

GENERAL NOTE: WE WILL UPDATE THIS DOCUMENT AS ITEMS ARE FINALIZED – CHECK BACK OFTEN!

GENERAL SCHEDULE FOR EACH DAY BEGINNING SUNDAY, SEPTEMBER 29:

- 6:30 am** Breakfast begins for those on the pre-purchased Cycle NC Meal Plan
Shower Trucks Open
- 7:00 am** Cycle NC Rider Services Opens (Check-In/Package-Pick-Up, Questions, Excursion Reservations, On-Site Registration, Air Pump Station, etc.)
- 7:30 am** Cycle NC Routes Open (Do not start riding before 7:30am)
- 8:00 am** Breakfast for pre-purchased Cycle NC meal plan ends
- 8:30 am** Cycle NC Rider Services closes
Hotel Luggage must be delivered to your hotel lobby for pickup
All campsite luggage must be loaded on the Campsite Luggage Trucks
Cycle NC Excursions by VisitNC depart Camp!
- 9:00 am** All participants must be on the road
Campsite luggage trucks depart camp
Cycle NC Express Shuttle to the next campsite departs camp. For \$30 per day, you can skip that day's ride and go to the next campsite on a motorcoach. Bike transport is included. Sign up at Rider Services before 8:30am.
- 11:00 am** **Welcome to your next destination.** Local Welcome Tents Open to provide local information, directions and suggestions.
Campsites are now open.
Personal Support Vehicles, RV's, participants, etc. may not arrive at camp until after 11:00 am.
- 12 pm - 3 pm** Hotel Luggage deliveries to Official Cycle NC Hotels
- 1:00 pm** Trek of Greensboro Bike Maintenance Shop and Retail Store open for services at Campsite. Bikes must be checked in before 4:30pm if service is needed.
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running
- 3:00 pm** Local shuttles to restaurants, shops and hotels begin running
- 3 pm - 8 pm** Host town evening entertainment window.
- 4:00 pm** Cycle NC Yoga
- 4:30 pm** Cycle NC route officially closes for the day.
- 5:00 pm** Dinner for pre-ordered Cycle NC meal plan begins
- 6:30 pm** Dinner for pre-ordered Cycle NC meal plan ends
- 7:00 pm** Rider Services and Cycle NC Merchandise Tent closed
- 9:00 pm** Last local shuttle makes final trip back to camp!
- 10:00 pm** Quiet hours at camp begin
Cycle NC shower trucks closed



DETAILED DAILY SCHEDULE

FRIDAY, SEPTEMBER 27 – EARLY CHECK-IN & PACKET PICK-UP – BLOWING ROCK ONLY

[CLICK HERE FOR DETAILED BLOWING ROCK SCHEDULE WITH LINKS!](#)

- 5:00 pm** **Early Check-in begins at Davant Field (191 Clark St, Blowing Rock, NC 28605).**
The camping area is now open for all CNC participants.
Blowing Rock Chamber of Commerce Welcome Tent will be available to offer local information and area recommendations for food, shopping and area attractions.
- 7:00 pm** **Early Check-In closes. Rider Services and check-in will reopen at 10:00 am Saturday morning the Recreation Center.**
- 5pm - Until** Once you check in, make the short walk to downtown Blowing Rock to explore the local shops, restaurants and more!
- 5:30pm-8:30pm** Music on the Lawn at the Inn at Ragged Gardens
- 6pm-9pm** Enjoy live music at the Town Tavern or at Woodlands Bar-b-Que. At the Green Park Inn, Charlie Ellis will be playing the piano as well.

SATURDAY, SEPTEMBER 28 – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Blowing Rock, a quaint storybook mountain village, just off the Blue Ridge Parkway. Here you will find popular family attractions including Tweetsie Railroad and The Blowing Rock, a plethora of unique downtown shops and outlets, outdoor adventure ranging from hiking and biking to spelunking and bouldering, and far-reaching mountain views! It's a venue for adventure, but also a place for ultimate relaxation. The perfect town to kick off the 2019 Mountains to Coast Tour!

- 8:15 am** **DURHAM:** Check-in and bike loading begins at in Durham (Sheraton Imperial Hotel, 4700 Emperor Blvd, Durham, NC) for those choosing to leave their car in the Raleigh/Durham area. You should plan to arrive a minimum of 1 hour before bus departure. Bus loading will begin 30 minutes prior to the 10:00 am departure.
- 10:00 am** All buses in Durham depart for Blowing Rock.
- Cycle NC Rider Services and Local Information Tent are now open.**
- Check-in & packet pick-up begins in Blowing Rock at Davant Field (191 Clark St, Clowing Rock, NC 28605).
 - The Blowing Rock camping areas are open to participants. Please do not set up in areas designated as **"No Camping"** areas.
 - The Blowing Rock Chamber of Commerce will have a welcome and information tent set up at camp with maps, guides, where to eat and friendly folks to answer any questions about the area.
- 10am – 5pm** **Warm-up Ride Options around Blowing Rock and on the Blue Ridge Parkway!** Stop by Rhoddie Bicycle Outfitters right in town (257 Sunset Dr) to pick up your cue sheet cards to explore the area and get warmed up for the week! This is the perfect opportunity to take a ride to the beautiful Blue Ridge Parkway Viaduct. Rhoddie has four great route options that are also available on Ride with GPS here - https://ncsports.org/event/cyclenc_mountainstocoast_ride/warmup-ride/. Stop by the shop and get those legs warmed up!
- 8am – 7pm** **Visit Grandfather Mountain!** Just a 20 minute drive from downtown Blowing Rock, is one of the state's most iconic travel attractions. Come hike, bird watch and take a walk on the mile high swinging bridge! \$22 per person admission; \$20 for seniors.
- 8:30am – 7:00pm** **Visit The Blowing Rock!** Just short drive from camp, is the rock this town was named after. Come take in stunning views of Grandfather Mountain as you visit North Carolina's Oldest Travel Attraction. \$7 per person admission; \$6 for seniors.
- 10am – 5pm** **Blowing Rock Art & History Museum Special Exhibit!** The renowned art collection of sisters Claribel and Etta Cone presented in contxt with their lives in North Carolina. The Cone Sisters present a selection from the Cone Collection with artwork by Henri Matisse, Rembrandt, Sarah Stein, Jacques Villon, and others.

- 2:00pm** Shuttle begins running to official Cycle NC Hotels, the week-long parking lot at Appalachian Mountain (940 Ski Mountain Rd, Blowing Rock, NC) and back to camp. Bicycles are not allowed on the local shuttles.
- 5:00 pm** Dinner for the Cycle NC pre-purchased meal plan begins in the Blowing Rock American Legion building, a short walk from the campsite. **The color of your wristband indicates which meal plan option you purchased!**
Dinner menu: Roast boneless pork loin, curried rice, fresh broccoli with garlic oil, kale salad with tomatoes and pecans, balsamic dressing, whole grain dinner rolls, butter, black beans and corn salad, apple cobbler with whipped topping, sweet/unsweet tea and water.

Rider Services closes
- 4 pm – 7 pm** **Blowing Rock Band and Beer Garden!** Kick off the 2019 Mountains to Coast Tour by enjoying music from The Neighbors and a FREE beverage garden courtesy of the Blowing Rock Chamber of Commerce! The music and beverage garden will be at the gazebo near the campsite.
- 7:00 pm** **Blowing Rock and Cycle NC Welcome, Q&A and NC State Highway Patrol Safety** briefing will be located at the gazebo near the campsite as well. This will be a short 30-45 minute session where the Cycle NC Staff will go over some last minute details about the ride, routes, etc. In addition there will be an official welcome from Blowing Rock and a safety briefing from the North Carolina State Highway Patrol. This is the best opportunity to ask any questions that you might have before the ride.
- 6 pm – until** **Downtown Entertainment Options!** Woodlands Bar-b-Que will have live music (6pm-9pm), Chetola Resort will have live music (6pm-9pm), the Green Park Inn will have Charlie Ellis on the piano from 6pm-9pm and the Town Tavern will have Karaoke from 8pm-midnight. Also, enjoy the Blowing Rock Brewery and many other unique shops and restaurants just a short walk from the campsite in downtown Blowing Rock!
- 7:30pm – 11 pm** **Take a chilling journey into the night on the Ghost Train at Tweetsie Railroad!** A short drive from the campsite will allow you to experience this safe, scary fun event. Tweetsie is a Wild West Theme park with a historic steam locomotive. It is recommended that you buy tickets in advance, \$44 per person.


SUNDAY, SEPTEMBER 29 (DEPARTURE DAY) – 1ST DAY OF RIDING

- JERSEY THEME:** **Wear your Favorite Cycle NC Jersey!**
- Ride Distance:** 63 miles
- Elevation Gain:** 3,018 feet
- Destination:** Highland Recreation Center & Park, 1451 8th Street Drive NE, Hickory, NC 28601
- Did you know:** Hickory is known as the “Furniture Manufacturing Capital of the World” and was founded in the 1850s when Henry Robins built a tavern of logs under a huge hickory tree. The city was named “Hickory Tavern” and changed its name to Hickory in 1873.

- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins** in the Blowing Rock American Legion building, a short walk from the campsite.
Breakfast menu: Assorted breakfast breads, fresh sliced cantaloupe, turkey sausage, grits, fresh scrambled eggs (toppings: cheese, sautéed peppers and onions), oatmeal with brown sugar & raisins, crusty whole grain bread, coffee (reg. & decaf), orange juice, water, and milk.
Shower Trucks are now open
- 7:00 am** Cycle NC Rider Services is now open at Davant Field (191 Clark St, Blowing Rock, NC 28605).
- 8:00 am** **Rest Stop #1 opens: Patterson School (4646 Patterson School Dr, Lenoir, NC)**

Cycle NC Meal Plan for breakfast is now closed.
- 8:30 am** **Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:**
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Visit Grandfather Mountain
Lunch at The Ridgeline (additional cost)
Discover The Blowing Rock



- 9:00 am** *Rest Stop #2 opens: Kings Creek Elementary School (3680 Wilkesboro Blvd, Lenoir, NC)*
- 10:00 am** *Rest Stop #3 opens: Dudley Shoals (6156 Petra Mill Rd, Granite Falls, NC)*
- 11:00 am** Cycle NC campgrounds now open to all participants. Camping is located on the ballfields and the surrounding area at the park.
At Camp: Cycle NC massages now available inside the community center on-site.
- 12:00 pm** **Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.**
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles. 
- 12pm – 8:30pm** **Welcome to the “Party at the Park”!** Several food trucks, wine, beer from Olde Hickory Brewery, games, live music and more will all be on-site for your arrival. Enjoy!

Food Truck Options on-site
 - Hickory Sandwich Shop – sandwich options, healthy options and BBQ
 - Di’Lishi – Frozen Yogurt
 - Urban Flavor – Tex Mex fusion
 - Tap Root Coffee Bus
- 1:00 pm** Local shuttle begins running to downtown and hotels.
- 4pm – 7pm** **Part Time Murphee’s Band Performs!** Enjoy classic covers by this local four-piece band. Food trucks, beer and wine will all be on-site for this event. Kick back and relax with great food and good tunes!
- 4:00 pm** Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins in Highland Recreation Center on-site.**
Dinner Menu: Italian meatballs with marinara; zucchini with peppers, onions & tomatoes (no cheese); penne pasta, salad bar, Italian bread, butter, lemon pound cake with rum sauce, sweet/unsweet ice tea, water, parmigiana cheese.
- 6:30 pm** Rider Services closes

MONDAY, SEPTEMBER 30 – DAY 2 OF RIDING

- JERSEY THEME:** **WACKY TACKY DAY!!** Wear your craziest jerseys, outfit, socks, hats, sunglasses.
- Ride Distance:** 65 miles
- Elevation Gain:** 2,189 ft
- Destination:** NC Transportation Museum, 1 Samuel Spencer Drive, Spencer, NC 28159
- Did you know:** The N.C. Transportation Museum is located on the site of what was once Southern Railway Company's largest steam locomotive servicing facility. Four exhibit buildings represent the remaining structures of historic Spencer Shops. The 90,000 square foot Back Shop features aviation and automotive exhibits. The Bob Julian Roundhouse, with 37 stalls, is the largest remaining roundhouse in North America and features steam and diesel locomotives, rail cars, & more! This family-friendly site is filled with immersive exhibits & special events.
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins in the Highland Recreation Center on-site.**
Breakfast Menu: Vegetable egg casserole, crispy bacon, home-style grits, oatmeal (butter, brown sugar and raisins), biscuits, coffee (reg. & decaf), orange juice, water and milk.

Shower Trucks open.
Shuttles begin running from hotels to bring participants back to camp if needed. Meet at the main entrance of the hotel. If you rode your bike to the hotel, you’ll need to ride it back to camp.
- 8:00 am** *Rest Stop #1 opens: Magnolia Mercantile (3279 E Main St, Claremont, NC)*

Cycle NC Meal Plan for breakfast is now closed.

8:30am

Morning Hotel Shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Take a peak into JR Motorsports
Walk the trails of the NC Raptor Center
Feel the thrill of Charlotte Motor Speedway



9:00 am

Rest Stop #2 opens: Troutman Train Depot (104 N Main St, Troutman, NC)

10:00 am

Rest Stop #3 opens: Cleveland Library (302 E Main St, Cleveland, NC)

11:00 am

Cycle NC campgrounds now open to all participants. Camping is open in almost all grassy areas around the Transportation Museum grounds. Do not camp where “No Camping” signs are located!

At Camp: Cycle NC massages now available inside the administration building on-site.

12:00 pm

Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



12pm - 5pm

Explore the NC Transportation Museum! Our stay allows each rider FREE admission into the museum buildings. Explore the Back Shop (complete with aviation exhibits, antique automobiles/trucks and other forms of transportation), the Bob Julian Roundhouse and all the different locomotives on-site. The Back Shop will be open all night!

12pm - 4pm

Local Food vendors on-site. The Little Red Trailer (BBQ, Hamburgers, Hotdogs, Fried Pickles, Corn Dogs, Chips, Drinks) and The Old 97 Kettlecorn Company (all natural kettle corn made the old fashioned way).

12pm – 6:30pm

Local Beer and Wine on-site. Morgan Ridge Vineyards, Railwalk Brewery and New Sarum Brewery will be on-site to serve beer and wine for purchase.

12pm – 3pm

Turntable Rides! Take a spin on the turntable, used to maneuver locomotives as they move in and out of the Bob Julian Roundhouse. Cost: \$1 per person plus tax. *Rides will take place on the hour – noon, 1pm, 2pm and 3pm.*

3pm-5:30pm

NC Transportation Museum Specialty Tour! Behind the Scenes Roundhouse Tours will be held at **3pm and 4:15pm**. See antique locomotives and more during a one-hour guided tour of the Bob Julian Roundhouse, the largest remaining roundhouse in the nation. Cost: \$5 per person plus tax.

4:00 pm

Local shuttles begin running to restaurants, shops, area attractions, etc. Take a ride on the Historic Salisbury Trolleys as they transport you to Downtown Salisbury, which is closeby and filled with wonderful restaurants and shops! These trolleys will also be stopping by the hotels, along with the Holiday Tours buses. **Special note: The NC Transportation Museum Trolley will ONLY transport cyclists to/from downtown. This is your “express” trolley if you don’t want to stop at the hotels.**

4:00 pm

Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.

5:00 pm

Dinner for the Cycle NC pre-purchased meal plan begins in the end of the Back Shop, near the roundhouse turntable.
Dinner menu: Roast beef Au Jus, horseradish sauce, mashed potatoes, green beans with oil and garlic, vegetarian chili beans, rolls, pecan pie, apple pie, sweet/unsweet tea and water.

6:30 pm

Rider Services closes

7:30 pm

NC Transportation Museum Specialty Tour: Legends by Latern! The one hour Legends by Latern tour features stories of North Carolina railroad legends and Spencer Shops. Cost: \$5 per person plus tax.

TUESDAY, OCTOBER 1 (END OF 3-DAY OPTION) – DAY 3 OF RIDING

JERSEY THEME: **VINTAGE CYCLE NC DAY!** Let's see who has the oldest CYCLE NC Jersey!
Ride Distance: 68 miles
Elevation Gain: 3,167 ft
Destination: Bray Park, 700 Alston Bridge Rd, Siler City, NC 27344
Did you know: Siler City was settled in 1751 as an English Quaker settlement. It is now home to the NC Arts Incubator. Frances Bavier, who played Aunt Bee on "The Andy Griffith Show," made Siler City her home after she retired from acting.

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins in the end of the Back Shop, near the roundhouse turntable.
Breakfast Menu: Western style scrambled eggs with peppers and onions, chees, and salsa, whole grain bread, butter and jelly, oatmeal (brown sugar, butter and raisins), regular and decaf coffee, orange juice, water, milk, creamer, sugar, Splenda.

*Shuttles begin running from hotels to bring participants back to camp if needed.
 Shower Trucks open.*

6:30 am – 8:30 am **Breakfast on-site!** The NC Transportation Museum will be selling Bojangles and Chick-fil-a biscuits for cyclists who are not on the meal plan!

8:00 am **Rest Stop #1 opens: Tamarack Marina (9120 Bringle Ferry Rd, Salisbury, NC)**
 Cycle NC Meal Plan Breakfast is now closed.

8:30 am Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
*Explore the Bob Timberlake Gallery
 Visit the Seagrove Potters Community
 Tsting at Southern Supreme Fruitcake and More*



9:00 am **Rest Stop #2 opens: Harrison Park (52 W Salisbury St, Denton, NC)**

10:00 am **Rest Stop #3 opens: Bicentennial Park (135 Sunset Ave, Asheboro, NC)**

11:00 am **Rest Stop #4 opens: Parks Crossroads Christian Church (1995 Parks Crossroads Church Rd, Ramseur, NC)**

Cycle NC campgrounds now open to all participants. Camping is located on the soccer field and the back two baseball fields. Do not camp on any fields with "No Camping" signage!

At Camp: Cycle NC massages now available in the N.G. Armory.

3-Day Western registration participants taking the shuttle back to Blowing Rock must load their bikes on the bike transport truck a minimum of 1hr prior to bus departure (By 4PM!). The 3-day buses will pick up in the parking lot of Bray Park near the Rider Services RV.



12:00 pm Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.
 Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
 Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles. See schedule below for Hyatt Place in Chapel Hill departure times.




12pm – 6pm **Bicycle inspired art show at Peppercorn.** Grab the shuttle to downtown Siler City (or just stop on your way into town!) to check out the bicycle-inspired (tricycle, unicycle) 2-D and 3-D artwork in a variety of media.

1pm – 9pm **Concessions offered at Bray Park concession stand on-site.**

1pm – 5pm **Craft beer, wine, food and massages at the N.G. Armory!** Head across the street from the campsite to the N.G. Armory and grab a beer (for sale) by Thirsty Skull Brewing and Four Saints Brewing out of nearby Pittsboro, NC. FireClay Cellars will be on-

site with wine for sale as well. Sample some NC peanuts from Cackalacky! Get a chair massage from Bell house Day Spa beginning at 3pm. Pete Pawsey performs at 4pm.

- 1pm – 5pm** **Stillpoint Acupuncture Services** will be on-site at the Blue Cross and Blue Shield of NC Recovery Zone. Stop by to check them out!
- 1:30pm** **The first shuttle to Hyatt Place in Chapel Hill departs.** This is a one-way only shuttle. Leave your bike at camp in the bike corral for the evening.
- 3:00 pm** **Local shuttles begin running to restaurants and shops.**
- 3:30pm** **The second shuttle to Hyatt Place in Chapel Hill departs.** This is a one-way only shuttle. Leave your bike at camp in the bike corral for the evening.
- 4:00 pm** **Cycle NC Yoga** session begins. Remember to bring your yoga mat or towel.
- 4:30 pm** ***Boarding for the 3-Day (Western) shuttle option back to the start of the ride (Blowing Rock) begins.*** 
- 4:30pm – 8pm** **Grab a shuttle to downtown for food and acoustic entertainment!** The shuttle is a short 5 minute ride to downtown, and will drop you off at the Oasis Fresh Market and Deli courtyard. Berryfield will be performing from 4:30-7pm. Crumb Catcher will perform from 7pm-8pm. Wine and beer specials will be available. Pupas y Taco and Creative Creamery Ice Cream will be on-site with other food trucks to be scheduled.
- 5:00 pm** ***Shuttles back to Blowing Rock for the 3-day ride participants departs!***
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins in the N.G. Armory building across from the campsite.**
Dinner menu: Breast of chicken in a creamy mushroom sauce, bean and begetalbe soup, steamed rice, melon, marinated broccoli, French rolls, butter, sweet/unsweet tea, water, peach cobbler.
- 5pm – 6:30pm** **Entertainment at the N.G. Armory!** Grand Shores and Will Ridenour perform during the Cycle NC meal.
- 5:30pm** **The final shuttle to Hyatt Place in Chapel Hill departs.** This is a one-way only shuttle. Leave your bike at camp in the bike corral for the evening.
- 6:30 pm** **Rider Services closes**

WEDNESDAY, OCTOBER 2 – DAY 4 OF RIDING

- JERSEY THEME:** **It's Breast Cancer Awareness Day! Wear your pink jersey, socks, shorts or add some pink flair to your bike!**
- Ride Distance:** 76 miles
- Elevation Gain:** 3,276 ft
- Destination:** Clayton Community Center, 715 Amelia Church Rd, Clayton, NC 27520
- Did you know:** The town of Clayton had its beginnings in the early 1700s, when settlers began to occupy land formerly inhabited by the Tuscarora and Sioux Native Americans. The town was originally known as Stallings' Station, a depot along the North Carolina Railroad.
- 6:30 am** **Breakfast for the Cycle NC prepurchased meal plan begins in the N.G. Armory building across from the campsite.**
Breakfast Menu: French toast casserole with apples and raisins, ham, scrambled eggs, assorted rolls, oatmeal bar with milk, raisins, light brown sugar, bananas, brown sugar and butter, home-style grits, coffee (reg. & decaf), milk, orange juice and water.

Shuttles begin running from hotels to bring participants back to camp if needed.
Shower Trucks open.
- 6:45 am** ***The only shuttles from the Hyatt Place in Chapel Hill depart at 6:45am! Don't be late!***

8:00 am *Rest Stop #1 opens: Chatham Methodist Church (1826 Chatham Church Rd, Moncure, NC)*

Cycle NC Meal Plan Breakfast is now closed.

8:30 am

Morning hotel shuttles stop running.

Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:

\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)

Wander the exhibits of the NC Museum of Art

Lunch at the State Farmers Market (additional cost)

Tour the Randleigh Dairy Heritage Museum



9:00 am

Rest Stop #2 opens: New Hope Valley Railway (3900 Bonsal Rd, New Hill, NC)

10:00 am

Rest Stop #3 opens: Leslie Alford Mims House (100 Avent Ferry Rd, Holly Springs, NC)

11:00 am

Rest Stop #4 opens: Centennial Park (1015 New Bethel Church Rd, Garner, NC)

Cycle NC campgrounds now open to all participants. Camping is located on the field behind the community center.

At Camp: Cycle NC massages now available inside the community center on-site.

12:00 pm

Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.

Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open

Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open

Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



12:30pm – 4:30pm Campsite entertainment! Enjoy live music by Chris Overstreet, local food truck Redneck Scientific and beer (for sale) from Deep River Brewery, locally operated in Clayton.

1:00 pm

Local shuttles begin running to restaurants, shops and downtown.

4:00 pm

Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.

5:00 pm

Dinner for the Cycle NC pre-purchased meal plan begins in the community center on-site.

Dinner menu: Vegetarian vegetable soup, mixed green salad (Italian & ranch dressings), Salisbury steak with creamy gravy, mashed potatoes, buttered peas, dinner rolls, banana pudding, sweet/unsweet tea and water. .

6:30 pm

Rider Services closes

6:30pm – 9:30pm

Downtown entertainment! Hop on the shuttle for a quick ride downtown to Clayton Town Square for a full concert with Mountain Heart, a bluegrass band. The concert is in the heart of downtown with various shopping and dining options. Deep River Brewing, Food Trucks and wine vendors will all be on-site.

9:30pm

Last shuttle leaves downtown.

THURSDAY, OCTOBER 3 (3-DAY EASTERN RIDE OPTION BEGINS) – DAY 5 OF RIDING

JERSEY THEME: *Show your School Pride!!! It's College Day so wear your favorite Collegiate Jersey!*

Ride Distance(s): 78 miles or 100 miles

Elevation Gain: 1,492 ft or 1,734 ft

Destination: Town Common, 105 East 1st Street, Greenville, NC 27858

Did you know: Greenville was once known as the "Queen City of the Tar," because of its location along the Tar River. With over 90,000 residents, it is the 10th largest city in North Carolina.

6:30 am

Breakfast for the Cycle NC pre-purchased meal plan begins in the community center on-site.

Breakfast menu: Scrambled eggs with spinach and tomato, sausage and gravy with toast points, steamed rice, whole wheat bread, pork sausage links, oatmeal bar with milk, light brown sugar, raisins, butter, grits, coffee (reg. & decaf), water, orange juice and milk.

Shower Trucks open.

Shuttles begin running from hotels to bring participants back to camp if needed.

8:00 am *Rest Stop #1 opens: Micro Volunteer Fire Department (321 US-301 S, Micro, NC)*

Breakfast is now closed.

8:30 am Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Visit the Tobacco Farm Life Museum
Lunch at Rocky Mount Mills (additional cost)
Tour the Edgecombe County Veterans Museum



9:00 am *Rest Stop #2 opens: Gov Charles B Aycock Birthplace, 264 Governor Aycock Rd NE, Fremont, NC)*

10:00 am *Rest Stop #3 opens: Howell Swamp Church (673 Speights Branch Rd, Walstonburg, NC)*

11:00 am *Rest Stop #4 opens: The GlasStation (3732-B West Wilson St, Farmville, NC)*

Cycle NC campgrounds now open to all participants. Camping is located anywhere in the Town Commons park area. Do not set up camp where you see "No Camping" signs.

At Camp: Cycle NC massages now available near the amphitheater on-site.

11:30am *Century Rest Stop opens: R.A. Fountain General Store (6754 E Wilson St, Fountain, NC)*

12:00 pm **Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.**

Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



A vibrant downtown is a short walk away! No shuttles needed for restaurants, shopping, etc.

1pm-5pm **Entertainment On-site!** Psylo Joe performs on-stage. A beer garden will be open as well. Sam Jones will distribute FREE BBQ sliders!

4:00 pm **Cycle NC Yoga session begins inside the racquetball court inside the gymnasium area.** Remember to bring your yoga mat or towel.

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins at St. Paul's Episcopal Church, a short walk from the campsite.**
Dinner menu: Tossed salad with mixed greens, tomatoes and onions (ranch & Italian dressings), chicken piccata, mashed potatoes, baked beans (vegan), cole slaw (vegan), buttered corn, corn bread, assorted pies, sweet/unsweet tea and water.

5:00 pm **Game day shuttles begin!** Check out the ECU Pirates take on the Temple Owls in a nationally televised American Athletic Conference matchup held just down the road. Pick up the shuttle near Sup Dogs, a short walk from camp. RSVP by [CLICKING HERE](#) to experience a true Pregame ECU tailgate, free of charge!

5pm-8pm **William Seymour** will entertain at the 5 points area of downtown, a short walk from the campsite – go join the locals and check it out!

8pm-11pm **ECU Pirates vs Temple Owls** – check out the football game just a short ride or long walk from the campsite! Tickets can be purchased online in advance by [CLICKING HERE](#) and using the promo code CYCLE for \$25 tickets.

6:30 pm Rider Services closes

FRIDAY, OCTOBER 4 – DAY 6 OF RIDING

JERSEY THEME: *It's Red, White and Blue Day! Wear yours with pride!*

Ride Distance(s): 60 miles

Elevation Gain: 594 ft

Destination: Union Point Park, 210 East Front Street, New Bern, NC 28560

Did you know: New Bern is the second-oldest European settled colonial town in North Carolina (Bath was the first). It served as the first capital of North Carolina from 1770 to 1792, with the governor residing in Tryon Palace. You can walk in the footsteps of colonial governors in this beautifully restored mansion from the 1700s.

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins at St. Paul's Episcopal Church, a short walk from the campsite. **Breakfast menu:** Grilled boneless pork chops, scrambled eggs, home fried potatoes, soft rolls, oatmeal bar with milk, light brown sugar, raisins, butter, grits, coffee (reg. & decaf), water, orange juice and milk. *Shower Trucks open.*

Shuttles begin running from hotels to bring participants back to camp if needed.

8:00 am *Rest Stop #1 opens: Ayden Gaeko (4109 S West Ave, Ayden, NC)*

Breakfast is now closed.

8:30 am Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Explore the NC Estuarium
Lunch and shopping in Little Washington (additional cost)
Unearth the Aurora Fossil Museum



9:00 am *Rest Stop #2 opens: Yoder's Dutch Pantry (4102 NC Hwy 118, Grifton, NC)*

10:00 am *Rest Stop #3 opens: Macedonia Baptist Church (355 Macedonia Church Rd, Vanceboro, NC)*

11:00 am Cycle NC campgrounds now open to all participants. Camping is located anywhere at Union Point Park. Do not camp where you see "No Camping" signs.

At Camp: Cycle NC massages now available inside the Courtyard by Marriott adjacent to the campsite.

12:00 pm **Trek of Greensboro Bike Maintenance Shop & Retail Store opens. Bikes must be checked in before 4:30 for service.**

Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open
 Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
 Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



A vibrant downtown is a short walk away! No shuttles needed for restaurants, shopping, etc. Stop by the Welcome booth for restaurant recommendations and directions.

4:00 pm Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins** in the New Bern Convention Center, just across the street (or under the bridge) from the campsite.
Dinner menu: Chicken and rice casserole, pasta, lightly blackened salmon, tarter sauce, texas pete, mixed greens with sunflower seed vinaigrette, parmesan cheese, stewed canneline beans with kale, sliced French bread, butter, sweet/unsweet tea, assorted pies.

6:30 pm Rider Services closes

SATURDAY, OCTOBER 5 – FINAL DAY OF RIDING!

JERSEY THEME: **It's the last day so wear your 2019 Cycle NC Mountains to Coast jersey!**
Ride Distance(s): 71 miles
Elevation Gain: 871 ft
Destination: Atlantic Beach Circle, 105 Atlantic Blvd, Atlantic Beach, NC 28512

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins** in the New Bern Convention Center, just across the street (or under the bridge) from the campsite.
Breakfast menu: Corned beef hash, scrambled eggs, cheese grits, oatmeal, brown sugar and raisins, assorted breads, butter, jelly, texas pete, ketchup, coffee, milk, orange juice, water.
Shower Trucks open.

Shuttles begin running from hotels to bring participants back to camp if needed.

8:00 am **Rest Stop #1 opens: Carolinas East Medical Center (137 Medical Ln, Pollocksville, NC)**

Breakfast is now closed.

8:30 am Morning hotel shuttles stop running.
Cycle NC Excursions by Visit NC depart Camp!! Today's tours include:
\$20 – sign up at Rider Services (includes motorcoach transportation & bike transport)
Sample the North Carolina Seafood Festival
End of Ride Celebration



9:00 am **Rest Stop #2 opens: Bellgrade United Methodist Church (2944 Bellgrade-Swansboro Rd, Maysville, NC)**

10:00 am **Rest Stop #3 opens: Pugliese Pavilion (102 Church St, Swansboro, NC)**

11:00 am **Water/Bathroom only stop opens: Salter Path Beach Access (1037 Salter Path Rd, Atlantic Beach, NC)**
 Parking at End of Ride location (Atlantic Beach Circle) is available in any public parking area.

12pm-5pm **End of Ride Celebration, music and beverage garden begins.** Make sure you get a photo with your bike on the beach! Enjoy a beer and dessert party at the finish line! [Crystal Coast Brewing](#) will be on-site providing free beer featuring the Atlantic Beach Lager and the Crystal Coast IPA. David Watson's Catering will be providing dessert selections as well.



Dessert menu consists of:

- Ice Cream Sundae Bar – chocolate, caramel, strawberry sauces accompanied by sundae nuts, whipped cream and cherries
- Cake Table – carrot, chocolate, lemon pound and pineapple cakes available
- Small Sweets Table – lemon squares, brownies, petite fours, cookies and ooey gooey bars
- Crepe Table with various fillings – strawberry, apple, peach, whipped topping
- Banana Pudding table

12:00 pm **Cycle NC Rider Services and Cycle NC Merchandise Tent Open.**
Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open
Shuttles to hotels and to local restaurants will run until 8pm.
Camping in the designated grass areas and on the beach are available.


All participants taking the Cycle NC transportation option back to Clayton must load their bike on the Bike Transport Truck before 4:30pm. All participants taking the transportation options to Blowing Rock or Durham must load their bikes on the Bike Transport Trucks immediately after you finish. All bike transport trucks will leave Atlantic Beach no later than 6pm on Saturday, October 5.



3:00 pm **Cycle NC Route Officially Closes.**

- 4:30 pm** *Bus loading for 3-Day transportation back to Clayton begins. All bikes must be loaded on the bike transport trucks at this time! Make sure your bike has the correct color bike band for the destination of your bike.*
- 5:00 pm** *Buses leaving for Clayton depart Atlantic Beach!
End of Ride Celebration ends.
Cycle NC Rider Services and the Cycle NC Merchandise Tent closed.*
- 6:00 pm** *All bikes must be on the Bike Transport Trucks that are going to Blowing Rock or Durham! Make sure your bike has the correct color bike band for the destination of your bike.
Rider Services closes*

SUNDAY, OCTOBER 7 – BUS TRANSPORTATION BACK TO BLOWING ROCK AND RALEIGH

- 7:00 am** Bus loading for transportation back to Blowing Rock and Durham week-long parking begins. *All bikes at this point should have been loaded on both the Blowing Rock and Durham bike trucks by 6pm on Saturday.* 
- 8:00 am** Buses depart Atlantic Beach campsite for Blowing Rock and Durham at 8:00 am and make stops in Atlantic Beach at the Hampton Inn and Inn at Pine Knoll Shores. **If you need a shuttle from the Durham bus drop off point (Sheraton Imperial Hotel), you must sign up [HERE](#).**

HAVE A SAFE TRIP HOME AND WE HOPE TO SEE YOU ON ANOTHER CYCLE NORTH CAROLINA RIDE SOON!