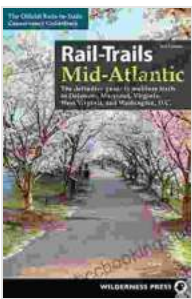


The Definitive Guide to Multiuse Trails in Delaware, Maryland, and Virginia

Are you looking for the ultimate guide to the best multiuse trails in Delaware, Maryland, and Virginia? Look no further! This article has everything you need to plan your next adventure, whether you're a hiker, biker, or runner.

Delaware

Delaware is home to a variety of multiuse trails, perfect for all levels of fitness. Here are a few of our favorites:



Rail-Trails Mid-Atlantic: The Definitive Guide to Multiuse Trails in Delaware, Maryland, Virginia, Washington, D.C., and West Virginia

by RAILS-TO-TRAILS CONSERVANCY

★★★★☆ 4.7 out of 5

Language : English

File size : 30521 KB

Text-to-Speech: Enabled

Screen Reader: Supported

Print length : 450 pages



- **Brandywine Creek Trail:** This 12-mile trail follows the Brandywine Creek through the scenic Brandywine Valley. It's a great option for a leisurely hike or bike ride.

- **Cape Henlopen State Park Trails:** Cape Henlopen State Park offers a variety of trails, including the 3.5-mile Gordon's Pond Trail and the 1.5-mile Great Marsh Trail. These trails are perfect for hiking, biking, or running.
- **White Clay Creek State Park Trails:** White Clay Creek State Park is home to over 30 miles of trails, including the 5-mile Red Trail and the 2.5-mile Blue Trail. These trails are perfect for hiking, biking, or running.

Maryland

Maryland is another great state for multiuse trails. Here are a few of our favorites:

- **Baltimore & Annapolis Trail:** This 13-mile trail connects Baltimore and Annapolis, Maryland. It's a great option for a long hike or bike ride.
- **Chesapeake & Ohio Canal Towpath:** This 184-mile trail follows the Chesapeake & Ohio Canal from Washington, D.C., to Cumberland, Maryland. It's a great option for a long hike, bike ride, or run.
- **Rock Creek Trail:** This 11-mile trail follows Rock Creek through the Rock Creek Park in Washington, D.C. It's a great option for a short hike or bike ride.

Virginia

Virginia is home to some of the most beautiful multiuse trails in the country. Here are a few of our favorites:

- **Appalachian Trail:** The Appalachian Trail is a 2,190-mile trail that runs from Georgia to Maine. It's a challenging trail, but it's also one of the

most rewarding.

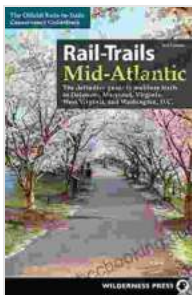
- **Blue Ridge Parkway:** The Blue Ridge Parkway is a 469-mile parkway that follows the Blue Ridge Mountains. It's a great option for a scenic drive, hike, or bike ride.
- **Mount Rogers National Recreation Area Trails:** Mount Rogers National Recreation Area is home to over 500 miles of trails, including the 10-mile Grayson Highlands Trail and the 5-mile Mount Rogers Trail. These trails are perfect for hiking, biking, or running.

Planning Your Trip

Now that you have a few ideas for multiuse trails to explore, it's time to start planning your trip. Here are a few tips:

- **Choose the right trail for your fitness level.** If you're a beginner, start with a shorter trail with less elevation gain. As you get more experienced, you can gradually increase the length and difficulty of your hikes.
- **Check the weather forecast before you go.** You don't want to get caught in a storm on the trail.
- **Bring plenty of water and snacks.** You'll need to stay hydrated and fueled during your hike.
- **Wear comfortable shoes and clothing.** You'll be doing a lot of walking, so you want to be comfortable.
- **Let someone know where you're going.** In case of an emergency, it's important for someone to know where you are.

Multiuse trails are a great way to get exercise, enjoy the outdoors, and explore new places. With so many great trails to choose from in Delaware, Maryland, and Virginia, you're sure to find the perfect one for your next adventure.



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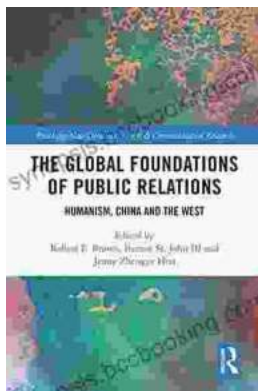
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