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**C & O Canal Bike Trip & Washington, DC Tour**

# August 1-9, 2025

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We will leave early Saturday morning and drive to Cumberland MD. There we will get on our bikes and for the next several days we will ride along the canal towpath which follows the Potomac River into Washington DC. We will cover 30-40 miles each day and set up a trail camp each night. We will stop along the way and visit such places as Harper’s Ferry and Antietam. An adult support crew will move cars each day from site to site, pick up groceries and meet us at checkpoints along the trail to aid in anything that may come up or pick up anyone with a broken bike that cannot be repaired along the way.

By Thursday afternoon we will roll into Georgetown and load up the bikes. We will proceed to a campground in DC where we will camp and tour for the long weekend. We will depart Sunday morning for home.

**Cost -** In the past, this trip has been about $250 per person. We are looking at costs and will have a final total for the trip soon.

**Bike Information** –Thumm’s Bike Shop is familiar with this trip and can help find right stuff to take and how to take care of your bike. In the past, Thumm has offered discounts for this trip. Just tell them you are with Troop 101 and you are going on the bike trip this summer**. Note: it is BSA Policy that everyone must wear a helmet.**

**Type of Bike** – this is on a trail, a pretty well traveled trail, but still a trail. The wide tires and mountain bikes are best. It must be big enough for you or you will work too hard. It MUST be in very good repair. 184 miles is a long way and bikes do break down. That can hold up your crew, disqualify you for the trail medal and can pretty much ruin your day. Assume that you will get at least one flat tire.

**Who can/should go?** This is the nineth time we have done this trip since 1988. We have found that Scouts and Adults can best figure that out by attending the prep trips. Often some of the younger Scouts do very well on these since they typically spend a lot more time biking on their own, but even a novice biker can do this trip with some practice. It is for this reason we do not place an age restriction or anything on this trip, rather we strongly recommend that if you have any interest that you come on the prep trips to see how you do. Because of the advanced nature of this trip, we will not let people bike who do not attend the prep trips. See Jason Paisley with questions on this.

**Support Adults NEEDED –** for this trip to work, we need a good group of adults to move vehicles, purchase groceries, establish the next day’s campsite, and provide water and first aid if needed to trail riders. If you think you could help out, please see Jason Paisley.

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## **C & O Canal Bike Trip & Washington, DC Tour - continued**

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**Prep Trips** – The first prep trip was on the April Campout (April 17-19). Because of the hassle involved in loading and moving bikes, the rest of the prep trips will originate either from Champion where we will bike the Greenway Trail or Niles where we will take the trail south. These trips serve multiple purposes: They help shake down the riders. They help shake down the bikes and other equipment. They serve as our organizational meetings for the trip where we will pass out additional information and decide on crews, t-shirts, etc.

The dates of these other prep trips are:

**Saturday, May 9th @ 9:00 AM**

**Sunday, June 7 @ 2:00 PM**

**Saturday, June 20 @ 9:00 AM**

**Sunday, June 28 @ 1:00 PM**

We may schedule additional trips if we feel they are warranted.

**Awards and recognition** – This trail actually passes through five different Scout Councils. They have worked in cooperation with the National Park Service to establish and maintain this. If you pedal even a couple of miles, you get the ***trail patch***. If you complete all the miles within a council’s boundaries, you get a ***segment*** to go around that patch. If you get ***all 5 segments***, they fit around the patch to make it look like a bigger patch. You will also have completed the entire trail, so you also receive a ***trail medal***.

**Bikes Available** – we have several bikes, helmets, etc. that are available to loan to Scouts who may not have any other way to get the equipment needed. Contact Jason Paisley for details.

This is a great opportunity to earn your ***Cycling Merit Badge***. Any Scout who attends may work on this, whether you are First Class or not. Check out the requirements online or we will have several Cycling MB Books available through the troop library. You DO NOT need to get a blue card until right before the trip.

**T-Shirt Design Contest** – previous shirts will be on display at the April campout and the troop meeting right after that. Every participant will receive 3 shirts. We are looking for designs by any youth or adult attending the trip. The winner gets bragging rights and a place in Troop T-shirt design history! We are also looking for someone to coordinate the t-shirt orders.

**Gettysburg / Washington, DC –** At the end of the Biking portion of this trip, we will be staying in either Washington, D.C. or Gettysburg. There will be showers and tours during this time. As of right now, Scouts are leaning towards staying in D.C. and visiting the Smithsonian