

## Rolling Recovery

**Objective:** Explore various natural areas on bike, having meetings during these journeys. As we travel throughout these beautiful areas with one another, we hope to add to the unity by simply enjoying the freedom our recovery has blessed us with.

We'll change locations; West River Drive, Manyunk, Wissahickon Valley, etc. If this trip is too far, perhaps some of the other sites will work for you.

### Trip 1

#### Day:

**Event:** Leisurely Bike ride - Approximately 3 miles or 15-20 minutes.

Departure Time: Approximately 11:00 a.m.

**Location:** Betzwood Picnic Area - Valley Forge National Historical Park; End of Route 363 (Trooper Rd.) South

[Map of Schuylkill River Trail](#)

**Event:** Meeting

**Time:** Approximately 11:45 AM

**Location:** Lower Perkiomen Valley Park

[Map of Perkiomen Trail](#)

#### Directions:

**To Lower Perkiomen Valley Park Parking Area:** The parking area at Lower Perkiomen Valley Park is very accessible and easy to find. It is located just off Egypt Rd at the Oaks Exit of Rt 422(EAST/WEST). 1/4 mile from exit turn at light on to New Mill Rd (this is the Park entrance road). Parking Area is immediately on your left. Meet back at picnic tables.

#### **To Valley Forge National Historical Park - Betzwood Picnic Area:**

*From Egypt Rd.*

Route 363 (Trooper Rd.) South 1.8 miles. Be careful to stay in left lane at 422 Interchange. Down the hill and make a right into Valley Forge National Historical Park-Betzwood Picnic Area. 1st parking lot on the right. Meet at water fountain.

[Map of Valley Forge Park](#)

*From Route 422.*

Take Trooper Rd/Audubon exit. Stay in left lane and make a U-turn at traffic light. Be careful to stay in left lane at 422 Interchange. Down the hill and make a right into Valley Forge National Historical Park-Betzwood Picnic Area. 1st parking lot on the right. Meet at water fountain.

*From PA Turnpike:* Take PATP to King of Prussia/Valley Forge Interchange and take 422 West.

*From Schuylkill Expressway:* Take 76 East to King of Prussia/Valley Forge Interchange and take 422 West.

*From Rt 202:* Take 202 to King of Prussia/Valley Forge Interchange and take 422 West.