2018 Pennsylvania Sojourn Ride Guide

D&L Trail
The Rail-Trail Adventure of a Lifetime
June 10-14, 2018
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Mauch Chunk Wharf | Photo courtesy Delaware & Lehigh National Heritage Corridor
On the sojourn route, the D&L Trail descends approximately 1700 feet and has an average grade of less than 1 percent.
Dear Sojourners,

Being back on the D&L Trail is special for two reasons: the region fueled America’s Industrial Revolution, and it was the site of Rails-to-Trails Conservancy’s very first sojourn in 2002. Since then, however, a lot more trail has been completed and improved, and the communities have come to wholeheartedly embrace the system as their families’ playground—as well as an economic catalyst to many businesses that serve trail users and cyclists like you!

The sojourn would have never been realized without yearly financial support from the Pennsylvania Department of Conservation and Natural Resources. No other state’s natural resource agency has done as much for trails. Likewise, it would have been impossible without the thousands of dollars’ worth of in-kind services from the Fogal family, who own Pocono Biking, the official bike provider of the sojourn. And last but not least, the many sojourn volunteers who worked so hard in those early years when many gaps in the trail required daily bike and bus shuttles.

Perhaps the most daunting of all the gaps will be officially opened with help from you! On June 11, our second ride day, we will be among the first to cross the new Mansion House Pedestrian Bridge that spans the Lehigh River in the historic town of Jim Thorpe. The staff of the Delaware & Lehigh National Heritage Corridor has been working long and hard for this day, and we are very fortunate to share this event with them and the town’s residents.

To date, an impressive 92 percent of the D&L Trail is already built—much of which you’ll be riding—and the goal is to connect all 165 miles by 2022.

As we travel north to south on rail-trails and canal towpaths through six counties and two states, you will first experience the high plateau of the beautiful Pocono Mountains. Then, the middle part of the trip will take you through the reclaimed industrial Lehigh Valley. Lastly, the trip ends in the quiet lowlands of the Delaware River, where many of the structures date back to the mid-1700s. Your final campground will be at Washington Crossing Historic Park—the site of one of the most pivotal days in our nation’s creation. And since there is too much to do there in just one day, we’ve decided to stay an extra night and take in a variety of other experiences the area offers.

Truly equal parts adventure, challenge and celebration, the 2018 Pennsylvania Sojourn is going to be a ride you never forget—and an enduring way to support America’s trails!

We have riders from more than 30 states, which attests to the national interest the event and this region has generated. I’m really looking forward to meeting all the new riders and seeing some of you sojourn veterans who have been with us for several years.

I hope you have been training hard to make your sojourn adventure the best it can be. Don’t forget to do some heat training, and climb a few hills!

I wish you a safe trip before, during and after the sojourn.

Best regards,
Tom Sexton,
Director, Northeast Regional Office
Rails-to-Trails Conservancy

Rails-to-Trails Conservancy
Rails-to-Trails Conservancy (RTC) is dedicated to making a positive economic impact in the communities through which our sojourn passes. RTC is very proud that our work has been able to help revitalize these communities and make trail tourism a profitable, and sustainable, local economic pursuit.
We are thrilled you are joining us for an exciting five days of cycling on a rail-trail adventure of a lifetime!

The sojourn is designed to be a fun and active vacation for cyclists who enjoy exploring by pedal—and an incredible ride you’ll never forget! This five-day excursion will have you biking more than 160 miles along the scenic and historic Delaware and Lehigh National Heritage Corridor, and the idyllic towns it touches and connects. Most of the ride is on various segments of the D&L Trail—which extends further north and south than our trip will take us, and will stretch 165 miles when complete. You will spend the majority of the ride along the Delaware River, but also travel by the Lehigh River, canal waters, parklands, forests, natural and cultural landmarks, iconic sites and more.

Our trip will start with all sojourners meeting at Hugh Moore Park in Easton, Pennsylvania. Riders will park their cars and check in at Hugh Moore Park. We will load up bikes and gear and transport everyone to Glen Summit, the starting location of the 2018 Pennsylvania Sojourn. Our ride will continue south with overnight stops in Jim Thorpe and Easton before reaching Washington Crossing Historic Park, the rest-day site, and then flip around and head north back to the meeting/parking area in Easton.

Please read through this guide to acquaint yourself with the sojourn so you’ll be ready to get riding on June 10!

**TRIP OVERVIEW:**

- **Day 1:**
  Ride from Glen Summit to Jim Thorpe, 35 miles

- **Day 2:**
  Ride from Jim Thorpe to Hugh Moore Park, 48 miles

- **Day 3:**
  Ride from Hugh Moore Park to Washington Crossing (Upper Park), 38 miles

- **Day 4:**
  Rest Day/Activities/Talent Show

- **Day 5:**
  Ride from Washington Crossing back to Hugh Moore Park to complete adventure, 37 miles

**WRISTBANDS:** Upon checking in, you will receive colored wristbands labeled with your name. These wristbands are used to identify your belongings and your dietary preference (e.g., vegetarian). Please hook a wristband around your luggage, your bicycle and your wrist before we depart and be sure they are secured throughout the duration of our ride.

**WEATHER:** Typical weather for mid-June is highs in the 80s-90s, and lows in the mid-50s (with rare instances of temperatures dipping below the mid-60s or exceeding the high-90s). Rain is possible, and the sojourn does ride in the rain. We will stop for lightning or severe weather that poses a danger to riders. You’ll enjoy the lovely summer views but benefit from the shade along the trail.

**DAILY BRIEFING:** We will hold a pre-ride briefing on the shuttle bus ride to the start location, in which a bus captain will review the fun and important aspects of the ride and be able to answer any questions for you. Following Day 1 and Day 2, we will have a daily briefing on the upcoming route for the day. At each campsite, there will be an information tent with staff at all times to answer questions. A camp map will be posted in the campsite. Make sure to bring the trail maps you receive in your sojourn welcome bag on the ride each day.

**ELECTRICITY:** The campsites have limited electrical service that is not guaranteed but available. RTC will provide multiport charging stations for cell phone recharging. We strongly recommend you bring a portable battery charger with you and charge your phone when possible. Electricity will not be available for charging laptops, tablets or e-readers, or for powering other electrical devices such as hair dryers.

**CHILDREN:** Children under the age of 16 are required to ride with their parents/guardians and remain within eyesight while on the route. It is recommended that you ride behind and slightly to the left of your child. A parent/guardian must accompany a child in the support vehicle.

**MEALS PROVIDED**

- **Day 1:** No meals provided; some snacks will be available
- **Day 2:** Breakfast, Lunch, Dinner
- **Day 3:** Breakfast
- **Day 4:** Breakfast, Lunch, Dinner
- **Day 5:** Breakfast, Lunch
MEET THE SOJOURN STAFF

Tom Sexton (Ride Director/ Regional Director of the Northeast Regional Office)
Tom is the father of the rail-trail Sojourn Series and has led thousands of cyclists on rides throughout the eastern United States. A member of the RTC team for more than 25 years, he is an instrumental trail-building powerhouse and protector. Tom will be your ride director on the sojourn and is an expert on the daily route, trail development and the history of the Sojourn Series.

Brandi Horton (Vice President, Communications)
Brandi is passionate about using communications for social change and creating communities that promote health and well-being. She leads RTC’s communications from the headquarters in Washington, D.C., but is often on the move to spread the word about trails and growing the trail movement. On the sojourn, you’ll find Brandi pedaling the path with you, talking about RTC’s vision for trails and how you can be a part of the movement, and communicating about the ins and outs of the ride.

Rob Brown (Event Manager)
Rob is a believer in the ability of events to create transformative experiences in our lives and to create communities, both large and small. He loves planning athletic events and activities for people and can answer any logistical sojourn question you have. During the ride, you’ll see him running around setting up campsites and making sure every tent, table, chair, game and activity is in place for you!

Anya Saretzky (Project Manager)
Anya has a background in youth leadership and is committed to promoting sustainable communities. Based out of RTC’s Northeast Regional Office, she is heavily involved in the Circuit Trails—a TrailNation™ project that will connect 800 miles of trail in the Greater Philadelphia-Camden area. You’ll find Anya on and off the trail on the sojourn; in both settings, she’ll be serving as your comical guide and a great resource for regional trail information.

Liz Sewell (Trail Development Manager)
From Michigan to Illinois to Thailand to New Jersey, Liz enjoys meeting new faces and working with communities to improve public health. She works alongside Anya in the Northeast Regional Office on the Circuit Trails, and is frequently in the field tackling trail development projects within its New Jersey footprint. During the sojourn, Liz will be riding with you as well as helping you on your way throughout the day.

Suzanne Matyas (Social Media Manager)
Suzanne loves sharing stories about trails, the trail community and the great outdoors. During the ride, make sure you grab a selfie with Suzanne and smile for the camera as she tweets, posts and shares the best moments of the sojourn on social media. Get started early by using #RTCsojourn and following @railstotrails on Facebook, Twitter and Instagram.
SAFETY INFORMATION

IMPORTANT PHONE NUMBERS:

- Medical Emergencies: 911
- Rider Support Number: 267-714-3251
- Rider Notification System: #797979
- Tom Sexton, Ride Director: 717-512-7245
- Rob Brown, Sojourn Manager: 703-599-9387

MEDICAL EMERGENCY: If you or another sojourner experiences a medical emergency on the sojourn, please call 911 immediately. After you have called for medical assistance, please call the Rider Support Number to reach an RTC Contact.

NON-MEDICAL EMERGENCY: If you experience a non-emergency medical issue or mechanical bike issue and are unable to continue riding, please contact the Rider Support Number. If you are unable to get through on your first call, please follow up with a text and continue to call until you have reached someone.

CELL PHONE SERVICE: The majority of the route has cell phone service for most carriers; we recommend checking your service’s coverage area before arriving. You will likely have no cell service while riding in Lehigh Gorge State Park (miles 10 to 30 on Day 1). Park Rangers patrol this area and pass by every 30 minutes to 1 hour.

WHAT TO DO IF YOU ARE LOST: The sojourn route does have some turns and road sections, but the trail is well marked, and RTC will place signs at all turns so the route is easy to follow. Please consult the trail maps that you were given as well. Google Maps also has good information on the D&L Trail. If you are unable to find another sojourner and feel that you are lost/off the trail, please call the Rider Support Number for assistance.

SUPPORT ONE ANOTHER: In addition to being a great ride, the sojourn is a wonderful way to get to know new people and build relationships. On the ride, we encourage all of our sojourners to embrace this spirit of comradery and support, especially in the event of an emergency. We are, after all, all on this ride together!

RIDER NOTIFICATIONS SYSTEM: If you opted in to receive Rider Notifications while on the sojourn, they will be sent via text from #797979.

RIDE SAFE: The D&L Trail crosses several roads and has share the road sections on our route, and sojourn riders are expected to obey all traffic and trail rules while riding. Come to a full stop at all road crossings, and if you are riding on the roads, always ride with the flow of traffic. Sojourners are required to wear a helmet while riding. Our daily riding takes place during daylight hours; however, if you will be riding in the evening to and/or from local towns, make sure to have a headlight and tail light for your bike. The trail is very dark at night and is not lighted, so make sure to travel in pairs if you ride during the evening and have a fully charged cell phone with you.

SUPPORT VEHICLES: Support vehicles will have limited access to certain points along the trail and are there to assist with medical and mechanical emergencies. Riders are expected to complete rides under their own power.
RIDING INFORMATION

TRAIL SURFACE: The vast majority of the route is packed dirt, but there are small sections of single track and rocky surfaces. The route will also include road riding where the trail is obstructed and some short share the road sections. Sections, particularly edges, may be soft, so be careful when riding. Be on the lookout for gates, bollards and other obstructions that will be on the trail including stairs and standing water.

GO AT YOUR OWN PACE: You will be informed about departure times for each day at the briefings, but once on the trail, you can travel at your own pace. We have the full range of ages and abilities, so there will usually be someone to ride with.

SIGNAGE: Below is a typical, official RTC sojourn directional route sign. We will place signs and volunteers at key points along the course to assist with turns or road sections along the course.

TYPES OF BIKES: This trail is best suited for bikes that are: hybrids, comfort, touring, mountain or similar bikes (recommended minimum: 30c tire). Recumbent bikes and trikes are welcome on this ride; however, the trail’s variable grade and width, stairs, hills and on-road sections may present difficulty and necessitate walking the bike. For more information about the general trail conditions, please see and the D&L Trail website.

DAILY ITEMS: We strongly recommend bringing these items with you each day on the ride.

• Cell phone
• Water and snacks
• Money
• Map
• Inner tubes/bike pump

START TIME: We ask that all riders start each day at the posted time, which can be found at the Information Tent, to ensure that all route signs and planned stops have been readied for your journey. Early each morning, the sojourn staff will set out to demarcate these points along the route, and if you leave before the recommended time, we cannot guarantee the appropriate wayfinding information and water stops will be available.

SOJOURN STAFF: Staff will be in orange safety vests for easy identification. Sojourn staff will be able to assist you with a variety of things while on the ride and are there to support you throughout the trip. Staff will be at all water stops, lunch stops, campsites and road sections of the route.

ROAD SECTION: There are a few short portions of the route that will involve riding on a road during the ride; please be careful and obey all rules of the road whenever you encounter these sections. You will be forewarned of these sections and other trail conditions during the briefings, and a member of the sojourn staff or a volunteer will be present at the more challenging sections to help direct you.

Photo by Steve Williams, courtesy Delaware & Lehigh National Heritage Corridor
CAMPGROUND TIPS

QUIET HOURS: Between 10 p.m. and 6 a.m., whisper only please! Flashlights should be directed away from the tents of others.

COMFY CAMPERS: Our official camping services provider is Comfy Campers. Please visit their website for the full range of options they offer. They offer camping support packages for: tents, mattresses, camping, chairs, towels and early-morning coffee service. At the end of a 40-miles-plus day, there’s nothing better than arriving at camp and having your tent set up already! Comfy Campers: comfycampers.info or 315.283.0220.

SHOWERS AND BATHROOMS: There will be a shower truck and bathrooms available at each campsite and at the end of the sojourn. Be respectful of other campers using the facilities. Please note: The towel service for Comfy Campers will not be available at the end of the ride. Please pack a towel in your car if you plan to shower at the end of the sojourn. Campsites will have a mixture of portable and permanent bathrooms for use. Please be clean and respectful; don’t slam the doors.

BICYCLES IN CAMP: Always lock your bike when you are not riding it. Bring a bicycle tarp if you are worried about the elements. Bicycle covers are handy for protection and are reasonably priced at your local bike shop.

PRE-BREAKFAST COFFEE: Coffee is served at breakfast, but if you prefer a hot cup as soon as you wake up, we recommend purchasing the coffee service from Comfy Campers (opens at 6 a.m. daily).

VOLUNTEER BIKE MECHANICS: Riders should compensate the bike mechanics for time and parts. Mechanic support will be available at each campsite. Make sure to get your bike properly tuned up and fitted prior to coming on the sojourn. The mechanic is equipped to fix flat tires and minor mechanical issues. This is not a full tune-up service.

CAMPGROUNDS: We recommend that you bring foam earplugs for sleeping. Eye masks are also appreciated by many sojourners, as some campgrounds have permanent lights set up.

EVENING ENTERTAINMENT

• Night 1: Explore the town of Jim Thorpe
• Night 2: Hugh Moore Park and museum, canal boat rides, programs and games
• Night 3: Explore the town of New Hope
• Night 4: Talent show, program and games

Talent Show: The evening programming on Night 4 of the sojourn will be devoted to a talent show! All are welcome to sing, dance, joke, play and perform in the show and are encouraged to sign up in advance: rtc.li/2018-sojourn-talent-show; only the first 15 to sign up will be guaranteed time to perform at the show. A sign-up form will also be available at the Rails-to-Trails Conservancy information table each night leading up to the talent show.

The winner will receive a new bicycle courtesy of Fuji Bikes and will be selected by a panel of judges comprised of the sojourn staff. The winner will receive their new bicycle by pickup or delivery following the sojourn.

CAMPGROUNDS

• Night 1: Sam Miller Field, 122 North Ave., Jim Thorpe, PA
• Night 2: Hugh Moore Park, 2750 Hugh Moore Park Road, Easton, PA
• Nights 3 and 4: Washington Crossing Historic Park (Upper Park), 1635 River Road, New Hope, PA
ARRIVAL INFORMATION

ARRIVAL/PARKING

Meeting Location: Hugh Moore Park, 2750 Hugh Moore Park Road, Easton, PA 18042

Please note: Hugh Moore Park is on an island with a one-lane bridge. Please be patient and watch out for bikers when entering the park. Hugh Moore Park is the campsite location for the second night of the sojourn. You will be able to access your vehicle that evening after the ride. You may leave items in your car for the second half of the sojourn. We recommend leaving a towel in the car for showering at the conclusion of the sojourn, especially if you are purchasing towel services from Comfy Campers.

CHECK-IN

Check-In 6 a.m. – 7:30 a.m.

All riders are required to check in prior to the sojourn. Please make your way to the Check-In Table to pick up your welcome bag, wristbands and bicycle license plate. From there, you will load your luggage onto the Luggage Truck and then ride your bike on the D&L Trail with the gear you need for the day across the Lehigh River to Riverview Park (0.5 mile away) for bike loading and shuttle bus loading. Sojourn staff will be available to help you with parking, check-in, your luggage and finding the bus loading area. The shuttle bus ride will last approximately 90 minutes.

Please note: Carry all items with you that you’ll need for the first day of riding on the shuttle bus. The luggage truck will not go to the start location. Don’t forget your helmet and water bottle! We recommend using the bathroom facilities at Hugh Moore Park before heading over to board the shuttle bus. If you have rented a bike from Pocono Biking, it will be available for pickup and fitting at the start location in Glen Summit, Pennsylvania.

ORIENTATION: On the shuttle bus ride to the start location, you will be briefed by your bus captain on the day’s route, safety information and procedures.

ACCOMMODATIONS (June 9):

Easton and Palmer Heights (both approximately 3 miles away) have a variety of hotels that can meet your needs for accommodations on the night prior to the start of the sojourn. The sojourn does not have a preferred hotel partner, and we recommend using one of the various travel-booking websites for the best rates and availability information. There are also numerous hotels near the Lehigh Valley International Airport. Camping is not permitted in Hugh Moore Park on June 9.

IF YOU’RE DRIVING: Use the address listed above to find the most direct route to Hugh Moore Park. Parking is available at Hugh Moore Park for sojourners free of charge, and we encourage carpooling whenever possible.


IF YOU’RE FLYING: Lehigh Valley International Airport is the closest airport to the arrival location, approximately 15 miles away. From the airport, take Route 22 east toward Easton and exit onto S. 25th Street. Turn right onto Lehigh Street, and the entrance to Hugh Moore Park will be on your right in 0.5 mile.
START LOCATION: Glen Summit, 576 Woodlawn Ave., Mountain Top, PA 18707

END LOCATION: Sam Miller Field, 198 North Ave., Jim Thorpe, PA 18229

MILEAGE: 35

DAY 1 RIDING:

You will start your exciting bike adventure and its shortest ride day at the Black Diamond Trailhead in Glen Summit. From there, you will ride approximately 10 miles—which will include a very brief on-road section—leading up to the delightful town of White Haven, the recommended (and only convenient) lunch stop until Jim Thorpe.

When departing White Haven, you will be able to top off your water bottles at the Pocono Biking storefront at the edge of the trail before heading into the pristine Lehigh Gorge State Park. During this stretch of more than 20 miles of uninterrupted trail, you’ll be treated to beautiful glimpses of the Lehigh River, historic ruins and some of the prettiest parts of the Pennsylvania wilderness. Cell phone service will not be available or will be extremely limited in the Lehigh Gorge State Park area (miles 10 to 30); however, a water stop is approximately halfway at the Rockport trailhead. Park Rangers patrol this area and pass by every 30 minutes to 1 hour.

After refreshing at the water stop, you will continue beyond Glen Onoko—known for its lush trees and steep waterfalls—cross the towering Nesquehoning Trestle and enter the town of Jim Thorpe, which promises to have “the finest times in the cutest of towns” as well as your bed for the night.

When you come off the trail into downtown Jim Thorpe, you will be greeted by sojourn staff at the Pocono Biking downtown storefront. There is a short road section (0.5 mile) up a hill to get to our campsite for the evening. We recommend walking your bike up this hill. Please watch out for traffic in this final section of the day’s ride.

Ride Points of Interest

- Moosehead Lake, mile 136
- Borough of White Haven
- Lock 24 and Dam 16 of Upper Grand Section of Lehigh Canal
- Nesquehoning Trestle, Mile 107.5
- Lehigh Gorge State Park
- Glen Onoko
- Pocono Biking
- Town of Jim Thorpe

MEALS

Meals will be on your own on Day 1, though small snacks will be provided at some water stops. Sojourners are recommended to explore the variety of dining options in White Haven for lunch and Jim Thorpe for dinner, which is a short walk from the Day 1 campsite.

EVENING

Sojourners will be able to celebrate their first day of riding with a night out in Jim Thorpe. The quaint town is home to restaurants, bars, the Mauch Chunk Opera House, museums and attractions, the Lehigh Gorge Scenic Railway, boutiques, shops, a winery and a meadery, and much more.

ACCOMMODATIONS

Camping

Sam Miller Field, 198 North Ave., Jim Thorpe, PA 18229

Hotel (optional)

There are approximately a dozen hotels and bed and breakfasts in downtown Jim Thorpe within 1 mile of the campsite. This is a perfect opportunity to take advantage of the historic and beautiful accommodations that have earned Jim Thorpe the nickname Little Switzerland. We ask that you arrange your transportation to and from all hotel/lodging accommodations.
DAY 2: TRIP INFORMATION

START LOCATION: Sam Miller Field, 198 North Ave.,
Jim Thorpe, PA 18229

END LOCATION: Hugh Moore Park, 2750 Hugh
Moore Park Road, Easton, PA 18042

MILEAGE: 48

DAY 2 RIDING:

You can start off your longest ride day with a yoga class hosted
by Maya Kowalcyk, owner of Jim Thorpe Yoga, in the campsite at
either 6:30 a.m. or 7:30 a.m.; the suggested donation for the class is
$10. Then, breakfast will be served two blocks from camp at
3 Kids Market & Eatery from 7 to 8:30 a.m.

Tours of the Asa Packer Mansion will also be available and will start
at 7:30 a.m. for $10.

Following breakfast, we will head over to the Mansion House
Pedestrian Bridge dedication ceremony and help make history!
Along with the other sojourners, local leaders and members of the
community, you will be among the very first to tread across the
bridge, a project 25 years in the making that will connect nearly 60
miles of the D&L Trail and its surrounding towns. Be prepared for
remarks, the unfurling of flags, photos and an exciting celebration!

After crossing the bridge, you will travel another 13 miles until
reaching the day's first water stop at the Slattington Trailhead
Visitors Center. Next, you will ride another 10 miles to a catered
lunch at the Canal Street Park in Northampton, where there will
be bathrooms available. From lunch, you will continue south 10
more miles before reaching Water Stop 2 in Sand Island Park. This
stretch of the route will be the longest section of road riding for
the sojourn, approximately 7 miles. Sitting right across the Lehigh
River from the water stop is the SteelStacks, the former home plant
of the industrial giant Bethlehem Steel. Once you hop back on the
trail, you will travel the final 10 miles back to the familiar grounds
of Hugh Moore Park to camp for the evening.

Ride Points of Interest:

• Mansion House Pedestrian Bridge, Jim Thorpe
• Asa Packer Mansion Museum, Jim Thorpe
• Lehigh Gap and Lehigh Gap Nature Center, Mile 94.5
• SteelStacks, mile 70.5
• Freemansburg Canal Education Center, Mile 67.5
• Hugh Moore Park: Delaware & Lehigh National
  Heritage Corridor Offices & National Canal Museum,
  Josiah White II Canal Boat, Locktender’s House, Mile
  61

MEALS

Breakfast, lunch and dinner will be provided at 3 Kids Market &
Eatery (Jim Thorpe), Canal Street Park (Northampton) and the
Hugh Moore Park campsite (Easton), respectively.

EVENING

In addition to the delicious dinner served between 5:30 and 7:30.
p.m., sojourners will have much to look forward to while staying
in Hugh Moore Park! There will be two canal boat rides (at 5 p.m.
and 6 p.m.) aboard the Josiah White II, the only mule-drawn canal
boat in the eastern U.S. The handsome mules, Hank and George,
will pull you along the Lehigh Canal. Self-guided tours in the
National Canal Museum will be available until 7:30 p.m. Starting at
7 p.m., the RTC and D&L teams will introduce themselves during
a welcome address. Bathrooms in the National Canal Museum will
be available until 10 p.m.

Note: Sojourners who arrived by car will have access to their
vehicles during our stay in Hugh Moore Park.

ACCOMODATIONS

Camping
Hugh Moore Park, 2750 Hugh Moore Park Road, Easton, PA
18042

Hotel (optional)
There are a variety of hotels and bed and breakfasts in Palmer
and Easton, both approximately 3 miles from the campsite.
These locations are only accessible by car.
**START LOCATION:** Hugh Moore Park, 2750 Hugh Moore Park Road, Easton, PA 18042

**END LOCATION:** Washington Crossing Historic Park (Upper Park), 1635 River Road, New Hope, PA 18938

**MILEAGE:** 38

**DAY 3 RIDING:**

Day 3 will be an exciting day of traveling waterside and in two states: Pennsylvania and New Jersey. After a hearty breakfast served at the campsite, you will depart Hugh Moore Park and head east toward the Forks of the Delaware where the Lehigh and Delaware rivers and canals meet. At the rivers’ confluence, you will be able to look over your shoulder toward the Crayola Experience, the crayon and marker factory, and across the water to New Jersey. Next, you will proceed south until you encounter Water Stop 1 at the Delaware Canal State Park in Kintnersville, Pennsylvania, approximately 12 miles into your day’s ride.

Once you’ve rehydrated and snacked, you will bike another 10 miles along the Delaware River until you reach the Uhlerstown-Frenchtown Bridge. Taking the bridge, you will cross onto the Delaware & Raritan Canal State Park Trail and into charming Frenchtown, New Jersey, the recommended lunch stop for the day. While in Frenchtown, you can enjoy views of the lush riverbanks, quaint shops and delectable dining options.

From Frenchtown, you will continue south for 9 miles along this New Jersey section of the D&R Trail and the shores of the Delaware River to Water Stop 2 on Bull’s Island. Next, you will travel 5 more miles to Lambertville, New Jersey, where you will take the bridge across the river to New Hope and back onto the Pennsylvania side of the route. Once you’ve touched down in Pennsylvania, you will glide a few more miles on the D&L Trail back in time as you reach our campsite in Washington Crossing Historic Park (Upper Park).

Please note: This section of trail will have a shallow water crossing 4 miles into the ride. There will also be stairs in Raubsville and New Hope that will require dismounting and walking your bikes. Both bridge crossings of the Delaware River require that bikers dismount and walk across the bridges.

**Ride Points of Interest:**
- Forks of the Delaware, Mile 59
- Crayola Experience
- Uhlerstown-Frenchtown Bridge, Mile 57
- The Borough of Frenchtown
- Nockamixon Cliffs, Mile 47
- New Hope Locktender's House, near Mile 24.5
- The Borough of New Hope
- Washington Crossing Historic Park

**MEALS**

Breakfast will be provided at the Hugh Moore Park campsite (Easton). Sojourners are suggested to eat lunch in Frenchtown, New Jersey, and dinner in New Hope, Pennsylvania.

**EVENING**

As its names foretells, Washington Crossing Historic Park (Upper Park), our spacious campsite for nights 3 and 4, is steeped in the history of George Washington’s famous Christmas Eve river crossing during the Revolutionary War. The entire park boasts “more than 500 acres of American history,” and during our stayover on Day 4, you will be able to tour some of its most iconic sites. That evening, you will be free to explore the park and the town of New Hope, which has several dinner and nightlife options. We will also be arranging an evening kayak tour next to the campsite for those not participating in the planned kayak activity the next day. Space is limited; you will be able to sign up at the campsite’s Information Tent on Day 1 and Day 2.

While pioneering about, we strongly recommend that you skip the road and take the trail between New Hope and the campsite. Please remember your headlight and tail light if you plan to be riding to camp after sundown.

**ACCOMODATIONS**

**Camping**
Washington Crossing Historic Park (Upper Park), 1635 River Road, New Hope, PA 18938

Hotel (optional)
There are a variety of hotels and bed and breakfasts in New Hope, a 2.5-mile ride from the campsite.
REST DAY

Today is the day to kick your feet up and relax around the campsite, explore all the offerings of New Hope and/or enjoy your time on the rest day activity you chose when registering for the sojourn. As we will be camping in Washington Crossing Historic Park (Upper Park) for a second night, there will be no need to pack up your belongings in the morning and resume the route. Instead, you can eat breakfast, then begin either your self-designed day or head over to the Information Tent to meet for your planned rest day activity.

Breakfast will be served across the street from the campsite in the pavilion at Bowman’s Hill Wildflower Preserve from 6 to 9 a.m. To reach the pavilion, use the pedestrian tunnel that passes underneath the street.

All tours will meet by the Information Tent 45 minutes before their activity begins.

An additional third kayak tour was added due to popular demand. Space is limited, so please sign up at the Information Tent during the first two days of the ride.

ORGANIZED TOUR START TIMES

- Kayak Tour 1: 9:45am
- Kayak Tour 2: 2 p.m.
- Kayak Tour 3: 4 p.m.
- Washington Crossing Tour: 10 a.m.
- Bowman’s Hill Wildflower Tour 1: 10 a.m.
- Bowman’s Hill Wildflower Tour 2: 1 p.m.
- Hessian Barracks Museum Tour: 2 p.m. (Please meet at 1 p.m. at the Information Tent.)

SELF-DESIGNED DAY

Sojourners not participating in the organized activities will have the option to choose their own adventure during the day. Some fun activities include: exploring the local attractions in New Hope, hanging out at camp or enjoying the nearby biking trips to destinations such as the following:

- Washington Crossing Historical Park Visitor’s Center, Mile 18
- Borough of Yardley, Mile 14
- Borough of Morrisville, Mile 10
- Trenton Bridges
- Bristol Township, Mile 0 (some trail gaps along the route between Morrisville and Bristol)

Please note: We will not be able to accommodate activity switches during the sojourn, except for those wishing to change their rest day activity from an organized tour to a self-design day. If you wish to change activities beforehand, you must do so by contacting sojourns@railstotrails.org by May 27, 2018; however, we cannot guarantee any activity switches.

MEALS

Breakfast and dinner will be provided at Bowman’s Hill Wildflower Preserve, across the street from the Washington Crossing campsite (New Hope). Lunch will be provided at the campsite pavilion.

EVENING

Dinner and our evening’s entertainment will take place at the pavilion at Bowman’s Hill Wildflower Preserve. The night is sure to be one you remember, because the entertainment is courtesy of you, the sojourners! We will be holding our Sojourn Talent Show starting at 7 p.m. and conducting a dress rehearsal shortly beforehand. Following a full set of singing, dancing, playing and performing, our judges will pick one talented sojourner to win a new Fuji bike—so start practicing now, and remember to sign up online or at the Rails-to-Trails Conservancy information table on Nights 1, 2 or 3.

Photo courtesy Delaware & Lehigh National Heritage Corridor
START LOCATION: Washington Crossing Historic Park (Upper Park), 1635 River Road, New Hope, PA 18938

END LOCATION: Hugh Moore Park, 2750 Hugh Moore Park Road, Easton, PA 18042

MILEAGE: 37

DAY 5 RIDING:

After having breakfast at the campsite, you will wave goodbye to all the manifestations of the Revolutionary spirit in the Washington Crossing Historic Park and make your way back north to Hugh Moore Park. On this return journey, however, you will experience the route anew from the Pennsylvania side of the Delaware River.

Along this 37-mile ride day, you’ll be able to enjoy fresh terrain while seeing familiar sights and sites; such as: the architectural stylings of the Erwin-Stover House and Barn and the Benjamin Riegel House, multiple locks and the beautiful, ever-changing scenery of Delaware Canal State Park.

Approximately halfway into your trip for the day, you will stop for lunch at Tinicum Park. From there it’s 20 more miles north to Easton, where you will finish your epic journey back at Hugh Moore Park.

Please note: After your first 4 miles of riding, you will encounter a 1-mile road detour due to a small bridge repair north of New Hope. It will be well signed and sojourn staff will be at the detour to help direct you.

MEALS

Breakfast will be served at the Washington Crossing Historic Park (Upper Park) campsite (New Hope). Lunch will also be provided at Tinicum Park, Mile 39.

CHECK OUT

When you arrive back at Hugh Moore Park, you will instantly be overcome with the feeling of accomplishment for biking your way through more than 160 miles of the D&L Trail. You will high-five your new sojourn friends and the sojourn staff, take photos, grab any souvenirs or swag that might have caught your eye, and then will gather up all of your belongings.

Before departing, every sojourner will be asked to check out with a staff member and take a short post-ride survey; in addition to letting us know how your adventure was, these surveys are used to provide the region with recreational economic impact numbers. So please do us a big favor by filling them out completely!

After filling out the survey, you will be welcome to leave for your next destination. In the weeks following the sojourn, keep checking your email to see photo albums and other fun memories from the 2018 Pennsylvania Sojourn.
SOJOURN SAFETY PLEDGE

• All riders must adhere to these safety rules to ensure a safe and enjoyable ride for everyone. Cyclists who have never ridden in a big group ride need to know a few “rules of the trail/road” to ride safely in a group.

• I will ride responsibly and follow all the rules of the road as defined by state laws.

• I will wear my helmet at all times while on my bike.

• I will obey all traffic signs and signals.

• I will ride single file when a car or truck is close behind me and is preparing to pass.

• I will never ride more than two abreast.

• I will not draft on other riders (pace lines are strongly discouraged).

• I will yield to riders trying to pass me.

• I will keep a bicycle length between me and the rider in front of me.

• I will call out my intentions to riders behind me: “Slowing!” “Stopping!” “Turning!”

• I will use hand signals when appropriate.

• I will point to hazards and/or call out to riders behind me: “Gravel!” “Hole!” “Tracks!” etc.

• I will pull completely off the road or trail to stop and let others pass.

• I will not stop in the middle of the road or trail.

• I will call out to riders that I am about to pass: “Passing on your left!” (Never pass on the right).

• I will always ride defensively.

• I will always be aware of other riders, vehicles and pedestrians near me.

• I will never assume I know what they are going to do.

• I will use common sense and courtesy toward motorists and others while I am on my bike.

• I will provide adult supervision to my children under age 16.

• I will not ride before daylight.

• If I ride at night, I will use a front and rear light, and rear reflector.

• I will have fun, enjoy myself and thank all those who made this Rail-Trail Sojourn possible!
WHAT TO BRING: LIST AND TIPS

SUGGESTED ITEMS (SOME OPTIONAL) Note: Commercial laundromats are available in at Jim and Vicki’s Neighborhood Laundromat in Jim Thorpe

- Bike helmet (required)
- Water bottle/hydration pack (required)
- Bike lock (w/ key)
- Front/rear bike lights
- Flashlight & lantern
- Sun screen and bug spray
- Rain gear
- Riding snacks
- Pillow
- Warm coat/fleece
- Money/credit card
- A sense of adventure
- Air mattress or sleeping pad/mat
- Anti-chaff cream
- Bandana/handkerchief
- Cycling gloves
- Cell phone & charger
- Camera
- Bike bell
- Camp towel
- Deck of cards
- Duct tape
- Ear plugs (campsites can be noisier than you expect)
- Frame pump and/or CO2 cartridges
- Innertubes
- Hat
- Driver’s license/ID card
- Medical insurance card
- Laundry bag
- Personal first aid kit
- Pocket knife
- Rain gear
- Book/e-book
- Cycling clothing
- Regular street clothing
- Shoes & sandals (for shower)
- Extra socks
- Sunglasses
- Sunscreen lip balm
- Toiletries
- Sandwich bags (great for cell phones and wallets if it rains)
- Garbage bag (again, for gear in the rain)
- Tent
- Tarp for tent

Do not bring

- Bike trailers for luggage
- Cooking equipment
- Trashcans (will be provided)
- Camping chairs (may be rented from Comfy Campers)
- Coolers
- Hard shell luggage/trunks
- Cots
- Large bulky items that are difficult to move or transport
- Pets

Rails-to-Trails Conservancy assumes no responsibility for lost/damaged items. Make sure to bring a lock for overnight bicycle parking.

LUGGAGE RULES

Each guest is limited to two bags weighing a maximum of 40 lbs each, which includes all clothing, tent, sleeping bag and other items. Please weigh your bags and pack accordingly. If your bag is overweight, you will be asked to remove some items to meet the weight requirements. Riders may not strap or tie anything to the bags. Coolers, chairs, extra bikes, hard trunks, suitcases and stoves are not allowed in luggage. Luggage trucks will move your gear between each night’s camp spot.

Riders must deliver their luggage to the luggage truck by 9 a.m. each morning we relocate. Once the luggage has been loaded on the trucks, riders will not have access to it until it has been unloaded in the next town. This is a “group effort” type of trip! Upon reaching the evening’s campsite, folks pitch in to unload the luggage truck. It’s a great way to get to know your fellow rider. We recommend that riders make sure they have their sunscreen, money, camera, medication, rain gear and any other essentials with them for each day’s ride.
GETTING YOUR BIKE READY

Get your bike tuned up and adjusted to fit you before beginning to train. Efficient position and good body alignment will help you feel more comfortable. Have a professional bike technician check your position, including the points between your body and the bike: seat, shoes, pedals and hands. Poor fit is more painful than poor training. To have your bike professionally fitted, contact a bicycle shop in your area. Schedule a pre-ride tune-up with your local bike shop a week or two before the ride. Make sure to have them check the condition and adjustment of brake pads, brake cables and gear cables, as well as bearing adjustments in your hubs, headset and bottom bracket. Tires should be checked for excessive wear, cuts and nicks. Remember, old tires can mean more punctures and may also be unsafe.

GETTING YOUR BODY READY

Whether you’re riding the sojourn for the first time or you’re a veteran, getting yourself—and especially your body—ready for the ride is the key to making it an enjoyable experience. Putting in plenty of miles of training is definitely important, especially back-to-back days. However, don’t focus solely on mileage. A well-rounded training program includes strength, flexibility, endurance, nutrition, hydration and rest. The sojourn should not be your training but a culmination of your training effort. A major cause of injuries is lack of conditioning.

STAYING HYDRATED

Water is important before, during and after every workout. When cycling, be sure to drink at least one bottle of water per hour. Drink even if you are not thirsty; remember—if you are thirsty, then you are already dehydrated! Once you’ve finished your ride, make sure you continue to drink water or sports electrolyte, and recovery drinks.

FOOD

Determining a diet that works best for your training needs should be determined by you and your doctor(s). When training, it is commonly recommended that your food plan should comprise mostly carbohydrates, with the remainder comprising equal amounts of protein and fat.

STRENGTH TRAINING

Strength training is a vital piece in any exercise regimen, whether for recreation or competition. In order to be strong in the saddle, you need to have strength not only in your legs and heart, but in the rest of your body. A strong core is essential to good riding posture and climbing ability. Try including at least two days per week of a full-body strength training program targeting your major muscle groups, with an emphasis on abdominal and back muscles.

STRETCHING

Stretching is essential for preventing injuries and improving muscle recovery. Focus on all major muscle groups, not just the legs. Stretch after every workout and bike ride—and even if you didn’t do anything that day.
How to Prepare for Your First Long-Distance Trail Ride

As you prepare for our 2018 Pennsylvania Sojourn on the D&L Trail this June, check out these five simple tips for long-distance trail rides!

Read more on our Trailblog

TIPS TO TAKE CARE OF YOURSELF ON THE SOJOURN

• Apply waterproof sunscreen on exposed skin several times daily. It should become part of your rest-stop routine while on the ride.
• Wear padded gloves.
• Shake out your arms and legs every couple of miles to avoid soreness.
• Drink plenty of fluids—at least one bottle an hour in hot weather while riding. If you are not thirsty, drink anyway! You can become dehydrated without knowing it. The trick to successful long-distance cycling is this: Drink before you’re thirsty, and…
• Eat before you’re hungry.
• Stretch before and after riding, and take plenty of breaks during the day.
• When crossing railroad tracks, go slowly and perpendicular to the tracks. Or, just get off your bike and walk it across. Always walk your bike across if the tracks are wet or at an angle, or if traffic prevents you from a perpendicular crossing.
• If you have knee problems, consider installing a triple-rink crank set, using floating pedals or having your cleats fit checked. Standing when climbing hills is tougher cardiovascularly but easier on the knees.
• Smile and laugh! Doctors swear by it!

BEFORE YOU GO … LEARN MORE ABOUT THE LOCAL TRAILS AND TOWNS!

D&L Trail
Rails-to-Trails Conservancy
Borough of White Haven
Town of Jim Thorpe
City of Easton
The Borough of Frenchtown
The Borough of New Hope
delawareandlehigh.org
railstotrails.org
whitehavenborough.org
jimthorpe.org
easton-pa.com
frenchtown.com/fbpa/
visitnewhope.com

We’d like to thank our 2018 Pennsylvania Sojourn partners and sponsors: Pennsylvania Department of Conservation and Natural Resources, Delaware & Lehigh National Heritage Corridor, Pocono Biking, Fuji Bikes and Sierra Nevada.
ABOUT RAILS-TO-TRAILS CONSERVANCY

OUR MISSION: Rails-to-Trails Conservancy (RTC) is a nonprofit organization based in Washington, D.C., whose mission is to create a nationwide network of trails from former rail lines and connecting corridors to build healthier places for healthier people.

WHO WE ARE: RTC serves as the national voice for more than 160,000 members and supporters, 22,000-miles-plus of rail-trails throughout the country and more than 8,000 miles of potential rail-trails waiting to be built.

We have supported the tremendous growth and development of rail-trails since opening our doors on Feb. 1, 1986. Today, there are more than 2,000 preserved rail-trails that form the backbone of a growing trail system spanning communities, regions, states and, indeed, the entire country. Learn more at railstotrails.org.

TRAILLINK.COM: Check out TrailLink.com, a searchable database of more than 32,000 miles of trails nationwide. The website and TrailLink apps include detailed trail descriptions, interactive maps, photographs and firsthand ratings and reviews. TrailLink.com is the perfect place to plan your next great trail adventure.

CONTACT US

Northeast Regional Office
Rails-to-Trails Conservancy
230 South Broad St., 17th Floor
Philadelphia, PA 19102

National Headquarters
Rails-to-Trails Conservancy
2121 Ward Court, NW, 5th Floor
Washington, DC 20037

SHARE THE TRAIL: In addition to cyclists—walkers, equestrians, inline skaters and others use the trails. So please be courteous to other trail users, pass safely, and follow the rules of each trail.

Please make safety your highest priority. It is important that you let others know you are passing on their left (ride right, pass left) simply by calling out “Passing!” or “On your left!”

Please be courteous to all trail users. Learn the six golden rules of trail us at: railstotrails.org/sharethetrail.