

Safety Tips for Cycling

- 1) Always wear a helmet. Bright colored helmet and jacket are recommended.
- 2) Use lights when biking at night or in low-light conditions.
- 3) Look, signal, and look again.
- 4) Stay alert.
- 5) Be careful not to travel in a car's blind spot.
- 6) Watch for cars turning right without their turn signals.
- 7) Obey all traffic laws and lights.
- 8) Do a bicycle test before riding.
- 9) Don't become distracted by listening to music or talking on the phone.
- 10) Ride on the right-side of the road.



Inspiring our Community to Live Well



Our Mission

The Mercersburg Area Council for Wellness (MACWell) is a non-profit organization founded to create and support a groundswell of personal and community commitment to making the Mercersburg area a place that inspires its population to live well.

The Mercersburg Area

Just as the family you're raised in affects your health choices, the environment in which you live impacts the choices you make. By enhancing walkability/bikeability, we can add to the area's natural beauty, abundant outdoor spaces, nearby hiking trails, and local produce markets, to make this a community that inspires people to live well.



About Our Country Roads (Disclaimer)

Our roads are beautiful and scenic, gently rolling and turning. Cars, bicycles, and walkers generally do well sharing the road; however these are not official bike routes. Riders assume all risks. Please remain alert and follow proper safety protocols when cycling.

MPMC:

"Building community vibrancy and enhancing public spaces by connecting people and places with safe routes for pedestrians and cyclists."

www.mpmcproject.org

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Brochure designed by JBHS Advanced Digital Design Class of 2015-16; design concept by Samantha Fritsche, edits by Jaiden Hart and Karl Rosenberry, under the instruction of Mrs. E. Martin.



**MONTGOMERY PETERS
MERCERSBURG CONNECTIVITY**

Bicycle Map

About Our Routes

Punch Bowl Loop

(14.5 mi.) is a loop of awesome views; it includes a hill that gives you a good work out, but is certainly worth the effort. To get to this loop, head out Park Ave/Corner Rd and then head off right on Blue Spring Road. Along here you'll pass a buffalo farm and you can visit the Long Acres Alpaca Farm. At the top of the Punch Bowl, the valley and Two Top Mountain Views are breathtaking. Follow the map back to the center of Mercersburg and enjoy dining at Flannery's Tavern, Mansion House, or James Buchanan Pub.

Mill and Bridge Loop

(14 mi.) heads out from Mercersburg on McFarland Rd. you will pass Anderson Mill, one of the oldest mills in the area, built in 1760, and ride over a gorgeous stone bridge with a double arch reflected onto the water. Take a short ride further up Anderson Mill Road to the Witherspoon "Red" Covered Bridge – ride through it and up the hill a bit and in early summer you'll find incredible wild raspberries. Watch for great blue herons flying above the creek. Avoid the busy Rt. 416 by coming back through the bridge and left onto lovely Orchard Drive. Cross 416 onto Shimpstown Rd., which will take you to Corner Rd. On Shimpstown just before Rt. 75, Montgomery Township Park has a playground, ball field, picnic area, and a lovely woodland walk.

Conococheague Institute Loop

(21.5 mi.) passes through scenic views along the Conococheague Creek and past several historic locations. Leaving from Mercersburg on McFarland Rd. you'll pass Hugh Mercer's Spring House on Hissong Rd (for whom Mercersburg is named). Along Garnes Road watch for bald eagles on the creek and in spring, bountiful bluebells, and a woodland area of daffodils. When you reach Welsh Run Road you can choose to visit the Robert Kennedy Memorial Church (1871) with its Tiffany stained glass windows. A short trip along Bain Road takes you to the Conococheague Institute, a restored Appalachian frontier farm.

Mountain Views

(21.5 mi) is a wonderful tour along the foot of the Tuscarora Ridge leading to Fort Loudon and back through Lemasters. Starting from Mercersburg, head out along Park Avenue, turn right on Mount Pleasant Rd. then right along Charlestown Rd. through the outstanding, gently rolling countryside. Be careful for the short distance on Route 16 west; the shoulder is not wide here. Turn right on Mountain Road and enjoy the views along the foot of the mountain, with silos, gold fish ponds, and Mt. Parnell in the distance. In Fort Loudon, enjoy a snack at Milky Way, and cycle along Main St. to Route 30 where you can find Brooklyn Rd to take you to the historic fort with much to explore. Back on Route 30 (National Bicycle Route S) there's a wide shoulder, though traffic is brisk. Turn right on McDowell to follow the map to Lemasters and Mercersburg.

Ride to Whitetail

(18 mi.) leads up to Whitetail Resort, a popular location for skiing, snowboarding, and tubing during the winter, as well as summer adventure programs. Consider adding a 3.25 mile fun hike up to the mountain top for incredible views and an adventure! (Directions can be found near the map). ★

JEB Stuart's Ride

Seasoned riders can continue beyond Whitetail Resort along Blairs Valley Road and you'll be on the route that JEB Stuart used to lead Confederate troops to Mercersburg from Maryland in 1862. This ride will take you to the C&O canal – another wonderful bike route along the Potomac towpath.

James Buchanan Birthplace

(11.5 mi.) heads out along the same route as Mountain Views. Then continue west on Rt 16, being mindful of cars. Explore President James Buchanan's Birth Place; there are picnic spots, restrooms, and a fun stream to explore for crayfish. Foot of the Mountain Restaurant has local home cooking – enjoy the pies and try the Buckwheat pancakes for breakfast. Return by the same route and take Karper Road to Park Ave.

Tuscarora Climb for a Challenge

From James Buchanan's Birthplace, seasoned riders can continue up Rt 16 to the top of Tuscarora Ridge and enjoy panoramic views of two valleys.

Lemasters Views

(17 mi.) begins on McFarland Rd. and loops out around the village of Lemasters and its scenic surroundings. In Lemasters, you'll find Snider's Elevator (a super cool granary and country farm store) and JD's Market for a snack.

MPMC 5 Miler

(5 mi.) is a well marked route from Karper Rd. to Charlestown and back Mount Pleasant Rd. Its miles are marked for the Annual MPMC 5 Miler Run/Walk, so it's a fun loop for walkers, joggers, and family cycling.

"Why Cycling is Important"

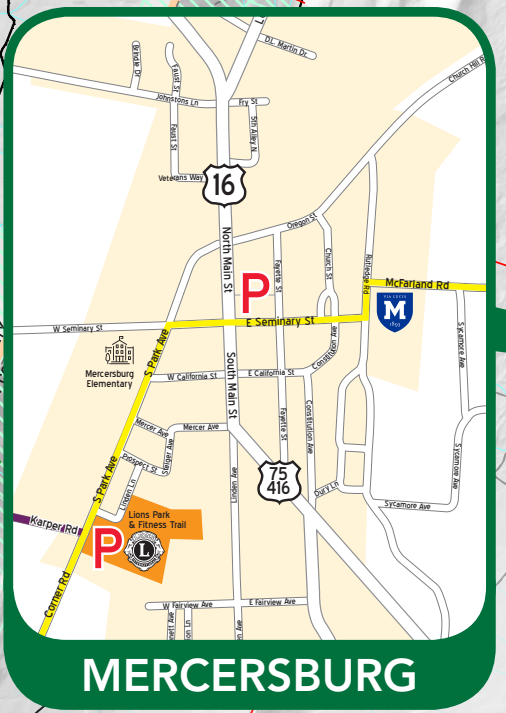
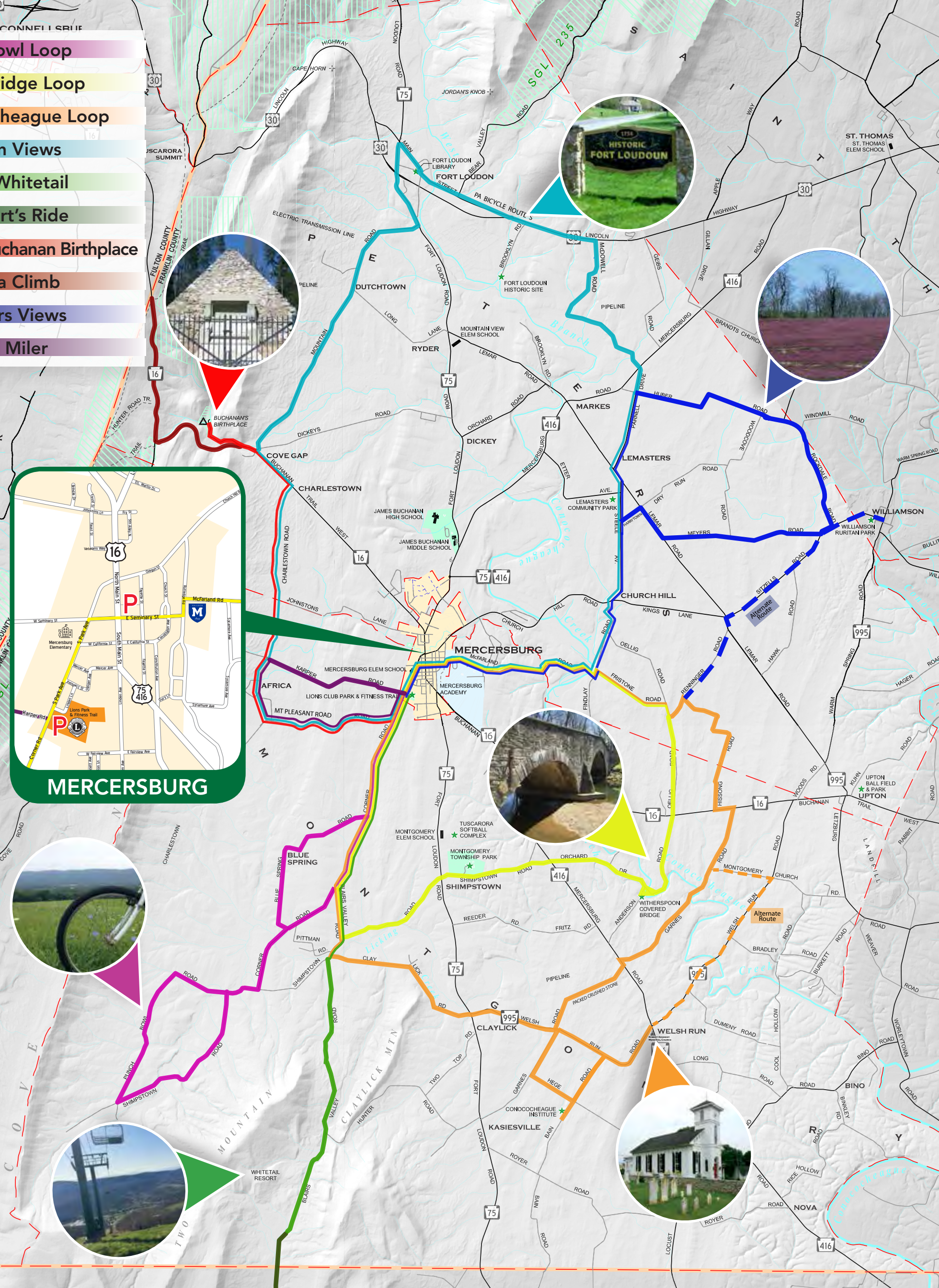
We want to see kids be able to walk and bike to school, I think it will draw the community together and promote a much healthier lifestyle." – D.M.

The thing is it's unlike any other kind of recreation. Walking and biking can be part of your daily routine. It's not just for exercise but for doing things, "You meet people. You're healthier." – B.T.

"Cycling lets you see the beauty of your surroundings up close as well as enjoy distant views."
– L.G.



- Key:**
- Punch Bowl Loop
 - Mill & Bridge Loop
 - Conococheague Loop
 - Mountain Views
 - Ride to Whitetail
 - Jeb Stuart's Ride
 - James Buchanan Birthplace
 - Tuscarora Climb
 - Lemasters Views
 - MPMC 5 Miler



★ Directions for climbing the Whitetail Route:
 When you first enter the resort parking lot, make a left. After the first aid sign, make another left, go to magic carpet, go right to the bunny slope, and the access trail to the top of the mountain is there. If you would prefer to bike, then a mountain bike is highly recommended.