



[Great Allegheny Passage \(GAP\) Ride](#)

Day 3: Frostburg, MD to Little Orleans, MD (60 miles)

This morning, we had breakfast at the [Allegheny Trail House](#) and I did a quick phone interview with Larry Richert of [KDKA Radio](#). Cathy, Caroline, Adam, John, Ed and I were back on the [Great Allegheny Passage](#) by 8:30 a.m. on our way to Cumberland, a 16 mile ride.

The weather has been great on the trip so far, and this morning was no exception. The ride was all downhill as well, which helped. On our way out of Frostburg, we saw more of the historic buildings of the college town and the beautiful views of the Allegheny Mountains. Shortly after we hit the Brush Tunnel, a lighted tunnel that was opened in 2006. It's shared with the [Western Maryland Scenic Railroad](#) train. Right after the tunnel, we hit [Helmstetters Curve](#), a horseshoe curve that appears to be a popular spot for photos.

By 10 a.m., we were at the Bone Cave. In 1912, a cave was found here with animal bones. According to the [Smithsonian Institution](#), there were 41 genera of mammals found and 16% of them are extinct today. According to the [TrailGuide](#), the remains of the cave can be seen on the walls and the top of the cut. By 10:30 a.m., we'd hit Cumberland, MD. Cumberland marks the end of the [Great Allegheny Passage](#), and is where the [C&O Canal towpath](#) joins with it.

Upon arriving, we took some time to visit the [Western Maryland Railway Station](#), which also serves as the [Cumberland Visitor Center](#), and then simply walked through Queen City. At 11 a.m., we headed to [The Queen City Creamery](#) for lunch. There, we had the pleasure of meeting Jacob Schade, who is the President of the Allegany County Board of Commissioners. Jacob lives in Cumberland and was excited to talk with us about his city and county, and to share stories about the economic impact that the trail has had on his county.

After lunch, we said goodbye to Commissioner Schade, and also to John Rohe. John stayed behind in Cumberland to take advantage of [Amtrak's Capitol Limited](#) which offers [walk-on bicycle transport service](#), and is headed back to Pittsburgh. Shortly after noon, we were on our way down the C&O Canal Towpath. According to the [TrailGuide](#), the Chesapeake and Ohio Canal was created to transport goods over long distances, and was the primary way to move materials before the railroad. It was built by laborers with picks, shovels and gunpowder. Historians estimate that about 35,000 laborers were used to build the canal and its structures. It took 22 years to build. In 1938, the canal property was transferred to the federal government, part of a settlement which allowed the [Baltimore & Ohio Railroad](#) to receive a loan. In 1954, [Supreme Court Justice William Douglas](#) and the editors of the [Washington Post](#) led an 8-day hike along the towpath. The hike also brought attention to efforts to preserve the canal. In 1971, [President Richard Nixon](#) signed a bill creating the [C&O Canal National Historic Park](#).

We passed the [Evitts Creek Aqueduct](#), and [Lockhouse 75](#), on our way down the Towpath. Around 2:30 p.m., we had stopped at the [Schoolhouse Kitchen](#) in Oldtown. The weather and riding conditions continue to be good and we're having a great time. We were back on the trail just 10 minutes later and on our way to Paw Paw. The [Paw Paw Tunnel](#) is one of the world's longest canal tunnels (lights are required, and you walk your bike through) and is a great stopping point. We grabbed snacks at Paw Paw around 3:45 p.m. and got back on the trail by 4 p.m.

Most of the trail doesn't have cell service. The trail is primitive and some areas are extremely isolate, but the views are simply amazing. The last leg, about 16 miles, takes us into [Little Orleans, MD](#). It's also the site of the [Fifteenmile Creek Aqueduct](#), which got that name because it's 15 miles up the Potomac from Hancock and 15 miles down the Potomac from Oldtown. We arrived there around 6:15 p.m. After checking in to our lodging, we headed to [Bill's Place](#) for dinner before settling in for the night.

An observation from today's leg: The collaboration and relationships between the [National Park Service](#) and the [Allegheny Trail Alliance](#) to make this trip "The ride of your life" is very evident in so many ways along this route. It is very clear that there are positive connections and partnerships with the trail towns, the amenities and business owners along the trail, and the communities that welcome bikers, hikers, and travelers throughout the year.

Tomorrow, Saturday, we're traveling from Little Orleans to Williamsport, MD. A shorter trip, 41 miles, it will give us all an opportunity to recharge our batteries as well. For now, goodnight from New Orleans.