



## About the Trail Towns

Whether you are a Western PA native, or are traveling across the globe to ride the GAP, there are a few things you should know about the region, the town's along the way, and their amenities. From the 2,500 residents of West Newton to the 42 of Little Orleans, expect that small town feel. With each passing year the trail town communities develop more amenities to accommodate riders. Lodging, dining and provision options have increased with the number of riders. The communities, their residents and business owners take pride in providing a great service and showcasing their town.

At Golden Triangle Bike we want your expectations to match up with the experience. Here are some details about the trail towns.

- You should expect the unique beauty, hospitality, history and awesome experiences that this region of rural America has to offer.
- You should not expect gourmet markets, craft breweries, or boutique shopping to greet you at every town.
- There are plenty of opportunities to grab a drink and make new friends at a local pub. Its recommended.
- You are witnessing economic development as a direct result of a bike trail! That is awesome and not something you see everyday. Relish it, take advantage, and pat yourself on the back for contributing...its a beautiful thing.
- Internet and phone service- It is quit possible that you will have an overnight stay in a town that does not have great internet or cell phone coverage. Take a deep-breath, relax, and enjoy being disconnected. The majority of the trail and its towns have service. Please let us know if this is an issue for you.
- Dining- There are several towns that offer very few options and some establishments are seasonal. Pay close attention to your itinerary, our recommendations, and our preferred trail partner list....calling ahead to confirm operating hours is always recommended, particularly if there are only a few options in that town.
- The ridership on the trail increases with every season. New and unique services and amenities appear each year to accommodate travelers like yourself. If you need anything along the way, give us a call and we will direct you to the best option for transportation, bike repairs, a spiffy new Great Allegheny Passage jersey or anything else you may need along the way.