

PA1000K  
 Services and Points of Interest on Route  
 (updated July 19, 2008)

<u>Mile</u>	<u>Location</u>	<u>Services</u>	<u>Restroom</u>	<u>Notes</u>
0	<b>Controle 1 Quakertown</b>	Breakfast buffet	Yes	Available 1 hour before ride start. <u>Welcome to the Pennsylvania Highlands Region.</u>
15	Hellertown	MiniMart, Waffle House	Yes	
18-20	Bethlehem	MiniMarts	Yes	
34	<b>Controle 2 Cherryville</b>	MiniMart	Yes	
39	Little Gap			1st Appalachian Trail crossing
52	Faulstick Rd	Scenic point of interest		Wind Gap vista off to your right
54	Saylorsburg Rt 115	MiniMart	Yes	1 mile off course to the left
67	Fox Gap			2nd Appalachian Trail crossing
69	Lake Minsi area	Restaurant	Yes	
75	Portland	Diner, MiniMart	Yes	
75	Portland pedestrian walkway	Scenic point of interest		Delaware Water Gap vista
76	Columbia	MiniMart	Yes	
86	<b>Controle 3 Blirstown</b>	Bakery, Diner, MiniMart	Yes	<b>Limited Services to next controle: 46 miles and 2 major climbs ahead.</b>
92	Millbrook Rd			3rd Appalachian Trail crossing
94	Old Mine Road	Scenic point of interest		<u>Entering Delaware Water Gap National Recreation Area.</u> Oldest continuously-used road in the US; Historic Millbrook Village on right
107	Layton	Layton Hotel Sportsman Bar	Yes	2 blocks off course at junction of Rt 640 & 560. Head straight onto Rt 560 at Layton, bar on left opens at 11AM (water, soda, sandwiches)
110	Dingmans Ferry Bridge	Water, Rest Rooms in park on left.	Yes	Vending machines in Canoe Rental, on right just past bridge. Last privately owned toll bridge on the Delaware River (and one of the few remaining in the US). <u>Entering Pocono Mountains Region of the Allegheny Plateau.</u>

111	Jct Rt 209 / 739	General Store	Yes	Off course, 1/2 mile. Turn left on Rt 209; General store on Rt 209 on left. <b>Last store to next controle: 21 miles and 1 major climb ahead.</b>
111	Jct Rt 209 / 739	Dingmans Falls (scenic point of interest)		For extra credit, visit Dingman's Falls, 2-3 miles off-course. Turn left on Rt 209 and then follow Park signs and service road on right. Visitors Center and short boardwalk to water falls.
132	<b>Controle 4 Barryville</b>	General Store	Yes	Pizzeria near by.
136	Roebing Bridge	Scenic point of interest		Oldest suspension bridge in the US; Vistor center in house on left before bridge - worth a quick look.
151-155	Lake Wallenpaupack Rt 6	MiniMarts, Restaurants	Yes	
171	Jct Rt 296 / Cortez Rd	MiniMart	Yes	<u>Entering Wyoming Valley Region.</u>
179	<b>Controle 5 Cabondale</b>	Dunkin Donuts	Yes	Restaurants and MiniMarts off course along Main St to right. <u>Entering Endless Mountains Region</u>
186	Dundaff Jct Rt 247 / 2014	General Store on left		Open until 7PM
190	Clifford Jct Rt 2013 / 106	General Store		Open until 8PM
194	Jct Rt 106 / 92	MiniMarts, Restaurants	Yes	24 hr
213	<b>Controle 6 Hallstead (Sleep-over Stop 1)</b>	Food provided in staffed room at hotel, hotel room, MiniMarts, 24-hr McDonalds, Restaurants	Yes	Pick up drop bag and room key at staffed room. Gentle terrain to next controle. Departure time/pace options to reach next controle: 3:00 @ 9.6 MPH 4:00 @ 11.6 MPH 4:30 @ 12.9 MPH 5:00 @ 14.5 MPH 5:30 @ 16.7 MPH
225-236	Binghamton Rt 11 & 17C	MiniMarts, Restaurants	Yes	<u>Entering NY Southern Tier Region</u>
249	Owego Rt 17C	Hotel (Hampton Inn before town), MiniMarts, Restaurants, Fast Food, Coffee Shops	Yes	Alternate sleep stop (make your own reservations)
261	Barton 17C	MiniMart		TJ Market on right opens 8AM
268	Wavery Cayuta Ave	Diner	Yes	On left just after turn. <u>Entering Susquehanna Valley Region</u>
269	<b>Controle 7 Sayre</b>	MiniMart, Hotel (Best Western)	Yes	Alternate sleep stop (make your own reservations). Joining Sullivan Expedition historic route.

287-289	Towanda Rt 6	MiniMarts, Restaurants, Fast Food, Hotels	Yes	Alternate sleep stop (make your own reservations)
296	Franklindale Jct Rt 414 / 3013	JJ's Deli on right		Open 8AM-8PM; <b>Last services to next Controle</b>
314	<b>Controle 8 Canton</b>	MiniMart	Yes	
318	Canton Jct Rt 414 / 14	MiniMart	Yes	<u>Entering Pine Creek Gorge Region</u>
321	Jct Rt 414 / Ogdensburg Ave	Bar on right (water, ice)	Yes	
330	Liberty Jct 414 / Blockhouse Rd	Diner, Super Market		1 block off course to the left; Blockhouse Café open 7:30AM - 2PM; Bob's Market open 8AM - 6PM
345	English Center Jct Rt 287 / 4001	Restaurant on right	Yes	Harpers Creekside Tavern open 12PM - 12AM
354	Little Pine Creek S.P. Rt 4001 near mile marker 70	Restaurant on left	Yes	Look for Perry's Ice Cream cone sign. Open 8AM - 10PM
357	Waterville Rt 44	Restaurant on left	Yes	<b>Limited Services to next controle: 27 miles and 1 major climb ahead.</b>
364	Haneyville near Jct Rt 44 / 644	Restaurant on right	Yes	
381	Lock Haven Rt 150	MiniMarts, Restaurants, Fast Food	Yes	
385	<b>Controle 9 Mill Hall</b>	MiniMart	Yes	<b>Limited Services to next controle: 45 miles and 1 major climb ahead.</b>
396	Loganton near Jct Rt 447 / 80	MiniMart	Yes	<u>Entering Bald Eagle State Forest Region.</u>
421	Rt 492 Buffalo	MiniMart	Yes	<u>Entering Susquehanna Valley Region</u>
429	<b>Controle 10 Lewisburg (Sleep-over Stop 2)</b>	Food provided in staffed room at hotel, hotel room, MiniMart (24-hr), Restaurant	Yes	Pick up drop bag and room key at staffed room. Damons Grill open until 12AM. Departure time/pace options to reach next controle: 4:00 @ 7.2 MPH 5:00 @ 8.7 MPH 6:00 @ 11.1 MPH 6:30 @ 12.8 MPH 7:00 @ 15.3 MPH
438	Northumberland Rt 147	MiniMart	Yes	24-hr Sunoco
442	Sunbury Rt 147	MiniMart	Yes	24-hr Turkey Hill <b>Last services to next Controle: 28 miles ahead.</b>

470	<b>Controle 11 Millersburg</b>	MiniMart, Restaurants	Yes	Restaurants on course 0.3 miles ahead at Rt 147 / Rt 209 junction. Wooden Nickle open 8AM-11PM. <u>Entering Hegins Valley Region.</u>
480	Berrysburg Jct Rt 25 / 225	Restaurant on left	Yes	Schianos Italian Restaurant & Pizzeria open 10:30AM-9PM
485	Gratz Rt 25	MiniMarts, Icecream stand	Yes	
494	Valley View Rt 25	MiniMarts, Pizzeria	Yes	
505	Tremont Rt 125	MiniMart, Pizzeria	Yes	
512	<b>Controle 12 Pine Grove</b>	MiniMart	Yes	
516	Rt 501			4th Appalachian Trail crossing
521	Bethel Jct Rt 501 / 78	MiniMarts		<u>Entering Pennsylvania Dutch Region</u>
529	Myerstown Rt 501	Restaurants, Diner, Pizzeria	Yes	Additional services off course in town on Lincoln Ave / Rt 422
535	Schaefferstown Rt 897	Restaurants, Pizzeria	Yes	
546	Reinholds Rt 897	Restaurants, Pizzeria	Yes	
549	Swartzville Jct Rt 897 / 272	MiniMart	Yes	Turkey Hill 1 block off course to the right on Rt 272
559	<b>Controle 13 Blue Ball (Post Card drop)</b>	Restaurants (off course)		Off course, 1-2 miles further west on Rt 23 in New Holland
570	Morgantown Rt 23	MiniMarts, Restaurants, Fast Food, Hotel	Yes	Holiday Inn off course 0.2 miles north on Rt 10 near interchange
572	Jct Morgantown Rd / Joanna Rd	Deli		<u>Welcome back to the Pennsylvania Highlands Region.</u>
596	Gilbertsville Rt 73	MiniMart (off course)	Yes	Turkey Hill 0.3 miles off course on Rt 73. Turn left at TFL at Jct Rt 73 & Gilbertsville Rd (store on left)
622	<b>Controle 14 Quakertown</b>	Buffet provided, showers, dorm room	Yes	Collect drop bags after 6PM on Sunday