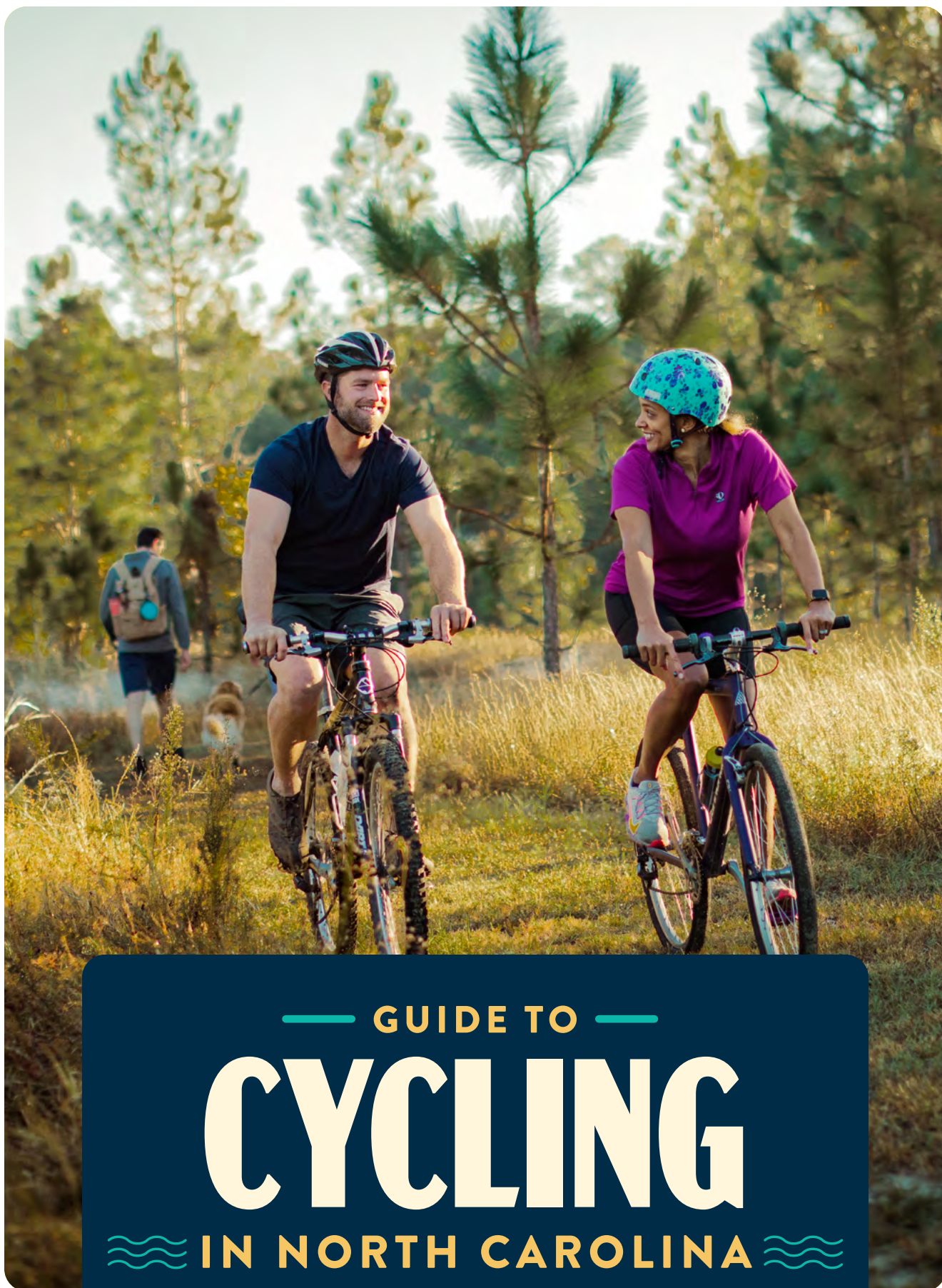




— GUIDE TO —

CYCLING

≈ IN NORTH CAROLINA ≈



Cyclists near Asheville

Contents

- 3 Welcome
- 4 Biking in North Carolina
- 8 Community on Two Wheels: Inside North Carolina's Cycling Culture
- 12 Transylvania County: A Biking Mecca
- 14 Elkin's Road and Off-Road Cycling Scene
- 16 Nature Is Worth the Journey in Mitchell County
- 18 NC's Small Towns: Miles of Beauty. Moments that Move You
- 20 Make Every Moment Memorable in Alamance County
- 22 Cycling on the Rise in McDowell County
- 24 Plenty to Explore in Alleghany County
- 26 Enjoy the Great Outdoors in Greenville

Welcome



Ocracoke Lighthouse



Mountain Biking in
San-Lee Park, Sanford

Dear Travelers,

On behalf of Visit North Carolina, it's my pleasure to welcome you to one of the most diverse and scenic cycling destinations in the country.

From the Blue Ridge Mountains to the rolling Piedmont and the wide-open coastal plains, North Carolina offers an incredible variety of terrain for every type of rider. Whether you're climbing winding mountain roads, cruising greenways or exploring quiet coastal routes, each ride reveals a new perspective on our state's natural beauty. Sample some of the best on Cycle North Carolina's fall Mountains-to-Coast ride, or rent a bike from local outfitters any time of year for more casual exploration.

With hundreds of miles of trails, bike-friendly communities and routes that range from leisurely to challenging, there's

truly something here for everyone. Along the way, you'll discover charming towns, local flavors and welcoming communities that make every stop just as memorable as the ride itself.

Whether you're a seasoned cyclist or just getting started, we invite you to use this guide to plan your next adventure, explore new routes and experience North Carolina on two wheels.

We're glad you're here, and we hope you enjoy the ride.

Warm regards,

Wit Tuttell
Executive Director
Visit North Carolina

Biking in North Carolina

The greenways, tidewater paths, scenic bypasses, and highlands of North Carolina are calling your name if you live for getting around on two wheels. For cyclists, the varied terrain of North Carolina that can bring your wheels from canopied paths nestled in the Appalachians to breezy rides through dune-dotted coastline is unmatched! The truth is that there's a little bit of something for everyone when it comes to difficulty level, scenery, and convenience. Come explore the paths best taken with a roundup of favorite places to put your foot to the pedal in the Tar Heel State.

Biking in the Great Smoky Mountains

If you're happy to live life on "hard mode" for the sake of jaw-dropping, soul-feeding views while biking in North Carolina, tackling the challenging slopes amid soaring vistas of Great Smoky Mountains needs to be on your list. A best-kept secret is that nearly all the roads within Great Smoky Mountains National Park can be traveled by bike; however, riders do need to use discretion when it comes to the park's steep, narrow mountain passes and automobile traffic. Deep Creek Trail is a bike-friendly route within Great Smoky Mountains National Park that offers glimpses of gorgeous waterfalls and streams just outside of Bryson City and Cherokee. Reward yourself with a picnic by a cascading waterfall at one of the rest areas in this portion of the park.

If you're looking for ultra-breezy, stress-free cycling within Great Smoky Mountain National Park, you can select one of the few park trails that permits bikes. A popular pick is the Oconaluftee River Trail, located between the town of Cherokee and the park's Oconaluftee Visitor Center. This three-mile gravel loop offers scenic views as it winds along the river.



Thinking of bringing an e-bike to the Smokies? Yes, e-bikes are permitted in Great Smoky Mountains National Park as long as they are Class 1 (pedal-assist only, with a top speed of 20 miles per hour) or Class 2 (pedal-assist and throttle, with a maximum speed of 20 miles per hour).

Biking in the Wilmington Area

If you thought Wilmington was merely about sipping iced coffee while antique shopping, touring the Battleship North Carolina, and relishing a sunset at Kure Beach Pier, you might have thought wrong. It turns out that one of America's best beach towns is also a bicyclist's dream. Bike routes around Wilmington are generally considered somewhere between easy and moderate, and straight beach riding is perfect if you have a fat-tire bike. Plus, there are tons of family-friendly paved bike routes and boardwalks that let you toggle between shaded, sandy paradises, and semi-urban cycling as you explore North Carolina's coast. Here's a roundup of the Wilmington area's best biking trails to consider:



Mountain Biking at Lake Norman State Park in Troutman

- **Gary Shell Cross-City Trail:** This 15-mile pedestrian and bike path offers views at every turn as it brings you from Wrightsville Beach and whips through the University of North Carolina's Wilmington campus before taking you by the Cameron Art Museum. There are plenty of chances to stop in shaded city parks for a rest along the way.
- **River to Sea Bikeway:** This 11-mile route switches between on-road and off-road cycling as it weaves along North Carolina's historic trolley route, linking Wilmington and Wrightsville Beach. Following the full route from Market Street in Wilmington will bring you all the way to the end point at Johnnie Mercers Fishing Pier in Wrightsville Beach.
- **Carolina Beach State Park:** Located 12 miles south of Wilmington, this New Hanover County park's Fitness Trail is a bike-friendly route. Come in the spring or

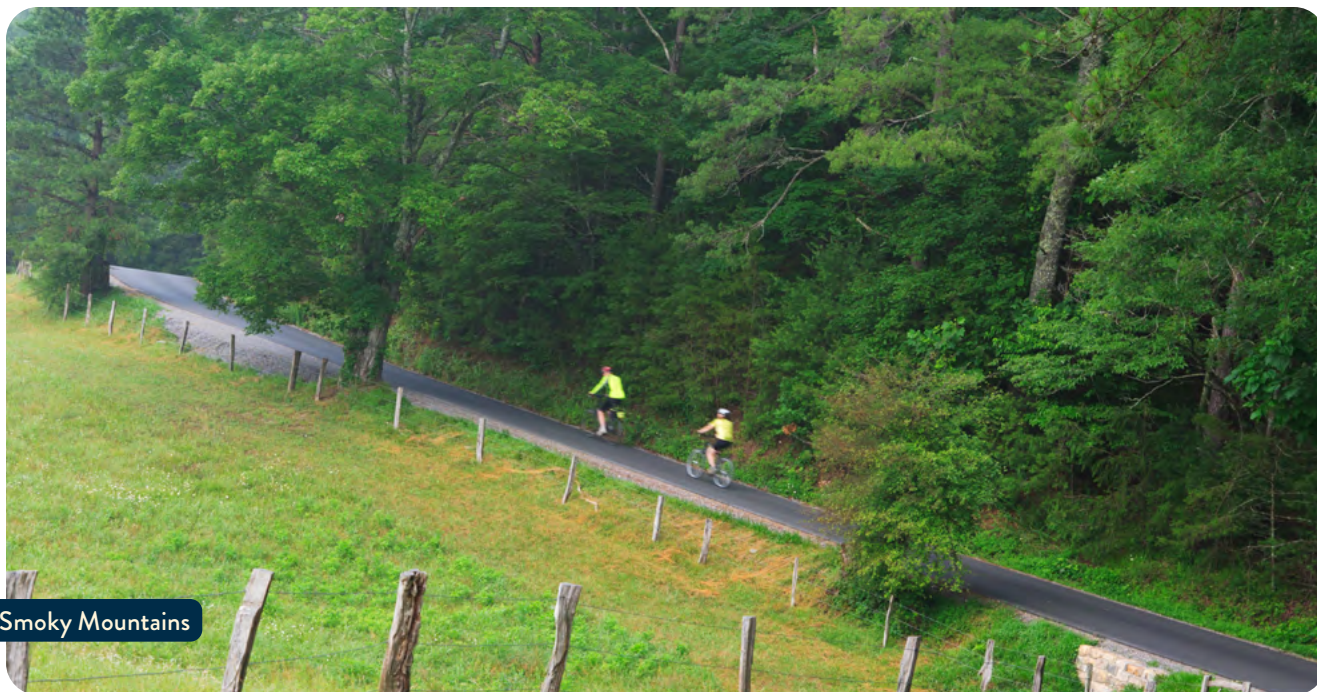
summer to see the park's native Venus flytraps in their blooming season!

- **Blue Clay Bike Park:** If you're up for a slight challenge, Blue Clay Bike Park in Castle Hayne offers eight miles of trails that are perfect for mountain biking through graded, rugged terrain.

Biking the Blue Ridge Parkway

Here's a Great Smokies-adjacent biking route that often flies under the radars of first-time North Carolina visitors. While you may have heard of nearby Brevard, North Carolina, for being the Cycling Capital of the South, there are actually many more bike towns worth exploring just a stone's throw away.

Offering steep inclines and panoramic mountain views along a route that runs north and south from the great city of Asheville, the Blue Ridge Parkway is a designated National



Parkway and All-American Road that spans 469 miles, and reaches elevations of more than 6,000 feet. While driving this scenic road is one thing, actually having the stamina and preparation to cycle its curves, keep pace without designated bike lanes, and endure long distances between developed areas is another. That makes this the perfect option for more experienced cyclists looking for some of the best mountain biking in North Carolina. There's also the option to book a professionally guided cycling tour that provides you with safety in numbers.

The most popular stretch within the Blue Ridge Parkway for tourists is the span from Mount Pisgah in Haywood County to Cherokee. Known for its challenging terrain and rapid elevation changes, this 62-mile paved path brings you right near the gates of Great Smoky Mountains National Park. Many people who come to pick up the Blue Ridge Parkway also begin in quaint rural and resort towns like Waynesville, Canton, Lake Junaluska, or Maggie Valley for a taste of local life juxtaposed against the challenge of the route.

Biking North Carolina's Outer Banks

Over the years, there has been a concerted effort between the North Carolina Department of Transportation and the Outer Banks Visitors Bureau to create multi-use biking trails in the Outer Banks, and there are many off-road trails to explore along the coast. Here are some great spots for getting sand in your spokes in the Outer Banks.

Duck Trail: Duck, North Carolina, offers a popular six-mile, multi-use path that's perfect for leisurely bike rides with the family. The paved path follows the ocean-facing east side of

Duck Road. In addition, you'll have no trouble finding bike rentals for the whole family in town.

- **Southern Shores:** If you complete the Duck Trail, you'll merge with the multi-use path that leads into another family-friendly Outer Banks town called Southern Shores. The Southern Shores multi-use path spans the length of town, running parallel to Route 12. This is a very safe, easy route for cyclists of all ages. If you're looking for a little more local flavor, the path weaves into residential neighborhoods offering shade and soft breezes.
- **Kitty Hawk Woods:** For those who love a beach trail ride, the Kitty Hawk Woods Coastal Reserve unfolds as a 2,000-acre maritime forest before your eyes! Offering multi-use trails that bring you up and down glistening dunes, these moderate-level trails do require skill and control. Riders should also be prepared for muddy terrain after recent rains.
- **Cycling Manteo:** Manteo is a lovely coastal town on Shallowbag Bay, and with its myriad attractions, you could easily spend a day cycling here. Pedal along the boardwalk to view the Roanoke Marshes Lighthouse, or cruise through the charming residential streets that are lined with historic homes and crepe myrtle trees.

Biking in Central North Carolina

Stretching outward from Raleigh-Durham just a bit brings you to some of the best biking spots in the state. Central North Carolina delights cyclists with a fun mix of rugged backcountry trails, and paved urban greenways and biking paths. With the 700-mile NC 2 Mountains to Sea route

cutting right through Central North Carolina from west to east, big cities like Winston-Salem, Durham, and Raleigh are left with some great hop-on points. Here are some highlights:

- **Art to Heart Trail:** For easy urban riding in the Triangle area, Raleigh's 5.9-mile Art to Heart Trail brings you from the North Museum of Art to downtown Raleigh, with many potential stops along the way.
- **The Capital Area Greenway System:** This 112-mile network, spanning nearly 4,000 acres in Raleigh and surrounding communities, is easy to navigate thanks to 10-foot-wide asphalt paths. The paths are so user-friendly that they are actually used for commuting!
- **Neuse River Greenway Trail:** A crown of Raleigh, this 28-mile route challenges your fears with a mix of paved trails, suspension bridges, and boardwalks. For those who don't mind constantly changing terrain, you'll be rewarded by scenic views of Neuse River and nature sightings in the wetlands!
- **Lake Norman State Park:** For the best mountain biking in Central North Carolina, there's the iconic Lake Norman Breeze Trail. This trail earns its name from its gorgeous lake views. Overall, cyclists have nearly 30 miles of trails that wave along waterfront areas, through rolling hills, and around the occasional hairpin mountaintop turn at a steep incline that makes you feel like you're mountain biking in high country. Choose the six-mile Monbo Loop for an easy ride for beginners, 9.7-mile Laurel Loop for an intermediate and leisurely path, and Fox Loop for the challenge of navigating steep and narrow gully runs.
- **White Oak Creek Greenway:** If you're looking for great biking in the Cary/Apex area, this shaded 7.4-mile path connects to the great American Tobacco Trail that can bring you through parts of Durham County and Wake County.
- **Greensboro:** With amazing paved greenways and top mountain bike trails, it's no surprise that the diversity of Greensboro's biking has created one of the top cycling communities in the country. The standout trail for easy, family-friendly riding on pavement/crushed stone is the 7.5-mile Atlantic & Yadkin Greenway.

Accessible Biking

North Carolina boasts countless trails that provide access for adaptive bikers—from casual cruising to rugged routes. Some offer cell-phone tours and/or adaptive equipment.

- **Jetton Park's Trail Loop:** The world's first adaptive bike trail is right here in North Carolina. The loop is one mile long, smooth with some sections of rooty ground, and runs alongside Lake Norman.
- **Great Smoky Mountains National Park:** Free adaptive equipment is available in this incredible park, as are excursions for adaptive bikers—all in partnership with Catalyst Sports in Asheville.
- **Keeley Park:** The Keeley Park Adaptive Mountain Bike Trail, a two-mile trail with four "Experience Zones" for beginner, intermediate and advanced riders, is the first in an adaptive trail system in Greensboro.
- **The American Tobacco Trail:** This 22-mile route connecting Durham, Chatham and Wake counties follows an old rail route once used for tobacco transport. Historical remnants abound along the scenic trail, which is paved in some areas and crushed granite screenings in others—both wheelchair accessible.
- **The Neuse River Greenway Trail:** This 28-mile trail is a section of the larger East Coast Greenway. The scenic trail is mostly flat, and riders are treated to sections of boardwalk over wetlands. Otherwise paved, the trail is perfect for adaptive equipment.

COMING SOON

- **Duck Trail:** The Outer Banks are popular with bikers of all abilities, and the six-mile Duck Trail is a favorite. Located in the tiny town of Duck, the trail offers sunset and sunrise views, and is being upgraded, including trail widening for accessibility.
- **Lake Crabtree County Park:** Volunteers with North Carolina Adapted Sports are working to develop a minimum of six loops and trails that provide access to mountain bikers of all abilities.

For more information about accessible trails and activities, visit www.visitnc.com/accessible-activities.



Community on Two Wheels: Inside North Carolina's Cycling Culture

From the misty switchbacks of the Blue Ridge Mountains to rolling Piedmont farmland and coastal greenways, the pulse of daily life in North Carolina beats in tandem with its bicycle wheels. Here in the Tar Heel State, riders will find more than scenic routes—they'll find communities that welcome cyclists with open arms.

All over North Carolina, cities and towns have embraced biking and cycling as both recreation and identity. While the state's diverse geography and extraordinary scenery would be more than enough to make this state a great biking destination, it's North Carolina's deeply rooted cycling culture that truly makes it one of the east coast's most inviting and dynamic cycling destinations.

Paths of Connection: North Carolina's Network of Bike Routes

A vast and intricate network of bike routes, greenways, mountain trails, and urban connectors extends across

North Carolina like veins and arteries, conveying road cyclists, gravel riders, mountain bikers and casual pedalers alike to all corners of the state.

In the Southern Highlands, hundreds of miles of single track have made towns like Brevard synonymous with mountain biking. On the coast, road routes like the 138-mile Outer Banks Scenic Byway do more than connect charming beach communities; they also connect cyclists with the region's rich history.

The ultimate trek across North Carolina is the Mountains-to-Sea Trail, an epic bike route that spans more than 700 miles. From the mile-high elevations of the Blue Ridge Mountains, the route traverses hilly Piedmont pastures and eventually reaches the lush flats of the Low Country. The Mountains-to-Sea Trail passes through some of North Carolina's biggest cities—Asheville, Winston-Salem, Greensboro, Durham, and Raleigh—as well as countless small towns where full-service bike shops, local cycling clubs, and bike-friendly breweries are crucial points on the map for weary travelers.



New Belgium Brewery Asheville

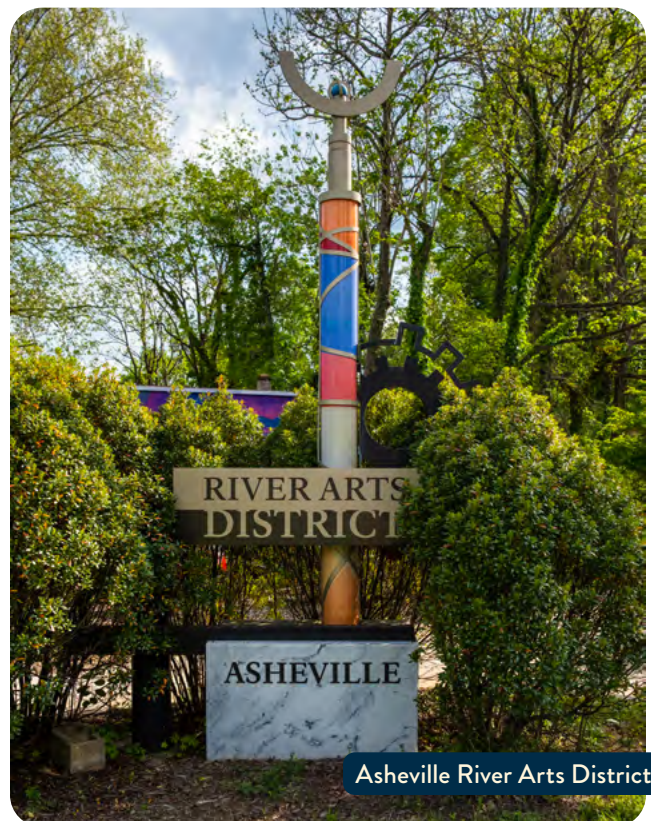
Towns that Roll: North Carolina's Cycling Hubs

From big cities to small towns, pedal pushers will find open doors and friendly welcomes all over North Carolina—often in some unexpected places. Several towns across the state have become known as cycling hot spots. These are places where the bike culture is part of daily life.

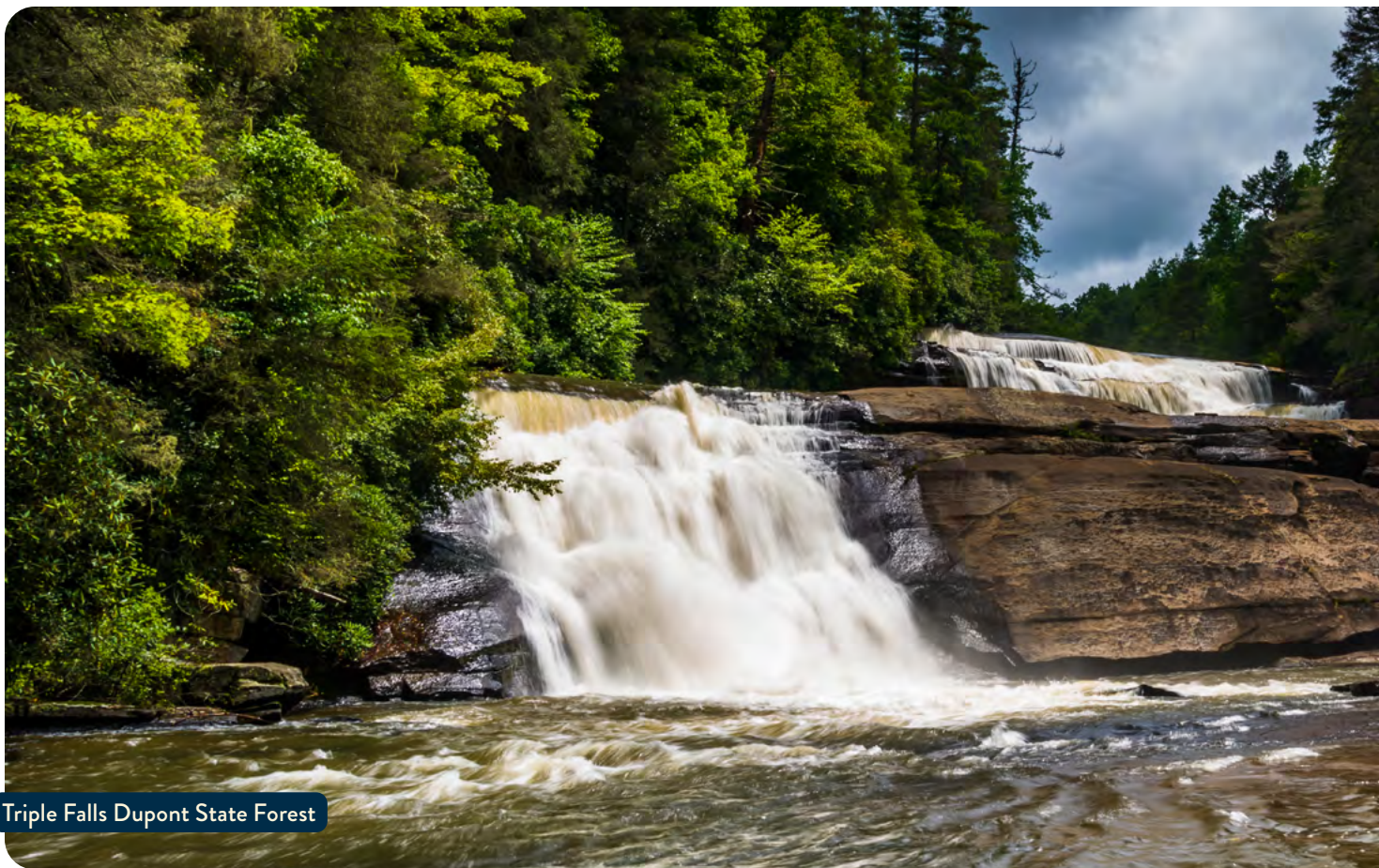
Asheville: Where Bike Nerds Meet Beer Geeks

Located just off the Blue Ridge Parkway—an inviting ribbon of road if ever there was one—Asheville holds the highest number of certified Bicycle Friendly Businesses (BFBs), designated by the League of American Bicyclists, in North Carolina, including its Platinum-level BFB designations. Road and gravel riding are just as popular here as mountain biking, and the city has invested heavily in cyclist-friendly infrastructure, in part thanks to the work of local advocacy groups like Asheville on Bikes.

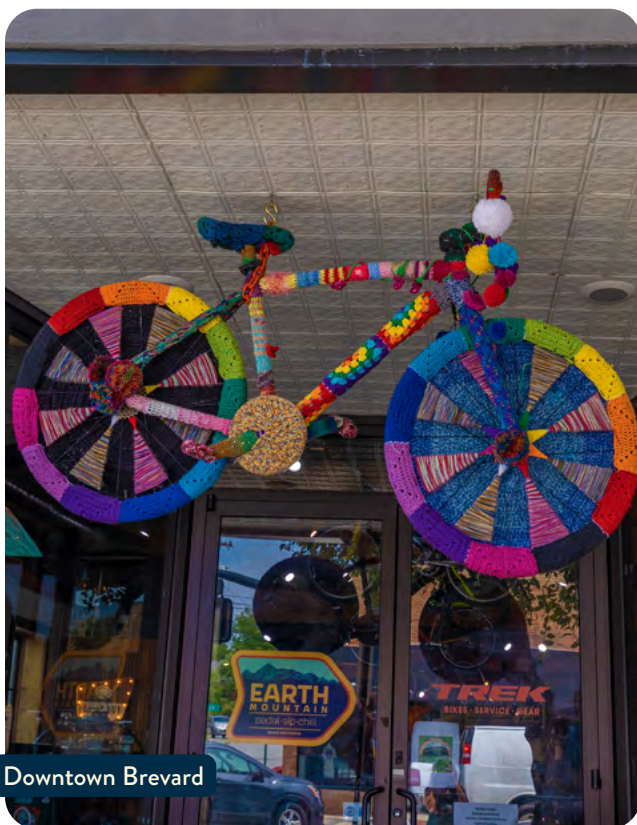
Asheville's robust mountain biking scene dovetails nicely with its nationally recognized craft beer culture. It's not unusual to see tables piled with helmets at spots like New Belgium Brewing, a famously bike-friendly brewery located right alongside the RAD Greenway. Asheville on Bikes periodically hosts DRAFT Meetups—events at which bicycle enthusiasts and experts can gather to geek out about bike culture over a delicious craft beer.



Asheville River Arts District



Triple Falls Dupont State Forest



Downtown Brevard

Brevard: Cycling Capital of the South

Nestled among the rugged Blue Ridge peaks and valleys of Transylvania County, Brevard is a charming small town with a bike-friendly vibe. It's the perfect base camp for mountain biking adventures in DuPont State Recreational Forest—home to 100-plus miles of trails that range from forest roads to single track—and the stunning Pisgah National Forest, which is connected to Downtown Brevard via a paved, four-mile section of the Estatoe Trail.

It's hard to imagine a place that embraces its cycling culture more fully than Brevard. Downtown's Broad and Main streets offer bike racks aplenty, along with numerous cafés and taverns where dusty cyclists can stop in for a cold brew or ice-cream cone. Local bike shops like Squatch Bikes & Brews are hubs for the local cycling scene, offering comprehensive bike services, friendly advice on the local trails, and no shortage of tasty local craft beer.

The Triangle: Connection and Community

Comprising Raleigh, Durham, Chapel Hill and a collection of smaller surrounding communities, the Triangle area is a major hub for bike culture in Central North Carolina. There's an exciting social scene around cycling here, with active clubs like the Carolina Tarheels hosting rides across the region. Other groups in the area include



Triangle Off-Road Cyclists for mountain biking, plus community-focused groups like Bike Durham.

Greenways and rail trails form the backbone of the Triangle's daily biking infrastructure. Paved routes like the 22-mile American Tobacco Trail connect neighborhoods and downtown districts, serving commuters and recreational cyclists alike. The Triangle also abounds with bike shops that serve as community gathering places. Back Alley Bikes in Carrboro hosts casual, social bike rides on alternating Wednesday nights, while Raleigh's Bike Library café is equal parts bike shop and coffee shop.

Greensboro: An Under-the-Radar Hot Spot

Greensboro, a friendly and laid-back city in the Piedmont Triad region, is quietly becoming one of the most vibrant hubs for cycling culture in the north-central part of the state. Active advocacy groups like Bicycling in Greensboro have helped bring attention to the city's burgeoning bike scene while also shedding a spotlight on bike safety, education, and infrastructure. At present, Greensboro boasts more than 50 miles of interconnected trails.

A mix of mountain biking trails, road cycling routes and urban greenways offers something for everyone here, from



Bald Head Island

hardened trail hounds to commuters and casual riders who like to ride their bikes to grab coffee or baked goods. But while Greensboro's cycling movement might be gaining some much-needed exposure of late, it's not exactly new. cycles de ORO, one of the city's most well-established bike shops, has been serving Greensboro since 1975.

Southport: Beach Biking on the Coast

Coastal North Carolina provides a very different vibe. Instead of twisting trails and mountain views, the Southport area offers quiet lanes, moss-draped oaks, and serene waterfront vistas—but the area's connection with cycling culture is no less deeply rooted. With its flat topography, the Southport area offers leisurely pedaling through waterfront parks and historic neighborhoods, while bicycling groups like Cape Fear Cyclists and Sunset Cyclists organize weekly group rides.

Southport is also just a quick ferry ride away from Bald Head Island, home to around 250 year-round residents and not one single passenger vehicle. The best way to get around the island is on two wheels, and bike rentals are abundant in the area. The North Carolina coast is also ground zero for a growing number of beach cyclists, who take to the dunes aboard sturdy fat-tire bikes in places like Bald Head Island, Ocracoke, and the Outer Banks.



Road Biking

A Biking Mecca

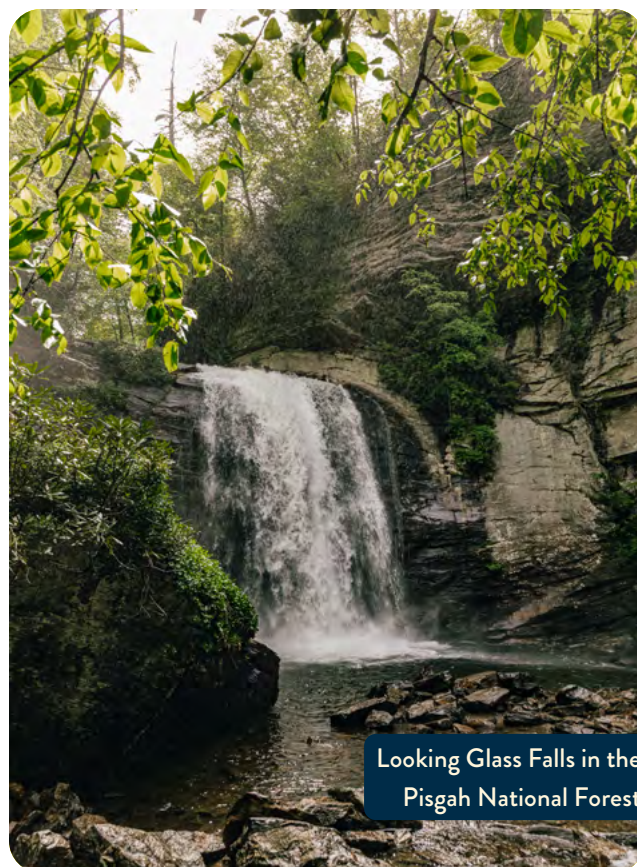
Transylvania County is a biking mecca showcasing some of the best rides in the eastern United States. Mountain bikers, gravel bikers, and cyclists alike trek to Brevard, North Carolina, from far and wide to get a taste of that mountain air while winding through curves and climbing steep switchbacks. Many bike shops in the area also double as taprooms—an ideal way to enjoy a well-earned brew after an epic ride.

Mountain and Gravel Biking

Brevard is a well-known hub of premier mountain biking, with over 350 miles of peerless single track and hundreds of miles of gravel forest roads. Ride to towering waterfalls on beginner-friendly trails in DuPont State Recreational Forest, or challenge yourself while chasing sweeping mountain views in Pisgah National Forest.

Road Cycling

Brevard offers a variety of rides that cater to all skill levels and preferences on 125 miles of dedicated routes—including 24 miles along the Blue Ridge Parkway and 6.3 miles of greenway on the Estatoe Trail. Long stretches of mountain road with challenging inclines and rewarding views make our corner of the mountains a sought-after destination for cyclists.



Looking Glass Falls in the Pisgah National Forest



NORTH CAROLINA'S LAND OF WATERFALLS

BREVARD

📍 *Pisgah National Forest*

35.2848441, -82.7269564

FIND YOURSELF

[EXPLOREBREVARD.COM](https://explorebrevard.com)

The main image of the block shows two cyclists on a rocky ridge overlooking a vast forested valley. Below this, a road winds through a similar landscape with two more cyclists riding on it. The background features rolling green hills and a clear sky.

Elkin's Road and Off-Road Cycling Scene

Mountain biking is anchored by the Elkin Creek Mountain Bike Trail, a machine-built flow trail, and the more technical, hand-cut Iron Falls and Possum Trot trails, both accessible from Elkin's Municipal Park. Other notable trails include segments of the Overmountain Victory, and the relatively easy Elkin-Alleghany Rail Trail.

Visit: ElkinValleyTrails.org, Trailforks, or NC Triad Outdoors

Road biking routes have been laid out throughout the Yadkin Valley via the "Tour de Vino" stencil system:

- 31-mile loop through Swan Creek area vineyards; rolling terrain, a few strenuous hills.
- 50-mile loop through Mountain Park area vineyards; rolling terrain, numerous strenuous hills, one mountain.
- 71 miles east and north of Elkin passing numerous vineyards; rolling terrain, strenuous hills.
- 100 miles north, south and east; rolling terrain, numerous strenuous hills; 7,000 feet of climbing.

A group ride takes place annually the morning of the Yadkin Valley Wine Festival (third Saturday of May); choose from any of these routes, which all begin and end at Elkin High School.

Visit: yvtdv.com

The Surry Scenic Bike Route #4 (www.SurryScenicBikeway.com) passes through Elkin, and winds through our Surry foothills. Road cyclists to the area enjoy many routes that incorporate nearby Stone Mountain State Park and Pilot Mountain State Park.





FIND YOUR TRAIL  ON OR OFF-ROAD

OUTDOOR  EXPLOREELKIN.COM 

MTB: Iron Bluff | Possum Shot | Iron Falls | E & A Rail | Nearby: Fisher River Park | Cub Creek | Kerr Scott
 Road: Tour de Vino | Surry Scenic Bikeway | Routes for Stone Mountain State Park and Pilot Mountain State Park



The Blue Ridge Mountains
from near Spruce Pine

Nature Is Worth the Journey in Mitchell County

We can't imagine a more beautiful landscape to cycle than Mitchell County and its surrounding areas. Cyclists love this area for the beautiful views and the exciting climbs and curve. Here are some options:

Bakersville Deja Vu Loop

A shorter ride with a little climbing and rolling hills, with the option to repeat loops for longer distance.

Fork Mountain/Harrell Hill/Franklin & Charlie Silver Ride

3,448 feet of climbing and some fast descents through beautiful mountain countryside.

Iron Mountain/Roan Mountain Challenge

The ride includes a two-mile ascent over Iron Mountain and down to Limestone Cove in Tennessee.

Jack's Creek Loop

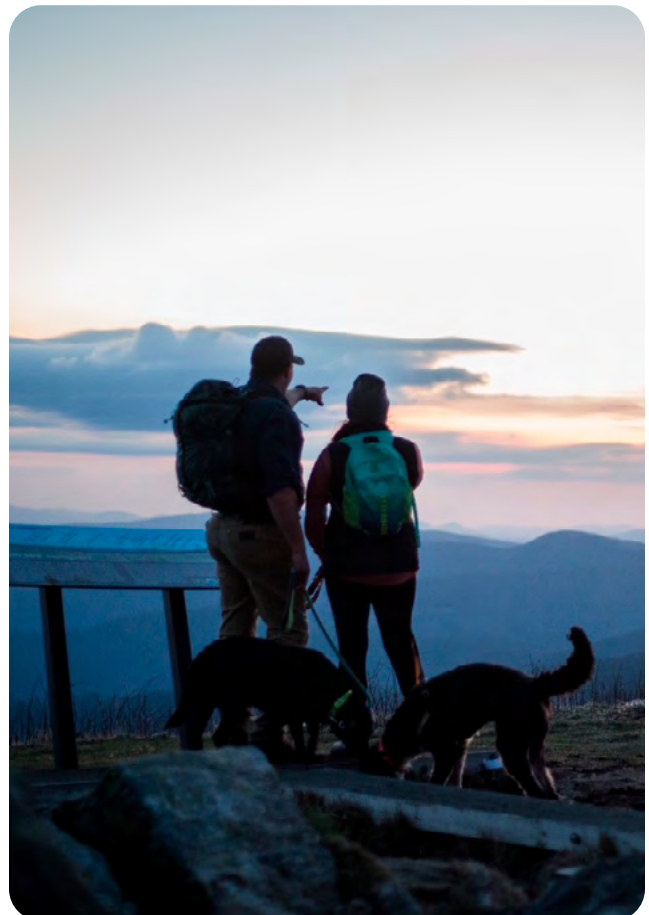
Enjoy some rolling hills and lots of flat road along the North Toe River, Cane River, and Nolichucky River.

North Toe River Out & Back

This is a good recovery ride after riding the mountains. See how many Great Blue Herons and ducks you can spot.

The Toe and Cane Rivers Ride

A 33.63-mile out and back ride along the North Toe and Cane Rivers, starting in Bakersville.





GREEN MTN

BAKERSVILLE

LITTLE SWITZERLAND

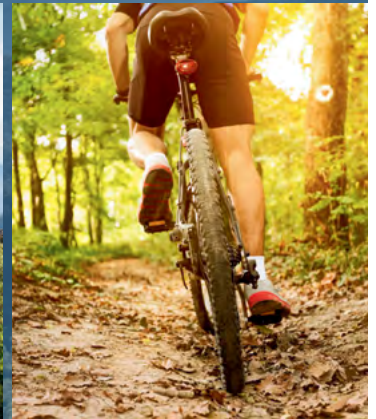
PENLAND

SPRUCE PINE

FIND YOUR *Mountain* OF YOUTH

Where peaceful trails, mountain vistas, and winding paths create the perfect outdoor adventure.

Lace up your shoes and experience nature's beauty and wonder in every season.



mountainofyouthnc.com



Miles of Beauty. Moments that Move You.

A Biking and Bouldering Adventure

Discover a cyclist's paradise in the Blue Ridge Foothills of North Carolina, where every mile delivers fresh air, scenic beauty, and a sense of freedom. Whether you're conquering mountain climbs, cruising quiet rural roads, or enjoying a leisurely ride with the family, the landscapes of Lake Lure, Chimney Rock, and the surrounding foothills offer unforgettable cycling experiences for every level.

The 13.5-mile paved Thermal Belt Rail Trail is the crown jewel of the region's cycling offerings. This scenic, mostly flat trail winds through vibrant communities like Spindale and Forest City, with plenty of opportunities to stop

for coffee, explore local shops, or take in public art and historic landmarks.

For those seeking more adrenaline, the winding mountain roads and challenging climbs near Chimney Rock reward riders with breathtaking overlooks and crisp mountain air. Gravel riders and mountain bikers will find their own backroad bliss across the rolling terrain and forested trails that make this area so special.

Whether you're chasing elevation or coasting in comfort, you'll find that cycling here is more than a ride; it's a chance to connect, breathe deep, and let every moment move you.

Plan your ride at [VisitNCsmallTowns.com](https://www.visitncsmalltowns.com)



MILES OF BEAUTY. MOMENTS THAT MOVE YOU.

Whether you're chasing elevation or coasting in comfort, cycling in Lake Lure, Chimney Rock, and the Blue Ridge Foothills is a ride to remember.

Plan Your Ride
[VisitNCSmallTowns.com](https://www.visitncsmalltowns.com)



Lake Lure, Chimney Rock &
THE BLUE RIDGE FOOTHILLS



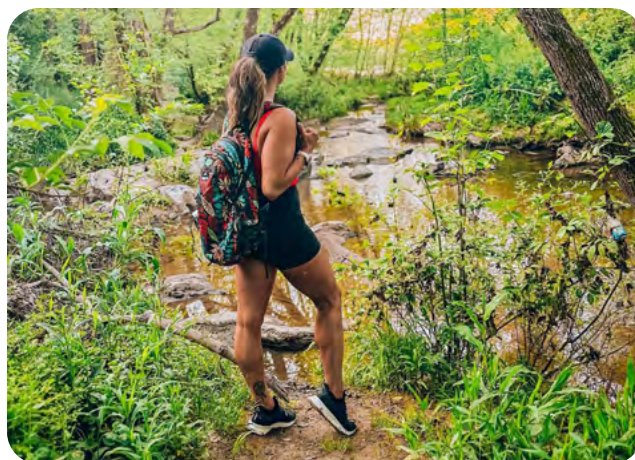


Make Every Moment Memorable in Alamance County

Burlington Greenway

Discover the natural beauty of Alamance County through its scenic trail system. Whether you're seeking a peaceful walk, an energizing ride, or a family-friendly adventure, Alamance's trails offer something for everyone.

Winding through lush woodlands, open meadows, and along tranquil creeks, these trails connect you to the heart of North Carolina's Piedmont landscape. To name a few, visit Cedarrock Park, Cane Creek Mountains Natural Area, Lake Mackintosh, Cates Farm Park or the Burlington Greenway, featuring well-maintained paths perfect for hiking, biking, and birdwatching. Along the way you'll find stunning views that make every visit memorable.



Mebane Greenway

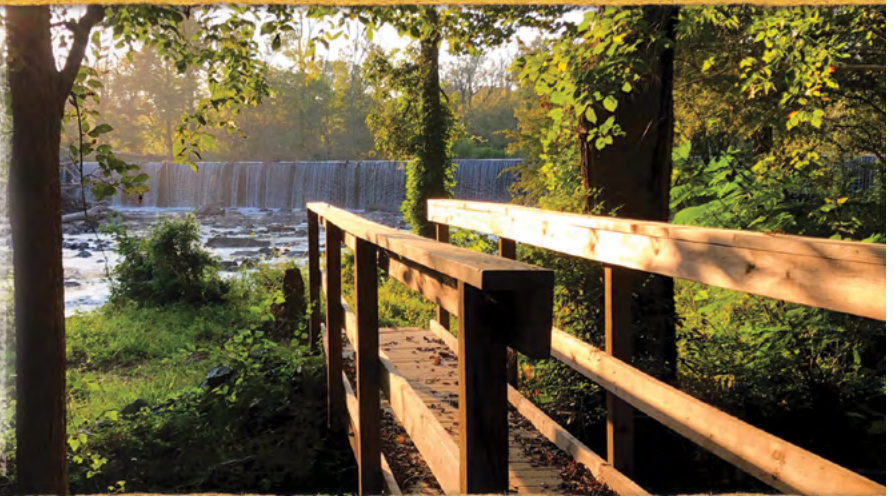


SMALL SURPRISES *FOR* OUTDOOR LOVERS

CHOOSE YOUR PATH.

Discover the breathtaking natural beauty of Alamance County. Tucked between the mountains and the coast, our towns and villages offer small surprises at every turn. What you find at the end of the trail may just be yourself.

You'll find small surprises lead to big memories in Alamance County.



BURLINGTON
MEBANE



THE TOWNS & VILLAGES OF

ALAMANCE
COUNTY

NORTH CAROLINA

ELON
GRAHAM
SAXAPAHAW



Learn more at **VISITALAMANCE.COM** or call 800-637-3804

Cycling on the Rise in McDowell County



Old Fort and Marion, tucked at the base of the Pisgah National Forest, have become the hub of outdoor recreation in McDowell County. With more than 50 miles of single track in the Grandfather Ranger District—and a recent expansion adding eight new miles—and miles of rural roads, the community continues to grow as a destination for gravel riders, mountain bikers, and anyone looking to experience Western North Carolina’s natural beauty.

Old Fort’s trail system continues to grow, with new options for every type of adventurer. The Catawba View Trail, a gentle 1.5-mile loop, offers family-friendly riding and sweeping views of the Catawba River Valley. For a moderate challenge, the three-mile Deep Cove Trail winds through rhododendron tunnels and rocky coves, while the 2.5-mile Camp Rock Trail climbs Jerdon Mountain to a ridge overlook into Camp Grier Valley. Shorter routes like the Jerdon Connector and Stagecoach Trail expand loop options and connect to the historic Point Lookout Greenway.

Beyond the newest additions, Old Fort is already home to some of Western North Carolina's most popular hikes and rides. For mountain bikers, the legendary Kitsuma Trail and Bernard Mountain Trail offer heart-pumping climbs and technical descents just outside town.

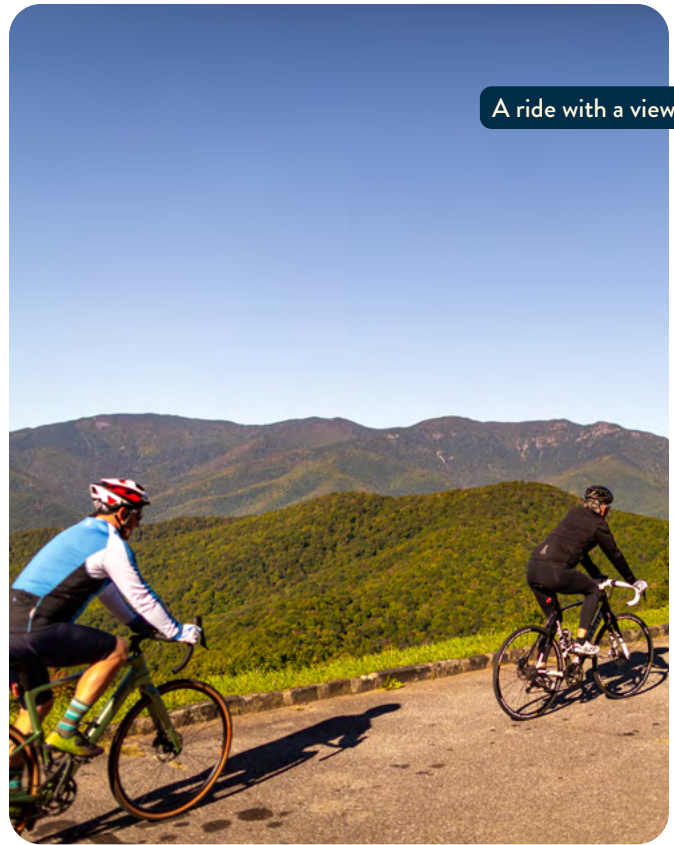
Closer to downtown, the Gateway Trail System has quickly become a favorite for families, birdwatchers, trail runners, and equestrians. With its interconnected loops, riders can flow from Gateway to Foundation, Forager, and Oak Hollow before circling back to Jarrett Creek Road.

Trail Updates

Before heading out, check for post-Helene updates on the Destination McDowell website or stop by the Visitor Center at 91 Catawba Ave in Old Fort.

DestinationMcDowell.com

A ride with a view



WELCOME
TO OLD FORT
Basecamp

ADVENTURE SHIFTS
INTO GEAR HERE

[DESTINATIONMCDOWELL.COM](https://DestinationMcDowell.com)

DESTINATION
McDowell



Plenty to Explore in Alleghany County



Nestled in the easternmost corner of North Carolina's mountains, on the Virginia border, Sparta and Alleghany County welcome visitors with scenic beauty, small-town hospitality, and endless outdoor adventures. Conveniently located near the NC Piedmont, the area is just over an hour from Winston-Salem, two hours from Charlotte, and about three hours from the Raleigh-Durham-Chapel Hill Research Triangle.

Outdoor enthusiasts will find plenty to explore. Each June, cyclists gather for the Tour de Mountains, a challenging and scenic event sponsored by the Alleghany Wellness Center. The backroads of Sparta and surrounding Alleghany County provide year-round cycling opportunities, with routes that wind past grazing cattle, rolling hills blanketed in Christmas trees, and mountain ridges that offer breathtaking 360-degree views. This region is also rich in history—construction of the Blue Ridge Parkway began here more than 75 years ago, and much of the surrounding backcountry remains unchanged, preserving its natural charm.

Looking toward the future, the Alleghany-Sparta Trails Association (ASTA), in cooperation with Alleghany County, is sponsoring a study to develop the upper portion of Sam

Brown Mountain Park into mountain bike trails. This town park, already valued by locals for its natural beauty, could soon become a hub for adventure cycling and outdoor recreation. The project aims to create new opportunities for residents and visitors alike to enjoy mountain biking while enhancing Sparta's reputation as a destination for active lifestyles.

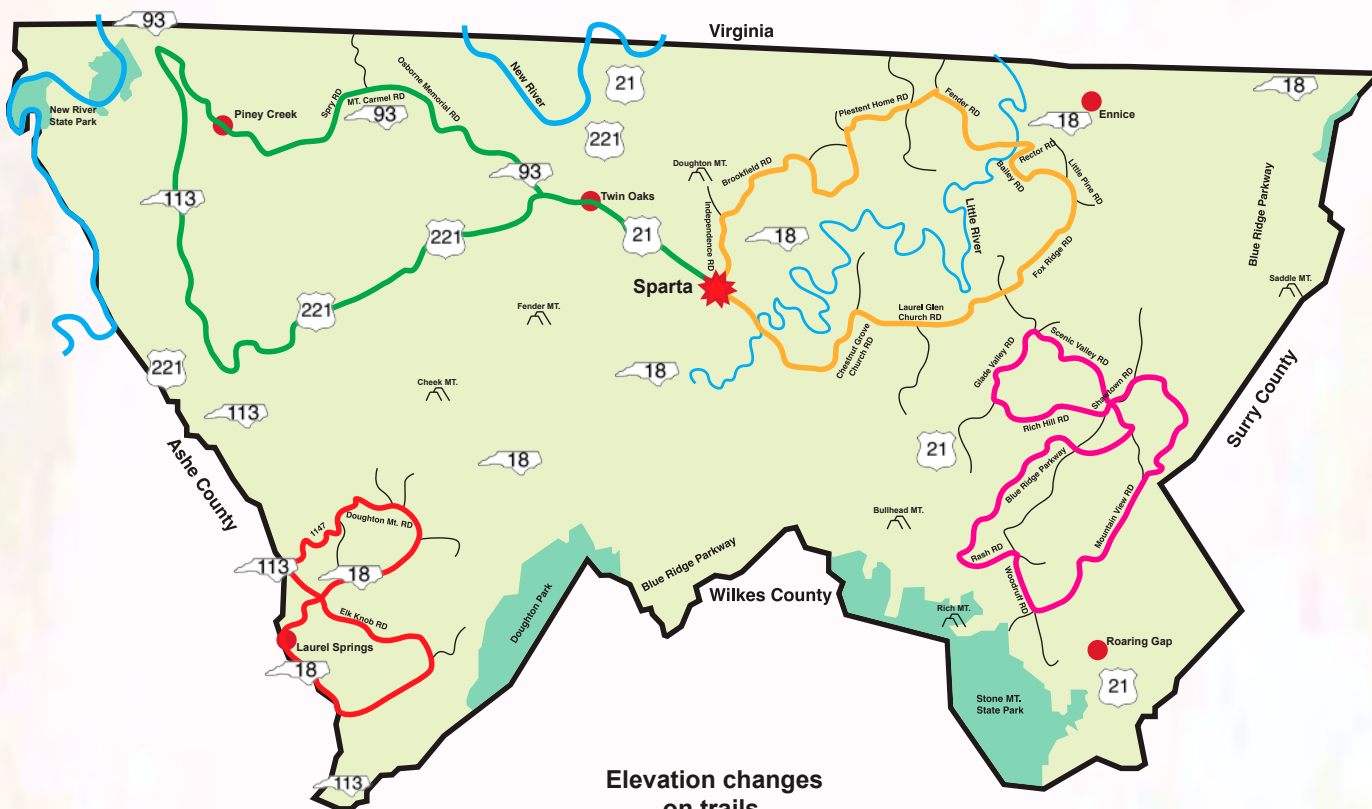
Whether you come for the history, the views, or the ride, Sparta and Alleghany County invite you to slow down, take the scenic route, and discover the best of North Carolina's mountain hospitality.

For more information on dining, attractions, and lodging, the Alleghany Chamber of Commerce website, www.alleghanycountychamber.com, is a helpful resource. Guests are also encouraged to stop by the Chamber Visitors' Center at 58 South Main Street, or call 336-372-5473 for maps, brochures, and friendly advice.





Cycling the Blue Ridge Mountains of *Alleghany County, NC*



Elevation changes
on trails.

Modified Western Loop



Lazy 8



Little River Valley



Blue Ridge
Parkway Country



Discover Sparta and Alleghany County

North Carolina's easternmost mountain gateway is on the Virginia border and easy access from almost anywhere in North Carolina, Virginia, and Tennessee. Just over an hour from Winston-Salem, the area offers wonderful shopping, coffee shops, amazing restaurants, watering holes, vacation rentals, and small-town charm. Explore scenic back-roads where cows graze and Christmas trees blanket the hills. Cyclists won't want to miss the annual Tour de Mountains in June. For maps, dining, and lodging info, visit the Alleghany Chamber or call 336-372-5473.

alleghanycountychamber.com





Greenville

Enjoy the Great Outdoors in Greenville

Greenville is a growing university–medical city, and hub of educational, economic, and cultural activity in Eastern North Carolina. Play Greenville, NC Sports’ partnerships with East Carolina University, City of Greenville and Greenville Recreation & Parks Department, Pitt County Cultural Arts & Recreation Department, and Greenville Convention Center Campus, allow us access to state-of-the-art D1 fields and facilities, Greenville and Pitt County’s 30+ parks and recreation facilities, the 10-mile Greenville Greenway System, 91,000 square feet of flexible indoor event space, and more.

Find ample opportunities to enjoy the great outdoors! Walk, run, and bike on the 10-mile Greenville Greenway and other trails. Off-road on the Wildwood Park Mountain Bike Trail & BMX Pump Track. Paddle the Tar River, Contentnea Creek, and other waterways. Camp at River Park North and on the Pamlico-Tar River Water Trail camping platforms. Picnic and play at the Greenville Town Common and other parks. Learn about the natural world at three natural science museums. Shop for outdoor and sports gear at local outfitters and regional expos. Greenville–Pitt County appreciates an active outdoor lifestyle surrounded by the beauty of nature!

Images by Aaron Hines/City of Greenville, North Carolina





Play it up at one of our many parks, fields or facilities.

Live it up at a Town Common live concert.

Eat it up in authentic Eastern North Carolina BBQ joints.

Find out what's up at

VISITGREENVILLENC.COM/SPORTS



Ce'Nedra Dillard, STS, SDLT

Director of Sports Development

CDillard@GreenvilleNC.gov



Play GREENVILLE
NC • SPORTS



Find Your Adventure in Stanly

Embark on a journey through scenic rivers, serene lakes, and a majestic mountain, each offering its own unique adventure.

Stanly County offers several natural attractions with trails suitable for mountain biking, along with numerous road cycling routes. Key locations include Chuck Morehead Park Trail in Albemarle and three trails in Morrow Mountain State Park (Campground, Backpack, and Laurel trails). Regional cycling routes also exist, with popular options often shared by local cycling groups.

So get ready to uncover the beauty of our county's natural landscapes, whether it be on a bicycle or on foot. Your exploration of nature's wonders starts here!





#FindYourAdventureHere
www.visitstanly.com

— GUIDE TO — **CYCLING** IN NORTH CAROLINA



Published by Executive Media Global, LP
With thanks to Visit North Carolina
executivemediaglobal.com