

WHAT GOES DOWN MUST COME UP

0.4 L Gapland Rd at stop sign (SS) 1.1 31.9 R Holter Rd 6.8 1.5 L Potomac St (MD Rt. 17) at SS 1.4 38.7 BR S. Church Street (unmarked) at T 0.1 2.9 R Picnic Woods Rd 2.6 38.8 L Alt. US 40 (Main Street) 1.1 5.5 L Gapland Rd 2.4 39.9 L Marker St. 1.8 7.9 L MD 180 (Jefferson Pike) 0.5 41.7 L Marker St. 1.5 8.4 Market on right 0.4 43.2 BL to continue on Marker St. 1.5 8.8 R Lander Rd 0.2 43.5 R Quebec School Rd at T 9.0 9.0 L Mountville Rd just after overpass 2.1 Becomes Marker St. 43.2 BL Mount Church Rd 0.7 11.1 X US 15 at bottom of steep hill 2.7 45.2 L Mount Church Rd 0.6 15.0 R/L New De	Mile	Turn	Description	Dist.	Mile	Turn	Description	Dist.
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2.9 R Picnic Woods Rd 2.6 38.8 L Alt. US 40 (Main Street) 1.1 5.5 L Gapland Rd 2.4 39.9 L Marker St. 1.8 7.9 L MD 180 (Jefferson Pike) 0.5 41.7 L Marker St. 1.5 8.4 Market on right 0.4 43.2 BL to continue on Marker St. 0.3 8.8 R Lander Rd 0.2 43.5 R Quebec School Rd at T 9.0 L Mountville Rd just after overpass 2.1 Becomes Marker St. again 1.7 11.1 X US 15 at bottom of steep hill 2.7 45.2 L Mount Church Rd 0.7 13.8 Pit stop 1: Store in Adamstown 1.2 45.9 R Arnoldstown Rd 0.6 15.0 R/L New Design Rd to Oland Rd 46.5 R Gapland Rd at Arch 0.1 16.9 Lilypons Water Gardens (opens at 11am) 0.6 47.0 R YOU MADE IT!!! 17.5 L Flint Hill Rd 1.1 Note: This ride is primarily taken from the "G	0.4	L	Gapland Rd at stop sign (SS)	1.1	31.9	R	Holter Rd	6.8
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7.9 L MD 180 (Jefferson Pike) 0.5 41.7 L Marker St. 1.5 8.4 Market on right 0.4 43.2 BL to continue on Marker St. 0.3 8.8 R Lander Rd 0.2 43.5 R Quebec School Rd at T 9.0 L Mountville Rd just after overpass 2.1 Becomes Marker St. again 1.7 1.7 1.1 1.7 L Mount Church Rd 0.7 0.7 45.2 L Mount Church Rd 0.7 0.7 13.8 Pit stop 1: Store in Adamstown 1.2 45.9 R Arnoldstown Rd 0.6 0.6 0.6 0.6 R Gapland Rd at Arch 0.1 0.1 0.2 0.4	2.9	R	Picnic Woods Rd	2.6	38.8	L	Alt. US 40 (Main Street)	1.1
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8.8 R Lander Rd 0.2 43.5 R Quebec School Rd at T 9.0 L Mountville Rd just after overpass 2.1 Becomes Marker St. again 1.7 11.1 X US 15 at bottom of steep hill 2.7 45.2 L Mount Church Rd 0.7 13.8 Pit stop 1: Store in Adamstown 1.2 45.9 R Arnoldstown Rd 0.6 15.0 R/L New Design Rd to Oland Rd Becomes Lily Pons Rd 1.9 46.5 R Gapland Rd at Arch 0.1 16.9 Lilypons Water Gardens (opens at 11am) 0.6 17.5 L Park Mills Rd at T 2.2 19.7 L Flint Hill Rd 1.1 Note: This ride is primarily taken from the "Greater Washington Area Bike Atlas Stl Edition". It is the "Lilypons Loop" with slight modification to start at the west end of the loop.	7.9	L	MD 180 (Jefferson Pike)	0.5	41.7	L	Marker St.	1.5
9.0 L Mountville Rd just after overpass 2.1 11.1 X US 15 at bottom of steep hill 2.7 45.2 L Mount Church Rd 0.7 13.8 Pit stop 1: Store in Adamstown 1.2 45.9 R Arnoldstown Rd 0.6 15.0 R/L New Design Rd to Oland Rd 46.5 R Gapland Rd at Arch 0.1 Becomes Lily Pons Rd 1.9 46.6 R Townsend Rd 0.4 16.9 Lilypons Water Gardens (opens at 11am) 0.6 17.5 L Park Mills Rd at T 2.2 19.7 L Flint Hill Rd 1.1 Note: This ride is primarily taken from the "Greater Washington Area Bike Atlas 5tl Edition". It is the "Lilypons Loop" with slight modification to start at the west end of the loop.	8.4		Market on right	0.4	43.2	BL	to continue on Marker St.	0.3
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	20.8	L	MD 80 (Fingerboard Rd)	1.6			nypons Loop with slight mounication to start at the we	st end of
22.6 J. Monor Woodo Pd (Puekovatova) 2.9	22.4	R	MD 85 (Buckeystown Pike)	1.2				
25.0 L IVIANOI WOOUS KU (BUCKEYSIOWN) 2.8	23.6	L	Manor Woods Rd (Buckeystown)	2.8				
26.4 R Ballenger Creek Rd 1.5	26.4	R	Ballenger Creek Rd	1.5				
27.9 L South Renn Rd 1.4 MAPLE TREE CAMPGROUND	27.9	L	South Renn Rd	1.4	MAPLE TREE CAMPGROUND			
29.3 L Elmer Derr Rd at T 0.6 20716 Townsend Road, Rohrersville, Maryland	29.3	L	Elmer Derr Rd at T	0.6	20716 Townsend Road, Rohrersville, Maryland (301) 432-5585 www.thetreehousecamp.com			
	29.9	R	Elmer Rd	0.1				
30.0 L MD 180 (unmarked) at T 1.9	30.0	L	MD 180 (unmarked) at T	1.9				