



Black Bear Adventures
Presents

The ACTEC

Blue Ridge Parkway
Bicycle Tour

May 30 - June 10, 2020

12 days of Cycling &
Fellowship



TOUR ITINERARY

Day 1 : Saturday, May 30 Asheville, NC – Waynesboro, VA

Shuttle Day – approximate 6 hr shuttle from Asheville to BRP Northern Terminus

We meet in Asheville, NC at 10:00 am to shuttle to the Northern Terminus of the Blue Ridge Parkway. Shortly after arrival we will gather for an informal meet and greet before heading out to dinner.

Hotel | Best Western Suites / Waynesboro, VA

Phone | (540) 942-1100

Web | [Best Western Suites](#)

Day 2 : Sunday, May 31 Rockfish Gap to Lexington, VA

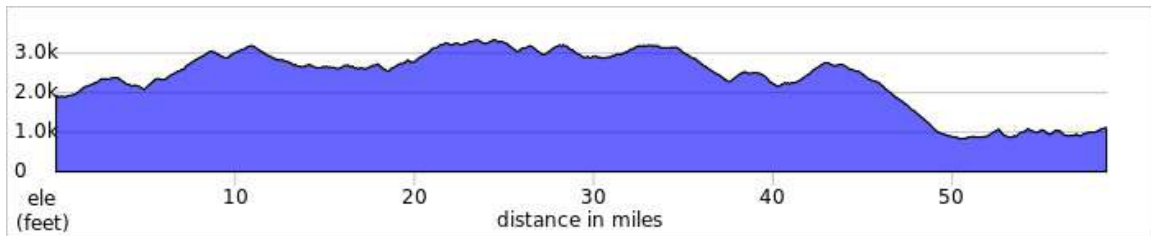
Today's Ride | 59 miles & 5,000+ ft of climbing

After breakfast we shuttle to Rockfish Gap to begin our journey along the Blue Ridge Parkway. The BRP starts with a gentle climb and then weaves and winds its way for 45 miles to our exit down to the historic town of Lexington, home to the universities of Washington & Lee and VMI.

Hotel | Sheridan Livery Inn / Lexington, VA

Phone | (540) 464-1887

Web | [Sheridan Livery Inn](#)





Day 3 : Monday, June 1

Lexington to Peaks of Otter

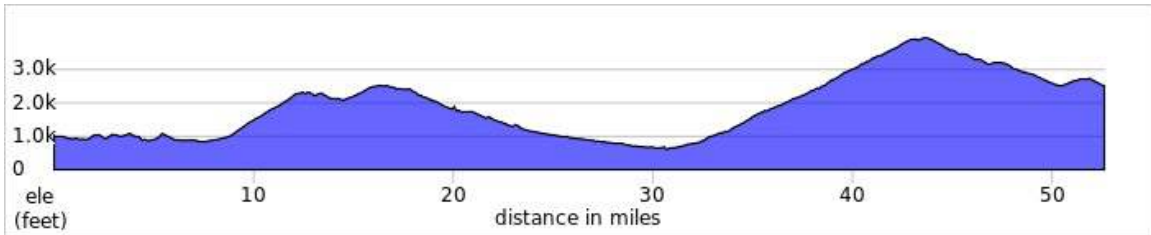
Today's Ride | 53 miles & 6,000+ ft climbing

We begin the day by climbing or shuttling from the Lexington up the escarpment to reenter the BRP. After the challenging start we descend to the lowest point on the BRP, the James River. Once we cross the James River we'll tackle one of the toughest climbs on the trip, Apple Orchard Mtn. It climbs 3000+ feet in 12 miles and is the longest continuous climb on the BRP. Tonight we stay at the Peaks of Otter Lodge, which sits on the shores of Abbot Lake and offers wonderful views of Sharp Top Mountain.

Hotel | Peaks of Otter Lodge / Bedford, VA

Phone | (540) 586-1081

Web | [Peaks of Otter Lodge](#)



Day 4 : Tuesday, June 2

Peaks of Otter to Roanoke, VA

Today's Ride | 40 miles & 3,000+ ft of climbing

We'll begin the day with a series of climbs (who would've guessed) followed by a thrilling descent into the Roanoke River Valley where we'll roll along the Parkway for 35 miles. At Mill Mountain in Roanoke we will exit the BRP en route to our lovely host for the evening, the Hotel Roanoke.

Hotel | Hotel Roanoke / Roanoke, VA

Phone | (540) 985-5900

Web | [Hotel Roanoke](#)





Day 5: Wednesday, June 3

Roanoke to Floyd, VA

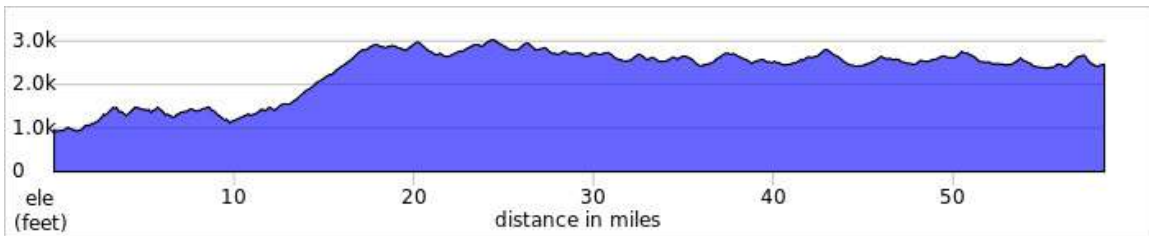
Today's Ride | 58 miles & 5,500+ ft of climbing

We cycle or shuttle back to the BRP before setting our for one of the coolest communities along the Parkway, Floyd, VA. But first we must climb out of the Roanoke River valley before we can roll through the bordering pastures of rural VA.

Hotel | Hotel Floyd / Floyd, VA

Phone | (540) 745-6080

Web | [Hotel Floyd](#)



Day 6 : Thursday, June 4

Floyd, VA to Sparta, NC

Today's Ride | 84 miles & 7,000+ ft of climbing

The longest day of the Tour, but don't worry this day offers numerous opportunities to shorten the ride. We depart VA and cross into NC today at mile marker 217, along the way we pass a number of notable points of interest; Mabry Mill (mm 176), the Blue Ridge Music Center (mm 213) and Cumberland Knob (217.5) to name just a few.

Hotel | Alleghany Inn / Sparta, NC

Phone | (336) 372-2501

Web | [Alleghany Inn](#)





Day 7 : Friday, June 5

Sparta to Blowing Rock, NC

Today's Ride | 63 miles & 6,500 ft of climbing

We begin the day with a short shuttle from Sparta back to the Blue Ridge Parkway where we set our sights on Blowing Rock and a much deserved day of rest. But not before a scenic but deceptively difficult day of cycling. With no long climbs it may look easier on paper but with road weary legs it will provide plenty of challenge.

Hotel | Green Park Inn / Blowing Rock, NC

Phone | (828) 414-9230

Web | [Green Park Hotel](#)



Day 8 : Saturday, June 6

Blowing Rock, NC

Today's Ride | Day Off

Enjoy a relaxing day at the Green Park Hotel, stroll around quaint downtown Blowing Rock or join your guides for a ride along local cycling routes. A day without schedules, you decide how to spend it!

Hotel | Green Park Inn / Blowing Rock, NC

Phone | (828) 414-9230

Web | [Green Park Hotel](#)



Day 9 : Sunday, June 7

Blowing Rock to Little Switzerland

[Today's Ride](#) | 44 miles & 4,000 ft of climbing

We leave Blowing Rock and make our way for Little Switzerland. Along the way we pass over and around some of the most distinctive landmarks of the Blue Ridge Parkway. Shortly out of town we begin climbing towards Grandfather Mountain and over the renowned Linn Cove Viaduct.

Hotel | Switzerland Inn / Little Switzerland, NC

Phone | (828) 765-2153

Web | [Switzerland Inn](#)



Day 10 : Monday, June 8

Little Switzerland to Asheville

[Today's Ride](#) | 61 miles & 6,500 ft of climbing

Today we cycle into the highest mountain ranges along the Appalachian chain, the Black and Craggy Mountains. We spend most of the morning climbing to Mt. Mitchell State Park where we will tackle the eastern United States highest mountain. After our descent off the mountain we have one more major obstacle, the climb to Craggy Gardens, before a mostly downhill run into Asheville.

Hotel | Grove Park Inn/ Asheville, NC

Phone | (828) 253-1851

Web | [Grove Park Inn](#)





Day 11: Tuesday, June 9

Asheville to the Pisgah Inn

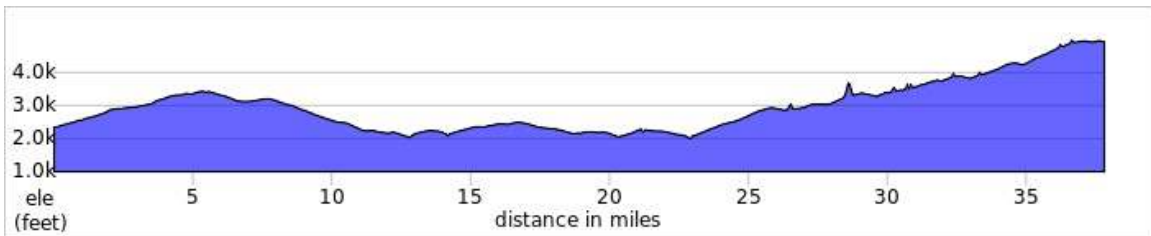
Today's Ride | 38 Miles & 5,500+ ft of climbing

The first of the final two and quite possibly the most challenging days along this special ribbon of road. We begin by retracing our route back to the Parkway from the Grove Park and then after a long descent into Asheville's River Valley we roll the valley before a long climb up to Mt. Pisgah. You will want, or be forced, to take your time on this somewhat short but challenging day!

Hotel | Pisgah Inn

Phone | (828) 235-8228

Web | [Pisgah Inn](#)



Day 12: Wednesday, June 10

Pisgah Inn to the Southern Terminus

Today's Ride | 61 Miles & 6,500+ ft of climbing

The final day of this incredible journey and accomplishment! This remote stretch along the BRP is probably my favorite section and is stunning in its display of signature long range views. This is a day to appreciate all that cycling the Blue Ridge Parkway entails; the physical and mental challenge to complete such an endeavor, the magnificent beauty of this wonderful National Park, and the joy and camaraderie of sharing this marvelous journey! The tour ends with a glorious stretch that includes 13.5 miles of descending over the final 17 miles. After the completion of this unbelievable adventure we shuttle back to Asheville to celebrate your accomplishment!





INCLUDED IN THE TRIP PRICE

Lodging

- 10 nights lodging beginning on Saturday May the 30th and concluding on Tuesday June the 8th. The lone exception to this is our night in Asheville on June the 7th. On this evening you will be staying at the Grove Park Hotel under your conference room block.

Food & Snacks

- All meals beginning with dinner on Saturday May the 30th and concluding with lunch on Wednesday June the 10th. The exceptions to this is your day off in Blowing Rock, Saturday June the 6th, on this day you can enjoy the freedom to dine on your own at your preferred schedule.
- All snacks and beverages during each day's ride

Support

- The knowledge, support and camaraderie of experienced guides
- Mechanical support as needed during your trip
- Daily route support plus detailed route maps w/ profile data
- SAG vehicle accompanies Tour
- Shuttle service from Asheville, NC to Waynesboro, VA on Saturday May the 30th
- All necessary transportation and luggage transfers during your trip

Extras

- BBA Swag including water bottles, tee, cycling jersey and other goodies...

NOT INCLUDED IN THE TOUR PRICE

- Transportation to and from the trip designated pick-up/drop-off locations
- Alcohol during your tour
- Gratuities for Black Bear Adventures guides.

YOUR TRIP COST

The double occupancy cost for this 12 day Blue Ridge Parkway bicycle tour is \$4375/person and the single occupancy supplement is an additional \$925.



TIPS AND GRATUITIES

Gratuities for your Black Bear Adventures Guides may be given at your discretion in response to their professionalism and leadership throughout the week. We suggest 5-10% of the trip price per individual guest to be divided among your guiding team as a tipping standard. Gratuities for all restaurants, hotels, local guides and transportation are paid by Black Bear Adventures.

THE CYCLING EXPERIENCE

The [Blue Ridge Parkway](#) is a 469 mile National Scenic Byway operated by the National Park Service that connects the Shenandoah National Park to the Great Smokey Mountains National Park. Cycling the Blue Ridge Parkway is a special experience and is frequently listed as one of the [top bicycle rides](#) in the country, and in the book [Fifty Places to Bike before You Die](#), and is a fixture on the [VeloNews bucket list](#).

This tour is best suited to those who really want to challenge themselves and is recommended for avid to advanced cyclists. We will be cycling between 40 - 80 miles per day and climbing between 3,500 – 7,000 feet per day.

The experience of cycling the Blue Ridge Parkway is wonderfully summarized by Charlie Skinner, author of *Bicycling the Blue Ridge* - "There is no ribbon of road in the country more ideal for bicycling than the Skyline Drive and the Blue Ridge Parkway"

GEAR RECOMMENDATIONS & OTHER CONSIDERATIONS

Gearing Suggestions – Since we will be doing a **considerable** amount of climbing, I would recommend that you bring a bike equipped with compact chainrings (50/34) and at least a 27 tooth large rear cog or equivalent gear.

We will be cycling through 27 unlit tunnels, 1 in Virginia and 26 in North Carolina, and although most of the tunnels are short enough to easily see the exit from the entrance there a few on the last two days of cycling that you will experience momentary darkness.

The Park service regulations for visibility while cycling through low light conditions including the tunnels is:

“The bicycle operator must exhibit a white light visible at least 500 feet to the front and a red light visible at least 200 feet to the rear during periods of low visibility, between the hours of sunset and sunrise, or while traveling through a tunnel”



WEATHER

The elevation of the mountain ranges that make up the Blue Ridge Parkway help to moderate the temperature even in the summer and thus allows us to operate from late spring to early fall. Below are a few links that that will assist you to gather data and better plan for the weather you can anticipate on your tour. The weather in the Blue ridge Mountains can have rather dramatic swings, so its best to be prepared for this by packing for temperature swings from 50's to 80's, the possibility of rain during your trip and long days in the sun. But please note, one of the best things about a fully supported trip is that the van is never too far away and affords you the opportunity to make apparel changes as the day progresses or conditions dictate!

Regional Historical Data:

- Charlottesville, VA - <http://www.weatherbase.com/weather/weather.php3?s=042157&refer=>
- Roanoke, VA - <http://www.weatherbase.com/weather/weather.php3?s=011427&refer=>
- Boone, NC - <http://www.weatherbase.com/weather/weather.php3?s=565313&refer=>
- Asheville, NC - <http://www.weatherbase.com/weather/weather.php3?s=151327&refer=>

TRIP CHANGES

Black Bear Adventures reserves the right to make route and hotel modifications or to withdraw any trip without notice. We also reserve the right to make alterations and substitutions to the itinerary as necessary to improve the trip quality or for the comfort, convenience, and well-being of our travelers. In this event, Black Bear Adventures will substitute an equal or better option when possible.



USEFUL WEBSITES & TOURIST INFORMATION

Blue Ridge Parkway National Park Site - <http://www.nps.gov/blri/>

Blue Ridge Parkway Association - <http://www.blueridgeparkway.org/>

Blue Ridge Parkway Travel Guide - <http://ncnatural.com/Parkway/BRP-History.html>

APPAREL & ACCESSORY SUGGESTIONS

Cycling Apparel

- 3-4 pairs of cycling shorts
- 2-3 short sleeve cycling jerseys
- A long sleeve cycling jerseys
- 3-4 pairs of cycling socks
- 1 pair of cycling shoes
- 2 pairs cycling gloves
- 1 pair of glove liners or full finger gloves
- 1 helmet
- 1 pair of cycling glasses
- 2-3 wicking cycling undershirts
- 1 wind/rain cycling vest
- 1 wind/rain cycling jacket
- 1 pair arm & knee/leg warmers
- 1 cycling cap and/or helmet liner
- 1 pair of toe and/or shoe covers

I will not make any specific non-cycling apparel suggestions other than to say that casual dress will be the standard for most of our evening meals.

Accessories:

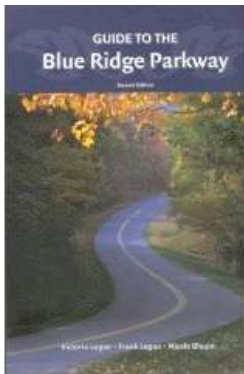
- Hat
- Sun-block and Lip Balm
- Personal Medications
- Camera
- Chamois Cream



MISC

Please note that we will be traveling through fairly remote regions and cellular coverage will be spotty at times.

RECOMMENDED READING



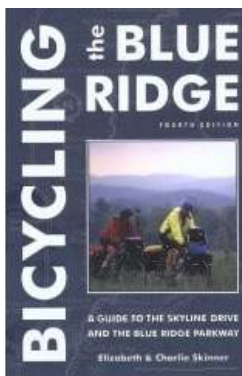
[Guide to the BRP](#)



[BRP Guide Vol. 1](#)



[BRP Guide Vol. 2](#)



[Bicycling the Blue Ridge](#)