

Cycling in the New River Valley

Dave Jenkins, Matt Miller,
Michael O'Brien, Michael
Abraham, Larry Alexander, Bob
and Mary Scott Coffey, Ava and
Mark Howard, Aaron Hudson,
Dale Kipp, Tim Myers, Scott
Radcliffe, Bill Romig, Clemmitt
Sigler, Paul Smith, JT Spanos &
Dave Reimer

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1. VIRGINIA TECH AND HETHWOOD

This route goes through two traffic signals before it winds through part of Virginia Tech, over to Hethwood (west of Tech). The ride utilizes several different bike lanes plus fairly quiet roads over a flat terrain through the Tech farm area and past the Smithfield Plantation slave house.

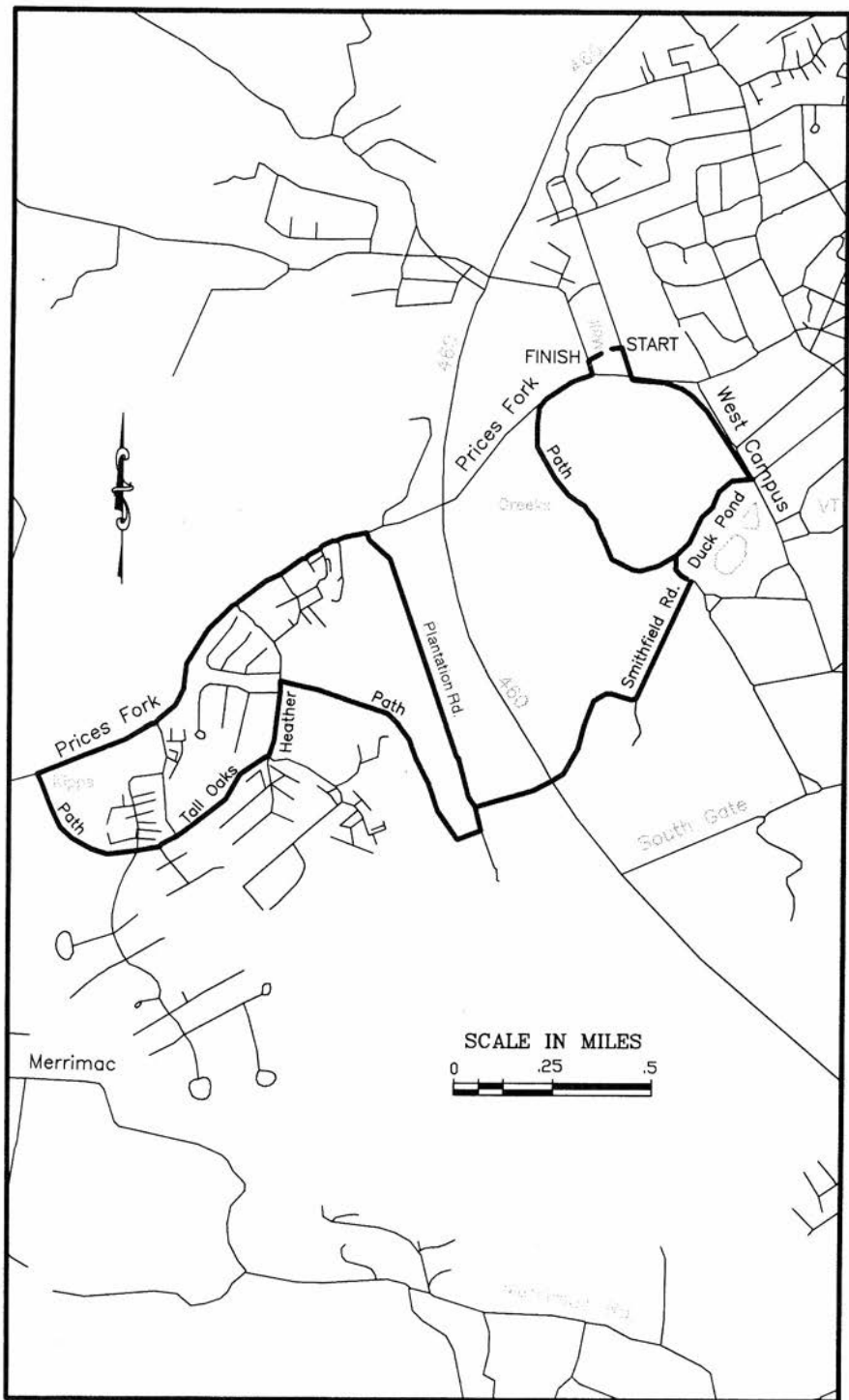
STARTING POINT: Main entrance to University Mall in Blacksburg.

DISTANCE: 8.0 miles.

TERRAIN: Fairly flat for the area with only a few short minor climbs.

MILE DIRECTIONS

- 0.0 From University Mall front doors, go east (right) onto University City Blvd.
- 0.3 Cross Prices Fork at signal and go straight onto bike path which turns left.
- 0.5 Follow bike path which curves right just before coming to West Campus Drive.
- 0.7 Leave bike path turning right onto Duck Pond Drive.
- 1.1 At end of duck pond, take second right onto Smithfield Rd.
- 1.4 Turn right to Tech's farm where sign points to Smithfield Plantation on left.
- 1.5 Get on bike lane on right side of gravel road.
- 1.8 Pass through tunnel under US460.
- 2.0 Left at T intersection onto Plantation Rd.
- 2.1 Right onto bike path at top of hill.
- 2.3 Follow bike path as it turns right through some gravel.
- 2.9 Take left at fork at Hethwood pond.
- 3.1 Left onto Heather Drive after passing around pond.
- 3.2 Right onto Tall Oaks Drive at top of small hill.
- 3.5 Pass Hethwood Blvd. on the right.
- 3.6 Leave Tall Oaks Drive onto bike path on right to Kipps Elementary School.
- 4.0 Right onto Prices Fork Rd. after passing Kipps Elementary School.
- 4.7 Pass by signal at Heather Dr.
- 5.1 Right onto Plantation Rd.
- 5.8 Left onto bike lane by gravel road.
- 6.0 Pass through tunnel under US460.
- 6.4 Left onto Smithfield Rd.
- 6.7 Left onto path to bridge just before Duck Pond.
- 6.8 Left onto bike path by road to fraternity houses.
- 7.3 Right at basketball court before fraternity house to follow bike path.
- 7.5 Take bike path to left as another goes straight over small hill, then turn right onto bike lane on Prices Fork.
- 7.7 Left onto Glade Rd.
- 7.8 Right into University Mall parking lot.
- 8.0 Return to start.



START

FINISH

Prices Fork Path

West Campus

Duck Pond

Smithfield Rd.

Plantation Rd

Heather Path

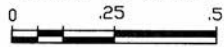
Prices Fork

Tall Oaks

Kays Path

Merrimac

SCALE IN MILES



2. LUSTERS GATE

The ride is short, but challenging. SR 603 is easier to go up than the steeper 2.4 mile climb up Harding. Both Harding and SR 603 can have traffic on them depending on the time of day.

STARTING POINT: Main entrance to University Mall in Blacksburg.

DISTANCE: 15.0 miles.

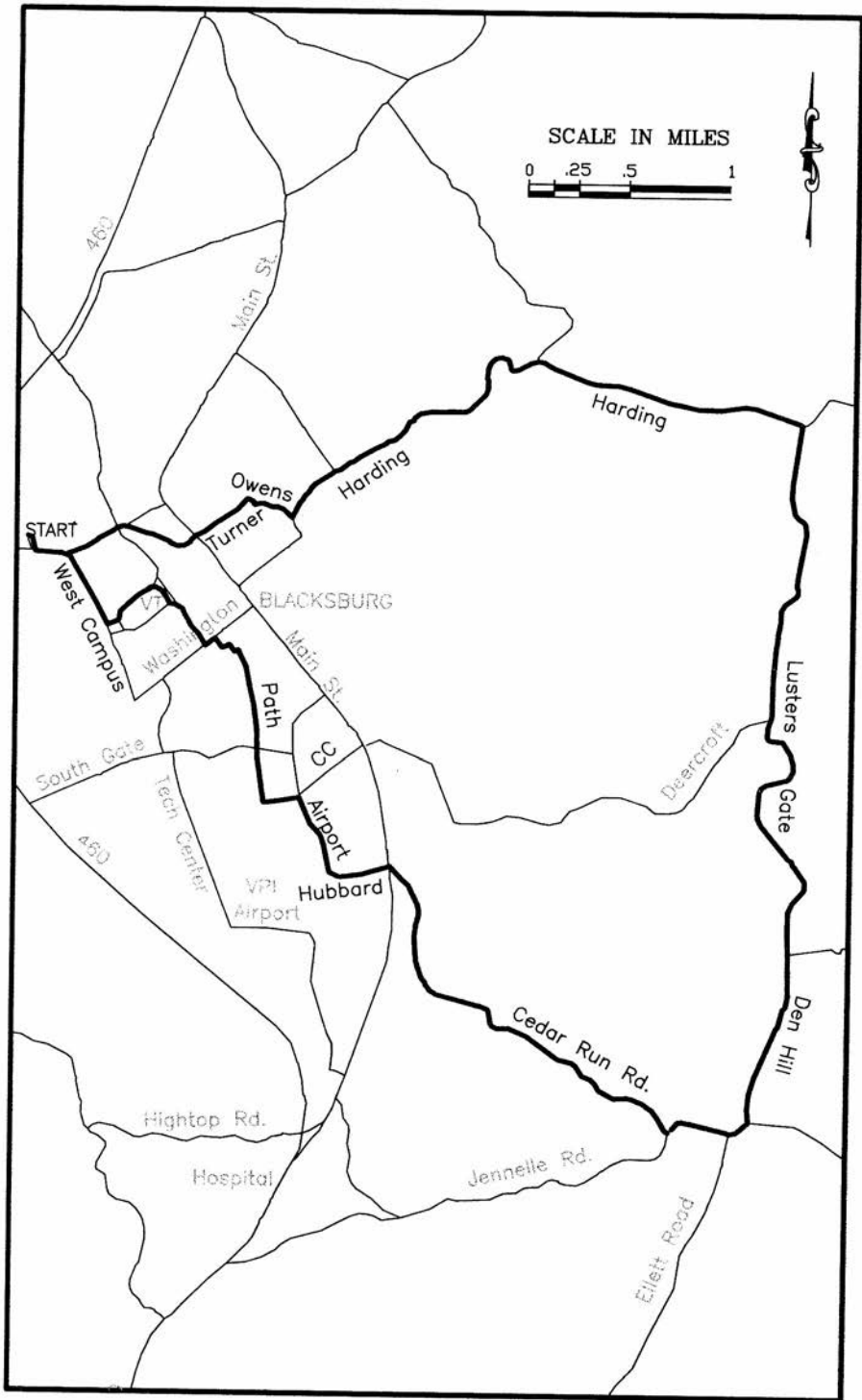
TERRAIN: In either direction on this loop, you have a major climb back up to Blacksburg from Ellett Valley of about 700-foot gain in altitude. The rest of the ride is relatively flat.

MILE DIRECTIONS

- 0.0 From University Mall front doors, go east (right) onto University City Blvd.
- 0.2 Left at signal onto Prices Fork Rd. (elevation: 2050 feet).
- 0.8 Curve right onto Turner Street.
- 1.2 Continue on Turner, crossing Main St. at the traffic light.
- 1.4 Right onto Owen St.
- 1.8 Carefully make a left onto Harding Ave. (SR 785), watching for traffic.
- 2.4 Reach top of Harding Ave. (elevation: 2276 feet).
- 4.8 Right on Lusters Gate Rd. (SR 723). (elevation: 1594 feet).
- 7.8 Pass Deercroft Rd. (SR 1255) on right.
- 8.0 Pass through one-lane tunnel. Watch for oncoming traffic.
- 8.6 Curve right at Food Time Store onto Den Hill Road (SR 603).
- 8.7 Pass Ellett Rd. (SR 723) on left. (elevation: 1552 feet).
- 9.0 Pass over railroad tracks and take an immediate right staying on Cedar Run Rd. (SR 603) as Jennelle Rd. (SR 542) goes to left.
- 10.6 Reach top of climb on SR 603 by church on left. (elevation: 2066 feet).
- 11.2 Cross South Main St. at traffic signal onto Hubbard, which becomes Airport Rd. when you see airport on left.
- 12.0 Left onto bikeway as Country Club Rd. comes from the right.
- 13.2 Leave bike path turning left onto Miller St., by the Blacksburg Library.
- 13.3 Right onto Harrell St., then left onto Clay St.
- 13.4 Right onto Kent St. and shortly cross Washington St. and continue on Kent St. into Virginia Tech and go around north side of drillfield.
- 14.1 Right onto West Campus Drive.
- 14.5 Left onto Prices Fork Rd.
- 14.7 Right onto University City Blvd.
- 14.9 Return to start.

After mastering this shorter ride, at mile 4.8 you could continue on SR 785 toward Catawba, or go left at mile 8.6.

Alternate routes: Option 1: Turn right at mile 7.8 onto Deercroft, left onto Nellies Cave Rd., right on Grissom Lane, left on Country Club Rd. to Airport Rd. to return to main route at mile 12.0. **Option 2:** After going down Harding for one mile, make a left onto Happy Hollow, left to Mt. Tabor Rd., then left on Main St. to return to town.



3. MERRIMAC

A good loop near town which starts out easy and then has several ups and downs. Merrimac was a coal-mining area earlier in the century.

STARTING POINT: Main entrance to University Mall in Blacksburg.

DISTANCE: 12.1 miles.

TERRAIN: Moderate, but not flat.

MILE DIRECTIONS

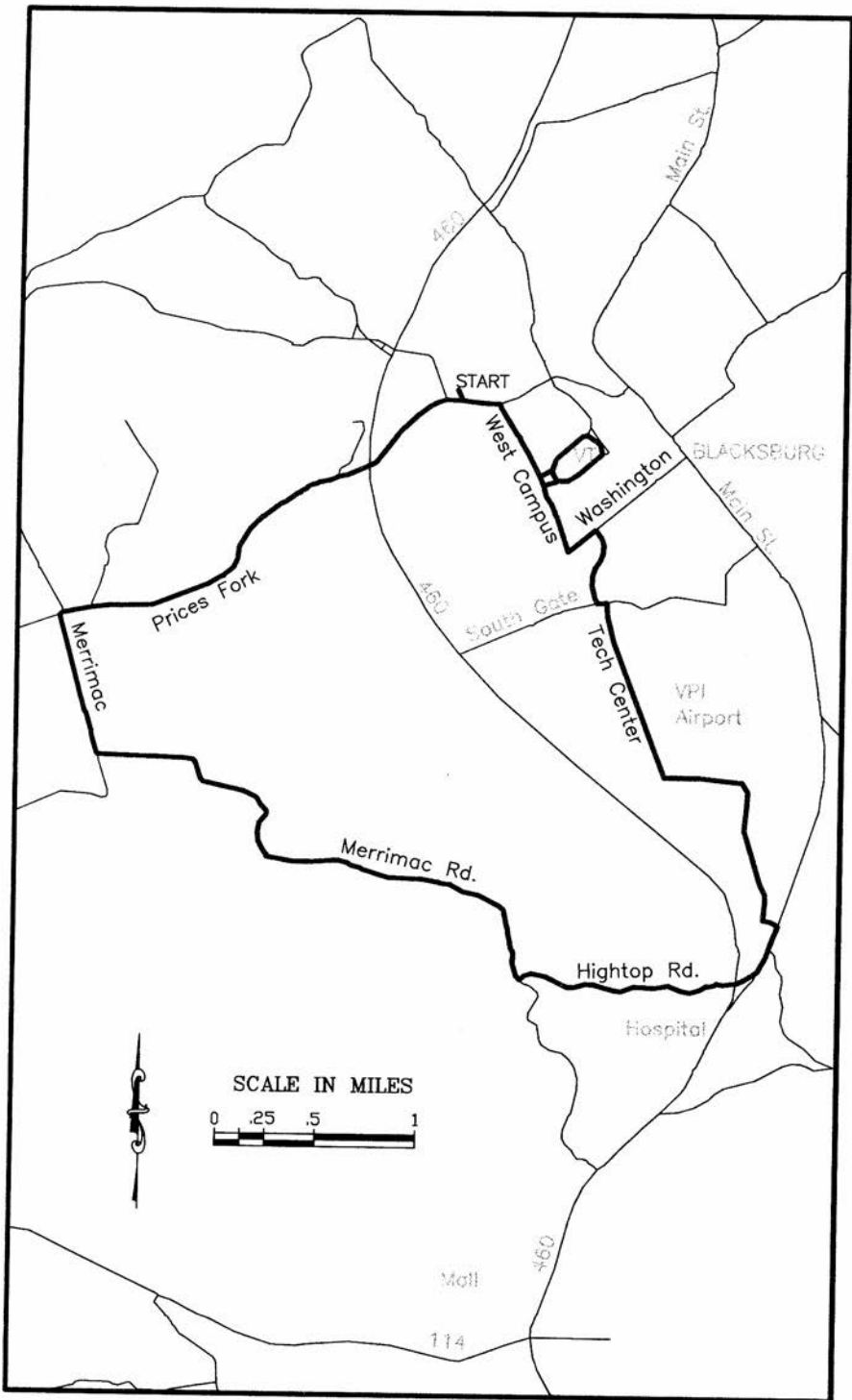
- 0.0 From University Mall front doors, go east (right) onto University City Blvd.
- 0.2 Right at signal onto Prices Fork Rd.
- 1.3 Pass signal in Hethwood at Heather Dr.
- 2.6 Left onto Merrimac Rd.
- 4.3 Curve to the right near Old Sewage Treatment Plant.
- 6.2 Left onto Hightop Rd.
- 6.7 Pass Huckleberry bike route which crosses road.
- 7.3 Pass under bridge for US 460.
- 7.4 Curve left onto Main St. Watch for traffic on right exiting US 460.
- 7.6 Left on Yellow Sulphur Rd., then right onto Ramble Rd.
- 8.6 Curve left at VPI airport as Ramble Rd. becomes Tech Center Dr.
- 9.1 As Tech Center Dr. curves right at west end of airport, stay on Tech Center Dr. or use bike lane on left side of road.
- 9.6 Cross Huckleberry Trail again just before road descends to football stadium.
- 10.0 Left onto Southgate Dr.
- 10.1 Right onto Spring St.
- 10.4 Left onto Washington St.
- 10.6 Right onto West Campus Dr.
- 10.9 Right onto road around Drillfield.
- 11.8 Right onto West Campus Dr.
- 12.2 Left onto Prices Fork Rd.
- 12.4 Right into University City Blvd.
- 12.6 Return to start.

There is some traffic on Prices Fork Road, particularly during rush hours, but there are lanes on each side of the road for bicyclers. The Merrimac Road is hilly, more rural, but has occasional speeding cars on the straight stretches.

Alternate routes:

Option 1: Turn right at mile 6.2 onto Huckleberry Trail. See information for the Huckleberry Trail.

Option 2: Turn left at mile 6.7 onto Huckleberry Trail, then join main route at mile 9.6.



4. HUCKLEBERRY TRAIL

The Huckleberry Trail is named after the Huckleberry Line, a railroad which provided service into Blacksburg from Christiansburg. Much of the trail follows the old railroad grade. It is marked by a circular red and white sign with a small engine. Since the trail is popular for walking and roller blading, watch for others especially at corners with poor visibility. When approaching a person from behind, alert them by ringing a bell or calling their attention before passing.

STARTING POINT: The parking lot for the Blacksburg Library on the corner of Miller and Preston Ave. The trail begins across Miller St. at the kiosk just to the right of Preston Ave.

DISTANCE: About 5.5 miles one-way.

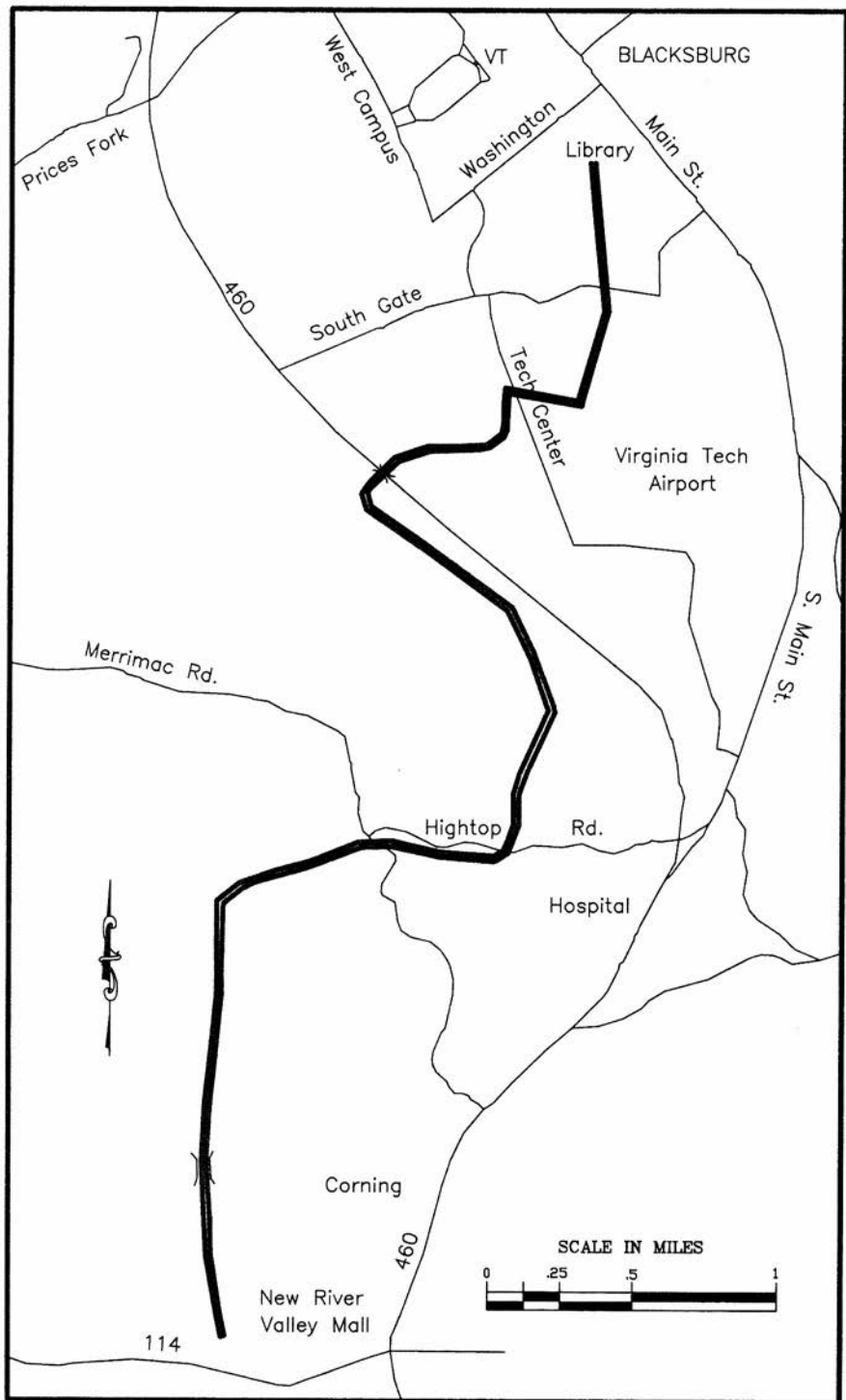
TERRAIN: Fairly flat

MILE DIRECTIONS

- 0.0 Begin on the trail to the left of the kiosk which gives information about the trail.
- 0.5 Bridge passes over Southgate Dr.
- 0.8 Bike trail forks. Go straight and then follow the trail as it leaves the railroad grade and turns to the right. Since the airport lies on the old railroad grade, the trail takes a short detour before returning to the original grade.
- 1.2 Cross Tech Center Dr. Continue straight. The trail passes the Tech farms and thru a tunnel under US460.
- 2.7 Cross Mabry Lane at the entrance to Warm Hearth. The trail has now returned to the site of the original railroad grade.
- 3.3 Cross Huckleberry Rd. and Hilltop Rd. Watch for traffic on Hilltop Rd.
- 3.7 Cross Merrimac Rd.
- 4.7 Bridge over railroad.
- 5.5 New River Mall.

Alternate Route: To return to the start, one can retrace the route just taken. Or at Merrimac Rd. turn left (west) onto Merrimac Rd. to return to town by way of the bikepaths thru Hethwood. From the intersection with the Merrimac Rd., the route continues as follows:

- 7.3 Left onto Merrimac. Go up a hill, then down a long hill.
 - 9.1 Cross Stroubles Creek and pass old sewage treatment center.
 - 9.4 Turn right onto gravel road and pass through a gate to access the bike path on left in Hethwood. Follow bike path along field.
 - 10.1 Turn right onto Mt. Vernon, then sharp left at the end of Mt. Vernon.
 - 10.4 Turn right and go thru tunnel under Tall Oaks Drive.
 - 10.7 Go right at fork at basketball court.
 - 10.9 Right at T intersection and then right around Hethwood Pond.
 - 11.65 Bridge over Stroubles Creek.
-
- Follow bike path to town and start of ride.



5. TOMS CREEK

The route goes through three traffic signals, then passes through undulating rural areas after crossing US 460. During rush hour in the evening, Glade Road can have some traffic.

STARTING POINT: Main entrance to University Mall on University City Blvd. between Prices Fork Road and Glade Road in Blacksburg.

DISTANCE: 7.2 miles.

TERRAIN: One moderate mile and a half climb near end of ride.

MILE DIRECTIONS

- 0.0 From University Mall front doors, go west (left) onto University City Blvd.
- 0.1 Pass through traffic signal by Kroger.
- 0.9 Left at traffic signal onto Toms Creek Rd.
- 1.2 Go straight, crossing signal at US 460.
- 2.3 Curve left onto Meadowbrook Drive as Toms Creek and Laurel Drive go to right.
- 3.3 Top of moderate climb.
- 3.6 Pass Shadow Lake Rd. on left. Curve right staying on Meadowbrook Dr.
- 3.9 Top of moderate climb.
- 4.8 Left at stop onto Glade Rd.
- 5.4 Top of steep climb with Tech Turkey farm buildings on right.
- 5.6 Curve left and begin easier climb.
- 6.2 Pass Glade Baptist Church on left.
- 6.8 Cross bridge over US 460.
- 7.0 Go straight passing between Krogers on left and University Mall on right.
- 7.1 Return to start.

There is a Speedway Store at mile 0.9 and a Deli-Mart at mile 6.9, both with a bathroom.

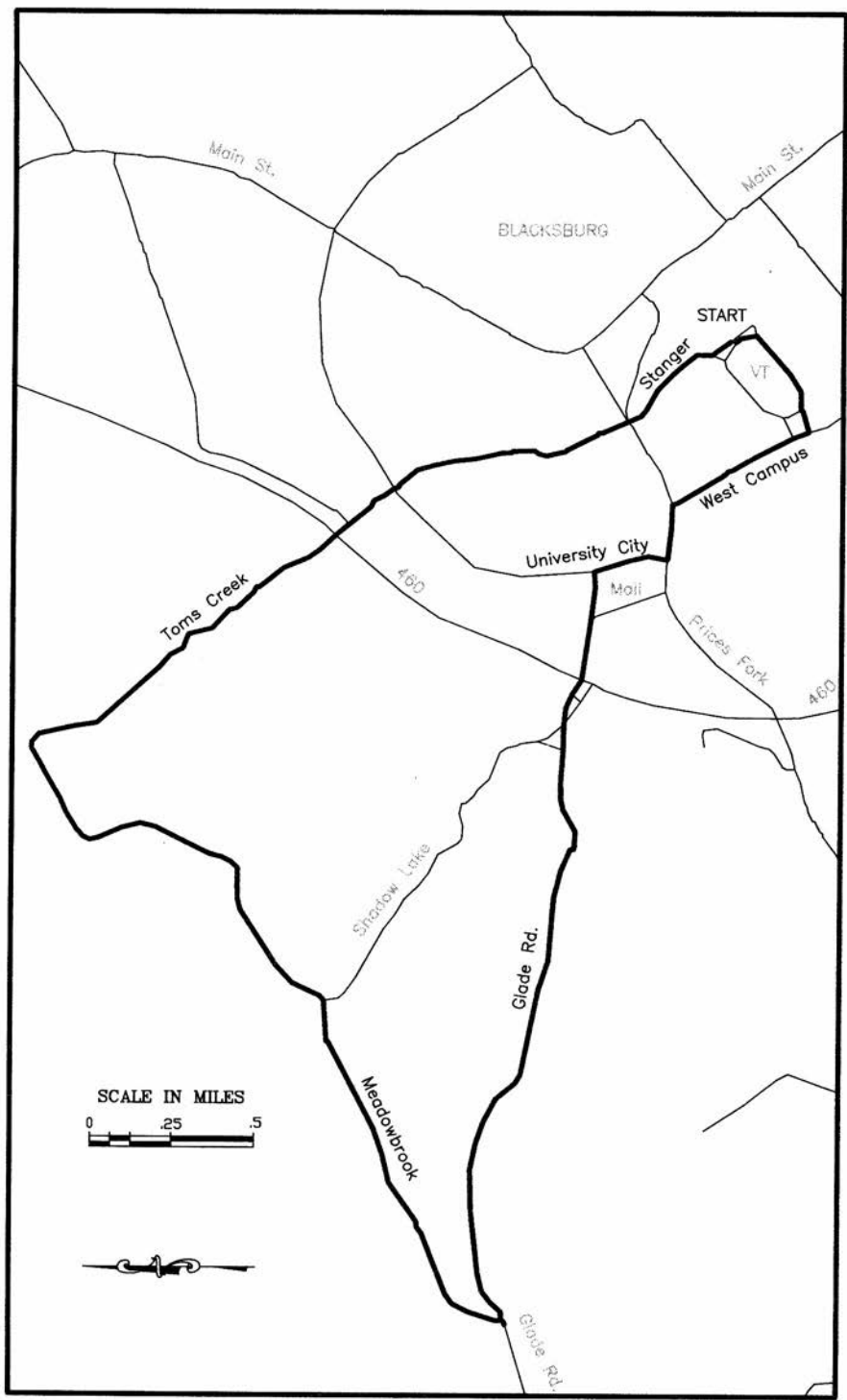
Alternate routes: The adventurous cyclist could consider the following diversions:

Option 1: At mile 2.2 (road to Deerfield Dr. on the right), a one-way, 0.7 m bike path passes thorough scenic woods and crosses a stream.

Option 2: At mile 2.3, go to the right for a demanding 1.5 m climb up Laurel Dr.

Option 3: To shorten the ride, go left at mile 3.6 up Shadow Lake Rd, then left onto Glade to return to the Mall.

Option 4: To extend the ride, go right at mile 4.8 onto Glade Rd. to follow a route that will eventually reach the New River. See the Big Falls ride for directions.



6. LONGSHOP LOOP

The Longshop Loop is a rolling ride that parallels Tom's Creek as it meanders from just north of Blacksburg to where it flows into the New River. Climbing into and out of the floodplain bordering the creek makes this an interesting and varied ride.

STARTING POINT: At the War Memorial Chapel on the Virginia Tech Campus.

DISTANCE: 21.5 miles.

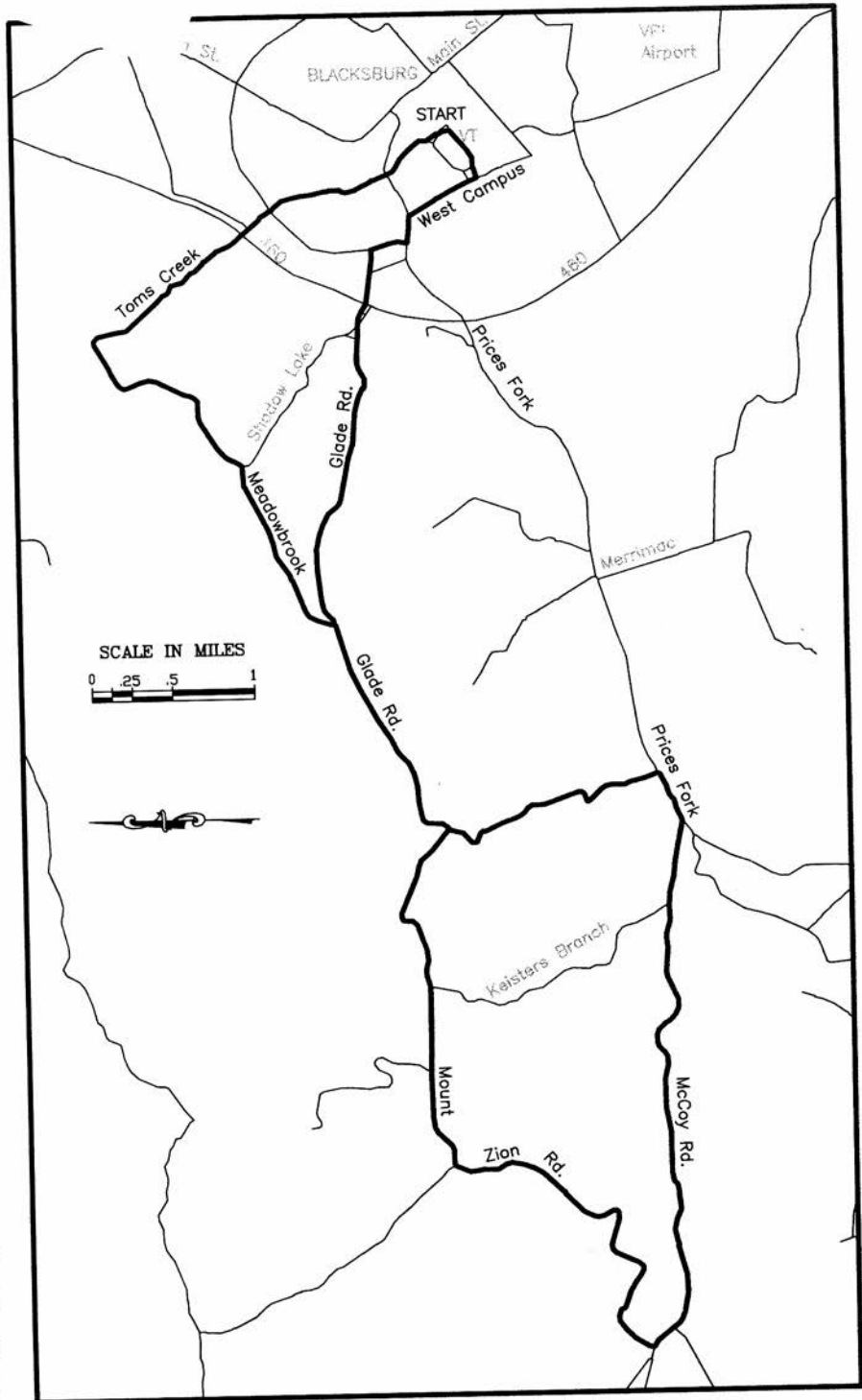
TERRAIN: Rolling hills with one fairly challenging grade.

MILE DIRECTIONS

- 0.0 Proceed north on Stanger Street past McBryde Hall on your left.
- 0.4 Cross Prices Fork Road. Continue on Tom's Creek Road.
- 1.4 Cross US 460.
- 2.5 Bear to the left on Meadowbrook Drive.
- 5.0 Right turn on Glade Road (SR 655).
- 6.6 Sharp right turn on Mount Zion Road (SR 655).
- 10.9 Longshop. Turn left onto McCoy Road (SR 652).
- 14.4 Left on Prices Fork Road (SR 685).
- 14.7 Left on Brookfield Road (SR 654).
- 16.2 Straight onto Glade Road (SR 655).
- 20.1 Right onto University City Boulevard.
- 20.3 Left onto Prices Fork Road.
- 20.5 Right turn onto West Campus Drive.
- 21.0 Left turn onto Drillfield.
- 21.5 Return to Chapel.

Two convenience stores are located at the intersection of McCoy and Prices Fork Roads. Snacks, drinks, and rest rooms are available at both stores.

Alternate Route: This ride may be shortened to approximately 17 miles by making a left on Keister's Branch Road (SR 718) at mile 7.7. Proceed 1.7 miles to the end of Keister's Branch and turn left onto McCoy Road. Continue following initial route from that point on McCoy Road. For more miles, consider a ride to the New River as described for the Big Falls route.



7. BIG FALLS

This ride's destination is one of the most popular spots in the New River Valley: Big Falls on the New River. Big Falls attracts swimmers, tubers, sunbathers, canoeists, kayakers, and rock climbers. Riding to Big Falls and sitting by the river is a great way to spend a summer day.

STARTING POINT: At the War Memorial Chapel on the Virginia Tech Campus

DISTANCE: 31.2 miles.

TERRAIN: Rolling hills with several steep climbs .

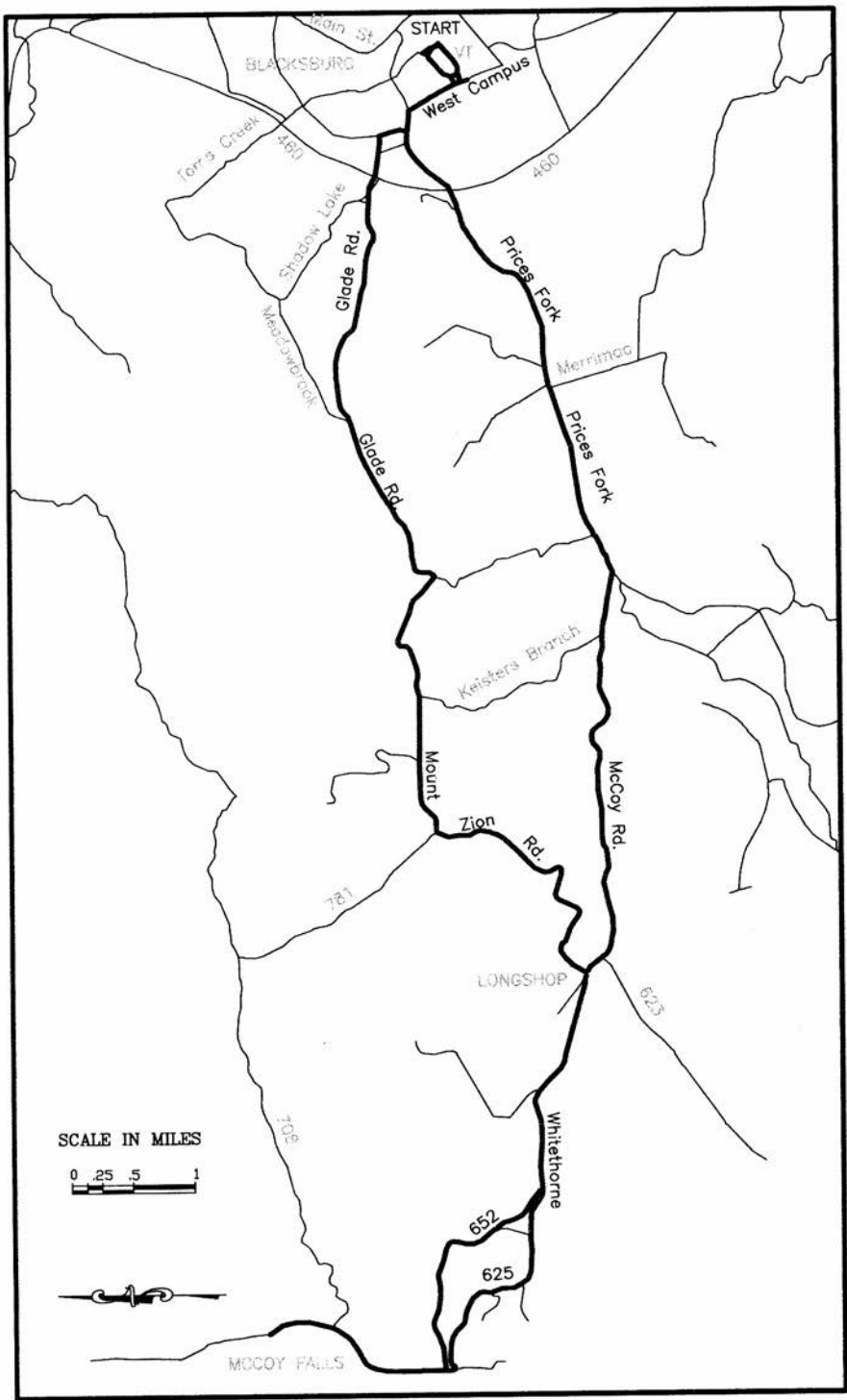
MILE DIRECTIONS

- 0.0 Proceed around Drillfield.
- 0.5 Right turn onto West Campus Drive.
- 1.0 Left onto Prices Fork Rd.
- 1.3 Right onto Glade Road (SR 655).
- 3.8 Pass Meadowbrook Drive on right.
- 5.4 Right on Mount Zion Road (SR 655).
- 9.7 Right on McCoy Road (SR 652).
- 13.6 Right on Big Falls Road (SR 625).
- 15.7 End of paved section of Big Falls Rd at railroad tracks. Turn around at this point.
- 17.9 Continue past McCoy Road. Left on Centennial Road.
- 19.7 Right on McCoy Road.
- 24.9 Left on Prices Fork Road.
- 29.1 Right turn on West Campus Drive.
- 29.6 Left onto Drillfield.
- 30.0 Return to Chapel.

Convenience stores are located in Longshop on McCoy Road and in Prices Fork where snacks, drinks, and rest rooms are available. At the river on Big Falls Road, New River Junction operates a tubing concession on the river, but hours of operation are seasonal. When open, snacks, drinks, and rest rooms are available here.

Alternate Route: Another return on a scenic road involves approximately a 1-mile stretch of gravel but avoids some large hills. After turning around at 15.7 m, continue as follows:

- 16.7 Left on Norris Run Road (SR 708).
- 20.1 Right on Lick Run Road (SR 781).
- 22.1 Left on Mount Zion Road (SR 655).
- 24.2 Left on Glade Road (SR 655).
- 28.1 Right on University City Boulevard.
- 28.3 Left on Prices Fork Road.
- 28.5 Right turn on West Campus Drive.
- 29.0 Left onto Drillfield.
- 29.5 Return to Chapel.



8. MT. TABOR-HARDING

A beautiful ride on rural roads through open farm land. There is a long climb out of the valley up Harding Avenue into Blacksburg.

STARTING POINT: At the War Memorial Chapel on the Virginia Tech Campus.

DISTANCE: 45.6 miles.

TERRAIN: Hilly .

MILE DIRECTIONS

- 0.0 Proceed along mall to Main St.
- 0.3 Left turn onto Main St.
- 2.4 Right turn onto Mt. Tabor Rd.
- 3.3 Continue on SR 624 (Mt. Tabor Rd./Newport Rd.)
- 16.8 Continue past SR 697 (Sandyridge Rd.) on the right.
- 21.6 Right turn onto SR 311.
- 23.6 Right turn onto SR 785 (Blacksburg Rd.).
- 41.4 Continue on SR 785 (Harding Ave.).
- 44.5 Continue on Harding Ave.
- 44.9 Right turn onto Progress Street and then left onto Wilson St.
- 45.3 Right turn onto Main St. then left onto VPI Mall Dr.
- 45.6 Return to War Memorial Chapel.

There are no stores or restroom facilities on this route.

Alternate Routes:

Option 1: To reduce the ride by 17.5 miles, turn right on SR 650 (Gravel Hill) and then right on SR 785 (Blacksburg Road).

Option 2: For a more challenging ride, try reversing the loop on option 1 and ride up SR 650 (Gravel Hill); affectionately known as "The Wall".

Option 3: To reduce the ride by 13.0 miles, turn right onto SR 624 at mile 16.8. The mileage log would then continue as follows

- 16.8 Right turn onto SR 697 (Sandyridge Rd.).
- 18.4 Right turn onto SR 785 (Blacksburg Rd.).
- 28.7 Continue on SR 785 (Harding Ave.).
- 31.8 Continue on Harding Ave..
- 32.2 Right turn onto Progress St.
- 32.3 Right turn onto Main St. then left onto VPI Mall Dr.
- 32.6 Return to War Memorial Chapel.

9. SHAWSVILLE-ELLISTON

This route travels mainly along rural roads but has a 9-mile section on US 460. However this section of US 460 is lightly travelled. There is a breathtaking descent into the Ellett Valley with a long climb out of the valley up Harding Avenue into Blacksburg.

STARTING POINT: At the War Memorial Chapel on the Virginia Tech Campus.

DISTANCE: 39.9 miles.

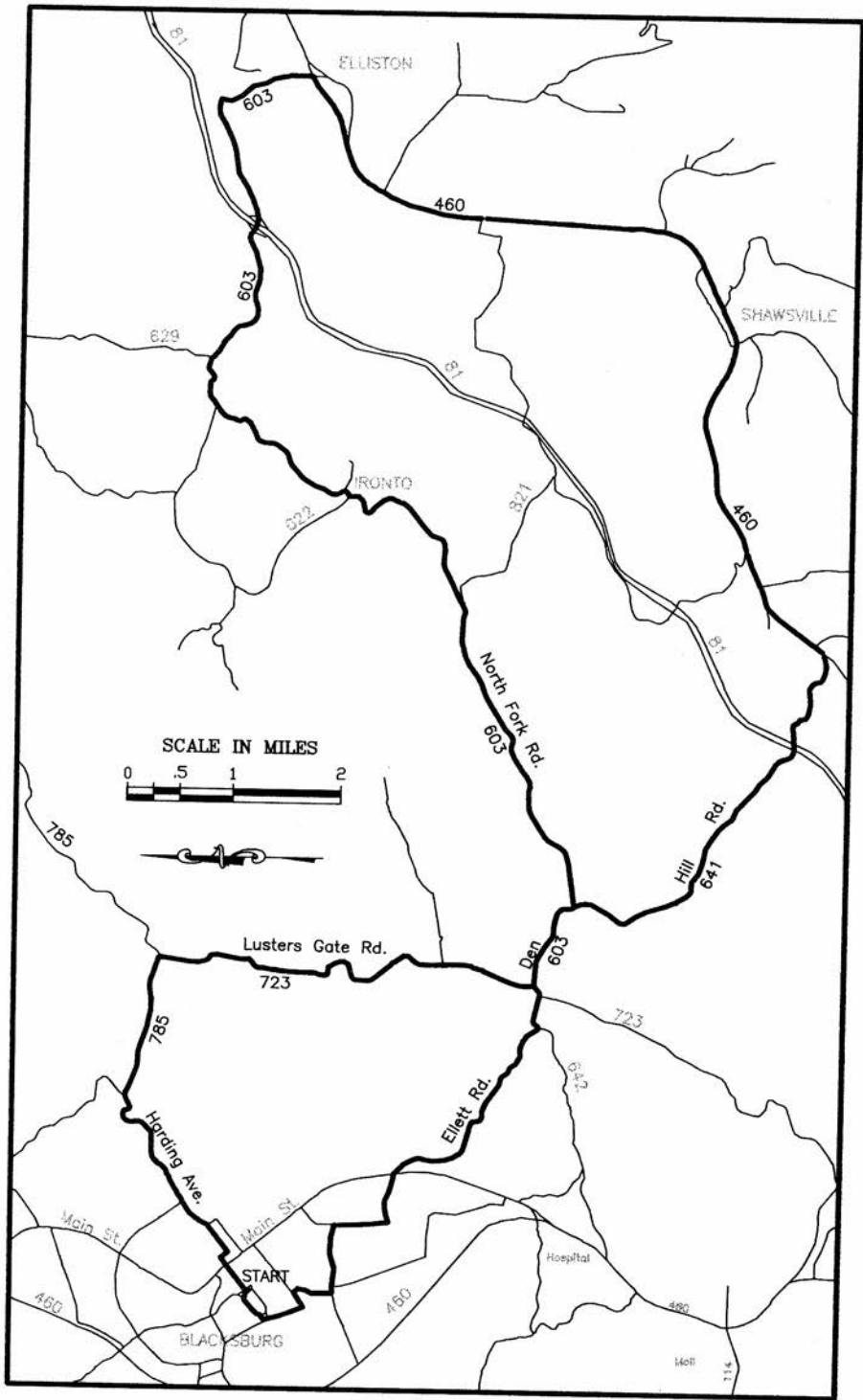
TERRAIN: Hilly.

MILE DIRECTIONS

- 0.0 Follow the traffic around the Drill Field.
- 0.4 Left onto West Campus Drive.
- 0.8 Left onto Washington St.
- 1.0 Right turn onto Spring St.
- 1.3 Left onto South Gate Drive.
- 2.0 Right onto Airport Rd.
- 2.6 Left onto Hubbard St.
- 3.0 Continue straight on SR 603 (Ellett Rd/Cedar Run Rd).
- 5.2 Left onto SR 642 (Jennelle Rd).
- 5.7 Right onto SR 603 (Den Hill Rd).
- 6.6 Continue straight on SR 641 (Den Hill Rd).
- 10.8 Left onto US 460 (east).
- 19.8 Left onto SR 603 (North Fork Rd).
- 31.1 Left onto SR 603 (Den Hill Rd).
- 32.1 Right onto SR 723 (Lusters Gate Rd).
- 36.0 Left onto SR 785 (Harding Ave.).
- 39.3 Continue straight on Harding Ave.
- 39.5 Right onto Progress St., then left on Wilson Ave.
- 39.6 Right on Main St., Left on VPI Mall Drive.
- 39.9 Return to War Memorial Chapel.

There are stores at mile 5.7 (Ellett Valley Food Time), 22.2 (Lancer's Truck Stop), 26.2 (Mountain View Market), 32.1 (Ellett Valley Food Time), and 41.6 Keffer's Store in Catawba on the alternate route.

Alternate Route: To add 27.0 miles and still more climbing, consider an additional loop to Catawba. Take the above route, but at 23.7 miles, before the Mountain View Market Store, turn right onto SR 629 (Bradshaw Road), then follow the directions on ride 10 to return to the War Memorial Chapel.



10. BRADSHAW-CATAWBA

The route descends into Ellett Valley, crosses a mountain with seven switchbacks, and finishes with a long climb up Harding Ave. into Blacksburg.

STARTING POINT: At the War Memorial Chapel on the Virginia Tech Campus.

DISTANCE: 57.0 miles.

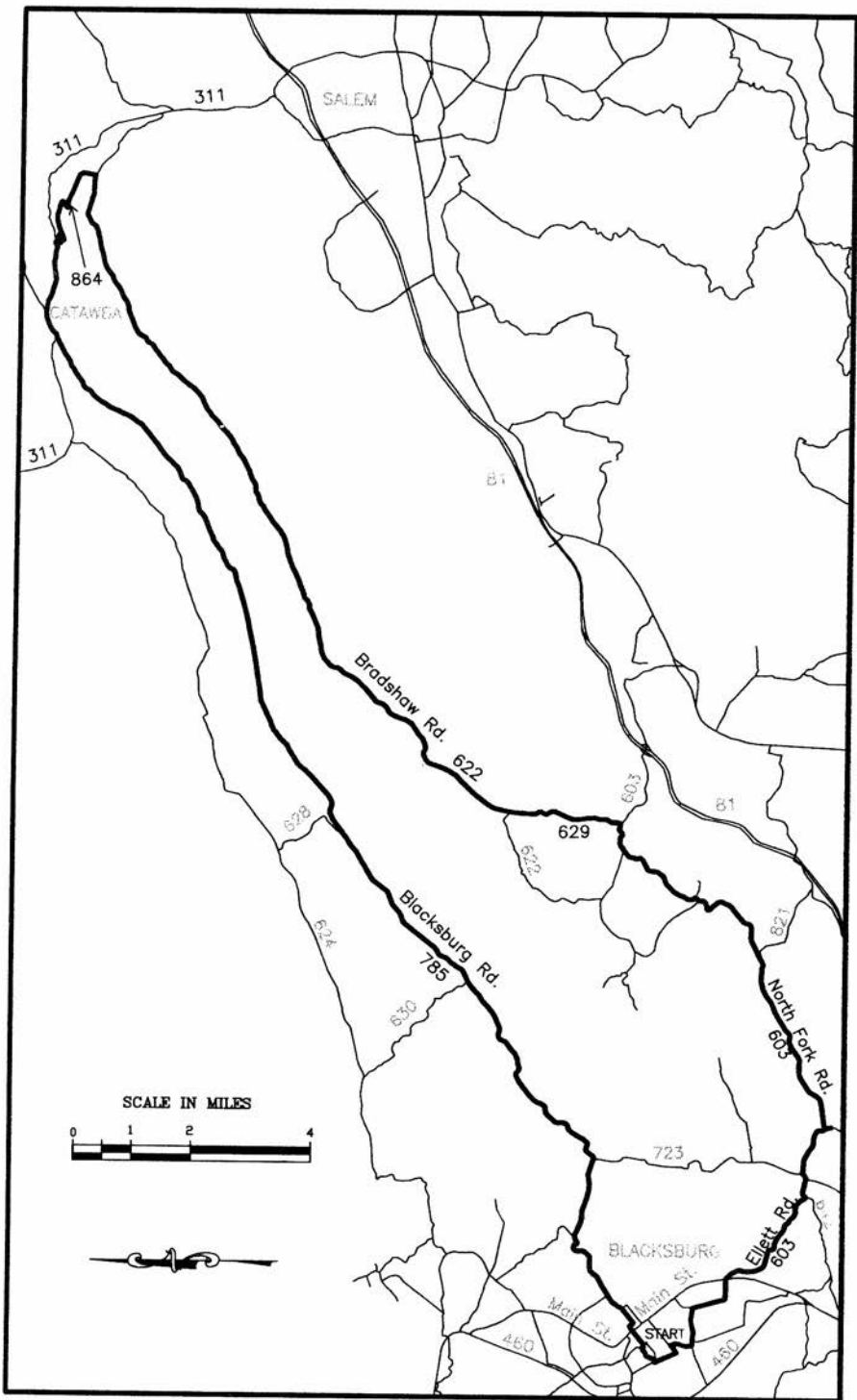
TERRAIN: Long, hilly route on rural roads .

MILE	DIRECTIONS
0.0	Proceed around Drill Field.
0.4	Left on West Campus Drive.
0.8	Continue straight on Stadium Drive.
1.0	Right onto Spring St.
1.3	Left onto South Gate Drive.
2.0	Right onto Airport Rd.
2.6	Left onto Hubbard St.
3.0	Straight onto SR 603 (Ellett Rd./Cedar Run Rd.).
5.2	Left onto SR 642 (Jennelle Rd.).
5.7	Right onto SR 603 (Den Hill Rd.).
6.6	Continue to the left on SR 603 (North Fork Rd.).
14.0	Left onto SR 629 (Bradshaw Rd.).
16.1	Straight onto SR 622 (Bradshaw Rd.).
30.6	Left onto SR 864 (Old Catawba Rd.).
33.2	Left onto SR 311. Be alert, this road can be busy.
35.0	Left onto SR 785 (Blacksburg Rd.).
52.8	Continue straight on SR 785 (Harding Ave.).
55.9	Continue straight on Harding Ave.
56.3	Right onto Progress St., then left on Wilson Ave.
56.7	Right onto Main St., left on VPI Mall Dr.
57.0	Return to War Memorial Chapel.

There are stores at mile 5.7 (Ellett Valley Food Time) and 34.5 (Keffer's Store in Catawba).

Alternate Route: To add 2.0 miles with more climbing and a view of Dragon's Tooth, a famous overlook on the Appalachian Trail, stay on SR 311 north passing SR 785 at mile 35.0. The route continues as follows:

37.0	Left onto SR 624 (Newport Rd.).
55.3	Continue straight on SR 624 (Mt. Tabor Rd.).
56.2	Left onto Main St.
58.3	Right onto VPI Mall Dr.
58.6	Return to War Memorial Chapel.



11. ELLETT-CHRISTIANSBURG

For some moonlight madness, join the New River Valley Bicycle Club on their ride to the Waffle House during the full moon. Check their monthly ride schedule for date and time.

STARTING POINT: Food Time Grocery Store in Ellett at the intersection of Lusters Gate Rd. (SR 723) and Den Hill Rd. (SR 603).

DISTANCE: 16.9 miles.

TERRAIN: All hills.

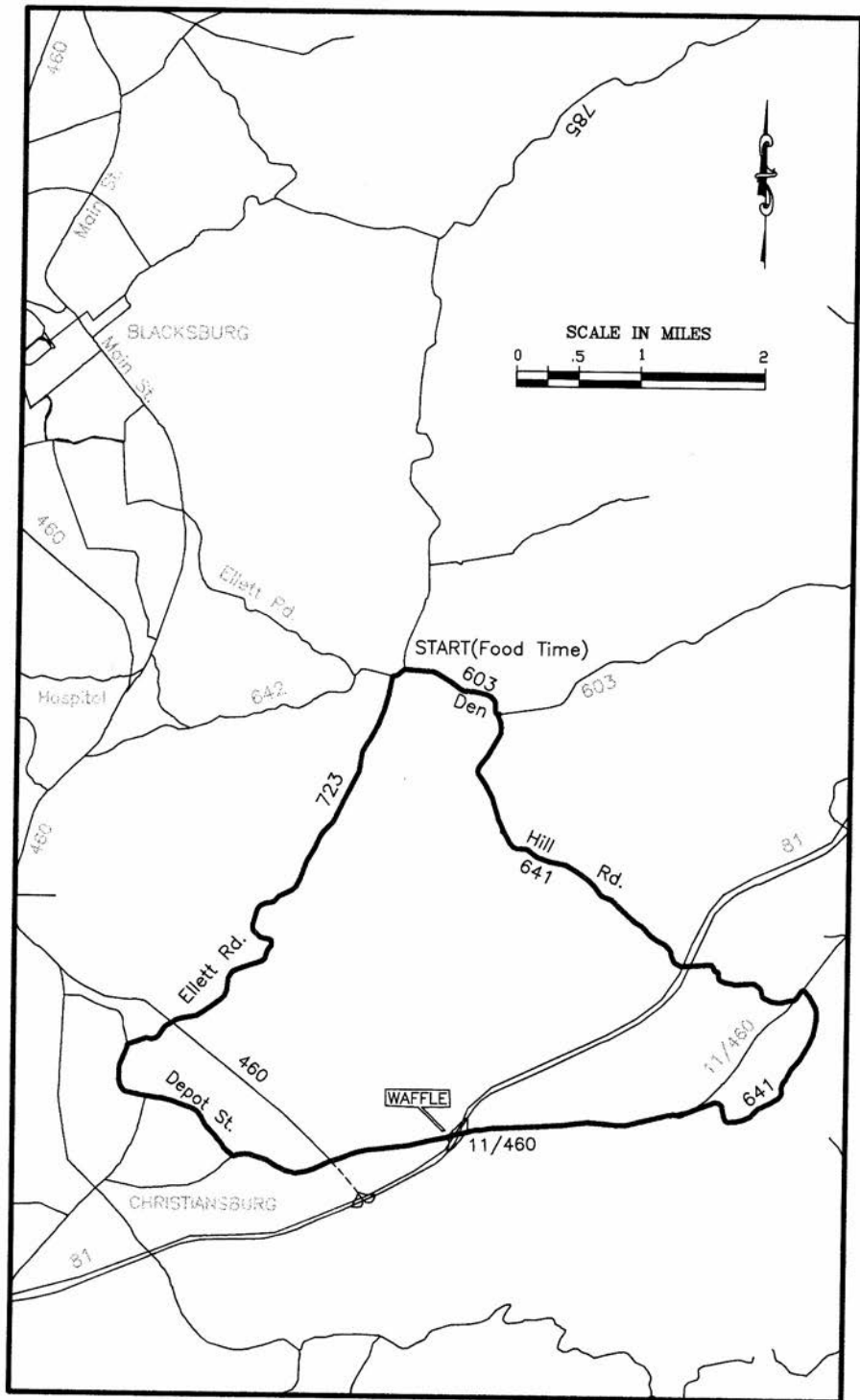
MILE DIRECTIONS

- 0.0 From Food Time, go left onto Den Hill Rd. (SR 603).
- 0.9 Continue on Den Hill Rd. now SR 641. SR 603 goes left and becomes North Fork Rd.
- 4.0 Pass under I-81.
- 4.2 Pass under railroad tracks.
- 5.1 Left onto Roanoke St. (SR11/US 460).
- 5.2 Right onto Wayside Dr. (SR 641).
- 6.5 Enter Christiansburg.
- 7.3 Left onto Roanoke St. (SR11/US 460).
- 9.2 Waffle House.
- 10.0 Continue straight at traffic light on Roanoke St. (US 460 Business/SR 11).
- 11.0 Right onto Depot St. (SR 11 West).
- 12.1 Right onto Cambria St. following Bike 76 Route .
- 12.4 Right onto Ellett Valley Rd. (SR 723).
- 16.7 Right onto Jennelle Rd.
- 16.9 Return to start.

Rest rooms are available in Food Time at the start of the ride. Going west from the Food Time store, the Bike Centennial Route goes up a very steep hill from Depot St. in Christiansburg and continues along Mud Pike Road to Radford and on to the west coast. Going east, the Centennial Route follows Lusters Gate Rd., turns right onto SR 785 and continues to Yorktown.

Alternate Route: If your bike is capable of riding on loose gravel and dirt roads, consider the following option for a return to Blacksburg by not turning right at mile 12.1. The mileage log would then read as follows:

- 12.7 Bear right onto Yellow Sulphur Rd. (SR 643). Cambria St. turns left here.
 - 12.8 Bridge over I-81.
 - 13.5 Road changes from paved to gravel.
 - 16.4 Right onto Jennelle Rd.
 - 16.7 Pass under bridge for Smart Road.
 - 17.9 Cross railroad tracks.
 - 18.2 Pass Ellett Rd. on right.
 - 18.4 Return to start.
-



12. PEAKS OF OTTER

This one-way ride is fairly flat, except for the last 10 miles from Buchanan up to the Peaks of Otter Lodge on the Blue Ridge Parkway. Otherwise, the ride is very fast. The ride requires someone else meeting the biker(s) at the Peaks of Otter for a meal and a drive home, or an overnight campout.

STARTING POINT: At the War Memorial Chapel on the Virginia Tech Campus.

DISTANCE: 66 miles, one way.

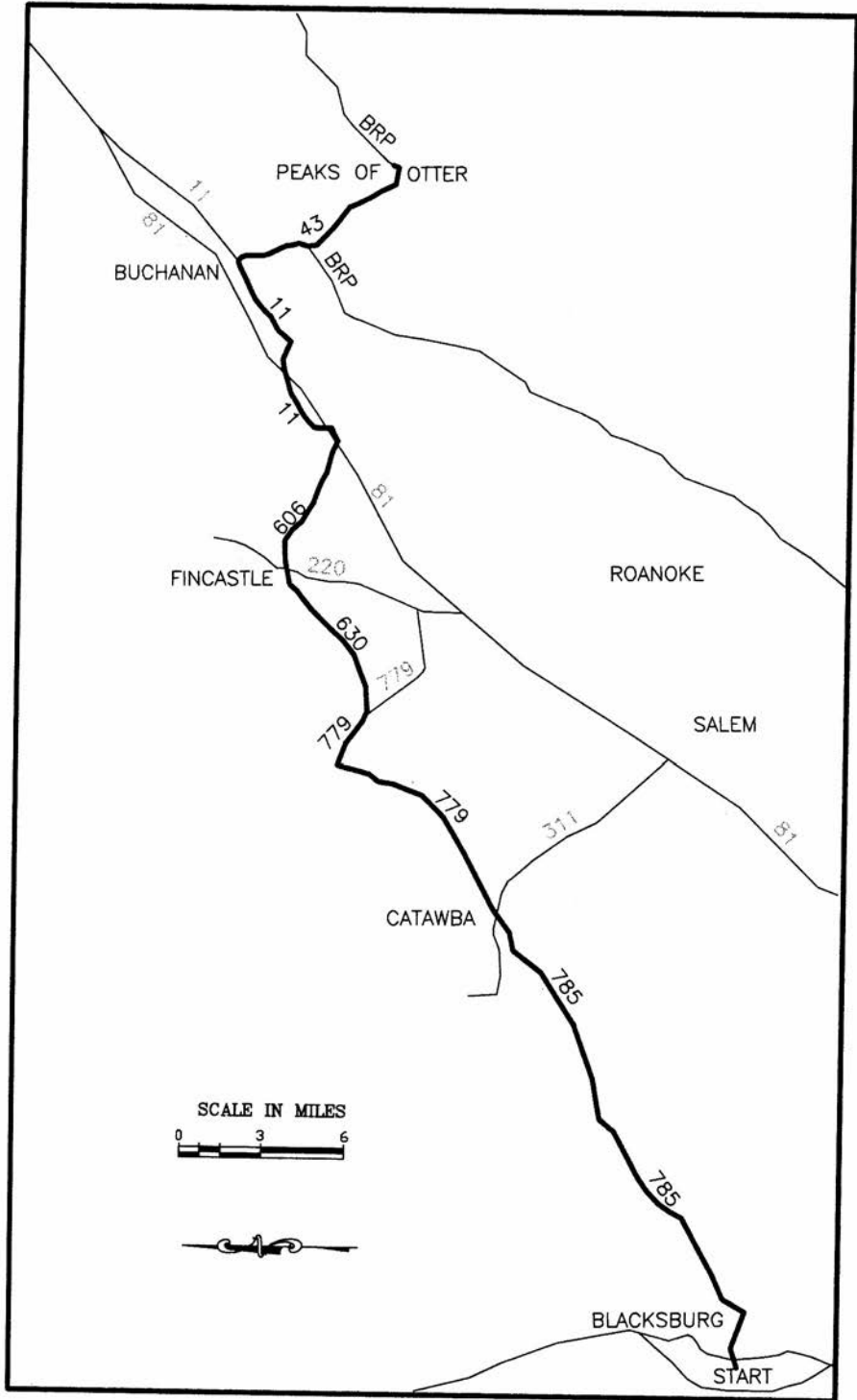
TERRAIN: Fairly flat with one steep climb.

MILE DIRECTIONS

- 0.0 Bike west out main entrance to Tech on the VPI Mall.
- 0.3 Left onto Main Street.
- 0.4 Right onto Faculty Street.
- 0.5 Right onto Progress Street.
- 0.6 Left onto Harding Avenue.
- 0.9 Left staying on Harding when Owens (Roanoke Street) joins from the right.
- 1.5 Reach top of Harding Avenue and continue down.
- 3.9 Left onto SR 785 at bottom, when SR 723 goes right.
- 14.0 Continue on SR 785 when SR 697 goes to left.
- 21.5 Right onto SR 311 when SR 785 joins it.
- 22.0 Pass by Catawba Mercantile Store and left onto SR 779 in Catawba.
- 24.2 Go straight, staying on SR 779, when SR 600 goes to left.
- 29.2 Right, staying on SR 779, when SR 699 goes to left.
- 33.0 Left onto SR 630 going to Fincastle.
- 36.0 Cross SR 665 on left and right.
- 39.5 Right onto US 220 in Fincastle for about a half a mile to gas station/convenience store on left.
- 40.0 Turn around and go back to downtown Fincastle.
- 40.5 Right onto SR 606.
- 41.0 Right, staying on SR 606, when SR 640 goes to the left.
- 47.5 Cross under I-81.
- 48.0 Left onto **SR 11**.
- 56.0 Right onto SR 43 in north end of Buchanan.
- 61.0 Left onto Blue Ridge Parkway at Bearwallow Gap.
- 66.0 Turn into Peaks of Otter Lodge on right. Finish.

Convenience stores with bathrooms are found in Catawba at mile 22.0, gas station/convenience store out of Fincastle at mile 40.0, and in north Buchanan on right at mile 56.0. At mile 11.2 is McDonald's Mill on the right, dating back to the late 1700s.

Alternate Route: One variation would be to start closer to Peaks of Otter, perhaps in Catawba. Or one could start in Fincastle and bike to the Peaks of Otter and return later the same day, for a 53.0-mile round trip.



13. ROANOKE ZOO

This long one-way ride is a delight to make as long as you have someone to meet you at the zoo on Mill Mountain.

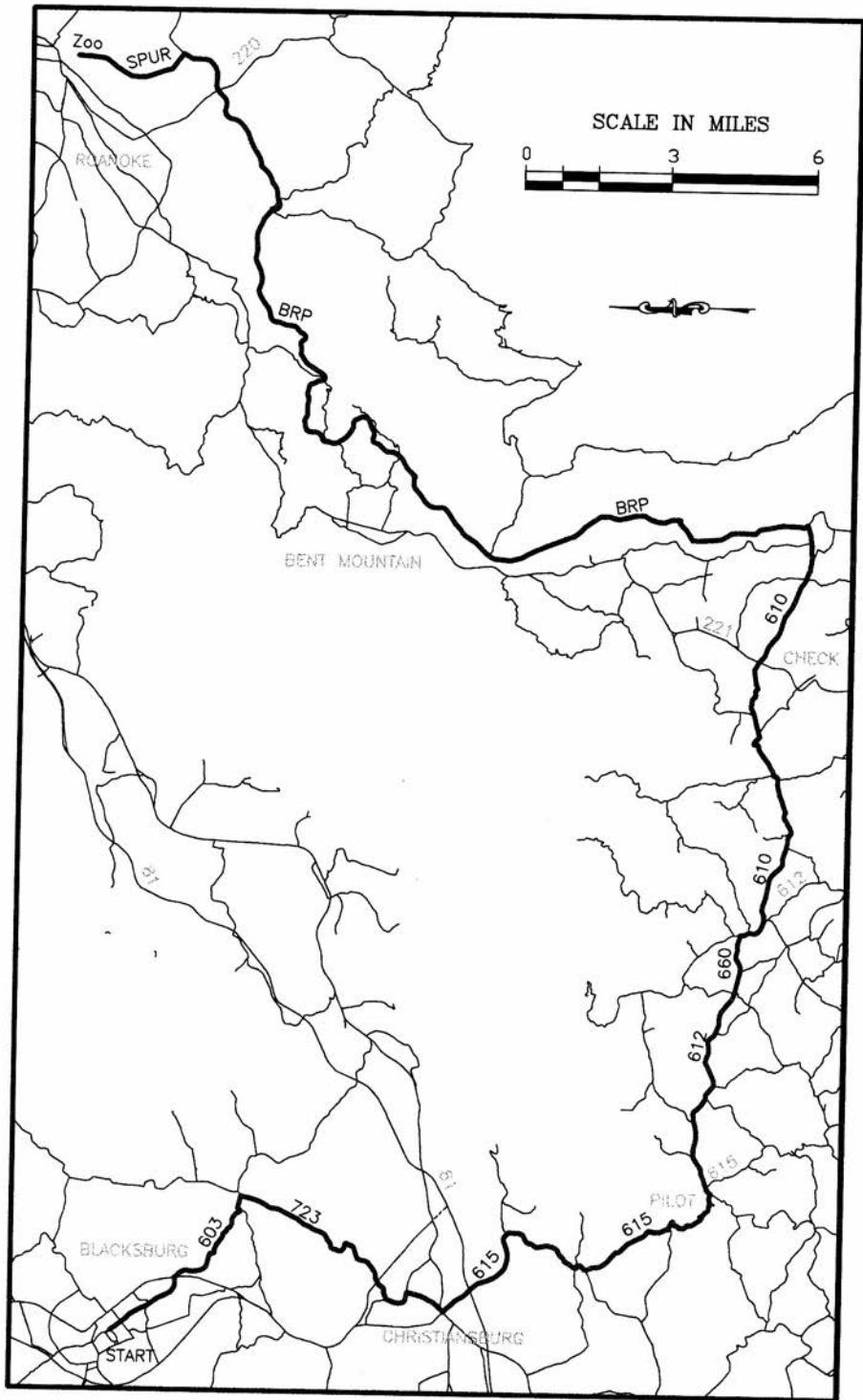
STARTING POINT: War Memorial Chapel at Virginia Tech Drill Field.

DISTANCE: 64 miles, one way.

TERRAIN: Hilly.

MILE DIRECTIONS

- 0.0 Go west onto north side of Tech drill field, curve left, and go east on southside of drill field.
- 0.7 Right onto Kent Street at Tech Library.
- 1.1 Left onto Clay Street (one block past Washington Street) then right onto Harrell.
- 1.2 Veer left onto bike way just past Houston Street on the right.
- 1.9 Left at fork in bikeway toward Country Club Drive.
- 2.1 Make right onto Airport Road from Country Club Drive.
- 2.5 Left onto Hubbard St.
- 2.9 Cross South Main Street going onto Ellett Road (SR 603).
- 5.1 Left over railroad tracks, staying on SR 603 when SR 642 (Jennelle Road) goes to the right.
- 5.5 Right onto SR 723 (Ellett Road) to Christiansburg.
- 9.8 Left onto Cambria Street.
- 10.2 Right onto Depot Street (just after railroad tracks).
- 10.7 Left onto North Drive.
- 11.0 Right onto E. Main St.
- 11.5 Left onto Pepper St. at bottom of hill.
- 11.8 Left onto S. Franklin St. (becomes SR 615 and Pilot Rd.).
- 18.7 Pass by Pilot Mountain Grocery Store on right at top of 2.5 mile gradual climb.
- 19.9 Go straight onto SR 612, when SR 615 (High Rock Hill Rd.) makes a right.
- 22.7 Cross Floyd County Line, still on SR 612. At Terry's Fork, SR 612 first becomes SR 660 (when SR 612 goes right) and then becomes SR 610 when SR 610 joins from left.
- 26.1 Pass Terry's Fork Grocery Store on left.
- 29.9 Stay to right on SR 610 to Check when SR 653 goes to the left to Shawsville.
- 32.6 Cross US 221 and continue on SR 610. J and J Market on right.



13. ROANOKE ZOO, continued

- 35.1 Continue on paved SR 610 when dirt road SR 791 enters from right.
- 35.4 Left onto paved SR 647 when dirt road SR 610 goes to right to Parkway.
- 37.0 Pass by one story yellow house on right. Blue Ridge Parkway is just behind house.
- 37.3 Join Parkway on right via dirt road in field when Parkway is just 50 yards to right and in plain sight. Mail box numbered 7731 is across paved street on left at old farm.
- 40.9 View of Canas Knob.
- 42.2 Pass Legend of Sweet Annie Hollow sign.
- 44.8 Adney Gap.
- 44.9 Pass US 221. Pantry Restaurant just off in view.
- 45.9 View of Poor Mountain.
- 47.8 Slings Gap.
- 50.9 Lost Mountain Overlook.
- 51.5 Poages Mill.
- 54.2 View of Masons Knob.
- 59.7 Cross over SR 220 (Rocky Mount Road).
- 60.7 Left onto Mill Mountain Parkway.
- 63.4 Left onto Spur to Mill Mountain Zoo.
- 64.4 Mill Mountain Zoo.

Convenience stores in Christiansburg at 11.6 miles, Pilot Mountain Grocery Store at 18.7 miles, Terry's Fork Grocery Store at 26.1 miles, and a restaurant just off the Parkway at 44.9 miles on US 221. There may be water and bathrooms open on the Parkway during the warm months.

Alternate Route: The ride could be started at Pilot Mountain Grocery Store south of Christiansburg, cutting off 18.7 miles.

14. WILDERNESS RIDE

A large part of this route follows the Wilderness Road. Originally a buffalo trail extending down the Valley of Virginia, the route gradually evolved into a roadway for early settlers. The road extended westward through southwest Virginia, the Cumberland Gap, and into Kentucky.

The New River Valley Bicycle Club sponsors a ride along this route in late May or early June. Rest stops with food and drink as well as medical and mechanical support are provided. Watch the club newsletter for exact date.

STARTING POINT: Montgomery Museum on Pepper St. in Christiansburg.

DISTANCE: 70 miles.

TERRAIN: Challenging hills, but shorter, easier options are available.

MILE DIRECTIONS

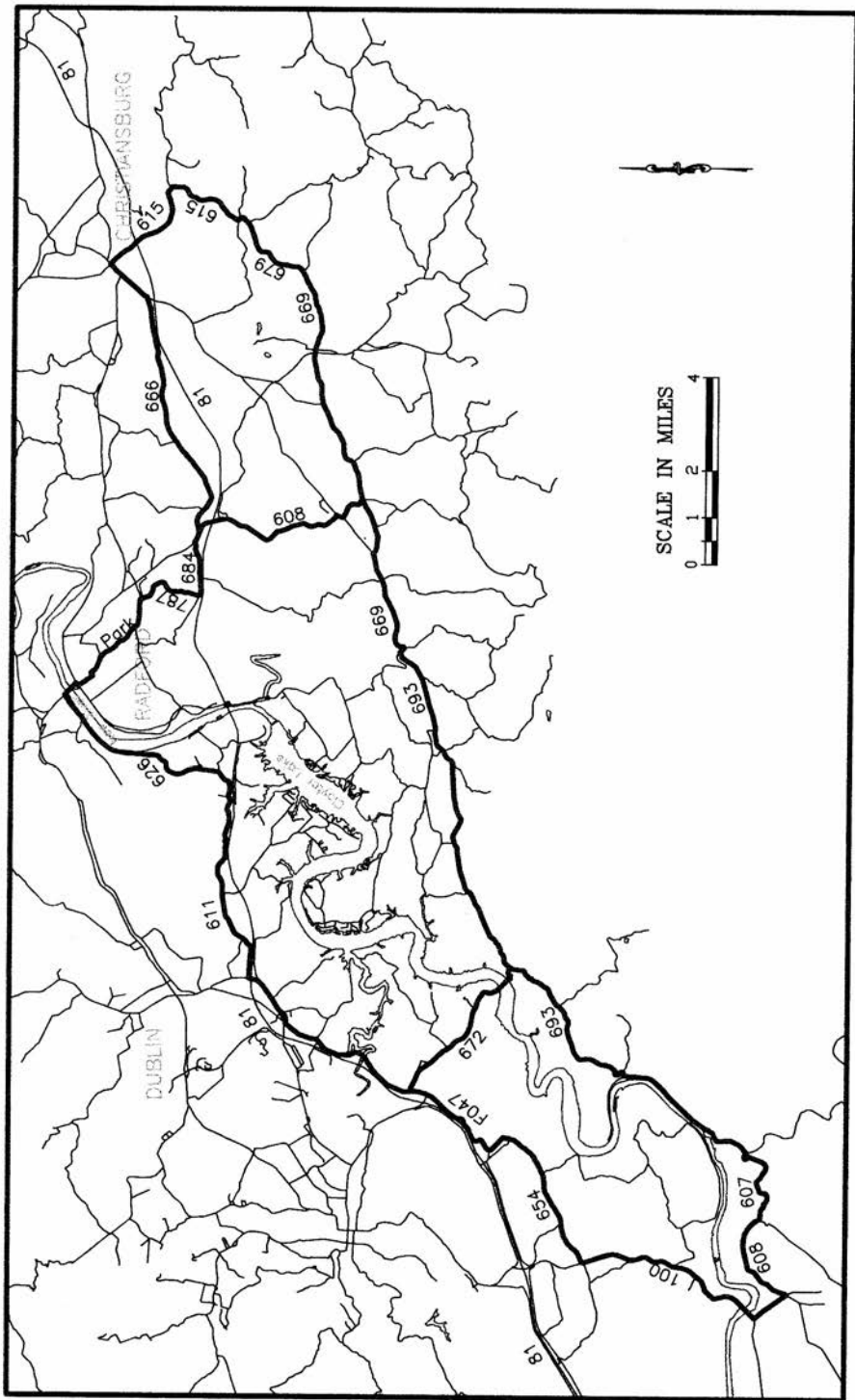
- 0.0 Proceed to the left (southeast) on Pepper Street.
- 0.1 Left onto S. Franklin.
- 0.5 Cross I-81.
- 1.7 Leave Christiansburg, continue ahead on Pilot Rd (SR 615).
- 3.7 Cross Elliott Creek.
- 4.1 Right onto Nolley Rd. (SR 679).
- 5.8 Right (straight) onto Union Valley Rd. (SR 669).
- 7.6 Riner, intersection with Five Point Rd. (SR 671). Continue on SR 669.
- 7.7 Cross Riner Rd. (SR 8), continue ahead on Fairview Church Rd. (SR 669).
- 11.0 Cross Piney Woods Rd. (SR 600).
- 12.2 Left onto Childress Rd. (SR 693).
- 12.8 Cross SR 787, continue on Graysontown Rd. (SR 693).
- 14.5 Left on Lead Mine Rd. (SR 693), cross bridge, enter Snowville.
- 21.9 Intersect Lowman's Ferry Rd. (SR 672) on right.
- 25.1 Hiwassee.
- 26.5 Allisonia.
- 29.0 Right onto Boone Furnace Rd. (SR 607).
- 31.0 Continue straight. Road becomes SR 608.
- 33.5 Right onto Wysor Rd. (SR 100). A busy road. Watch for cars!
- 38.7 Right onto Old Baltimore Rd. (SR 654).
- 41.9 Draper.
- 42.4 Right onto Old Highway 100 (F-047).

14. WILDERNESS RIDE, continued

- 44.7 Macadam.
- 47.8 Right onto Wilderness Rd (SR 611).
- 48.4 Newbern.
- 49.1 Cross bridge over I-81, then right on Wilderness Rd. (SR 611).
- 53.9 Left onto Hazel Hollow Rd. (SR 626).
- 57.9 Right onto Lee Highway (US 11), cross bridge into Radford.
- 58.2 Right onto 1st St., left onto Walker, left onto 7th St., right onto Scott St.
- 60.1 Left onto Rock Rd. (SR 611).
- 60.7 Right onto Wintergreen Drive (SR 787). This turn, which follows the Bike Centennial Route, has a very steep climb. To avoid the climb, continue on Rock Rd. for 0.3 m, then turn right onto Tyler (SR 177) to rejoin the route at mile 63.4.
- 62.2 Left onto Lovely Mount Rd. (SR 664).
- 63.4 Right onto Tyler (SR 177).
- 63.6 Left on Mud Pike Road (SR 600 then SR 666).
- 68.9 Christiansburg. Left onto College St.
- 69.7 Right onto Radford Rd, left on Main St.
- 70.2 Right on Pepper St.
- 70.4 Montgomery Museum. Finish.

There are stores in Riner at 7.7 m, on Lowman's Ferry Rd. crossing Claytor Lake, in Allisonia, Draper, between Macadam and the Wilderness Rd on Old Route 100, in Radford, and at 62.8 m just before turning onto Mudpike Rd.

Alternate Route: A short 21.8 mile ride is obtained by turning right at mile 11.0 onto Piney Woods Rd. See the Childress Mudpike Loop for further information. The ride can be shortened to 50 miles by turning right at 21.9 m and crossing Claytor Lake on Lowman's Ferry Rd. The ride rejoins the main route at 44.7 m in Macadam.



15. FLOYD LOOP

This beautiful loop is one that few bikers have ever done. It is on rural roads, except for the 9.7 mile stretch on US 221, which has faster traffic west of SR 8 with a 55 mph speed limit and no shoulders on the road. Use caution on this segment of the ride.

STARTING POINT: At Riner Food Center off Route 8 (Riner Rd.) just outside of Christiansburg.

DISTANCE: 51.9 miles.

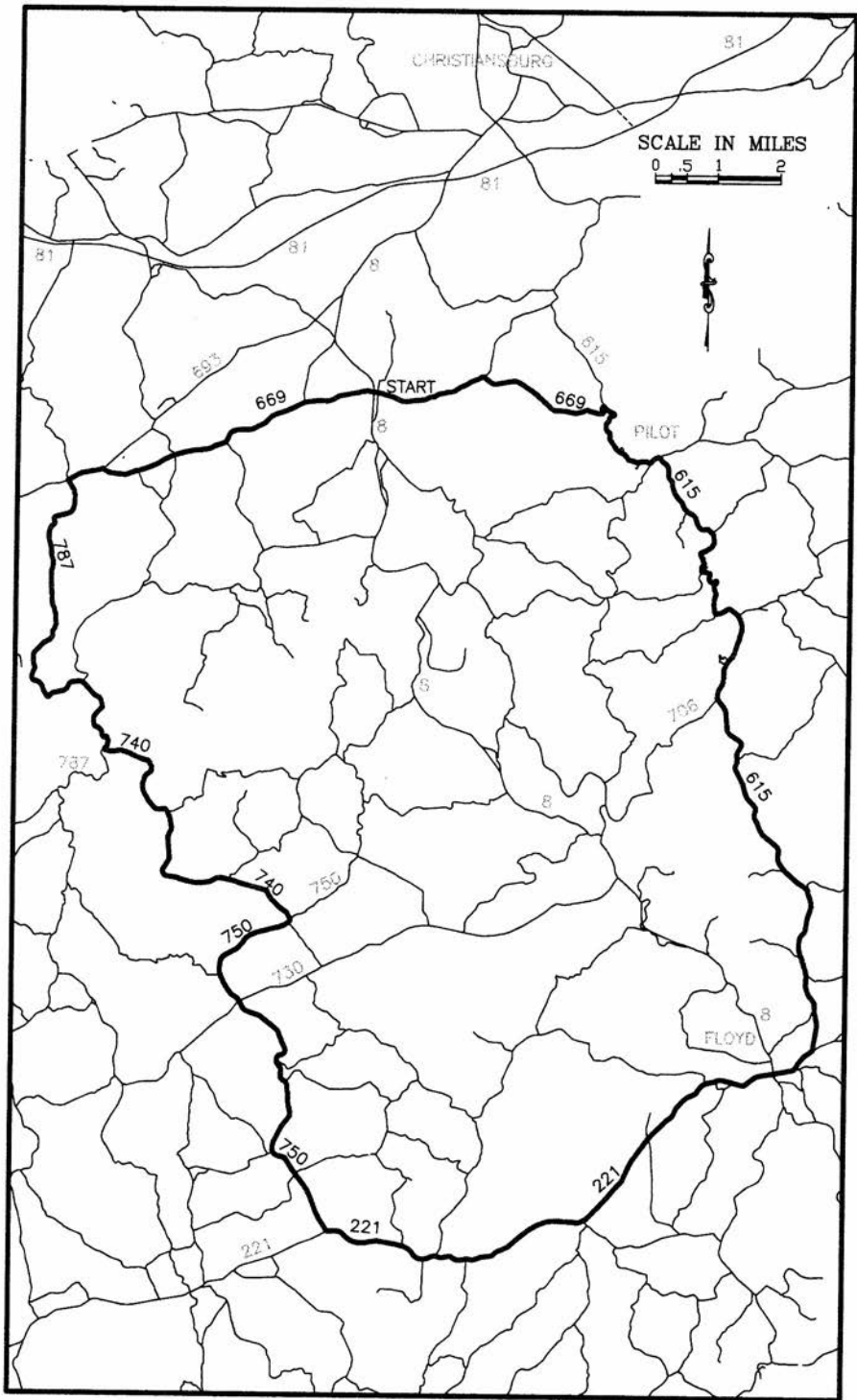
TERRAIN: Challenging terrain off and on.

MILE DIRECTIONS

- 0.0 Go north (left) on SR 8 to first right.
- 0.1 Right onto SR 669 (Union Valley Rd.).
- 2.0 Go right to continue on SR 669 (Union Valley Rd.).
- 4.4 Right onto SR 615 (Pilot Rd.) at T intersection.
- 6.2 Right onto SR 615 (Old Pike Rd.) when SR 612 continues straight at Pilot Post Office.
- 8.7 Enter Floyd County.
- 18.0 Right onto US 221 (East Main Street) in Floyd.
- 18.8 Pass through downtown Floyd and cross SR 8 (Locust St.), continuing west on US 221. Watch for traffic.
- 27.7 Right onto SR 750.
- 32.4 Cross SR 730 (at Duncan) at bottom of long descent.
- 34.6 Left onto SR 740 (at Alum Ridge), just after SR 740 joins from right.
- 40.0 Right onto SR 787.
- 46.4 Right onto SR 693 (Childress Rd.).
- 47.1 Right onto SR 669 (Fairview Church Rd.).
- 49.2 Left, staying on SR 669 (Fairview Church Rd.) when SR 606 goes right.
- 51.8 Right on SR 8, just north of Riner Food Center.
- 51.9 Return to starting point.

Pilot Mountain Grocery at 5.0, Citgo Convenience Store (closed on Sunday) at 16.6, Bowers Drive-In Restaurant at 18.2, and Floyd X Press Market at 18.3 in Floyd (with bathrooms), Bettie L. Reed General Merchandise at 40.9 (a must stop, but closed on Sunday), and Mary's Grocery (Marathon) at 43.0. The small town of Floyd has the only traffic light in the county.

Alternate Routes: There are several variations for this ride. One could bike down SR 615 to Floyd and return the same way for a total mileage of 37.6 miles. To reduce the distance on busy US 221 (9.7 miles), cross SR 8 in Floyd at 18.8 miles, go 1.2 miles, turn right onto SR 719, then left at Laurel Branch, where SR 729 goes both left and right. This 7.8 mile side route (with challenging hills) takes off some 5.7 miles from the distance on US 221. Another variation would be to continue west on US 221 past the turn-off onto SR 750 at mile 27.7 and continue further west a couple of miles to SR 787, taking a right on SR 693 to join the route above.



16. ALLEGHANY SPRINGS

The ride begins at the Montgomery Museum in historic Christiansburg, starting point for the annual Wilderness Road Bicycle Ride. The first three miles takes US 11 through a congested area. Stay on paved shoulders and take this ride in the morning when traffic volumes are light. Then the fun begins with a screaming descent into the Roanoke River Valley to Shawsville. A right turn brings you onto pastoral Alleghany Springs Rd. to Alleghany Springs, nestled in a flat valley surrounded by steep mountains. After a half-hour, slow, lazy climb, the road turns sharply upwards into Floyd County, through deep pine woods, and reaches the crest of the Roanoke River-Little River divide. In Floyd county, the ride traverses open, wind-swept pasture land. After several short, steep hills you enter the village of Pilot, then climb Pilot Mountain and descend into Rogers. The final stretch is uphill again into Christiansburg to the starting point. Allow four hours for this ride. The climbs may be slippery during colder weather and may have gravel in corners. Use caution.

STARTING POINT: Montgomery Museum on Pepper St. in Christiansburg.

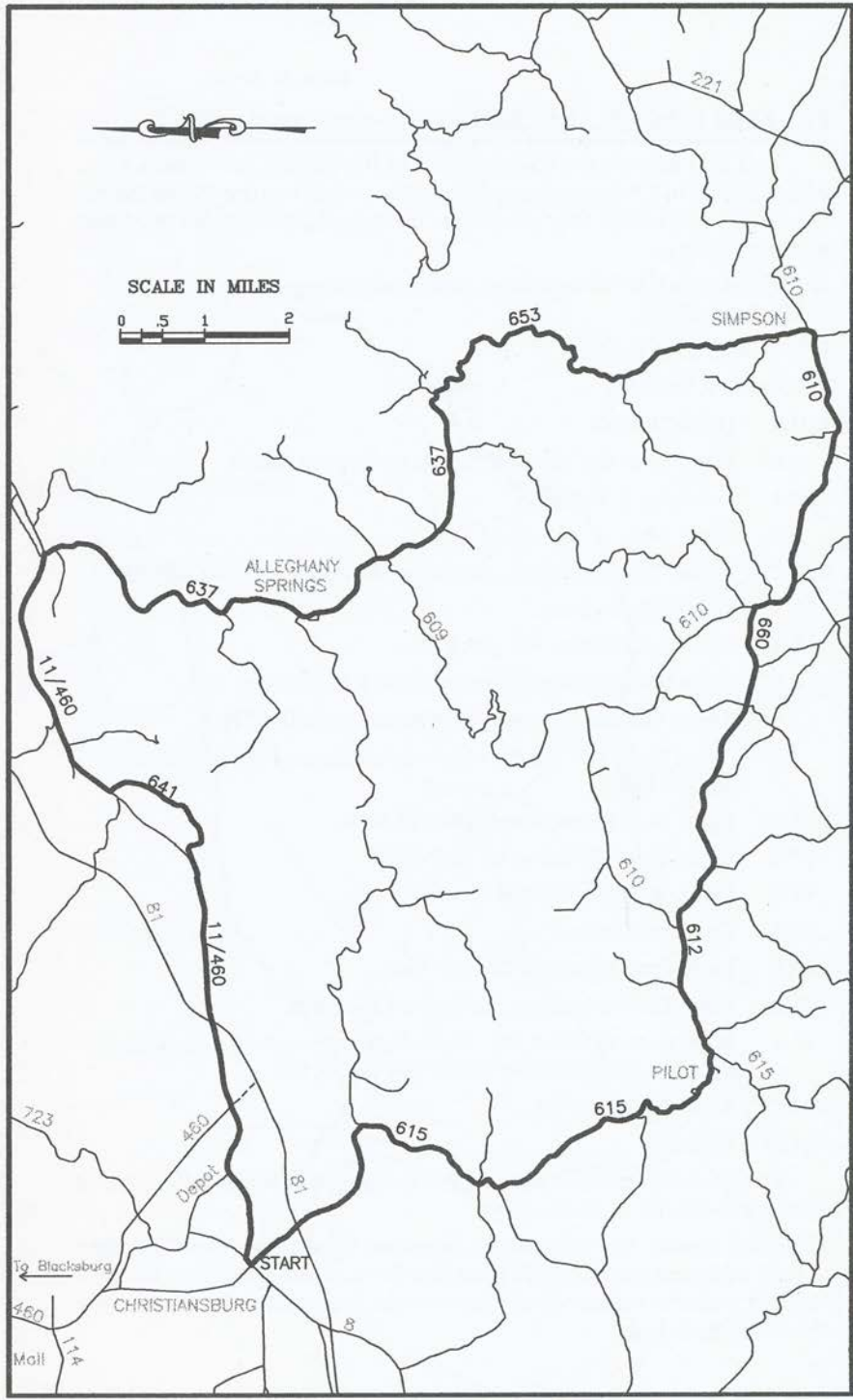
DISTANCE: 42.3 miles.

TERRAIN: Some big hills!

MILE DIRECTIONS

- 0.0 Go to the right (south) from the museum on Pepper St.
- 0.1 Right onto US 11.
- 1.1 Continue on US 11 crossing Depot St.
- 2.0 Continue on US 11, crossing intersection with US 460 Bypass
- 3.0 Pass under I-81.
- 4.9 Right onto SR 641 (Wayside Rd.).
- 7.0 Right onto US 11/460.
- 10.3 Right onto SR 637 (Alleghany Springs Rd.).
- 18.3 Begin climb from valley.
- 18.5 Right onto SR 653.
- 18.6 Enter Floyd County.
- 24.0 Cross hill top, enter Little River drainage.
- 24.3 Right onto SR 610 in village of Simpson.
- 24.1 Enter village of Terrys Fork.
- 28.3 Continue straight on SR 660.
- 31.3 Enter Montgomery County.
- 34.2 Enter Pilot. Continue straight on SR 615 which enters from left.
- 35.3 Reach crest of Pilot Mountain.
- 40.5 Enter Christiansburg.
- 42.2 Right onto Pepper St.
- 42.3 Return to Montgomery County Museum.

There are stores in Shawsville, along Alleghany Springs Rd. in Terrys Fork and in Pilot.



17. CHILDRESS, MUDPIKE

This ride follows the short section of the annual Wilderness Ride, which is held in Christiansburg during the month of June. While traveling along rural roads, the ride passes by many historic spots in Montgomery County.

STARTING POINT: Montgomery Museum on Pepper St. in Christiansburg.

DISTANCE: 21.8 miles.

TERRAIN: A few hills.

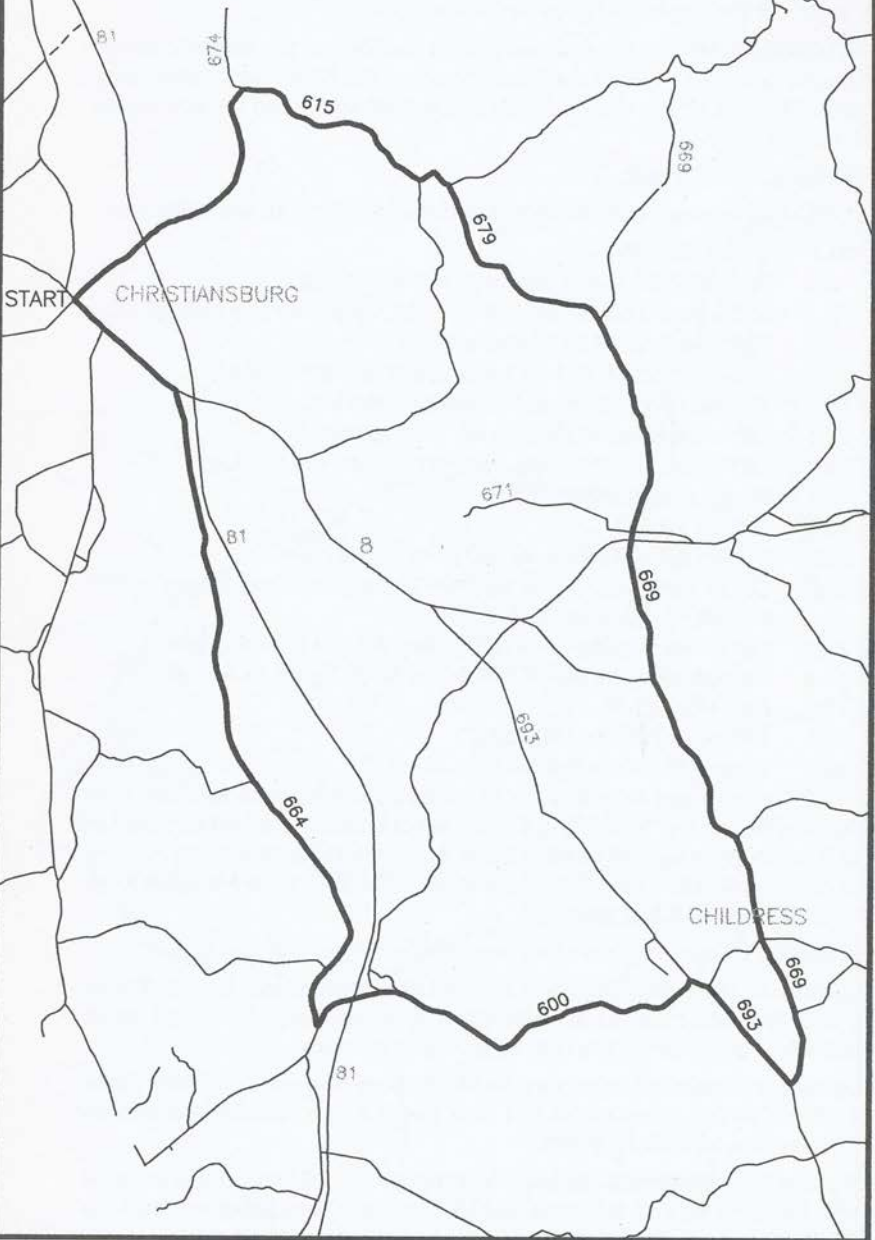
MILE DIRECTIONS

- 0.0 Proceed to the left (southeast) on Pepper Street.
- 0.1 Left onto S. Franklin.
- 0.5 Cross I-81.
- 1.7 Leave Christiansburg, continue ahead on Pilot Rd. (SR 615).
- 3.7 Cross Elliott Creek.
- 4.1 Right onto Nolley Rd. (SR 679).
- 5.8 Right (straight) onto Union Valley Rd. (SR 669).
- 7.6 Riner, intersection with Five Points Rd. (SR 671).
- 7.7 Cross Riner Rd. (SR 8), continue ahead on Fairview Church Rd. (SR 669).
- 11.0 Right onto Piney Woods Rd. (SR 600).
- 11.6 Right onto Childress Rd. (SR 693).
- 11.7 Left onto Tyler Rd. (SR 600).
- 14.6 Cross bridge over I-81.
- 15.0 Right onto Mudpike Rd. (SR 664).
- 20.3 Enter Christiansburg. Left onto College St.
- 21.1 Right onto Radford Rd., (one block) left on Main, (one block) right on Phlegar, (one block) left on 1st St.
- 21.7 Right on Pepper St.
- 21.8 Finish.

There are stores to the left at the crossing of SR 8 at mile 7.7 and another to the left at 15.0.

Alternate Route: The ride can be extended by not turning to the right at mile 15.0, and then following the Bike Centennial Route into Radford to meet with the ride around Claytor Lake. For more information, see the Wilderness Ride.

SCALE IN MILES



18. CLAYTOR LAKE

For the first 14.4 miles, the route travels on the Bike Centennial Route with its distinctive metal signs. The Centennial Route starts in Virginia at Yorktown and goes to the west coast.

STARTING POINT: Starts in downtown Radford at the intersection of First St. and US 11 where the bridge crosses the New River. Leave your car at the park under the bridge or at the high school on the south side of First St.

DISTANCE: 34.1 miles.

TERRAIN: No major climbs. Lots of undulating hills with some flat parts.

MILE DIRECTIONS

- 0.0 Follow US 11 (Lee Highway) over the bridge.
- 0.3 Left onto SR 626 (Hazel Hollow Rd.), just past the New River.
- 4.6 Right onto SR 611 (Wilderness Rd.).
- 9.7 Continue on SR 611 by turning left going over I-81.
- 10.3 Newbern's Wilderness Museum on the left.
- 11.1 Left onto Possum Hollow Rd. at stop sign.
- 14.4 Left onto SR 672 (Lowmans Ferry Road) at McAdam.
- 17.7 Bridge over Claytor Lake.
- 18.2 Left on SR 693.
- 21.3 Left on SR 605 when SR 693 goes to the right.
- 21.6 Curve right staying on SR 605 (Little River Dam Road), when dirt SR 631 goes to the left.
- 23.0 Curve left staying on SR 605 when SR 619 goes straight.
- 23.4 Go right staying on SR 605 when SR 663 goes to the left.
- 29.9 Pass under I-81.
- 30.1 Left onto First St. (SR 232).
- 34.1 Return to starting point.

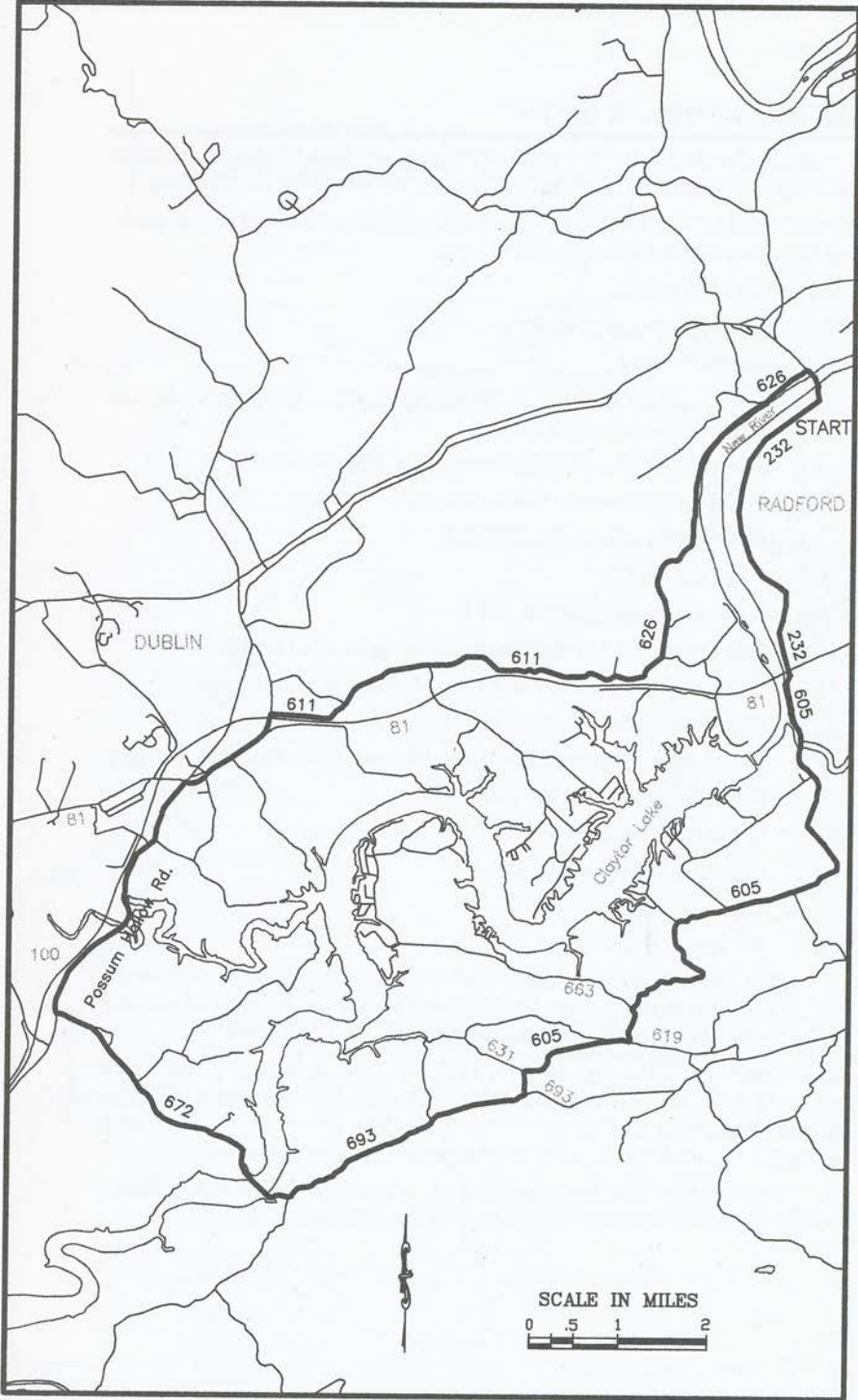
PJ's restaurant at mile 10.0, Marathon Convenience Store at 12.9, Foulkes Grocery at 15.0, Shop Eez store with bathroom and hot food at 17.6 and a great view of Claytor Lake, A. J. Owen's Convenience Store at 23.0, Deli-Mart at 31.8, and Arby's at 33.5. The Newbern Museum is an interesting stop if it is open.

Alternate Route: This ride can be extended in several ways.

Option 1: After crossing the Claytor Lake Bridge, stay on SR 693 to Snowville, then make a left on SR 613 at Graysontown and a right on SR 605 which will extend the ride by a couple of miles.

Option 2: Continue further east on SR 693 past Graysontown, then make a left on SR 787, a left on SR 664 (just past I-81), a right on Wadsworth St. to return to starting point.

Option 3: A longer ride could go further east on SR 693, a right onto SR 669, left onto SR 679, left onto SR 615, through Christiansburg, back on SR 666 (Mudpike Rd.), and SR 664 to downtown Radford.



19. RADFORD-DUBLIN

After the first turn, the course follows the Bike Centennial Route for nine miles with its distinct "76" signs. An easy ride for the area.

STARTING POINT: On Rt. 11 (Lee Highway) near Radford in the parking lot between McDonalds and Kroger.

DISTANCE: 22.4 miles.

TERRAIN: No major climbs; flat to rolling.

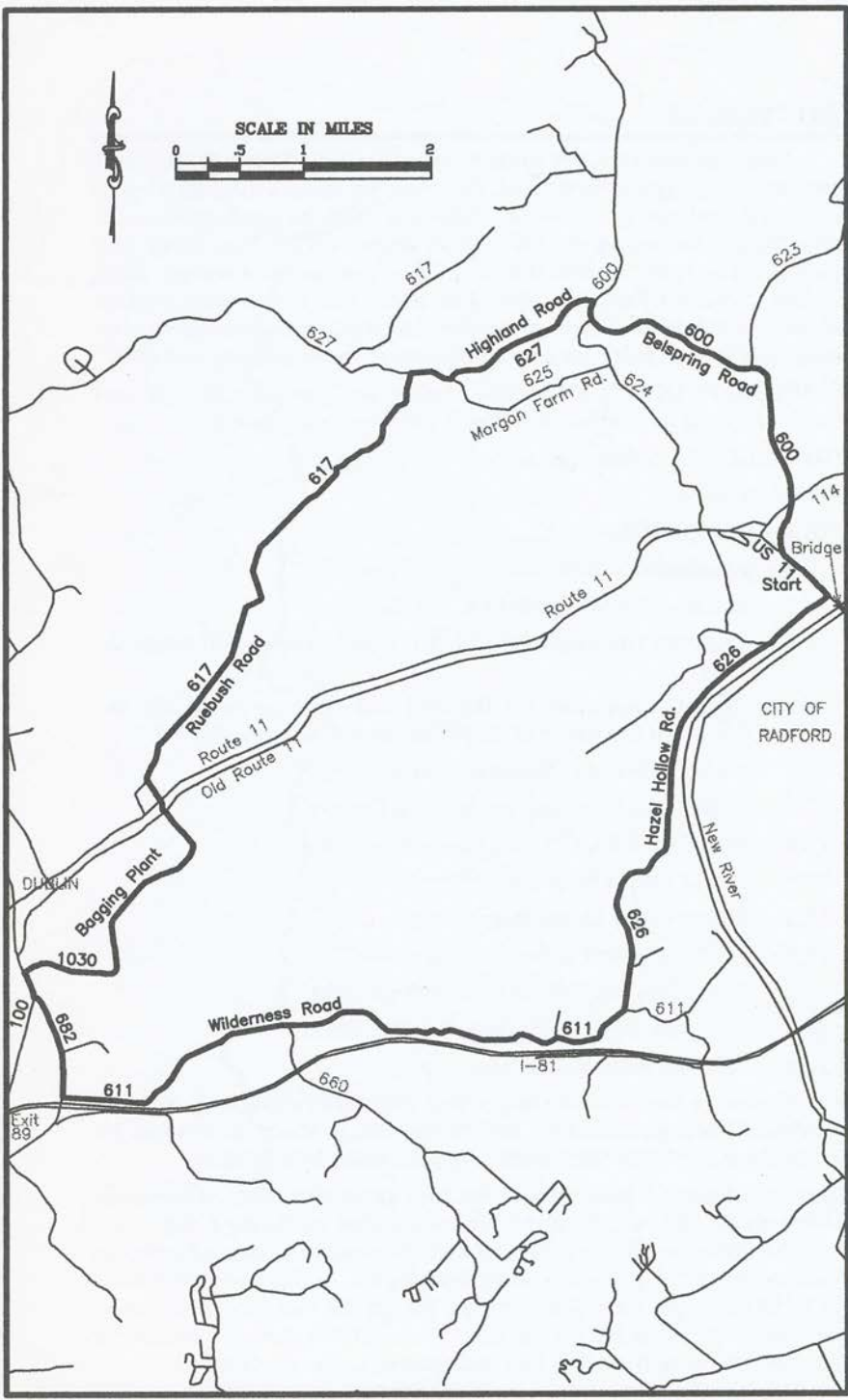
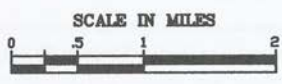
MILE DIRECTIONS

- 0.0 Turn right on Rt. 11 (Lee Highway) heading towards Memorial Bridge (do not cross over).
- 0.3 Right turn before bridge onto Hazel Hollow Road (SR 626).
- 4.3 Right on Wilderness Road (SR 611).
- 9.3 Right on Newbern Rd. (SR 682).
- 10.3 Right on SR 100.
- 10.4 Right on Bagging Plant (SR 1030).
- 12.8 Left on old SR 11, then immediate right onto Ruebush Rd.
- 12.9 Cross over Rt. 11 (Lee Highway) staying on Ruebush Rd.
- 17.2 Right on Highland Rd. (SR 627).
- 17.5 Bear left on Highland Rd. when Morgan Farm Rd. goes straight.
- 18.9 Right on Belspring Rd. (SR 600).
- 21.6 Cross over SR 114.
- 22.1 Left on Lee Highway (SR 11).
- 22.3 Right at light.
- 22.4 Return to parking lot.

A Marathon Convenience Store is at 10.3 mile. A Hardee's Restaurant (24 hours) is located on Rt. 100 near 10.4 mile. Instead of turning right, continue 0.2 miles to Hardee's on left.

Alternate Routes: For a good view of the New River near Big Falls, turn left at mile 18.9 onto Belspring Rd. (SR 600) and continue, passing through Belspring and finally reaching the New River. The road follows along the river before turning into a gravel road near Parrott.

The ride can also be extended by connecting with the Pulaski-Dublin Loop, the Claytor Lake Loop, or the Wilderness Ride.



20. WILLIS

After crossing I-81, the route passes thru hilly terrain to the intersection with Graysontown Road. The route continues through a valley with farmland and views of the Little River. With its headwaters in the Blue Ridge Mountains, the Little River flows into the New River near Radford. The route crosses the Little River and ascends steeply along Indian Creek, a tributary to the Little River, and then enters another valley to reach its destination at Willis. The route traverses lightly traveled rural roads except for short distances at the beginning and end.

STARTING POINT: At BP Service Station on Tyler Rd. (SR 177) near Radford, about one mile north of exit 109 from Interstate 81.

DISTANCE: 25.1 miles, one-way.

TERRAIN: Hilly .

MILE DIRECTIONS

- 0.0 From service station, go left on Tyler Rd.
- 0.2 Left onto Lovely Mount Rd. (SR 664).
- 1.0 Left onto Dry Valley Rd. (SR 787) which crosses I-81 immediately.
- 5.9 Cross Graysontown Rd. (SR 693) and continue on SR 787. At this point the name of SR 787 becomes Indian Valley Rd.
- 9.1 Mabry's Grocery (Marathon Station).
- 10.7 Cross Little River and enter Floyd County.
- 12.0 White Rock Rd. (SR 740) enters from left.
- 17.6 SR 751 enters from left.
- 18.3 Indian Valley Elementary School.
- 18.8 SR 787 goes left at fork.
- 21.1 Camp Five Rd. (SR 758) enters from right.
- 24.4 Left onto Floyd Highway S. (US 221 North).
- 25.1 Left into Willis Village Mart.

There are stores at the beginning (BP Service Station), mile 9.1 (Mabry's Grocery), and at the end (Willis Village Mart). Restrooms are available at the BP Service Station and the Willis Village Mart.

Alternate Route: If returning to Radford along this route, a ferocious climb on SR 787 near Radford can be avoided by taking a right turn from SR 787 onto Childress Rd. (SR 693). The outgoing route meets this intersection when it crosses SR 693 at mile 5.9. At this point, the name of SR 693 changes from Graysontown Rd. on the east side of the intersection to Childress Rd. on the west. From SR 693, turn left onto Tyler Rd. (SR 600), which crosses I-81 and returns to the starting point.

RADFORD

CHRISTIANSBURG

11

11

81

START

600

666

81

8

81

787

693

669

693

787

SCALE IN MILES



740

787

855

631

787

751

730

749

758

787

769

221

221

WILLIS

FINISH



21. PULASKI-DRAPER

This route follows the Lee Highway to a scenic overlook, then continues across I-81 and follows the Old Baltimore Rd. The Old Baltimore Rd. is a historic highway that extends into southwest Virginia and is part of the "76 Bike Route".

STARTING POINT: Pulaski Train Station on Washington St. in Pulaski.

DISTANCE: 19.0 miles.

TERRAIN: A few good hills.

MILE DIRECTIONS

- 0.0 From train station, turn left onto Washington Street/Lee Highway.
- 2.5 Continue along Lee Highway (SR 11) to the top of Draper Mountain.
- 2.6 Stop at the wayside and enjoy the view. You deserve a break after the climb! Then enjoy the long downhill and see how far you can coast.
- 4.0 Turn right onto Honaker Rd. (F044, the north service road along I-81) to the first overpass over I-81.
- 6.5 Left onto Old Baltimore Rd. (SR 654) and cross I-81. You are now on the '76 Transcontinental Bike Trail.
- 6.8 Cross the south service road along I-81 and continue up Old Baltimore Rd.
- 7.3 At the crest of the hill enjoy the view of Draper valley and another nice downhill.
- 9.4 Cross Wysor Rd. (SR 100), continue on Old Baltimore Road (SR 654).
- 10.4 Barrett Ridge Rd. (SR 652) joins from the left. Continue straight and down another nice downhill to Wysor Rd. (SR 100).
- 11.5 Continue straight through at the STOP sign onto Delton Road (SR 658).
- 12.7 Go past the Draper access to the New River Trail and Bryson's Store. Continue through Draper on Rt. 658, which becomes Greenbriar Road.
- 13.2 At the STOP sign, turn left. Follow F064 over I-81 to the next STOP sign.
- 13.6 Turn right onto Draper Valley Rd. (F044).
- 15.7 Turn left onto Count Pulaski Drive (SR99).
- 16.7 Left onto Dora Highway, just before bridge over Peak Creek.
- 19.0 Return to the Pulaski Train Station.

There are stores in Pulaski and Draper. Restroom facilities are available in Draper at Bryson's Store or at the entrance to the New River Trail.

Alternate Routes: Option 1: To shorten the ride to 12.6 miles, instead of turning right at mile 4.0, continue past Honaker Rd. (F044), turn left onto Draper Valley Rd., then rejoin main route at mile 13.6.

Option 2: To reduce the ride to 15.6 miles, instead of turning right onto Honaker Rd. at mile 4.0, continue on SR 100 under I-81, turn left onto Barrett Ridge Rd. (SR 652) and rejoin main route at mile 10.4.



SCALE IN MILES



PULASKI

START

Dora Highway

Count Pulaski 99

Lee Highway 11

Draper Valley Rd. F044

658

Honacker Dr. F044

81

654

652

654

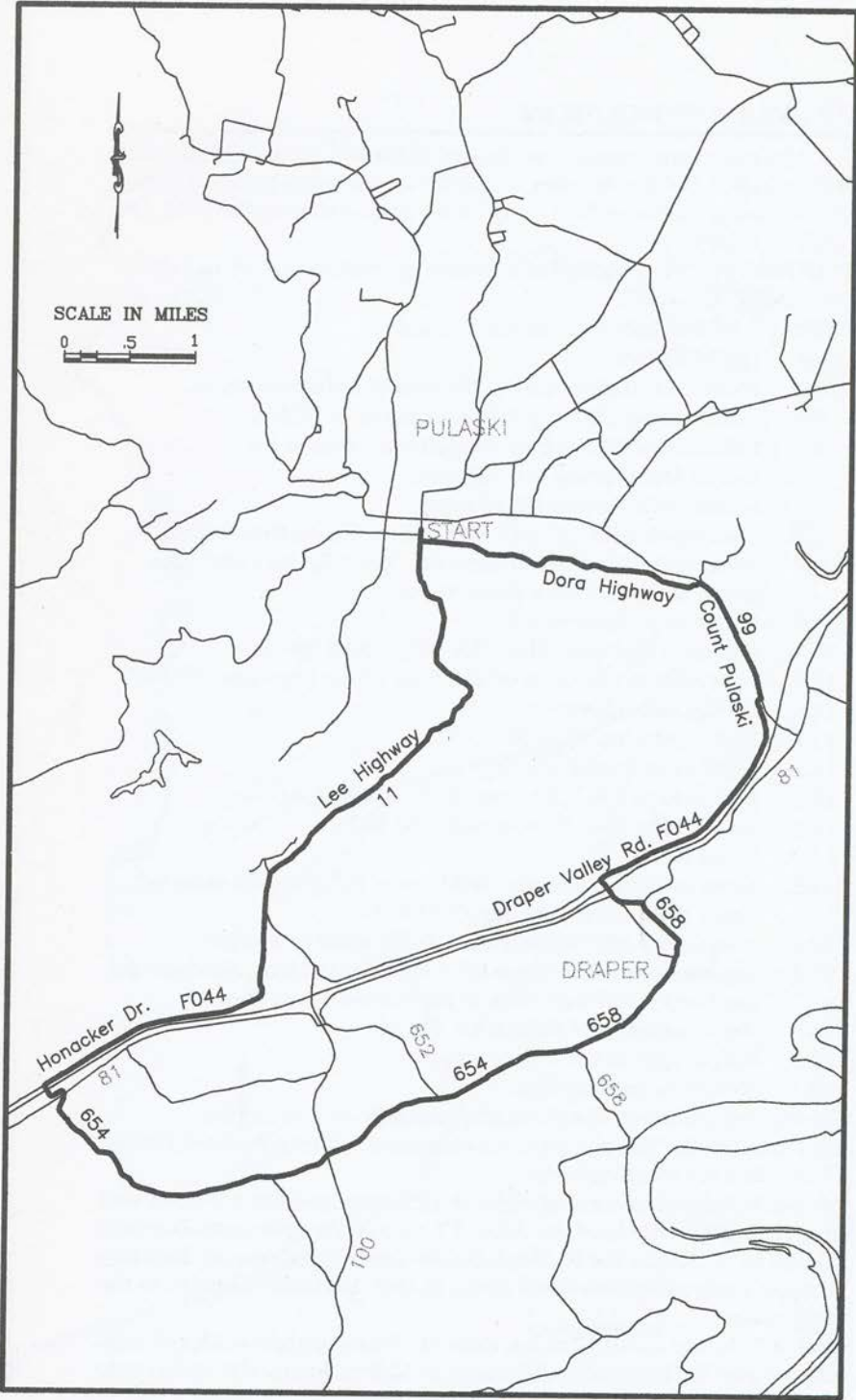
658

658

100

DRAPER

81



22. PULASKI-DUBLIN

This route travels mainly along rural roads which connect the towns of Pulaski and Dublin. At miles 12.2 and 14.4 the route turns for a short distance onto Cleburne Blvd., a divided highway that can be busy with cars and trucks.

STARTING POINT: Pulaski Train Station on Washington St. in Pulaski.

DISTANCE: 22.7 miles.

TERRAIN: Rolling hills with no major climbs.

MILE DIRECTIONS

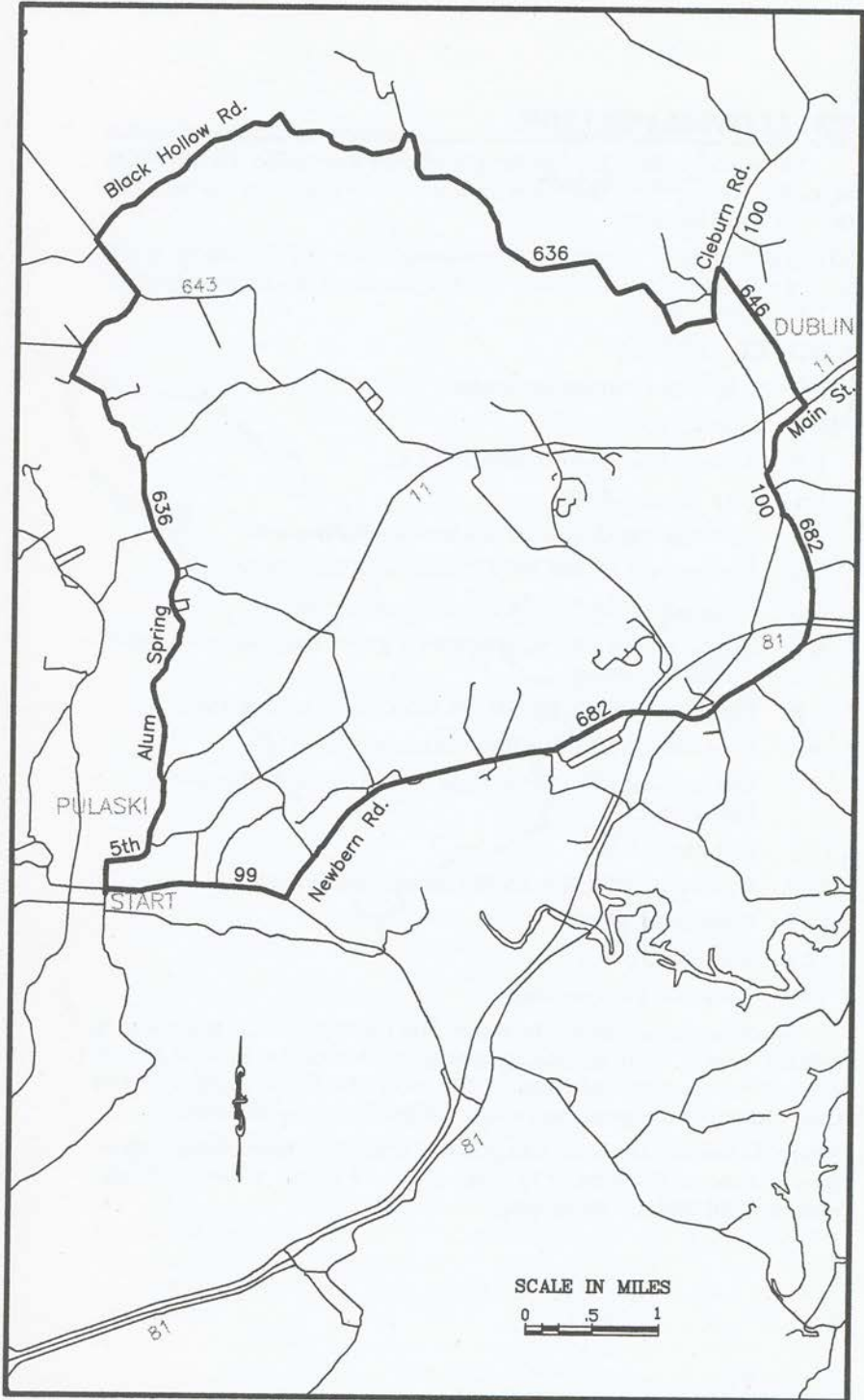
- 0.0 From train station, turn right onto Washington Street.
- 0.4 Continue on US 11 by turning right onto Fifth St.
- 0.7 Continue on US 11 by going left onto Dublin Rd.
- 1.3 Left to Alum Spring Rd. (SR 636).
- 4.0 Follow Alum Spring Rd. to right.
- 5.7 Thornspring Rd. (SR 643) joins Alum Spring from right.
- 6.2 Turn right onto Black Hollow Rd. Alum Spring continues ahead and becomes a gravel road.
- 7.5 Pass Vinson Lane on left.
- 12.2 Left onto Cleburne Blvd. (SR 100). Watch for cars.
- 12.5 First right to Old Giles Rd (SR 646) which becomes Giles Rd.
- 13.6 Cross Lee Highway (US 11).
- 13.7 First right onto Main St.
- 14.3 Right onto Baskerville St.
- 14.4 Left onto Rt 100 (Cleburne Blvd.) Watch for cars.
- 15.0 Left at light onto Newbern Rd. (SR 682).
- 15.9 Cross I-81.
- 16.2 Enter historic Newbern. Wilderness Rd. Museum is on left.
- 17.3 Cross Possum Hollow Rd. (Old SR 100).
- 17.6 Pass under I-81 (Volvo Heavy Truck Plant is on right).
- 19.0 Intersection with Wurno Rd. Continue straight. Newbern Rd. becomes Bob White Blvd. at the Pulaski Town line.
- 21.0 Right onto Count Pulaski Dr. (SR 99).
- 22.5 Left at light to Washington Ave.
- 22.7 Return to train station.

General Information: There are stores at mile 13.6 in Dublin.

Alternate Route: This route can be combined with the Radford-Dublin Loop. Here are some options:

Option 1: Instead of turning right at 12.5, continue for 3.3 miles and turn right onto Highland Rd. After 3.7 miles turn right onto Ruebush Rd. (SR 617). Follow the Radford-Dublin Loop in the reverse direction to rejoin main route described above at 15.0. This adds 13 miles to the main route.

Option 2: To add about 17 miles, instead of turning right at 13.7 m, turn left and join the Radford-Dublin loop at 12.8 m. Rejoin the main route when SR 611 meets 682 at 15.9 m.



23. CLOVER HOLLOW

The route passes through farmland with low traffic. The ride can serve as training to prepare legs for the steeper grades in the area like the Salt Pond Mountain Loop.

STARTING POINT: Newport Recreational Center (NRC), located on SR 42, 0.8 mile east of junction with US 460. Transport cars may be parked in NRC parking lot.

DISTANCE: 13.6 miles.

TERRAIN: Several short steep climbs.

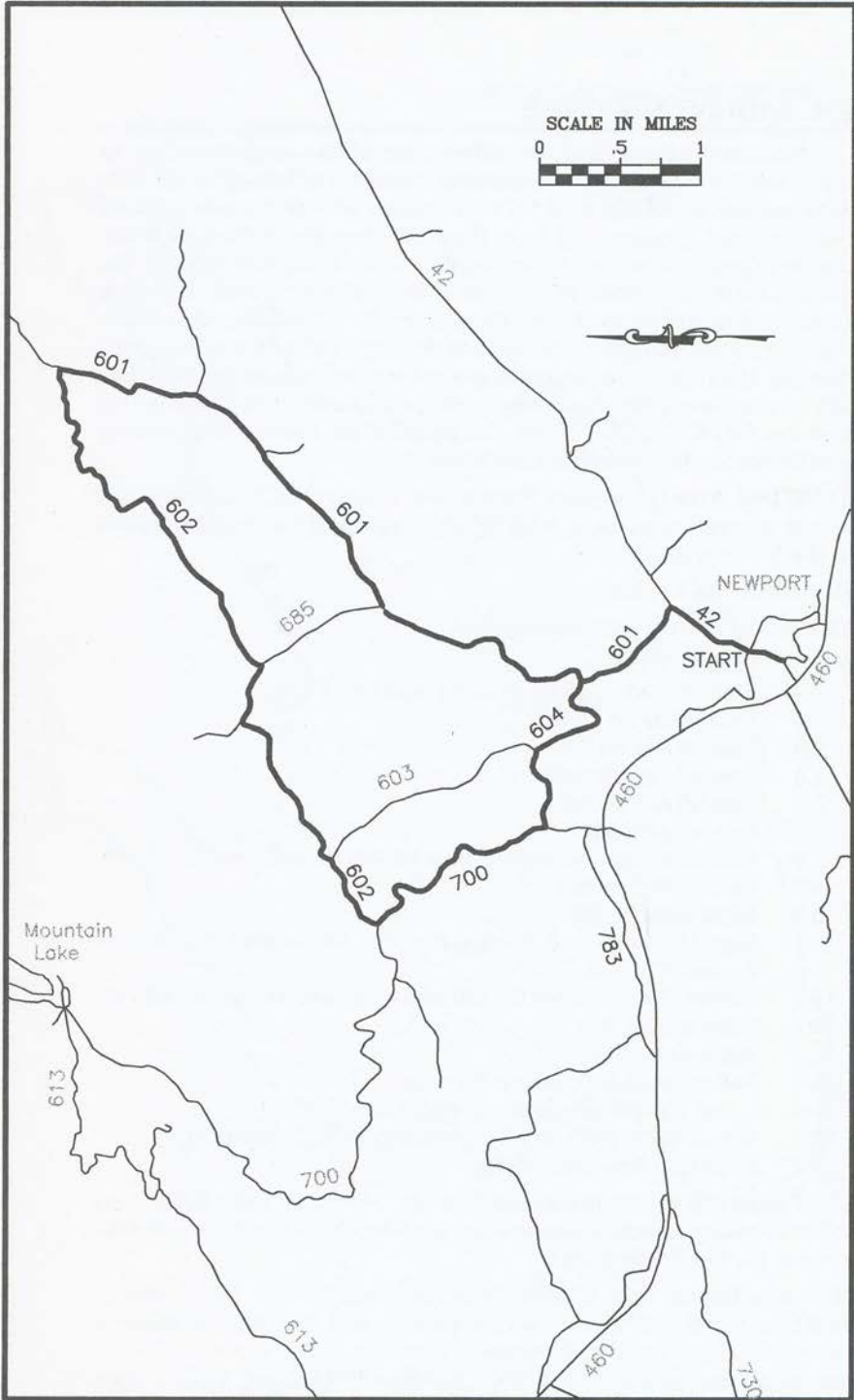
MILE DIRECTIONS

- 0.0 Proceed from NRC to east on SR 42.
- 0.1 Turn left on SR 601.
- 0.9 Continue on SR 601. SR 604 intersects from left.
- 1.4 Continue on SR 601. SR 702 intersects from right.
- 2.5 Continue on SR 601. SR 685 intersects from left.
- 5.2 Left on SR 602. SR 601 becomes a gravel road and continues into Craig County.
- 7.9 Continue right on SR 602. SR 685 intersects from left.
- 9.3 Continue on SR 602. SR 603 intersects from left.
- 9.9 Left onto SR 700. On the right SR 700 climbs to Mountain Lake Hotel.
- 11.4 Left onto SR 604.
- 11.9 Continue on SR 604. SR 603 intersects from left.
- 12.7 Right onto SR 601.
- 13.5 Right onto SR 42.
- 13.6 Return to NRC parking lot.

There are no stores on the route. The route passes by two covered bridges, one at 0.7 m on the right and another to the right at 11.4 m when the route turns left from SR 700 to SR 604. These bridges are not used today, but are preserved as part of the history of the area.

Alternate Route: There are two possible cross-over roads which can be used to shorten the loop or to make alternate loops: SR 685 (0.9 mile long) and SR 603 (1.7 miles long).

SCALE IN MILES



24. MOUNTAIN LAKE

Mountain Lake, called the "Silver Gem of the Alleghanias", is on top of Salt Pond Mountain. It measures about 2/3 mile long by 1/5 mile wide and has an elevation of 3874 feet, nearly 1000 feet above much of the surrounding ridges and more than 2000 feet above the New River. It is reportedly one of only two natural fresh water lakes in Virginia; the other is Lake Drummond in the Dismal Swamp near Norfolk. There are several explanations for the formation of Mountain Lake. One states that earthquakes caused rock slides at the north end of the valley, damming up the water from an underground stream to form the lake. The lake is shallow on the south side at the hotel beach, but is nearly two hundred feet deep on the north end. Much of the movie *Dirty Dancing* was filmed at the Mountain Lake Hotel.

STARTING POINT: Newport Recreational Center (NRC), located on SR 42, 0.8 mile east of junction with US 460. Transport cars may be parked in the NRC parking lot.

DISTANCE: 33.2 miles.

TERRAIN: Difficult with steep grades.

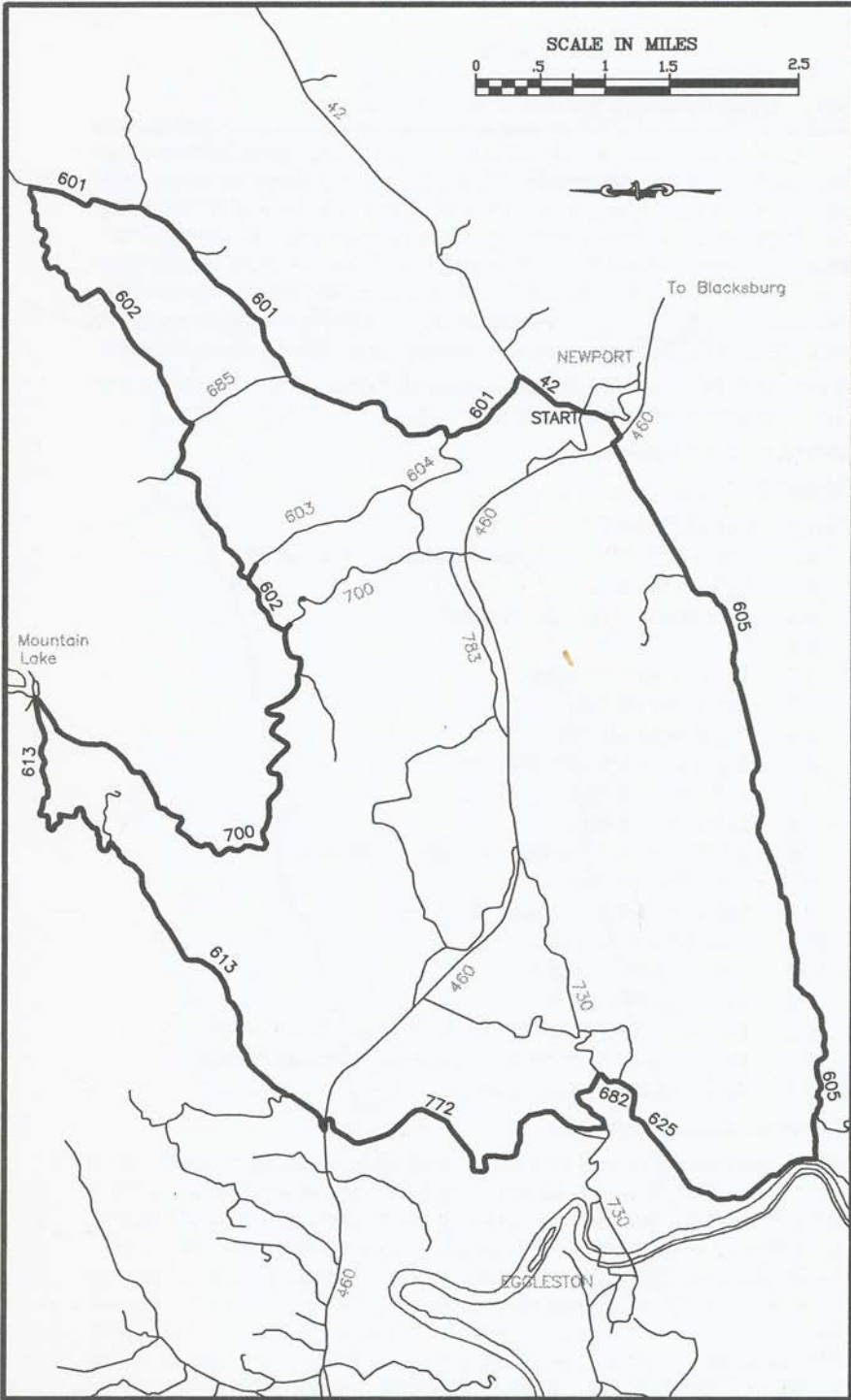
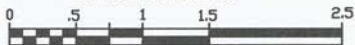
MILE DIRECTIONS

- 0.0 From the NRC, go to the right (east) on SR 42.
- 0.1 Turn left onto SR 601.
- 0.9 Pass SR 604 on left.
- 1.4 Pass SR 702 on right.
- 2.5 Pass SR 685 on left.
- 5.2 Left onto SR 602.
- 7.9 Continue right on SR 602. Pass SR 685 on left.
- 9.3 Pass SR 603 on left.
- 9.9 Right onto SR 700.
- 14.3 Top! Left onto SR 613, steep descent. Mountain Lake Hotel is 0.1 on SR 613 to right.
- 19.7 Hoges Chapel. Cross US 460 and continue straight on SR 772.
- 22.8 Left onto SR 730.
- 23.5 Right onto SR 682.
- 25.9 Left onto SR 605. Watch for dogs!
- 32.4 Cross US 460, proceed east on SR 42.
- 32.8 Continue to right on SR 42 passing through Newport.
- 33.2 Return to NRC parking lot.

Public rest rooms are available at the Mountain Lake Hotel. For other bicycling opportunities around the lake, check the mountain bike section for Mountain Lake.

Alternate Route: At 8.45 miles bear right onto SR 613. Reach Mountain Lake Hotel in 0.1 mile. Tour the ground, and stop in to say hi to the manager, "Buss" Scanland. Dinner in the main dining room is by reservation, phone 540-626-7121 or 951-1819 from Blacksburg. A grill is open in the Recreation Barn. The facility is closed during the winter months.

SCALE IN MILES



25. SPRUCE RUN

One of the more scenic rides in the area, the route follows roads around Spruce Run Mountain. Rural, low traffic except for a one-mile section with wide shoulders on US 460. The ride begins by following Sinking Creek, so named because the creek sinks underground before reaching the New River. An ostrich farm can be seen on the right (north) side of SR 783. The route continues on SR 730 with Spruce Run Mountain on the left. After reaching the New River, the route turns left onto SR 605 following Spruce Run and passing an old mill on the right.

STARTING POINT: Newport Recreational Center (NRC) located on SR 42, 0.8 mile east of junction with US 460.

DISTANCE: 17.1 miles.

TERRAIN: Easy.

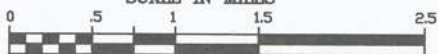
MILE DIRECTIONS

- 0.0 From NRC, proceed to the right (east) on SR 42.
- 0.1 Left on SR 601.
- 0.6 Pass covered bridge on right.
- 0.9 Left on SR 604.
- 1.7 Pass SR 603 on right.
- 2.3 Left onto SR 700.
- 2.6 Right onto SR 783.
- 4.1 Right onto US 460. Be alert!
- 5.1 Left onto SR 730.
- 7.4 Left onto SR 682.
- 7.6 SR 682 ends. Continue straight on SR 625.
- 9.5 Cross railroad track.
- 9.8 Left onto SR 605. Watch for dogs.
- 10.2 Pass SR 610 on right.
- 10.5 Pass SR 609 on right.
- 14.0 Pass SR 693 on left.
- 16.3 Cross US 460, continue on SR 42 east. Store on left.
- 16.7 Continue to right on SR 42, passing through Newport.
- 17.1 Arrive at NRC parking lot.

There is a store at mile 16.3.

Alternate Route: To add 17.4 miles to the ride, go straight on SR 730 at mile 7.4 to cross the New River at Eggleston and reach Staffordsville in 8.7 miles. SR 730 intersects old US 100 here. There is a store 0.1 mile to the left with rest rooms. At this point, you can retrace your route back to SR 682, turn right, and continue along the route for the additional 17.4 miles. Or, a more scenic ride can be taken on the return from Staffordsville by turning right from SR 730 onto SR 622. At the New River, SR 622 turns left with a two-mile section of well-packed gravel before reaching Eggleston. Turn right onto SR 730 to meet the main route.

SCALE IN MILES



To Blacksburg

NEWPORT

START



601

601

42

460

603

604

460

700

783

605

460

460

730

625

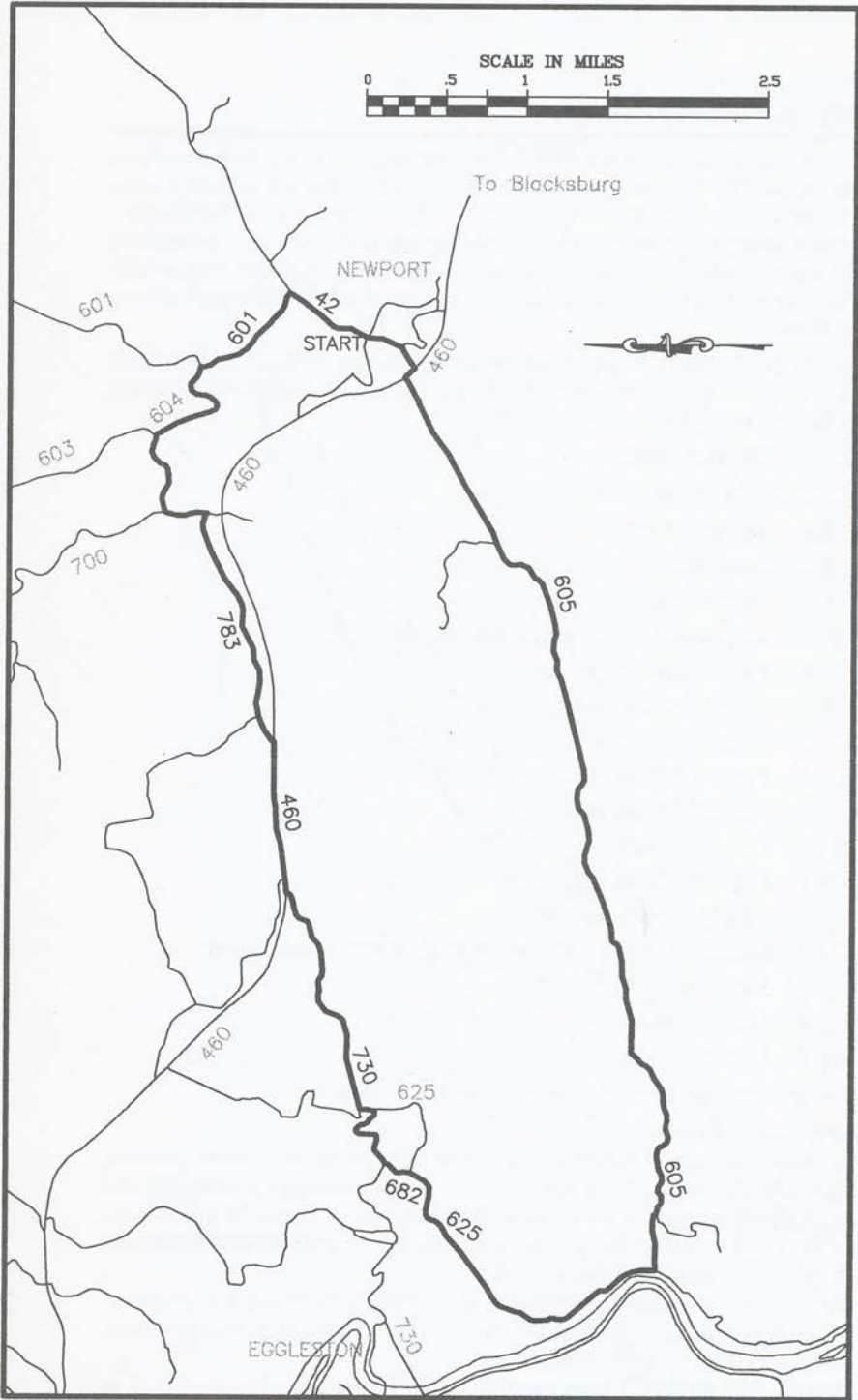
682

625

605

EGGLESTON

730



26. SINKING CREEK

A scenic, secluded rural loop with low traffic. Lots of farming along "backroad" SR 624. The ride first follows upstream along Sinking Creek, a tributary of the New River that eventually reaches the Gulf of Mexico. After passing the head waters of Sinking Creek, the ride continues over the continental divide into the head waters of Meadow Creek which flows into Craig Creek, then the James River and finally into the Atlantic Ocean.

STARTING POINT: Newport Recreational Center (NRC), located on SR 42, 0.8 mile east of junction with US 460. Transport cars may be parked in NRC parking lot.

DISTANCE: 51.9 miles.

TERRAIN: Moderate.

MILE DIRECTIONS

- 0.0 Leave NRC.
- 9.7 Simmonsville.
- 12.7 Maywood School, continue east on SR 42.
- 14.8 Twin churches on left.
- 16.9 Country store on right.
- 17.8 Pass SR 625 on left.
- 22.1 Pass SR 622 on right.
- 24.9 Pass SR 622 on right.
- 25.8 Left on SR 624.
- 28.4 Pass SR 623 on left.
- 34.0 SR 625 joins from left.
- 36.8 Continue to the right on SR 624, SR 625 leaves to left.
- 39.2 Right on SR 42.
- 42.2 Simmonsville.
- 51.9 Return to NRC

The eastern continental divide is crossed at mile 20.5.

Alternate Routes:

Option 1: To reduce the distance by about 25 miles, start at the parking lot of old Maywood Elementary School. To get to this point take US 460 to Newport, continue on SR 42 east to Maywood, about 14 miles from Newport. At 39.2 in the above description, turn left onto SR 624. instead of right, to reach Maywood.

Option 2: For a 13 mile loop starting at the Maywood Elementary School, turn left at mile 17.8 onto SR 625 then left onto SR 624 to join the main route and return to the school.

Option 3: At mile 22.1 turn right on SR 622 (steep) and rejoin SR 42 at mile 24.9.



NEW CASTLE

311

311

658

311

632

625

42

621

629

SIMMONSVILLE

MAGGIE

658

NEWPORT
START

Mountain
Lake

460

460

SCALE IN MILES



27. SALT POND MOUNTAIN

This ride, for stronger cyclists, passes farms and scenic views with a good climb to Mountain Lake. A break at Mountain Lake Hotel on top of Salt Pond Mountain is in order.

STARTING POINT: Newport Recreational Center (NRC), located on SR 42, 0.8 mile east of junction with US 460. Transport cars may be parked in NRC parking lot.

DISTANCE: 24.3 miles.

TERRAIN: Long climb.

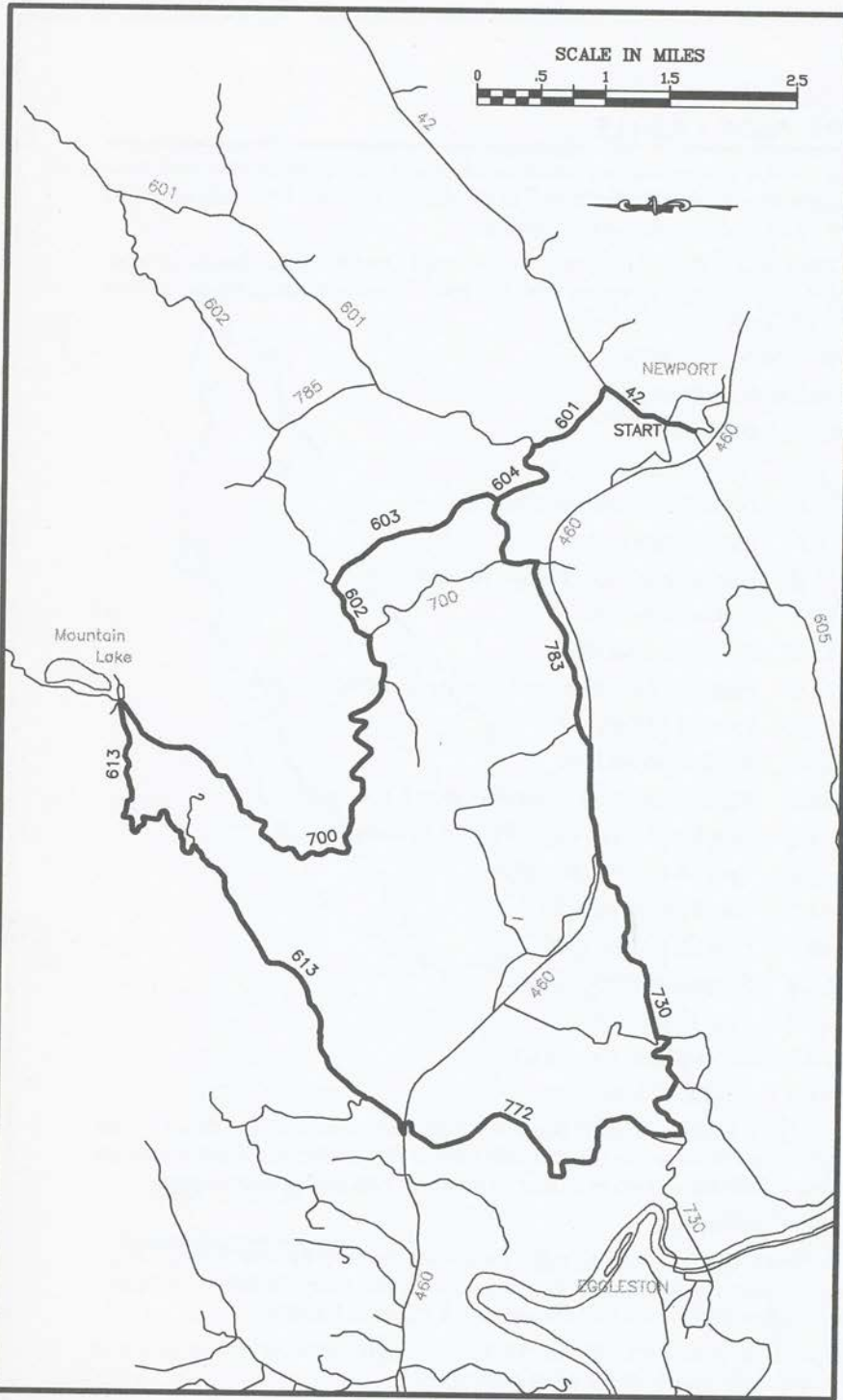
MILE DIRECTIONS

- 0.0 From NRC, proceed to the right (east) on SR 42.
- 0.1 Turn left on SR 601.
- 0.9 Left on SR 604.
- 1.7 Right on SR 603.
- 3.4 Left on SR 602.
- 3.9 Right on SR 700, continue climb.
- 8.4 TOP! Left on SR 613, steep descent.
- 13.4 Cross US 460 and continue straight on SR 771.
- 16.5 Left on SR 730.
- 19.4 Right on US 460 to Maybrook.
- 20.4 Left on SR 783.
- 21.9 Left on SR 700.
- 22.1 Right on SR 604.
- 23.5 Right on SR 601.
- 24.2 Right on SR 42.
- 24.3 Congratulations, you are back to the NRC parking lot.

Public rest rooms are available at the Mountain Lake Hotel. For general information and another route to the lake, see the description of the Mountain Lake ride.

Alternate Route: For one of the steeper grades in the area, take the loop in the opposite direction. The challenging climb up SR 613, included in the Tour Dupont, was used by Lance Armstrong in 1996 to establish a strong lead in the race. In the spring the New River Valley Bicycle Club and the Christiansburg Chamber of Commerce sponsor a 100-mile ride which starts in Christiansburg and ends by climbing this road to Mountain Lake. After climbing the hill, you will understand why the ride is called the Mountains of Misery.

SCALE IN MILES



28. NEW CASTLE

The ride crosses two mountains, Johns Creek Mountain and New Castle Mountain. Traffic is low to moderate but can be heavy at times on SR 311. A ride for strong cyclists.

STARTING POINT: Newport Recreational Center (NRC), located on SR 42, 0.8 mile east of junction with US 460. Transport cars may be parked in NRC parking lot.

DISTANCE: 61.9 miles.

TERRAIN: Difficult.

MILE DIRECTIONS

- 0.0 Leave NRC.
- 6.6 Level Green Baptist Church.
- 6.9 Pass SR 629 on left.
- 7.6 Left onto SR 662 (Happy Hollow).
- 9.5 Left onto SR 658.
- 13.2 Right onto SR 632.
- 14.0 Maggie. Bear right and continue on SR 632.
- 21.4 Pass SR 635 on left.
- 23.6 Right onto SR 658.
- 28.3 Right onto SR 311 (south). Watch for traffic.
- 33.5 New Castle. Go right onto SR 42 (west).
- 36.6 Pass SR 624 on the right.
- 44.7 Pass SR 625 on right.
- 49.7 Pass SR 624 on right.
- 52.0 Simmonsville.
- 52.9 Twin Oaks Store.
- 55.3 Level Green Baptist Church.
- 61.9 Return to NRC.

For a leisurely paced Saturday ride, have lunch at the diner in the little town of New Castle. But don't have dessert because the climb up New Castle Mountain is a bear! The diner has public rest rooms.

Alternate Routes:

Option 1: To cut about 13 miles from the trip, start at Level Green Christian Church in Huffman. To get to this point, take US 460 to Newport, turn onto SR 42 east and continue 6.8 miles to Huffman.

Option 2: To avoid traffic on SR 42, turn right onto SR 624 at 36.6 and rejoin main route on SR 42 at mile 49.7.



NEW CASTLE

311

311

311

42

624

658

625

42

632

624

621

658

622

42

SIMMONSVILLE

MAGGIE

658

662

NEWPORT
START

460

Mountain
Lake

460

SCALE IN MILES



29. MAGGIE

This is possibly the best cycling in the area for a short ride! The route traverses a water control conservation area with several man-made lakes. This is a scenic ride through farm country with low traffic and mostly level or easy grades. The ride circles around Sevenmile Mountain by first following downstream along Johns Creek. It continues straight past SR 635 on the left. SR 635 passes through a narrow gap between Big Chestnut Ridge and Little Chestnut Ridge to reach Craig Springs. The route turns left onto SR 658 and arrives at Craig Springs. The route continues over a small crest, then descends along Dicks Creek to Maggie and the start of the ride.

STARTING POINT: To reach the starting point from Blacksburg, take US 460 east, turn right onto SR 42 passing through Newport, and continue east on SR 42 for about nine miles. Then turn left onto SR 658 and cross Johns Creek Mountain (5.5 miles). Continue to the intersection of SR 658 with SR 632. Park in the lot of the old country store.

DISTANCE: 20.8 miles.

TERRAIN: Easy.

MILE DIRECTIONS

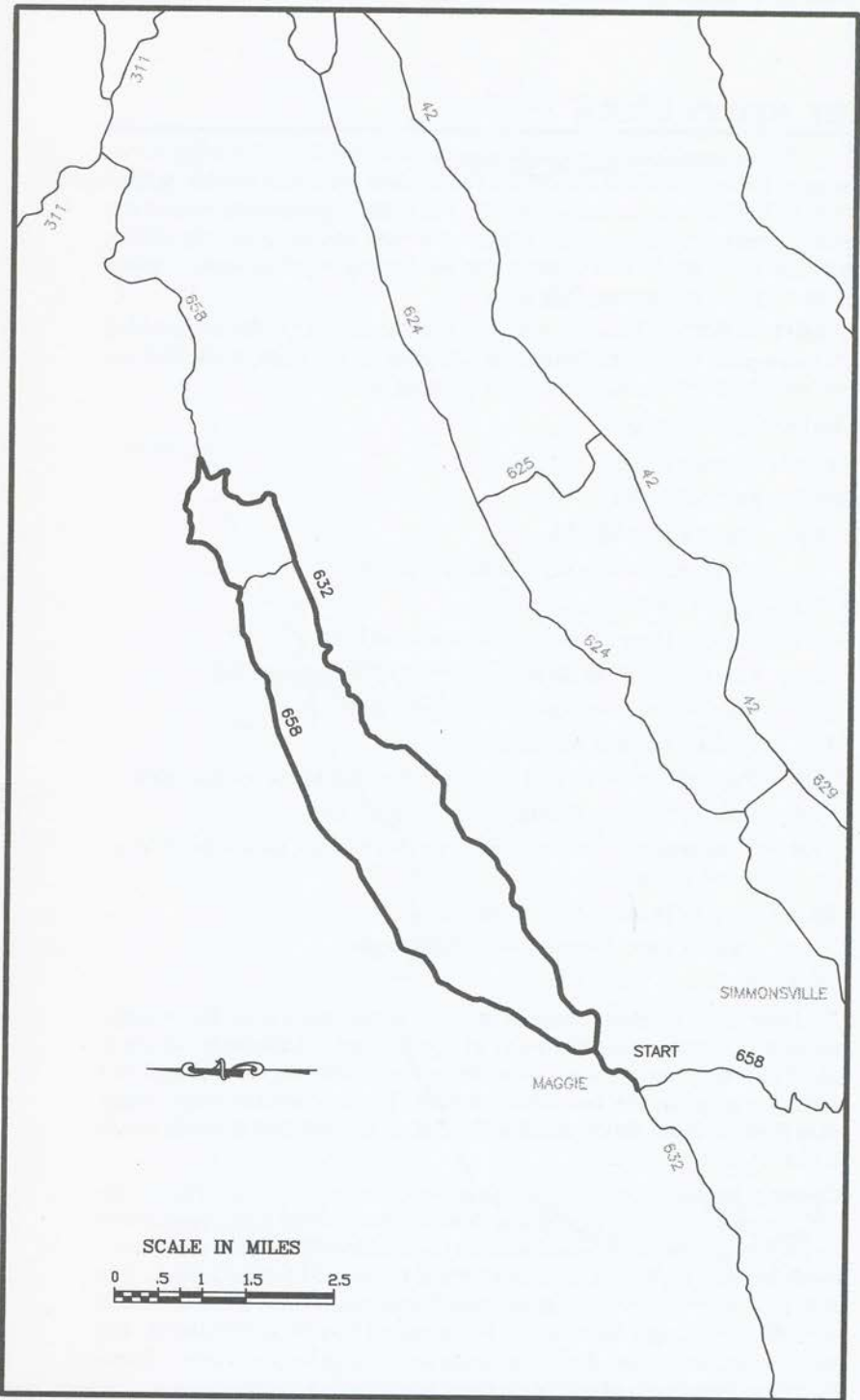
- 0.0 Proceed east on SR 632 from lot of old store.
- 0.8 Reach Maggie, bear right and continue on SR 632 east.
- 8.2 Continue on SR 632 (SR 635 crosses over to left).
- 10.5 Turn left onto SR 658 west.
- 12.4 Continue on SR 658 (SR 635 cross over enters from left).
- 19.2 Continue on SR 658 (SR 636 is on right).
- 20.0 Back to Maggie, bear right and proceed on SR 632 west.
- 20.8 Return to starting point.

At 13 miles pass through Craig Springs. The Craig Springs Health Resort is now near 100 years old. It presently serves as a church camp, but is also open to the public for meals and over-night accommodations on week ends when the church camps are in session during early summer. At other times the resort is open throughout the week except for the winter season when it is closed. Phone number (540) 864-5768.

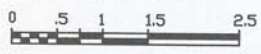
Alternate Route: The ride can be extended on both ends of the loop.

Option 1: From the starting point take SR 632 to the left (west) 3.3 miles to Captain. Retrace back to starting point for an addition of 6.6 miles.

Option 2: At 10.5 miles meet the intersection of SR 632 and SR 658, turn right (east) on SR 658 and continue straight for 4.7 miles to intersection with SR 311. Retrace back and continue loop, adding 9.4 miles to the loop.



SCALE IN MILES



30. STONY CREEK

This out and back route gently goes up for the first 17.8 miles, turns around at the top of the climb, just inside West Virginia's border. It then returns back down the same route to the start. It goes along scenic Big Stony Creek for much of the route on a well paved, generally lightly traveled road. Avoid this route in late fall during hunting season, when both cars and bullets are flying.

STARTING POINT: Drive north from Blacksburg on US 460 continuing 20 miles past Pembroke where SR 623 goes to the right. Park here on the left of US 460 in the commuter parking lot.

DISTANCE: 35.6 miles.

TERRAIN: Rolling hills.

MILE DIRECTIONS

- 0.0 Bike east on SR 635.
- 1.1 Go up the only steep hill for 1.2 miles.
- 2.3 Top of only steep climb.
- 4.2 Pass by Deer Country Restaurant on right.
- 5.5 Continue left on SR 635, when dirt SR 628 goes right.
- 6.8 Pass by "Welcome to Stony Creek" sign.
- 11.1 Pass by Interior picnic area.
- 16.3 Pass by dirt SR 613 on right to White Rocks recreation area.
- 17.5 Pass by Monroe County, West Virginia sign.
- 17.8 Turn around at top of climb, so you can tell your friends you biked in 2 states.
- 24.5 Pass by Interior picnic area again.
- 31.4 Pass by Deer Country Restaurant again.
- 35.6 Return to start.

Deer Country Restaurant at mile 4.2 is the main stop, including a bathroom. Interior picnic area at 11.1 miles has a bathroom, which is usually locked, but no food. The White Rocks area via dirt road SR 613 may have a bathroom, but it has no food. Historically, the stage coach went through Blacksburg, up SR 613 to Mt. Lake, and then through White Rocks on to West Virginia.

Alternate Route: This ride can be expanded in several ways. From mile 17.8, one can continue east going downhill for several miles (watch out for pot holes), go past Waiteville store (a combined U. S. post office with some food) at mile 22.5, and on to Paint Bank at 311 at mile 34.4. The W. F. Humphrey's 76 Station at the southwest corner has a convenience store, hot food, and bathroom. From mile 19 to 34 at Paintbank, the road is completely flat. A railroad once went along here to a mine. Turning around and going back to start makes a 68.8 mile trip.

SCALE IN MILES



311
PAINT BANK

WAITEVILLE

WV Line

613

Kire

Mountain Lake

635

Interior

Goldbond

635

Kimbalton

460

460

31. BURKES GARDEN CENTURY

A beautiful ride in a narrow valley along Wolf Creek to the town of Rocky Gap at an elevation gain of 360 feet. The ride continues along Clear Fork through open farm land, then enters Burkes Garden. After looping around the Garden, the ride returns to the starting point at Narrows.

STARTING POINT: Drive to the town of Narrows, about 30 minutes from Blacksburg, by way of US 460. After entering the town of Narrows, turn right on SR 61 and follow SR 61 over the New River and through the business district. One mile from US 460 reach town park on the left. Park here to begin the ride.

DISTANCE: 102.8 miles.

TERRAIN: A fairly flat ride to Burke's Garden.

MILE DIRECTIONS

- 0.0 Town park. Take SR 61 west along Wolf Creek.
- 2.9 Bridge over Wolf Creek.
- 7.1 Bridge over Wolf Creek.
- 15.8 Round Bottom Methodist Church on right.
- 16.5 Bridge over Wolf Creek.
- 20.1 Rocky Gap. There is a store here. Follow SR 61 which turns left and is joined by US 52. After crossing Wolf Creek, turn right to continue on SR 61.
- 20.4 Pass under Interstate 77.
- 21.8 Bridge.
- 23.6 Bridge.
- 30.9 Cross Tazewell County line.
- 35.6 Pass SR 614 to left.
- 39.9 Gratton. Turn left onto SR 623.
- 45.4 Left onto SR 666.
- 54.1 Right at T intersection at bottom of hill onto SR 623.
- 56.2 Burkes Garden General Store.
- 57.2 Pass SR 666 on right completing loop of Burkes Garden.
- 62.7 Right onto SR 61.
- 102.8 Town Park.

There are stores at Rocky Gap, at mile 40.1 and at Burkes Garden (mile 56.2). There are no rest rooms except at Burkes Garden.

Alternate Route: Turning around at Rocky Gap gives a trip of 40 miles with one of the most level rides in the area.

460

NARROWS
START/FINISH



ROCKY GAP

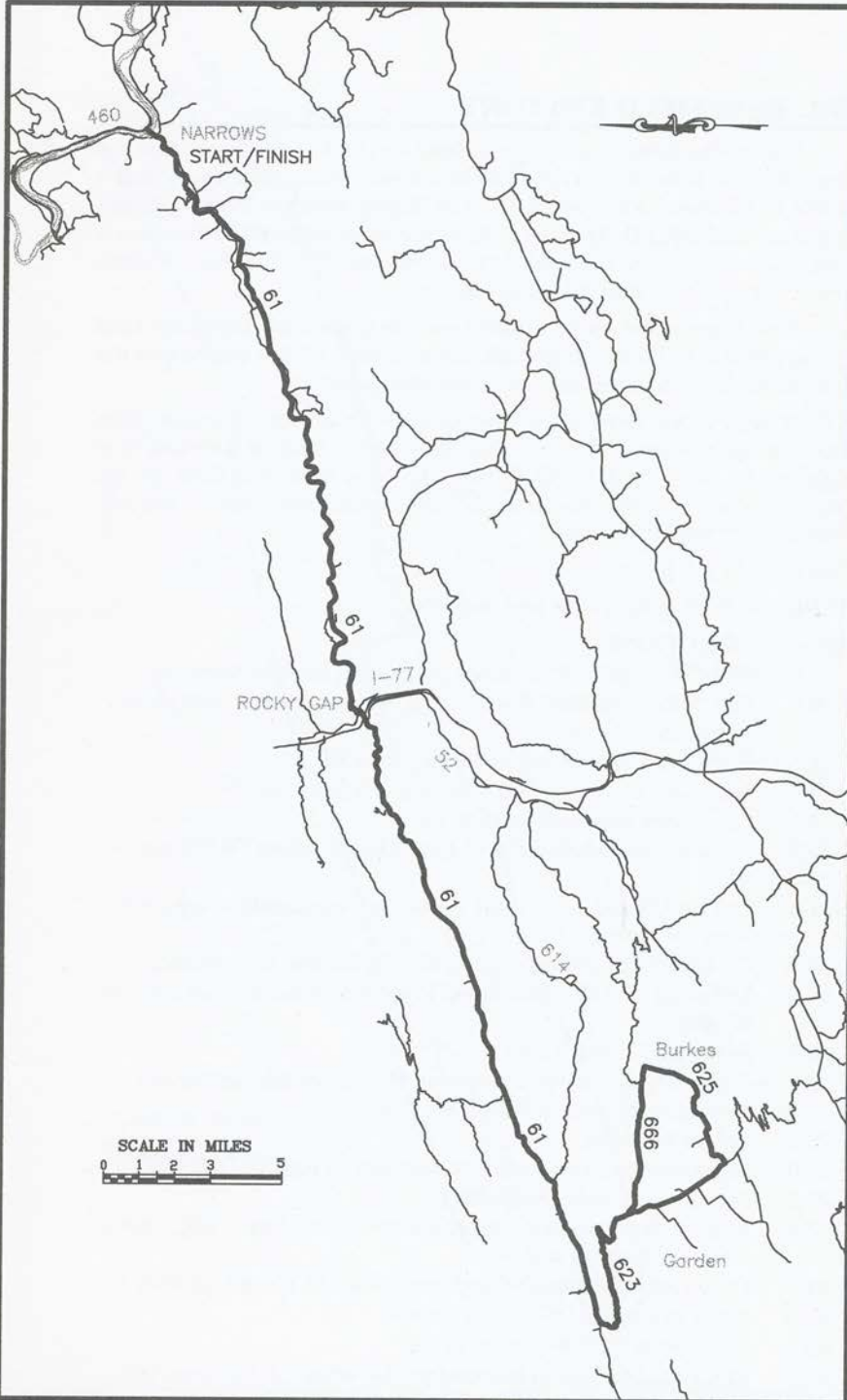
1-77

Burkes

SCALE IN MILES



Garden



32. BLUEFIELD CENTURY

One of the fastest and flattest Century rides in our area. An easy first time 100-mile ride on rural roads and with beautiful scenery. Some traffic in Bluefield, a city of 15,000. The biggest climb is 1½ miles starting at around mile 21. The last half of ride from Tazewell to Narrows is fast, often with a west tailwind. At mile 7.4, you are on 460 for 1½ miles, but it has a safe 10-foot paved shoulder.

New River is the second oldest river in the world. On a side road going parallel to SR 61 on the left (around mile 90-95) are buried the first white settlers in this area, in a marked grave.

STARTING POINT: Drive to the town of Narrows, about 30 minutes from Blacksburg, by way of US 460. After entering the town of Narrows, turn right on SR 61 and follow SR 61 over the New River and through the business district. One mile from US 460 reach town park on the left. Park here to begin the ride.

DISTANCE: 100 miles.

TERRAIN: Rolling hills with one long climb.

MILE DIRECTIONS

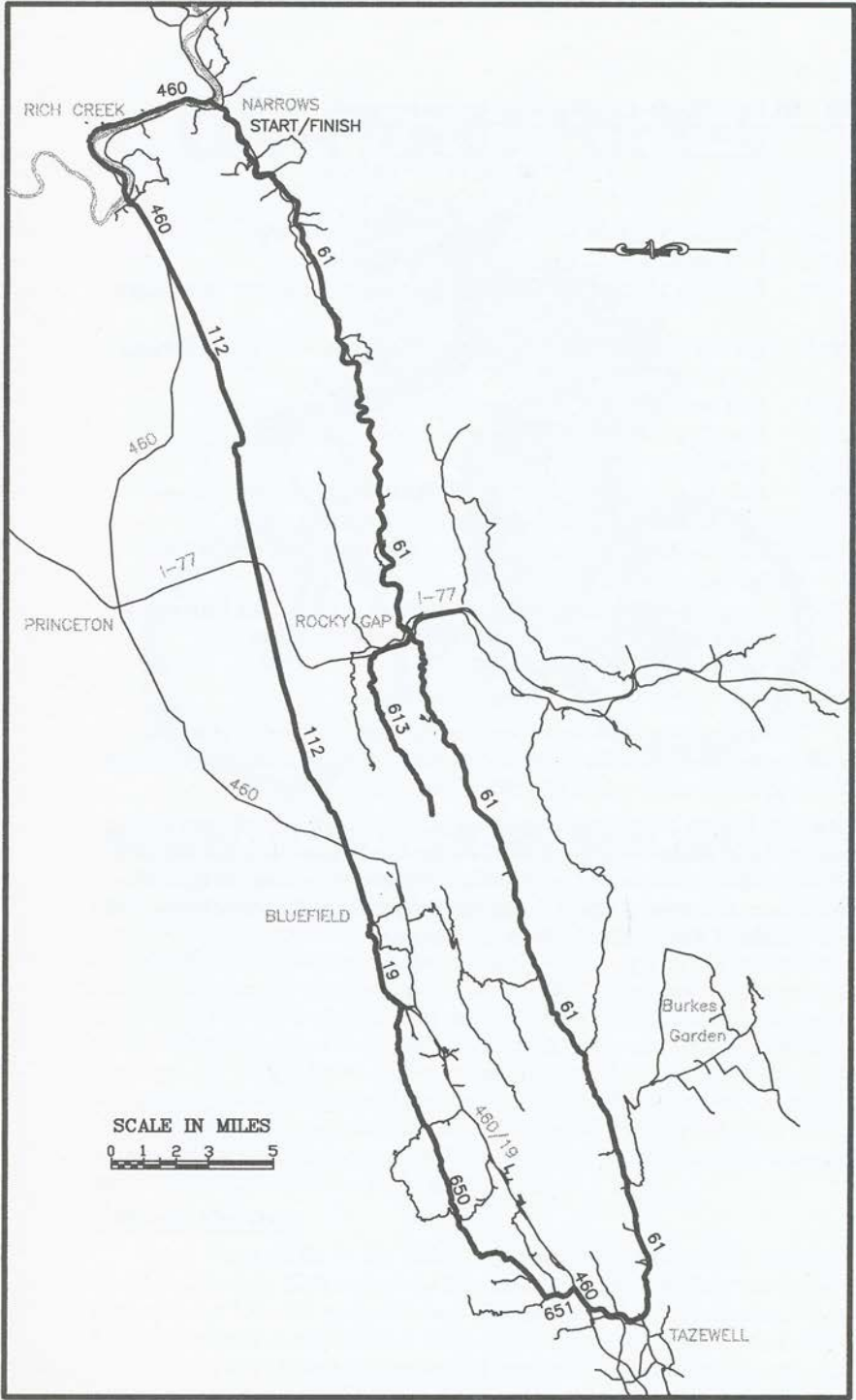
- 0.0 Right onto SR 61 from town park going back to Narrows.
- 0.9 Left before Narrows Bridge onto Princeton Lane with short bridge over creek.
- 1.5 Right onto SR 649, when SR 651 goes left.
- 3.5 Stay right on main road when SR 679 goes left.
- 4.4 Cross over railroad tracks to left.
- 5.8 Right under railroad tracks onto SR 649, when SR 725 goes left.
- 7.4 Left on US 460, onto right 10-foot paved shoulder separate from car lanes.
- 8.9 Go left off US 460 on road to Kelleyville and Willowtown.
- 13.0 Left onto SR 112 (later called Princeton Avenue), not right to US 460.
- 20.0 Pass by I-77 North sign.
- 23.0 Top of 1½ mile climb, toughest of ride. Watch out for pot holes going down in next mile or so.
- 26.2 Left at junction.
- 27.0 Right onto US 19 south, not onto US 19 north to US 460.
- 28.9 Top of climb into Bluefield.
- 32.8 Right before two-story monument firm and then left, staying on US 19 and US 460.
- 33.5 Curve left at Church of God to stay on US 19 and US 460.
- 33.8 Right to stay on US 19 and US 460.
- 35.4 Right onto SR 650 near St. Clair.
- 36.2 Right onto SR 659 at railroad tracks, when SR 640 goes left over tracks.

32. BLUEFIELD CENTURY, continued

- 36.8 Cross tracks so railroad tracks are on right.
- 40.2 Stay on SR 650 when SR 656 goes right.
- 43.3 Right over tracks and immediately left at Tiptop.
- 47.8 Left onto SR 650, when SR 651 goes right.
- 48.9 Right on US 460 (no shoulder, but light traffic) for less than a mile.
- 49.6 Off US 460 after Ramey Chevrolet to right, and then immediately under US 460 to left.
- 51.2 Left onto SR 61 at stop signal in Tazewell.
- 56.2 Pass JR's Convenience Store on right.
- 76.2 Pass under I-77.
- 76.5 Left at deadend onto US 52/SR 61 and go past BP Convenience Store and SR 61 to Narrows (both on right).
- 77.5 Pass Sutfins Convenience Store, and make left onto SR 613 (go one mile on SR 613).
- 78.5 Turn around and go back on road you came. This turn made this a 100-mile century, rather than just 98 miles.
- 80.7 Left onto SR 61 to Narrows.
- 100.8 Back to town park. Congratulations.

Convenience stores/fast food restaurants are found at miles 7.4 (with bathroom), mile 26 (with bathroom), several in Bluefield, miles 28-32, 50 (with bathroom), 55, 76, 78 (with bathroom).

Alternate Route: A 62-mile variation is to go to Bluefield, left onto Grassy Branch Road (mile 27), right onto Cumberland Road (which is SR 290), left over US 460, left onto US 52, which climbs 1½ miles over East River Mountain, and coasts down 5 full miles to Sutfin's Grocery Store (see mile marker 76.8), and then back to Narrows.



RICH CREEK

460

NARROWS
START/FINISH

460

112

460

1-77

PRINCETON

ROCKY GAP

1-77

613

112

460

BLUEFIELD

19

Burkes
Garden

SCALE IN MILES
0 1 2 3 4 5

450/19

650

651

TAZEWELL

Off-Road Rides



Off-Road Cycling in the New River Valley

We are fortunate here to have extensive open spaces of public forestland that have miles of trails and dirt roads providing access to the mountain peaks and streams that are the distinctive landscape features of our region. Whereas paved roads mainly let you appreciate the mountains from afar, off-road you can climb to their very tops, immerse in their deep woods, and splash in their streams. The trails will take you off the road and away from noise, smell, and stress of traffic. The mountain bike can be a double-edged sword though. Used improperly or in the wrong place, the same machine that opens the outdoors to us can also impact those same natural resources and other people's enjoyment of the natural environment. Considerate cycling is necessary to protect these natural qualities and our access to them.

Natural History

These rides all lie in the Ridge and Valley province of the Appalachian mountains. Also called the Allegheny Mountains, they are a relatively young 150-250 million years old compared to the ancient Blue Ridge to the east. Indeed, these rocks were formed from the eroded sediments of the Blue Ridge that collected here in an inland sea. In roadcuts and outcrops you can see the folding of the sediments from the continental collision that formed these long ridges and valleys. The moun-

tains are mostly covered with a mature hardwood forest dominated by oak species. Ice age relict stands of Canadian Hemlock and Red Spruce sit in the higher mountain wetlands. A diversity of heath species, like rhododendron and azalea, flower in the understory throughout the spring. Wildlife is abundant and commonly sighted. The present forest is second-growth, regenerated from the native forest that was mostly logged by the early 1900's. The National Forests were built by purchasing the cutover mountain lands during the 1920s and 30s.

Enjoying the National Forest

The National Forests are federal lands managed for the conservation of multiple natural resources. Often confused with the National Parks, which are managed primarily for preservation of cultural and natural resources and recreational use, the National Forests also include productive uses like forestry and wildlife management. The Forests are also much more open than the Parks to off-road cycling. The co-existence of these different uses and users is a difficult balance requiring consideration and cooperation from everyone.

The Forests are used by many different recreationists. Cyclists need to be careful not to impact hikers and horse riders on the trail. The Forests are also used for hunting, primarily in the fall. Wear bright clothes for visibility. Avoid the popular deer-rifle season at the end of November. Hunting is not allowed on Sundays.

The National Forests welcome user input in planning, development, and management. These trails are in the Blacksburg Ranger District of the Jefferson National Forest. Their office is located on South Main Street, in Blacksburg. Limited funds have reduced maintenance and slowed recreational development in the Forests. Let your congressman know that recreational funding of the National Forest is important to the quality of life and economy of the region.

Access

In general, all trails except where marked are open to cyclists. Bicycles are never permitted in designated Wilderness Areas or on the Appalachian Trail. Wilderness Areas are intended to provide a pure natural experience, without trace of industrial artifacts, which includes bicycles. The Appalachian Trail is similarly intended as a wilderness experience and is only for hiking. Both are national treasures that we are fortunate to have, so please respect their intended use. The AT is clearly marked with a white blaze. Some of the routes described here will border or cross private-property, please respect all postings. The National Forest boundary is marked with large red blazes.

Rules of the Trail

The International Mountain Bike Association (IMBA) recommends the following guidelines for safety and to minimize environmental impact. Ride on open trails only. Leave no trace. Control your bicycle. Always yield the trail. Never spook animals. Plan ahead.

Riding Skills

Off-road cycling involves negotiating varied terrain that requires more skills than typically used in riding on smooth roads and paths. Riding trails will naturally develop your balance, steering, and braking. Learn safely by controlling your speed, particularly on unfamiliar ground, and to walk sections that are too difficult. A good quality, well-adjusted mountain bike will enable you to manage the trails with greater control and pleasure. Expect challenges even on easy trails, be alert. Off-road cycling has risks, which you must be responsible for minimizing. The rewards are well worth it!

Outdoor Skills

Orientation and navigation are important skills for the off-road cyclist. Practice reading maps, keep track of distance and time, and study the terrain. Being truly lost is rare, but getting off-track and running out of food and water and daylight can happen easily.

Bring plenty of food and water. Many riders don't eat and drink enough to keep up with their energy use, and so get tired earlier than necessary, maybe uncomfortable or even end up in distress. Bring food if you are going to be out more than an hour. Plan on drinking a water bottle each hour. A water filter will allow you to utilize the mountain streams on extended rides.

Staying warm and dry is equally important. Mountain weather can be extreme and variable; bring the right clothes, so you can enjoy it in comfort. Watch for storm conditions and potential exposure on the mountaintops.

Ride cautiously when in remote areas where help could take a long time to arrive. Don't ride alone. You should consider bringing a basic first-aid kit. Flashlights can come in handy on backcountry epics.

Mechanicals

At the minimum, bring a spare tube and a tire pump, unless you want to walk. Chain tools and emergency spokes are also worth the little extra weight. Walking is a lot slower than riding. Allen keys, self-sticking patches and a tire boot are other common tools. Learn how to make repairs before you need to. Keep your tires pumped up firm to avoid pinch-flats. Make sure your brakes are well adjusted.

Maps

These maps highlight the major trails and features overlaid on a USGS topographic base map. At these reduced scales not all features can be shown. The maps are true to scale and have accurate elevations noted. For exploration and note-taking, you will need to get the more detailed 1:24,000 maps to supplement the maps of the Salt Pond Mountain and Dismal Creek areas. The Forest Service also has maps describing parts of these areas. Trails and use can change with time, pay attention, you are ultimately responsible for where you ride.

1. BRUSH MOUNTAIN

The trail follows along the ridge of Brush Mountain with occasional views of the surrounding valleys. The ride is good anytime of year except during hunting season and after a heavy rain. Check with the forest service for the dates when hunting season begins and ends. The views are best in the winter when the leaves are off the trees. This is a beautiful ride on a summer evening when the sun is setting on the mountains and cool breezes offer relief from the heat.

Audie Murphy was a war hero in World War II who earned the Congressional Medal of Honor. After the war he wrote his memoirs, *To Hell and Back*, and as an actor starred in more than forty films. On May 28, 1971, he died in an airplane crash on the slopes of Brush Mountain. The Veterans of Foreign Wars have erected a monument to his memory at the crash site.

STARTING POINT: From Blacksburg, go out North Main Street, take right onto Mt. Tabor Rd and continue about 2½ miles to Preston Forest Drive. Turn left and go about 1½ miles to top of hill and intersection with forest service road at crest. To right (east), this road goes to the Audie Murphy Memorial. To the left, the road goes to US 460 towards the Pandapas Pond area.

DISTANCE: About 20 miles round trip. Allow about 4 to 5 hours.

TERRAIN: Fairly flat with many small climbs.

DIRECTIONS: From Preston Forest, go to the right (east) on the Forest Road P188-1. This road is occasionally blocked by the Forest Service when they are repairing the road. Large mud holes at the beginning of the road have been filled with large rocks. Be careful! The distance from the beginning of the trail in Preston Forest to the point where Forest Road P188-1 turns right to leave the ridge is about 8.5 miles. Forest Road P188-3 continues along the ridge toward the Audie Murphy Memorial. The memorial is about two miles beyond this intersection, however the Appalachian Trail follows the ridge near the monument. Since biking is not allowed on the Appalachian Trail (federal offense), do not bike past the gate on the road just beyond the large parking area for the memorial. To return to the starting point in Preston Forest, one can retrace the route along the ridge or descend on P188-1 to reach SR 624 and return to Preston Forest on paved roads.

Alternate route: The trail can also be reached by driving to its other end. Instead of turning left onto Preston Forest Drive, continue on Mt. Tabor Rd. (SR 630) for about 10 miles to the marker showing the road on the left to the Audie Murphy Memorial. Drive to the ridge and turn right to reach the parking area for the memorial. The total travel distance from Blacksburg is about 17 miles.

For further information:

Blacksburg Ranger Station — (540)-552-4641
110 Southpark Dr., Blacksburg, VA 24060

Audie Murphy Memorial

P188-3

P188-1






P188-1

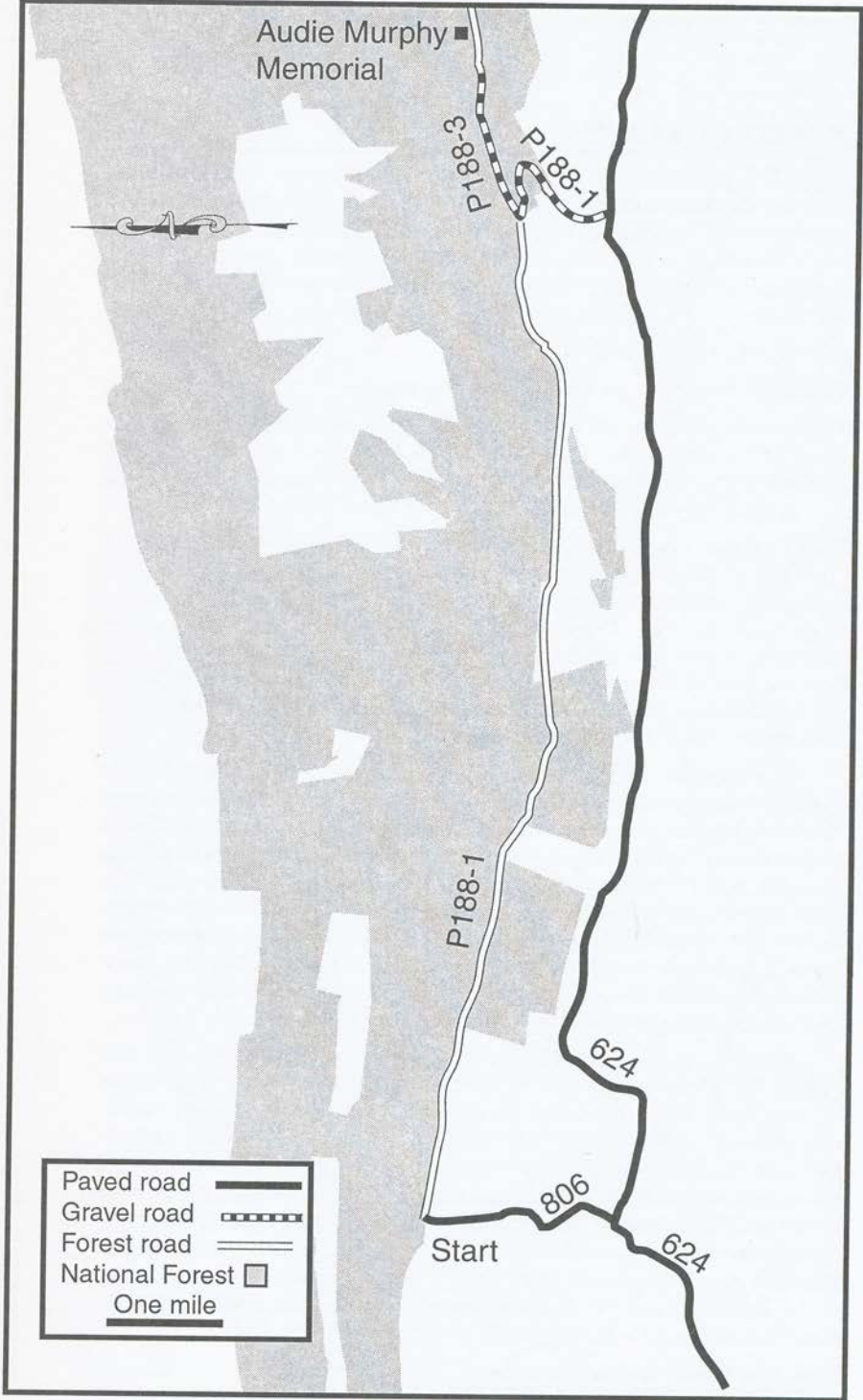
624

806

624

Start

- Paved road 
- Gravel road 
- Forest road 
- National Forest 
- One mile 



2. KELLEY FLATS

STARTING POINT: From Blacksburg, proceed 21 miles west on US 460, past Pembroke to intersection with SR 635. Turn right onto SR 635 and continue thru Goldbond and Interior to SR 722 on left. The intersection with SR 722 is 13.5 miles from US 460, or 2.4 miles past the Interior picnic area. Follow SR 722 a short distance to red gate and small parking area.

DISTANCE: About 6 miles.

TERRAIN: Fairly flat on forest roads and trails.

The route passes through wildlife clearings with small streams and ponds in an area called Kelley Flats. The flats is at an elevation of 3000 feet, just below Peters Mountain on the northwest, which rises to an elevation of 3500 feet and forms the border with West Virginia.

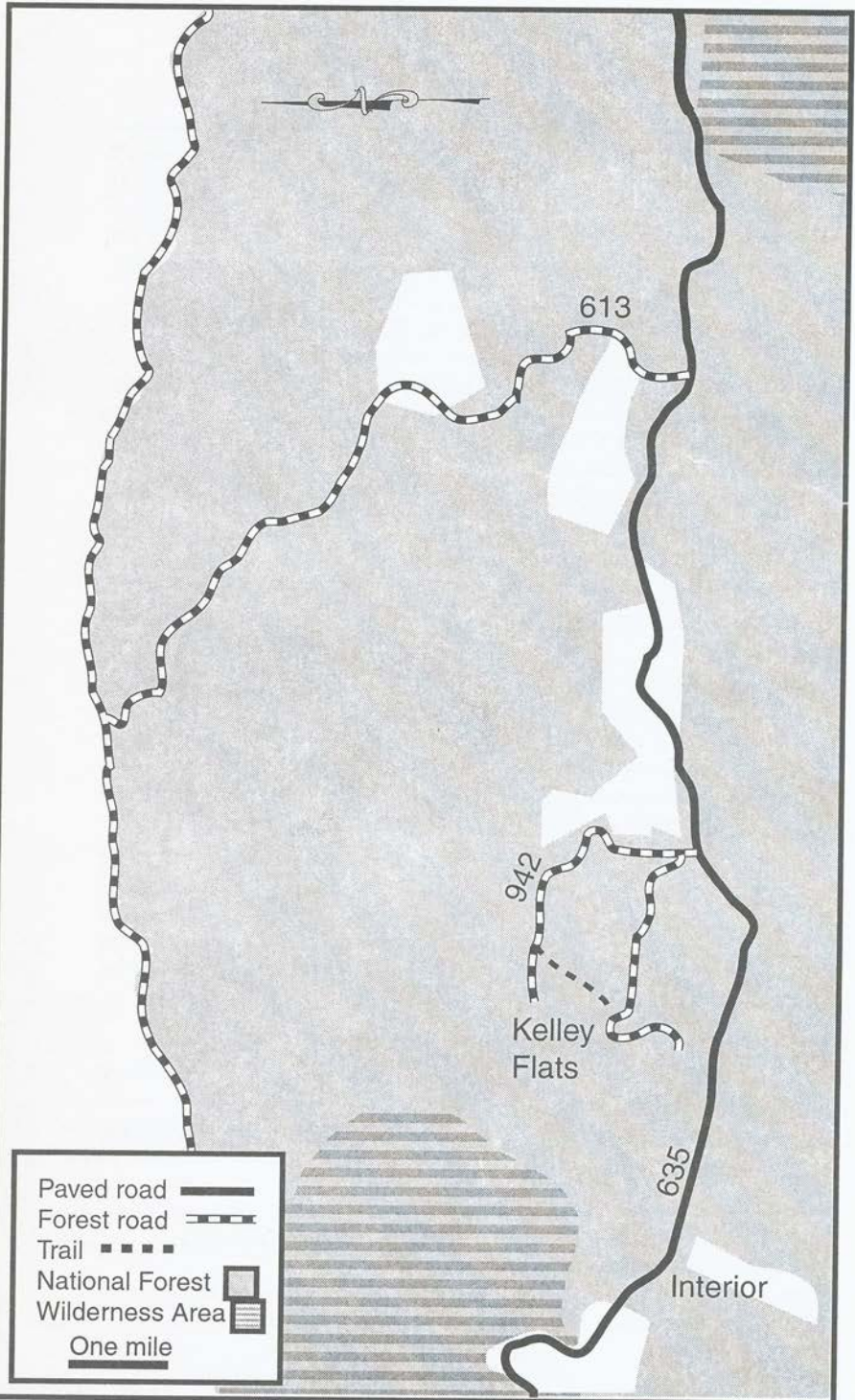
DIRECTIONS: Proceed past the gate and follow Forest Service Road 942. Turn left at the fork in the road to take short roads and trails which cross a stream and connect with Forest Road 10402. Turn left to return to the starting point. There are many roads and trails in the area which can be explored, but be careful to not enter the Peters Mountain Wilderness Area. A foot trail, the Flat Peter Loop Trail, passes through Kelley Flats and enters the wilderness area. Signs are posted near the trail at the entrance to the wilderness area.

To plan other trips to this area, purchase the Sportsman's Map for the Blacksburg Ranger District from any Forest Service Office. You may ride your bike on any forest road or trail unless the area is specifically closed to mountain bikes. Some roads in the forest have signs stating that the road is closed. The closure applies to motorized vehicles. You may ride beyond the gates and mounds of earth which block the road. Wilderness areas and the Appalachian Trail are closed to mountain bikes. Riders in a wilderness area are subject to fines and will be asked to carry their bike out of the area. The Peters Mountain Wilderness Area and Mountain Lake Wilderness Area are near Kelley Flats.

Another route to consider is reached by continuing along SR 635 to Kire. Turn left onto SR 613 and park along the road. Follow SR 635 as it turns into a forest road and finally reaches the crest of Peters Mountain. A Sportsman's Map is helpful to find direction at several forks in the road. Turn right and follow hunting roads and trails for about eight miles to cross into West Virginia and reach the abandoned Hanging Rock fire tower. The tower, with magnificent views in all directions, is a popular spot for watching hawk migrations in the fall. At this point one can descend Peters Mountain on W. Va highway 15 for about 3.5 miles to W. Va 17. Turn right onto W. Va 17 to reach Waiteville in 0.9 miles and continue for another 5 miles to Kire.

For further information:

Blacksburg Ranger Station — (540)-552-4641
110 Southpark Dr., Blacksburg, VA 24060



3. POTTS MOUNTAIN

The ride begins in a valley at an elevation of 1800 feet and ascends 1800 feet to a ridge on Potts Mountain, then descends on a forest trail to roads that return to the campground. A large part of the route follows the perimeters of the Barbours Creek Wilderness Area and the Shawvers Run Wilderness Area. Bikes are not allowed in wilderness areas.

STARTING POINT: Pines Campground. Take exit 141 from I-81 (Roanoke/Salem) to 311 north. Go to New Castle, approximately 20 miles. Turn right onto SR 615, go 3 miles past Pine Top Store and Restaurant and take a left at next fork onto SR 609. When SR 609 ends at bridge over Barbour's Creek, turn left onto 611. Go four miles, cross concrete bridge, and take next right onto SR 617. Continue 7 miles to Pines Campground on left. From Blacksburg a more direct route to New Castle is attained by following Harding Ave (SR 785) and turning left onto SR 311.

DISTANCE: About 20 miles.

TERRAIN: Some steep hills on a combination of forest roads and singletrack trail.

DIRECTIONS: From the campground turn left and ride about 2 miles to jeep trail (FS 5036) on left. Hike or bike up steep rocky road to ridge. Turn left and ride along ridge with good views of meadows in lower valleys. Continue on dirt road FS 177-1 to Cove Trail. Descend steep single track to bottom and turn right onto FS 176. Descend on gravel road (FS 176) to SR 617. Turn left to return to starting point.

Alternate Route: The area can also be entered from the Hanging Rock parking area. From New Castle continue north on SR 311 for about 10 miles to the top of Potts Mountain. Turn right onto FS 177-1 at the picnic area. Continue for about 4.5 miles to the Hanging Rock parking area. From the parking area bike 1.6 miles to reach the Cove Trail on right.

For further information:

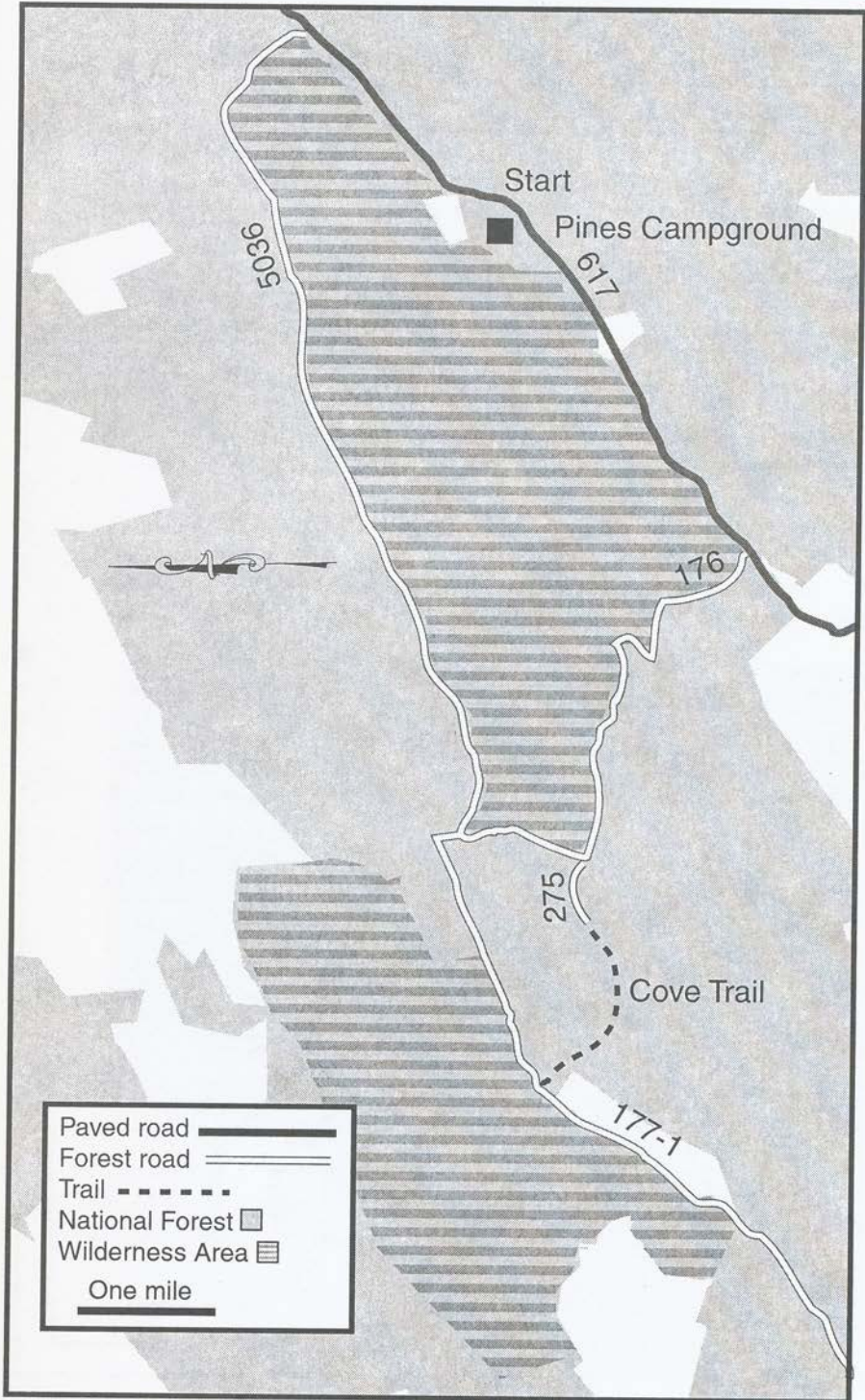
A detailed map of the routes on Potts Mountain can be obtained from East Coasters Bike Shop. See back page for address.

For other trails in the area, get a map of the New Castle Ranger District from any Forest Service Office .

ADDRESSES:

Forest Supervisor
5162 Valleypointe Parkway
Roanoke, VA 24019
Phone: 540-265-6054

New Castle Ranger District
Box 246
New Castle, Virginia 24127
Phone: 540-864-5195



- Paved road
- Forest road
- Trail
- National Forest
- Wilderness Area
- One mile

4. NORTH MOUNTAIN

Mountain bike racers know this route as Dragon's Back. The trail rises 1200 feet in elevation over a distance of about 2 miles. It then follows the ridge of North Mountain with good views. The rocky outcroppings along the narrow ridge give the race its name.

STARTING POINT: Take exit 141 from I-81 and go north on SR 311 toward New Castle. After about 13 miles, turn right onto FS 224 (Wildlife Road). Continue for 3 miles to the trailhead for Deer Trail, on the right side of the road, and park.

DISTANCE: About 10 miles.

TERRAIN: Challenging singletrack trail on rocky outcroppings.

DIRECTIONS: From the parking area, go east along FS 224 four miles and turn right onto Turkey Trail. Ascend the mountain and turn right to follow the ridge on North Mountain Trail. Pass Grouse Trail and turn right onto Deer Trail to return to start.

For information and other possibilities for nearby rides, see the description for the route on Potts Mountain.





Turkey Trail





North Mountain Trail

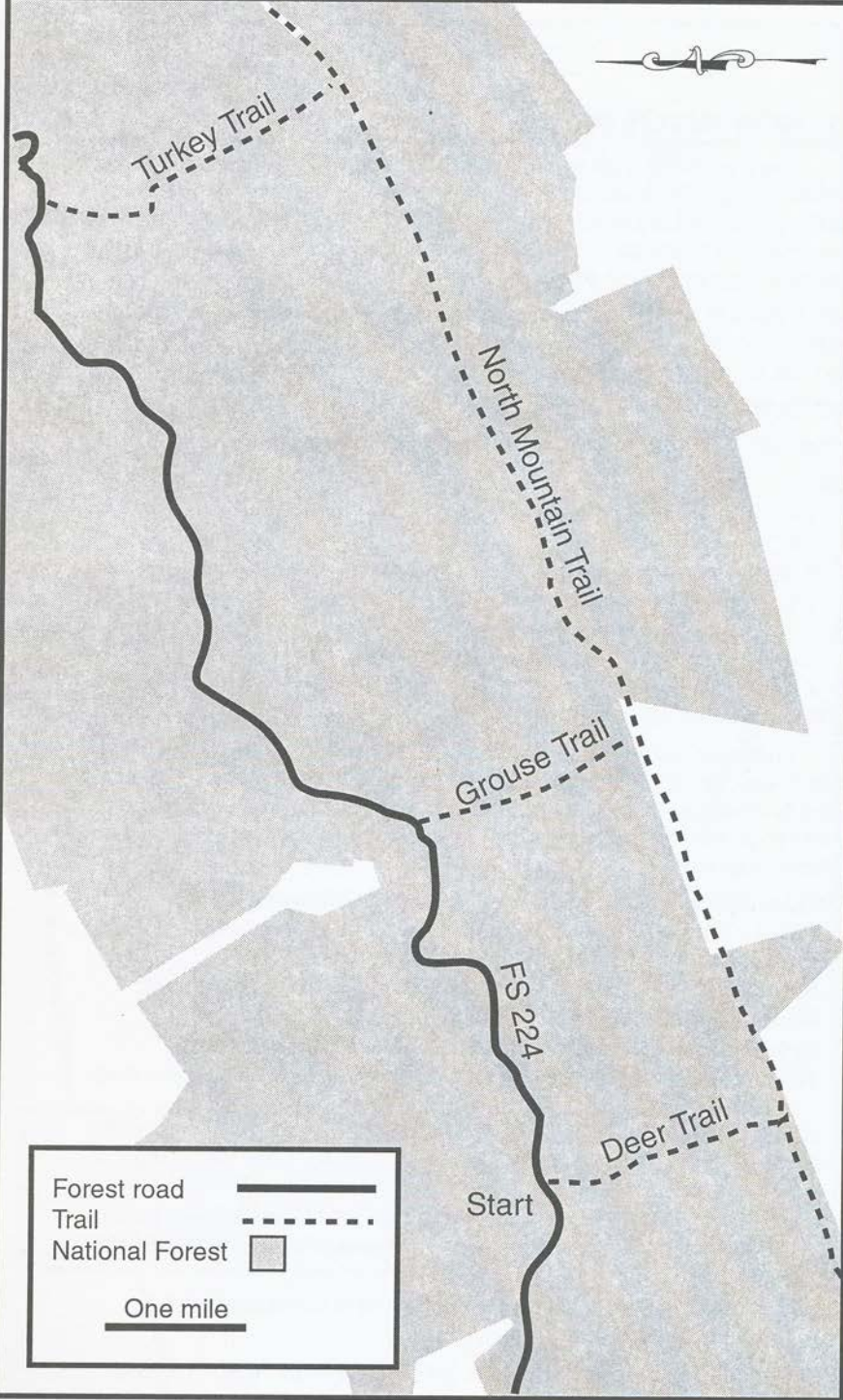
Grouse Trail

FS 224

Deer Trail

Start

Forest road	
Trail	
National Forest	
	



5. NEW RIVER TRAIL

The New River Trail extends south from Pulaski to Galax and Fries. When completed, it will be 57 miles long. At the present time (1998), 55 miles of the trail are open to the public. The ride described here travels south from Draper to the two-mile section at Barren Springs, which is presently closed to the public.

STARTING POINT: Draper, a small town next to the trail. From Interstate 81, Exit 92, take SR 658 east for about $\frac{3}{4}$ mile to parking area next to trail. Bryson's Store is across the street from the parking area.

DISTANCE: About 11 miles one way.

TERRAIN: Flat trail follows an abandoned railroad grade.

MILE

- 0.0 From Draper, go south (right).
- 1.8 Cross Delton Trestle.
- 2.8 Convenience store and campground.
- 4.0 Cross Hiwassee River Bridge (951 feet long) to the east side of the New River
- 6.4 Allisonia Station. Convenience store.
- 7.0 Trestle over Big Reed Island Creek.
- 10.8 End of section.

There are many other access points to the trail. Contact the New River Trail State Park (address below) for a map and guide. Since the trail is shared with horses, use caution and yield to riders since a bike can spook a horse. To reduce risk, dismount and walk your bike when horses approach.

Parking along the trail is also available at the following points:

Pulaski/XAlroy: From I-81, take SR 99 west about two miles to Xaloy, turn into Xaloy Drive for trail parking.

Fosters Falls: Take US 52 to SR 608 east and follow signs to park.

Ivanhoe: Go east on SR 639 from SR 94.

Byllesby Dam: Go east on SR 602 off SR 94 and park at dam.

Fries: From SR 94, go south to town. Parking is provided near the town park.

Gambetta and Chestnut Yard: Take SR 721 north past Cliffview to SR 607. Follow SR 607 to Chestnut Yard or turn on SR 793 to Gambetta.

Cliffview: Take US 58 to Galax, go north on SR 887 to Cliffview Rd. (SR 721). Park on left, across from Cliffview Mansion and Cliffview Trading Post.

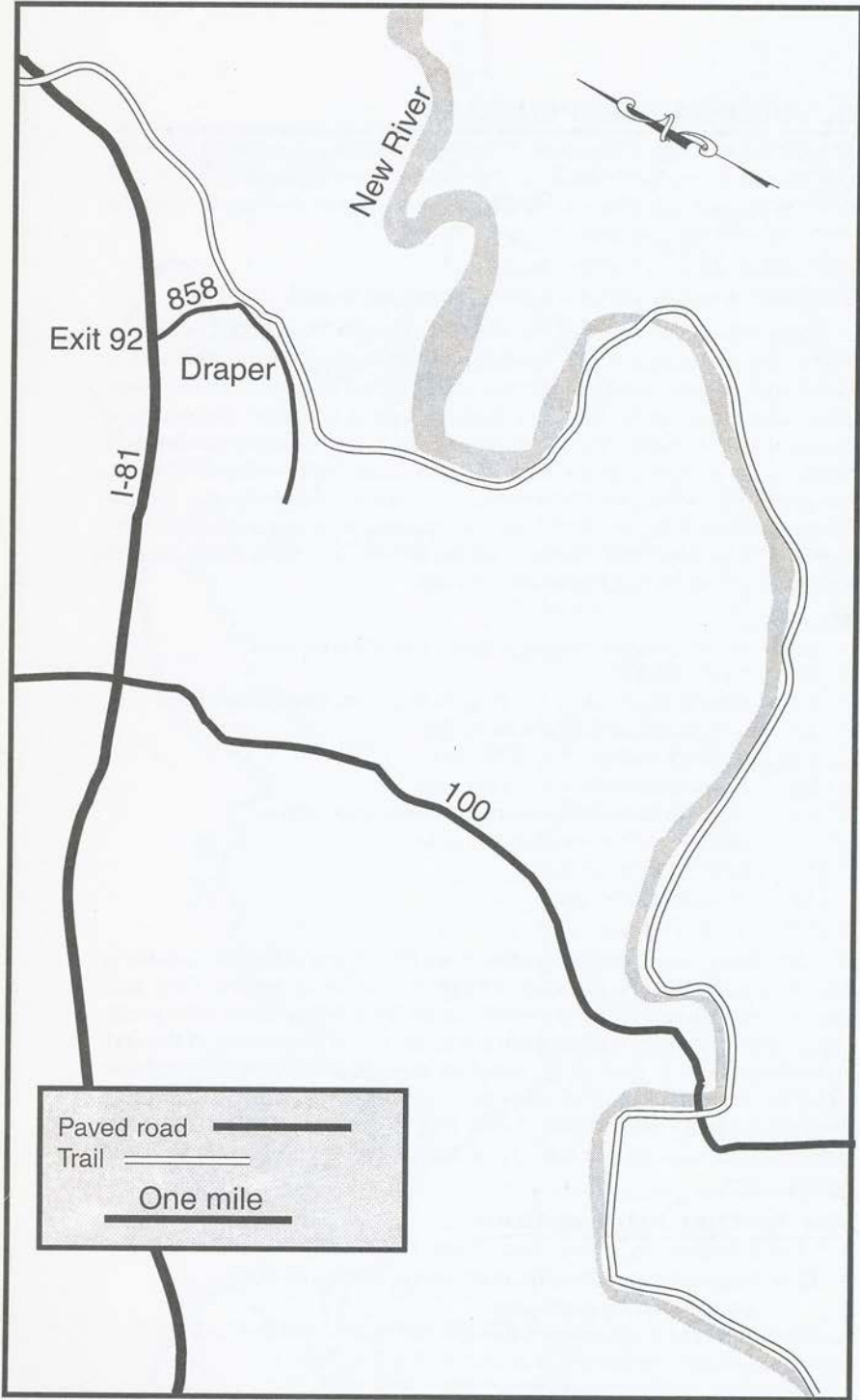
Galax: Parking available where US 58 crosses Chestnut Creek.

For further information:

New River Trail State Park, RR 2, Box 126 F, Foster Falls, VA 24360

(540) 699-6778

Cherry Cyclery web page: www.cccyclery.com



6. VIRGINIA CREEPER TRAIL

STARTING POINT: Damascus, Virginia. Traveling south on I-81, take exit 29 and go south on SR 91 to Damascus, turn right onto US 58 and drive to the red caboose on the left of the road. The trail is just beyond the park with the caboose.

DISTANCE: About 18 miles (one way).

TERRAIN: A steady 1600 foot climb from start to end.

The ride follows part of the Virginia Creeper Trail, a 33.4 mile trail beginning in Abingdon and ending near Whitetop Station. The trail, a converted railroad grade, was once used to haul lumber, iron ore, supplies, and passengers. The nickname "Virginia Creeper" comes from the early steam locomotives that moved slowly up the steep grades. The Virginia Creeper engine is now on display at the trailhead in Abingdon. Between Damascus and Whitetop, the trail is mainly in the Mount Rogers National Recreation Area but crosses some private land near Taylor Valley. The trail wanders along Whitetop Laurel Creek and is joined in places by the Appalachian Trail.

MILE

- 0.0 Leave Damascus going north toward Whitetop.
- 1.4 Cross SR 91.
- 2.0 Iron Bridge. Enter Mt. Rogers National Recreation Area.
- 4.0 Appalachian Trail leaves to left.
- 5.5 Taylor's Valley.
- 8.5 Creek Junction.
- 9.9 Appalachian Trail enters from left, then leaves again to left after about ½ mile.
- 13.8 Green Cove Station.
- 16.8 Whitetop Station.
- 17.9 End of trail.

Mountain bikes can be rented from Blue Blaze Bike and Shuttle or Mt. Rogers Outfitters. Contact information is listed below. They also provide shuttle service for a downhill ride from Whitetop to Damascus. Shops and restroom facilities are available at the beginning of the trail in Damascus, and, during the summer season, restrooms are available at Green Cove Station. The other section of the trail, from Abingdon to Damascus, is a public right-of-way that is privately owned. Travelers are asked to stay on the trail, close cattle gates, and be courteous to landowners.

For further information:

Mount Rogers Nat'l. Rec. Area: (540) 783-5196

Blue Blaze Bike and Shuttle, Damascus: (800) 475-5095

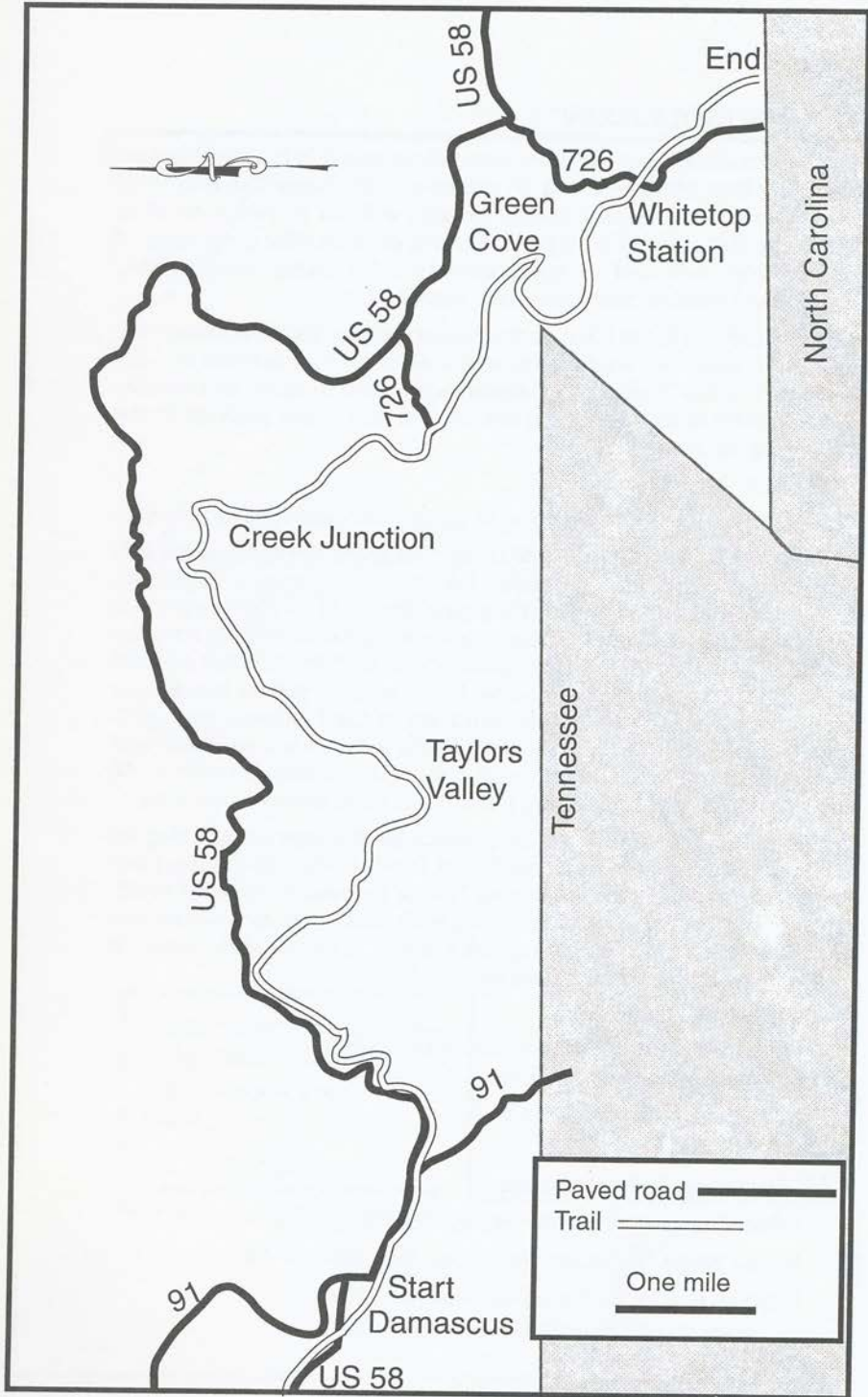
<http://blueplaze.zfx.com>

Highlands Ski and Outdoor Center, Abingdon: (540) 475-5416

Mount Roger Outfitters, Damascus: (540) 475-5416

Abingdon Convention Bureau: (800) 435-3440

www.naxs.com/abingdon/tourism



7. IRON MOUNTAIN

This challenging route is known to mountain bikers as the Virginia Mountain Bike Challenge. It is an example of the many fine bike trails in the Mount Rogers area. Mount Rogers, with an elevation of 5729 feet, is the highest peak in Virginia. Trails in the area offer good views of neighboring peaks and an opportunity to enjoy biking along rushing streams and through high mountain meadows.

STARTING POINT: On FS90, in the Mount Rogers National Recreation Area of the Jefferson-Washington National Forest. Going south on I-81, take SR 91 at exit 29 south to Damascus, turn left onto US 58 and continue about 6 miles to FS90 on left. Park at one of the pullouts at the beginning of the road.

DISTANCE: About 8 miles.

TERRAIN: Very hilly combination of forest roads and singletrack trail.

DIRECTIONS: Proceed up FS 90 to the first gated fire road on the left. Take this road for about 0.3 miles, then turn right onto a singletrack trail. Climb the short steep hill, then turn right onto a wider, singletrack trail. Continue for about 0.5 mile to intersection of trails with a shelter on the left. Go straight for a few hundred feet to FS90. Turn left on FS90 and continue straight a few hundred feet to take the yellow-blazed Iron Mountain Trail. After one mile, turn right at the T intersection, go ½ mile and turn left onto a forest road. In 1½ miles pass a steel gate and turn right onto FS 615. In one mile, return to intersection with FS 90 and Iron Mountain Trail. Take a left onto FS 90 to return to the start.

To plan other trips to this area, purchase the Sportsman's Map for the Mount Rogers area from any Forest Service office. Mountain bikes are not allowed on the Appalachian Trail or in areas designated as wilderness. Many of the trails are shared with horses, so use caution and yield to riders since a bike can spook a horse. To reduce risk, dismount and walk your bike when horses approach.

Other trails to consider are:

- Other sections of the Iron Mountain Trail
- Grayson Highlands State Park
- Virginia Highlands Horse Trail

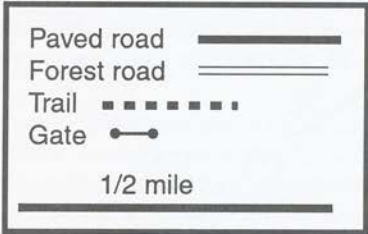
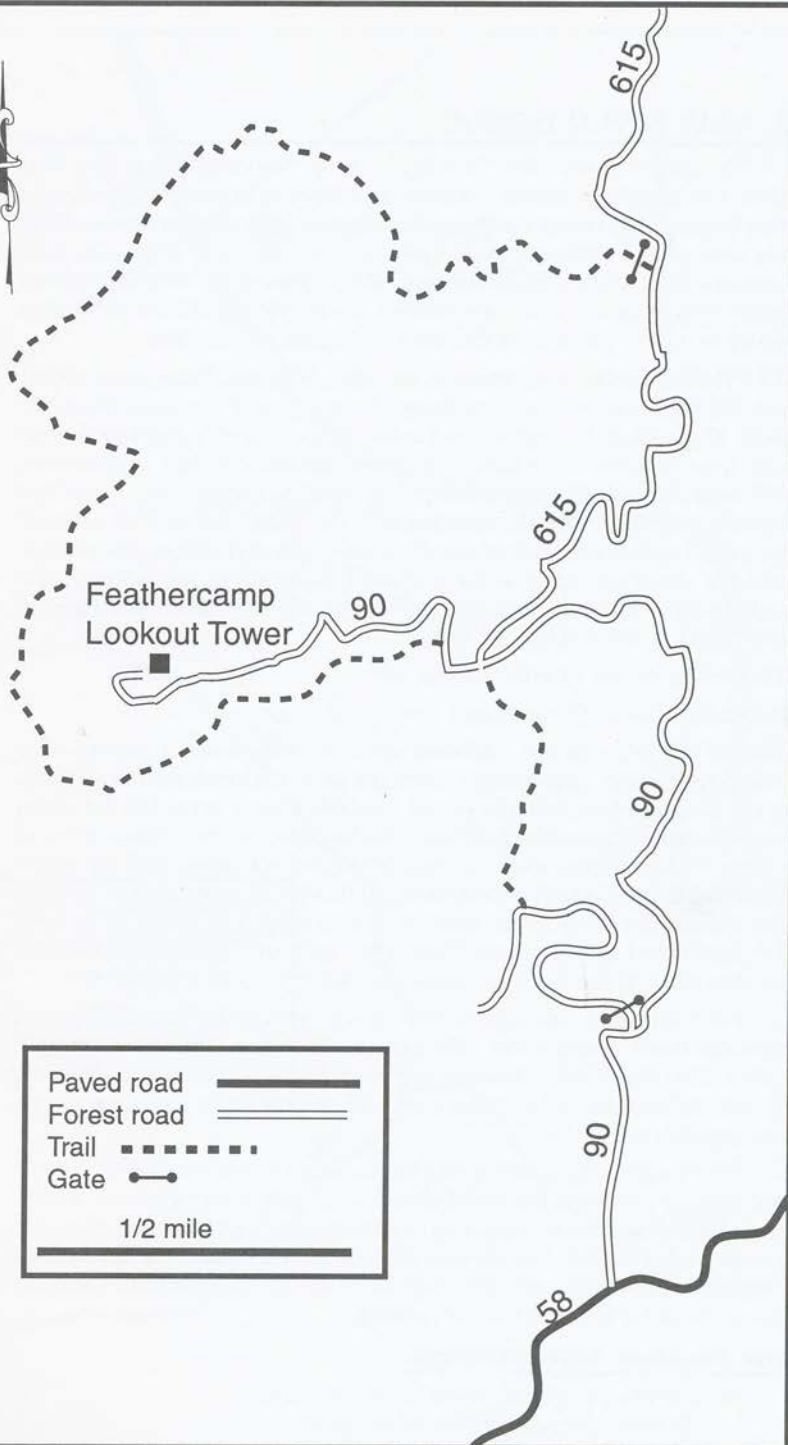
For further information:

Iron Mountain Trail Club: www.naxs.com/people/thorsch

Mount Roger Outfitters, Damascus, Va.: 800-337-5416

Grayson Highlands State Park: 540-579-7092

www.state.va.us/~dcr/dcr_home.htm



8. NEW RIVER GORGE

The trail is within the New River Gorge National River. The New River, originating in North Carolina and flowing through Virginia into West Virginia, becomes a mighty river that forms a spectacular gorge in this unit of the National Park System. The trail, called the Cunard-Kaymoor Trail, visits a mine site and offers views of the New River from a high ridge. Current trail information can be obtained from the visitor center on US 19 just across the New River past Fayetteville.

STARTING POINT: Near Fayetteville, West Virginia. From Blacksburg, take US 460 west to the interchange with I-77 at Princeton, West Virginia. Maps of West Virginia and information about mountain biking trails are available in the visitor center at this intersection. Go north on I-77, and take exit 45 onto US 19 going north to Fayetteville. Turn right onto SR 16 going south through Fayetteville. Take a left onto Gatewood Rd, go 2.0 miles, turn left at the Kaymoor sign and follow this narrow road for about one mile to the trailhead. Turn left to reach the public parking area, which is about 50 yards from the trailhead. Driving time from Blacksburg is about 2¼ hours.

DISTANCE: About 15 miles round trip.

TERRAIN: Hilly with roads and singletrack trail.

DIRECTIONS: From the trailhead, descend for about 2.4 miles on a steep gravel road. Use caution since the gravel is loose in some places. At the bottom of the hill, the gravel road continues to the left for about two miles to the Kaymoor Mine site. To the right, the trail passes around a large rock and continues on mostly singletrack forest trail for about five miles to the Cunard Access Road. At this point, one can turn around and retrace the route to the start, or return on public roads by turning right onto the Cunard Access Road, then right on Gatewood Road, and another right at the Kaymoor sign to reach the starting point.

For information about other bike routes within the New River Gorge National River, contact the visitor center, P. O. Box 246, Glen Jean, WV 25846 (304) 465-0508, www.nps.gov/neri/bktrails.htm There are many mountain bike outfitters in the area who offer rentals, shuttle services, and guided tours.

West Virginia has developed a large system of mountain biking trails and actively promotes the sport. Besides the trails, there are races scheduled throughout the season. The department of tourism even sponsors a road racing squad! For an overview of biking opportunities in West Virginia, contact Bicycle West Virginia or the state department of tourism and ask for the brochure on biking.

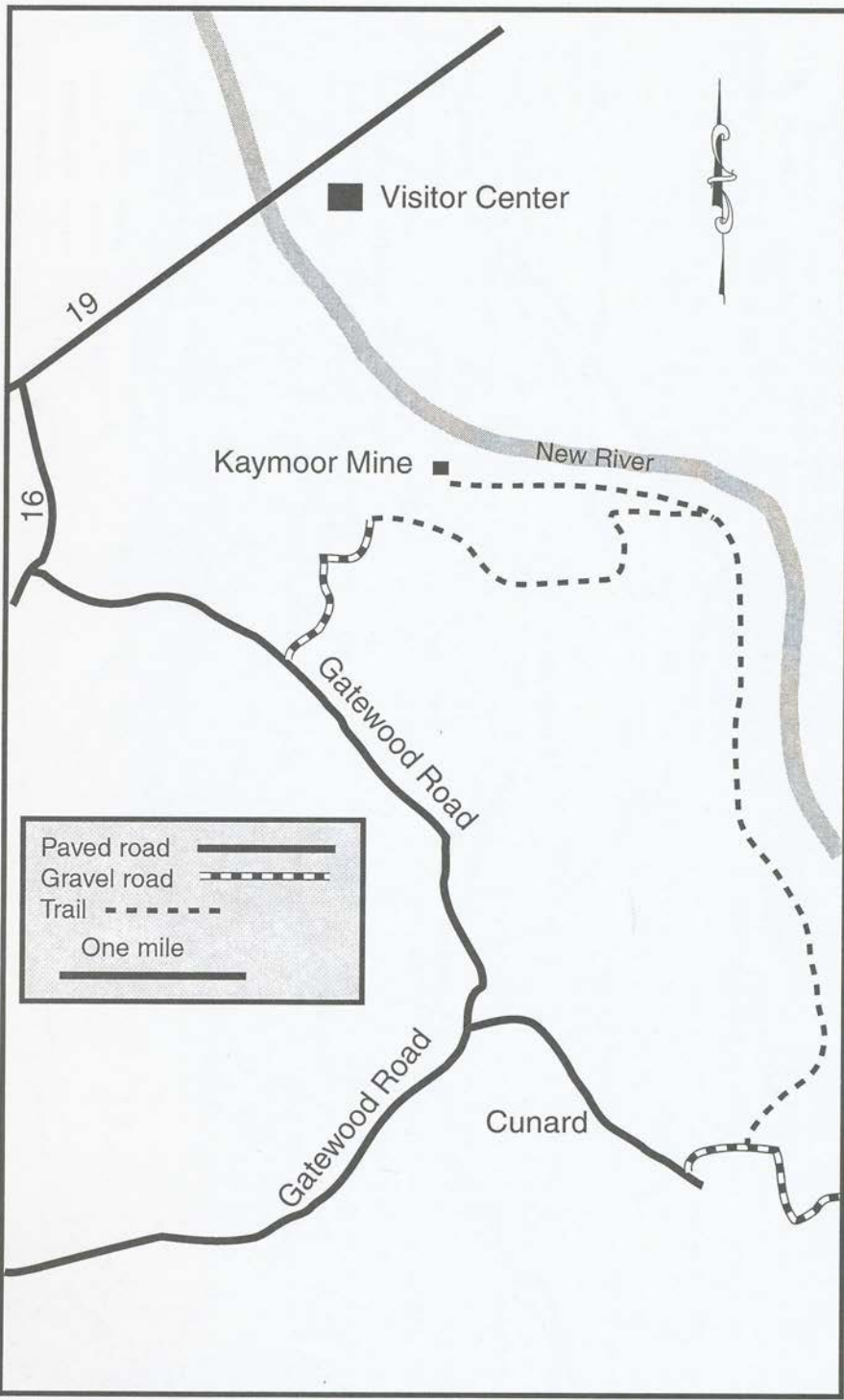
For further information:

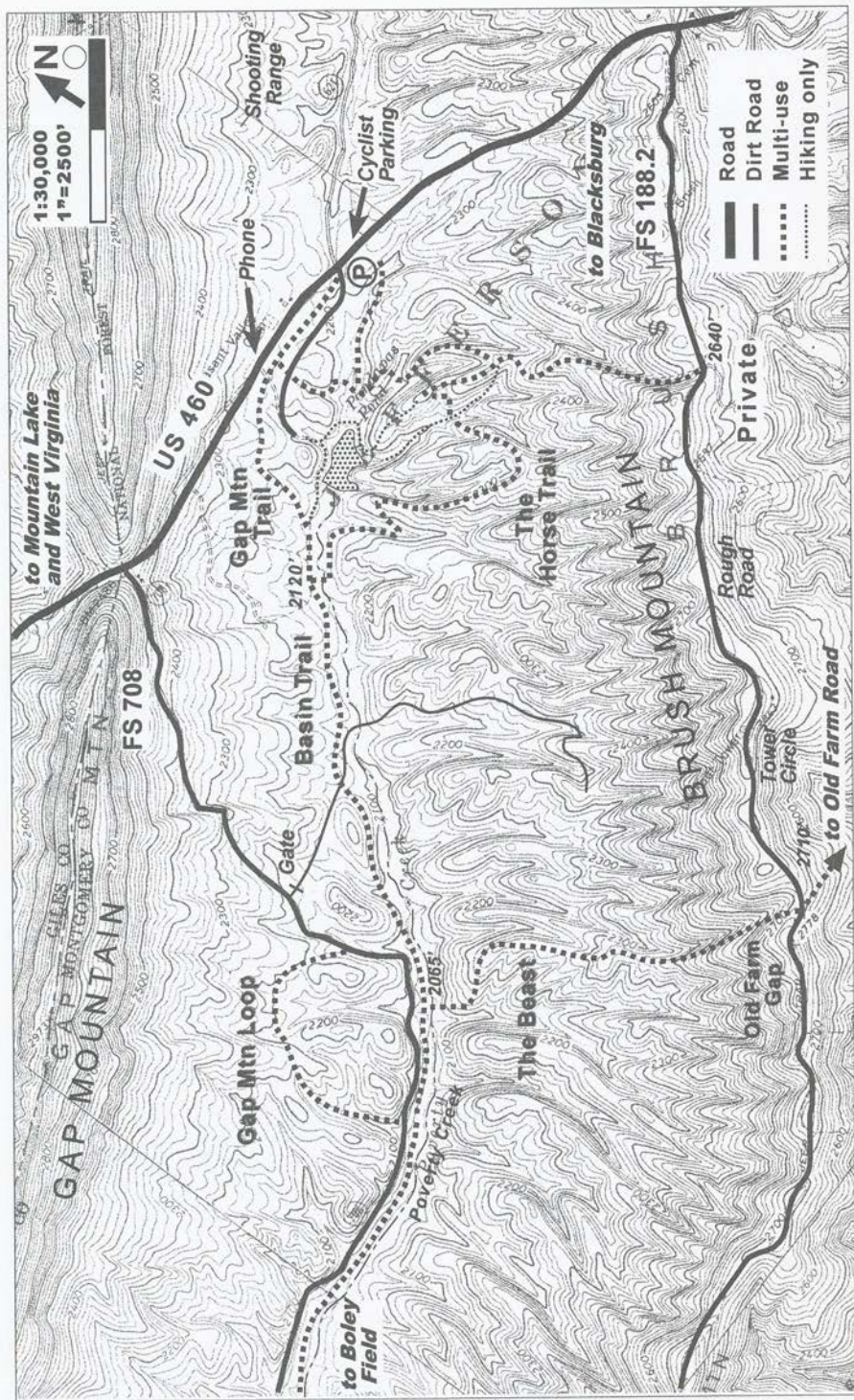
Bicycle West Virginia: www.bicyclewv.com

E-mail: bicyclewv@bicyclewv.com

Department of Tourism: www.state.wv.us/tourism

Phone: 800-225-5982





PANDAPAS POND TRAILS

This network of trails, starting from the Pandapas Pond Recreation Area and venturing through the Poverty Creek valley, is the most popular mountain biking area in the New River Valley. Located near Blacksburg, just off of US460, the trails are easy to get to. Even though the trails can be busy (for this region), it is still easy to find quiet trails further from the Pond and early or late in the day. The trails provide all levels of challenge, from flat and smooth trails to steep and rocky. Well-drained ridge trails and roads provide good riding all year.

This is a multi-use area that is also enjoyed by hikers, runners, fisherman, hunters, horses, and dogs. Please be on the lookout and yield for these other users. Note that the Pond area and certain adjacent trails are off-limits to cyclists. It is also wise to avoid the trail during the few weeks of deer-rifle season at the end of November. The Forest Service has ongoing plans for recreational development here. Rerouting the Basin Trail is the most recent work done (as of summer 1998). New trails will be rough, but will smooth over with time. Avoid riding on these soft new sections when it is wet, to avoid rutting. The Forest Service welcomes input and assistance from its users.

The large number of users here make trail erosion a significant problem. The trails low in the valley and near water tend to get soft and muddy during wet weather. To avoid soil compaction and erosion, try not to ride in these areas when it is wet. Also,

several hiking trails run straight down off the steep slopes from Brush Mountain. These trails are off limits to cycling, as the inevitable skidding causes serious erosion, and they begin on private property.

Access

There are a number of parking spots from which to access the trails. Many Blacksburg cyclists simply ride over the mountain from town using the Old Farm trail or the Old Brush Mountain road by US460. Most folks start from the Pandapas Pond cyclist parking lot in the valley just off US460 to the south. The major trails start there. Please do not use the Pond parking lot at the end of the access road. There is also parking along the Forest Service roads on Brush and Gap Mountain (FS188.2 and FS708). A phone is available along the same (south) side of US460 about 300 yards west of the recreation area entrance. There is no drinking water at the recreation area.

Trail Network

The trails form a network with many possible combinations of routes. The following description will note the character of the major trails. Use the map to link the routes together as you want. The network may seem confusing at first, but it is easy to stay oriented if you pay attention to the major landforms. First, Poverty Creek flows west from the pond. The creek lies in a linear valley framed by Brush Mountain to the south and Gap Moun-

tain sloping up to the north. Coming down off of the mountains will get you back to the creek, and from there you can go upstream to the parking lot.

From the Parking Lot

There are two directions from the parking lot. Most folks head north on the Gap Mountain Loop and then down the Basin Trail. You can expect to see a lot of other cyclists and hikers through here, so be alert and go easy. You can also go down the gated track at the south end of the parking lot and shortcut to the Brush Mountain climb. Just keep bearing left and uphill to gain the ridge of Brush Mountain. This is the most direct and easiest way up the mountain.

Brush Mountain Trails

The Horse Trail is the main climb up Brush Mountain. It begins at the creek crossing at the intersection of the Gap Mountain Loop and the Basin Trail, and is marked with an orange blaze. The lower section meanders up and over one spur before jumping up to the spur with the old roadbed that it follows to the ridge. The old road to the left, downhill to the pond, is considered a hiking-only trail. Take a right on the Forest Service road, going south along the ridge to the Old Farm Trail gap. The ridge provides filtered views of Blacksburg when the leaves are off. At the gap you take a left, going east down the Old Farm Trail into Blacksburg, or go right, heading west down the "Beast" and back to Poverty Creek and the Basin Trail. The Beast is steep, rutted,

and rocky, so be careful. Cyclists do not usually ride up this trail, but watch out for hikers or riders down. You should have good brakes and some technical skills.

Basin Trail

This trail parallels Poverty Creek, running about 4 miles down from the pond to Boley Fields. This is the smoothest and flattest route in the region, making it easy and fun. Being in the bottom of the valley, it can also be one of the wettest trails around. The Forest Service has just done a major relocation of the trail to get it away from the creek and out of the wet areas, making it less muddy, though it is a little soft and bumpy now. There are access trails to FS708 along the route. Expect to see horses along here. The frogs are incredibly loud here in the spring. Rhododendrons, laurels, and azaleas bloom in May and June. You will see deer moving down by the creek in the morning and at dusk.

Gap Mountain Loop

This is a nice intermediate loop on a smooth dry track. You can reach it from the Basin trail by taking the gated fire road up to FS708, or you can pop up from the Basin trail where it parallels the road down low. There is no sign for the loop - just look for tire tracks going over a tank-trap on the uphill side. The bottom (west) end of the loop will bring you out on the road across from a Basin trail access point.

SALT POND MOUNTAIN AREA

The area is a complex of the region's highest ridges and forms part of the Eastern Continental Divide. Johns Creek on the southeast slope drains into the Atlantic via the James River, and Little Stony Creek collects the water from the interior basin and runs into the New River and eventually the Gulf of Mexico. This area provides the most significant collection of natural features and recreational opportunities in the New River Valley. The cycling here is mostly forest roads, but lightly traveled on the crest of the highest mountains and providing access to some of our greatest views. The main road, SR613, follows the old Salt Sulphur Turnpike, once the major route across the mountains.

Access

You will need a trail pass to ride on the Mountain Lake resort property; check in at the hotel lobby. In the National Forest, the Mountain Lake Wilderness on the east side of SR613 is off-limits to cycling. The UVA Biological Station (BIOL) is private land protected for natural research values. The Appalachian Trail is for hiking only. The old road bed from the Upper Cascades down to the Cascades parking area is for hiking only. Please respect the private land in the Little Stony basin along FS714.

Information

The Mountain Lake Wilderness Conservancy, based at the hotel, has a trail map for their property. Please check in with them

for a trail pass and current information (800-346-3334). The National Forest has leaflets on the wilderness area and the Appalachian Trail. The rideable areas of the mountain lie on USGS quadrads: Interior, and Newport.

Mountain Lake

Mountain Lake is the only natural lake in the southern Appalachian Mountains. The lake is surrounded by a remnant old growth forest of Canadian Hemlocks, 250-500 years old. Bald Knob is the highest peak in the region and has an excellent view, though somewhat impacted by a communications station and a large powerline. The old golf course has some good views also. The trails vary from easy to hard. It is definitely worth a visit.

Big Mountain Loop

You can do a 22 mile loop by following the dirt roads across Salt Pond Mountain, Big Mountain, and Butt Mountain. Pick your parking spot and direction based on how you want to end the ride. You can park on SR613 on Doe Run, at the Hotel (if a guest), or along the Turnpike. The most common trip is to park at the War Spur trailhead and do the loop clockwise, heading north-east to Potts Mountain. The climb up Minie Ball Hill (MBHL) is a good warm up. Stash the bike and take the short hike up the AT to the Wind Rock overlook (WNRK). Continuing west, the road is rough along Big Mountain, adding some technical challenge. Occasional clearcuts provide views from the ridge. Be-

ware the jeep wallows on Butt Mountain's northern flats. Butt Mountain is the highpoint of the loop. From there, it's a nice long descent into the Little Stony basin. Climb out of the basin through Pacers Gap (PGAP), down to SR613 and then steeply up to the lake. A couple more hills and then a nice flat spin back to the parking area.

Butt Mountain

The main attraction here is the cliff at the peak of Butt Mountain that provides expansive views of the New River Valley. A lower meadow to the south provides a view back to Bald Knob. The Conservancy Trail (COTR) is not very clear, but is very quiet and has filtered views off the edge of Butt Mountain. Barneys Wall (BWALL) a high cliff overlooking the gorge of Little Stony creek is worth the short detour. East of Barneys Wall, the Conservancy Trail opens up. You can descend to meet Little Stony Creek just above a waterfall, the Upper Cascades. From there the old road becomes the Cascades Trail (CATR), which is for hikers only.

Longer rides

You can follow the Salt Sulfur Turnpike down from Potts Mountain, continue across Stony Creek to Peters Mountain and the West Virginia line. The descent from Big Mountain to Interior on FS10570 is a great reason for doing some more climbing. The road along Stony Creek, SR635, has some nice creek-side access points. FS734 winds along the midslope of Big Mountain.

A meadow midway along the north side provides a great view. On the drive home you can fight with your riding buddies about who gets to fly down the mountain on SR613 or SR700 back down to US 460.



DISMAL CREEK TRAILS

This extensive big mountain forested area is located on the west edge of Giles County near Pearisburg, and within an hour of Blacksburg. This area has a variety of forest roads, tracks, and trails providing for days of backcountry exploration. You will rarely see anyone else on the trails. Big elevation changes make for extended climbs and descents. Cool streams flow down from the mountains. Wildlife is abundant. You may get lucky and even see a bear!

Facilities

The Walnut Flats campground provides parking and has wellwater. There are many informal campsites along the forest roads and trails. A water filter will allow you to enjoy the fresh mountain water from the creeks, and you can ride all day with plenty of water. This is a popular horseback area. Dismal Creek is a stocked trout stream.

Access

Most riders park in the Dismal Creek area. You can also drive to the top of the mountain up Sugar Run on SR663. The rugged trails of Pearis Mountain can be ridden up to from public parking in downtown Narrows. The Forest is bordered by private land to the west. The Appalachian Trail passes through this area. The remoteness of this particular section is valued by trail hikers, so please do not disturb that with your bicycle.

Information

The Forest Service has leaflets with trail maps for the Dismal Creek area. East Coasters has a detailed trail map for the Pearis Mountain area above Narrows. Four quadrangles cover this large area: Narrows, Oakvale, Mechanicsburg, and White Hall. Bringing copies of these detailed 1:24,000 scale topographic maps and a compass is recommended.

Flat Top Mountain

There are several routes north up Flat Top Mountain from Dismal Creek; take your pick. The return descents using Standrock Branch or Pearls Thompson trails are highly recommended.

Pearis Mountain

These trails are rugged, barely clear and sometimes unrideable. Backcountry exploration often entails hiking as well as biking. The powerline clearing on Sentinel Knob provides a great view of the Narrows. A cliff on the south ridge of Pearis Mountain provides a view of Big Walker Creek and Mountain. Mill Creek is a crystal-clear stream that cuts a steep gorge down the mountain.

Appendix A

1. Laws and Regulations for Virginia Bicyclers

Definitions

A *bicycle* is defined as a device propelled solely by human power, having pedals, two or more wheels, and a seat height of more than 25 inches when adjusted to its maximum height. A bicycle is a vehicle when operated on the highway.

A *highway* is defined as the entire width between the boundary lines of every place open to public use for purposes of vehicular travel.

A *roadway* is defined as the portion of the highway improved, designed, or ordinarily used for vehicular travel, exclusive of the shoulders.

A *vehicle* is defined as every device used for the transportation of people or property on a highway.

Traffic Controls

Bicyclists must obey all traffic signs, signals, lights, and markings.

Rules of the Road

Bicyclists must —

- ride with the flow of traffic on the right side of the highway.
- ride as close as possible to the right edge of the roadway. Exceptions to this are when bicyclists are overtaking and passing another vehicle, preparing for a left turn, avoiding unsafe conditions, or when the lane width is too narrow to share with a motor vehicle. Additionally, bicycles are not excluded from riding on the highway shoulder.
- not ride between two lanes of traffic moving in the same direction unless one lane is a separate or mandatory turn lane.
- ride single file on highways. Bicyclists may ride two or more abreast on paths or parts of highways designated exclusively for bicycle use.

Bicyclists are not permitted to ride on Interstate and certain other controlled access highways. The restricted sections of the highways are marked with conspicuous signs.

If a usable bicycle path is located next to a roadway and local ordinance requires its use, bicyclists must ride on the path, not the roadway.

¹ Taken, with permission, from pamphlet "Bicycling on Virginia Roads". The pamphlet, and additional information, can be obtained from the State Bicycle Coordinator, Virginia Department of Transportation, 1401 East Broad Street, Richmond, VA 23219, 800-835-1203, www.vdot.state.va.us

Bicycles may be ridden on sidewalks unless prohibited by local ordinance or traffic control devices. While on sidewalks, bicyclists must always yield the right of way to pedestrians and give an audible signal before passing a pedestrian.

Bicyclists pulling onto a sidewalk or highway from a driveway must yield the right of way to pedestrians or vehicles already on the sidewalk or highway.

Changing Directions

Bicyclists must signal their intentions to stop or turn. The signals do not have to be given continuously if both hands are needed to control the bicycle.

Bicyclists may make left turns as either motorists or pedestrians do. To make a pedestrian left turn, the bicyclist should continue straight across the intersecting road, obey the traffic signals, turn left at the corner, and proceed as usual. Bicyclists may also dismount and walk in the crosswalks of the two intersecting roads.

Equipment

Every bicycle ridden between sunset and sunrise must have a white light on its front with the light being visible at least 500 feet to the front. The bicycle must have a red reflector on the rear visible 300 feet to the rear. A red light visible for 500 feet to the rear may be used in place of or in addition to the red reflector.

Bicycles ridden on highways must have brakes which will skid the wheels on dry, level, clean pavement.

2. Blacksburg and Virginia Tech Regulations²

On the campus of Virginia Tech bicycles may **not** be operated on sidewalks, lawns, or pedestrian plazas.

All bicycles operated on the Virginia Tech campus are to be registered with the Parking Services Office prior to being parked on campus. Weekend guests must register bicycles with the Virginia Tech Police Dept. Registration is provided as a courtesy at no charge. However, the user of a nonregistered bicycle on campus will be subject to a \$10 fee and impoundment or immobilization. Impounded or immobilized bicycles may be retrieved after the owner presents proof of ownership to the Parking Services Office and pays the \$10 fee. Off campus registration is provided free of charge to all citizens as a courtesy of the Blacksburg Police Department.

Bicycles need to be parked in a bike rack in an upright position. These are provided at numerous locations throughout Blacksburg and

² The Town of Blacksburg publishes a bicycle guide with regulations and a map of bike paths for the town of Blacksburg and the campus of Virginia Tech.

the Virginia Tech campus. No person may park a bicycle on a sidewalk, at a tree or signpost, on a lawn, next to a building, in a roadway, at a utility pole, or at a fence. Bicycles should be parked without blocking entrances, exits, ramps, or breezeways.

All children age 14 and under are required to wear a helmet while riding bicycles.

Appendix B

More About Dogs¹

This section is written, not as a personal vendetta, but out of concern over the alarming rate of serious dog-involved bicycle accidents. In metropolitan areas, automobiles are by far the most serious hazard. In back road rural touring, dogs are involved in most bicycle accidents.

Dogs are found wherever human residences occur, yet only in certain areas are they a serious problem. In densely settled metropolitan areas, dogs are usually accustomed to cyclists and pay them little attention. Farm dogs may bark, but they seldom dispute the road right of way. In fringe areas, however, between the city or suburban and the truly rural countryside, the dogs are poorly trained and see only occasional groups of bicyclists. They regard the road in front of their house as part of their guarded territory, and guard it they will. Be aware of the dog who runs off the road ahead of you into his driveway. He may be waiting to attack you from within his territory.

In four descriptions, we have indicated the more serious dog-problem areas. Conditions may change rapidly in certain areas as outstanding troublemakers are "trained" by bicyclists using chemical deterrents. Other areas, with higher dog densities, will take longer to pacify. We hope our warning will speed the process by alerting cyclists to have their control techniques ready.

To keep the canines from spoiling an otherwise enjoyable ride it is helpful to understand dog attitudes and habits. Attitudes may be classed in order of increasing concern as follows:

1. Indifference — couldn't care less
2. Watch dog — warns of your approach and passage
3. Friendly — glad to see you
4. Chaser — finds it fun to run after anything that moves
5. Guard — tries to drive you from his territory
6. Vicious

Fortunately, the vicious dog is almost never allowed to run loose, and dog bite is one of the least common of bicyclist injuries. Categories 3, 4 and 5 are the most common problem, either distracting the

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rider or getting in the way. A dog will often concentrate on the bicycle ahead of him, running into the path of a following cyclist and causing upset. A second dog, chasing after the first, may crash into a moving bicycle throwing it out of control. The first rider of a group, although usually stronger and more prepared for trouble, may have fewer encounters than the cyclists behind him. The dog spots the leader from his yard and heads for the road, but by the time he gets there, the first target has gone on by and others have appeared. This can be a particularly bad problem for family touring groups.

Dog-control techniques take various forms, depending upon the situation and the skills of the rider. Rule number one is to be aware of the complete situation and not to panic. A sudden swerve may lead to a collision with a tree, a ditch, another bicycle, or an automobile. A sudden stop may cause loss of control or a crash from behind by another cyclist. Neglecting to brake on a hill because of dog distraction may cause a crash or spin-out at the bottom of the hill. Look and think before you react! With this in mind, let us go on to various techniques.

- **Ignore.** This is all right for the short-legged yappers and friendlies. Just be sure to keep out of their way.
- **Vocal.** A sharp command or rough growl will often deter categories 2 and 3. Screaming usually produces the opposite effect.
- **Speed up.** On a flat or downhill run, most dogs can be outdistanced. On an uphill slope, however, this seldom works.
- **Chemicals.** Pressurized can of cayenne pepper solution sold under trade names of *Halt* or *Dog Shield* will project a stream of liquid "fire" up to ten feet. This is quite effective when contact is made with eyes or nostrils.
- **Mechanical.** Whips, chains cables, bicycle pumps, and assorted other clubs have been used with varying success, but these may lead to trouble with dog owners. A well-aimed, sudden kick sometimes works, if the dog is close and can be surprised.
- **Confrontation.** A leader of a tour group, spotting a chaser or guard-type dog, may stop to confront the animal until the remainder of the group passes. As soon as the leader gets ready to leave, however, the dog is usually after him again.
- **Firearms.** The use of firearms is seldom effective unless the intent is to kill the dog. Blanks have little effect. Either way, the dog owner will be seriously irritated. Firearms are *not* recommended.

The legal aspects of a bicycle-dog accident are not clear-cut, unless the dog unquestionably attacks without provocation. In any case, if an accident or incident occurs, be certain to obtain identification of witnesses and the dog owner if possible. But let us hope this situation never arises and that we all enjoy many years of HAPPY CYCLING!

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69	... Stoney Creek, Alternate	30
70	... Wilderness Ride	14
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Off-Road Rides:

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