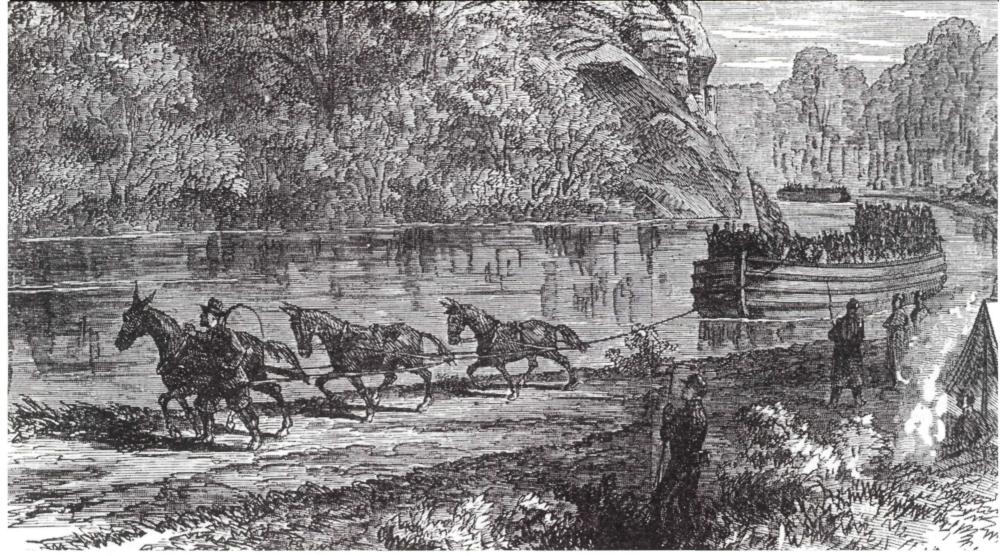
National Park Service U.S. Department of the Interior Chesapeake & Ohio Canal National Historical Park

NATIONAL PARK SERVICE

C&O Canal Visitor Guide



A Civil War View of the Canal by Thomas Nast Courtesy of the Enoch Pratt Free Library

The Chesapeake & Ohio Canal during the Civil War

The Chesapeake and Ohio Canal played a unique role in the Civil War. It was a major transportation route, moving freight and sometimes troops through the Potomac valley. Following the border between the Union and the Confederacy it was regularly in the path of the contending armies and was frequently damaged by raids. The war itself severely impacted the company, increasing costs and reducing markets.

Maryland in 1860 was a patchwork of loyalties to both the Confederate and Union causes. People in Cumberland held pro-Unionist meetings after the secession of South Carolina. Men from Sharpsburg and other towns crossed the canal and the Potomac River to join Confederate units. The people in communities along the canal

differed in their sentiments, some staunch unionists, others pro secession. This effected how people saw the canal, as a business, a communication and transportation network, or as an enemy asset and a target.

Early in 1861 the C&O Canal Company was still struggling with financial difficulties brought on by the floods of the 1850s and mounting debt from repairs. Combined with the military operations along the canal, there was almost no boat traffic on the canal until August. The canal was a target for Confederate raiders and armies who regularly breached the canal, damaged locks, and bombarded dams. Repairs were difficult because Confederate soldiers would shoot at the workers trying to repair the canal. Even when the canal was open canal boat

captains were reluctant to venture down the canal with their mules and cargo because of the uncertainties of war. Canal boats and mules were taken by both armies. This made for lean years for the C&O Canal Company early in the war.

The war also created problems for the canal's markets. The blockade of southern ports and the loss of Virginia coal made the canal's transportation of Maryland, coal extremely important in order to fuel the nation's capital and the war effort.

Even so, many of the markets were difficult to reach because of naval activity, and the flour mills the canal had relied on almost ceased to exist. Canal finances seemed to improve during the later years of the war but the

numbers are deceiving. Inflation due to the war and the company's lack of routine maintenance to canal infrastructure were some of the reasons for that profit. Ultimately that lack of maintenance would catch up with the canal and the damage to the canal that resulted affected the company's ability to support traffic.

In the next five years the C&O Canal NHP Visitor Guide will carry articles on life and events on along the canal during the Civil War. The articles will cover the impact of the war on the canal and the people who lived and worked on it, the battles fought over and near the canal, and the efforts of the Union troops to defend the canal and the river, and the efforts of Confederate forces to destroy it.



National Park Service U.S. Department of the Interior

C&O Canal National Historical Park 1850 Dual Highway, Suite 100 Hagerstown, MD 21740

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Welcome from the Superintendent

Welcome to another winter season at C&O Canal National Historical Park. Winter is a great time to enjoy the peace and solitude of the canal, to look for wildlife, take photos, and keep up your exercise routine.

Even in winter the park never sleeps! The diverse historical and natural history is alive along the 184.5 miles of the canal. Various types of ecosystems thrive within the park. Enjoy the woodlands, meadows, and wetlands.

As you traverse the towpath you may notice new signs promoting neighboring Canal Towns. Step off the path into a town along the canal and enjoy the local flavor and history.

Speaking of history remember that the C&O Canal saw significant Civil War action from 1861-1865. Raids, crossings, thwarted attempts at canal destruction, and disruption of canal operations occurred. Many special events are being planned as the park approaches the 150th anniversary of the Civil War.

No matter what type of activity you choose, the C&O Canal has something for everyone to enjoy.

Kevin Brandt Superintendent

Park Improvements Update

A number of projects funded by the American Recovery and Reinvestment Act (ARRA) are underway throughout the C&O Canal NHP with work to continue into 2011 and beyond.

Catoctin Aqueduct Restoration Following a festive late April, 2010 groundbreaking, work is progressing well on restoration of the "Beautiful Aqueduct". Foundation repairs are complete on the west abutment and the new western retaining wall has been placed. Additional stone to closely match the original is being acquired from a New England quarry.



Big Slackwater Groundbreaking

Big Slackwater Rehabilitation In early August, 2010, hundreds gathered on a picture perfect day to kick off the beginning of a two year project to return continuity to the towpath just above Dam 4. The

construction staging area is set, a water access ramp has been finished and clearing of vegetation and major construction will begin in November. The Big Slackwater project, when complete, will provide for greater visitor safety and enjoyment and is being done in a manner that will be very likely to withstand major Potomac River floods.

Boat Ramps

The Brunswick boat ramp project has been completed. Parking was expanded and handicapped accessible parking spots added. The Point of Rocks boat ramp project contract has been awarded and work is underway.

Hancock Culvert 182

Culverts are located at more than 200 spots along the C & O Canal to allow water to drain or flow underneath the towpath and canal ditch. Culverts can fill with debris or collapse, damaging the towpath and canal prism. At Hancock, Culvert 182 has been undergoing major restoration. The culvert itself is being repointed and repaired and a new liner for the canal prism is nearly complete. Missing or damaged stone for the wing walls is being replaced as well.

Towpath Resurfacing

Sections of the towpath from Oldtown to Monocacy River were resurfaced during the summer of 2010 and additional areas will be completed this fall and next year.

Lock Masonry Project

There are 74 locks on the C&O Canal. Time and weather have taken their toll. Locks 8 through 14 were in need of repair. Work consisted of the removal and replacement of face sheathing in order to obtain a water tight condition, infilled masonry voids and re-point all joints within the lock radius walls, replaced existing and missing lock gate balance beams, and removed hazardous trees and vegetation.

Vegetation Removal

As you enjoy the towpath, you may notice that some of the buildings are now easier to see. Summer 2010, Student Conservation Association (SCA) Interns worked over 3,200 hours removing vegetation from the foundations of many buildings as well as the ruins of historic structures such as barns and lock houses. This allows visitors a chance to see the historic building and ruins unhindered by the damaging effects of vegetation.

The Importance of Wetlands Along the Canal



"Naure is man's teacher. She unfolds her treasures to his search, unseals his eye, illumes his mind, and purifies his heart; influence breathes from all the sights and sounds of her existence."

Alfred Billings Street

Walk or ride on the Chesapeake and Ohio Canal towpath and you find yourself surrounded by nature. While woodlands and meadows are most common, wetlands can also be found. C&O Canal contains many inland wetlands. These fragile environments contain small wonders such as frogs, and grasses. They are home to wood ducks, muskrat, cattails, swamp rose, and endangered species. Not only do they provide habitat, but wetlands provide a food source for many other species that

and fox.

There are different types of wetlands which can be found in many environments.

Wetlands are areas where the frequent and prolonged presence of water at or near the soil surface drives the natural system: the kind of soils that form, the plants that

grow, and the fish and/or wildlife communities that use the habitat. Swamps, marshes, and bogs are well recognized types of wetlands.

However, many important specific wetland types have drier or more variable water systems than those familiar to the general public. Some examples of these are vernal pools (pools that form in the spring rains but are dry at other times of the year), playas (areas at the bottom of un-drained desert basins that are sometimes covered with water), and prairie potholes.

When the upper part of the soil is saturated with water at growing season temperatures, soil organisms consume the oxygen in the soil and cause conditions unsuitable for most plants. Such conditions

do not live within the also cause the development of soil wetland such as deer characteristics such as color and texture of so-called "hydric soils." The plants that can grow in such conditions, such as marsh grasses, are called "hydrophytes." Together, hydric soils and hydrophytes give clues that a wetlands area is present.

> The presence of water by ponding, flooding, or soil saturation is not always a good indicator of wetlands. The amount of water present in canal wetlands fluctuates as a result of rainfall patterns, snow melt, dry seasons and longer droughts. Some of the wetlands are often dry. In contrast, many upland areas are very wet during and shortly after wet weather. Such natural fluctuations must be considered when identifying areas subject to Federal wetlands jurisdiction.

Wetlands do many valuable things for the Canal like naturally filtering and recharging the water. As the runoff water passes through, the wetlands retain excess nutrients, some pollutants from agricultural and urban runoff and transform some toxic materials into harmless compounds. This reduces sediment that would clog waterways and affect fish and amphibian egg development. Wetlands also prevent soil erosion and remove and store greenhouse

gases from the Earth's atmosphere. They act like giant sponges, slowing the flow of surface water and reducing the impacts of flooding. Wetlands can also be just a beautiful place to view wildlife and the changing of the seasons.

The functional values of our wetlands can be diminished when the ecosystem becomes unbalanced by too much sediment or pollution, or if areas immediately adjacent to wetlands are not maintained with native plant species. Healthy wetlands need neighbors who are good stewards and managers of these ecosystems. Educating the public regarding the importance of these delicate canal habitats is paramount if we are to keep these areas thriving. Nature does not stop at borders. Remembering that everything is connected and we all have an impact on what travels beyond our boundaries helps the environment flourish.

Since most wetlands within the park fall under the "man induced wetland" category, they are a major part of the parks environment and are subject to Federal wetlands jurisdiction. As the park moves forward with improving operations and future projects such as re-watering the canal, and improvement of park infrastructure, wetlands will have a significant role in how those projects are implemented.

Programs and Services

Park Entrance Fees:

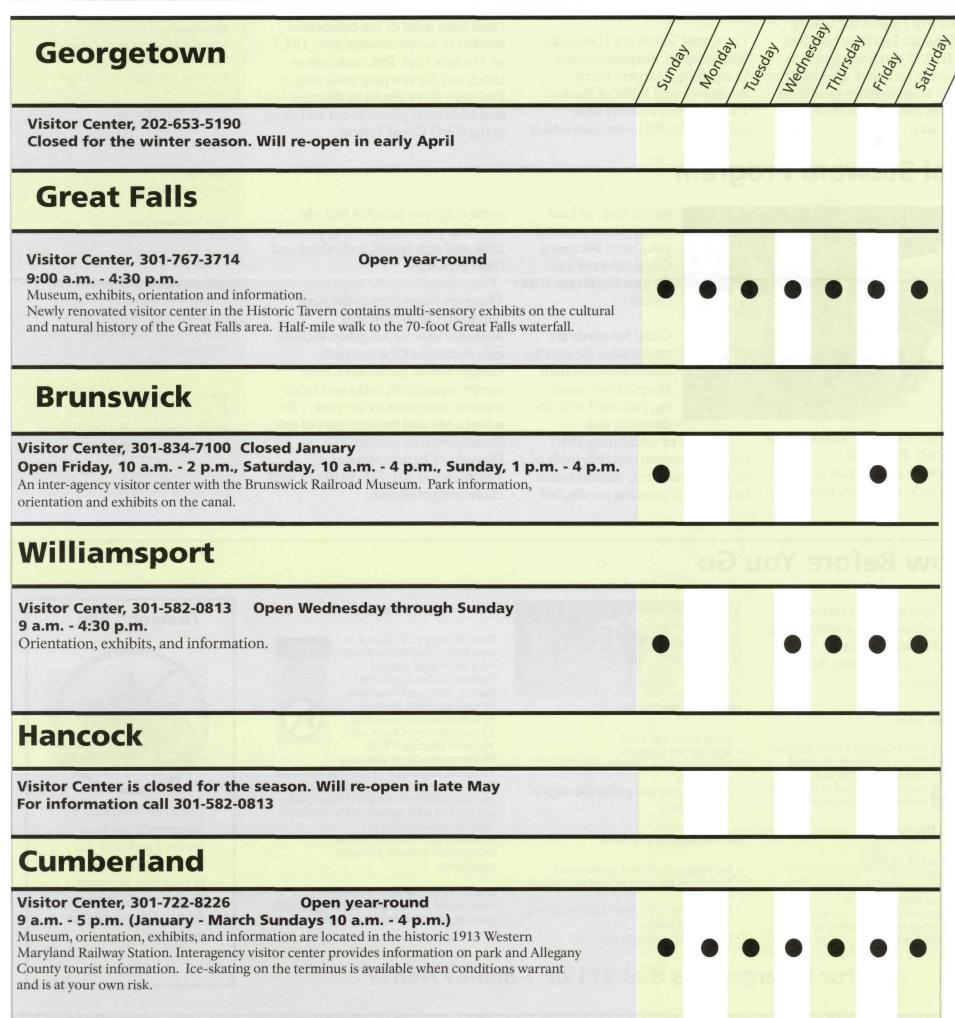
Due to construction at Great Falls, entrance fees will not be collected. All other access points to the park are free.

Education Programs:

Ranger-led education programs are available at Georgetown, Great Falls, Williamsport and Cumberland. Please contact the local visitor centers to make reservations and to get more information.

All programs are subject to change. Please call ahead to confirm program times and dates.





Canal Towns

It's the end of a long day of biking or hiking, for miles and many hours along the C&O Canal. The day is late and food and a place to stay are now of great importance. The next town is just up the towpath! But, are services available in the town, and if so where? A hot meal, a refreshing drink, an opportunity to shop and to buy that replacement bike tube following the flat tire earlier in the day, and finally a comfortable place to sleep, these services are what C&O Canal visitors need after a day on the towpath.

Each year hundreds of thousands of visitors bike and hike the 184.5 miles of the C&O Canal towpath from Georgetown to Cumberland, Maryland. With the connection of the Towpath in 2006 to the 132- mile Great Allegheny Passage rail trail adventurous souls can now travel over 300 miles from from Georgetown to Duquesne, PA. This extended trip follows the course of the Potomac Heritage National Scenic Trail. If you have made the trip, or know someone who has, the successful venture relies greatly on the services provided in the towns along the way!

Over the past two years the Canal Towns along the C&O Canal towpath have worked together, with the Trail Towns Program, C&O Canal National Historical Park and the C&O Canal Trust to identify available services in these towns. Along with providing much needed directional signage, business directories and town maps are being produced and located in key areas for trail users to easily and safely find their way in and out of the Canal Towns.

Since 2007the Trail Town Program has worked with towns along the Great Allegheny Passage. The result for trail users has been more restaurants, places to stay, grocery stores to resupply, bike shops, and craft and gift shops in the towns of West Newton, Connellsville, Ohiopyle, Confluence, Rockwood, Meyersdale, Cumberland, Frostburg and Oldtown.

The Canal Towns are Hancock, Williamsport, Shepherdstown, Sharpsburg, Harpers Ferry, Brunswick and Point of Rocks. These towns presently offer many successful businesses which support the C&O Canal Towpath users. But self directed town assessments of services and amenities revealed that there were service gaps and opportunities in each town.

In late 2009, the National Park Service Rivers, Trails and Conservation Association accepted a request for guidance to expand the program to include the Canal Towns along the C&O Canal Towpath. The RTCA experience of working with communities adjoining National Park sites is assisting the towns achieve their goals of improved service along the C&O Canal Towpath.

As you travel the towpath and then leave the C&O Canal looking for a burger and fries, or an ice cream cone, a repair for your bike, or a place to rest for the night, be assured that the towns along the canal have most of the businesses needed to accommodate your 184.5 or 316 mile trip! But, continue to check out the towpath each year to find even more places to discover and additional places to eat and sleep in the C&O Canal Towns!

National Park Service U.S. Department of the Interior

Chesapeake & Ohio Canal National Historical Park

Preserving America's colorful canal era and transportation history, the Chesapeake & Ohio Canal National Historical Park is 184.5 miles of adventure. Originally, the C&O Canal was a lifeline for communities and businesses along the Potomac River as coal, lumber, grain and other agricultural products floated down the canal to market. Today millions of visitors hike or bike the C&O Canal each year to enjoy the natural, cultural and recreational opportunities available.

Superintendent

Kevin Brandt

Chief of Interpretation

Bill Justice

Editor

Lisa Dittman

Contributors

Scott Bell, Lisa Dittman, Curt Gaul, Danny Filer, Rebecca Jamison, Rita Knox, John Noel, Ahna Wilson

Mailing Address

1850 Dual Highway, Suite 100 Hagerstown, MD 21740

Website

www.nps.gov/choh

Park Headquarters

301-739-4200

Chesapeake and Ohio Canal National Historical Park thanks the C&O Canal Association for donating funds for the printing and distribution of this newspaper.

The National Park Service cares for the special places saved by the American people so that all may experience our heritage.

Canal Steward Program



Do you have a favorite section of the C&O Canal? Perhaps it is a stretch of towpath, or a particular historic building, lock, aqueduct, campsite,

picnic area, or boat ramp? If so, we need your help! Become a Canal Steward and adopt a site on the C&O Canal!

Canal Stewards are responsible for routine maintenance at their adopted site, assisting park staff with the daunting task of maintining 184.5

miles of towpath and hundreds of historic structures. Maintenance tasks vary depending on site, but

some common activites include mowing, pruning, painting, picnic table and sign repair, leaf raking and trash pick-up.

There are many sites in the park that need Canal Stewards. Available sites for adoption include mile sections of the towpath, campgrounds, picnic area, boat ramps, aqueducts, locks and other historic structures in the park. To adopt a site and become part of the Canal Stewards contact the Division of Partnerships and Volunteers at 301-745-5810 or email chohvip@gmail.com.

Know Before You Go

C&O Canal provides varied opportunities for recreation along its 184.5 miles. To ensure everyone's safety please follow park regulations.

Leave No Trace



C&O Canal is a trash free park. Please take trash, dog and horse waste with you. Trash bags are provided at dispensers located throughout the park.

Dogs in the Park

- Dogs must be on leash no longer than 6'
- Dogs are not allowed on the the Billy Goat Trail, Section A or on the overlook trail to Great Falls
- All dog waste must be picked up and disposed of properly



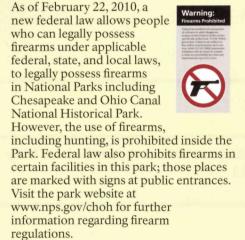
Hiking in the Park

- Bring water and foodWear sturdy footwear
- Be prepared for changing weather conditions
- Ask for hiking trail guides and maps at visitor centers

Ice Skating in the park

- Ice skating is allowed on the canal
- Make sure the ice is at least four inches thick
- Be prepared with warm clothes, gloves, water and snacks
- Ice skate at your own risk

New Firearm Regulations



It is the responsibility of visitors to understand and comply with all applicable state, local, and federal laws before entering the park.

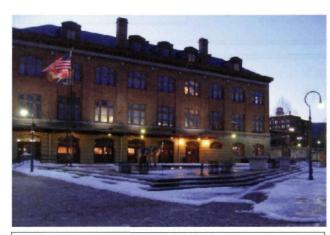
Firewood Ban



Due to an infestation by the emerald ash borer beetle, a parkwide ban is in effect on bringing in your own firewood. Campers may collect dead and down wood in the park.

For Emergencies dial 911 or 1-866-677-6677

Park Map and Highlights



The Cumberland Visitor Center is part of the old Western Maryland Railway Station built in 1913.



Lock House 44 near Cushwa Visitor Center at Williamsport, Maryland



Brunswick

- Victorian Christmas, November 27-28 Meet Santa, exhibits, kids activities
- Museums by Candlelight, Saturday, December 11 Exhibits, kids activities

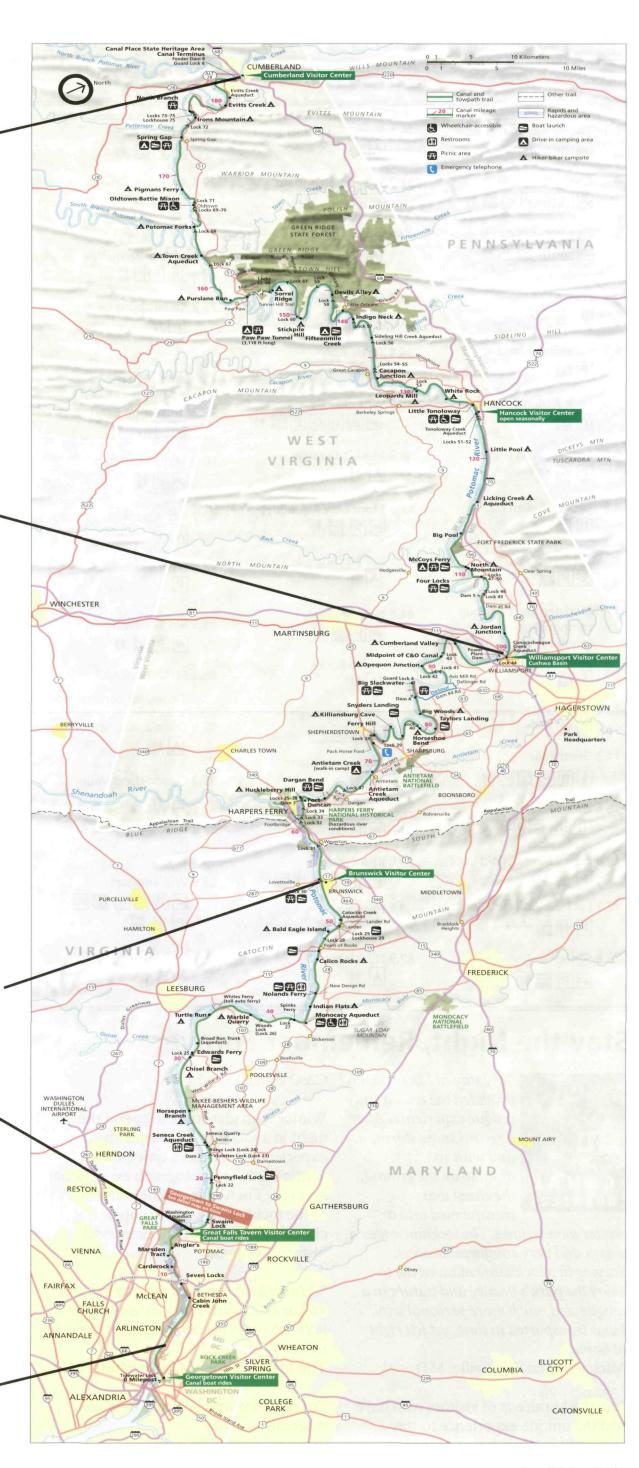
Great Falls

 Historic Tavern decorated for the season mid-November to mid-January

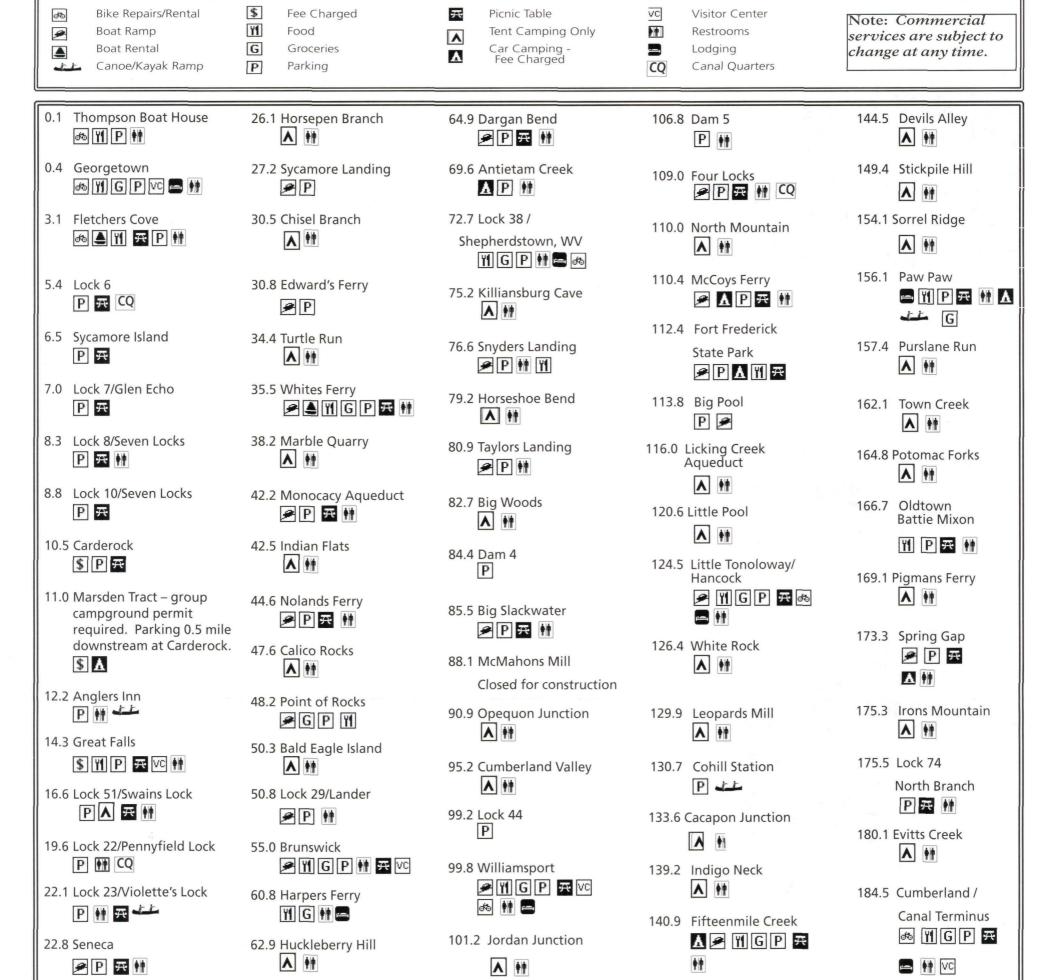


Fletcher's Cove

• Trails Day - Saturday, November 6 10 a.m. - 2 p.m.



Recreational Guide by Milepost



Stay the Night, Remember Forever



provided me with a truly unique experience. After a record snow storm, and with 30" of snow on the ground, the canal was transformed into a

winter wonderland. The lockhouse was a warm and very comfortable oasis. Staying in a lockhouse allowed me to enjoy the park's beauty and nature in a unique and much more personal way. I was transported in time, yet felt right at home."

Michael Darzi, Rockville, MD

Join the hundreds of visitors who have had the unique experience to stay overnight in a lockhouse along the

"My stay at Lockhouse 6 C&O Canal.

Winter is an ideal time to spend the night in a lockhouse. During the day, experience the canal's quiet, watch winter birds or photograph exceptional scenery. Then retire to the warmth of the lockhouse where a cup of hot chocolate, a game of checkers, and history await you.

"Adding to the comfort was the fact that #6 has heat, electricity, and an indoor bathroom/shower. So it was perfect for a winter excursion."

The Merritt Family, Gaithersburg, MD

For more information and to make reservations visit www.canalquarters.com

Sleep Under the Stars

Drive-in car camping

Antietam Creek, McCoy's Ferry, Fifteenmile Creek, Paw Paw Tunnel and Spring Gap Sites are first come first serve \$10 per night per site Sites are limited to 8 people per site

Group sites

McCoys Ferry, Fifteenmile Creek, Paw Paw and Spring Gap \$20 per night with a maximum of 35 people per site

Hiker-Biker campsites

Located along the towpath every 5-7 miles No Fee

Sites are limited to one night Groups may share sites as space allows All sites include a chemical toilet, picnic table and grill as well as drinking water (water is available mid-April through mid-November)

6 Canal Visitor Guide

Park Recognizes Outstanding Volunteers and Staff



Robert Mertz at Lock House 22

The Chesapeake & Ohio Canal National Historical Park recognizes Robert A. Mertz as the 2010 Park-Wide Volunteer-of-the-Year! Robert has put in over 2,000 hours helping to develop the Canal Quarters Interpretive Program, which has already been recognized by the National Capital Region for its excellence in cultural resource management and interpretation. Without Robert's tireless effort, Canal Quarters never would have been launched in 2009 nor enjoyed such high levels of acclaim.

Prior to the launch of Canal Quarters, Robert invested over 1,500 hours researching the feasibility of the program and consulting with park staff throughout the rehabilitation of three Canal Quarters lockhouses. As the C&O Canal Trust's Volunteer Project Manager of Canal Quarters, he has been involved in every aspect of the program's development, from participating in weekly planning meetings and developing content for the website, to tightening rope beds and hanging curtains. Responsible for all the furnishings in each lockhouse, Robert travelled Maryland, Virginia, and Pennsylvania searching for the proper furniture to enhance and authenticate the experience of staying overnight in a historic lockhouse.

In the past 10 months since Canal Quarters launched, Robert has contributed another 480 hours through continued participation in

planning sessions, finding furnishings for additional lockhouses, and supporting the program's volunteer Quartermasters. Interested in the continual expansion and success of the program, he has also participated in a virtual tour to help identify future Canal Quarters lockhouses and has sought new outreach outlets to introduce new audiences to the unique experience now afforded them in Canal Quarters.

Robert's devotion to Canal Quarters knows no boundary or

bias. His excitement and drive have remained steady, if not increased, as the program has progressed from dream to reality. His willingness to be involved on every level, from brainstorming lofty ideas to chasing down even the smallest of details, and to such a great extent, basically coming out of retirement to volunteer full time, has been a source of inspiration for the Trust and the Park.

The park also recognizes outstanding volunteers and support staff from each of the three park districts. The park is proud to announce those individuals:

- Volunteer-of-the-Year Eastern District: Mark Hingston
- Volunteer-of-the-Year Middle District: Barbara Tobler
- Volunteer-of-the-Year Western District: John Millar
- Outstanding Support Staff Eastern District: Kelly Fox
- Outstanding Support Staff Middle District: Dave Cutlip
- Outstanding Support Staff Western District: Rickie McDonald

The park is proud to recognize such an inspirational and devoted cadre of volunteers and staff. Together, these individuals serve as a model for the National Park Service and exemplify the teamwork and synergy that will sustain our national parks in the future. Congratulations to all and thank you!

C&O Canal Association

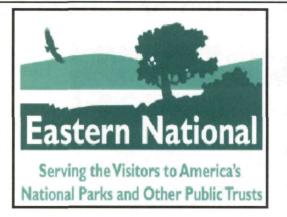
The C&O Canal Association is a citizens' association concerned with the conservation of the natural and historical environment of the C&O Canal and the Potomac River Basin. The Association supports the National Park Service in its efforts to preserve and promote the 184.5 mile towpath and the open spaces within the C&O Canal National Historical Park. Membership is open to all.

Association activities include hikes, bike and canoe trips, a level walkers rogram, and special projects to support park activities. The Association provides opportunities for fellowship and education as well. Members receive a quarterly newsletter.

For more information about the C&O Canal Association, activities, and special projects, visit the www.candocanal.org or call 301-983-0825.

Name:		
Address:		
 EMail:	-	Phone Number:
Membership Rate	es (circle rate):	
Individual \$15	Family \$20	Patron \$25
My C&O Canal A	ssociation badg	ge should bear this name:
Second badge na	me (Patron or F	Family Membership)
Mail to: C&O Canal Assoc P.O. Box 366 Glen Echo, Md. 2		: 366 Glen Echo MD 20812

C&O Canal Association Membership



Since 1947, Eastern National has been a proud partner to the national parks. Eastern National currently partners with over 150 national parks and public trusts and has donated over \$70 million to the National Park Service through the years. Eastern National is dedicated to helping visitors find the information, materials, and experiences they need to fully understand and appreciate the legacy of the places they will visit.

We encourage you to become a member of Eastern National and help support their programs. Membership costs \$25 per year and the net proceeds from Eastern National bookstores are donated directly to the National Park Service. Members receive a 15% discount on purchases made at any of their bookstore locations. Many other NPS cooperating associations throughout the United States honor a similar discount to Eastern members. Please visit their website at http://www.eparks.com to purchase park and NPS related items.

C&O Canal Trust



The C&O Canal Trust is the official nonprofit partner of the Chesapeake & Ohio Canal National Historical Park whose mission is to work collaboratively with the National Park Service to

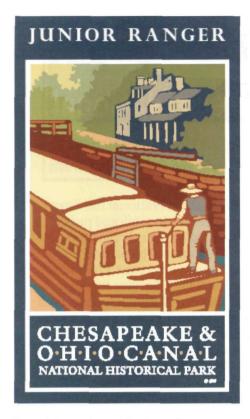
protect, restore, and promote the C&O Canal. The Trust engages communities and individuals to realize the Park's historical, natural, and recreational potential.

The Trust's strategy is not to replicate that which NPS should be doing, but rather to work in partnership with Park staff to complement and expand their efforts. The Trust pursues its mission through a combination of fundraising, volunteerism, community outreach, education, and advocacy.

Since its founding in 2007, the Trust has raised over \$1 million for the benefit of the Park, mobilized more than 2,000 volunteers to tackle backlogged maintenance projects, and digitally preserved all 5,000 historic photographs in the Park's collection. In 2009, the Trust and NPS launched the award-winning Canal Quarters Interpretive Program, making available three historic lockhouses for guests to stay in overnight and experience first-hand what it may have been like to live along the canal.

To become a member, volunteer your time, or learn more, visit www.CanalTrust.org or call 301-174-2233.

New Junior Ranger Program



Earn this patch or a badge when you complete the new Jr. Ranger book.

Chesapeake and Ohio Canal National Historical Park wants you to become our newest Junior Ranger!

C&O Canal has a new Jr. Ranger book. Check out the fun activities that take you out on the towpath while you learn about the canal's history and nature.

The book is for kids ages 5-12 and takes as little as one hour to complete. Books can be picked up at any park visitor center or downloaded off of the park website at www.nps.gov/choh. Completed books can be returned to any park visitor center or mailed to Park Headquarters. A patch or badge will be given to each successful participant.

Get yours today!

Education Programs

Have you ever wondered what the inside of a lock house looked like, how big a canal boat was, what it was like to ride a canal boat, or hike through the Paw Paw tunnel? Find out by bringing your class on a field trip to Chesapeake and Ohio Canal National Historical Park.

Teachers – call the visitor centers at Great Falls, Williamsport, or Cumberland to schedule an education program.

Programs include a history walk on the towpath, canal boat rides and history, and ecology talks led by park staff. Free!



Ghosts on the Canal

Leaves fall from trees. The weather is cold-the windows. But if you look directly at er. Night falls earlier. Fall is a great time to gather and tell stories. There are many kinds of stories: real, scary, sad, funny, and of course there are ghost stories. The C&O Canal has some of all of these stories! Here are two ghost stories to tell on a dark night.

The House on the Hill

There is an old abandoned house on the hill above Lock 36. As a young girl, Lavenia Brus and her family lived in the old house. Night after night they heard sobbing, moaning, the sound of heavy shoes, and dragging chains. Once, Lavenia's grandmother saw a ball of fire crossing her bed, after which she ran down the hill with Lavenia, never to return. It all stopped when Lavenia's father shouted, "Walk all night. I'm going to bed!" Today, dark windows look out over the canal. On the darkest nights it is said that you can see lights shine through

them they quickly turn off!

Spooky Paw Paw Tunnel

As you step from the sun into the dark mouth of the Paw Paw Tunnel the temperature drops. As you walk further in, darkness closes around you. Even though you can see the light at the ends of the tunnel, you can't see your hand in front of your face without the aid of a flashlight. You rub at the goose bumps on your arms and in the dark you can hear the slow drip, drip, drip of water. As your hand trails along the rail some say you may feel a small hand on yours. Then you hear the crying of a young girl. Watch out! It's the ghost of a young girl who fell off her canal boat while going through the tunnel and drowned. Next time you walk through the Paw Paw Tunnel, you may hear her sobbing as she searches for her long lost family to come and take her into the light of day.

Let's Move Outside!



First Lady Michelle Obama 's nationwide campaign to end childhood obesity has been added to the park's Junior Ranger program.

The C&O Canal is a great place for the Let's Move Outside program. Families can have fun running, walking, biking, or hiking together. The towpath is flat, making it easy for kids of all ages to enjoy the outdoors. Complete an additional physical activity in the Junior Ranger book and also become a Let's Move Outside Junior Ranger. Ask for the Let's Move Outside Junior Ranger activities when you get your Junior Ranger book. For more information, please visit the NPS Let's *Move Outside* homepage at http://www. nps.gov/aboutus/letsmove.htm.

Take an Artistic Break

Write a poem, song or story, or draw a picture that shows fall or winter on the canal.

