



The Baltimore Walking Club, AVA 0418
 Present
**Memorial Day Weekend Walks in
 Mountain Maryland**

History, Museum, Veteran Memorials, Railroad, River, and
 Historic Churches Walks in Allegany County



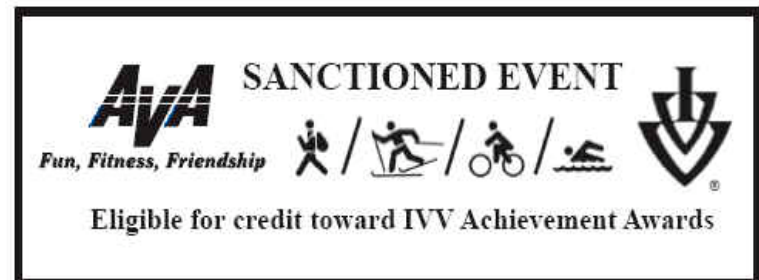
Directions to Cumberland, Maryland:

From Baltimore and Washington: Take I-70 West past Frederick and Hagerstown to I-68 near Hancock. Follow I 68 West into Cumberland. Take the Downtown Exit (43C) and turn left at the bottom of the ramp (stop sign). Go straight ahead (traffic light) and into the Western Maryland Station Square parking lot. The entrance of the lot is at the intersection of Harrison and South Mechanic Streets. Parking is free for customers of the Western Maryland Scenic Railroad and Shops at Canal Place using token available at these businesses. The start-point at Crabby Pig Restaurant is on the corner. Allow 2.5 to 3 hours from Baltimore or Washington.

From Pittsburgh: Take I79 south to Morgantown, West Virginia and then I-68 East to Cumberland past Frostburg. Take the Downtown Exit (43 C) and turn left at the bottom of the ramp (stop sign). Go left at the next traffic light across from the Holiday Inn. Go straight ahead (traffic light) and into the Western Maryland Station Square parking lot. The start-point at Crabby Pig Restaurant is on the corner. Follow above. Allow 2.5 to 3 hours from Pittsburgh.

Two 6.2 Mile (10 Km) and Three 3.1 Mile (5 Km)
 Walks Rated 2+

Saturday, May 29 through Monday, May 31, 2010
 Beginning at the Crabby Pig Restaurant, C & O Canal Place
 Cumberland, Maryland



Dates: Saturday, May 29 through Monday, May 31, 2010

Event Numbers: 84269 and 84270

Sanctioned by: The American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and the Maryland Volkssport Association (MVA).

Start/Finish Location: Registration for all walks will be at the Crabby Pig Restaurant, 14 Howard St, Cumberland 21502-3098, 301-724-7472 at Canal Place. Directions to get to walk starts will be available there. Located near the Canal Place Picnic Grove by the Western Maryland Station Visitor's Center and C& O Canal Museum. Look for the fountain and statue of the boy and his mule.

Start/Finish Times: Start anytime between 8 AM and 1 PM. Participants must complete the walk by 4 PM.

Distances and Rating: Three 3.1 mile (5 Km) and two 6.2 mile (10 Km) walks rated 2+.

Fees: This event is open to the public and free without AVA credit. AVA credit is \$3.00 per walker. A trail can be walked a 2nd time on one start card for 1 fee.

Registration for connecting YRE's will be available at this event. There will be access to C & O Canal, Great Allegheny Passage, and Frostburg YRE's

Conditions: All are welcome to participate but must register at the start, carry a start card on the walk, and turn it in upon completing the walk. Children under 12 must be accompanied by an adult during the entire walk. All Volkssport participants must sign the disclaimer. A parent or guardian must sign a special athletic waiver for children 17 years old and under before they may participate in a Volkssport event. Children under 12 always walk free at Baltimore Walking Club events. The events will be held in all reasonable weather conditions. If in doubt, contact the persons listed below. Pets are welcome but must be leashed during the entire walk, and cleaned up after according to city regulation.

Disclaimer: Neither the sponsors of these events nor the start/finish location owners can be held responsible for any lost or stolen items,

accidents or injuries that might occur. Every reasonable effort has been made to assure safe and enjoyable trails.

Description of the Events:

Cumberland, the Queen City of the Alleghenies, gained prominence in the 1830's when the B & O railroad and C & O canal competed for trade to open the west. Start your walk at the terminus of the Chesapeake & Ohio Canal where coal was loaded for the journey to Georgetown and manufactured goods were unloaded for the growing communities of Allegany County. Don't miss the National Park Service Visitor's Center and museum. Add an YRE along the C & O Canal Towpath, if you wish. Walk up historic Washington Street to see the churches, court house and large homes of the merchants, bankers, and magnates of the railroad and canal. Walk through downtown, interesting residential areas, and parks. (Reserve a ride on the scenic W MD railroad.)

Drive west on the National Road (Rt. 40), which parallels the Western Maryland Railroad through the scenic Narrows, a natural passage in the mountains. Head north on Rt. 36 to Mt. Savage for a forest and meadow walk at Evergreen Center and see where the first iron rails in the US were made. Proceed on Rt. 36 to Frostburg for an optional YRE in town or an YRE along the Great Allegheny Passage, which now connects to the C & O Canal Towpath. (You can also reach Frostburg via Rt. 40 through LaVale.) Travel south on route 36 through the George's Creek Valley along the Coal Heritage Route. Take a side trip in Midland to Dan's Rock, over 3,000 feet for a breathtaking view of Maryland, Pennsylvania and West Virginia. Travel through quaint small towns that supplied the highest grade of bituminous coal in the world until the early 1900's. Known as the *Best Dressed Miners*, the Scots, Irish, and Welsh who settled the towns were described as "moral, industrious, thrifty, hardworking, and intelligent." Walk in Lonaconing, visiting the Iron Furnace and see where iron ore was discovered before the Big Vein of coal that was the backbone of the economy from the 1840's through the 1950s. Stop in Westernport for another walk at the confluence of George's Creek and the South Branch of the Potomac River where coal was loaded on barges or into railroad cars to go to the C & O Canal. Check out the railroad museum. Finally, return to Cumberland along Route 220 through the beautiful Potomac Valley with its farms, communities, and industries. Accommodations, food and shopping are available in Cumberland, La Vale and Frostburg. Food is available in Lonaconing and Westernport.

For More Information Contact:

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