

## HeartCycle Bicycle Touring Club SHENANDOAH VALLEY 2022

- Dates:** Orientation meeting at Hotel 24 South (formerly The Stonewall, Jackson Hotel), Staunton, VA, on Saturday, April 23. Riding April 24 to 30, 2022 (6 days plus an optional rest-day ride). Departure Sunday, May 1, 2022, following an included last night stay in Staunton. Due to outbound flight times from SHD Airport.
- Leaders:** Jim Bethell and Kurt Arehart **SAGs:** Ann Kolwitz and Susan Kolwitz
- Rating:** Advanced. 6 days of supported riding, 43-67 miles/day;
- Miles:** 320 miles, 22,800 feet of climbing, with some sharp climbs and descents and features 32 miles on the Blue Ridge Parkway.
- Riders:** 26 max (plus Leaders and SAG)
- Price:** \$1,700 (double occupancy). Deposit \$400. Single supplement \$2550. Balance due 1/30/2022.
- Cancellation:** [Standard cancellation policy](#). *Travel insurance is recommended.*

### OVERVIEW

The Shenandoah Valley offers unusually beautiful cycling with quiet roads traversing the rolling terrain of the valley floor past well kept farms. Often a short climb is rewarded by spectacular farmland vistas framed by the Blue Ridge Mountains to the east and more of the Appalachians to the west. This tour features 32 miles on the Blue Ridge Parkway and the climbs and views that come with it. Logistics are made easier by a semi-fixed base design for the tour, with multi-night stays: 3 nights in Staunton, then 4 nights in Lexington, and finally a last night back in Staunton.



## **ITINERARY:**

- Day 1 is a 50-mile day loop out of Staunton, to the north and east, sticking to the valley floor but still with 2,900 feet of climbing.
- Day 2 loops to the south of Staunton: 50 miles and 3,500 feet of climbing.
- Day 3 we go east and climb up to the Blue Ridge Parkway and roll south 30 miles before descending to Lexington. 67 miles and 5,500 feet of climbing.
- Day 4 is a rest day, with an optional unsupported loop west of Lexington. 30 miles and 2,200 feet of climbing.
- Day 5 we loop south to visit the iconic Natural Bridge. 55 miles and 3,300 feet of climbing.
- Day 6 we loop north, climbing along Irish Creek to regain the Blue Ridge Parkway for 2 miles before descending sharply into Vesuvius and south back to Lexington. 51 miles and 4,400 feet of climbing.
- Day 7 is our last day of riding, north up the valley floor returning to our first hotel in Staunton for a final night before our Sunday departure. 46 miles and 3,200 feet of climbing.

## **Getting to the Shenandoah Valley:**

Staunton, VA, is accessible via United Airlines through Shenandoah Regional Airport (SHD), connecting from either Chicago (ORD—3 flights in and out a day) or Washington, DC – Dulles (IAD—1 flight in and out a day). The Airport Authority runs a shuttle to Staunton. Please contact the airport for details: (540) 234-8304 x5.



Shenandoah Valley is new to the HeartCycle lineup and promises memorable beauty along with advanced challenges as we climb and enjoy the iconic Blue Ridge Parkway. Why not join us?

## **For more information contact :**

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