

| Dist | Type | Note | Next |
|------|------|--|------|
| 0.0 | 📍 | Start of route | 0.0 |
| 0.0 | ↑ | Follow marked path through park | 0.4 |
| 0.4 | ➔ | R | 0.5 |
| 0.8 | ➔ | R onto path | 0.6 |
| 1.5 | ➔ | R toward B&A Trail | 0.0 |
| 1.5 | ➔ | R onto B&A Trail | 6.3 |
| 7.8 | 💧 | Rest Stop - Arnold Station and turnaround | 11.2 |
| 19.1 | ➔ | Cross Crain Hwy and Central Ave to stay on B&A Trail | 0.5 |
| 19.6 | ← | L to stay on trail | 1.0 |
| 20.7 | ↑ | Cross cul de sac to stay on trail | 0.0 |
| 20.7 | ➔ | Cross Stewart Ave and turn R to stay on trail | 0.2 |

20.7 miles. +506/-577 feet

| Dist | Type | Note | Next |
|------|----------|---|------|
| 20.9 | ← | Sharp L after overpass to stay on trail | 1.3 |
| 22.2 | 💧 | Rest stop - Dixon Observation Area (open 10a-4p) and turn around | 0.0 |
| 22.3 | <i>i</i> | Note: To extend the ride to 40 miles, follow the BWI trail loop signs clockwise and rejoin the route at Stewart Ave continuing straight over the overpass (mile 23.6 on this sheet) | 1.3 |
| 23.6 | ➔ | Hard R to stay on trail along Stewart Ave to go over overpass | 0.2 |
| 23.8 | ← | L and cross Stewart Ave to stay on trail | 0.0 |

3.1 miles. +82/-104 feet

| Dist | Type | Note | Next |
|------|------|--|------|
| 23.8 | ↑ | Cross cul de sac to stay on trail | 1.0 |
| 24.9 | ➔ | R onto B&A Trail | 0.5 |
| 25.4 | ↑ | Cross Central Ave and Crain Hwy to stay on B&A Trail | 4.9 |
| 30.3 | ➔ | Hard R after bridge off the trail | 0.0 |
| 30.4 | ← | L to stay on trail | 0.6 |
| 31.0 | ← | L onto Kinder Farm Park Trail and follow signs to finish | 0.5 |
| 31.5 | ← | L | 0.4 |
| 31.9 | 📍 | End of route | 0.0 |

8.1 miles. +292/-216 feet