



The Alleghenies Tourism Council  
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**News  
Release**

**FOR IMMEDIATE RELEASE**

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**TOP TEN THINGS TO DO IN THE ALLEGHENIES THIS SUMMER**

**ALTOONA, PA** - [The Alleghenies](#), a region located in Southcentral Pennsylvania, offers rich history, arts and culture and an abundance of outdoor activities. This summer, visitors will enjoy everything from historic walking tours to a family train excursion to cycling races.

Here are a few ways to enjoy the summer sun (in no specific order):

1. Stonycreek Whitewater Park  
A \$1.2 million water valve on the Quemahoning Reservoir will be released up to 28 times per year from April through October, creating a 20-mile whitewater corridor for rafters and paddlers.
2. Main Line Canal Greenway  
Johnstown's riverside location along the greenway spurred the town's growth as well as provided transportation for the local iron, coal and steel industries. Today, visitors can explore the [Greenway](#) by foot, bike or kayak.
3. Tour de Toona  
The 25<sup>th</sup> annual [Tour de Toona](#) is one of the largest pro-am stage races in the country drawing spectators and avid cyclists, who are eager to ride the same routes as the pros, like [The Diamond Loop](#) and the [Horse and Buggy](#) Tours.
4. East Broad Top Railroad  
This July, families will have the opportunity to participate in storytelling, listen to live music and take a 25-minute train ride through The Alleghenies with "[Thomas the Tank Engine™](#)."
5. Huntingdon County Town Trek  
Uncover hidden facts and see the historical sites (including the Gage Mansion and the county courthouse) at your own pace with Huntingdon County's [Town Trek](#), a 90-minute downloadable walking video tour.
6. Cowan's Gap State Park  
Families will enjoy a hike on the [Lakeside Trail Loop](#), which offers visitors views of the 42-acre lake and the Tuscarora and Cove mountains.

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7. US National Youth Fly Fishing Championship  
Watch some of the best youth fly fishers in the country at the annual [The US National Youth Fly Fishing Championship](#) (June 21-23) at Spring Creek and Bald Eagle Creek. Take on your own fly-fishing challenge by visiting one of the [world-class fishing spots](#) located in The Alleghenies.
8. Bedford Walking Tour  
This [75-minute downloadable tour](#) provides historical commentary and takes visitors by Bedford landmarks like Fort Bedford and the Espy House.
9. Stoopid 50 mile MTB Race  
Combining forest roads and trails, the [mountain bike race](#) covers most of the great trails in Rothrock State Forest, including Pigpile, Shittaka, Brush Ridge and the Tussey Mountain Ridge.
10. Big Valley Motorcycle Tour  
This 157 mile [Tour](#), passes several historic sites with views winding along the long ridges and valleys of The Alleghenies as you travel through the Amish countryside.

*The Alleghenies:* The Alleghenies Tourism Council is a partnership of organizations interested in further developing the tourism industry and economic development opportunities in an eight county region in Southcentral Pennsylvania. For more information call 1-800-458-3433 or visit [www.TheAlleghenies.com](http://www.TheAlleghenies.com).

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