

0.0	 	Rocky Gap Resort, Flintstone, MD
0.0		Start: Rocky Gap State Park
0.1		R Lake Shore Dr/SS/T
0.1		BR tro Lake Shore Dr
0.3		S Pleasant Valley Rd
0.5		L National Pike/MD144/SS/T
2.0		Summit Martin's Mountain
8.4		Summit Polish Mountain
12.4		L National Pike/SS/T
14.0		Summit Green Mtn
16.4		Summit Town Hill
19.3		R National Pike/SS/T (Scenic 40)
19.4		QL National Pike/SS/T (Scenic 40)
20.9		Oak Barrel Cafe to R
20.9	 	Oak Barrel Cafe

20.9 miles. +2587/-3069 feet

22.9		R National Pike/SS/T (Scenic 40)
24.2		Summit Sideling Hill
27.4		S Western Pike
31.6		R South Pennsylvania Ave
31.7		L Western Maryland Rail Trail
32.5		> Western Maryland Rail Trail
42.3		R Big Pool Rd
47.1		BL Big Spring Rd
48.9		R Mulberry St
49.1		R South Mill St
49.1		R Clear Spring Rd/MD68
49.2		L Houck Ave
49.2		L into Holiday Inn Express
49.2	 	Holiday Inn Express, Clear Spring, MD

28.3 miles. +1427/-2076 feet