

HeartCycle Bicycle Touring Club West Virginia

- Dates:** September 21, 22 - 29, 2024
- Leaders:** Jimmy Schroeder, Kurt Arehart
- SAGs:** Mayoma Pendergast & Kathleen Schindler
- Rating:** Advanced, 337 to 366 miles, 22,000 vertical
- Riders:** 30 (excluding leaders)
- Price:** \$1600 double occupancy, deposit \$400, single supplement \$2400, balance due June 21, 2024
- Cancellation:** [Standard cancellation policy](#). **Trip insurance is strongly recommended.**



OVERVIEW

I don't recall HeartCycle ever traveling to West Virginia, but leave it to Jimmy to introduce you. This area achieved statehood due to a Civil War afterthought and is known as the Mountaineer State. Not at all like the Rocky Mountains that most of you can relate to, these mountains are of the Appalachians with so much green that you would swear that you are in Ireland. One will indeed be "whipped" after each day of riding. It is quite rustic and a rider might not see a car for over an hour.

Most roads are very well maintained but there are some bumpy parts. Some are single lane asphalt roads with gravel shoulders that you will have to share with an occasional motor vehicle. 28 to 32 tires are recommended.

This tour highlights the New River Gorge National Park, one of the newest parks acquiring this designation. The day off will offer hiking, mountain biking, whitewater boating, and rock climbing, or just relaxing or an optional bike ride.

The tour starts and ends in Charleston, the state capital. Airline service (CRW) includes American, Delta, United, and Spirit.

As John Denver sings,

Country roads, take me home
To the place I belong
West Virginia, mountain mama
Take me home, country roads

ITINERARY

Saturday September 21, 2024 - Arrival and Orientation

Day 1: Sunday, September 22, 63 miles, 3276 ft.

Our first day of riding is a nice preparation of what is to come. We'll be riding along creeks, up and down a few knobs, and through hamlets and a couple of small towns.





Day 2: Monday, September 23, 57 miles, 3130 ft.

Today we ride by the state capitol and head southwest along the Kanawha River and industrial small towns. Eventually the elevations will pick up into some thick forests with ravines nearby.

Day 3: Tuesday, September 24, 48 miles, 4445 ft.

Today we ride the many roads in and around New River Gorge National Park. The highlight is the largest arched bridge in the western hemisphere. Views on top, underneath, and all around!



Day 4: Wednesday, September 25, Rest Day

Lots of options in the national park; mountain biking, hiking, rock climbing, whitewater kayaking, fishing or just fool around in nearby Fayetteville!

Day 5: Thursday, September 26, 40 miles, 3551 ft.

We head south into more parts of the national park. Take the 3 mile out & back to see a historic Amtrak station! Then there's Mount Hope with a lot of local hope to revitalize the historic coal town! Visit the local artisan wares at lunch.



Day 6: Friday, September 27, 62 miles, 4509 ft.

We head into national park on the other side of the New River. Our morning stop is at another train station at Prince, art deco though! Lunch will be at beautiful Babcock St Park. Don't miss the Grist Mill!



Day 7: Saturday, September 28, 66 miles, 2439 ft.

We leave Summersville on Turnpike Rd, the quietest turnpike I've ever been on. It can't be more idyllic than this! We soon will be back to the hustle and bustle of river life and then the state capitol. Your tour fee includes the last night lodging here in Charleston.

Depart Sunday, September 29.

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