



BICYCLE

News & Notes

Free Bike Tripper's Guide

(NAPSA)—Riding “back in time” to Revolutionary War days and forward into fun is a little easier now, thanks to a free guide.

A new Valley Forge Bike Tripper's Guide is available from the Valley Forge Convention & Visitors Bureau. The pocket-sized guide includes four itineraries with stops along the way at nature centers, historic sites and attractions.

- The Valley Forge Mountain Trail wends its way from Valley Forge to the Wharton Esherick Studio, former home of wood sculptor Wharton Esherick.

- The Tyler Arboretum Trail takes bikers through picturesque Ridley Creek State Park, with a stop to smell the flowers at Tyler Arboretum.

- The New Hope Trail starts at Washington's Crossing Historic Park and follows the Delaware Canal towpath. Travelers can take a ride on a steam train at the New Hope and Ivyland Railroad, float down the Canal with the New Hope Canal Boat Company or visit the shops and restaurants in New Hope.

- The Schuylkill Center Trail, starting at the Schuylkill Center for Environmental Education, is a trip for the adventuresome naturalist. After touring six miles of hiking trails in 500 acres of forest, bikers can travel along the Manayunk Towpath, which passes the shops and restaurants of Manayunk.



Bikers can experience the beauty of the Valley Forge countryside while pedaling through parks or along a canal. Complete with detailed directions, a free guide lists where to park, gives helpful hints with the amateur biker in mind, and even suggests the best spots to lock up bikes.

The guide is designed to be used in conjunction with the Valley Forge Visitors Guide and the Pennsylvania Outdoors Discovery Map, for the greatest ease in planning an outing.

The publications are free and can be ordered by calling 610-834-7969; or sending an e-mail to: info@valleyforge.org.