

FRIDAY, SEPTEMBER 30 – EARLY CHECK-IN (LAKE JUNALUSKA ONLY)

- 5:00 pm** Early Check-in begins at Lake Junaluska Conference and Retreat Center (91 N Lakeshore Drive, Waynesville, NC 28785). The camping area is now open for all CNC participants. Camping is located on the field behind Nanci Weldon Gym. Please do not set up in areas designated as *"No Camping"* areas.
- 7:00 pm** Early Check-In closes. Rider Services and check-in will reopen at 12:00 pm on Saturday.
- 5pm - Until** Once you check in, make the short trip to downtown Waynesville to explore the local shops, restaurants and more!

SATURDAY, OCTOBER 1 – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Lake Junaluska, a mountain retreat located at the foot of the Great Smoky Mountains near Waynesville and Maggie Valley. Surrounding a 200-acre lake, the retreat provides a great get away in a scenic setting. Come early and explore all the retreat has to offer or make the quick trip to downtown Waynesville to enjoy shopping, restaurants, entertainment and more. What a great way to kick off the 2022 Mountains to Coast ride!

Local Attractions: [Corneille Bryan Native Garden](#), [Haywood County Arts Council Gallery & Gifts](#), [Boojum Brewing Company](#), [Mast General Store](#), [Looking Glass Waterfall](#)

- 8:15 am** **DURHAM:** Check-in and bike loading begins at in Durham (Sheraton Imperial Hotel, 4700 Emperor Blvd, Durham, NC) for those that purchased a seat on the Durham to Lake Junaluska bus. 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 Lake Junaluska.
- 12:00pm** **Cycle NC Rider Services and Local Information Tent are now open in Lake Junaluska.**
- Check-in begins at Lake Junaluska Conference and Retreat Center (91 N Lakeshore Drive, Waynesville, NC 28785).
 - The camping area is open to participants. Camping is located on the field behind Nanci Weldon Gym. Please do not set up in areas designated as *"No Camping"* areas.
 - Lake Junaluska 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.

Shuttles begin running. Shuttles will run to official Cycle NC Hotels, downtown Waynesville, the week long parking lot and back to camp. Bicycles are not allowed on the shuttles.

- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins at the York Dining Commons.** Dinner Menu – Baked spaghetti with house made meat sauce, baked ziti with marinara, Italian blended vegetables, tossed house salad, garlic breadsticks, assorted deserts, iced tea, lemonade and water

Cycle NC Rider Services and Cycle NC Merchandise Tent closed.

- 5pm - 7pm** **Mountains to Coast Kick Off** at the York Dining Commons with free beer provided by Hi-Wire Brewing and live music from the Gin Mill Pickers.



- 6:30pm** **Dinner for the Cycle NC pre-purchased meal plan ends.**

Lake Junaluska & Cycle NC Welcome, Q&A and NC State Highway Patrol Safety Briefing Located at the York Dining Commons. This will be a 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 Lake Junaluska 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.

SUNDAY, OCTOBER 2 – 1ST DAY OF RIDING!

Jersey Theme: Wear your Favorite Cycle NC Jersey!

Ride Distance: 67 miles

Elevation Gain: 4,316 feet

Destination: Jackson Park - 640 Glover Street, Hendersonville, NC 28792

Did you know: Part of the Cheers! Trail goes through Hendersonville. The Cheers! Trail is the only trail in North Carolina that showcases five different types of craft beverages.

Local Attractions: Appalachian Pinball Museum, ArtScape, Bullington Gardens, Elijah Mountain Gem Mine, Henderson County Heritage Museum, Ellaberry Llama Farm

5:30 am **Coffee now available at the Summit Cycle Solutions tent.**

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins at the York Dining Commons**

Breakfast Menu – Scrambled eggs, bacon, sausage, southern grits, biscuits and gravy, cereal, yogurt, coffee, milk, juice and water

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 the Lake Junaluska Conference and Retreat Center.

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

8:00 am **Rest Stop #1 opens at the Cruso Community Center.**

Rest Stop Highlights – Built in 1938, the now Cruso Community Center was once the historic Cruso School. When the school closed in 1967, a local philanthropist purchased the building from the county and sold it back to the community of Cruso for just one dollar with the only caveat being that it remain available for community use. The Community Center is now home to the Cruso Friendship Club whose mission is to provide scholarships, needs-based assistance and community awareness in the Cruso/Bethel area. Be sure to ask one of the local volunteers about the story behind the town's motto, "9 miles of Friendly People and 1 Old Crab."

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

8:30 am *Cycle NC Excursions by Visit NC depart Camp!*

- Explore Winchester Creek Farm

- Learn about Haywood County at the Haywood County History Museum

- Sample a variety of beers at the Sierra Nevada Brewery

\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)



9:00 am **Rest Stop #2 opens at the Cradle of Forestry.**

Rest Stop Highlights – This 6,500-acre site in the heart of the Blue Ridge Mountains was established to "preserve, develop and make available to this and future generations the birthplace of forestry and forestry education in America." Take a break from the bike to explore the seven historical buildings from the Biltmore Forest School, climb aboard and ring the bell of a 1914 Climax logging train engine and swing by the gift shop which is full of nature-themed books, clothing, toys, crafts and more.

10:00 am **Rest Stop #3 opens at Oskar Blues.**

Rest Stop Highlights – Grab a cold one at Oskar Blues Brewery, the first American craft brewery to brew and can their own beers. They offer a wide variety of options from Pale Ales and IPAs to Lagers, Pilsners and Hard Seltzers. They'll have live music going plus food available for purchase so this is a great spot to kick up your feet and relax a bit before continuing on to Hendersonville.

11:00 am **Rest Stop #4 opens at the BrightFarms Greenhouse.**

Rest Stop Highlights – This 280,000 sq. ft. farm is the largest indoor salad farm in the Southeast annually supplying over two million pounds of the freshest, tastiest and most responsibly grown leafy greens to supermarkets across the Carolinas. Talk with growers to learn more about the farm and be sure to ask about the Carolina Crunch, a mix of their two top sellers (Spring Mix and Sunny Crunch) which is exclusively grown in the Carolina Greenhouse.

12:00 pm **Cycle NC campgrounds now open to all participants.** Camping is located on the soccer fields at the park. No camping is allowed on the baseball fields. RV camping is in the parking lot next to the camping area.

Cycle NC massages now available at camp by the baseball fields. 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.

Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.



2pm - 8pm **Explore downtown Hendersonville.** Located only a mile from camp, downtown Hendersonville features a wide variety of shops, restaurants and more. Kick up your feet and grab a cold one, enjoy an afternoon cup of joe or make your way from restaurant to restaurant to refuel for tomorrow's ride.

4:30 pm **Cycle NC route closed.**

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins at the picnic shelter on-site.**

Dinner Menu – Pulled pork BBQ, creamy slaw, green beans, rolls and iced tea

5:30pm **Rider Services and Cycle NC Merchandise Tent closed.**

6:30 pm **Dinner for the Cycle NC pre-purchased meal plan ends.**

10:00 pm **Quiet hours at camp begin and show trucks are now closed.**

MONDAY, OCTOBER 3 – DAY 2 OF RIDING

Jersey Theme: WACKY TACKY DAY! Wear your craziest jersey, outfit, socks, hats, sunglasses, etc.

Ride Distance: 48 miles

Elevation Gain: 3,110 feet

Destination: Tryon International Equestrian Center - 25 International Blvd, Mill Spring, NC 28756

Did you know: The FEI World Equestrian Games, the major international championships for equestrianism, were held at today's campsite back in 2018 featuring competitors and horses from all across the world.

Local Attractions: Everything is onsite! Check out the General Store, dine in one of the various restaurants or just walk around and explore the facility that spans over 1,600 acres.

5:30am Coffee now available at Summit Cycle Solutions tent.

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins at the picnic shelter on-site.

Breakfast Menu – Egg souffle with veggies and cheese, biscuit (butter/jam), breakfast potatoes, bacon and coffee

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 Justus Orchard.

Rest Stop Highlights – The Justus Family has been growing delicious NC Apples in Hendersonville for more than four generations and the fifth generation is now an active part of the orchard as well. Take a walk through the orchard to pick your own apple or if you're feeling hungry, pick a few different apples so that you can sample the wide variety that they grow and sell. You can also swing by the Apple House where they have honey, jams, jellies, preserves or more or stop by the bakery for one of their famous homemade Fried Apple Pies.

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

8:30 am Cycle NC Excursions by Visit NC depart Camp!

- Pick something delicious at McConnell Farms Apple Orchard

- Take in the views at Chimney Rock

- Sample a variety of wines at Parker Binns Winery

\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)



9:00 am Rest Stop #2 opens at Lake Lure Welcome Center.

Rest Stop Highlights – Head inside to learn more about Lake Lure and the surrounding area. Venture into the "History Room" that includes a wall-sized timeline of the local heritage of the area or if you're a film fan, check out the film history display that showcases info on Dirty Dancing, Last of the Mohicans and others that were filmed in the area. There is even a replica of the famous Dirty Dancing staircase as well as a foundation rock from the actual film site.

10:00 am Rest Stop #3 opens at Parker Binns Vineyard.

Rest Stop Highlights – Retirement didn't last long for Bob and Karen Binns who found themselves bored and in need of inspiration. With a background in food and beverage, they decided they wanted to be a part of the emerging East Coast Wine industry so they packed up their things and relocated from Florida to the foothills of the Blue Ridge Mountains. They now own and operate this 40 acre multi-generation family run winery that makes a variety of award winning wines. Enjoy some live music, sample some wine and grab a warm pretzel to go with some of their homemade white wine gouda cheese spread or homemade pimento cheese to fuel yourself for the final leg of today's route to Tryon.

12:00 pm Cycle NC campgrounds now open to all participants. Camping is located on the grassing area adjacent to the parking lot. No camping is allowed on the competition area. RV camping is in the parking lot on the right when you turn on to Water Mill Drive. Full hookups will be available at no extra charge.

Cycle NC massages now available at camp by the arch. 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.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.



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2pm - 8pm Explore the Tryon Equestrian Center. Stretch out your legs as you walk around and explore today's unique campsite. Enjoy live music outside of Legends Grille - Hope Griffin from 1pm to 4pm & Champagne Charlie from 5pm to 8pm - with a cash bar available. Looking for dinner? Rogers Diner is open until 8pm, Blue Ginger from 4pm to 8pm, Campagna until 8pm and Legends Grille from 4pm to 8pm.

4:30 pm Cycle NC route closed.

5:00 pm Dinner for the Cycle NC pre-purchased meal plan begins at Legends Grille.

Dinner Menu – Meatballs, herbed grilled chicken, rice, roasted green beans, power greens coleslaw and garden salad

5:30pm Rider Services and Cycle NC Merchandise Tent closed.

6:30 pm Dinner for the Cycle NC pre-purchased meal plan ends.

10:00 pm Quiet hours at camp begin and show trucks are now closed.

TUESDAY, OCTOBER 4 – 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: 77 miles
Elevation Gain: 3,718 feet
Destination: Stowe Park - 24 S Main Street, Belmont, NC 28012
Did you know: Originally known as Garibaldi Station, there is a debate on how the name change came about. Some say it was named for prominent New York banker August Belmont while others believe it was renamed Belmont meaning "beautiful mountain" because of its proximity to Crowders Mountain.

Local Attractions: Belmont Abbey College, Piccolo Antique Mall, Nellie's Southern Kitchen, Jekyll and Hyde Taphouse, Primal Brewery, Bliss Gallery

- 5:30 am** **Coffee now available at Summit Cycle Solutions tent.**
- 6:00am** **Rogers Diner and Pony Express Deli open at camp for breakfast.**
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins at Legends Grille.**
Breakfast Menu – Egg casserole with veggies, meat and cheese, county potatoes with peppers and onions, fresh cut fruit, orange juice and coffee
- 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 Forest City Pavilion on Park Square.**
Rest Stop Highlights – Take a break from the bike at this beautiful downtown amphitheater where there will be live music and food available. You're also just steps away from Main Street which offers a wide variety of restaurants and unique shops. We highly recommend grabbing a bite to eat at Smith's Drugs - a Cycle NC staff favorite!
- Breakfast for the Cycle NC pre-purchased meal plan ends.**
- 8:30 am** *Cycle NC Excursions by Visit NC depart Camp!*
- Get a unique education at the House of Flags
- Here the story of a legendary five-string banjo master at the Earl Scruggs Center
- Learn about the local wildlife at the Scheile Museum and Planetarium
\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)
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- 9:00 am** **Rest Stop #2 opens at the Historic Hunt House.**
Rest Stop Highlights – This beautiful five bedroom, five bathroom home was built by Dr. Robert Lee Hunt in 1932 and is surrounded by 100 acres of pasture, woods and an 18 hole disc golf course. The Hunt House has been restored to its most pristine condition and now is a unique Bed & Breakfast providing a traditional country home away from home for its guests featuring all handmade furniture.
- 10:00 am** **Rest Stop #3 opens at Earl Scruggs Center.**
Rest Stop Highlights – Take a break from the bike to learn about the life and story of legendary five-string banjo master and Cleveland County native, Earl Scruggs, and the unique and engaging story of the region in which he was born and raised.
- 11:00am** **Rest Stop #4 opens at Bessemer City Pool.**
- 12:00 pm** **Cycle NC campgrounds now open to all participants.** Camping is located on the upper part of the field. Do not camp in the areas marked with No Camping signs. RV camping is in a parking lot located off of Mill Street.
Cycle NC massages now available at camp on the upper field. 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 Lake Junaluska must place their bike on the Lake Junaluska bike rack located at Rider Services a minimum of 1hr prior to bus departure (By 4PM!). The bus will pick up by the building at the top of the hill along Myrtle Street.**
- 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.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.
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- 2pm - 8pm** **Explore downtown Belmont.** Located just steps away from camp, downtown Belmont has something for everyone from a variety of restaurants and cafes to unique local shops for you to explore.
- 3pm - 7:30pm** **Live Music at Camp!** String Theory will be playing 80s classic rock from 3pm to 5pm followed by the Tangerine Trees, a Beatles Tribute band, from 5pm to 7:30pm. Primal Brewery will be onsite selling beer during both performances.
- 4pm - 5pm** **Cycle NC Happy Hour** at the picnic shelter with free beer provided by Hi-Wire Brewing.
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- 4:30 pm** **Cycle NC route closed.**
-  **Boarding for the 3-Day Western shuttle option back to the start of the ride (Lake Junaluska) 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 Lake Junaluska for the 3-Day Western riders departs!**
Dinner for the Cycle NC pre-purchased meal plan begins at the picnic shelter.
Dinner Menu – Chicken tacos with toppings, side salad, churros and water
- 5:30pm** **Rider Services and Cycle NC Merchandise Tent closed.**
- 6:30 pm** **Dinner for the Cycle NC pre-purchased meal plan ends.**
- 10:00 pm** **Shower trucks are closed and quiet hours at camp begin.**

WEDNESDAY, OCTOBER 5 – 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: 72 miles
Elevation Gain: 3,483 feet
Destination: Stanly County Family YMCA - 427 N 1st Street, Albemarle, NC 28001
Did you know: In 1993, the National Trust for Historic Preservation recognized Albemarle as a National Main Street City. Located only a few blocks from our campsite, Main Street features a number of historic preservation and adaptive reuse projects.

Local Attractions: [Morrow Mountain State Park](#), [Dennis Vineyards Winery](#), [Badin Road Drive-In Theater](#), [Market Station](#), [Roger Martin Sculpture Gallery](#)

5:30 am **Coffee now available at Summit Cycle Solutions tent.**

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins at the picnic shelter.**

Breakfast Menu – Eggs, bacon, sausage, biscuits, orange juice and coffee

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!)**

*** Today's route features mostly urban riding. If you are not comfortable or experienced with this type of riding, don't forget that we have our Cycle NC Excursions and the Express Shuttle as options to get you to Albemarle.*

8:00 am **Rest Stop #1 opens at Hornets Nest Park.**

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

Cycle NC Excursions by Visit NC depart Camp!

- Smell the roses at the Daniel Stowe Botanical Gardens

- Enjoy lunch at Optimist Hall

- Take a tour and do some tasting at Southern Grace Distillery

\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)



9:00 am **Rest Stop #2 opens at Hodges Family Farm.**

Rest Stop Highlights – Recognized by the state of North Carolina as a “Century Farm,” this working farm has been owned and operated by the Hodges family for over 100 years. The centerpiece of the property is the Farmhouse which was built in 1908 using recycled materials from Charlotte’s turn of the century renovations.

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

11:00am **Rest Stop #4 opens at Ridgecrest Volunteer Fire Department.**

12:00 pm **Cycle NC campgrounds now open to all participants.** Camping is located on the the field. RV camping is in the parking lot across from the playground. Showers are available inside the YMCA building.

Cycle NC massages now available at camp in the picnic shelter. 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.

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



1pm - 4pm **Food Trucks at Camp!** Jolly Jalopy Ice Cream, La Familia Taco Truck & What-A-Burger Food Truck

4pm - 5pm **Cycle NC Happy Hour** at the picnic shelter with free beer provided by Hi-Wire Brewing.



4:30pm **Cycle NC route closed.**

5pm - 8pm **Live music at the Courthouse Square Park!**

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins at the Stanly County Senior Services building.**

Dinner Menu – Savory pot roast, grilled chicken with mushroom cream sauce, sauteed vegetables, dinner bread and seasonal cobbler

5:30pm **Rider Services and Cycle NC Merchandise Tent closed.**

6:30 pm **Dinner for the Cycle NC pre-purchased meal plan ends.**

10:00 pm **Quiet hours at camp begin and shower trucks are closed.**

THURSDAY, OCTOBER 6 – DAY 5 OF RIDING

Jersey Theme: Show your school pride! It's College Day so wear your favorite Collegiate Jersey!
Ride Distance: 73 or 100 miles
Elevation Gain: 3,192 or 3,797 feet
Destination: Legion Park - 311 Yadkin Ave, Laurinburg, NC 28352
Did you know: Laurinburg called itself the Capital of the Cantaloupe World during the first half of the 20th century as hundreds of car loads of cantaloupes and watermelons were shipped by rail from Laurinburg and the surrounding towns.

Local Attractions: [John Blue House and Heritage Center](#), [Outback Motorsports Complex](#), [Indian Museum of the Carolinas](#), [Laurinburg Art Garden](#)

5:30am **Coffee now available at Summit Cycle Solutions tent.**

6:30 am **Breakfast for the Cycle NC pre-purchased meal plan begins at the Stanly County Senior Services building.**

Breakfast Menu – Scrambled eggs, bacon, turkey sausage, waffles and fresh fruit

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 Norwood Farmers Market.**

Rest Stop Highlights – Welcome to downtown Norwood! Grab some breakfast at the Main Street Grill or take a tour of the Old Norwood Jail, quite possibly the smallest jail you'll ever see.

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

8:30 am *Cycle NC Excursions by Visit NC depart Camp!*

- Explore a prehistoric Native American archaeological site at Town Creek Indian Mound

- Channel your artistic side at Starworks

- Learn about the history of the area at the National Railroad Museum and Hall of Fame

\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)



9:00 am **Rest Stop #2 opens at Town Creek Indian Mound.**

Rest Stop Highlights – Most archaeological sites are investigated for a few years before archaeologists move on to a new location but not this one! Town Creek Indian Mound has been the focus of a consistent program of archaeological research for more than half a century providing significant contributions to the scientific understanding of the original inhabitants of our continent.

10:00 am **Rest Stop #3 opens at the Rankin Museum of American Heritage.**

Rest Stop Highlights – Founded based on the lifetime collections of Dr. Pressley R. Rankin Jr of Ellerbe, the Rankin Museum focuses on Natural History, Local History and Native American culture. Take a break from the bike to explore faraway places and times past in the variety of exhibits that make up this 4,900 square foot facility. Feeling ambitious? Give the self-guided scavenger hunt a try!

11:00am **Rest Stop #4 opens at Rockingham Motor Speedway.**

Rest Stop Highlights – Known as "The Rock," this speedway opened and held its first race on October 31, 1965. The track has seen many of racings greatest take home the checkered flag including Richard Petty and Dale Earnhardt. The 2004 Subway 400 was the last NASCAR race to be held at the speedway but after a revitalization in 2018, the venue now hosts races, thrill shows, music festivals, food truck rodeos and now a Cycle NC rest stop. Head through the tunnel for your chance to take a lap around "The Rock!"

11:30am **Century Rest Stop opens at Ithika Acres Creamery.**

Rest Stop Highlights – Born out of a passion for animals and always trying something new, the Carter Family aims to create a truly amazing product that benefits more than just your taste buds while creating a farm life where their goats can thrive. Spend some time with the family learning about their ethical farming practices or spend some time getting to know the goats. Whatever you do, make sure to try at least one of their delicious products. And don't forget to stop by Rider Services when you get to camp to pick up your Century Club sticker!

12:00 pm **Cycle NC campgrounds now open to all participants.** Camping is located on the the football and baseball fields. RV camping is in the parking lot next to the tennis courts.

Cycle NC massages now available at camp by home plate of the baseball field. 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 and Local Shuttles begin running. Bicycles are not allowed on the hotel shuttles.



1:30pm **Food available at camp.** Domino's Pizza food truck on site until 3:30. Goo Ma Food truck (burgers, wings, specialty egg rolls and more) on site until 4:30pm. FREE SUNDAE BAR provided by Baskin Robbins available until 3:30pm or while supplies last.

2:00pm **Entertainment starts at camp:**

- 2pm: Bill Caudill Bagpipe Performance
- 2:30pm: Storyteller Tyris Jones Performs
- 3:10pm: Scotland High Drum Corp & Golden Knights Army Parachute Intro
- 3:30pm: GOLDEN KNIGHTS PARACHUTE INTO CAMP! (weather dependent)
- 4:15pm: Storyteller Tyris Jones Performs
- 4:55pm: Bill Caudill Bagpipe Performance

4pm - 5pm **Cycle NC Happy Hour** by Rider Services with free beer provided by Hi-Wire Brewing.



4:30 pm **Cycle NC route closed.**

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins at the Post 50 American Legion building next to the campsite.**

Dinner Menu – Chopped BBQ, fried chicken, baked beans, cole slaw, rolls, banana pudding and tea

5:30pm - 8pm **Laurinburg After Five!** Head downtown for the Laurinburg After Five concert series featuring live music from Too Much Sylvia plus local vendors, various food options a beer truck and more.

5:30pm **Rider Services and Cycle NC Merchandise Tent closed.**

6:30 pm **Dinner for the Cycle NC pre-purchased meal plan ends.**

10:00 pm **Shower trucks now closed and quiet hours at camp begin.**

FRIDAY, OCTOBER 7 – DAY 6 OF RIDING (2-DAY EASTERN RIDE OPTION BEGINS)

- Jersey Theme:** It's Red, White and Blue Day! Wear yours with pride!
Ride Distance: 68 miles
Elevation Gain: 874 feet
Destination: Whiteville High School - 413 N Lee Street, Whiteville, NC 28472
Did you know: Whiteville annually hosts the North Carolina Honey Festival to highlight the significance of bees in our environment and promote bee-friendly practices.

Local Attractions: North Carolina Museum of Natural Sciences, North Carolina Museum of Forestry, Lake Waccamaw State Park, Moores Creek National Battlefield

- 5:30 am** **Coffee now available at Summit Cycle Solutions tent.**
- 6:30 am** **Breakfast for the Cycle NC pre-purchased meal plan begins at the Post 50 American Legion building next to the campsite.**
Breakfast Menu – TBA
Free donuts available at camp courtesy of Dunkin' Donuts.
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 Rowland Depot.**
Rest Stop Highlights – Built in 1925 by the Atlantic Coast Line Railroad, the town of Roland has recently begun the process to renovate and restore this depot to how it appeared in the 1950s. Enjoy a Fall Festival at this rest stop with vendors and food trucks onsite including Big Mikes Soul Food, Fry Poppu, King & Queens Mobile Kitchen and more.
Breakfast for the Cycle NC pre-purchased meal plan ends.
- 8:30 am** *Cycle NC Excursions by Visit NC depart Camp!*
- Check out the U.S. Army Parachute Team, The Golden Knights
- Get a history lesson at the Airborne Special Operations Museum
- Sample a variety of wines at the Cape Fear Vineyards & Winery
\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)
- 10:00 am** **Rest Stop #2 opens at the Fair Bluff River Walk.**
Rest Stop Highlights – Take a break from the bike and stretch your legs as you take in the views of the Lumber River from this beautiful, elevated river walk.
- 11:00am** **Rest Stop #3 opens at the Chadbourn Gazebo.**
- 12:00 pm** **Cycle NC campgrounds now open to all participants.** Camping is located on the fields. RV camping is located in the main parking lot of the school.
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.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the hotel shuttles.
- 3pm - 9pm** **Explore all Whiteville has going on in town including:**
Penn's Grill (3pm - 7pm): Entertainment from Last Man Standing, Craft Beer & Wine for sale by Farmacy on Main, Food for sale from Cruzers Restaurant, Local Artisan Vendors, Yemma Farms Educational Display & National Guard Company B Equipment Show and Tell
NC Museum of Natural Sciences: Wing Eating Contest courtesy of Zaxby's from 4pm - 5:30pm, Museum Move Night featuring E.T. the Extra-Terrestrial at 7pm with beer, wine and movie snacks available for purchase plus Museum Tours throughout the afternoon
Columbus County Arts Council (6pm - 9pm) : Entertainment from Jubilee from plus Mark Bannerman's BANNERMAN ROOTS Art Exhibit. Free beer provided by Hi-Wire Brewing and complimentary wine available
Columbus Chamber of Commerce & Tourism (5:30pm - 8:30pm): Entertainment from Honey Don't plus a 3D Photo Booth and beer and wine available for purchase
600 Block of Madison Street (5:30pm - 8:30pm): Channel your competitive side with a variety of games courtesy of Columbus County Parks & Rec and the City of Whiteville Parks & Rec
- 4:30 pm** **Cycle NC route closed.**
- 5:00 pm** **Dinner for the Cycle NC pre-purchased meal plan begins at the school cafeteria.**
Dinner Menu – Hamburger steak and gravy, grilled chicken, mashed potatoes, peas, rolls, dessert and iced tea
- 5:30pm** **Rider Services and Cycle NC Merchandise Tent closed.**
- 6:30 pm** **Dinner for the Cycle NC pre-purchased meal plan ends.**
End of Ride Rider Meeting at the school cafeteria.
Cycle NC Staff will go over the end of ride logistics and answer any questions you may have.
- 10:00 pm** **Shower trucks are now closed and quiet hours at camp begin.**



SATURDAY, OCTOBER 8 – FINAL DAY OF RIDING!

Jersey Theme: It's the last day so wear your 2022 Cycle NC Mountains to Coast jersey!

Ride Distance: 66 miles

Elevation Gain: 676 feet

Destination: Holden Beach Pavilion - 131 Jordan Blvd, Holden Beach, NC 28462

Did you know: Holden Beach is the resting place of several shipwrecks including the Confederate blockade runners CSS Elizabeth and CSS Bendigo plus the Union blockade ship USS Iron Age. The remains of the Iron Age can still be seen on the eastern end of the island at times during low tide.

Local Attractions: Holden Beach Fishing Pier, Wild Horse Preserve at Grayce Wynds, Bridgeview Park, Oak Island Lighthouse, Museum of Coastal Carolina, Ingram Planetarium

5:30 am Coffee now available at Summit Cycle Solutions tent.

6:30 am Breakfast for the Cycle NC pre-purchased meal plan begins at the school cafeteria.

Breakfast Menu –Eggs, cheese biscuits, oatmeal, bacon, sausage, coffee and juice.

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 Lake Waccamaw Train Depot.

Rest Stop Highlights – Rescued by the local women's club back in 1974 when it was abandoned, this Train Depot is now a historic building that showcases artifacts that date from the Neolithic era to the Civil War to present day. Grab a bite to eat from the Pigs Fly Food Truck onsite selling bacon + egg + cheese biscuits, sausage + egg + cheese biscuits, breakfast burritos and more while you listen to some of your favorites played by the Wayman Band.

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

Cycle NC Excursions by Visit NC depart Camp!

- Explore Southport

- Join us for the End of Ride Celebration in Holden Beach

\$25 – sign up at Rider Services (includes motor coach transportation & bike transport)



9:00 am Rest Stop #2 opens at the County Line Motocross Park.

Rest Stop Highlights – This national class motocross track is both family run and family friendly. Don't let the two minutes of jumps square you! The track is designed to be enjoyable for riders of all levels. Grab a yummy treat from the Pelican's SnoBalls truck onsite and check out the motocross exhibition taking place on the track to learn more about this unique sport.

10:00 am Rest Stop #3 opens at West Brunswick High School.

12:00 pm Cycle NC Rider Services and Cycle NC Merchandise now open.

12pm - 5pm End of Ride Celebration featuring music, food, a beverage garden and more!

Grab a cold drink courtesy of Hi-Wire Brewing, fix yourself a plate and enjoy live music from The Extraordinaires to celebrate the completion of this year's Mountains to Coast Ride. Menu 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. And don't forget to a photo with your bike on the beach - the closest beach access is just a block away down Jordan Blvd. You'll also want to check out the Kite Festival taking place on the beach front until 3pm (weather permitting).



If you are taking one of the Cycle NC transportation options back to Laurinburg, Durham or Lake Junaluska, 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 Holden Beach no later than 6pm on Saturday, October 8th.

3:00 pm Cycle NC route closed.

5:30pm Bus loading for the transportation back to Laurinburg begins. All bikes must be loaded on the bike transport truck at this time.

6:00 pm Bus departs for Laurinburg!

All bikes going to Lake Junaluska 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.

Rider Services and Cycle NC Merchandise Tent closed.

SUNDAY, OCTOBER 9 – BUS TRANSPORTATION BACK TO LAKE JUNALUSKA & DURHAM

7:00 am Bus loading for transportation back to Lake Junaluska and Durham week-long parking begins. All bikes at this point should have been loaded on both the Lake Junaluska and Durham bike trucks on Saturday.

8:00 am Buses depart Holden campsite for Lake Junaluska and Durham at 8:00 am and make stops at the hotels on their way out of town.