



GREAT ALLEGHENY PASSAGE (GAP) TRAIL

150 MILES

KEY

- GAP TRAIL
- TRAIN
- FOOD
- ICE CREAM
- MARKET
- COFFEE
- BEER
- OUTDOORS
- CULTURE
- LODGING
- TRAILHEAD
- BIKE SHOP
- AMTRAK

HIGHLIGHTS

- GAP MILE 150- POINT STATE PARK **A**
- GAP MILE 150- THREE RIVERS HERITAGE TRAIL **B**
- GAP MILE 146- HOT METAL BRIDGE **C**
- GAP MILE 140- CARRIE FURNACES **D**
- GAP MILE 71- FALLINGWATER **E**
- GAP MILE 71- OHIOPLYE FALLS **F**
- GAP MILE 52- PINKERTON HIGH/LOW BRIDGES & TUNNEL **G**
- GAP MILE 34- SALISBURY VIADUCT **H**
- GAP MILE 31- BOLLMAN BRIDGE **I**
- GAP MILE 30- KEYSTONE VIADUCT **J**
- GAP MILE 24- EASTERN CONTINENTAL DIVIDE **K**
- GAP MILE 22- BIG SAVAGE TUNNEL **L**
- GAP MILE 21- MASON DIXON LINE **M**
- GAP MILE 6- BRUSH TUNNEL **N**
- GAP MILE 2- CUMBERLAND NARROWS **O**

AMTRAK STATIONS*

- GAP MILE 150- PITTSBURGH **T**
- GAP MILE 88- CONNELLSVILLE, PA **T**
- GAP MILE 0- CUMBERLAND, MD **T**

*roll bike onto Amtrak's Capitol Limited route for \$20



View full GAP and C&O guide by scanning this code with your phone



EATS & DRINKS

- COFFEE**
- 1 GAP MILE 32- GI DAYROOM COFFEE, Meyersdale
- BEER**
- 2 GAP MILE 71- FALLS CITY PUB, Ohioople
- MARKETS**
- 3 GAP MILE 88- MARTIN'S MARKET, Connellsville
- ICE CREAM**
- 4 GAP MILE 71- FALLS MARKET GENERAL STORE, Ohioople
- RESTAURANTS**
- 5 GAP MILE 150- BLUEBIRD KITCHEN, Pittsburgh
- 6 GAP MILE 114- THE TRAILSIDE, West Newton
- 7 GAP MILE 71- OHIOPLYE HOUSE CAFE, Ohioople
- 8 GAP MILE 62- LUCKY DOG CAFE, Confluence
- 9 GAP MILE 16- EL CANELO, Frostburg

LODGING*

- 10 GAP MILE 150 - SOUTH SIDE TRAVELER'S REST, Pittsburgh
- 11 GAP MILE 88 - POLYMATH PARK, Acme
- 12 GAP MILE 32 - YODER'S GUEST HOUSE, Meyersdale

BIKE SHOPS

- 13 GAP MILE 114- WEST NEWTON BICYCLE SHOP, West Newton
- 14 GAP MILE 88 - BIKES UNLIMITED, Connellsville
- 15 GAP MILE 62- CONFLUENCE CYCLERY, Confluence

*for more lodging options, use your phone to take a photo of the green QR code

185 MILES

CHESAPEAKE & OHIO (C&O) CANAL TOWPATH

bikabout.com
WANDER BY BIKE
MORE ROUTES ONLINE



- C&O TOWPATH
- WESTERN MD RAIL TRAIL
- TRAIN

KEY



FOOD



BEER



OUTDOORS



CULTURE



LODGING



TRAILHEAD



BIKE SHOP



FERRY



AMTRAK

HIGHLIGHTS

- C&O MILE 156- PAW PAW TUNNEL **A**
- C&O MILE 136-114- WESTERN MARYLAND RAIL TRAIL **B**
- C&O MILE 84-89- BIG SLACKWATER **C**
- C&O MILE 61- HARPERS FERRY **D**
- C&O MILE 61- WINCHESTER & POTOMAC RAILROAD BRIDGE **E**
- C&O MILE 36- WHITE'S FERRY **F**
- C&O MILE 14- GREAT FALLS PARK **G**
- C&O MILE 3- CAPITAL CRESCENT TRAIL **H**
- C&O MILE 0- NATIONAL MALL **I**
- C&O MILE 0- PENNSYLVANIA AVENUE **J**

AMTRAK STATIONS*

- C&O MILE 185- CUMBERLAND, MD **T**
 - C&O MILE 73- MARTINSBURG, WV **T**
 - C&O MILE 61- HARPERS FERRY, WV **T**
 - C&O MILE 0- WASHINGTON, DC **T**
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EATS & DRINKS

BEER

- 1** C&O MILE 185- NINER'S CANAL PUB, Cumberland

RESTAURANTS

- 2** C&O MILE 185- EL JINETE, Cumberland
- 3** C&O MILE 185- RISTORANTE OTTAVIANI, Cumberland
- 4** C&O MILE 141- BILL'S PLACE, Little Orleans
- 5** C&O MILE 124- BUDDYLOU'S, Hancock
- 6** C&O MILE 100- DESERT ROSE CAFE, Williamsport
- 7** C&O MILE 73- BLUE MOON CAFE, Shepherdstown
- 8** C&O MILE 73- DOMESTIC RESTAURANT, Shepherdstown
- 9** C&O MILE 61- THE ANVIL RESTAURANT, Harpers Ferry
- 10** C&O MILE 61- BISOU BISTRO, Harpers Ferry
- 11** C&O MILE 55- A BETTER CHOICE BAKERY & MARKET, Brunswick
- 12** C&O MILE 55- BEANS IN THE BELFRY, Brunswick
- 13** C&O MILE 12- OLD ANGLER'S INN, Potomac
- 14** C&O MILE 0- DBGB, Washington

LODGING*

- 15** C&O MILE 155 - WRENWOOD INN, Paw Paw
- 16** C&O MILE 124 - AMERICA'S BEST VALUE INN, Hancock
- 17** C&O MILE 61- THE TOWN'S INN, Harpers Ferry
- 18** C&O MILE 0- FAIRMONT DC, Washington

BIKE SHOPS

- 19** C&O MILE 125- C&O BICYCLE, Hancock
- 20** C&O MILE 73- SHEPARDSTOWN PEDAL & PADDLE, Shepherdstown
- 21** C&O MILE 61- MOBILE BIKE REPAIR, Harpers Ferry

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WASHINGTON