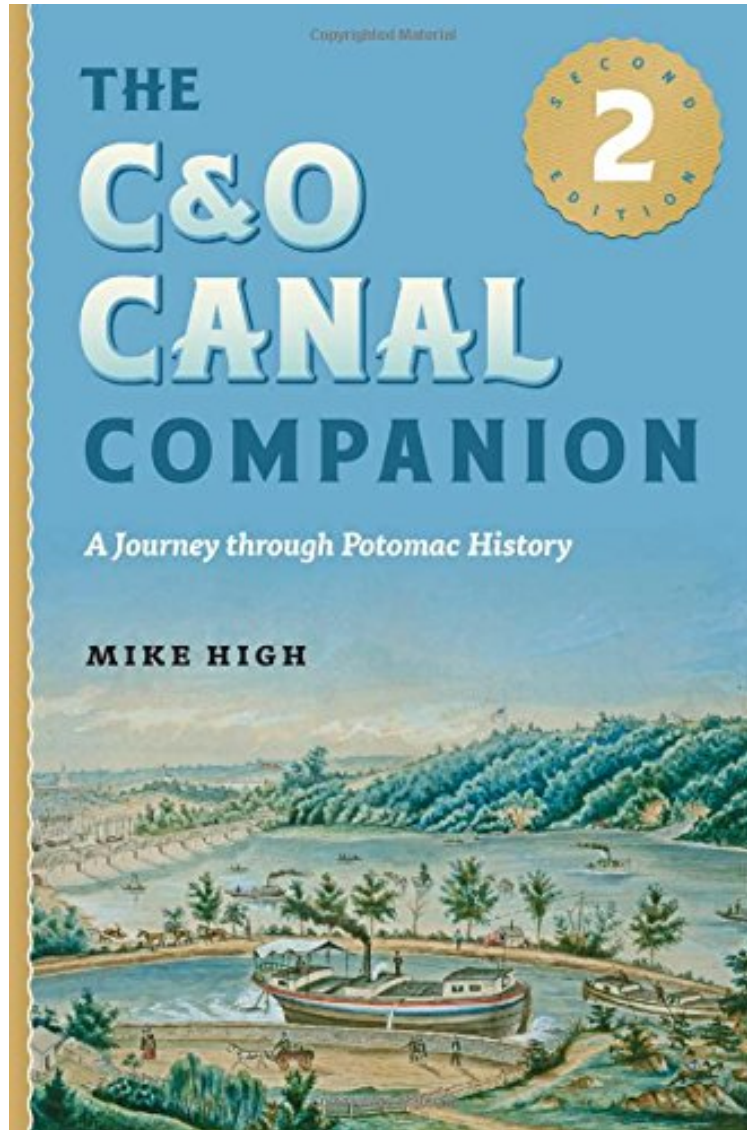


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# The CO Canal Companion: A Journey through Potomac History

*Mike High*

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**Mike High : The CO Canal Companion: A Journey through Potomac History** before purchasing it in order to gage whether or not it would be worth my time, and all praised The CO Canal Companion: A Journey through Potomac History:

1 of 1 people found the following review helpful. Liked it so much I bought it twiceBy CustomerWe got a copy of this while visiting the CO near Williamsport (Maryland, NOT Pennsylvania :) ) Turned out that Canal Quarters ALSO had a paper copy in the lock keeper's house we stayed in. After getting home, we found the electronic version on . We loved the paper copy, but REALLY liked being able to search electronically. There is SO much great information that

NO one could get it all into an index. Our paper copy is now with family that are thinking about spending a little time on the CO. Just as it is, the CO is remarkable. If you read this book, you get a far better idea of just how remarkable every mile of this national resource truly is! 3 of 3 people found the following review helpful. Good history book if you are interested in how the ... By Patrick S Chisholm Good history book if you are interested in how the area was settled. Not enough current info on the current state of the trail or nearby attractions, eateries, etc. 0 of 0 people found the following review helpful. Amazing book - it not only covers locks By Luap Amazing book - it not only covers locks, dams and key areas along the CO canal but it addresses the history of towns, civil war actions and even revolutionary war related events. I am very impressed by the detail and breath of historical events along the CO canal that previously I was not aware. I highly recommend this book!

A comprehensive guide to one of America's unique national parks, *The CO Canal Companion* takes readers on a mile-by-mile, lock-by-lock tour of the 184-mile Potomac River waterway and towpath that stretches from Washington, D.C., to Cumberland, Maryland, and the Allegheny Mountains. Making extensive use of records at the National Archives and the CO Canal Park Headquarters, Mike High demonstrates how events and places along the canal relate to the history of the nation, from Civil War battles and river crossings to the frontier forts guarding the route to the West. Using attractive photographs and drawings, he introduces park visitors to the hidden history along the canal and provides practical advice on cycling, paddling, and hiking all the information needed to fully enjoy the park's varied delights. Thoroughly overhauled and expanded, the second edition of this popular, fact-packed book features updated maps and photographs, as well as the latest information on lodgings and other facilities for hikers, bikers, and campers on weekend excursions or extended outdoor vacations. It also delves deeper into the history of the upland region, relaying new narratives about Native American settlements, the European explorers and traders who were among the first settlers, and the lives of slaves and free blacks who lived along or escaped slavery via the canal. Visitors to the CO Canal who are interested in exploring natural wonders while tracing the routes of pioneers and engineers not to mention the path of George Washington, who explored the Potomac route to the West as a young man and later laid out the first canals to make the river navigable will find this guide indispensable.

"Mike High has mined historical studies, colonial records, official reports, as well as letters, diaries, and memoirs to illustrate the forgotten history of the upper Potomac River and the lives of the men and the women who called it home. The result is a unique and invaluable resource on what is a river valley of incomparable historic importance, playing a unique and critical role in the nation's early westward growth and subsequent development." (Karen M. Gray, PhD, CO Canal National Historical Park volunteer historian) "Reading it either during rambles along the Canal or from the comfort of an armchair is like bringing along an erudite companion who can tell you anything you would want to know about the history of our Nation's River and its hardworking companion, the CO Canal." (Sarah Rispin, Potomac Riverkeeper) "High gives practical information about exploring the canal and provides extensive historical background... Provides many opportunities for using the canal as a means of exploring this region's history." (Historic Traveler) "There are other guides to the canal, but High's is the latest and may be the best. It's a mile-by-mile guide, well-illustrated, full of history and surrounding cultural notes. The more one learns about the canal, the more intriguing it is." (Fredricksburg Free Lance-Star) "A contender for the hearts and minds of canal buffs. It shows the results of serious historical research, particularly about the Civil War, and is well-written and organized." (Washington Times) "An informative and affectionate guide to the canal written by CO devotee Mike High... And yes, it'll fit comfortably in your backpack." (Mid-Atlantic Country) About the Author Mike High holds degrees in English and creative writing from the University of Virginia. His work has appeared in *Poets Writers* and the *Los Angeles Times*, among other publications. He has cycled in many places around the world, but the trail along the CO Canal remains his favorite ride.