



## **An Autumn Adventure in Lancaster County: Cycling in the Amish Heartland with the BBC**

It's hard to find the right adjectives for the Weekend in Lancaster this year. All the forces combined—the people, cycling, weather, scenery, and wonderful sights, to make this year's event a fantastic experience for everyone. From Friday through Sunday, we were immersed in the charm of the Amish culture and countryside.

Carol and Walt Russell's cycle routes were outstanding as always. We loved Friday's rides to Ephrata and the Green Dragon Market as well as to Lapp Valley Farm (for homemade ice cream) and the Hayloft Candles & Petting Zoo (feed the animals and enjoy the PA Dutch crafts). Saturday's rides took us to Lititz, a charming 18<sup>th</sup> century town—home to the Wilbur Chocolate Factory and Sturgis Pretzels—see pretzels being made and “twist” your own! On Sunday, the group(s) headed to Strasburg and the Railroad Museum for the joy of seeing the old steam engines and more and for lunch up on the hill (or inside) at Isaac's Deli. People go for the pretzel roll sandwiches! Of course, many of the rides included other stops, like Weaver's Bike Shop, right in the Amish heartland, Miller's Natural Food Store—a super large natural food market, and a country side stop for homemade root beer—put 25 cents in the tin, take your cup, and pour!

Of course, we love wonderful cycling. That's our passion, but coming together with other cyclists to swap stories, just relax, and socialize is always a treat. The hospitality room at the Millstream Country Inn-- stocked full of pies, cakes, and cookies from the Bird-in-Hand Bakery, an assortment of cheeses and crackers, a fine selection of wines, beers, and other drinks plus munchies, makes for the perfect setting for one long weekend happy hour. Can't forget to mention the great group dinner at the Bird-in-Hand Restaurant—with lots of Lancaster County comfort food --all you can eat, naturally!





Always a highlight for me (don't know about anyone else!) is the fun, fun, fun—you will only see it here at the WIL—tee-shirt swap. A good time was had by all as yours truly (Evie) was MC for a stellar group ready to enjoy some laughs. We always get great tee shirts (it's new to me!) and this year we got a "hot dog" and a "Marilyn Monroe" shirt. We had fun with that and just enjoyed an entertaining and relaxing "cool down" after a day on the bike.

Don't delay registering for next year's WIL—dates are Sept. 22-24, Fri to Sun. We

sold out in June for this year's event and had to turn folks away. They were downhearted, and we don't want you to be, so check the website in early March 2017, scroll down & click on the covered bridge on the right, and don't wait too long to send in your application to secure a room for a great cycling weekend. (Next year is our 13th annual.) We hope you'll be able to join us for our sojourn in beautiful Lancaster County.

Happy cycling, Evie & Mike Reinsel

