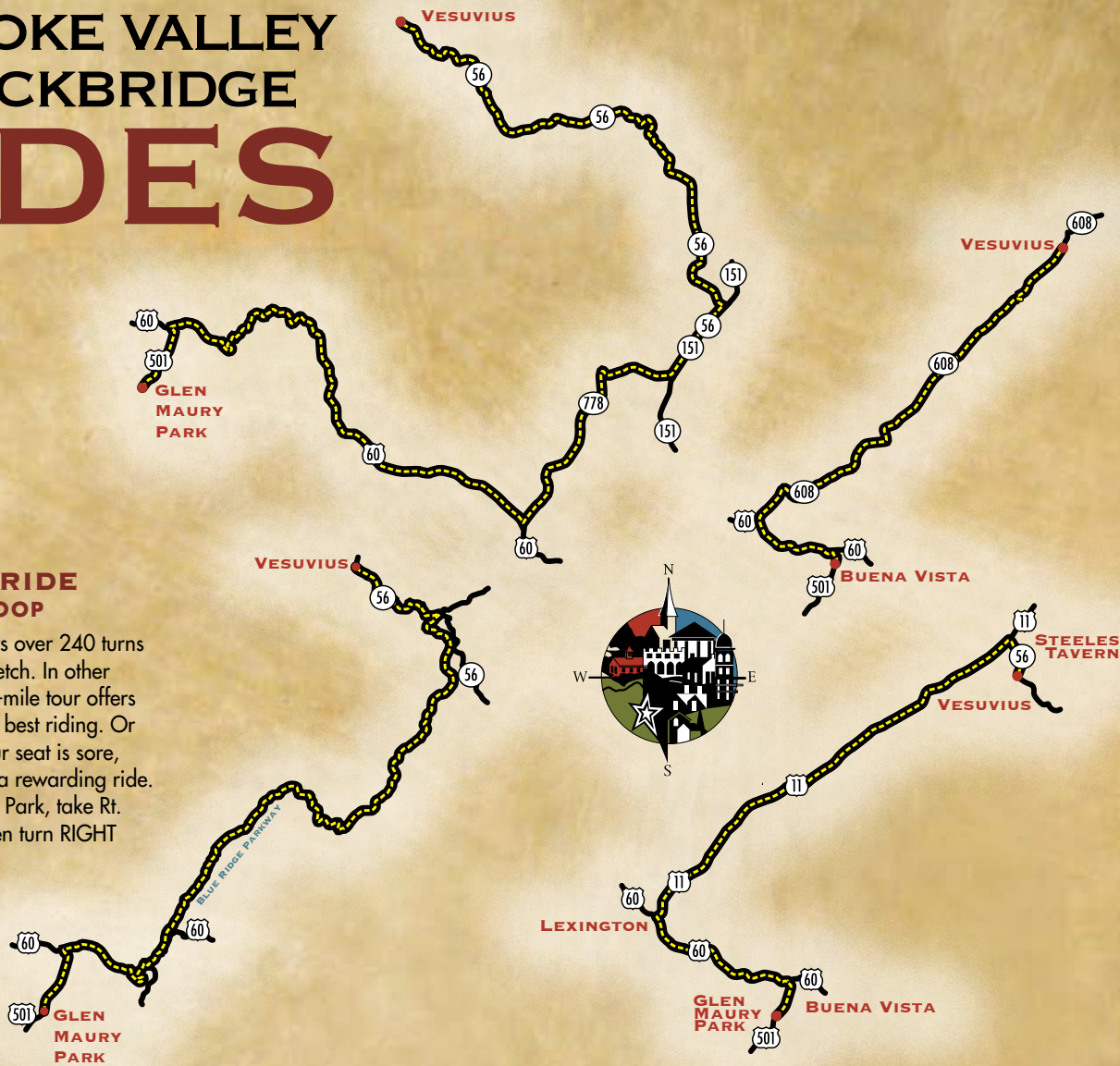


ROANOKE VALLEY & ROCKBRIDGE RIDES



ROCKBRIDGE RIDE THE SPORT TOUR LOOP

This challenging ride offers over 240 turns along just one 14-mile stretch. In other words, it's a blast. The 90-mile tour offers some of the United States' best riding. Or if your time is short or your seat is sore, shorter options also yield a rewarding ride. Starting from Glen Maury Park, take Rt. 501 North for 2 miles, then turn RIGHT onto US 60 East.

90-MILE OPTION:

Travel 20 miles on US 60, then turn LEFT on Rt. 778 North. Travel 10 miles on Rt. 778 North, then turn LEFT onto Rt. 151 North. Travel 3 miles on Rt. 151 North, then turn LEFT onto Rt. 56 West. Rt. 56 West will take you near Crabtree Falls, which offers some great hiking and stunning views of the five cascades of the falls. Fair warning—it's not a leisurely stroll. Travel 22 miles on Rt. 56 West to Vesuvius. Just a couple of miles from Vesuvius on Rt. 606, you can visit McCormick Farm, where Cyrus McCormick invented the reaper, Rockbridge Vineyard, Buffalo Springs Herb Farm and Wade's Mill, a working 18th-century water-powered flour mill.

70-MILE PARKWAY OPTION:

Travel 4 miles on US 60 East to the entrance of the Blue Ridge Parkway. It's a beautiful piece of road that takes you through the very heart of the George Washington National Forest. Turn RIGHT onto the Parkway North. Take another RIGHT onto Rt. 56 West, and travel 4 miles to Vesuvius.

NATURAL RETURN LOOP:

Turn LEFT at Vesuvius, onto State Rt. 608, and follow the South River back to Buena Vista (total of 57 miles). Also known as South River Road, it's not on a lot of maps, which explains why it's well off the beaten path.

At the T intersection at South River Market, turn LEFT on Old Buena Vista Road and follow to Buena Vista, a charming small town with lots to offer, including tubing the Maury River and a top-rated public golf course.

HISTORIC RETURN LOOP:

For a return that routes you through historic Lexington, stay on Rt. 56 to US 11 at Steele's Tavern. Turn LEFT onto US 11 and follow 16 miles to Lexington. There you'll find Lee Chapel, the Stonewall Jackson House, VMI and lots more, as well as abundant choices in eateries. In Lexington, turn LEFT on US 60 to Buena Vista.

Lexington



The Historic Rockbridge Area

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ROCKBRIDGE COUNTY

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