C&O Canal Towpath – Bike Trip 2025

### Itinerary –

**Friday, August 1, 6:00 p.m.** - meet Scout Building to load all bikes and gear.

**Saturday, August 2, 7:00 a.m.** – depart from Scout Center. Lunch will be fast food along the way. This is the only meal you must pay for. Arrive in Cumberland Md. In the afternoon. Bike schedule is shown below:

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| --- | --- | --- | --- | --- |
| **Day** | **Campsite** | **Mileage** | **Mile Marker** | **GPS** |
| Saturday, 8/1 | Cumberland Trailhead |  | 184.5 | 39.649431, -78.763183 |
| Saturday, 8/2 | Spring Gap | 11 | 173.3 | 39.56387, -78.71545 |
| Sunday, 8/3 | 15-mile Creek | 32 | 140.9 | 39.62503, -78.38548 |
| Monday, 8/4 | Williamsport | 41 | 99.8 | 39.59875, -77.82809 |
| Tuesday, 8/5 | Antietam Creek | 31 | 69.3 | 39.42135, -77.74874 |
| Wednesday, 8/6 | Monocacy Aqueduct | 27.2 | 42.1 | 39.223197, -77.451532 |
| Thursday, 8/9 | Georgetown, DC | 42 | 0.0 | 38.919186, -77.10159 |
|  | Little Bennet Campground |  |  |  |

Thursday through Saturday we will stay at Little Bennet Campground near Clarksburg, MD. There are showers!!!

**Bicycles** – Each Scout is responsible for the condition of his bike. Scouts should have at least two inner tubes for changing a flat on the trail. Scouts should know how to change the tire and have some basic knowledge of bike maintenance. Scouts are responsible for any repair costs incurred along the way.

**Cycling Merit Badge** – this trip is an excellent opportunity to earn this badge. Any Scout, regardless of rank, may work toward this, if attending this trip. The trips are the toughest part of the badge and Scouts are reminded that a report of each trip is required. Scouts should become familiar with the requirements and read the MB pamphlet or check them out online.

**T-shirts** – We have chosen a T-shirt design and crews are picking three different colors for their shirts. The cost for the shirts is included in your fee. It will be up to each crew leader to determine what color shirt the crew wears each day. Scouts must also bring along a blue 101 shirt for one of the days.

**Awards** – each cyclist will receive a trail patch and the appropriate segments for each section of the trail that is completed. Every Scout who completes the entire trail will also receive a trail medal.

#### Crew Equipment

***On the trail:***

First Aid Kit

2 tire pumps

bike repair kit

can of WD 40

lunch

trail mix

***In the Site:***

Patrol Box

Two-burner stove

Tents

Dining Fly

Lantern

***Support Crew setup:***

Support Crew tents

Propane stoves

Lantern

Small patrol box

#### Support Crew Responsibilities

**Groceries** – purchase perishables & ice for coolers

**Vehicle Movement** – all cars and trailers must be moved from site to site each day.

**Site Setup** – stake out the best available campsite and set up support crew gear. (Have cold Gatorade ready for crews as they arrive.

**Safety Checkpoints** – establish safety checkpoints along the trail each day with water and the larger first aid kit to help disabled bikes or bikers.

**Personal Packing Tips**

* Use a pack or duffle bag for your gear on the trail.
* Use a second bag for your gear in DC.
* You will need a day pack for DC. These bags will be searched before entry to many of the museums we are visiting. We will be taking sack lunches.
* Your helmet, bike bags, water bottles and other stuff for your bike should be in a third bag that we can pack for easy access at the start of the trail. NO items can be left on the bike. We have experience with losing bags, pumps, water bottles etc. when the bikes are on racks going down the road.

**Equipment Checklist**

**Helmet** – must be worn at all times while biking per BSA Safety policy

**Crew T-shirts** – to be worn on the trail

**101 T-shirts** – to be worn on the trail

**Shorts** – padded cycling shorts are recommended for the comfort they provide on these longer rides, but any shorts are acceptable.

**Underwear, socks and shoes** as needed for the trail

**Spare inner tubes** – each biker should have two

**Insect repellant & Sunscreen**

**Sunglasses** – also keeps the bugs our of your eyes

**Water bottles** – days are very hot and it may be several miles between water stops. We recommend two. We do not recommend camelback type water carriers for this trip. Things on your back tend to make you overheat.

**Tire pump** – we recommend each CREW have two between them.

**Bike repair tools** – each CREW should have a set of tools.

**Day pack, bike bag or panniers** – Scouts must carry spare inner tubes, repair tools, lunch, water, first aid supplies etc. Make sure you have enough capacity to carry it. Bike bags work much better than daypacks. We do NOT recommend daypacks.

**Toilet paper** – be prepared! And have it in a plastic bag on your bike.

**Duffle bag and sleeping bag** – or pack and sleeping bag - This will be moved daily by the support crew.

**Rain gear** – something else you might want to carry on your bike

**Ground cloth** – don’t rely on the tent floor to keep you dry

**Flashlight**

**Pocket knife**

**Matches** – the troop does NOT provide matches, they are a personal item. No lighters.

**Mess kit**

**Soap, washcloth & towel, toothbrush & toothpaste, shampoo, deodorant, etc.**

**Swim trunks**

**Water shoes, sandals, old tennis shoes** – you must wear something to go into the river.

**Other t-shirts, shorts, jackets, long pants, etc.** – for evenings after the trail.

**Full Scout Uniform** – wear it on the ride to and from and while touring DC.

**Camera**

**Personal stereos with headphones** are permitted for the ride down and back, but will be confiscated, if used any other time.

**Pencil & Paper** – Scouts working on Cycling MB are required to keep a log of their trip.

**Spending money** – you buy the first lunch; all other meals covered, but you may want some things along the way and there is always DC.

* Mark your name on all your gear
* Keep it light and compact as possible
* All gear should be packed in plastic bags
* Duffle bags pack better than backpacks for this trip, but either will do.
* You should separate your clothes and gear for the stay in DC.

**Crew Leader Instructions**

**On the trail** – remember good trail etiquette. Right-of-ways are as follows: first horses, then hikers and LAST are bikers. Leave a good impression with everyone you encounter on the trail. Do not tolerate un-scout-like conduct from anyone in your crew. Solicit help from adult leaders where necessary. Designate a pacesetter in your crew. This is not a race. A good guideline on the trail is to ride for 30 minutes and break for 5. Try this for starters and adjust it to meet your crew’s specific needs. While you will probably not want to stop at every post and placard along the way, remember part of the reason you are here is to learn about the area. We will be traveling through some very prominent historical places. There is adequate time to see the sites and still get your mileage in for the day. Keep your crew reasonably together. DO NOT allow members to go off with another crew. Remember you are a team. IF someone needs assistance or has a flat, the crew should all pitch in and help.

**Off the trail** – you are a crew and should camp as a crew. You should establish a system to get your crew’s tents, fly and patrol box set up each day as you arrive in camp. Remember, do the crew gear first and then worry about the individual stuff. Some of your crew may elect to sleep under the stars if it is a particularly nice evening, but you should always stay together as a crew. Each crew will have at least two trail guides, one for the crew leader and one for the ASM. You should set aside a specific time each evening, like right after supper, to have a brief crew meeting. You should discuss what went well and not so well that day and relate to the crew what sites they will be seeing tomorrow. This is a good time for crew input and decisions about what sites you want to stop and see. It is also a good time for crew members working on Cycling Merit Badge to take a few minutes and update their journals.

**Mealtimes** – break your crew into three sub-crews. Duty rosters change once a day. Rotate the sub-crews as 1) cooks 2) cleanup and 3) fire & water. For breakfast and supper you must also feed your designated support crew members. Each crew has a troop quartermaster who will be responsible for coordinating gear and food with the troop quartermaster. A duty roster form will be provided.

**Adults in Crews** – adults who have signed on as part of a crew share an equal responsibility for the work in a crew. They should be included on duty rosters and in sub-crews. They should help with pitching and tearing down camp and can be expected to serve just like any other member of the crew. Support crew, on the other hand, are our crew guests. They may wish to help with something in the crew, but they have a very long list of their own chores which includes taking care of all of us! So treat them as guests and make sure they get fed well.

**Responsibility for crewmembers** – Just like a patrol, you are responsible for the members of your crew. When we reach a campsite and they want to go swimming or do something else, they should check with you. You must get together with the other crew leaders and adults to insure we are following our safe swim practices. Crew members should be instructed to tell you where they are at all times.