



2016 Program Offerings

- Bike the Entire C&O Canal: One of America’s Distinctive National Parks** *program #18629*
 The C&O Canal provides over 185 miles of beautiful tree lined towpath for bicycling and/or hiking. Join us as we make the trek from Cumberland to Washington along the beautiful Potomac River. Bicycles, helmets, and guides are provided for a memorable ride through the Nation’s early history.
- Biking the C & O Canal Towpath** *program #13306*
 Bicycling 20- 30 miles per day, we will ride almost 100 of the 185 miles of the C & O Canal along the Potomac River. An early transportation mainstay, the ruins of locks, lock houses and inlets provide an interesting ride. Aqueducts, a tunnel and time off the bicycle for a ride in a canal boat round out the week.
- Chesapeake and Ohio Canal: a Walker’s Paradise** *program #2206*
 Discover history and beauty along the Potomac River. Join educators as you explore the Canal’s role in 19th and 20th century America. Highlights will include the PawPaw tunnel, Monocacy Aqueduct and a ride on a mule driven canal boat replica. Walk 3-4 miles each day on the level towpath of the canal.
- Ending Hunger through Education and Service** (service program) *program #16151*
 Hunger is a worldwide issue. Heifer International works to sustainably help those that hunger by providing animals and training. This site in turn offers a learning center for understanding the lives of others around the world. A day trip into Washington DC to help at the DC Central Kitchens provides another perspective to alleviating hunger.
- Explore the World without a Passport...** (intergenerational program) *program #19819*
 Explore the world without crossing an ocean as you and your grandchild immerse yourselves in a kaleidoscope of cultures at our Heifer International Global Village. Inside replicas of traditional homes from around the world, enjoy the games, foods, dress and stories of Kenya, Thailand, Tibet, Mozambique, Guatemala and other countries. Explore a different continent each day, create your own passport to help you get around the village, and enjoy nature walks, swimming, campfires and more when you’re not busy discovering the far corners of the globe.
- Hike the Appalachian Trail in Four States!** *program #18537*
 Passing through 14 states, the Appalachian Trail is more than 2150 miles long. Sample the treasures of the trail in daylong hikes in Pennsylvania, Maryland, West Virginia and Virginia. Stories from thru-hikers and naturalists help to bring the beauty of the trail alive. Hikes are 6-10 miles each day carrying a day pack.
- Planes, Trains, Roads and Canal Boats** *program #15218*
 Rich in transportation history, the Hagerstown, MD area has historic Railroads, the C&O Canal, early aviation history, the Old National Road, and a Volvo power train test lab. Historic rail line trips through scenic mountain valleys, an excursion on a replica canal boat, and a visit to the Udvar Hazy Air and Space Museum are also included. A great way to experience how transportation systems are important to our history and future!
- Preserving Antietam National Battlefield** (service program) *program #11104*
 At Antietam, the National Park Service is working to restore the landscape to its appearance on the fateful day of that battle in 1862. The battlefield offers a unique opportunity to accomplish this goal because the land within and surrounding it has remained largely rural and agricultural. Work will be alongside park service personnel.
- Hiking Through Maryland on the Appalachian Trail: From the Mason-Dixon to the Potomac** *program #21357*
 The Appalachian Trail passes through 13 states on its way from Georgia to Maine. Maryland has 40 miles of the trail and hikers have adopted the “Maryland Challenge” in many formats-from a continuous hike in one day to including it in a 3 or four state challenge for a day! Our challenge will break the hike in not 4 days with a bonus day in Harpers Ferry at the Appalachian Trail Conservancy Office and venture to Jefferson Rock. Day hikes only with showers and hot food nightly.
- Walking Through History: Six Towns in Four States (NEW FOR 2016)** *program #22251*
 Trace the history of early America on a walking discovery of six historic towns in the Potomac River Valley & discover the worldwide active walking movement known as the “volksmarch.” Your base in western Maryland places you at the crossroads of several historic settlements that together form a microcosm of young America. Journey from Maryland into Pennsylvania, Virginia and West Virginia as you delve into the first 200 years of American life. Explore this region's history on foot with experts and historians, not just along “Main Street” but also off the beaten path in small museums and historic houses and onto nature trails and Civil War battlefields. Enjoy evening presentations on volksmarch culture, Colonial life, the Civil War and American popular music of the 19th century.