

# TIPS ON TRIPS

## Preparing For A Family Outdoor Recreation Vacation

(NAPSA)—If you're looking for a fun way to get away with the whole family, a cycling vacation could be just the ticket.

Not only are the trips a healthy and exciting way to spend time together, but cyclists can also find trails to suit just about every skill level in some of the most beautiful countryside in America.

For instance, The Alleghenies, a string of strikingly beautiful mountains nestled in the heart of south-central Pennsylvania, was named one of the "five top bicycle areas in the country" by *Bicycling* magazine.

### Something For Everyone

The mountains offer more than 30 on- and off-road cycling options, and visitors will find routes and trails for beginner, intermediate and expert cyclists. There are even family-friendly rails-to-trails as well as technical singletrack, all in the backdrop of the mountain scenery. Additionally, the region has the only Pennsylvania off-road trail to be designated an International Mountain Bicycling Association (IMBA) Epic trail. It's one of only 43 in the nation and located in the State College region.

### Downhill Adventures

Visitors have been flocking to The Alleghenies' Raystown Lake region for years for the abundance of water activities. The area, dotted with country hamlets, boasts wooded mountainsides, an 8,300-acre lake, and bed-and-breakfasts. In partnership with IMBA, the region is now home to the Alle-



**A family cycling vacation in The Alleghenies is located in close proximity to major metro areas.**

grippis Trails at Raystown, a multiuse trail system. The 30-mile stacked loop system offers options for riders of all skill levels, including a number of features designed specifically for mountain bikers.

There's also the Altoona region, home of the International Tour de 'Toona stage race; the Bedford region, known for its winding roadways and challenging climbs; and the Johnstown region, with its deep valleys and memorable views, among other cycling destinations.

### Getting There

The Alleghenies is within a relatively easy driving distance from major airports and cities such as Washington, D.C., Pittsburgh, Harrisburg, Philadelphia and New York, and the area's website, [www.thealleghenies.com](http://www.thealleghenies.com), offers plenty of information on cycling routes, lodging, area attractions and more. You can also call (800) 458-3433 for more information.