:06	5:11	5:20
4:52	4:58	5:01	5:02	5:06	5:08	5:11	5:16	5:22	5:26	5:31	5:40
5:12	5:18	5:21	5:22	5:26	5:28	5:31	5:36	5:42	5:46	5:51	6:00
5:32	5:38	5:41	5:42	5:46	5:48	5:51	5:56	6:02	6:06	6:11	6:20
5:41	5:49	5:53	5:54	5:59	6:01	6:05	6:12	6:18	6:22	6:28	6:37
5:53	6:01	6:05	6:06	6:11	6:13	6:17	6:24	6:30	6:34	6:40	6:49
....	6:17	6:18	6:23	6:25	6:29	6:36	6:42	6:46	6:52	7:01
....	6:29	6:30	6:35	6:37	6:41	6:48	6:54	6:58	7:04	7:13
6:29	6:37	6:41	6:42	6:47	6:49	6:53	7:00	7:06	7:10	7:16	7:25



Cycling back to Daryl and Sandie's house (27.3 miles) after the trip on Amtrak.

Train arrives in Union Station at 1:05pm

Make sure you pay to bring a bicycle when you buy your ticket.

YOUR ITINERARY

[CLEAR CART](#)

\$73.00 USD

► **Monday, May 14, 2018**

Pittsburgh to Washington

5:20 am - 1:05 pm

7 hr, 45 min

30 Capitol Limited ([Amenities](#))

1 Reserved Coach Seat

VALUE

1 Adult \$53.00

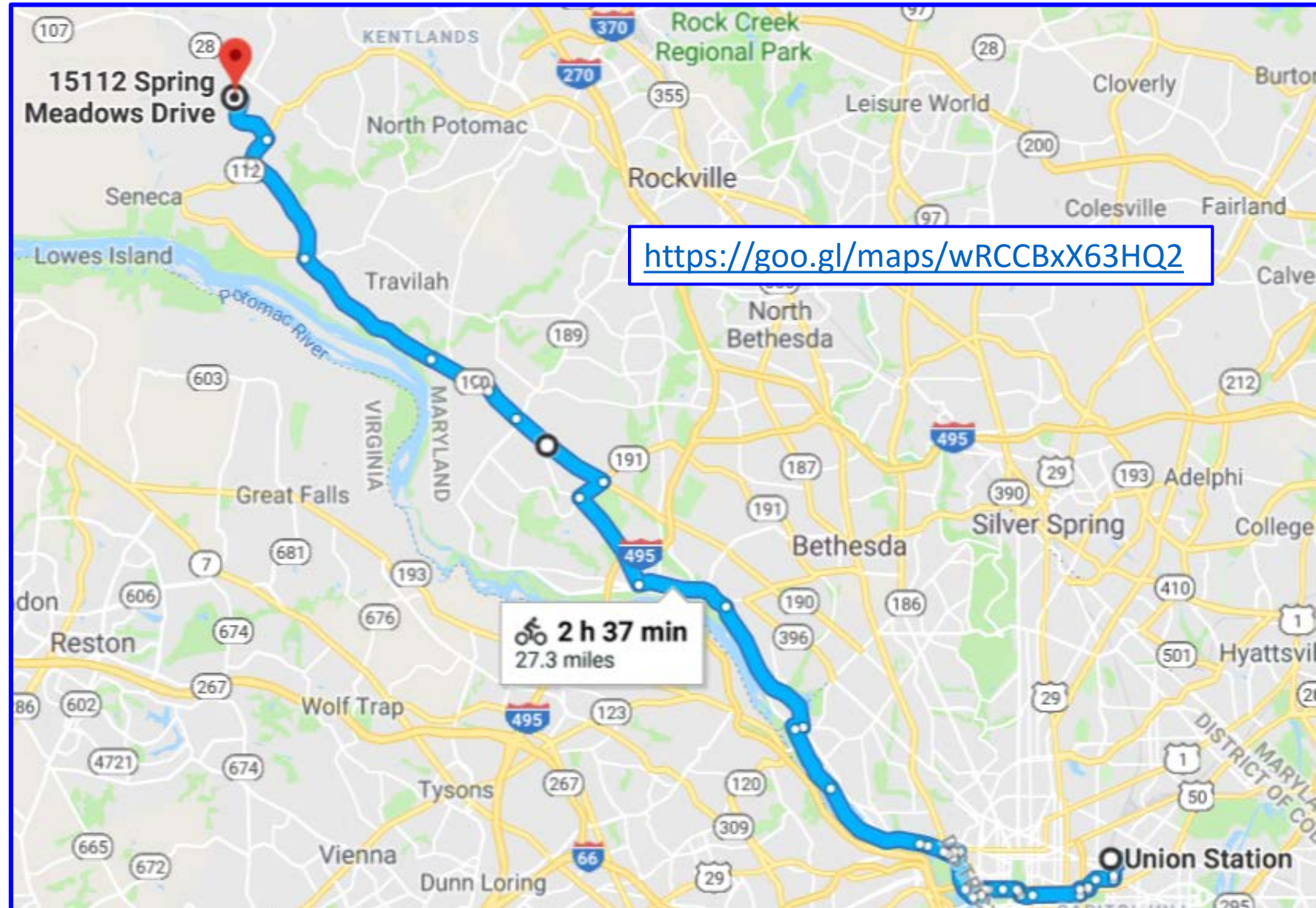
1 Reserved Coach Seat included

Subtotal \$53.00

1 Bicycle \$20.00

[Terms & Conditions](#) **Total \$73.00**

Fares are not guaranteed until we provide you with a reservation confirmation.



Trainside Checked Bicycle Service

Standard full-size bicycles may be transported in bicycle racks located in the baggage car. Passengers are not allowed in baggage cars, so Amtrak personnel will store and secure your bike in the bike racks. Before handing your bicycle to an Amtrak crew member, please remove any large seat/saddlebags, handlebar bags or panniers. These items must be consolidated and either checked or carried with you onto the train. This service is only available at select stations. Advance reservations are required.

Train Name	Number of Spots	Bicycle Reservation Required	Checked Service Available	Bicycle Fee
Amtrak Cascades	10 per train	Yes	Select Stations	\$5
California Zephyr (WIP is unstaffed but will offer bike service)	6 per train	Yes	Select Stations	\$20 or less
Cardinal	6 per train	Yes	Select Stations	\$20
Carolinnian	6 per train	Yes	Select Stations	\$20 or less
Coast Starlight (Limited acceptance at CTL)	6 per train	Yes	Select Stations	\$20 or less
Crescent	6 per train	Yes	Select Stations	\$20
Downeaster (accepted at BRK, POB, WOB and BON stations only on all trains)	8 per train	Yes	No	\$5
Empire Builder (WIN and WGL are unstaffed but will offer bike service)	6 per train	Yes	Select Stations	\$20 or less
Hiawatha (accepted at CHI and MKE only)	15 per train	Yes	Select Stations	\$5
Lake Shore Limited	6 per train	Yes	Select Stations	\$20
Northeast Regional (Trains 65, 66 & 67 only)	6 per train	Yes	Select Stations	\$20
Palmetto	6 per train	Yes	Select Stations	\$20
Pere Marquette (not accepted at BAM)	15 per train	Yes	Select Stations	\$10
Silver Star/Silver Meteor	6 per train	Yes	Select Stations	\$20
Southwest Chief	6 per train	Yes	Select Stations	\$20 or less
Sunset Limited (Not accepted at MBO)	3 per train San Antonio to Los Angeles; 6 per train New Orleans to San Antonio	Yes	Select Stations	\$20 or less
Texas Eagle (Not accepted at MBO)	6 per train	Yes	Select Stations	\$20 or less

Not all Amtrak trains allow bikes and some use different methods:

- **Carry-on Bicycle Service** – You wheel your bike back to a special storage area on double-decker cars and they put them in racks. **We will use this on the Pittsburgh-Washington trip (Capitol Limited line).**
- **Trainside Checked Bicycle Service** – You wheel your bike back to the baggage car. We used this on the Savannah Richmond Trip.
- **Box your bike** - It counts as luggage – available on any train with a baggage car

Carry-on Bicycle Service

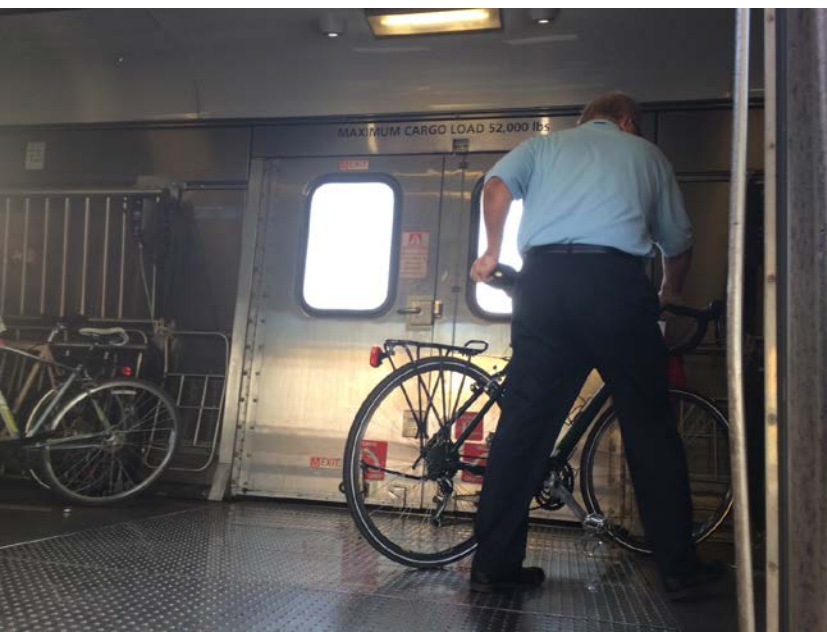
Standard full-size bicycles may be carried on and stored onboard in bicycle racks on these select certain trains.

Specially Designated Spaces Only

Bicycles must be stored in the designated racks within the body of the car. On trains with unreserved carry-on bicycle service, racks are available at a first-come, first-serve basis. When the racks are full, bikes will no longer be accepted onboard.

Train Names	Number of Spots	Bicycle Reservation Required	Checked Service Available	Bicycle Fee
Blue Water (trains 364 and 365 only)	4 per train	Yes	No	\$10
Capitol Corridor	6 per train	No	No	\$0
Capitol Limited	8 per train	Yes	Select Stations	\$20
Downstate Illinois Services	4 per train	Yes	No	\$10
Missouri River Runner	4 per train	Yes	No	\$10
Pacific Surfliner	6 per train	Yes	Select Stations	\$0
Piedmont	6 per train	Yes	No	\$0
San Joaquins	6 per train	No	Select Stations	\$0
Vermont	3 per train	Yes	Select Stations	\$10 between St. Albans and New Haven \$20 between New Haven and Washington, DC

Trainside Checked Bicycle Service – You wheel your bike back to the baggage car and you hand it to a conductor. We used this on the **Richmond-Savannah trip** (*Palmetto line*)



Carry-on Bicycle Service – You wheel your bike back to a special storage area on double-decker cars and they put them in racks. We will use this on the **Pittsburgh-Washington trip** (*Capitol Limited*)



Paul and Alice took the **Capitol Limited** from DC to Chicago and back over the Christmas/New Year break (Dec 2017/Jan 2018).



The seats were spacious and the observation car is great with huge windows offering wonderful views. It was nice being able to move around between our seats, the observation car, the snack car (with booths and table) and the dining car.





Sunrise from the dining car on the way from Pittsburgh to Washington DC.



At one of the stations I asked a conductor where bikes are stored when you purchase a ticket that includes a bike. He showed me the compartment in the upper left photo.



I couldn't see inside the compartment, but I found the other two pictures posted online by people travelling on the Capitol Limited.





The route from Pittsburgh to Washington DC is quite scenic and often follows the Potomac and other rivers. It was beautiful in January with all of the snow and ice. We could spot the C&O Towpath or the Great Allegheny Passage on the other side of the river.

Carrying your gear on the train.

Amtrak allows each passenger two checked bags as well as two carry-on items. On our trip from Savannah to Richmond we thought that we might be able to zip tie panniers together, but the train station attendants said we could not. However, we found a great solution. They will sell you a shipping box for \$5.00 which is probably big enough to hold a couple of panniers along with helmet, water bottles, etc.

Boxes for Checked Baggage Items

Boxes and bags are available for purchase at select stations to help transport some of the items you wish to take with you checked baggage. The number of boxes is limited, so boxes may not always be available. For further assistance, please call [1-800-USA-RAIL](tel:1-800-USA-RAIL).

- Bicycle Boxes: \$15.00 per box
- Ski Bags: \$3.00 per bag
- Shipping Boxes: \$5.00 per box



Breakfast on Amtrak

We should plan to eat breakfast on Amtrak on our trip from Pittsburgh to Washington DC. We board at 5:20am and breakfast is served from 6:30-10:00am. Paul ordered the Continental Breakfast (with oatmeal, of course) below and Alice ordered Scrambled Eggs with bacon as a side. It was quite good with nice windows to watch the scenery.



– BREAKFAST –

- * Scrambled Eggs 8.50**
Two fresh scrambled cage-free eggs served with roasted potatoes or grits and a flaky croissant. (490 ave. cal.) Egg substitute available upon request. (390 cal.)
- Continental Breakfast 8.75**
Choice of Kellogg's brand cereals or hot steel-cut oatmeal with nuts and honey. Served with fresh seasonal fruit, Greek vanilla yogurt and a flaky croissant. (690 ave. cal.)
- Amtrak Signature Buttermilk Pancake Trio 10.50**
Griddled buttermilk pancakes (410 cal.), served with breakfast syrup. (158 cal.)
- * Three Egg Omelet 13.75**
Made to order omelet with green bell pepper and red onion, with your choice of cheddar or Monterey Jack cheese (325 cal.) and a side of tomato salsa (15 cal.). Served with roasted potatoes or grits and a flaky croissant. (290 avg. cal.). \$1.00. Add Guacamole (100 cal.) for an additional \$1.50. Egg substitute available upon request. (195 cal.)
- * Cheese Quesadillas, Eggs & Tomatillo Sauce 13.50**
Two griddled tortillas filled with Monterey Jack cheese, topped with scrambled egg and tomatillo sauce. Served with salsa and a flaky croissant. (985 cal.)
Inspired by ACAT member – Chef Paulette Shane

– CHILDREN'S MENU –

Available for children 12 and under.

- * Scrambled Egg 4.25**
One freshly scrambled egg with roasted potatoes or grits. Served with a flaky croissant. (390 ave. cal.) Egg substitute available upon request. (355 cal.)
- Two Buttermilk Pancakes 7.00**
Flat-top griddled pancake duo (273 cal.) with breakfast syrup. (158 cal.)

– SIDES & TOPPINGS –

- Cheddar or Monterey Jack Cheese (75 ave. cal.) 1.00
- Guacamole (100 cal.) 1.50
- Pork Sausage – 2 Patties (360 cal.) 3.50
- Apple and Maple Chicken Sausage – 2 Links (100 cal.) 3.50
- Applewood Smoked Bacon – 3 Strips (80 cal.) 3.75

Lunch/Dinner on Amtrak

We could also eat lunch on Amtrak as we will not arrive in DC until 1:05pm. Reservations are needed for lunch and dinner, but not for breakfast.

– EXPRESS LUNCH –

Continental Breakfast.....8.75

Choice of Kellogg’s brand cereals or hot steel-cut oatmeal with nuts and honey. Served with fresh seasonal fruit, Greek vanilla yogurt and a flaky croissant. *(690 ave. cal.)*

Romaine & Goat Cheese Salad 12.50

Crispy romaine lettuce with sliced goat cheese, grapes, red onion, almonds, walnuts and pecans. Served with your choice of dressing and a warm roll. *(497 avg. cal.)*
Add grilled chicken breast *(190 cal.)* for an additional \$3.50. *Try our toppings listed below.*

Black Bean & Corn Veggie Burger 12.50

A spiced, full-flavored veggie burger. Served on a toasted bun with lettuce, tomato, red onion, dill pickle, and kettle chips. *(928 cal.)* *Try our toppings listed below.*
Both the burger and the bun are vegan compliant.

Natural Angus Burger 12.50

Grilled antibiotic and hormone-free Angus beef burger. Served on a brioche roll with lettuce, tomato, red onion, dill pickle, and kettle chips. *(1088 cal.)*
Try our toppings listed below.

Garden Salad with choice of dressing *(182 ave. cal.)*.....3.50

Complimentary for Sleeping Car passengers.

– CHILDREN’S LUNCH/DINNER MENU –

Available for children 12 and under.

Hebrew National All-Beef Hot Dog 7.50

Lunch – Served with kettle chips. *(710 cal.)*
Dinner – Served with vegetable medley. *(680 cal.)*

Macaroni and Cheese 7.50

Lunch – Served with a roll. *(610 cal.)*
Dinner – Served with vegetable medley and a roll. *(710 cal.)*

– TOPPINGS –

Cheddar or Monterey Jack Cheese *(75 ave. cal.)* 1.00

Guacamole *(100 cal.)* 1.50

Applewood Smoked Bacon – 2 Strips *(54 cal.)* 2.50

– DINNER –

All dinner entrées are served with a dinner roll. (100 Cal.)

*** Land & Sea** 39.00

Cooked to order signature Black Angus flat iron steak with optional Béarnaise sauce, paired with a premium crab, shrimp and scallop cake. Served with vegetables and your choice of baked potato, mashed potatoes or wild rice pilaf. *(835 ave. cal.)*

*** The Amtrak Signature Steak** 25.00

Grilled to order, USDA Choice Black Angus flat iron steak with optional Béarnaise sauce. Served with a baked potato and sour cream with green beans. *(675 cal.)*
Enjoy this dish with a glass of Cabernet Sauvignon or Merlot.

Griddle Seared Norwegian Salmon 23.00

Seared Norwegian Salmon fillet with sauce of the day - ask your server. Served with green beans and wild rice pilaf. *(565 avg. cal.)*
Enjoy this dish with one of our chilled white wine selections or a regional craft-brewed beer.

ACAT Inspired Special – Limited Availability

Chef Jamie Bissonnette’s Indian Spiced Shrimp Biryani *(480 cal.)*
with spiced rice, cauliflower, chick peas, ginger, raisins, cashews and peas 23.00

Thyme Roasted Chicken Breast 18.50

Thyme seasoned chicken breast served with mashed potatoes and vegetable medley. Served with a complimentary sauce. *(588 avg.cal.)*
Enjoy this dish with a glass of crisp Chardonnay.

Butternut Squash Risotto 17.50

Italian inspired creamy Arborio rice dish with butternut squash, topped with petite green beans and cherry tomato halves, dusted with Parmesan cheese. *(590 cal.)* The risotto can also be topped with an optional chicken breast *(190 cal.)* for an additional \$3.50.
Enjoy this dish with a glass of crisp Pinot Grigio.

**** Vegetarian Pasta**..... 16.50

Rigatoni pasta served al dente with oven roasted tomatoes, mushrooms, peas and vegan soy sausage. *(500 cal.)* This selection is vegan compliant and also a healthy option for those seeking bold flavors with reduced calories, fat and sodium.

Garden Salad with choice of dressing *(182 ave. cal.)*..... 3.50

Complimentary for Sleeping Car passengers.

– DESSERTS –

No Sugar Added Vanilla Pudding2.75

Designed to appeal to those seeking a gluten-free, lower calorie dessert. *(90 cal.)*

Specialties6.50

Select from chocolate raspberry tart *(460 cal.)* with whipped cream or a creamy Greek yogurt cheesecake with cinnamon graham cracker crust. *(335 cal.)*
An autumn pumpkin cheesecake with cinnamon graham crust and whipped cream *(340 cal.)* will be a seasonal selection.

Amtrak Signature Dessert 7.25

Southern pecan tart with whipped cream. *(640 cal.)*

Cheese, Fruit & Nut Plate7.50

Sliced goat cheese, grapes, cheddar and assorted nuts. *(420 cal.)*

– BEVERAGES –

Milk 2% or Soy 2.25

Coffee, Tea Regular or Decaffeinated 2.25

Iced Tea 2.25

Juice Apple, Orange, or Cranberry 2.25

Pepsi Soft Drinks Regular or Diet Soda..... 2.25

Bottled Water..... 2.25

Reservations in the Dining Car

Passengers are asked to **make reservations for lunch and dinner**. Reservations are taken in 15-minute increments for a more pleasant dining experience, assuring passengers of receiving quality service from Amtrak staff and preventing the Dining Cars from becoming overcrowded during peak meal times.

After boarding, a dining car staff member will go through the train asking passengers to select a preferred time for dining. Reservations are taken during each meal's service hours, except for breakfast. Passengers will be seated as they present themselves at the dining car. If the dining car is full, names will be taken, and passengers will be called in order from the lounge.

Below are the normal service and reservation hours. Exceptions apply to certain trains.

Meal	Service & Reservation Hours	Latest Boarding Time to Receive Dining Service
Breakfast	6:30 am - 10 am (No Reservations)	9:30 am
Lunch	11:30 am - 3 pm	2:30 pm
Dinner	5 pm - 9:30 pm	8:30 pm

Snack Car

Items vary, but typically include:

- Refreshments
- Sandwiches
- Hot dogs
- Fruit cups
- Cheese/cracker trays
- etc

Taking Amtrak on Tuesday, May 15 instead of Monday, May 14

Since the Capitol Limited only allows 8 bikes per train and we could have a dozen or more cyclists, some of us could wait until Tuesday, May 15, to catch the next train. Rather than waiting in Pittsburgh, we could cycle to the next stop on the Capitol Limited, which is in Connellsville, PA (60 miles).

There is a hotel fairly close to the train station: Cobblestone Hotel and Suites (\$89.99 for two double-beds, AAA rate)

<http://www.staycobblestone.com/pa/connellsville/>

<https://goo.gl/maps/fxTujZBSKzM2>

