

PENNSYLVANIA

Betzwood Cycle Trail: In suburban Philadelphia, the Betzwood Cycle Trail runs from Valley Forge Park to downtown Philadelphia virtually uninterrupted. The trail provides miles of relatively flat paved terrain with reasonably wide shoulders for most of the route. Most of the route is restricted to cyclists, skaters and pedestrians. The trail can be accessed from many locations, including Route 422 North at the Trouper Road / Audubon exit, or Conshohocken (behind Tower Place). The trail can get somewhat congested during the good weather, so mornings are best for uninterrupted skiing. *B.R.*

The **Norristown Farm Park** adjoins the Norristown State Hospital. This is an exceptional place to roller ski. The paths and roads are wide with ample shoulders. The scenery is a picturesque mix of farmland and woods and pedestrian traffic is modest. The loop itself is made up of a series of rolling hills, several of which are challenging. The downhills are gradual enough to be manageable. By following a series of figure eights, the loop covers either four or seven miles. I have invited fellow skiers to join me here and they have declared it the best course they have roller skied. The Park is on N. Whitehall Rd., which is off Main St. *-Bill Roach*