

TIPS ON TRIPS

Happy Trails For Cyclists Of All Ages

(NAPSA)—For those who enjoy cycling in beautiful surroundings on trails that crisscross and connect to historic sites, a trip to Valley Forge/Montgomery County, Pennsylvania may be of interest.

Here's what you can expect to find on your next visit to an area that's becoming a mecca for cyclists:

This summer there's a River to River Heritage Bicycle Tour that will take riders up to 100 miles along the scenic Route 113 corridor from the Delaware River to the Schuylkill River.

Riders will choose among 25-, 50-, 75- or 100-mile loops, featuring hilly terrain and a few serious climbs through rural townships and quaint boroughs that boast farms, churches and businesses from the 1700s.

Welcome Centers will be set up at historic sites along the corridor, including the Pearl S. Buck House in Perkasie, Pennypacker Mills in Schwenksville and the Historic Souderton District.

Souderton is where the Univest Grand Prix bike race starts and finishes on September 8 and 9. Racing teams from around the world will compete during this exciting 100-mile race through Montgomery and Bucks Counties. Recreational riders can compete in the Cyclosporitif 100K (62 miles), pedaling the same course as the pros.

The Valley Forge area has even attracted the attention of the Lance Armstrong Foundation. Its LiveStrong Challenge will be held there this summer. Participants can walk, run or ride bicycles to support the battle against cancer. Riders travel from just north of Valley Forge National Historical Park on rural roads to as far as Pottstown and back.

Recently completed trails in the area include **The Cross County Connector**—a one-mile



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segment connecting the Lower Cross County Trail to the Lower Wissahickon Green Ribbon Trail in Whitemarsh, through the panhandle section of Springfield to Fairmount Park in Philadelphia.

The Audubon Loop—a two-mile loop from the Perkiomen Trail to the county-owned John James Audubon Center at Mill Grove, and then to the Schuylkill River Trail.

The Schuylkill River Trail—a 30-mile path that runs through a varied landscape of urban and suburban neighborhoods from Philadelphia to scenic Valley Forge National Historical Park.

The 3,600-acre Valley Forge National Historical Park, where Gen. George Washington forged his Continental Army into a fighting force in the winter of 1777-78, features beautiful biking and hiking trails. Ninety-minute bike tours of the Park are available at 11 a.m. on Saturdays and Sundays this summer, weather permitting. You can even rent a bike in the Welcome Center if you forget to bring your own.

Visit www.valleyforge.org to find out more about cycling and outdoor recreation in Valley Forge and Montgomery County, Pa.