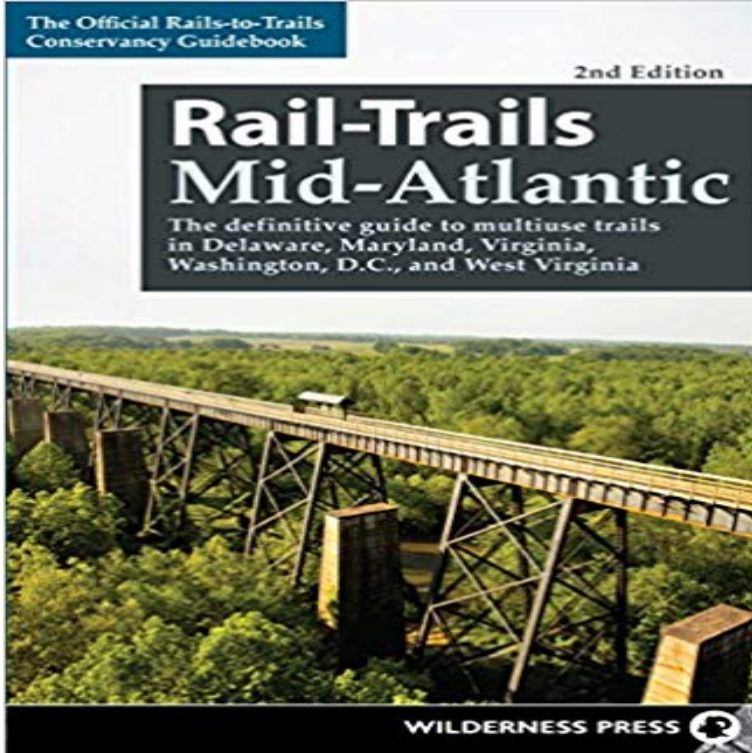


# Rail-Trails Mid-Atlantic: The definitive guide to multiuse trails in Delaware, Maryland, Virginia, Washington, D.C., and West Virginia



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 regions 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 areas history, such as Marylands 13-mile Baltimore and Annapolis Trail. Tour the nations capital, visit the site of an historic Civil War battle, and enjoy the serenity of the rural countryside along the Mid-Atlantics 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.

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