



The Inn on Decatur Mountainside Bike Tours
108 Decatur Street
Cumberland MD 21502
301-722-4887 240-727-7039

National Down Syndrome Convention Pedal
July 15 - July 20, 2012

Meyersdale PA to Cumberland MD July 15, 2012 (Sunday): (32 miles) meet at the Train Station at the Meyersdale Great Allegheny Passage Trail Head (TTBD)...a continental **breakfast** buffet and a briefing will be provided; the first eight miles will be a gradual uphill opening up to expansive views at the Continental Divide where an effortless downhill to Cumberland will be enjoyed; **lunch** will be with John and Beth Saylor at the Trail Inn in Frostburg...catch of glimpse of the 1913 Baldwin Steam Engine of the Western Maryland Scenic Railroad; arrive in Cumberland where you will **lodge** at the Fairfield Inn and Suites at Canal Place in Cumberland; tonight **dinner** will be at the Crabby Pig

Cumberland MD to Little Orleans MD July 16, 2012 (Monday): (42 miles) **Breakfast** will be at the Fairfield Inn, I will pack for you my "Hit the Trail" **lunches**; you will start today's journey on the C&O Canal; a packed dirt trail with some pot holes and roots; tonight you **lodge** in Little Orleans at an amazing B&B, Town Hill Inn (circa 1916) sitting atop a mountain with a view of three states (MD, WV & PA); the Innkeepers will **shuttle** you up the mountain where you will enjoy a homestyle gourmet **dinner** followed by the serenity of this wonderful setting.

Little Orleans, MD to Williamsport MD July 17, 2012 (Tuesday): (40 miles) A **gourmet breakfast** will be prepared by Donna; shuttle back to the towpath...alternative 22 miles of the journey on the paved Western Maryland Rail Trail**;
lunch will be in the town of Hancock at Weaver's Restaurant; great pies; tonight you will **lodge** at the Red Roof Inn in Williamsport; dine on your own in town Williamsport

Shepherdstown, WV July 18, 2012 (Wednesday) : (27 + 5 roads of road detour*); breakfast on your own (we suggest the Waffle House); stop by the Desert Rose Café to pick up you **lunches** for today's picnic, tonight you will **lodge** in the town of Shepherdstown at the World Class Bavarian Inn...this evening you will dine on your own in the town of Shepherdstown, I can make plenty of suggestions

Shepherdstown, WV to Leesburg, VA July 19, 2012 (Thursday): (37 miles) **Breakfast** at the Bavarian Inn; just 12 trail miles from Shepherdstown, Harper's Ferry awaits you; the place of John Brown's Raid; you may want to consider a visit (I do have a guide who can do a nice walking tour if you wish); today's **lunch** will be at Beans in the Belfry in the railroad town of Brunswick; at White's Ferry, take the last remaining ferry across the Potomac River (at one time there where 100's of ferries); this night you will **lodge** at the Best Western; **dinner** will be at The Blue Ridge Grill.

Leesburg to Washington July 20, 2012 (Friday): (35 miles) **Breakfast** at you place of lodging...on to DC; at Great Falls you can experience a Canal Boat ride pulled by mules; there is also a concession stand at Great Falls where you can grab lunch on your own

This package includes
5 nights lodging, 5 breakfasts, 5 lunches, 3 dinners
(Includes taxes and gratuities)
Meal plan includes entrée, beverage, appetizer and dessert
\$862
Per person/double occupancy

*once we determine how you want to handle you transportation needs...if needed, we can shuttle your guests around the 5 mile of road detour

**the Western Maryland Rail Trail is a 22 mile paved trail that runs parallel to the C&O Canal; this allows for a nice rest from the towpath and can create a greater ease on the higher mileage day of the your tour