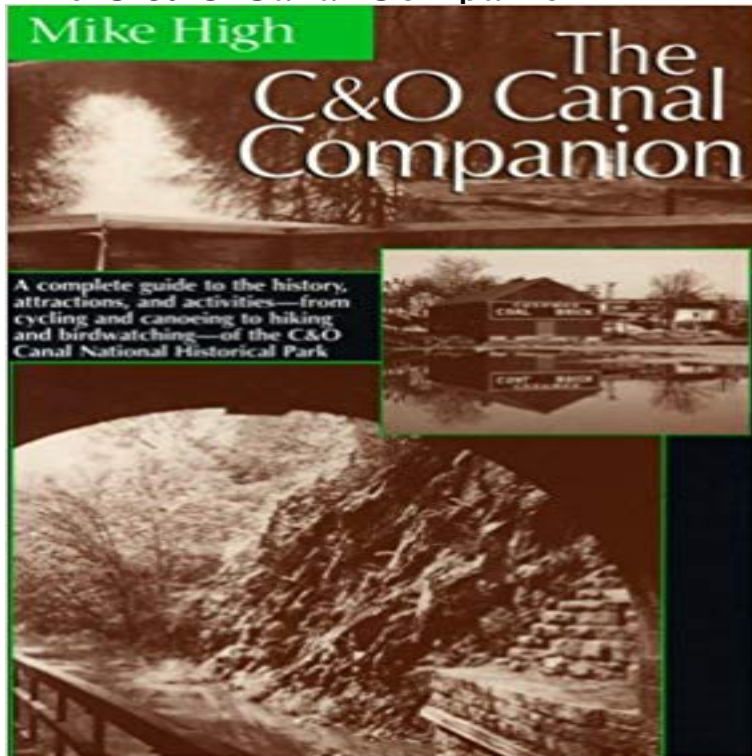


The C & O Canal Companion



The first comprehensive guide to one of America's unique national parks, *The C&O Canal Companion* takes readers on a mile-by-mile tour of the C&O Canal, the 184-mile Potomac River waterway that stretches from Washington, D.C., to the Appalachian Mountains. Outdoorsman and writer Mike High has spent many hours exploring the C&O Canal, asking questions, making notes, taking photographs, and conducting research to assemble this informative and user-friendly book. Beautifully illustrated with photographs and drawings, the guide blends history, nature writing, and tour-guide tips to create the only book of its kind. High offers practical advice on cycling, canoeing, birdwatching, and other pastimes along the canal and river. Exploring the canal's history, he relates the early struggles to build a trade route to the Ohio Valley and gives in-depth coverage to the Civil War years, when the canal became a dividing line between North and South. He also explains the nineteenth-century technology of the canal—how it worked and how its operations were related to water-driven mills and ironworks along the river. For the convenience of visitors to the canal, High provides a helpful appendix of names and telephone numbers for hotels, bed-and-breakfasts, bicycle shops, river outfitters, nearby parks, campsites, and regional associations. *The C&O Companion* is both a pleasure for the armchair tourist to read and an indispensable guide for anyone planning a hiking, camping, or cycling adventure along this remarkable landmark.

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