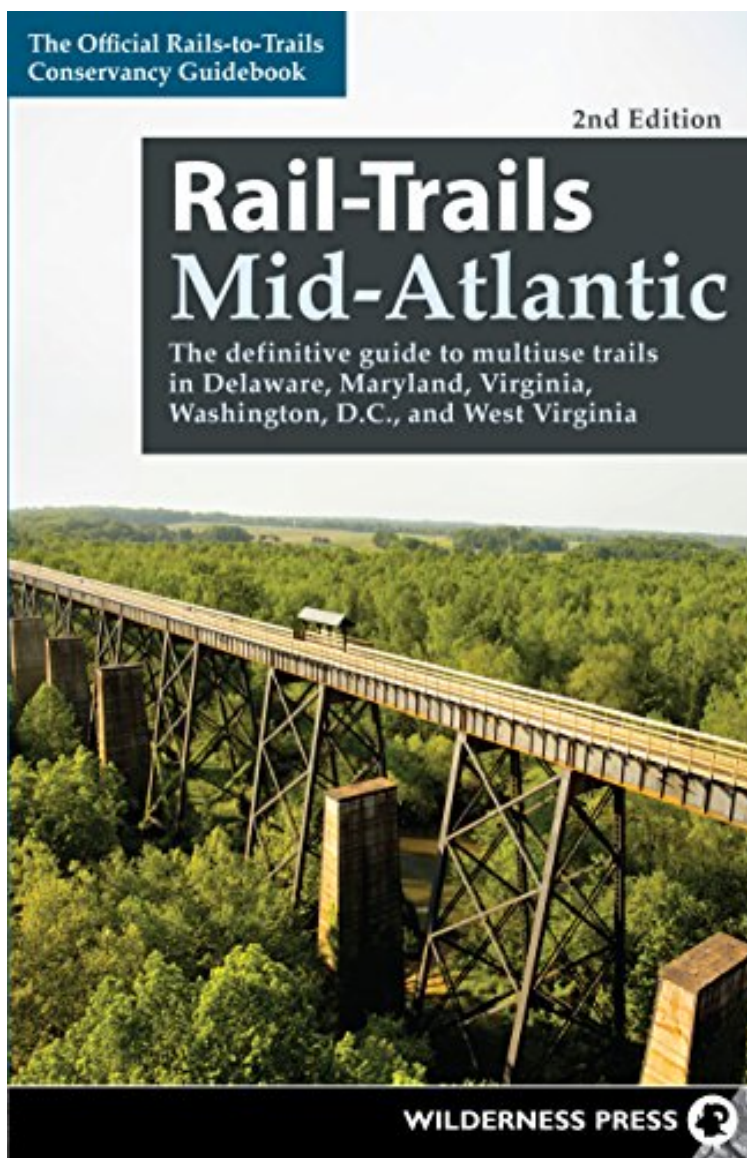


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Rail-Trails Mid-Atlantic: The definitive guide to multiuse trails in Delaware, Maryland, Virginia, Washington, D.C., and West Virginia

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Across the country, more than 1600 unused railroad corridors have been converted to level, public, multiuse trails, where people can enjoy a fitness run, a leisurely bike ride, or a stroll with the family. In this updated guide in the popular series, the Rails-to-Trails Conservancy presents the Mid-Atlantic region's finest rail-trails plus other great multiuse trails. Rail-Trails Mid-Atlantic covers 60 trails in Delaware, Maryland, Virginia, West Virginia, and Washington, D.C. Many rail-trails are paved and run through the most scenic parts of town. Others, such as the 34-mile Virginia Creeper National Recreation Trail, travel along dense forests, open fields, and lush waterways. Some explore the area's history, such as Maryland's 13-mile Baltimore and Annapolis Trail. Tour the nation's capital, visit the site of an historic Civil War battle, and enjoy the serenity of the rural countryside along the Mid-Atlantic's many great multiuse trails. This full-color book includes succinct descriptions of each trail from start to finish, plus at-a-glance summary information indicating permitted uses, surface type, length, and directions to trailheads for each trail. Every trip has a detailed map that includes start and end points, trailhead, parking, restroom facilities, and other amenities.