

Cruise on the Bike

SINGLETRACK MOUNTAIN BIKING



ROCKY GAP STATE PARK - LAKESIDE LOOP

13.1 miles from River Mountain

(240) 357-4404

12900 Lake Shore Dr, Flintstone, MD 21530

<https://dnr.maryland.gov/publiclands/Pages/western/rockygap.aspx>

Open Daily 7AM - SUNSET

\$2 per Maryland Vehicle, \$4 per Non-MD Vehicle

The Lakeside loop is a maintained, 5.2 mile loop around the lake at Rocky Gap State Park. Mostly single track loop with a few short gravel or paved sections. Not overly technical but can get tight in spots. Fun ride nonetheless and a good spot to take beginners.

ALLEGRIPPIS TRAIL SYSTEM AT RAYSTOWN LAKE - BUILT BY IMBA

52.7 miles from River Mountain

Bakers Hollow Rd, Hesston, PA 16647

<https://www.raystown.org/things-to-do/allegrippis-trails-at-raystown-lake>

36 miles of Singletrack - Designed by mountain bikers and built by the International Mountain Bicycling Association, the Allegrippis Trails at Raystown Lake is a premier single-track mountain biking trail system located in the Eastern United States.

The Allegrippis Trails are arranged as stacked loops, giving the user the opportunity to plan a route as short or as long as they would like. There are nearly endless combinations, so even riders who come back time after time have the opportunity to use a new route each time.

Share your adventures with us! Tag us on insta @RiverMountain

**River
Mountain**

Cruise on the Bike

BIKE PATHS - GRAVEL + PAVED



C+O CANAL TOWPATH DOWNTOWN CUMBERLAND, MD

22.7 miles from River Mountain

14 Howard St, Cumberland, MD 21502 (Cumberland Trail Connection near Path)

The Chesapeake and Ohio Canal Towpath (C+O Canal and GAP Trail) is a paved pathway that goes all the way from Pittsburgh to DC. Take a day cruise along this bike path by accessing it in downtown Cumberland, MD. Park near the local bike shop, Cumberland Trail Connection, located right next to the trail, and stop in for trail updates, route questions, rentals, and gear.

SHAWNEE STATE PARK LAKESHORE TRAIL

24.1 miles from River Mountain

(814) 733-4218

132 State Park Road, Schellsburg, PA 15559

<https://www.dcnr.pa.gov/StateParks/FindAPark/ShawneeStatePark/Pages/default.aspx>

Open Daily, Sunrise to Sunset

The Lakeshore Trail is a 3.2 mile loop around part of Shawnee Lake. It is mostly gravel with sections on the road in the bike and walking lane of the state park. Park entry is free. The easiest access to the trail is to park at Picnic Area #2, shown on the Shawnee State Park map.

Share your adventures with us! Tag us on insta @RiverMountain

**River
Mountain**

Cruise on the Bike

BIKE RENTALS



CUMBERLAND TRAIL CONNECTION

22.7 miles from River Mountain

(301) 777-8724

14 Howard St, Cumberland, MD 21502

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

Open Daily 9AM - 6PM

Cumberland Trail Connection is near the C&O Canal and GAP Trail, a “bucket list” item for most. Their proximity to the path makes them the ideal shop for shuttles and road-side assistance if biking from Pittsburgh to DC, or anywhere in between! Please call ahead to reserve a bike rental.

FAT JIMMY'S OUTFITTERS

15.1 miles from River Mountain

(814) 624-3415

109 Railroad St, Bedford, PA 15522

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

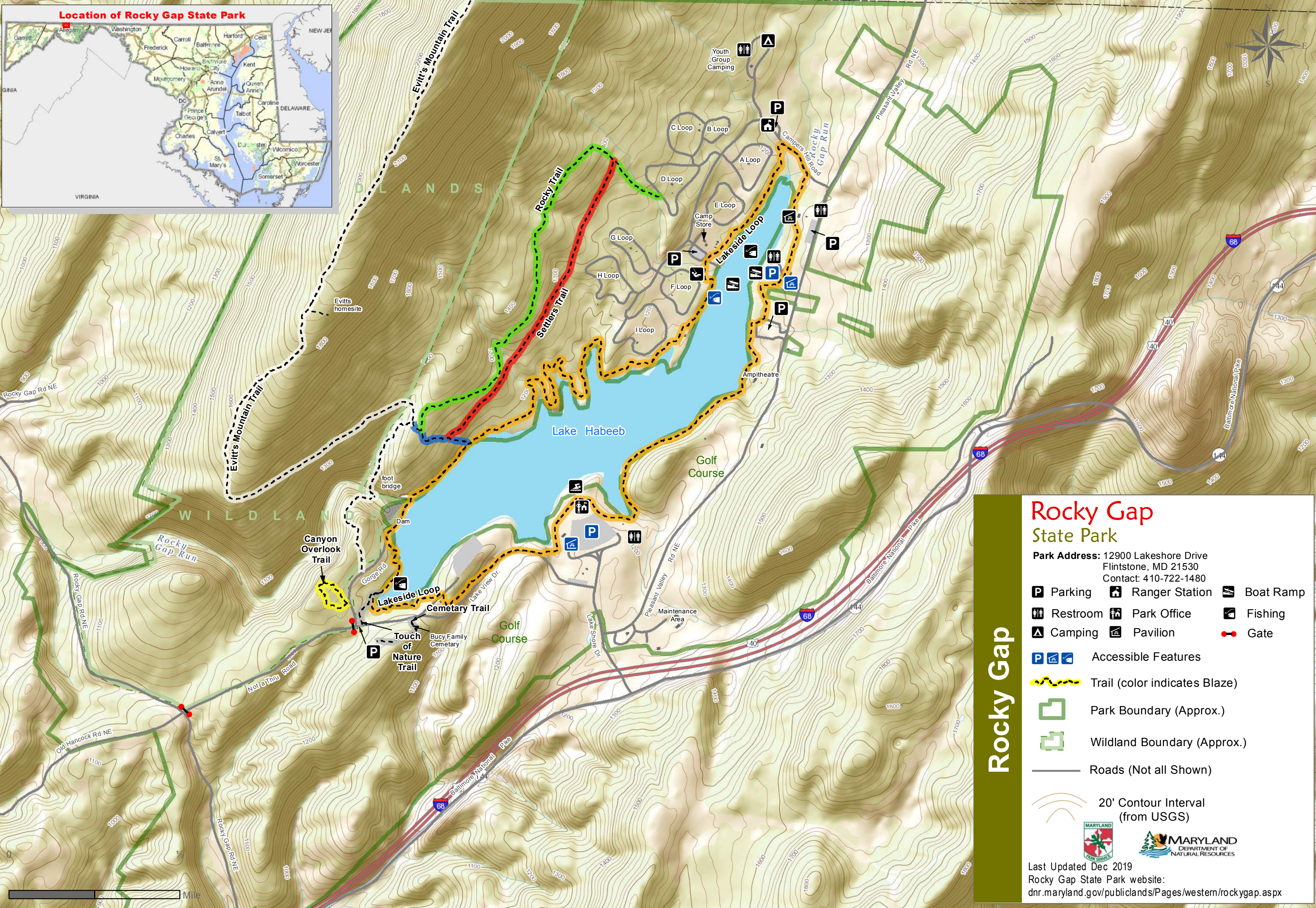
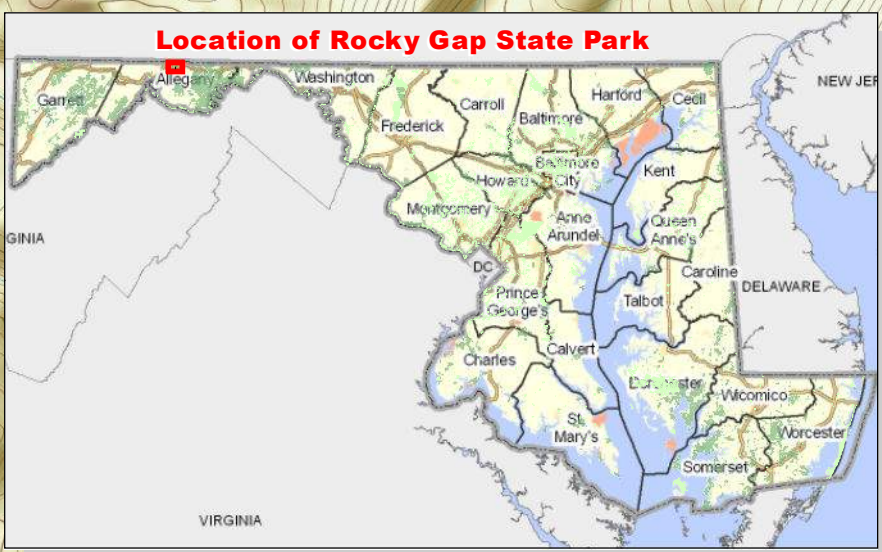
Saturday 9AM - 2PM // Monday, Wednesday, Thursday Friday 10AM - 4PM //

Sunday + Tuesday closed

Bike rentals and a scenic bike ride through downtown Bedford and along the Juniata River. All paved or crushed gravel trails.

Share your adventures with us! Tag us on insta @RiverMountain

**River
Mountain**



Rocky Gap State Park

Park Address: 12900 Lakeshore Drive
Flintstone, MD 21530
Contact: 410-722-1480

- | | | |
|----------|----------------|-----------|
| Parking | Ranger Station | Boat Ramp |
| Restroom | Park Office | Fishing |
| Camping | Pavilion | Gate |

- Accessible Features
- Trail (color indicates Blaze)
- Park Boundary (Approx.)
- Wildland Boundary (Approx.)
- Roads (Not all Shown)

20' Contour Interval
(from USGS)



Last Updated Dec 2019
Rocky Gap State Park website:
dnr.maryland.gov/publiclands/Pages/western/rockygap.aspx

Get Out...Get Fit...Get on the Trails!



Allegrippis trails raystown lake



there's more



than one way

Grab your family and friends and head out on the Allegrippis Trails for outdoor fun and adventure.

With more than 32 miles of trails, you'll find plenty of space to hike, bike, and so much more all year long.



The Allegrippis Trail system at Raystown Lake is made up of 24 trail segments designed in stacked loops. That means it's easy to choose a trail that's as short or as long as you would like, with endless combinations for exploring.



Choose your favorite means of transportation and enjoy the natural beauty of the Raystown Lake area.

- Walking, jogging, running and hiking
- Mountain biking
- Cross-country skiing and snowshoeing
- Fishing and hunting
- Birdwatching
- Nature photography

Trail development occurred under the direction of the Friends of Raystown Lake. The Friends vast partnership effort included the Appalachian Regional Commission, Pennsylvania Department of Conservation and Natural Resources, US Army Corps of Engineers, and Southern Alleghenies Planning and Development Commission. Huntingdon County Visitors Bureau, Huntingdon County Business and Industry, Pennsylvania Conservation Corps, Youth Forestry Camp #3, and the Raystown Mountain Biking Association also participated in the partnership effort. Finally, hundreds of volunteers augmented the professional construction services of the International Mountain Bicycling Association.



For more information on where to play, stay, and eat contact the:

Huntingdon County Visitors Bureau
1-888-RAYSTOWN • www.raystown.org



to travel a trail...



Enjoy the fun and adventure



Have a Safe Trip!

You'll have the most fun on the trail when you know you'll stay safe.

- Use sunscreen and insect repellent
- Wear proper gear for your activity
- Wear orange during hunting season
- Dress for the weather
- Choose a trail that suits your abilities
- Have a trail buddy
- Watch for other adventurers at sharp turns
- Keep an eye on children
- Don't wear headphones



Miles to Allegrippis Trails:

New York City – 270 miles, West
Pittsburgh, PA – 130 miles, East
Harrisburg, PA – 100 miles, West

Washington, DC – 145 miles, North
Baltimore, MD – 130 miles, North
Philadelphia, PA – 199 miles, West
State College, PA – 45 miles, South

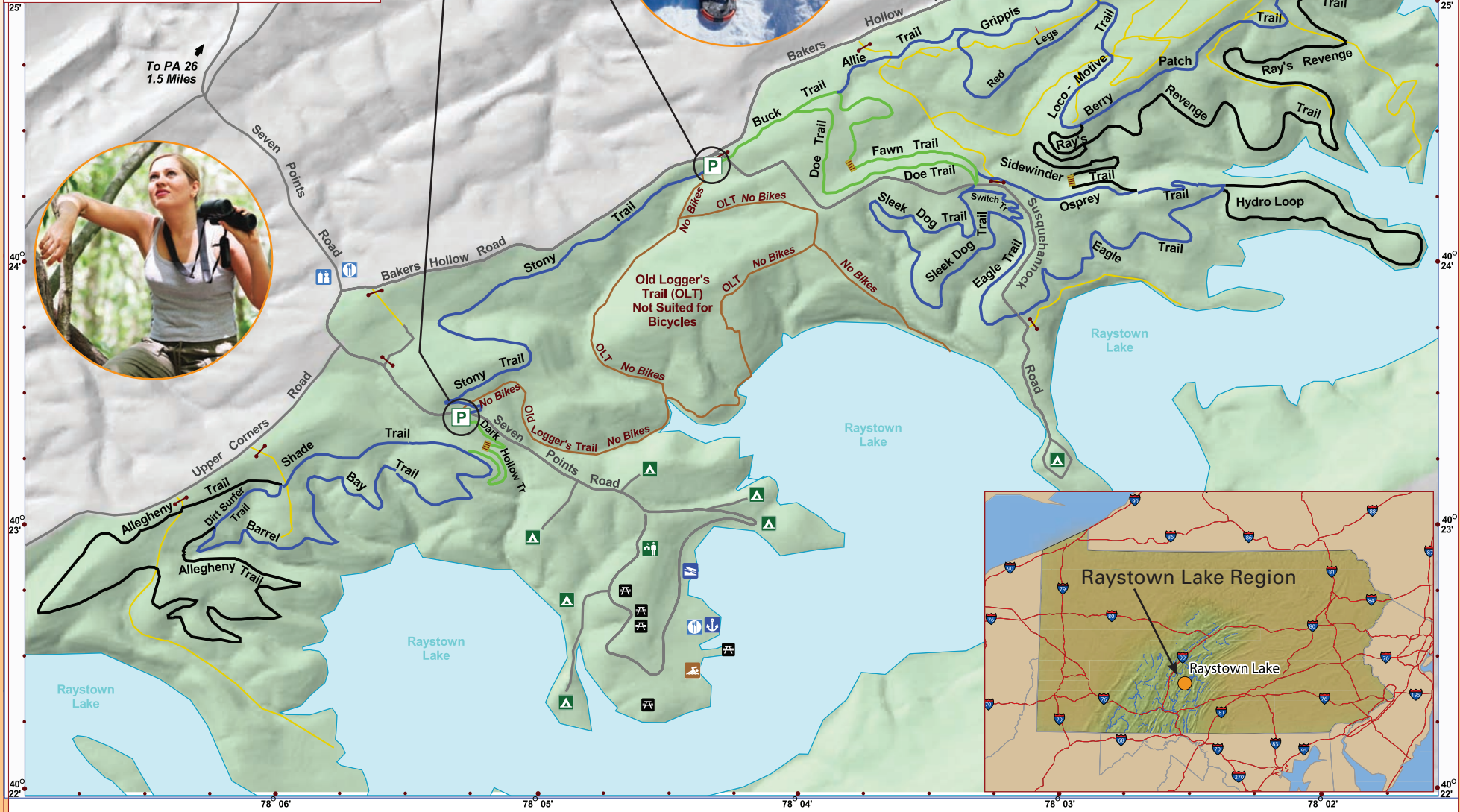


Support the Trail... The Allegrippis Trails System is maintained and made available to the public by the Friends of Raystown Lake through donations and support from users and others interested in opportunities at Raystown Lake. If you would like to donate, participate, join, or receive information please contact The Friends of Raystown Lake, PO Box 87, Hesston, PA 16647 or call 814-658-3405, extension 4-1.

A detailed Allegrippis Trails map is available for purchase at the Seven Points Visitors Center. Proceeds benefit the Friends of Raystown Lake.

Allegrippis trails

- Trailhead With Parking
- Locked Gate (Some Opened Seasonally)
- Easiest Trail
- Moderate Trail
- Most Difficult Trail
- Stream Crossing
- COE Service Roads



Access the Allegrippis Trails at the main trailhead along **Baker's Hollow Road** just before Susquehannock Campground or along **Seven Points Road** just past the Campground check-in building.

Trail ratings of "easiest", "moderate", and "most difficult" give all users a good idea of what challenges to expect. These ratings only apply to the trails in the Allegrippis Trails system, they should not be compared to other trails or their difficulties.



C&O Canal Towpath

