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Wheels & Heels

Escape from the demands of civilization by getting back to nature.

Let the spacious, breathtaking Delaware Water Gap renew your mind as you breeze along a river-view bicycle path and hike beside mountain streams under a canopy of trees. Feel your face washed by the cool air at the foot of a hidden waterfall and keep your eyes open for a variety of songbirds and other wildlife. Don't forget your camera! Wheels & Heels includes:

- Two hour wheeled excursion on McDade bike trail.
 - Guided three hour Appalachian Trail hike.
 - Bike rentals, guided tour, water and lunch.
- (Parking fee of \$7 on weekdays and \$10 on weekends).

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Destination Pocono is the premier destination management company of the Pocono Mountains. We are the only call you need to make for planning a meeting, retreat, conference, reunion or a vacation. We plan each and every detail to create successful events, coordinate all of your activities and help with transportation.