

- Completed trail
- Planned trail
- Trail mileage marker
- Trailhead parking
- Restrooms
- Visitor information
- Campground (fee)
- Primitive campsite (free)
- Drinking water at trailhead
- Bicycle rental/repairs
- Canoe/kayak/raft rental
- Lodging
- Grocery store
- Food service
- Picnic area

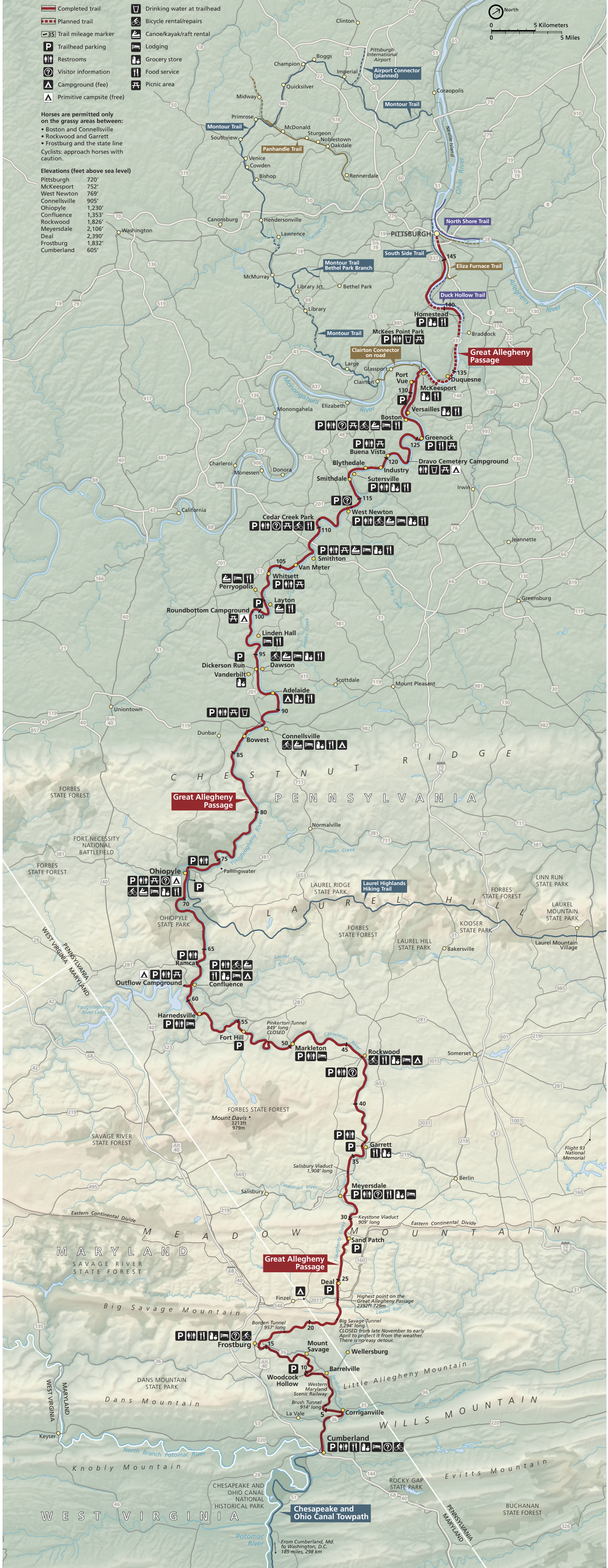
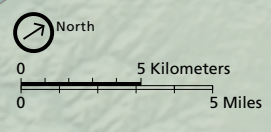
Horses are permitted only on the grassy areas between:

- Boston and Connellsville
- Rockwood and Garrett
- Frostburg and the state line

Cyclists: approach horses with caution.

Elevations (feet above sea level)

Pittsburgh	720'
McKeesport	752'
West Newton	769'
Connellsville	905'
Ohioyle	1,230'
Confluence	1,353'
Rockwood	1,826'
Meyersdale	2,106'
Deal	2,390'
Frostburg	1,832'
Cumberland	605'



Chesapeake and Ohio Canal Towpath

From Cumberland, Md. to Washington, D.C. 185 miles, 298 km