



ROUTES

STARTING
LOCATION

ROUTE
DISTANCE
(Miles)

ELEVATION
GAIN

Blood, Sweat & Gears (BSG) Century	Valle Crucis	102.7	9033
BSG 50 (Current)	Valle Crucis	51.3	4371
BSG 50 (Old)	Valle Crucis	46.7	4115
Buffalo Mountain Loop	Todd	36.5	2704
Castleford Loop	Boone	28.3	2368
Viaduct Loop (Monday night ride)	Blowing Rock	29.5	2363
Old Beech Mountain Loop (Full)	Valle Crucis	52.6	5088
Old Beech Mountain Loop (w/o Hickory Nut Gap)	Valle Crucis	40.1	4216
Phillip's Gap Loop	Boone	47.8	3930
Three Top Loop	Boone	62.3	4340
Wednesday Night Ride	Boone	29.0	2181

NEED MORE INFO?

BOONEAREACYCLISTS.ORG/RIDE

- ✓ Links to cues
- ✓ Downloadable maps
- ✓ & more about the High Country cycling scene



**PLEASE RIDE SAFELY &
OBEY ALL TRAFFIC RULES.**

**ENJOY CYCLING THE
HIGH COUNTRY!**

DISCLAIMER

These are all advanced, mountain routes with significant elevation gains (up to 1000 ft. per 15 miles). Cyclists should always carry bike repair equipment and be prepared for inclement weather. Beginner cyclists should start on the Boone Greenway or Railroad Grade Road in Todd.

This map shows popular Boone area bicycle routes that have been identified by Boone Area Cyclists, Destination by Design, and Watauga County, who assume no liability for those who follow these routes. Cyclists who use these routes assume risks that are identical to those assumed on all other roadways.

MAP SYMBOLS

- ★ HISTORIC DOWNTOWN BOONE
- ★ HISTORIC DOWNTOWN BLOWING ROCK



**ROAD
CYCLING
ROUTES**



RIDE THE HIGH COUNTRY!

It is no secret that the NC High Country is a premier destination for world-class road cycling. With stout climbs, exhilarating descents, and even mellow cruises in the valleys, Watauga County and surrounding area offers a bit of everything to roadies of all levels. If it is scenery you are looking for, you'll find beautiful vistas while riding the Blue Ridge Parkway, but also find the remotest of backroads picturesque. So look no further...get that bike ready and get to the mountains for a pedaling experience like no other.

JOIN OUR CYCLING COMMUNITY

Contact Boone Area Cyclists to join a group ride, meet other cyclists, or to learn more about cycling in the Boone Area. Visit: BooneAreaCyclists.org

For the most up-to-date information, reach out to us on Facebook.

Located in Boone and Organized in September 2009, Boone Area Cyclists is the club for cyclists of all ages, abilities, and styles of riding — commuters, mountain bikers, road cyclists, leisure riders, and anyone else who just likes to ride bikes. BAC's mission is to develop, coordinate and promote safe and accessible bicycling opportunities in the geographic area of Boone, North Carolina.

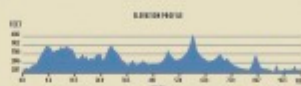


BOONE AREA CYCLING ROUTES

These descriptions are for reference only, for more information visit: BooneAreaCyclists.org

BLOOD, SWEAT, & GEARS (BSG) CENTURY

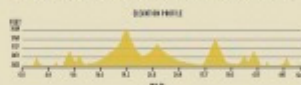
DISTANCE: 102 miles
CLIMB ELEVATION: 9,000 ft.
MIN/MAX ELEVATION: 2,556/4,480 ft.
STARTING LOCATION: Valle Crucis
MAP LINK: ridewithgps.com/routes/2147861



HIGHLIGHTS: Scenic views, back roads, Snake and George's Gap climbs, Blue Ridge Parkway, Blowing Rock, Todd and Railroad Grade Rd., historic Valle Crucis
NEED TO KNOW: Low-comfort segments with heavy vehicle traffic include NC 105 from Broadstone Rd. to Old Shulls Mill Rd., US 221 from Idlewild to Cranberry Springs, and US 321 from Bethel to Mast Gap.

BLOOD, SWEAT, & GEARS (BSG) CURRENT 50

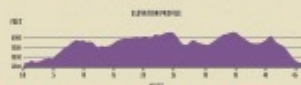
DISTANCE: 51 miles
CLIMB ELEVATION: 4,370 ft.
MIN/MAX ELEVATION: 2,630/4,340 ft.
STARTING LOCATION: Valle Crucis
MAP LINK: ridewithgps.com/routes/2148334



HIGHLIGHTS: Back roads, "State line climb," "George's Gap climb," historic Valle Crucis, Old 421
NEED TO KNOW: The current BSG 50 uses Rush Branch out, but on the return uses Bethel Rd. to 321, for the same amount of mileage. Low-comfort roads: 4 miles of US 421 through Trade.

BLOOD, SWEAT, & GEARS (BSG) OLD 50

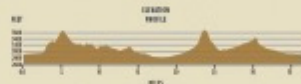
DISTANCE: 46.7 miles
CLIMB ELEVATION: 4,175 ft.
MIN/MAX ELEVATION: 2,670/4,314 ft.
STARTING LOCATION: Valle Crucis
MAP LINK: ridewithgps.com/routes/2144778



HIGHLIGHTS: Scenic views, backroads, downtown Banner Elk, historic Valle Crucis
NEED TO KNOW: This ride uses several roads that can be busy at certain times of the day. Particular low-comfort segments with heavy vehicle traffic include NC 105 from Broadstone Rd. to Old Shulls Mill Rd., US 221 from Linville to Newland, and NC 194 from Banner Elk to Matney.

BUFFALO MOUNTAIN LOOP

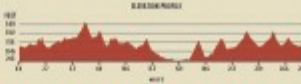
DISTANCE: 36.5 miles
CLIMB ELEVATION: 2,700 ft.
MIN/MAX ELEVATION: 2,780/3,720 ft.
STARTING LOCATION: Todd Island Park
MAP LINK: ridewithgps.com/routes/2150499



NEED TO KNOW: The Buffalo climb is over 4 mi., and over 12% grade in some places. Low-comfort segments with high probability for vehicle traffic include: NC 194 to Baldwin, NC 88 from West Jefferson to Buffalo Rd.

CASTLEFORD LOOP

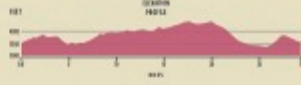
DISTANCE: 28 miles
CLIMB ELEVATION: 2,370 ft.
MIN/MAX ELEVATION: 2,920/3,500 ft.
STARTING LOCATION: Boone Mall
MAP LINK: ridewithgps.com/routes/2143180



HIGHLIGHTS: Scenic views, backroads, Blue Ridge Parkway, Todd Railroad Grade Rd.
NEED TO KNOW: Low-comfort segments with heavy vehicle traffic include NC 194 from Castleford Rd. to New Market, and US 421 to Boone.

VIADUCT LOOP (MONDAY NIGHT RIDE)

DISTANCE: 29.5 miles
CLIMB ELEVATION: 2,363 ft.
MIN/MAX ELEVATION: 4,416/3,372 ft.
STARTING LOCATION: Blowing Rock
MAP LINK: ridewithgps.com/routes/2325805

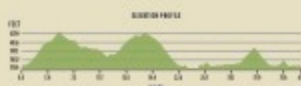


HIGHLIGHTS: Scenic views, downtown Blowing Rock, Blue Ridge Parkway, Linn Cove Viaduct
NEED TO KNOW: One of the most popular routes in the the High Country, the Viaduct loop is great in either direction. Holloway Mtn. Rd., which connects US 221 to the Blue Ridge Parkway, can be used to shorten the loop to 13.8 mi.



OLD BEECH MOUNTAIN LOOP (FULL)

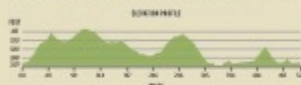
DISTANCE: 52.5 miles
CLIMB ELEVATION: 5,090 ft.
MIN/MAX ELEVATION: 2,520/4,320 ft.
STARTING LOCATION: Valle Crucis
MAP LINK: ridewithgps.com/routes/2150684



HIGHLIGHTS: Old Beech Mtn Rd., downtown Banner Elk, historic Valle Crucis
NEED TO KNOW: Low-comfort segments with heavy vehicle traffic include NC 194 from Newland to Heaton, , and US 321 from Buckeye Rd. to Guy Ford. Rd.

OLD BEECH MOUNTAIN LOOP (WITHOUT HICKORY NUT GAP)

DISTANCE: 40.1 miles
CLIMB ELEVATION: 4,216 ft.
MIN/MAX ELEVATION: 4,216/4,215 ft.
STARTING LOCATION: Valle Crucis
MAP LINK: ridewithgps.com/routes/2150856



HIGHLIGHTS: Old Beech Mtn Rd., downtown Banner Elk, historic Valle Crucis
NEED TO KNOW: Riding 194 EAST to Banner Elk is not advised. It is all up hill from Heaton to Banner Elk and a high traffic area. Downhill, it's memorable for good reason.

PHILLIP'S GAP LOOP

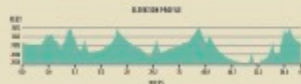
DISTANCE: 48 miles
CLIMB ELEVATION: 3,930 ft.
MIN/MAX ELEVATION: 2,841/3,901 ft.
STARTING LOCATION: Boone
MAP LINK: ridewithgps.com/routes/2150586



HIGHLIGHTS: The Castleford loop with an 18 mi. add-on...more Blue Ridge Parkway and more high country scenery!
NEED TO KNOW: This ride uses the same noted roads as the Castleford Loop, and one additional busy half-mile segment of US 221 from Windy Hill to Railroad Grade Rd.

THREE TOP LOOP

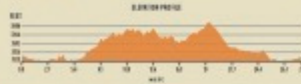
DISTANCE: 62.5 miles
CLIMB ELEVATION: 4,340 ft.
MIN/MAX ELEVATION: 2,660/3,490 ft.
STARTING LOCATION: Boone Mall
MAP LINK: ridewithgps.com/routes/2150474



HIGHLIGHTS: Todd Railroad Grade Rd., 3 Top Rd, a few miles of Tennessee!
NEED TO KNOW: Low-comfort segments with heavy vehicle traffic include US 421 from Bamboo Rd. to Pine Run, NC 88/TN 67 from Creston to Trade, TN. US 421 from Trade to Old US 421. . to Old Shulls Mill Rd., US 221 from Linville to Newland, and NC 194 from Banner Elk to Matney.

WEDNESDAY NIGHT RIDE (SHOP RIDE)

DISTANCE: 29 miles
CLIMB ELEVATION: 2,180 ft.
MIN/MAX ELEVATION: 3,123/3,991 ft.
STARTING LOCATION: Downtown Boone
MAP LINK: ridewithgps.com/routes/2150211



HIGHLIGHTS: Blue Ridge Parkway, scenic views, backroads, downtown Boone and Blowing Rock
NEED TO KNOW: This route follows US 321, a four lane highway, for 2.4 miles. It is frequently used by cyclists, but is a busy stretch of road. Alternate route off of the highway includes Flat Top Rd. to Deck Hill Rd. (.7 miles longer with 500 ft. more climbing).



IN CASE OF EMERGENCY, CALL 911.

CYCLE SAFELY

- Ride in a group of 2 or more. One cyclist is not as visible.
- Obey all traffic rules and signals.
- Know your route.
- Signal turns and slowing.
- Take plenty of drinking water and snacks.
- Take a cell phone in case of emergency.
- If you are not a seasoned rider, start with easier routes with less elevation.

BIKE RENTALS

BOONE BIKE

BOONEBIKE.COM | 828.262.5750

MAGIC CYCLES

MAGICCYCLES.COM | 828.265.2211

RHODDIE BICYCLE OUTFITTERS

RHODDIEBICYCLEOUTFITTERS.COM | 828.414.9800

LOCAL BITES & DRINKS

LOCAL BREWERIES

www.exploreboone.com/things-to-do/boone-area-breweries

LOCAL FAVORITE RESTAURANTS

www.exploreboone.com/restaurants/local-favorites

HIGH COUNTRY WINE TRAIL

www.exploreboone.com/things-to-do/travel-itineraries/wine-trail

NECK OF THE WOODS FLAVOR TRAIL

NeckoftheWoodsNC.com



LODGING & BOONE AREA INFO

ExploreBoone.com

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