

"Why don't you come up and see me sometime?"



Go All Out

THIS THREE-DAY MULTI-SPORT TRIP GUIDES YOU THROUGH THE BACKROADS AND COUNTRYSIDE AS YOU PADDLE, FISH AND CYCLE YOUR WAY THROUGH THE ALLEGHENIES.

Far too often, I think people believe adventure is defined by travel to remote and distant places. Adventure travel is the new buzzword and lazy beach vacations sitting in too much sand, soaking up too much sun are being replaced by long trips from home and flights to far off lands. Don't get me wrong, I live in Pennsylvania and love the idea of an extended trip to Rainier or The Rockies or the Scottish Highlands as much as the next guy, but give me three days, a bicycle, a flyrod and a kayak, and I'll find adventure a little closer to home. So, if you have a few days and a taste for the outdoors, try paddling Pennsylvania's largest inland lake, casting for wild brook trout in a classic spring-fed stream and biking the same winding roads that attract cyclists to the Tour de 'Toona each July. Try it and I think you'll agree, it's adventure in big doses — no airfare required.

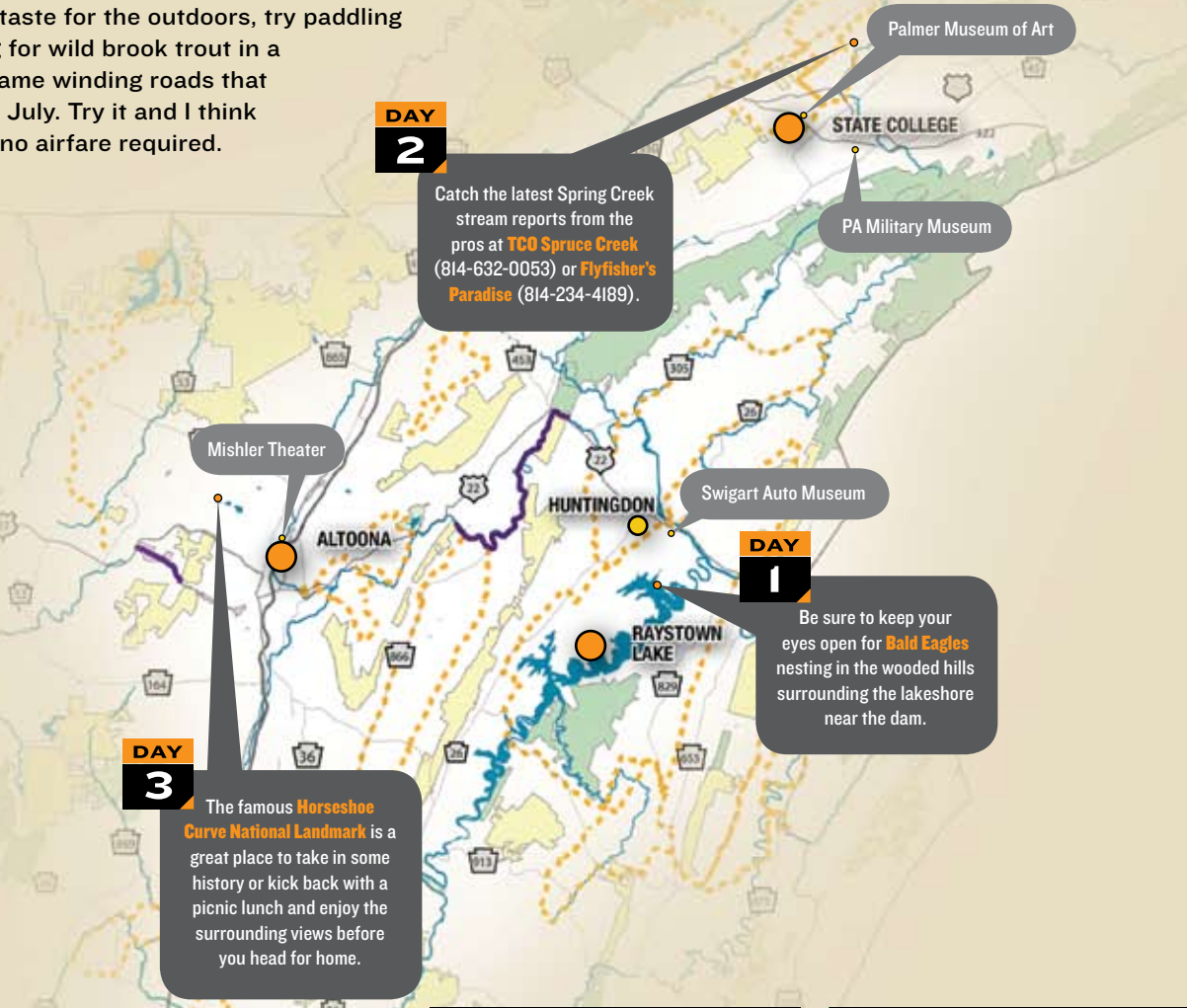


PADDLE POWER Crystal clear waters, soaring bald eagles and special no-wake zones make the state's largest inland lake a must-do for kayakers.

DAY 1 With more than 100 miles of shoreline to explore, **Raystown Lake is a destination for boaters from all over the East.** But the lures of the lake for kayakers are the numerous no-wake zones, quiet inlets and hidden bays. No boat? No problem. Rothrock Outfitters in Huntingdon supplies kayaks to paddlers of all skill levels. After your paddle, grab a bite at Miller's Diner then spend an unforgettable night high above it all in the Junglewood Treehouse.

DAY 2 Get an early start and cast for rising rainbow, brown and native brook trout in the legendary limestone waters of **Spring Creek.** The stretch from Fisherman's Paradise to Benner Spring may be the most popular, but cast anywhere along this blue ribbon stream for the elusive trout that swim its waters. At day's end, ditch the waders and grab a table at Otto's for a cold microbrew and a hearty dinner. And don't even think of leaving town without a stop at Ye Olde College Diner for a famous grilled stickie.

DAY 3 The Alleghenies are known among cyclists for the outstanding routes that wind through the landscape. Start out on the moderate 33-mile Horse and Buggy Tour and pedal your way through a countryside of Amish and Mennonite farms and rolling fields. Or choose the 25-mile Diamond Loop Tour for a ride through historic towns and scenic Canoe Creek State Park. After a long day in the saddle, load up on your carbs at the Altoona Hotel with an unforgettable slice of thick crust pizza smothered in cheese. Go ahead, you earned it.



DAY 2 Catch the latest Spring Creek stream reports from the pros at **TCO Spruce Creek** (814-632-0053) or **Flyfisher's Paradise** (814-234-4189).

DAY 1 Be sure to keep your eyes open for **Bald Eagles** nesting in the wooded hills surrounding the lakeshore near the dam.

DAY 3 The famous **Horseshoe Curve National Landmark** is a great place to take in some history or kick back with a picnic lunch and enjoy the surrounding views before you head for home.

DREAM STREAM The Alleghenies is home to some of the nation's best-known blue ribbon trout waters.



BLACKTOP BURN The rolling terrain of The Alleghenies challenges even seasoned riders.

