

**26th Annual Freedom Valley**  
 Bicycle Coalition of Greater Philadelphia  
 100 Miles (Philadelphia Start)

Seg	Miles	Way	Road
0	0		Start: Lloyd Hall (1 Boathouse Row)
0.1	0.1	R	Kelly Drive
0.5	0.6	BR	Art Museum Circle
0.1	0.7	S	West River Drive (through gates)
2.9	3.6	BL	up ramp (Strawberry Mansion Bridge)
0.2	3.8	L	over bridge (Expressway)
0.2	4	BR	at Ford
0.3	4.3	BL	at fork
0	4.3	BL	Chamounix Drive
0.5	4.8	X	Ford Rd.
0.6	5.4	BR	onto one-way; stay rt after underpass
0	5.4		merge onto Parkside
0.4	5.8	R	Wynnefield
0.4	6.2	R	Bryn Mawr Ave (Amoco Station)
0.6	6.8	X	City Ave
0.2	7	L	Union
0.3	7.3	R	Old Lancaster
0.7	8	R	Merion (at Merion Park)
0.5	8.5	R	sycamore ave
0.4	8.9	L	Old Lancaster
0.1	9	X	Montgomery (becomes Levering Mill)
0.4	9.4	R	at light/Cynwyd School (still Levering Mill)
0.1	9.5	L	Bryn Mawr Ave
0.4	9.9	X	Manayunk
1.1	11	R	(before light) Old Gulph
0.2	11.2	BL	Hagys Ford (still Old Gulph)
0.9	12.1	BL	Mill Creek
0.8	12.9	L	Willaimson
0.3	13.2	X	Black Rock
0.3	13.5	R	Mt. Pleasant
0.2	13.7	X	Waverly
0.2	13.9	L	Harriton
0.2	14.1	X	Morris
0.7	14.8	BR	Old Gulph
0.2	15	R	New Gulph (Old Gulph)
0.2	15.2	L	Airdale
0.5	15.7	X	Montgomery (becomes Levering Mill)
0.3	16	L	Austin Park (Rest Stop?)
0	16	X	Airdale
0	16		up Orchard Way

0.2	16.2	R	County Line
0.4	16.6		Stop Sign <b>**CAUTION**</b>
0	16.6	L	Ithan
0.2	16.8	X	Rt. 30 (Lancaster Ave.)
0.8	17.6	R	Conestoga
0.6	18.2	X	I-476 Overpass
0.2	18.4	R	Radnor Chester
0.4	18.9	L	Radnor Trail (Caution Pedestrians)
2.2	21.2	R	Sugartown
0.1	21.2	S	Old Eagle School
1	22.2	L	School
0.3	22.5	R	Valley
1.5	24	R	Thomas
1.5	25.5	L	Gulph
0.5	26	L	Outer Line
1	27	R	Valley Creek
0.5	27.5	L	Yellow Springs
4.1	31.6	R	Howells
0.3	31.9	L	Rees
0.6	32.5	R	Whitehorse
		X	Creek Rd
		X	Rt. 23
3.8	36.3	L	Rhinehart (2nd Ave)
0.7	37	R	Locust
0	37	L	Washington
0.1	37.1	R	Starr Street
0.3	37.4	L	Bridge Street
1.5	38.9	BR	Bridge becomes Charlestown Rd
1.6	40.5	R	Pickering Road
1.8	42.3	L	Pike Springs Road
0.3	42.6	R	Kimbertown Road
0.3	42.9	L	Art School Road
3.1	46	R	Horseshoe Trail
1.4	47.4	L	Fellowship Road
0.8	48.2	R	Westover Lane
0.7	48.9	R	Birchrn Road
0.6	49.5	R	Horseshoe Trail
0.4	49.9	L	Birchrn Road
1.2	51.1	BR	Birchrn Road
1.4	52.5	L	Hollow Road
0.6	49.5	R	Horseshoe Trail
0.4	49.9	L	Birchrn Road
1.2	51.1	BR	Birchrn Road
1.4	52.5	L	Hollow Road

2.1	54.6	X	Pughtown Rd
			Hollow Rd. becomes
<b>Lunch Stop - Bella Pizzeria</b>			Sheeder then Ellis woods Rd
2.5	57.1	R	Ellis Woods Road
0.7	57.8	R	Creamery Road
		B/S	Creamery becomes Stoney Run
2.2	60	R	Seven Stars Road
3.9	63.9	R	Hares Hill Road
0.6	64.5	L	Coldstream Road
1.9	66.4	L	Charlestown Road
0.9	67.3		Charlestown becomes Bridge Street
0.7	68	X	Rt. 113
0	68	BR	continue on Bridge Street
1.8	69.8	X	x Schuylkill River
0.1	69.9	R	Walnut Street (at Produce Junction)
0.7	70.6	L	Canal Street
0.2	70.8	L	Hollow
2	72.8	R	Black Rock
0.1	72.9	L	Troutman
0.8	73.7	R	Arcola (bike lanes)
0.5	74.2	R	Perkiomen Trail
1.5	75.7	L	Upper Indian Head
0.1	75.8	R	Perkiomen Trail (paved)
7.5	83.3	S	Norristown Transit Center
0.6	83.9	S	at Ford Street
1.1	85	S	onto Conshohocken trail section
1.9	86.9	R	at end paved section (Oak)
0	86.9	L	Stoddard (under bridge)
0.2	87.1	L	Harry Street
0	87.1	R	immediately on trail
3.7	90.8	R	end of bike path
0	90.8	L	Nixon
0.4	91.2	BR	**Caution** Railroad Tracks!!!
0	91.2	L	Manayunk Towpath (packed earth)
2.1	93.3	L	Lock Street (from trail)
0.4	93.7	R	Main
0.5	94.2	S	Merge onto Ridge
0.1	94.3	R	Kelly
0.3	94.6	R	into 1st parking lot and follow path
4.7	99.3	R	Lloyd Hall

Lunch Stop at Bella Pizzeria - approx mile 57  
Spring City, PA (610) 495-5272