



# SCOUT 20 MILE DAY HIKE LAUREL HILLS DISTRICT



**When:** Sunday, August 9<sup>th</sup>, 2026

**Where:** Great Allegheny Passageway (Deal, PA to Cumberland, MD)

**Start Time:** 7:30 am; **End Time:** Approximately 6:30 pm

## 20 Mile Day Hike.



**GREAT  
ALLEGHENY  
PASSAGE**

Are you working on the Hiking Merit Badge and/or do you just enjoy hiking? Laurel Hills District is offering ten, hike ready scouts the opportunity to hike 23.5 miles, in one day, along the Great Allegheny Passageway (GAP) with a Hiking Merit Badge Assistant Scout Master and other qualified Assistant Scout Masters. The Hiking Merit Badge requirements "include taking the four 10-mile hikes and one 20-mile hike, each on a different day, and each of continuous miles." The fifth and final hike, which is being offered by Laurel Hills District, is "a hike of 20 continuous miles in one day following a written hike plan. You may stop for as many short rest periods as needed, as well as one meal, but not for an extended period such as overnight." Scouts and adults who are interested in participating must have completed the four 10-mile hikes as a demonstration of their readiness for the 20-mile hike. <https://www.scouting.org/merit-badges/hiking/>

## What Else Do You Need to Know?

### Q: What is the hike plan?

It is important that the hike starts on time so that the hike is finished prior to dusk. The hike end time should be around 6:30 pm. Scouts will call their parents/guardians when the hikers are about 90 minutes from the hike end point for pick up. Parents/Guardians are responsible for dropping off and picking up their scouts at the hike start point and end point. Assistant Scout Masters will not be providing transportation for this hike. Scouts should not plan to attend if they are not ready to hike 23.5 miles in one day. The goal is to finish the hike while having a great experience. As the Hiking Merit Badge states, "Hiking is an aerobic activity. Develop a plan for conditioning yourself for the 10-mile hikes" and "... increase your fitness for longer hikes." Unfortunately, many scouts and leaders underestimate their readiness for this 20-mile hike. This GAP trail section has amazing sights that you won't want to miss. <https://gaptrail.org/>

### Q: What is the lunch plan?

The hikers will pack their own snacks, lunch, and water. For this section of the trail, there will be limited, if any, places to stop for food and water (Or have cell phone reception). Snacks should be calorie-dense, lightweight, and easy to eat, such as trail mix, jerky, nut butter pouches, dried fruit, and energy bars. Lunch should be lightweight, calorie-dense, and easy to prepare, such as tuna or chicken packets, tortillas, hard cheeses, salami, and peanut butter sandwiches. Hikers should bring a Ziploc bag for their trash to hike out. Hikers should bring their own money for ice cream at trail's end.

### Q: What do scouts need to bring?

Minimum of two 1-liter water bottles filled with water (Two liters of water weighs 4.4 pounds), Small containers of bug/tick spray and sunscreen, Sturdy hiking shoes/tennis shoes (In good condition but worn in; Do not hike in newly purchased shoes; Avoid heavy boots), Thick pair of hiking socks, Rain jacket (Watch for weather), Prescribed meds/inhalers/EpiPen in pharmacy provided bottles (Only bring the pills needed for the trip), Comfortable hat with a brim, Sunglasses, Food, Treat money, A lightweight backpack, Parent/Guardian contact information, and Part A and B of the BSA Physical Health Form. The hike is free for ten, hike ready scouts.

### Dropoff and Pick up Information:

**Hiker Dropoff:** Mile marker 23 is located near Deal, PA. Take Shirleys Hollow Road (39.7536, -78.9160). Stop at 1<sup>st</sup> road junction with Church Lane (No road sign: 39.7529, -78.9142) to meet up with hikers (There is not much space to pull off). Hikers will then coordinate to trail access point. Drive time from Greensburg: 1 hour 30 minutes. Take I-76 East to Somerset Exit 110. N. Mt. Pleasant Ave. Left on E Main Street. Right on Berlin Plank Road/Plank Road. Continue Broadway Street. Left on Main Street. Right on PA-160 S/Cumberland Street. Right on McKenzie Hollow Road. Left on Shirleys Hollow Road/T331.

**Hiker Pickup:** Downtown Cumberland Terminus, Canal Place Station Lot: 13 Canal Street, Cumberland, MD 21502. Located right at the terminus (39.6494, -78.7625). Short-Term paid parking (roughly \$1/hour) directly in front of the station, payable via the Parkmobile app. Overnight parking is not allowed in this specific lot.

**Hiker Vehicles left at Dropoff Point:** Howard Street Lot, 16 Howard Street, Cumberland, MD 21502. Located under I-68, This is free and allows overnight parking (39.6486, -78.7621). Family Dinner Option (On your own) <https://www.crabbypig.com/> 13 Canal St, Cumberland, MD.

For Information: Mike Hanawalt 724-837-5853

To register: <https://bsatroop480.org/Coming/20MileHike26/activity.php>