

Trail Details

GAP Great Allegheny Passage

150 miles from Pittsburgh (mm149) to Cumberland (mm 0)

<https://gaptrail.org/>

MAP:

<https://www.ohiopyletradingpost.com/documents/GAP-Map.pdf>

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

WMRT Western Maryland Rail Trail

26 miles from Little Orleans (mm 27.5) to Big Pool (mm 0)

near Fort Frederick State Park

<https://www.westernmarylandrailtrail.com/>

<http://bikewashington.org/trails/wmrt/wmrt.htm>

Map:

<https://www.westernmarylandrailtrail.com/full-map>

C&O Chesapeake and Ohio Canal Tow Path

184.5 miles from Cumberland mm 184.5) to Washington DC (mm 0)

Map:

<https://www.nps.gov/choh/planyourvisit/upload/CHOHmap-full-140922-v7-accessible.pdf>

W&OD Washington and Old Dominion Rail Trail

45 miles from Purcellville (west of Leesburg)

to Shirlington (Near Arlington and Alexandria)

NoVa Parks Web Site (North Virginia)

<https://www.novaparks.com/parks/washington-and-old-dominion-railroad-regional-park>

Map:

<https://www.novaparks.com/sites/default/files/maps/WODMap.pdf>

Custis Custis Memorial Parkway (aka Martha Custis Trail)

4.5 miles from Shirlington to Rosslyn (Arlington)

<http://bikewashington.org/trails/wad/custis.htm>

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

<https://www.arlingtonva.us/Government/Departments/Parks-Recreation/Locations/Off-street-trails#section-4>

Map:

<https://www.bikearlington.com/wp-content/uploads/2023/01/Bike-Map-2021-FINAL-2.pdf>

May 2023 Trip Route Details on RideWithGPS

https://ridewithgps.com/collections/1981154?privacy_code=UAHMQRFIG5JeJH2Y