

Workout Guide for Bike-O-Vision Journey #22: “Pennsylvania Dutch Country”

Explanation:

Every chapter starts and ends with beauty shots, panoramas etc. There are often breaks between the chapters of two to three seconds. Occasionally there are breaks during the rides for a particular point of interest, such as a scenic overlook. Otherwise, its all forward motion.

The time codes below indicate when the actions indicated occur. For example: 1:30= one minute thirty seconds. The range of speeds are: fast, average, and slow

The range of elevation gradients are: steep, medium-grade (“medium”), gentle, slight, and flat. “Slight” is used when there is just barely a hill but its perceivable enough to affect speed (and resistance, if uphill).

There will occasionally be additional notes for other pertinent info- history, etc.

The ending time is when the forward-motion stops, there may be a few more panoramas and beauty shots afterward to end the chapter. Likewise, times listed for the chapter are just pertaining to the start to stop of forward-motion video.

Pennsylvania Dutch Country Overview: This part of the nation is famous for its Amish “The Plain People” and their picture-perfect farms. You’ll notice that many of the farms have no power lines strung to them, adding to the quaint aesthetics of the area. You’ll see lots of healthy-looking horses grazing, cows, big barns, children in traditional garb and miles of abundant crops. And its not often that traffic is interesting to watch- be prepared for occasional horse-drawn carts whizzing by.

Overall the landscapes here are low, long hills with lengthy straightaways, perfect for building endurance while toning your muscles, losing weight or simply getting pleasantly lost in a new environment. In fact, its more “what you see is what you get” with this video more than any other- no surprises so you may choose to easily do the video without this guide because the elevation changes etc. are so plain to see. The first three chapters take you through a day’s worth of riding through the county. Welcome.

Chapter 1: Lancaster County, Pennsylvania (morning) (33:42) All of this video takes place within Lancaster county except the Gettysburg section. Your about 50 miles east of the city of Lancaster, which is nothing special. The area you’re about to ride through, however is exceptionally beautiful and peaceful. Its morning in July, a bit humid but not muggy and about 76 degrees with lots of buzzing summer insects, mooing cows and other country sounds. We’re sure you’ll enjoy the ride!

Start: (00:08) flat road, slow at first picking up to an average speed

00:52 gentle hill up

01:18 flat, then gentle down

01:32 flat. P.S. don’t cycle here if you’re allergic to corn silk.

01:46 gentle down, then flat

02:24 Warning: pickup truck passing on the right.

02:34 gentle up for 12 seconds, then flat and back down the other side

03:14 another short hill, then flat. You get the pattern and can adjust accordingly- it goes on like this, up and down, for a while...

06:02 be prepared for a crossfade into a short, gentle ascent, then downhill with a remarkable morning view!

06:59 Another SUV passing on the left.

07:12 Crossfade to the next scene, basically flat and average speed.

7:56 Here's the first horse-drawn carriage on the left.

10:08 gentle up

10:25 flat on top, then back down

11:05 slight up briefly, then flat

11:44 slight down

13:00 flat

13:34 gentle hill up

13:44 only slight incline up now

14:30 flat, then down the side of the same hill

15:20 flat, then down again

15:42 gentle uphill

15:56 flattening out

17:10 gentle down

17:26 gentle up

17:40 slight up

18:18 move over and watch the hay cart go by... This could be a scene right out of the 1800s or even 1700s!

18:38 down a little dip and back up. The elevation changes ahead are so mild, you can just watch the road and adjust, we'll indicate if there are any other significant changes.

27:00 pedal much faster so you can pass this carriage up ahead.

The next chapter begins seamlessly.

Chapter 2: Lancaster County at noon (15:54) This simply continues your exploration of this area, beginning with a trip through the tiny town of *Intercourse*. A nearby town is *Bird-In-The-Hand*: yes, that's really the name of the town. Apparently, there may be another nearby rival burg named *Two-In-The-Bush*. You'll see some of the shops on main street where the Amish sell some of their famous quilts and other quality hand-made crafts.

We starts west on PA 340, then zig-zags around many roads in an attempt to get lost or at least not pass the same way twice. Have fun!

Start: (32:00) flat, slow-to-average speed.

33:50 leaving town, speeding up

35:12 slight up

35:50 down, gentle gradient.

36:10 Ahead, you'll see a fellow cyclist napping under a tree on the right

36:26 flat

36:50 slight up

For the rest of this chapter, its much of the same rolling hills with no drastic hills, just flat, slight and gentle ups and downs at an average speed unless otherwise noted.

40:30 pulling over for a breather

40:36 moving forward again, with different perspective of some of the buildings you just passed

44:06 tobacco plants

47:54 taking a break, end of chapter with some scenery from around the area.

Chapter 3: Evening in Lancaster County (13:05)

Start (48:09) slow, flat. Something funny here: there is some extremely innocent, happy graffiti on this bridge. If only all graffiti was like that.

48:30 gradually moving up to an average speed

48:50 slightly uphill now. Again, like the previous chapters, this ride is a constantly-changing landscapes of rolling hills. There are no drastically steep hills but we'll let you know if there's something surprising.

50:40 Here's something you don't see every day. We're stopping to look for traffic and crossfading to the next road, which is slightly uphill.

54:14 Slowing to watch for cross-traffic and continuing past where we stopped by the pond earlier- same predictable rolling hills.

54:50 nice work horses on the right

59:06 Beware of this guy with his two horse power hotrod!

1:01:05 slowing down as we turn into the sunset, this chapter will be ending in 10 seconds.

1:01:15 end of motion and Lancaster County.

Chapter 4: Gettysburg Battlefield (10:42) Gettysburg National Military Park is a very pleasant area to ride a bike yet elicits a deep respect for those who fell in battle here on those fateful three days in July 1-3 1863. It was one of the most hotly contested and the bloodiest battle of the Civil War with over 51,000 wounded, captured or killed. Considering this was at a time when the U.S. population was a small fraction of what it is today, it was a devastating loss.

The battlefield covers 25 acres so its not a really long ride, but its aesthetic, well-maintained and historically very interesting. The landscape is much the same as nearby Lancaster County, albeit more forested, with easy pedaling and rolling hills. This guide will point out some of the major landmarks you pass.

Start: (1:01:24) flat, average speed as you start out going south on the one-way Confederate Avenue along Seminary Ridge.

1:01:47 slightly downhill

1:02:20 gentle uphill

1:03:02 flat. This (to the left) was the confederate line on July 3 (1863)

1:04:10 a little dip down then back up, gentle gradient

1:04:52 the boy scout troop is looking at Virginia Memorial and the site of General Pickett's charge.

1:05:30 here comes another dip down and back up the other side, gentle gradient

1:05:58 slight down

1:06:14 slight up

1:06:55 flat, Pitzer Woods memorial

1:07:45 crossfade to slightly uphill

1:08:17 still slightly up, still on the Confederate side

1:09:22 flat, then coming up on a gentle hill down after rounding the corner. This is about halfway in between the Union and Confederate lines. You're in "no-man's land"!

1:10:14 slight, then gentle up, this is where the Union lines were. You're on Sykes Avenue.

1:11:00 This area is called Big Round Top.

1:12:06 flat

1:12:30 short gentle up, then flat again. There are plentiful battlefield memorials in this section, too numerous to mention individually

1:13:14 slight up

1:13:38 flat, then slight incline up again. This is all part of the ridge where the Union's artillery were, opposite the ridge you first rode along on the other side of the shallow valley.

1:14:30 This is the New York Auxiliary Monument commemorating the fallen officers of that state in the battle. It

1:15:00 We're coming up on the Pennsylvania Monument and the end of our little journey in about 5 seconds. We hope you enjoyed the ride!

If you enjoyed this dvd, you may also like these Bike-O-Vision titles: Bike-O-Vision Wide Screen Journey #2: *Covered Bridges of Oregon*, Bike-O-Vision #3: *California Wine Country* and Bike-O-Vision Wide Screen Journey #5: *Napa and Sonoma Wine Country*, because of the rural, agricultural settings and gentle terrain as far as elevation and pace. Parts of the #18 *Victoria and British Columbia* are also surprisingly similar. To see all the current titles please visit www.bike-o-vision.com