

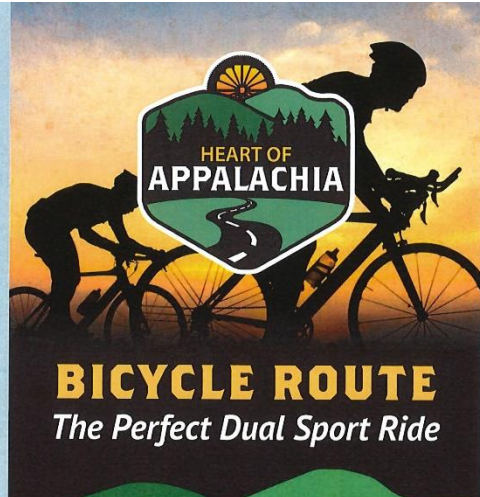


This 128 mile ride with 40 miles side trails treks through backroads, rails to trails, single track, historic sites, natural preserve, wilderness area, a swinging bridge, three scenic rivers, farms, coal country, and gorgeous views in the far southwestern counties of Tazewell, Bland, Russell, and Wise and crosses the Trans-America bike route. It takes secondary roads through some of the most diverse areas and there are several climbs on the route; elevations from 2821 ft. to 3960 ft. with a total ascent of 6585 ft. Cyclists traverse in and out of the Jefferson National Forest. **NOTE:** The riding surfaces are 80% paved and 20% gravel. The gravel sections are located at Clifton Farm in Russell County and the National Forest in Bland County.



PO Box 186 · St. Paul, VA 24283  
(276) 762-0011

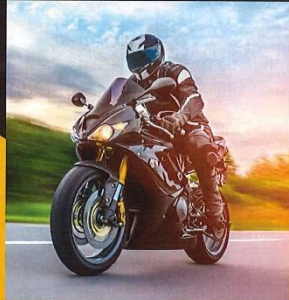
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## BICYCLE ROUTE

*The Perfect Dual Sport Ride*

A thrilling 128-mile ride with historic sites, scenic rivers, stunning views, elevations from 2,821-3,960 ft and a total ascent of 6,585 ft.



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# HEART <sup>OF</sup> APPALACHIA

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SCAN ME

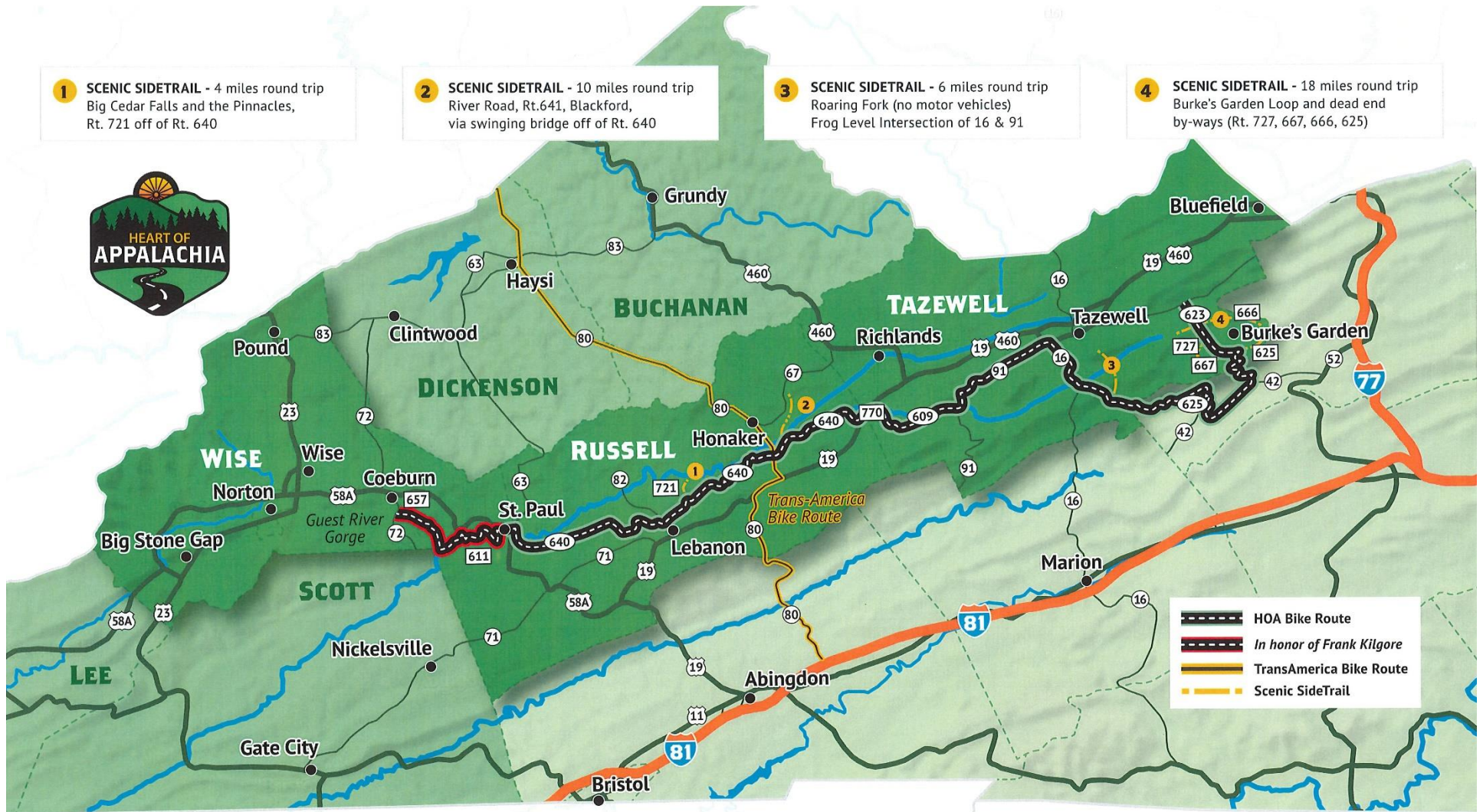
VIRGINIA  
IS FOR  
CYCLING  
LOVERS

**1 SCENIC SIDETRAIL** - 4 miles round trip  
Big Cedar Falls and the Pinnacles,  
Rt. 721 off of Rt. 640

**2 SCENIC SIDETRAIL** - 10 miles round trip  
River Road, Rt.641, Blackford,  
via swinging bridge off of Rt. 640

**3 SCENIC SIDETRAIL** - 6 miles round trip  
Roaring Fork (no motor vehicles)  
Frog Level Intersection of 16 & 91

**4 SCENIC SIDETRAIL** - 18 miles round trip  
Burke's Garden Loop and dead end  
by-ways (Rt. 727, 667, 666, 625)



	HOA Bike Route
	In honor of Frank Kilgore
	TransAmerica Bike Route
	Scenic SideTrail