

Cycle

Frederick County,
Maryland





Welcome to Frederick County, Maryland, where the ride is *as memorable as the destination.*

This is a place where history is etched on the landscape and the scenery unfolds around every turn and over every crest.

You might find yourself gliding by a bright red covered bridge, climbing toward forested ridgelines or coasting through a thriving Main Street humming with energy.

Frederick County sits just an hour's drive from Baltimore and Washington, D.C., and a short ride from Gettysburg, but it feels worlds away once you settle into the rhythm of the road or trail. Quiet country lanes trace old farm boundaries. Gravel roads disappear into the foothills beneath Catocin Mountain. Historic streets lead straight to coffee shops, breweries, vineyards, and tables set for a well-earned meal. You can ride through Civil War landscapes in the morning and toast the day's miles by evening.

This is a cycling destination built on variety. Road riders, gravel explorers, mountain bikers, and families will all find routes that match their pace and sense of fun. What connects every ride is the experience—Frederick County invites you to slow down, look around, and enjoy landscapes that are every bit as rewarding as the ride itself.



Explore scenic, story-filled cycling on quiet roads, mountain trails, and in historic towns. Explore our online cycling guide!



Frederick County's *Cycling Spirit*

You'll find cycling communities rooted in history, sustainability, and shared adventure.

Cycling in Frederick County is as much about the people as it is the ride. This is a **welcoming, hands-on community** where volunteers help maintain trails, local nonprofits bring riders together, and advocates work to make cycling safer and more accessible for everyone.

Stop into a bike shop and you will likely leave with more than supplies. Shop owners are quick to share route tips, favorite climbs, and those quiet back roads you would never find on your own.



There is also a deep appreciation for cycling's past. On occasion, you might spot a high-wheeled penny-farthing cruising by, a nod to the long history of the bicycle itself.

That sense of history fits naturally here, alongside centuries-old family farms and 19th century architecture in the City of Frederick, a certified bronze Bicycle Friendly Community.

**Riding here often feels social.
Group rides roll out together.
Conversations happen at
trailheads, at café stops, or at a
downtown brewery at ride's end.**

Join the Fun Frederick's Cycling Clubs and Groups

THE FREDERICK PEDALERS

frederickpedalers.org

FREDERICK ROAD RIDING

[facebook.com/groups/
frederickroadriding](https://facebook.com/groups/frederickroadriding)

FREDERICK ROAD AND GRAVEL RIDING

[facebook.com/groups/
frederickroadandgravelriding](https://facebook.com/groups/frederickroadandgravelriding)

Races, Rides, and Two-Wheeled *Tradition*

Historic races, mountain challenges,
and community rides that celebrate
cycling in all forms.

Frederick County's cycling calendar celebrates both the past and the thrill of the ride. From the National Clustered Spires High Wheel Bike Race, where penny-farthing riders fly through Downtown Frederick, to rugged enduro races on the slopes of Catoctin Mountain, events here are as varied as the terrain.

Add in long-distance road and gravel rides that test endurance and scenic routes designed for all ages, and you will find a cycling scene that welcomes newcomers and challenges seasoned riders.



NATIONAL CLUSTERED SPIRES HIGH WHEEL BIKE RACE

Watch penny-farthing riders
race through Downtown
Frederick, celebrating
bicycle history. It's high
speed on high wheels!
(Biennial Event)

GRAN FONDO MARYLAND

Challenge your endurance
on championship routes that
turn Frederick County's rolling
countryside into a beautiful,
demanding test of strength.

TOUR DE FREDERICK

Ride for a cause on
scenic routes highlighting
Frederick's historic
streets and landscapes
while supporting local
nonprofit organizations.

THE SHED ENDURO

Push your limits on Frederick
Watershed's rocky, technical
trails in this high-energy
mountain bike race with
timed downhill stages.

GRAVITY SOUL DUAL SLALOM AND FESTIVAL

Experience head-to-head
mountain bike racing
alongside live music, food,
and family-friendly fun at Old
Harmony Farm near Myersville.

BIKES AND BEERS FREDERICK

Pick your distance—15, 30,
or 45 miles - through scenic
city streets and rolling
countryside, then celebrate
back at a local brewery with
craft beer, live music, food
trucks, and a charity raffle.
Ride for fun and give back!



Hit the Roads

Explore scenic backroads, thrilling climbs, and historic covered bridges across Frederick County's unforgettable road cycling routes.

Quiet country roads roll through farmland and history, offering punchy climbs, covered bridges, Civil War landscapes, and low-traffic routes that reward every ride with scenery, stories, and **unforgettable Frederick County landscapes**.



NORTH COUNTY BRIDGE TOUR

Ride northern Frederick County crossing three historic covered bridges amid rolling farmland.



CATOCTIN MOUNTAIN CHALLENGE

Cycle Catoctin Mountain for challenging climbs, sweeping views, wildlife, and rugged beauty.



HEART OF THE CIVIL WAR - CAMPAIGN RIDE

Explore the City of Frederick's rich Civil War history on this urban ride.



SPIRITS OF BURKITTSVILLE

Discover the tiny town of Burkittsville and its rye whiskey heritage.



Scan to find more routes
and plan your trip.



North County Bridge Tour

Northern Frederick County offers riders something rare in Maryland: **three historic covered bridges still standing and still part of everyday life.**

These bridges anchor a landscape shaped by water and roads. This ride crosses the three covered bridges and many other historic spans, linking quiet farm lanes and rural roads that define Frederick County's agricultural roots.

As you pedal, you pass fields and barns that number among the 1,000 family-owned farms in Frederick County. The bridges tell a story of change, too. In the late 1800s, iron and steel truss bridges replaced earlier wooden spans. A highlight is LeGore Bridge, built in 1898 from locally quarried limestone, stretching gracefully across the Monocacy River.

Starts at Utica District Park

Description:

Rolling and Lengthy

Difficulty Rating:

6

Length:

39.8 miles

Points of Interest Along the Route



Main Street
Thurmont



Loy's Station
Covered Bridge



Thurmont
Historical Society



Catoctin
Breeze Vineyards



Utica
District Park



Thurmont
Kountry Kitchen



Roddy Road
Covered Bridge



Moan
Valley Farm



Utica Mills
Covered Bridge



CUE	MILES	TOTAL	DIRECTION/ROAD
Start	0.0	0.0	Utica District Park
1	0.4	0.4	Left on Old Frederick Rd
2	0.6	1.0	Left on Utica Rd (Utica Rd Covered Bridge just ahead)
3	1.0	2.0	Right on Hessong Bridge Rd
4	0.9	2.9	Straight on Hessong Bridge Rd at Angleberger (do not turn)
5	1.5	4.4	Caution metal grate bridge
6	0.0	4.4	Quick right on Blacks Mill Rd
7	1.3	5.7	Straight, cross wooden bridge, continue on Blacks Mill Rd
8	1.6	7.3	Left on Creagerstown Rd (MD 550)
9	0.3	7.6	Bear right on Old Frederick Rd
10	1.9	9.5	Loy's Station Covered Bridge
11	0.1	9.6	Left on Rocky Ridge Rd (MD 77)
12	2.8	12.4	Bear right on E Main St, stay on MD 77
13	1.0	13.4	Right on N Church St (MD 550) into Thurmont (stores)
14	0.3	13.7	Right on Emmitsburg Rd, becomes Albert Staub Rd
15	0.5	14.2	Right on Eyler Rd
16	0.6	14.8	Left on Roddy Rd (Apples Church bears right)
17	0.8	15.6	Roddy Rd Covered Bridge
18	0.8	16.4	Right on Old Kiln Rd

19	2.5	18.9	Right on Motters Station Rd (MD 76)
20	1.0	19.9	Bear left on Four Points Rd
21	0.9	20.8	Right on Sixes Bridge Rd
22	0.6	21.4	Bear right on Sixes Bridge Rd at Grimes Rd
23	2.2	23.6	Cross bridge
24	0.7	24.3	Right on Mumma Ford Rd (Sixes Bridge Rd goes left)
25	1.9	26.2	Left on Motters Station Rd (MD 76)
26	1.5	27.7	Straight across MD 77, continue on Longs Mill Rd
27	0.8	28.5	Left on Legore Bridge Rd
28	1.2	29.7	Historic Legore Bridge
29	0.2	29.9	Right on Legore Bridge Rd at top of climb
30	2.5	32.4	Straight/Bear right on Woodsboro Pike (MD 194) into Woodsboro
31	0.4	32.8	Right, quick bear left onto Main St (stores)
32	0.3	33.1	Right on Gravel Hill Rd at food store
33	0.0	33.1	Bear right/bear left at Southern States, stay on Gravel Hill Rd
34	2.0	35.1	Left on Dublin Rd Caution downhill, full stop
35	2.3	37.4	Right on Devilbiss Bridge Rd
36	1.7	39.1	Right on Old Frederick Rd
37	0.3	39.4	Left into Utica District Park
End	0.4	39.8	End of Ride

Heart of the Civil War Campaign Ride

Frederick stands at **the heart of the Civil War story**, a defining moment that shaped the city and its streets.

Today, Downtown Frederick is a Bicycle Friendly Community, inviting riders to experience that history at a slower pace. This tour highlights key Civil War sites and notable places, connecting museums, historic buildings, interpretive markers, and cemeteries throughout the city.

As you ride, you will follow the same streets soldiers marched during the Civil War on their way to important battles like Antietam, Gettysburg, and Monocacy, and where the wounded were brought to hospitals in war-time Frederick.

Starts at Rose Hill Manor Park and Museums

Description:
Urban

Difficulty Rating:
2

Length:
15 miles

Points of Interest Along the Route



Rose Hill Manor



National Museum of Civil War Medicine



Frederick Visitor Center



St. John's Catholic Cemetery



Kemp Hall



Hessian Barracks



Visitation Hotel (Civil War Hospital)



Courthouse Square



Mount Olivet Cemetery



Museum of Frederick County History (Heritage Frederick)



Barbara Fritchie House



Monocacy National Battlefield



Former Baltimore & Ohio Train Station



CUE	MILES	TOTAL	DIRECTION/ROAD
Start	0.0	0.0	Rose Hill Manor Park
1	0.1	0.1	Left on Market St
2	0.0	0.1	Quick right on East St
3	1.2	1.3	Right on E 4th St
4	0.1	1.4	Left into St. John's Cemetery
5	0.0	1.4	Left back onto E 4th St (exit cemetery)
6	0.1	1.5	Left on Maxwell Alley
7	0.1	1.6	Left on E 3rd St
8	0.1	1.7	Right on East St
9	0.1	1.8	Right on E 2nd St
10	0.1	1.9	Left on Maxwell Alley
11	0.1	2.0	Right on E Patrick St
12	0.1	2.1	Right on Market St
13	0.2	2.3	Left on W 2nd St
14	0.1	2.4	Left on Court St
15	0.0	2.4	Quick right on Council St
16	0.0	2.5	Quick left on Record St
17	0.1	2.5	Left on W Church St
18	0.1	2.6	Right on N Court St
19	0.0	2.6	Quick right on W Patrick St
20	0.1	2.7	Left on Bentz St
21	0.2	2.9	Left on W All Saints St
22	0.6	3.5	Right on East St (Frederick Visitor Center on right)

23	0.1	3.6	Right on South St
24	0.1	3.7	Left on S Carroll St
25	0.0	3.7	Option: Turn right into MSD driveway (2nd right after South St). Return to Carroll St via right turn
26	0.2	3.9	Right on Clarke Pl
27	0.1	4.0	Cross S Market St
28	0.1	4.1	Left on Broadway (then south into Mt. Olivet Cemetery)
29	0.1	4.2	Bear right at Area K toward Confederate Row
30	0.0	4.2	Barbara Fritchie Monument
31	0.0	4.2	Francis Scott Key Monument
32	0.8	5.0	Right on S Market St (MD 355) Use extreme caution
33	0.6	5.6	Cross MD 85, remain on MD 355
34	2.5	8.1	Left into Monocacy National Battlefield Visitor Center (optional stop)
OPTIONAL QUICK RETURN FROM MONOCACY BATTLEFIELD			
35	0.0	8.1	Right on MD 355
36	2.4	10.5	Right on MD 85
37	0.4	10.9	Straight across I-70 (traffic lights, use caution)
38	0.2	11.1	Right on Monocacy Blvd
39	0.9	12.0	Cross MD 144, continue on Monocacy Blvd
40	1.4	13.4	Cross Gas House Pike, becomes Schifferstadt Blvd
41	1.3	14.7	Left on Market St
42	0.3	15.0	Right into Rose Hill Manor Park
End	—	15.0	End of Ride

Gravel *is Life*

Quiet gravel roads connect Frederick County's rural landscapes with stories around every bend.

Gravel riding fits Frederick County like a well-worn tire. Bumpy roads are part of the fun as you roll along mountain-top dirt lanes and winding farm roads that feel wonderfully unchanged. With miles of unpaved routes preserved by the Rural Roads Commission, these rides offer a direct connection to the county's rural heritage and wide-open landscapes.



**Find the best
gravel riding
in Frederick
County with our
biking guide.**



Photo Credit: Alyssa Boxhill



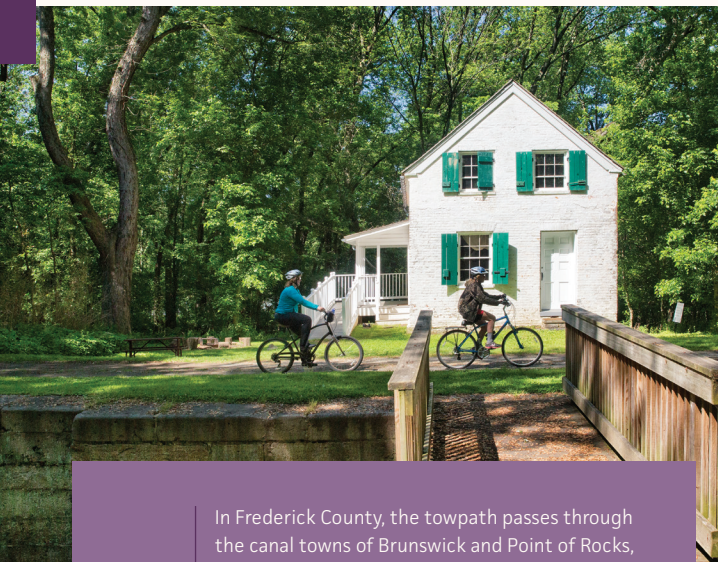
Photo Credit: Alyssa Boxhill

Explore the C&O Canal Towpath

Frederick County is home to 15 miles of **one of the most beloved national parks in the country.**

In the 19th and early 20th centuries, the Chesapeake and Ohio Canal carried coal, goods, and supplies from Maryland communities to Washington, D.C.

Today, the C&O Canal National Historical Park preserves that route as a 184.5-mile park and one of the country's most beloved cycling experiences. The towpath, once walked by mules pulling canal boats, is now a gravel rider's dream, offering miles of scenic, story-filled riding.



In Frederick County, the towpath passes through the canal towns of Brunswick and Point of Rocks, with places to eat and explore along the Potomac River. Riders also cross the Monocacy and Catoctin aqueducts, beautifully restored water bridges and standout photo stops rich with history.

Photo Credit: Alyssa Boxhill



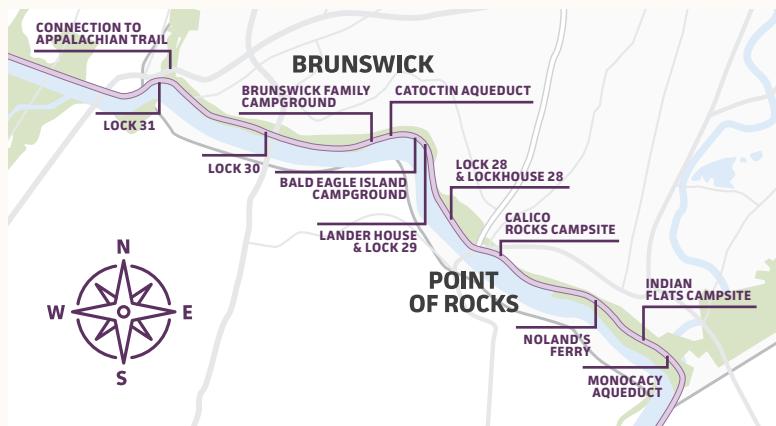
Make It A Bike-Packing Journey

Whether riding the full 184.5 miles or planning a single overnight, the C&O Canal towpath offers some of the East Coast's best bikepacking.

Frederick County features three scenic river-front campsites along the towpath: Bald Eagle Island, Calico Rocks, and Indian Flats. These hiker-biker sites are spaced every five to seven miles. No reservations or fees are required. Each site includes a picnic table, grill, chemical toilet, and non-potable water (available seasonally).



For a unique stay, reserve a historic lockkeeper's house (Lockhouse 28) through the C&O Canal Trust. These popular spots fill quickly!



On the Trail

Rugged trails, technical climbs, and mountain biking built for serious adventure.

Frederick County's parks and mountains have helped shape a **nationally recognized mountain biking scene**, with rugged terrain and purpose-built trails drawing riders from across the region and even hosting USA Cycling national championships.

RIVER'S EDGE TRAILS

Located in Brunswick along the Potomac River, the River's Edge Trails offer more than four miles of challenging, rewarding singletrack. Built by volunteers with professional trail designers, they have quickly become a regional destination.

THINK REGIONALLY

Frederick also makes an ideal basecamp, with top trail systems nearby at Little Bennett State Park, Black Hill Regional Park, and Greenbrier State Park.



Yellow Trail

Gambrill State Park

Difficulty: Black Diamond

At 6.8 miles, Gambrill's Yellow Trail is the longest loop in the park and a true test piece. Technical singletrack, rocky climbs, and relentless terrain challenge riders looking to push their limits.

Smoketown Pass

River's Edge Trails

Difficulty: Green

Smoketown Pass offers approachable, flowing singletrack as part of the River's Edge system. Rideable in both directions, it provides an easier physical challenge with smooth lines and steady rhythm.

Carlo's Inferno

River's Edge Trails

Difficulty: Black Diamond

A downhill-only favorite featuring berms, jumps, and fast, roller-coaster-style riding that delivers adrenaline from start to finish.

ATOP CATOCTIN MOUNTAIN

Gambrill State Park and the Frederick Watershed deliver technical, rock-filled trails that test skills and stamina. These demanding routes reward prepared riders and deserve respect. This is a popular area—obey all parking instructions and help keep this area accessible.

The Family That Rides Together

Discover more places
to ride together.



Check out these biking spots that are perfect for all ages.

Frederick County makes family rides easy and fun, blending nature, history, and **safe paths where everyone belongs**. Pedal past a belltower, explore a historic farm, or cruise together along the Potomac River.



BAKER PARK

Bike along Carroll Creek through Baker Park, passing a covered bridge, towering carillon, and Frederick's oldest home, Schifferstadt.



UTICA DISTRICT PARK

Ride through Utica District Park's open landscapes, passing the restored historic Snook family farm and its interpretive signage.



BALLENGER CREEK PARK

Cruise 4.24-mile Ballenger Creek Linear Trail, connecting neighborhoods, parks, and destinations on a car-free ride.



C&O CANAL NATIONAL HISTORICAL PARK

Enjoy the flat, car-free C&O Canal towpath, offering easy miles, riverside views, wildlife sightings, and plenty of space to ride together.

Bike Shops and More



Explore these bike shops
for new bikes, maintenance,
or tips on your next ride.



Frederick County's cycling community is built on support and shared enthusiasm. **Local bike shops offer more than just selling bikes.** They'll help you find the right ride, tune it up, point you toward favorite routes, and sometimes even pour the coffee.

These shops are gathering places, where passionate cyclists swap stories, offer advice, and welcome newcomers into a community that loves riding together.

The Bicycle Escape Mobile

FREDERICK

Founded by a family passionate about cycling, The Bicycle Escape blends community, craftsmanship, and care. Operating as a mobile shop, they deliver personalized service, creative solutions, and a people-first approach that keeps riders rolling and connected.

Bike Doctor

FREDERICK

A longtime staple of Maryland's cycling scene, Bike Doctor offers top brands, certified service, rentals, group rides, and year-long care with every bike purchase. Friendly staff and community-focused events make it a trusted hub for riders.

Bridgeway Bikes

BRUNSWICK

Located in historic Main Street Brunswick, Bridgeway Bikes sits at the gateway to the C&O Canal, River's Edge Trails, and scenic country roads. Offering bike sales, rentals, repairs, and friendly expertise for every kind of rider.

Gravel & Grind

FREDERICK

Part bike shop, part coffee stop, Gravel & Grind blends cycling culture with handcrafted coffee in Downtown Frederick. Stop in for rentals, service, custom builds, or a thoughtfully brewed drink before or after your ride.

Wheelbase Bikes

FREDERICK

A Market Street institution since 1985, Wheelbase Bikes is run by lifelong cyclists who know their craft. From recreational riding to racing, their expert mechanics deliver trusted advice, quality bikes, and fast, dependable repairs.

Bike-Friendly Businesses

Frederick's bike-friendly culture extends well beyond bike shops.

Throughout Downtown Frederick and nearby communities, cyclists will find cafés, breweries, parks, and public spaces **designed with bikes in mind.**

Many locations offer nearby bike racks, outdoor seating, and welcoming attitudes toward riders rolling in for a break. From Carroll Creek Park and Baker Park to businesses along the C&O Canal, Frederick County makes it easy to park the bike, grab a bite, and feel part of the community.



CARROLL CREEK BREWING DISTRICT

Several breweries clustered together at the edge of Downtown Frederick make for a perfect post-ride pitstop.

BASECAMP FREDERICK

Stay in a rustic cabin adjacent to the Frederick Watershed near the base of Catoclin Mountain.

BRUNSWICK MAIN STREET

Restaurants, cafés, and shops just off the C&O Canal towpath, make Brunswick an easy and welcoming stop for touring cyclists.

FREDERICK VISITOR CENTER

Park your bike and discover everything there is to explore in Frederick County with an orientation film and exhibits.

SCENIC  ROUTE SPECIALIST



Explore the full list of bike-friendly businesses.





Ride Smart, Ride Safe



Simple tips to keep every
Frederick County ride
enjoyable and secure.

Ride smart, stay visible, and enjoy the
roads and trails of Frederick County safely.



Cycling in Frederick County
is meant to be enjoyable,
welcoming, and safe.

Keep these tips in mind as you ride:

- | | |
|---|--|
| → Always wear a helmet.
It is one of the simplest
and most effective safety
tools available to cyclists. | → Wear light-colored or
reflective clothing ,
especially when riding at
dawn, dusk, or after dark. |
| → Bicycles are legally
considered vehicles in
Maryland. Cyclists have
the same rights and
responsibilities as drivers. | → Make sure your bike is
equipped with working
front and rear lights and
reflectors when visibility
is low. |
| → Ride on the right and travel
in the same direction as
traffic at all times. | → When riding in groups,
ride single file and
stay predictable. |
| → Use clear hand signals
before turning or
changing lanes so drivers
and fellow riders know
your intentions. | → Watch for sand, loose
gravel, wet leaves, and
other road hazards ,
particularly on rural
roads and trails. |
| → Obey all traffic signs, signals, and road markings. | |

Frederick County invites you to make the most of every mile, on and off the bike.

Ride through hundreds of years of history, explore vibrant arts and culture, savor world-class dining, and wander into welcoming towns and landscapes. Whether you are here for a day, a weekend, or a longer escape, Frederick County rewards curiosity and invites you to keep exploring.



For more information about biking in Frederick County and trip planning tools, scan the QR code or click on over to [VISITFREDERICK.ORG](https://www.visitfrederick.org).

VISIT
Frederick
CITY & COUNTY • MARYLAND



#visitfrederick

151 S. East Street, Frederick, Maryland 21701
301-600-4047 or 800-999-3613 | [visitfrederick.org](https://www.visitfrederick.org)