

2021 Cycle North Carolina Mountains to Coast Daily Schedule



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

GENERAL SCHEDULE FOR EACH DAY BEGINNING SUNDAY, OCTOBER 3RD:

- 6:30 am** Breakfast begins for those on the pre-purchased Cycle NC Meal Plan. Shower Trucks and Coffe Vendor open at camp.
- 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 opens. (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 for the next campsite.
Cycle NC Express Shuttle departs for the next campsite. For \$30 per day, you can skip that day's ride and go to the next campsite on a motor coach. Bike transport is included. Sign up at Rider Services before 8:30am.
- 12:00 pm** **Welcome to your next destination!**
Campsites are now open. Personal Support Vehicles, RV's, participants, etc. may not arrive at camp until after 12:00 pm.
Cycle NC Massages open offering 15 minutes, 30 minute and 45 minute sport massages. [Click here](#) to make your reservation!
Cycle NC Rider Services, Check-in and Cycle NC Merchandise Tent open.
Local Welcome Tents Open to provide local information, directions and suggestions.
- 12pm - 3pm** Hotel Luggage deliveries to Official Cycle NC Hotels.
- 1:00 pm** Motion Makers Bike Shop and Retail Store open for services at camp. Bikes must be checked in before 4:30pm.
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.
- 3pm - 8pm** Host town afternoon/evening entertainment window.
- 4:00 pm** Cycle NC Yoga – bring your own mat or towel!
- 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.
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, OCTOBER 1 – EARLY CHECK-IN (SPARTA ONLY)

- 5:00 pm** **Early Check-in begins at Alleghany High School (404 Trojan Ave, Sparta, NC 28675).**
The camping area is now open for all CNC participants. Camping is located on the practice football field and the baseball field. Please do not set up in areas designated as **“No Camping”** areas. Sparta 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.**
- 5pm - Until** Once you check in, make the short trip to downtown Sparta to explore the local shops, restaurants and more!

SATURDAY, OCTOBER 2 – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Sparta, a quaint mountain town, just off the Blue Ridge Parkway. Sparta is located in the northwest mountains of North Carolina and is in Alleghany County. The revitalized downtown is just steps away from the campsite. Come early and enjoy all the shopping, restaurants and entertainment this town has to offer. What a great way to kick off the 2021 Mountains to Coast ride!

Local Attractions: Blue Ridge Parkway, Historic Hwy 21, Stone Mountain State Park, Grayson Highlands State Park, Allegheny Historical Society and Museum, Blue Ridge Heritage Trail

- 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** **DURHAM:** All buses in Durham depart for Sparta.

Cycle NC Rider Services and Local Information Tent are now open in Sparta.
 - Check-in & packet pick-up begins in Sparta at Alleghany High School (404 Trojan Ave, Sparta, NC 28675).
 - The Sparta camping areas are open to participants. Camping is located on the practice football field and the baseball field. Please do not set up in areas designated as **“No Camping”** areas.
 - The Town of Sparta will have a Welcome Tent set up at camp with maps, guides, information on where to eat and friendly folks to answer any other questions about the area.
- 12:00 pm** **Shuttles begin running.** Shuttles will run to official Cycle NC Hotels, downtown Sparta 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 at the Lions Club Shelter.**
Dinner Menu – Al dente Penne and Fettuccini Pastas with Creamy Alfredo and Fire Roasted Marinara Sauce plus Sliced Grilled Chicken and Italian Meatballs, Garden Salad, Dinner Rolls, Cookie Assortment, Fudge Brownies, Tea and Water

Cycle NC Rider Services and Cycle NC Merchandise Tent closed.
- 6:00 pm** **Sparta and Cycle NC Welcome, Q&A and NC State Highway Patrol Safety Briefing**
Located at the Lions Club Shelter, just a short walk up the hill from the high school. 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 Sparta 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. Following the conclusion of the session, Cycle NC Staff will meet with all RVs and Personal Vehicles that will be with us for the week to review the policies and answer any questions.

6pm – 10pm **Music OFF Main!** Kick off the 2021 Mountains to Coast Tour by enjoying a music festival at nearby Crouse Park, just steps from the campsite! Chairmen of the Board will be performing.

SUNDAY, OCTOBER 3 – 1ST DAY OF RIDING!

Jersey Theme: Wear your Favorite Cycle NC Jersey!
Ride Distance: 55 miles
Elevation Gain: 3,412 feet
Destination: Veterans Memorial Park, 691 W Lebanon Street, Mount Airy, NC 27030
Did you know: Mount Airy is Andy Griffith's hometown, the real life Mayberry and inspiration for the Andy Griffith Show!

Local Attractions: Mount Airy Museum of Regional History, Wally's Service Station, Mayberry Courthouse and Jail, Andy Griffith's Home Place, Gertrude Smith House

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins at the Lions Club Shelter.**
Breakfast Menu – Breakfast Casserole (ham, spinach, red peppers, onions and cheddar cheese), Assorted Bagels, Assorted Bagel Spreads, Assorted Muffins, Crispy Bacon, Milk, Orange Juice, Coffee and Water

Shower Trucks and Coffee Vendor are now open.

Shuttles begin. Shuttles will be 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.

7:00 am **Cycle NC Rider Services** is now open at Alleghany High School (404 Trojan Ave, Sparta, NC 28675).

7:30 am **Cycle NC route opens. (DO NOT start riding before 7:30am!)**

8:00 am ***Rest Stop #1 opens at Glade Creek School.***

Rest Stop Highlights – Take a break from the bike and enjoy music from the Junior Appalachian Musicians, a non-profit that teaches youth traditional mountain music. Baked good will be available. Donations are appreciated to help the Junior Appalachian Musicians continue to teach the youth. The nationally renowned Galax Fiddlers Convention will also be onsite to perform.

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am ***Cycle NC Excursions by Visit NC depart Camp!***
- Explore Stone Mountain Park
- Lunch at Stone Mountain Country Store
- Wine tasting at Shelton Vineyards

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



9:00 am ***Rest Stop #2 opens at Round Peak Vineyards.***

Rest Stop Highlights – A boutique winery, quietly tucked into the foothills of the Blue Ridge Mountains. Take in the spectacular views from their covered patio while you sample some of their award winning wines, all hand harvested and estate bottled using the grapes grown at the vineyard. The Couldn't Be Happiers will be onsite providing live music and there will be a food truck offering pulled pork, pulled chicken, burgers and brats.

10:00 am ***Rest Stop #3 opens at White Plains Ruritan Club.***

Rest Stop Highlights – Give your legs a break before the final stretch of riding for the day and spend some time getting to know the members of Boy Scout Troup 553 who will be onsite volunteering at this rest stop.

12:00 pm **Cycle NC campgrounds now open to all participants.** Camping is located in the fields at the park. RV camping is all the way towards the back of the park, with full hookups at no extra charge.

Cycle NC massages now available at camp in one of the picnic shelters onsite. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.

- 12pm – 7pm** **Mayberry Food Truck Fest!** Head to downtown Mount Airy (less than 1.5 miles away) for this Biannual festival. Featuring over 40 food trucks, wine, beer and entertainment, you won't want to miss this special event! Shuttles will be running from the campsite to downtown throughout the festival.
- 1:00 pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open. Motion Makers Bike Shop opens. Bikes must be checked in before 4:30 for service. Hotels Only and Local Shuttles begin running.** Bicycles are not allowed on the hotel shuttles.
- 4:00 pm** **Cycle NC Yoga** session begins. Remember to bring your yoga mat or towel.
- 4:30 pm** **Cycle NC route closed.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins in the picnic shelter on-site.**
Dinner Menu – Pulled BBQ Pork with Cole Slaw and Sandwich Buns, Baked Beans, Pasta Salad, Garden Salad (Cherry Tomatoes, Cucumbers, Shredded Carrots with Ranch and Balsamic Dressings), Assorted Cookies and Brownies, Sweet/Unsweetened Ice Tea and Water
- 6:30 pm** **Rider Services and Cycle NC Merchandise Tent closed. Dinner for the Cycle NC pre-purchased meal plan ends.**
- 10:00pm** **Quiet hours at camp begin. Shower Trucks are closed.**



MONDAY, OCTOBER 4 – DAY 2 OF RIDING

- Jersey Theme:** **WACKY TACKY DAY!** Wear your craziest jerseys, outfit, socks, hats, sunglasses, etc.
- Ride Distance:** 75 miles
- Elevation Gain:** 4,346 ft
- Destination:** Lake Reidsville Park, 630 Water Works Road, Reidsville, NC 27320
- Did you know:** Reidsville High School's football team holds 21 state championships, the most in North Carolina!

Local Attractions: [Haw River State Park](#), [Lake Reidsville](#), [Cinqua Penn Plantation Cruise Trail](#), [Museum and Archives of Rockingham County](#), [Market Square](#), [Rockingham Theater](#)

- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins in the picnic shelter on-site.**
Breakfast Menu – Sausage, Egg and Cheese Bake, Pork Sausage Links, Assorted Fresh Fruit, Sliced Bagels with Cream Cheese and Fruit Preserves, Assorted Breakfast Breads and Muffins, Coffee (Regular and Decaf), OJ and Water
- Shower Trucks and Coffee Vendor are now open.**
- Shuttles begin.** Shuttles will be 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.
- 7:00 am** **Cycle NC Rider Services** is now open.
- 7:30 am** **Cycle NC route opens. (DO NOT start riding before 7:30am!)**
- 8:00 am** **Rest Stop #1 opens at Luna's Trail Farm.**
Rest Stop Highlights – Grab some snacks or one of the breakfast burritos available for sale and head to the patio to take in the picturesque views of both Hanging Rock and Pilot Mountain. Burrito options include egg, sausage, potatoes + cheddar (\$6.50), egg, bacon, potatoes + cheddar (\$6.50), egg, turkey, potatoes + cheddar (\$7) or egg, black bean, avocado and pepper jack (\$5).
- Breakfast for the Cycle NC pre-purchased meal plan ends.**

8:30am

Shuttles stop running.

Cycle NC Excursions by Visit NC depart Camp!

- Tour of Winston-Salem
- Lunch at Camel City BBQ
- Explore the International Civil Rights Center

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



9:00 am

Rest Stop #2 opens at Meeker Farm.

Rest Stop Highlights – The Meeker Farm features a beautifully restored 1800s era historic home. The farmhouse was once a log cabin church that was obtained by the Tilley family in the 1800s. Over time the family made additions to the house and the land including a barn built in 1908 and a general store that no longer exists. While you're there, be sure to take a few minutes to talk with the Meeker family who be onsite to share the history of their home and the surrounding areas.

9:30 am

Rest Stop #3 opens at Steele Crest.

Rest Stop Highlights – Tacos and burritos will be available for sale at this historic early 1900s era home of the Steele family which has been turned into a popular wedding and even venue. Members of the Steele family will be at the rest stop to share the history of their picturesque home.

10:00 am

Rest Stop #4 opens in Downtown Stoneville.

Rest Stop Highlights – Stoneville is a growing Piedmont North Carolina town with a progressive view of the future and deep traditional roots in the community. Incorporated back in 1877, it was once a trade hub for the surrounding localities and profited off of tobacco, cotton and grist-mill industries. Take some time to explore the downtown area including Debbie's Restaurant, Grill 373, Bark Custom Woodworking and A Family Tradition Antique Store.

11:00 am

Rest Stop #5 opens at the Museum & Archives of Rockingham County.

Rest Stop Highlights – Learn about the rich history of Rockingham County while you enjoy a snow cone from Kona Ice who will be onsite selling from 12pm to 3:30pm. Make sure to check out the Wright Tavern located across the street that was built back in 1816. It remains in remarkable condition and is a rare example real life example of the dog-run architecture style that was common throughout the southeast during the 19th and early 20th centuries.

12:00 pm

Cycle NC campgrounds now open to all participants. Camping is located in the fields as soon as you turn into the park. You are welcome to camp anywhere else inside the park as well, but luggage will be laid out only in this area. RV camping is available down by the lake with full hookups at this stop at no extra charge.

Cycle NC massages now available at camp at one of the picnic shelters onsite. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.

12pm - 4pm

Local Food vendors, beer and wine available at camp.

1:00 pm

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

Motion Makers Bike Shop opens. Bikes must be checked in before 4:30 for service.

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



4:00 pm

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

4:30 pm

Cycle NC route closed.

5pm – 8pm

Entertainment at Camp! Pull up a chair or grab a seat on the grass and enjoy the music of the Megan Doss Band at the camp. Shuttles will also be available to take you downtown to the Market Square area to enjoy a bite to eat at one of the many of the restaurants within walking distance of the square.

5:00 pm

Dinner for the Cycle NC pre-purchased meal plan begins in the tented area onsite down towards the lake.

Dinner Menu – BBQ Glazed Chicken, Mac-n-Cheese, Green Beans, Fresh Garden Salad (Cherry Tomatoes, Cucumbers, Shredded Carrots with Ranch and Balsamic Dressings), Dinner Rolls, Variety of Slices of Pie and Cake, Sweet/Unsweetened Iced Tea and Water

6:30 pm Rider Services and Cycle NC Merchandise Tent closed.
Dinner for the Cycle NC pre-purchased meal plan ends.

10:00pm Quiet hours at camp begin.
Shower Trucks are closed.

TUESDAY, OCTOBER 5 – DAY 3 OF RIDING (END OF 3-DAY WESTERN OPTION)

Jersey Theme: VINTAGE CYCLE NC DAY! Let's see who has the oldest CYCLE NC Jersey!

Ride Distance: 62 miles

Elevation Gain: 2,900 ft

Destination: Huck Sansbury Recreation Complex, 425 Long Avenue, Roxboro, NC 27573

Did you know: Roxboro is the hometown of baseball Hall of Famer Enos Slaughter. Nicknamed "Country" he played for 19 seasons on four major league teams and was a ten time All-Star. He played in 5 World Series. The St. Louis Cardinals retired his jersey in 1996.

Local Attractions: Kirby Theater, Historic Uptown, Hyco Lake, Mayo Lake Park, Person County Museum of History

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins in the tented area onsite down towards the lake.
Breakfast Menu – Scrambled Eggs, Pork Sausage Links, Greek Yogurt with Granola, Assorted Breakfast Breads and Muffins, Fresh Fruit, Coffee (Regular and Decaf), OJ and Water

Shower Trucks and Coffee Vendor are now open.

Shuttles begin. Shuttles will be 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.

7:00am Cycle NC Rider Services is now open.

7:30 am Cycle NC route opens. (DO NOT start riding before 7:30am!)

8:00 am **Rest Stop #1 opens at Cherry Grove Volunteer Fire Department.**

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am Shuttles stop running.

Cycle NC Excursions by Visit NC depart Camp!

- Meet the craftsmen of Burlington
- Shopping and touring in downtown Hillsborough
- Old West tour at Sunset Ridge Buffalo Farm

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



9:00 am **Rest Stop #2 opens in Downtown Yanceyville.**

Rest Stop Highlights – Join us for a festival like atmosphere in downtown Yanceyville featuring food for sale (BBQ, hotdogs and hamburgers), live music from Megan Doss and more! You'll also have the opportunity to tour the Old Caswell Historic Courthouse and check out the Old Caswell County Jail, both located just steps away from the rest stop.

10:00 am **Rest Stop #3 opens at Hoxie Farm House.**

Rest Stop Highlights – Nestled behind century plus old Magnolias in the town formerly known as "Sweet Leasburg" sets the Hoxie House. The house first belonged to the Stanfield family back in back in the 1850s when Josiah Asbury Stanfield inherited the house and land from his maternal grandfather. It has since been passed down from generation to generation in the Stanfield, Connally, Kimbro and Lamberth families, all families that left their mark on Leasburg during their time in the house. Make sure to take a break from the bike to learn more about the history of this house and the Leasburg area. There will also be baked goods available for donations from the youth of a local church and music on the porch with some extra guitars laying around in case you find yourself with the urge to join in!

12:00 pm Cycle NC campgrounds now open to all participants. Camping is located on the oversized baseball field. Camping is allowed outside of the fence as well.

Cycle NC massages now available at the recreation center at camp. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.



3-Day Western riders taking the shuttle back to Sparta must place their bike on the Sparta bike rack located at Rider Services a minimum of 1hr prior to bus departure (By 4PM!). The bus will pick up in the main parking lot at the campsite.

1:00 pm

Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.
Motion Makers Bike Shop opens. Bikes must be checked in before 4:30 for service.
Local Shuttles and Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



1pm – 5pm

Beer Garden and Food Trucks on-site!
Cooling stations and activities available like pickleball, shuffleboard and tennis.

4:00 pm

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

4:30 pm

Cycle NC route closed.

Boarding for the 3-Day Western shuttle option back to the start of the ride (Sparta) begins. You will take your luggage with you on the bus. Your bike must be brought to Rider Services no later than 4pm.

5:00 pm

Shuttle back to Sparta for the 3-Day Western riders departs!



Dinner for the Cycle NC pre-purchased meal plan begins in the gymnasium onsite.
Dinner Menu – Meat Lasagna, Herb Roasted Vegetables, Caesar Salad, Dinner Rolls, Assorted Cookies and Brownies, Sweet/Unsweetened Iced Tea and Water

5pm – 8pm

Entertainment in downtown Roxboro! Hop a shuttle to uptown (only a mile away). There will be a lot going on! Enjoy live music and a pop up souvenir shop at Merritt Commons. Wander the gallery at the Kirby Theater and Cultural Arts Complex. A vendor market will be open a The Shop's of Hall's Way. 1792 Beer Co. will have food trucks, plus trivia at 7pm! La Piazza will have an open mic night. Come out and enjoy this wonderful uptown!

6:30 pm

Rider Services and Cycle NC Merchandise Tent closed.
Dinner for the Cycle NC pre-purchased meal plan ends.

7:00 pm

Movie at the Campsite! If you are not heading downtown, then join us for a flick at the campsite. Movie will be moved inside if there is inclement weather.

10:00pm

Quiet hours at camp begin.
Shower Trucks are closed.

WEDNESDAY, OCTOBER 6 – 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! A limited number of pink Cycle NC Jerseys are available for purchase at the the Merchandise Tent.

Ride Distance: 62 miles

Elevation Gain: 2,824 ft

Destination: Creedmoor Community Center, 108 E Wilton Ave, Creedmoor, NC 27522

Did you know: In **Creedmoor** in the early 1900s, tobacco was a cash crop and shipped by railroad to nearby Oxford. Farmers also grew cotton. About forty train car loads of mules were pulled into the town each year. Mules were the ideal farm animals because their hooves were smaller than horses. Their smaller feet helped them pass through rows of tobacco without stepping on the crop. At one point in time, Creedmoor was considered to be the largest mule trading center in the world, and was widely referred to as "Mule Town".



Butner, originally known as “The Camp Butner Reservation” was a 40,300 acres WWII training facility for 40,000 Armed Ground Forces troops for deployment and redeployment to the European and Pacific Theaters from 1942-1945. After officially closing in 1947, 13,000 acres were transferred to the State of NC, who took over the Camp, police and fire services. The town was run by the State until Butner incorporated on Nov. 1, 2007.

Local Attractions: Cannady-Brodgen Farm, James Mangum House, Obediah Winston Farm, Cedar Creek Gallery, Lake Rogers Park, Falls Lake, Lake Holt (Butner), Camp Butner Musuem, Butner Gazebo Park

6:30 am Breakfast for the Cycle NC prepurchased meal plan begins in gymnasium onsite.
Breakfast Menu – French Toast Casserole with Maple Syrup, Pork Sausage Links, Assorted Fresh Fruit, Assorted Breakfast Breads and Muffins with Fruit Preserves, Coffee (Regular and Decaf), OJ and Water

Shower Trucks and Coffee Vendor are now open.

Shuttles begin. Shuttles will be 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.

7:00 am Cycle NC Rider Services is now open.

7:30 am Cycle NC route opens. (DO NOT start riding before 7:30am!)

8:00 am **Rest Stop #1 opens at Trinity Methodist Church.**
Rest Stop Highlights – Bring your appetite as breakfast for a donation will be provided by the members of the church!

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am Shuttles stop running.

Cycle NC Excursions by Visit NC depart Camp!

- Tour Duke Homestead
- Discover the beauty of Sarah P. Duke Gardens
- Explore Cedar Creek Gallery, Soldiers’ Memorial Sports Arena, Camp Butner Museum and the Butner Town Hall

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



9:00 am **Rest Stop #2 opens at HighRock Farms.**
Rest Stop Highlights – Head to the beautiful large barn made from recycled lumber, doors and other items for this rest stop. Make sure to bring your appetite as pasture raised Angus Burgers and veggie burgers with various toppings will be for sale as well as dirty fries and Pelican’s Ice for dessert (credit card only- no cash). Plus 401 Sound Band will be onsite playing music by request as you explore the farm and peruse the Local Arts and Craft Show taking place. Plan to shop for the holidays as they will be happy to arrange shipping for you!

10:00 am **Rest Stop #3 opens at the Stem Volunteer Fire Department.**

12:00pm Cycle NC campgrounds now open to all participants. Camping is located on the field behind the community center building.

Cycle NC massages now available at camp inside the Recreation Center. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.

12pm – 4pm DJ, beer garden and food trucks at camp featuring seafood, barbecue, Cajun and ice cream.



1:00 pm Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.
Motion Makers Bike Shop opens. Bikes must be checked in before 4:30 for service.
Hotels Only Shuttle begins running. Bicycles are not allowed on the hotel shuttles.



3:00 pm Local shuttles begin running.

- 4:00 pm** **Cycle NC Yoga session begins.** Remember to bring your yoga mat or towel.
- 4:30 pm** **Cycle NC route closed.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins in the community building onsite.**
Dinner Menu – BBQ Pork Ribs, Fried Chicken Fingers, Sweet and Sour Pasta Salad, Green Beans, Roasted Red Potatoes, Dinner Rolls, Banana Pudding, Sweet/Unsweetened Iced Tea and Water
- 5:30pm – 8:30pm** **Alive After Five at Gazebo Park in Butner!** Hop on a shuttle for a quick ride to nearby Gazebo Park in Butner. Alive After Five, sponsored by the Granville County Chamber of Commerce will feature food trucks, beer for purchase and music by the Band of Oz!
- 6:30 pm** **Rider Services and Cycle NC Merchandise Tent closed.**
Dinner for the Cycle NC pre-purchased meal plan ends.
- 10:00pm** **Quiet hours at camp begin.**
Shower Trucks are closed.

THURSDAY, OCTOBER 7 – DAY 5 OF RIDING (3-DAY EASTERN RIDE OPTION BEGINS)

- Jersey Theme:** Show your School Pride! It's College Day so wear your favorite Collegiate Jersey!
- Ride Distance(s):** 71 miles
- Elevation Gain:** 2,576 ft
- Destination:** Smithfield Recreation and Aquatics Center, 600 East Booker Dairy Road, Smithfield, NC 27577
- Did you know:** Smithfield is the hometown of Academy Award nominated actress Ava Gardner, known for her roles in several high-profile films in the 1940s-1970s including The Hucksters, Show Boat, Mogambo, Earthquake, The Barefoot Contessa and 55 Days at Peking among many others. Be sure to visit the Ava Gardner Museum in Downtown Smithfield during your stay!

Local Attractions: [Ava Gardner Museum](#), [Carolina Premium Outlets](#), [Johnston County Heritage Center](#), [Neuse Little Theater](#), [Howell Theater](#)

- 6:30 am** **Breakfast options onsite!** Strong Arm Baking will be onsite with sausage biscuits, chocolate poparts and butter croissants. Stop by before you head out!

Breakfast for the Cycle NC pre-purchased meal plan begins in the community building onsite.
Breakfast Menu – Croissants, Oatmeal with Brown Sugar and Raisins, Cantaloupe and Honey Dew, Turkey Sausage, Scrambled Eggs with Cheese, Coffee, Orange Juice, Water and Milk

Shower Trucks and Coffee Vendor are now open.

Shuttles begin. Shuttles will be 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.
- 7:00 am** **Cycle NC Rider Services** is now open.
- 7:30 am** **Cycle NC route opens. (DO NOT start riding before 7:30am!)**
- 8:00 am** **Rest Stop #1 opens at the Wilkerson Nature Preserve.**
Rest Stop Highlights – This beautiful nature preserve was donated by Dr. Annie Louise Wilkerson, a renowned Raleigh doctor, with the primary purpose being for nature and wildlife education. The Greater Raleigh Sports Alliance will be onsite providing delicious donuts to enjoy as you explore all the preserve has to offer.

Breakfast for the Cycle NC pre-purchased meal plan ends.
- 8:30 am** **Shuttles stop running.**

Cycle NC Excursions by Visit NC depart Camp!
 - NC Museum of History & NC Museum of Natural Science
 - Lunch at Morgan Street Food Hall
 - NC Museum of Art
\$20 – sign up at Rider Services (includes motor coach transportation & bike transport)



- 9:00 am** **Rest Stop #2 opens at Anderson Point Park.**
 Rest Stop Highlights – Take a break from the bike and get to know some of the staff from Visit NC, a proud supporter of Cycle North Carolina.
- 10:00 am** **Rest Stop #3 opens in Downtown Clayton.**
 Rest Stop Highlights – Downtown Clayton is where it’s happening! This area has everything from mom & pop shops that have flourished for decades to new businesses bringing even more variety to downtown. Make sure to take some time off of the bike to explore the shops and the many local eateries all within walking distance of the rest stop.
- 12:00 pm** **Cycle NC campgrounds now open to all participants.** Camping is located anywhere on the practice football field. Do not set up camp where you see “No Camping” signs.

Cycle NC massages now available at camp inside the recreation center onsite. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.
- 12pm-8pm** **Pool open onsite to all Cycle NC participants - \$5 per person**
- 1:00 pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.**
Motion Makers Bike Shop opens. Bikes must be checked in before 4:30 for service.
Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
- 1pm-5pm** **Music and Food on-site!** Enjoy music from Rebekah Todd while grabbing a bite from some fantastic food trucks – Redneck BBQ Lab and Aroma de Cuba. Visit <https://www.johnstoncountync.org/cycle-nc-smithfield/> to see what all is happening in Smithfield while you are here!
- 4:00 pm** **Cycle NC Yoga session begins.** Remember to bring your yoga mat or towel.
- 4:30 pm** **Cycle NC route closed.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins at the recreation center onsite.**
 Dinner Menu – Beef Brisket, Loaded Mashed Potato Casserole, 7-layer Salad, Squash Casserole, Dinner Rolls, Pineapple Cake, Sweet/Unsweetened Ice Tea and Water
- 5pm-8pm** **Local shuttles running to downtown Smithfield and the Carolina Premium Outlets.** Venture downtown to enjoy dinner at one of the local restaurants including Last Call Bar & Restaurant, Little Brown Jug (the oldest bar in Smithfield), Mucho Mexico, SoDoSoPa and more! Or head on over to the Carolina Premium Outlets to do a little shopping and grab a bite to eat at one of the restaurants within walking distance like Cracker Barrel, Outback Steakhouse, San Marcos Mexican Restaurant and Buffalo Wild Wings.
- 6:30 pm** **Rider Services and Cycle NC Merchandise Tent closed.**
Dinner for the Cycle NC pre-purchased meal plan ends.
- 10:00pm** **Quiet hours at camp begin.**
Shower Trucks are closed.



FRIDAY, OCTOBER 8 – DAY 6 OF RIDING

Jersey Theme: It's Red, White and Blue Day! Wear yours with pride!
Ride Distance(s): 75 or 100 miles
Elevation Gain: 1,420 ft or 1,827 ft
Destination: River Landing, Vineyards Pkwy, Wallace, NC 28466
Did you know: Wallace was first known as Duplin Crossroads and was later renamed after Stephen D. Wallace, an official of the Atlantic Coast Line Railroad.

Local Attractions: Duplin Winery, The Wallace Depot, World's Largest Frying Pan at the Town Square, Buckner Hill Plantation, Thomas C. Townsend Firemen's Museum, The Country Barn, Liberty Hall Restoration, Tarkil Branch Farm's Homestead Museum, The Historic L.P. Best House, The Country Squire Winery

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins at the recreation center onsite.**
Breakfast Menu – Sausage Gravy and Buttermilk Biscuits, Assorted Muffins, Yogurt Parfait with Fresh Strawberries, Cheese Grits, Coffee, Orange Juice, Water and Milk

Shower Trucks and Coffee Vendor are now open.

Shuttles begin. Shuttles will be 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.

7:00 am **Cycle NC Rider Services** is now open.

7:30 am **Cycle NC route opens. (DO NOT start riding before 7:30am!)**

8:00 am ***Rest Stop #1 open at the Brogden Community Mart & Grill.***

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am **Shuttles stop running.**

Cycle NC Excursions by Visit NC depart Camp!

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

9:00 am ***Rest Stop #2 opens at Grantham Volunteer Fire Department.***

10:00 am ***Rest Stop #3 opens at the Mount Olive Train Depot.***

Rest Stop Highlights – Mount Olive is the official home of Mount Olive pickles, one of the most popular items at our rest stops each year. Enjoy some of the town's dill-lightful hospitality with food, entertainment and "Ollie Q. Cumber" himself! And don't forget to take a ride on the pickle train before getting back on your bike to continue making your way to Smithfield.

10:30 am ***Century Rest Stop opens at Elizabeth Pecans.***

Rest Stop Highlights – With flavors like Mandarin-Honey and Extreme Jalapeno plus Chocolate Covered and various pecan brittles, this rest stop will have something for everyone to enjoy!

11:00 am ***Rest Stop #4 opens at Liberty Hall.***

Rest Stop Highlights – Built in the early 1800s, Liberty Hall is the ancestral home of the prominent Kenan family who were among the earliest founders and leaders in Duplin County and the state.

12:00 pm **Cycle NC campgrounds now open to all participants.** Camping is located in River Landing. Do not camp where you see "No Camping" signs.

Cycle NC massages now available at camp. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!

Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.





- 1:00 pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open. Motion Makers Bike Shop opens. Bikes must be checked in before 4:30 for service. Hotels Only Shuttles begin running. Bicycles are not allowed on the hotel shuttles.**
- 1pm – 5pm** **Food Trucks and beer/wine garden on-site!**
- 4:00 pm** **Cycle NC Yoga session begins. Remember to bring your yoga mat or towel.**
- 4:30 pm** **Cycle NC route closed.**
- 5pm – 9pm** **Entertainment at the Mad Boar! Walk to the Mad Boar for live music with beverages and food available.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins in the Mad Boar (second level).
Dinner Menu – Pulled BBQ Pork, Barbecue 8-piece Chicken, Southern Stewed Green Beans, Baked 6 Cheese Macaroni, Mixed Greens Salad with Dressings, Cole Slaw, Hush Puppies, Banana Pudding, Water, Iced Tea and Coffee**
- 6:30 pm** **Rider Services and Cycle NC Merchandise Tent closed.
Dinner for the Cycle NC pre-purchased meal plan ends.**
- 7:00 pm** **Rider Meeting – Last Day Logistics Q&A! Join the Cycle NC Staff at the Mad Boar (upstairs) as they review logistics of the final day.**
- 10:00 pm** **Quiet hours at camp begin.
Shower Trucks are closed.**

SATURDAY, OCTOBER 9 – FINAL DAY OF RIDING!

Jersey Theme: It’s the last day so wear your 2021 Cycle NC Mountains to Coast jersey!
Ride Distance(s): 65 miles
Elevation Gain: 658 ft
Destination: North Topsail Beach Town Park, 465 New River Inlet Rd, North Topsail Beach, NC 28460
Did you know: Local folklore claims the name, Topsail (pronounced Tops’l), originated during the 1700s when pirate ships roamed the coastal waters. Historians explain that marauding pirates hid their ships in the channel behind the island and waited for passing merchant ships loaded with goods. The pirates would pursue and attack the merchants, claiming the cargoes as their own. Eventually the merchants became aware of this infamous hiding place and began to watch for the tops of the pirates’ sails showing over the rolling dunes - hence the name Topsail Island.

Local Attractions: Thurston Art Gallery, Alligator Bay

- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins in the Mad Boar (second level).
Breakfast Menu – Scrambled Eggs, Country Sausage Links, Breakfast Potatoes, Mini Biscuits, Diced Fresh Fruit, Water, Iced Tea and Coffee**

Shower Trucks and Coffee Vendor are now open.

Shuttles begin. Shuttles will be 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.
- 7:00 am** **Cycle NC Rider Services is now open.**
- 7:30 am** **Cycle NC route opens. (DO NOT start riding before 7:30am!)**
- 8:00 am** **Rest Stop #1 opens at Wells Pork Products.
Rest Stop Highlights – This locally-owned butcher shop has been serving customers from near and far since 1982. Get a true taste of North Carolina with fresh local meat, BBQ sauces and more! You’ll also want to check out their extensive candy selection featuring some vintage candy options that are sure to bring back memories!**

Breakfast for the Cycle NC pre-purchased meal plan ends.

8:30 am Shuttles stop running.

Cycle NC Excursions by Visit NC depart Camp!!

- Karen Beasley Sea Turtle Rescue

- End of Ride Celebration

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



9:00 am *Rest Stop #2 opens at Bear Ridge Farms.*

Rest Stop Highlights – Grab an ice cream cone and check out the many unique local products at this local, family owned and operated farm.

10:00 am *Rest Stop #3 opens at the Holly Ridge Community Center.*

12:00 pm Cycle NC Rider Services and Cycle NC Merchandise Tent Open.

12pm-5pm End of Ride Celebration featuring music, food, a beverage garden and more! Make sure you get a photo with your bike on the beach! Food includes Fried Shrimp, Fried Flounder, Sauteed Scallops, Fried Chicken Fingers, Stewed Potatoes, Baked Beans, Slaw and Hush Puppies plus Banana Pudding and Brownie Delight for dessert! Beer provided by Mother Earth Brewing.

1:00 pm 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 is open at Dixon Middle School. Shuttles will be provided.



If you are taking one of the Cycle NC transportation options back to Creedmoor/Butner, Durham or Sparta, your first priority when you arrive at North Topsail Beach is to take your bike to the designated bike transport truck. The trucks will be labeled indicating your bike's final destination. All bike transport trucks will leave North Topsail Beach no later than 6pm on Saturday, October 10th.



3:00pm CNC Route officially closes.

5:30 pm *Bus loading for 3-Day transportation back to Creedmoor/Butner begins. All bikes must be loaded on the bike transport trucks at this time!*

6:00 pm *Buses departs for Creedmoor/Butner!*

All bikes going to Sparta or Durham must be on the Bike Transport trucks at this time! Make sure your bike has the correct color bike band for the destination of your bike.

Cycle NC Rider Services and the Cycle NC Merchandise Tent closed.

SUNDAY, OCTOBER 10 – BUS TRANSPORTATION BACK TO SPARTA AND DURHAM

7:00 am Bus loading for transportation back to Sparta and Durham week-long parking begins.

All bikes at this point should have been loaded on both the Sparta and Durham bike trucks by 6pm on Saturday.



8:00 am Buses depart North Topsail Beach campsite for Sparta and Durham at 8:00 am and make stops in North Topsail Beach at the Hampton Inn and Quality Inn. If you need a shuttle from the Durham bus drop off point (Sheraton Imperial Hotel) to RDU, you must sign up [HERE](#).

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