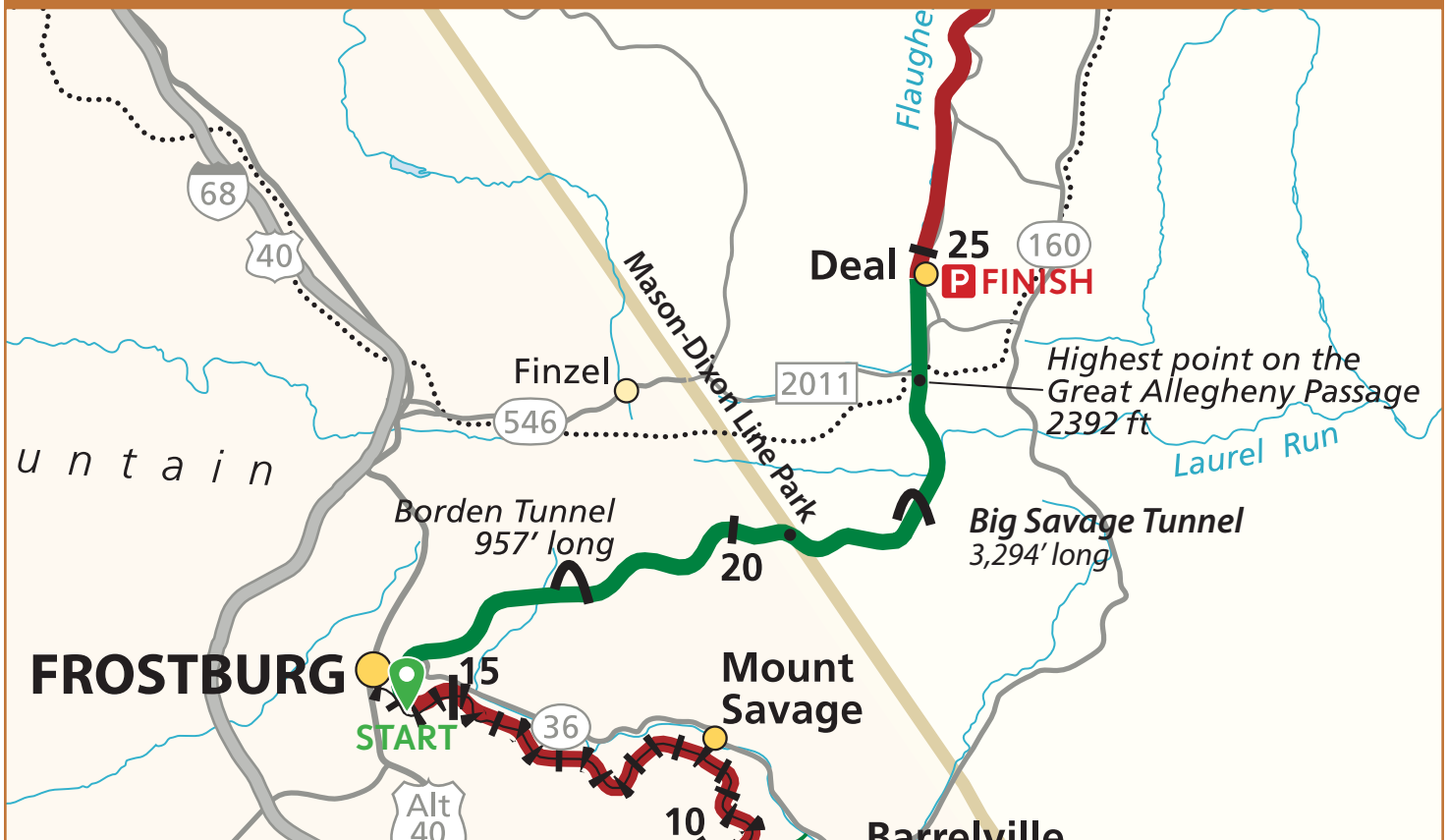




PRESENTED BY:  
UPMC HEALTH PLAN

## LEG 4/VAN 1



Map Courtesy of TrailGuide

### FROSTBURG TO DEAL (MAJOR EXCHANGE 1)

**Distance:** 9.23 mi

**Elevation:** 552.9m - 709.4m (+156.5m)

**Difficulty:** Hard

**Runner Information:** Leg 4 remains completely on the GAP Trail. There are a few points at the beginning and end of this leg that cross active roads. The Borden Tunnel sits along the first half of this leg. Use caution while running through. Further along Leg 4 is the Maryland/Pennsylvania border. As the leg ends, runners will be arriving at the first major exchange area (Deal) along the course.

### VAN DIRECTIONS TO DEAL 170 Old Deal Rd, Meyersdale, PA 15552:

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li>-Take New Hope Rd NW and Depot Terrace to US-40 ALT W/E Main St/National Pike in Frostburg (0.4mi)</li> <li>-Turn right onto US-40 ALT W/E Main St/National Pike</li> <li>-Continue to follow US-40 ALT W/National Pike (3.4mi)</li> <li>-Turn left onto MD-946 N (0.6mi)</li> </ul> | <ul style="list-style-type: none"> <li>-Follow MD-546 and McKenzie Hollow Rd to Deal Rd/Sr2006 in Larimer Township (6.2mi)</li> <li>-Follow Deal Rd/Sr2006 to Old Deal Rd (0.5mi)</li> <li>-Destination</li> </ul> |
|---|--|