

## Explore the Eastern Continental Divide Loop



### Do the Loop! on foot, by kayak, raft and bicycle

Western Maryland and southwestern Pennsylvania feature exceptional access to public lands, rivers, streams, reservoirs, trails, and state parks creating the ultimate outdoor recreation experience.

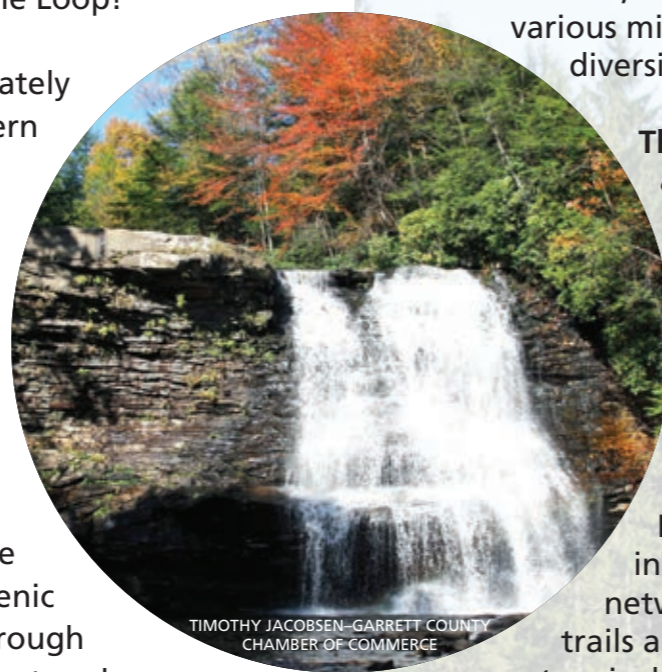
Paddle the quiet Savage River Reservoir. Hike the scenic Monroe Run and Meadow Mountain trails.

Bicycle along Deep Creek Lake to the Youghiogheny River.

Fish a section of river, and raft the exciting Class IV/V section to Friendsville, Maryland. Paddle to Confluence, Pennsylvania, and bike on the Great Allegheny Passage and local roads to a trailhead for the Big Savage Mountain Hiking Trail.

Hike or backpack to the Savage River. That's the Loop!

The approximately 150-mile Eastern Continental Divide Loop is a portal to explore unique habitats, communities and historical landmarks, connecting the area's most scenic viewpoints through a continuous network of trails, waterways, and routes while traversing the Allegheny Front and the divide between the Atlantic and Mississippi watersheds.



TIMOTHY JACOBSEN-GARRETT COUNTY  
CHAMBER OF COMMERCE

### Places to explore

State parks and forests and the Youghiogheny Wild and Scenic River provide exceptional access to water, trails, scenic vistas and, due to various micro-climates, an impressive diversity of flora and fauna.

The Youghiogheny Scenic and Wild River, managed to protect the exceptional range of natural, cultural and outdoor recreational resources, cuts a northward path through some of the most rugged topography in the region.

Deep Creek Lake State Park, includes a challenging network of mountain biking trails and a well-marked trail system includes a hike to a lookout tower with exceptional views of western Maryland. The Discovery Center mixes learning and fun with exhibits on turtles, foxes, black bears and an on-site aviary of rescued and rehabilitated birds of prey.



TIMOTHY JACOBSEN-GARRETT COUNTY CHAMBER OF COMMERCE



BOB CARNEY



Most areas are leashed dog friendly and pet approved.

Maryland's highest free-falling waterfall, the 53-foot Muddy Creek Falls, is one of four waterfalls within Swallow Falls State Park, also popular for a stand of hemlock trees over 300 years old.

New Germany State Park, near Grantsville, features 10 miles of multi-use trails; campsites and cabins; and a small lake for fishing, swimming, and non-motorized boating.

Casselman River Bridge State Park, a 4-acre parcel east of Grantsville, is a popular area for fly fishermen, photographers, and history enthusiasts.

Youghiogheny River Lake includes three campgrounds from primitive to modern.

Great Allegheny Passage is a 150-mile rail-trail between Cumberland, MD—Milepost 184.5 of the C & O Canal Towpath—and Point State Park in downtown Pittsburgh.

### Plan your visit

Based on a "proof of concept tour in 2015," a continuous venture assumes the use of outfitters and/or some other kind of support. You should also check the dates that water is scheduled for release from Deep Creek Lake, which makes rafting/paddling "the Yough" possible. Between April and October, releases generally happen on Monday and Friday and on some Saturdays.

#### Garrett Trails [garretttrails.org](http://garretttrails.org)

- see "Do the Loop" for detailed notes and recommendations

Garrett County Chamber & Visitors Center [www.visitdeepcreek.com](http://www.visitdeepcreek.com) & 301 387 4386  
15 Visitors Center Drive, McHenry, Maryland 21541

#### Mountain Side of Maryland [www.mdmountainside.com](http://www.mdmountainside.com) & 844-425-2067

- lodging, outfitters in the area & more

#### American Whitewater

[www.americanwhitewater.org/content/Calendar/view-event/event/2734/](http://www.americanwhitewater.org/content/Calendar/view-event/event/2734/)

- see Deep Creek Lake water release dates for the Upper Youghiogheny River

#### Maryland Department of Natural Resources [www.dnr.maryland.gov](http://www.dnr.maryland.gov)

- Savage River State Forest
- Youghiogheny Wild and Scenic River
- Deep Creek Lake State Park
- New Germany State Park

#### Youghiogheny River Lake

[www.lrp.usace.army.mil/Missions/Recreation/Lakes/Youghiogheny-River-Lake/](http://www.lrp.usace.army.mil/Missions/Recreation/Lakes/Youghiogheny-River-Lake/)  
814-395-3166 (recreation information)

#### Allegheny Trail Alliance [www.gaptrail.org](http://www.gaptrail.org)

- information for travel between Confluence & Meyersdale (and beyond)

Potomac Heritage National Scenic Trail National Park Service [www.nps.gov/pohe](http://www.nps.gov/pohe)



BROOKE MCCONNELL



J.B. CHURCHILL



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# Eastern Continental Divide Loop



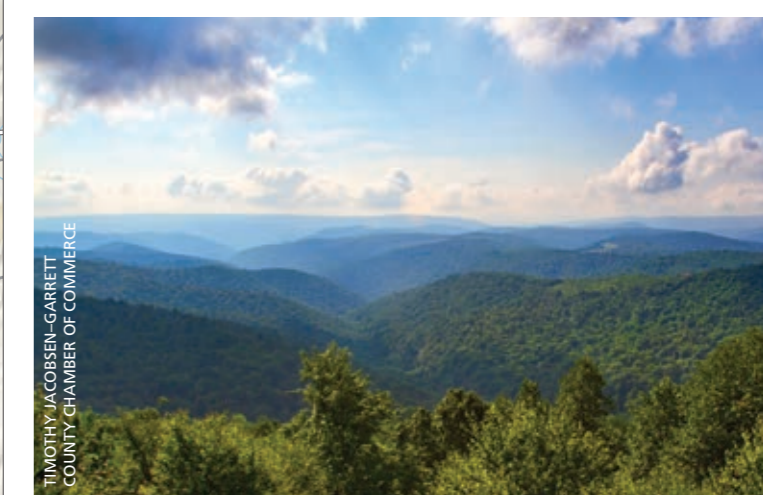
- Eastern Continental Divide Loop Trail (existing)
- Eastern Continental Divide Loop Trail (planned)
- Eastern Continental Divide Loop Water Trail
- Chesapeake and Ohio Canal Towpath
- Great Allegheny Passage
- Laurel Highlands Hiking Trail
- Parking
- Canoe access
- Information
- Boat launch
- Hiking
- Lodging
- Camping
- Outfitter shuttle



0 3 Kilometers  
0 3 Miles

## Where is the Loop?

Bisected by Interstate 68, "the Loop" lies within Garrett County, MD, and Somerset County, PA.



Logos for the National Park Service, Garrett Trails, Deep Creek Lake Area, Maryland Department of Natural Resources, and the Mountain Maryland Gateway to the West Heritage Area.

**Leave No Trace** Please help to protect natural and historic resources by following Leave No Trace Outdoor Ethics. For more information, visit [www.lnt.org](http://www.lnt.org).

Published by the Potomac Heritage National Scenic Trail Office, National Park Service, U.S. Dept. of the Interior, through a partnership with Garrett Trails, Mountain Maryland Heritage Area, Maryland Dept. of Natural Resources, Maryland State Highway Administration, Army Corps of Engineers and Allegheny Trail Alliance. The content of this document should not be interpreted as representing the opinions or policies of the U.S. Government. Mention of trade names or commercial products does not constitute endorsement by the U.S. Government.



## Eastern Continental Divide Loop Overview

Loop Segment	Mode	Miles/Km	Duration
Savage River Reservoir		2.6 mi/4.2 km	1–3 hours
Monroe Run Trail + to Meadow Mtn. Overlook		9 mi/14.4 km	4–7 hours
DCL State Park VC – Hoyes Run		11.5 mi/18.5 km	1.5 hours
Hoyes Run – Sang Run		3.5 mi/5.6 km	2–4 hours
Sang Run – Friendsville		9.9 mi/16 km	5–6 hours
Friendsville – Confluence		13.5 mi/21.7 km	4–7 hours
Great Allegheny Passage: Confluence – Frostburg		47 mi/75.6 km	4–6 hours
Frostburg – BSM Trailhead		7 mi./11.2 km	1–2.5 hours
Big Savage Mountain Hiking Trail		17 mi./27 km	1–2 days