



MOUNTAIN RIDE AUGUST 4-6, 2023 LAKE LURE, NC

WEEKEND SCHEDULE

Welcome to the 2023 Cycle NC Mountain Ride

[Click here](#) for the Rutherford County Visitors Guide!

[Click here](#) for more information about Lake Lure!

[Click Here](#) for restaurants in Lake Lure and Chimney Rock!

Friday, August 4th

- 1pm** **Cycle NC Campsite at Morse Park. Roosevelt Hall at Lake Lure Inn and Keeter Field opens for set up** – At 1 p.m. you may begin setting up your camping area (outdoor, indoor and RV) in the designated areas only once you have checked in. Access (parking, camping, etc.) is not permitted until 1 p.m. on Friday, August 4, so please DO NOT arrive before 1 p.m. As a reminder, you must be checked-in and wearing your Cycle NC wristband prior to setting up your camping area.
- 1pm-5pm** **Cycle NC Rider Services and Check-in Open**
Check-in opens at the Cycle NC Rider Services located at Morse Park (2948 Memorial Hwy, Lake Lure, NC). Check-in and Rider Services will be open from 1pm to 5pm. You will receive your event wristband that must be worn at all times during the weekend. You will also receive your official ride t-shirt. Cycle North Carolina merchandise will be available for purchase.
- 1pm-5pm** **Local Welcome Booth Open**
The local welcome booth will provide participants with local information, area maps, restaurant information, weekend activities and local discounts. Stop by the local welcome booth to get information about what the Lake Lure and Rutherford County area has to offer when you are not riding.



1pm-5pm

Tune Up Route Option Available

Warm up your legs for the weekend on this scenic 16-mile route that takes you along the banks of Lake Lure, including a short climb out of the valley and then back down again. SAG support will not be available.

6pm-7:30pm

Cycle NC Welcome Luau at the Lake Lure Beach!

Join the Cycle NC staff and town representatives at the covered pavilion on Lake Lure Beach for the official Cycle NC Welcome Luau. The beach is in easy walking distance of all campsites and the Lake Lure Inn & Spa. The band [Adam Shakes](#) will be performing! The Luau will include free beer from New Belgium Brewing Company and hors d'oeuvres such as luau pork (shredded smoke roasted), Hawaiian slaw (pineapple infused cabbage slaw), fresh cut fruit bowl, bottled water and sodas. And no luau would be complete without pineapple and cherry cobbler for dessert! Come gather around the bonfire and enjoy the first night of the Mountain Ride!



Saturday, August 5th

6am-9am

Breakfast available at Morse Park

Lured Market and Grill/On the Fly Food Truck will be offering coffee and breakfast items in the parking lot of Morse Park. Menu includes spinach, eggs & cheese, whole wheat toast, Greek yogurt, fresh fruit bowls, fresh banana oatmeal with walnuts, oatmeal pancakes with flax and chia seeds, sausage, bacon, orange juice and coffee.

8am-12pm

Cycle NC Rider Services and Check-in Open

Check-in and Rider Services will be open from 8am to 12pm at Morse Park. You will receive your event wristband that must be worn at all times during the weekend when you check-in. You will also receive your official ride t-shirt.

8am-12pm

Local Welcome Booth Open

The local welcome booth will provide participants with local information, area maps, restaurant information, weekend activities and local discounts. Stop by the local welcome booth to get information about what the Lake Lure and Rutherford County area has to offer when you are not riding.



8am-3pm

Cycle NC Routes Open

All routes open at 8:00 am and begin and end at Morse Park. All routes will close at 3:00 pm. Rest Stops include:

Bill's Creek Old Volunteer Fire Department

Enjoy a bit of history at this now retired fire station that has been replaced with a new one down the road. You'll be able to shop the Saturday morning Yard Sale so save some room in your bags. Follow them at on their [Facebook page!](#)

The Spindale House

Located in the heart of Main Street, the Spindale House serves as the gathering place for all ages since it formally opened to the public back in 1926. Watch the world pass by while sitting in the beautifully landscaped gazebo area or enjoy the Spindale Centennial Block Party that will be going on in the area with music, vendors, food trucks, car show, and lots more.

Parker-Binns Vineyard

Plan for a long rest at this multi-generation family-owned and operated vineyard and winery nestled on 40-acre estate in the Tryon foothills. There will be a breakfast special for early arrivals and lunch available for later arrivals. You've got plenty of time to get back to Lake Lure so kick back and enjoy the amazing views and relaxing atmosphere. Find out more about the Parker-Binns Vineyard on their [website](#).

Rest stops vary by route. Refer to your cue sheets for rest stop operating times.

6pm-7:30pm

CNC Mountain Ride Social and Low Country Boil at the Lake Lure Beach!

The Cycle NC Mountain Ride Social for all registered participants will take place at the covered pavilion at Lake Lure Beach. The low country boil menu features peel & eat shrimp, red potatoes, corn on the cob, andouille sausage, onions, herbs and spices. Plus, banana pudding for dessert! Free beer will be provided by New Belgium Brewing Company and [Johnnie Blackwell](#) will be rocking the beach!



Sunday, August 6th

6am-9am

Breakfast available at Morse Park

Lured Market and Grill/On the Fly Food Truck will be offering coffee and breakfast items in the parking lot of Morse Park. Menu includes spinach, eggs & cheese, whole wheat toast, Greek yogurt, fresh fruit bowls, fresh banana oatmeal with walnuts, oatmeal pancakes with flax and chia seeds, sausage, bacon, orange juice and coffee.

8am-10am

Cycle NC Check-in Rider Services Open

Rider Services located at Morse Park will be open until 10am. This is your last chance to purchase your Cycle NC Merchandise before you head home!

8am-2pm

Cycle NC Routes Open

All routes open at 8:00 am and begin and end at Morse Park. All routes close at 2:00pm. Rest Stops include:

Broad River Volunteer Fire Department

You'll welcome this stop after the climb out of Hickory Nut Gorge. Covering the region below the Eastern Continental Divide and along the river that is the headwaters for Lake Lure, these volunteers are here to protect the region. Follow them on [Facebook](#).

The Emerald Woods

Take a break from the bike at this beautiful country home and wedding venue hidden in the woods of the Blue Ridge Mountains. The Emerald Woods is on the McDowell County Historical Registry. Pre-dating the Civil War, this house was originally comprised of approximately 1500 acres of land. Toward the end of the Civil War, General Stoneman of the Union Army fired cannonballs into the southern wall of the house which has since been rebuilt. One of those cannonballs was given to Lilly as the new owner of the home/property. Take some time to enjoy the beautiful gardens and explore the property.

Rumbling Bald on Lake Lure

Built for tranquility and adventure, Rumbling Bald is Lake Lure's idyllic enclave of outdoor exploration and relaxation. Offering dining, lake activities, mountain activities, pool, putt putt course, spa and more - this place has something for everyone! Take a break from the bike to enjoy the natural surroundings, offering a canvas to create memories, unwind, and reconnect. Learn more on their [website](#)!

Rest stops vary by route. Refer to your cue sheets for rest stop operating times.

A Special Thanks To Our 2023 Cycle N.C Mountain Ride Partners

Retire North Carolina
Blue Cross and Blue Shield of NC
Capitol Broadcasting Company
Fat Tire/New Belgium Brewing Company

BODYARMOR Sports Drink
Truist
Town of Lake Lure
Rutherford County TDA

WE LOVE YOUR PICTURES & SOCIAL MEDIA

Don't forget to take plenty of pictures at camp, in town and out on the routes. Be sure to tag **Cycle NC** when posting to Instagram or your Facebook page. You never know, your pictures might end up in any of the Cycle NC brochures, handbooks or on the website. Or you can send us your photos to cyclenc@ncsports.org.



Tweet, Tweet!!

Let's get the conversation going on twitter and make sure you use **#CNCMR** when sending tweets during the weekend!