

HEARTCYCLE BICYCLE TOURING CLUB SHENANDOAH VALLEY

- Dates:** Orientation meeting at Stonewall Jackson Hotel - Staunton, VA on Saturday, April 25, 2020. Riding April 26 to May 2, 2020. Departure Sunday, May 3, 2020. Last night included in Staunton.
- Leaders:** Jim Bethell, Kurt Arehart. **SAGs:** Kathleen Schindler, Mayoma Pendergast
- Rating:** Advanced. 6 days riding, 40-59 miles/day; 291 miles, 22,000 feet climbing, with some sharp switch-back climbs to, and descents from, the Blue Ridge Parkway.
- Riders:** 28 max (plus Leaders and SAG)
- Price:** \$1,650 (double occupancy);. \$500 due at registration; Balance due 1/25/2020. Single supplement + 50% (\$2,475 total).
- Cancellation:** [Standard cancellation policy applies](#). Trip insurance is recommended.

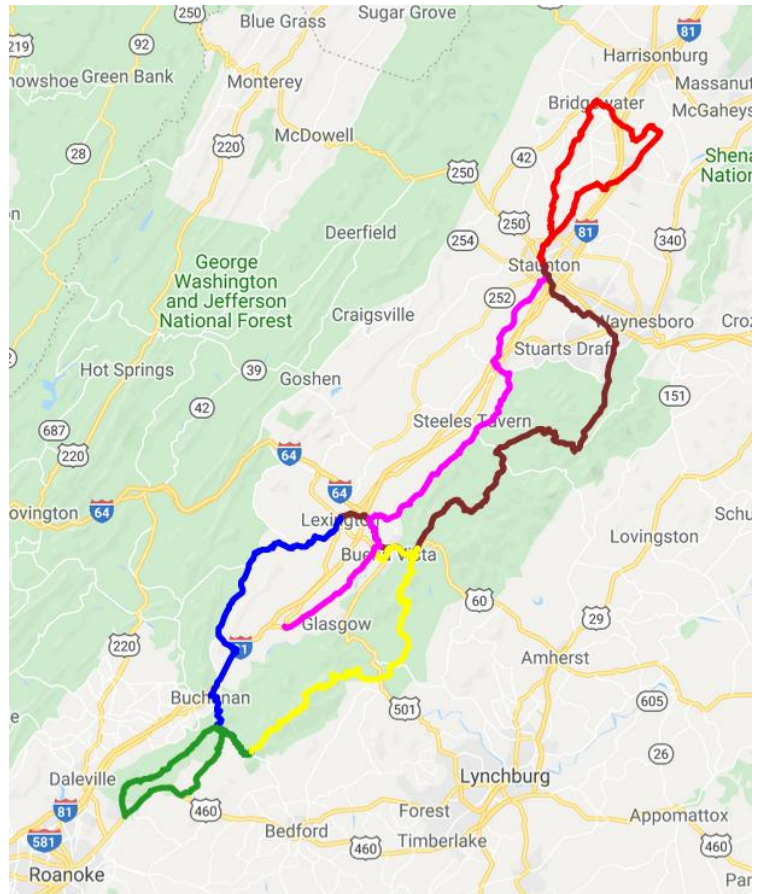
OVERVIEW

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 range to the east and more of the Appalachians to the west. This tour features plenty of great 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 several multi-night stays: two nights in Staunton, then one night in Lexington, then three nights in Peaks Of Otter, followed by one night in Natural Bridge and finally a last night back in Staunton.



ITINERARY

- Day 1 is a 53 mile day loop out of Staunton, to the north and east, sticking to the valley floor but still with over 3,000 feet of climbing.
- Day 2 marks our first miles on the Blue Ridge Parkway, dropping back down into the valley for a night in Lexington. 59 miles and 4,000 feet of climbing.
- Day 3 we regain the Blue Ridge Parkway and roll south to mile marker BRP86 and the Peaks Of Otter Lodge. 39 miles and 3,900 feet of climbing.
- Day 4 is a rest day, offering a nice hike to the summit of Sharp Top mountain.
- Day 5 we push further south on the BRP then descend to the east, running north before climbing back up to the parkway for our third night at Peaks of Otter. 43 miles and 3,900 feet of climbing.
- Day 6 we roll north on the BRP for 40 miles before dropping back into the Shenandoah Valley and south to Natural Bridge. 61 miles and 5,200 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. 57 miles, 3,800 feet of climbing. Lodging is included on this night due to outbound flight schedules from SHD Airport.



GETTING TO THE SHENANDOAH VALLEY

Staunton, VA is accessible via United Airlines thru 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). There is a shuttle run by the Airport Authority to goes to Staunton. Please contact the airport for details, (540) 234-8304 x5.

The HeartCycle Sprinter will offer transportation for a limited # of bikes to and from Denver. Your bike may be shipped to/from the start/finish with services such as BikeFlights.com and ShipBikes.com

Shenandoah Valley is new to the HeartCycle line-up 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:
Kurt Arehart at 919-624-4054
klarehart@gmail.com
Jim Bethell at 518-466-8490
bethell.jim@verizon.net.

