

2023 CYCLE NORTH CAROLINA

MOUNTAINS TO COAST RIDE DAILY SCHEDULE

SATURDAY, SEPTEMBER 30 – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Banner Elk! Located in the Blue Ridge Mountains, this place blends small town relaxation with the amenities of a larger city. Rich with culture and adventure, there is much to do within a short drive of the town's lone stoplight including many ways to experience the great outdoors. With a tourism motto of "Escape. Unwind. Indulge.", this is certainly an ideal place to kick off the 2023 Mountains to Coast ride!

8:15 am **DURHAM/MORRISVILLE:** Check-in and bike loading begins In Durham/Morrisville (Holiday Inn RDU, 930 Airport Blvd, Morrisville, NC 27560) for those that purchased a seat on the Durham to Banner Elk 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/MORRISVILLE:** All buses in Durham depart for Banner Elk.

12:00 pm **Cycle NC Rider Services and Banner Elk Welcome Tent are now open at Tate-Evans Park located at 210 Park Ave in Banner Elk.**

- Check-in for this year's ride at Cycle NC Rider Services before setting up your tent. The camping area is located on the grassy fields along Shawneehaw Creek. Please do not set up in areas designated as **"No Camping"** areas.
- Stop by the Banner Elk Welcome Tent for 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 only. Bicycles are not allowed on the shuttles.

12pm - 8pm **Set up camp and explore downtown Banner Elk**
DJ Pete will be at the campsite playing music to keep you entertained while you set up camp and get reacquainted with old friends from past Cycle NC events. Once you've set up camp, head to downtown Banner Elk to explore the unique shops and a variety of dining options, many of which will have live music.

4pm - 6pm **Mountains to Coast Kick Off**
Join us at the amphitheater to celebrate the start of this year's Mountains to Coast Ride with free beer courtesy of New Belgium Brewing and music from DJ Pete. Be sure to stick around for the Cycle NC Welcome, Q&A and NC State Highway Patrol Safety Briefing that will start at 6:30pm.



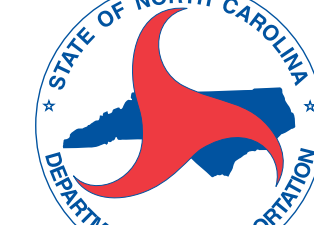
5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins at the Banner Elk Presbyterian Church, located just a short walk away from camp.**
Dinner Menu – Spaghetti with meatballs, salad, bread, dessert, tea and water

Cycle NC Rider Services and Cycle NC Merchandise Tent closed.

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

6:30 pm **Cycle NC Welcome, Q&A and NC State Highway Patrol Safety Briefing**
Located at the amphitheater at Tate-Evans Park. 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 Banner Elk 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.

BIG THANK YOU TO OUR 2023 PARTNERS WHO HELP MAKE THIS EVENT POSSIBLE!



SUNDAY, OCTOBER 1 – 1ST DAY OF RIDING!

- Jersey Theme:

Wear your Favorite Cycle NC Jersey!
- Ride Distance:

59 miles
- Elevation Gain:

3,439 feet
- Destination:

Lowe’s Park at Rivers Edge - 1608 Industrial Drive, Wilkesboro, NC 28697
- Did you know:

MerleFest, considered one of the premier music festivals in the country, is held annually in Wilkesboro. The festival was founded in 1988 in memory of Eddy Merle Watson as a fundraiser for Wilkes Community College and to celebrate “traditional plus” music.

5:30 am	Coffee now available at the Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.
6:30 am	<div>Breakfast for the Cycle NC pre-purchased meal plan begins at the Banner Elk Presbyterian Church, located just a short walk from camp.</div> <div>Breakfast Menu – Sausage and egg biscuit, muffins, yogurt cup, fruit, coffee, juice and water</div> <div>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.</div>
7:00 am	Cycle NC Rider Services is now open at Tate-Evans Park in Banner Elk.
7:30 am	Cycle NC route opens. (DO NOT start riding before 7:30am!)
8:00 am	<div>Rest Stop #1 opens at the Blowing Rock Chamber of Commerce.</div> <div>Rest Stop Highlights – The Blowing Rock Chamber of Commerce is the business hub of the community; connecting local leaders, entrepreneurs and small business. Take a break from the bike to enjoy some bluegrass music from Surefire Bluegrass or go for a stroll down Main Street located just around the corner from the rest stop.</div> <div>Breakfast for the Cycle NC pre-purchased meal plan ends.</div>
8:30 am	<div>Cycle NC Excursions by Visit NC depart Camp!</div> <div><div>- Visit The Blowing Rock, NC’s Oldest Travel Attraction</div><div>- Experience a gravitational anomaly at Mystery Hill</div><div>- Enjoy lunch in Downtown Blowing Rock</div><div>- Explore Whippoorwill Village, one of today’s Rest Stops</div></div> <div>\$30 – sign up at Rider Services (includes motor coach transportation & bike transport)</div>
9:00 am	<div>Rest Stop #2 opens at the Happy Valley Filling Station.</div> <div>Rest Stop Highlights – Jesse and Angela bought the property back in 2019. unsure of what they were going to do with it. They saw a great need for the community to have a gathering spot and decided that nothing brings people together more than food and drink. Take a break from the bike to rest your legs and grab a bite and a pint! All of the ingredients for both their neapolitan style sourdough pizza and small batch brews are locally sourced from area farmers and partners.</div>
10:00 am	<div>Rest Stop #3 opens at Whippoorwill Village.</div> <div>Rest Stop Highlights – Whippoorwill Village is a collection of old North Carolina buildings that have been saved, moved and restored. For example, the Whippoorwill Academy building was the actual old school house in the Ferguson Community where North Carolina’s Poet Laureate, Larkin Pearson, attended school. Enjoy fine art at the Smokehouse Art Gallery, take some time to explore the Chapel of Peace or swing by the blacksmith shop to check out the weaving room displaying an antique loom before hopping back on your bike to make your way to today’s destination of Wilkesboro.</div>
12:00 pm	<div>Cycle NC campground now open to all participants. Camping is located on the grassy area between the baseball fields. No camping is allowed on the baseball fields or the soccer fields. RV camping is in the designated area along Industrial Drive.</div> <div>Cycle NC massages now available in the camping area. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!</div> <div>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</div>
1:00 pm	<div>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.</div> <div>Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.</div> <div>Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.</div>
2pm - 5pm	<div>Live music plus outdoor games at Call Family Distillers located across the street from camp!</div> <div>Plus there will be a food truck at camp selling items such as hamburgers and hot dogs + Brushy Mountain Granola will be onsite as well as Perry Lowe Orchards who will be serving apple slices, slushies and donuts.</div>
4pm - 5pm	<div>Cycle NC Happy Hour at the Fat Tire Beer Garden!</div> <div>Join us across the street from camp at Call Family Distillers for free beer courtesy of New Belgium Brewing.</div>
4:30 pm	Cycle NC route closed.
5:00 pm	<div>Dinner for the Cycle NC pre-purchased meal plan begins at Call Family Distillers, located across the street from camp.</div> <div>Dinner Menu – Grilled chicken, baked potato, small side salad, dinner roll, water and tea</div>
5:30 pm	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 2 – DAY 2 OF RIDING

- Jersey Theme:

WACKY TACKY DAY! Wear your craziest jersey, outfit, socks, hats, sunglasses, etc.
- Ride Distance:

63 miles
- Elevation Gain:

3,615 feet
- Destination:

Long Creek Park - 5801 Bethania Tobaccoville Road, Pfafftown, NC 27040
- Did you know:

The city of Winston-Salem is a product of the merging of the post offices of two neighboring towns, Winston and Salem. It is the birthplace of many popular companyies including Krispy Kreme, Texas Pete, Hanes and Deweys.

5:30am	Coffee now available at the Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.
6:30 am	Breakfast for the Cycle NC pre-purchased meal plan begins at Call Family Distillers, located across the street from camp. Breakfast Menu – Ham and egg biscuits, sausage and egg biscuits, fruit, coffee and tea 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 Bethel Baptist Church. Breakfast for the Cycle NC pre-purchased meal plan ends.
8:30 am	<i>Cycle NC Excursions by Visit NC depart Camp!</i> - Tour Rescue Ranch, an animal sanctuary founded by Ryan Newman - Grab a bite to eat & explore Statesville's mixed-used historic district <i>\$30 – sign up at Rider Services (includes motor coach transportation & bike transport)</i>
9:00 am	Rest Stop #2 opens at Sanders Ridge Vineyard. Rest Stop Highlights – Sanders Ridge has been in the Shore family for more than 180-years. Neil Shore is the fifth generation of Shore farmers to work the land on Sanders Ridge which includes a 15-acre vineyard, vegetable farm and winery. Neil's goal is for Sanders Ridge to be a place where people can laugh, relax and experience the farm and special places within it which is exactly what we want our riders to do as you take a break from the bike for a bit.
10:00 am	Rest Stop #3 opens at East Bend Park. Rest Stop Highlights – Enjoy this quaint town square park that will have live music for you to enjoy from 11:30am to 1:30pm. Missed the music? Not to worry, there is still ice cream for you to enjoy at Alex's Grill and Ice Cream.
12:00 pm	Cycle NC campgrounds now open to all participants. Camping is located on the grassing fields at Long Creek Park. RV camping is in the parking area along the right side of the road before you reach the picnic shelter. Cycle NC massages now available near the pool. 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	Food Trucks at Camp - Lobster Dogs: Lobster rolls and sandwiches (12pm to 7pm) - Wutyasay: Fried fish, hamburgers, mac-brikster and more (12pm to 7pm) - Gunny Smitty's Hot Dogs: Hot dogs and sausage rolls with fixings (12pm to 4pm)
1:00 pm	Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open. Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service. Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.
1pm to 4pm	Live music from Willie Nesmith at the pavillion at camp!
2pm - 8pm	There is Magic in the Fair! Take advantage of discounted admission available to Cycle NC participants and experience everything the Carolina Classic Fair has to offer. Simply hop on a shuttle and head to the Winston-Salem Fairground to enjoy unique eats, fun rides and a wide variety of entertainment options. Simply scan the QR Code to purchase your \$5 admission ticket! Shuttles will also be running to two different shuttle stops in Downtown Winston-Salem, the Industry Hill area and 4th Street. Stop by the Visit Winston-Salem table at camp for more details about what dining and entertainment options are near each stop.
4:30 pm	Cycle NC route closed.
5:00 pm	Dinner for the Cycle NC pre-purchased meal plan begins at the picnic shelter onsite. Dinner Menu – Chicken pie, green beans, seasoned roasted potatoes, sweet tea, unsweet tea, lemonade and water
5:30 pm	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 3 – 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:	78 miles
Elevation Gain:	3,364 feet
Destination:	Mebane Arts & Community Center - 633 Corregidor Street, Mebane, NC 27302
Did you know:	The industrial growth of Mebane began in 1881 with the organization of the White Furniture Company. Other industrial firms still in operation in Mebane today are devoted to the making of bed springs and mattresses, full fashioned and half hose and children’s wearing apparel.
5:30 am	Coffee now available at Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.
6:30 am	Breakfast for the Cycle NC pre-purchased meal plan begins at the picnic shelter onsite. Breakfast Menu – Sausage and egg casserole, yogurt, honey bun cake, orange juice and coffee Food Trucks at camp until 8:30am offering various breakfast items for sale. - Spinnamon’s: Pastries and cinnamon rolls - The Grinder Cafe: Coffee, smoothies and 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 Belews Creek Christian Church. Rest Stop Highlights – Come hungry as there will be sausage and bacon biscuits available as well as as various muffins and brownies in exchange for donations to this historic church. Breakfast for the Cycle NC pre-purchased meal plan ends.
8:30 am	Cycle NC Excursions by Visit NC depart Camp! - Tour the Historic Korners Folly House Museum - Grab a bite to eat while you explore the town of Kernersville - Visit the Charlotte Hawkins Brown Museum & State Historic Site \$30 – sign up at Rider Services (includes motor coach transportation & bike transport)
9:00 am	Rest Stop #2 opens at Greensboro Performing Arts. Rest Stop Highlights – This repurposed church is now home to Greensboro Performing Arts, Inc., a community of dedicated professional teachers who believe that the pursuit, mastery and experience of performing arts can enrich all of our lives. Their extensive arts programming is for everyone from children to adults, from beginners to professionals and from those just looking for recreation to those looking to hone their technical skills. Need a little pick me up before you head back out on the route? Not to worry - The Jumping Bean is here offering a variety of coffees, teas, smoothies, milkshakes and more!
10:00 am	Rest Stop #3 opens at Friendship United Methodist Church.
11:00 am	Rest Stop #4 opens at the Textile Heritage Museum. Rest Stop Highlights – Located in the former Glencoe Company Store and Administrative offices, you will find hundreds of original textile artifacts on exhibit including massive machine looms, knitting machines and even the office equipment that employees once used to type the orders, billing and correspondence for all mill operations.
12:00 pm	Cycle NC campgrounds now open to all participants. Camping is located on the two fields closest to the Mebane Arts & Community Center. Do not camp in the areas marked with No Camping signs. RV camping is in the back corner of the Mebane Arts & Community Center parking lot. Cycle NC massages now available inside the Mebane Arts & Community 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.
	3-Day Western riders taking the shuttle back to Banner Elk must place their bike on the Banner Elk bike rack located at Rider Services no later than 4pm. You will take your luggage with you on the bus.
1:00 pm	Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open. Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service. Hotel and Local Shuttles begin running. Bicycles are not allowed on the shuttles.
1pm - 8pm	Laundry at Camp! The Uplift Laundry Truck is at camp today providing you with a chance to clean your smelly riding clothes. The Uplift Laundry Truck provides free laundry services for those in-need, proudly serving NC’s 1.4 million low income citizens.
3pm - 6pm	Live music at Camp! Enjoy the smooth sound of Matt Huff near the camping area.
4:00 pm	Yoga! Grab your mat or towel and head into the Mebane Arts Center for a free yoga session with Sherri Seagroves 500 RYT.
4pm - 5pm	Cycle NC Happy Hour at the Fat Tire Beer Garden! Join us in the camping area by the live music for free beer courtesy of New Belgium Brewing.
4:30 pm	Cycle NC route closed.
	Boarding for the 3-Day Western shuttle option back to the Banner Elk begins in the parking lot between the RVs and Shower Trucks. Shuttle back to Banner Elk for the 3-Day Western riders departs!
5:00 pm	Dinner for the Cycle NC pre-purchased meal plan begins at the Mebane Arts & Community Center. Dinner Menu – Taco bar with grilled steak, grilled chicken, flour tortillas and fixings such as diced tomatoes, shredded lettuce, sour cream, guacamole, fresh pico and shredded cheese, chips with salsa and queso, black beans, rice, sweat tea, unsweet tea & lemonade
5:30 pm	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.



UPLIFT LAUNDRY TRUCK



WEDNESDAY, OCTOBER 4 – 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: 62 miles
Elevation Gain: 2,725 feet
Destination: Henderson Family YMCA - 380 Ruin Creek Road, Henderson, NC 27536
Did you know: First known as the Buggs Island Project. the 82nd Congress passed Public Law 203 renamed the project the “John H. Kerr Dam and Reservoir” after the NC Congressman instrumental in obtaining the funding and approval for the project. The Virginia State Legislature didn’t like the name being imposed and instead said that the body of water shall forever be Buggs Island Lake which is what many signs still say today in Virginia while signs in North Carolina call it Kerr Lake.

5:30 am Coffee now available at Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.

6am - 8am The Baked Good Food Truck at camp with breakfast items for sale.

6:30am **Yoga!** Grab your mat or towel and head to the fields opposite of the campsite to get your muscles warmed up for the day ahead with a free yoga session with Sherri Seagroves 500 RYT.

Breakfast for the Cycle NC pre-purchased meal plan begins at the Mebane Arts & Community Center.
Breakfast Menu – Biscuits, bacon, scrambled eggs, sausage, gravy, grits, oatmeal, fresh 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 Eno River Farm.**
Rest Stop Highlights – This family run farm located in Hillsborough offers seasonal fruits, veggies, flowers, plants and fresh homemade ice cream made daily with freshly picked berries. Yum! Who said ice cream isn’t a breakfast food?

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

8:30 am *Cycle NC Excursions by Visit NC depart Camp!*
- Experience basketball greatness at the Carolina Basketball Museum
- Visit the Ackland Art Museum & enjoy lunch on Franklin Street
- Enjoy a guided tour of Duke Chapel
\$30 – sign up at Rider Services (includes motor coach transportation & bike transport)



9:00 am **Rest Stop #2 opens at Historic Stagville.**
Rest Stop Highlights – Stagville is dedicated to teaching about the lives and work of the enslaved people on the one of the largest plantations in North Carolina. This small fraction of land the Bennehan-Cameron family owned is a state historic site and includes a massive barn, the Bennehan family house and more.

10:00 am **Rest Stop #3 opens at Lake Devin.**

12:00 pm **Cycle NC campgrounds now open to all participants.** Camping is located on the the field behind the YMCA. RV camping is located in the parking lot next to the YMCA at 350 Ruin Creek Drive.

Cycle NC massages now available at inside the YMCA. 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 - 5pm **Food Trucks at Camp**
- Bun on the Run: Hot dogs, hamburgers, fried bologna sandwiches and fries
- RJ’s Grill: Fish, shrimp, pork shops, barbecue, wings, cheesesteaks and a variety of sides
- Frostbites: Ice cream, shaved ice, Italian ice, corn dogs and pretzels



1:00 pm **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.**
Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.
Hotel and Local Shuttles begin running. Bicycles are not allowed on the hotel shuttles.

2pm - 9pm **Explore downtown Henderson!** Shuttles will be running to take you to downtown Henderson to explore unique retail shops, check out a classic car museum or grab a bite to eat at a variety of locally owned restaurants including George’s, Mazatlan Mexican and Bistro 130. Plus DJ Jay will be at the Southern Charm Event Center in downtown from 4pm to 8:30pm with beer and wine available for purchase.

3pm - 7pm **Live bluegrass music at camp from Jimmy and the Sound Barriers.**

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

5:00 pm **Dinner for the Cycle NC pre-purchased meal plan begins inside the YMCA.**
Dinner Menu – Marinated chicken breast, jasmine rice, sauteed green beans, dinner rolls and bottled water

5:30 pm **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 5 – 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:

73 or 100 miles
- Elevation Gain:

1,961 or 2,712 feet
- Destination:

Tarboro Town Common - 701 North Main Street, Tarboro, NC
- Did you know:

Tarboro was a thriving river port until the Civil War started. Its location as the farthest-inland navigable spot on the Tar River led to its prominence as a trade center for goods from the frontier.

5:30 am	Coffee now available at Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.
6:30 am	<div>Breakfast for the Cycle NC pre-purchased meal plan begins inside the YMCA.</div> <div>Breakfast Menu – Egg frittata, sausage links, hashbrown patties, biscuits, apple juice, orange juice and coffee</div> <div>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.</div>
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	<div>Rest Stop #1 opens at the Laurel Grist Mill.</div> <div>Rest Stop Highlights – Sitting on seven acres, there are no records of when the Laurel Grist Mill was constructed but at the time of its purchase after the Civil War ended, it was already known as “old Laurel Mill.” Shortly after purchasing it, Colonel Jordan Jones realized the mill had the potential for much more than just grinding grain. He installed a water-powered cotton gin and after its success, built a spinning plan to begin producing yarn and cloth from the raw cotton harvested in the area. When all was said and done, Jones and the mill would produce corn meal, flour, cotton yard and lumber on the grounds. Be sure to grab a bite of the homemade country cornbread available in exchange for a donation to The Northern Sportsman, a non-profit that promotes and programs outdoor activities for the youth.</div>
8:30 am	<div>Breakfast for the Cycle NC pre-purchased meal plan ends.</div> <div>Cycle NC Excursions by Visit NC depart Camp!<div><div>- Visit the Halifax State Historic Site</div><div>- Grab a bite to eat and explore the town of Halifax</div><div>- Spend time with the birds at the Sylvan Heights Bird Park</div></div><div>\$30 – sign up at Rider Services (includes motor coach transportation & bike transport)</div></div>
9:00 am	<div>Rest Stop #2 opens at Castalia Community Park.</div> <div>Rest Stop Highlights – Did you know that North Carolina is the largest producer of sweet potatoes in the nation? Nash County alone produces over 180 million pounds per year. Enjoy a tasty, fresh roasted sweet potato with a variety of fixings during your time at Castalia Community Park.</div>
10:00 am	
11:00 am	<div>Rest Stop #3 opens at the Ennis Park.</div> <div>Rest Stop #4 opens at First Baptist Church Battleboro.</div>
12:00 pm	<div>** Century Riders - don't forget to stop by Rider Services when you get to camp to pick up your Century Club sticker! **</div> <div>Cycle NC campgrounds now open to all participants. Camping is located in the heart of town at Tarboro Town Common. RV camping is in the designated area along E Park Ave.</div> <div>Cycle NC massages now available in the camping area. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!</div>
1:00 pm	<div>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</div> <div>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.</div> <div>Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.</div> <div>Hotel Shuttles begin running. Bicycles are not allowed on the hotel shuttles. For those staying at the Rocky Mount properties (Hampton Inn & Holiday Inn), shuttles will depart from camp at 2:00pm, 3:30pm, 5:00pm, 6:30pm and 8:00pm to take you to your hotel. Shuttles to the Quality Inn and Sure Stay Plus in Tarboro will run continuously as needed.</div>
2pm - 8pm	<div>It's a party at the Edgecombe County Courthouse Square - just a few blocks from camp!</div> <div><div>- 2pm - 8pm: Food Trucks</div><div>- 4pm - 6pm: DJ Implutz</div><div>- 6pm - 8pm: Live Music from Russ Varnell</div></div> <div>Plus there will be a local vendor fair going on in the downtown area and there are a variety of other dining options close by.</div>
4pm - 5pm	<div>Cycle NC Happy Hour at the Fat Tire Beer Garden!</div> <div>Join us just down at the Edgecombe County Courthouse Square for free beer courtesy of New Belgium Brewing.</div>
4:30 pm	Cycle NC route closed.
5:00 pm	<div>Dinner for the Cycle NC pre-purchased meal plan begins at the First Baptist Church located across from the campsite.</div> <div>Dinner Menu – Hamburger steak with gravy, string beans, mashed potatoes, rolls and tea</div>
5:30 pm	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 6 – DAY 6 OF RIDING

- Jersey Theme:

It’s Red, White and Blue Day! Wear yours with pride!
- Ride Distance:

61 miles
- Elevation Gain:

1,016 feet
- Destination:

Person Park - 210 W Gordon Street, Kinston, NC 28501
- Did you know:

The Sugar Hill district in Kinston was once the vibrant hub of African American music venues where musicians including Duke Ellington and Louis Armstrong played.

5:30 am	Coffee now available at Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.
6:30 am	<div>Breakfast for the Cycle NC pre-purchased meal plan begins at the First Baptist Church located across from the campsite.</div> <div>Breakfast Menu – Scrambled eggs, sausage, grits, biscuits, coffee and bottled water</div> <div>Shuttles begin. Shuttles will be running from hotels to bring participants back to camp if needed. For those staying at the Rocky Mount properties (Hampton Inn & Holiday Inn), shuttles back to camp will pick up at 6:30am and 7:15am. 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.</div>
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	<div>Rest Stop #1 opens at the Fountain General Store.</div> <div>Rest Stop Highlights – This place is a relic from the rural American small town past. When it first opened back in 1917, this was the second largest business building in Pitt County, boasting over 14,000 square feet of floor space. The building had a variety of tenants over the year including a hardware store, toy manufacturing business and even a game room. Today the Fountain General Store serves up fresh-squeezed lemonade, orangeade and limeade and carries a variety of classic snacks and drinks. It’s also a live music venue hosting a variety of artists and groups through out the year including some live bluegrass music during our stop from Mac McCroy and the Southpoint Band!</div> <div>Breakfast for the Cycle NC pre-purchased meal plan ends.</div>
8:30 am	<div>Cycle NC Excursions by Visit NC depart Camp!</div> <div><div>- Tour the May Museum, highlighting local artifacts</div><div>- Explore Greenville including the Farmers & Makers Market</div><div>- Learn about the Ghosts and Lore at Harmony Hall</div></div> <div>\$30 – sign up at Rider Services (includes motor coach transportation & bike transport)</div> <div></div>
9:00 am	<div>Rest Stop #2 opens at Simply Natural Creamery.</div> <div>Rest Stop Highlights – When Niel Moyer’s children were young, he and his wife wanted a way for them to learn about livestock and how to care for them. They picked Jersey cows because they were more docile and provided higher quality milk. As the years went on, the Moyes wanted to be able to provide others in the area with the same local, natural and quality product they had been enjoying and thus the idea for Simply Natural Dairy and Creamery was born. Now a days they are milking 160 cows per week and processing 8,000 gallons of milk. And don’t forget about the ice cream! With flavors like Banana Pudding, Cow Pattie and Apple Dapple, it’s going to be hard for you to pick just one.</div>
10:00 am	<div>Rest Stop #3 opens at Frederick Jones Homeplace.</div> <div>Rest Stop Highlights – Get a glimpse into the rich farming history of northeastern NC while you enjoy a sampling of fresh made sweet potato fries and pork skins courtesy of Kings BBQ.</div>
12:00 pm	<div>Cycle NC campgrounds now open to all participants. Camping is located in Pearson Park along the Neuse River. RV camping is located in the parking lot across from Pearson Park and behind the Lenoir County ABC Store.</div> <div>Cycle NC massages now available in the camping area. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!</div> <div>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</div> <div><div></div><div></div></div>
1:00 pm	<div>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.</div> <div>Bike Repair Services & Retail Store open. Bikes must be checked in before 5pm for service.</div> <div>Hotel Shuttles begin running. Bicycles are not allowed on the hotel shuttles.</div> <div><div></div><div></div></div>
1pm - 8pm	<div>Music at Camp!</div> <div>Head on over to the stage area to enjoy an acoustical mixture of rock and roll, 80’s, 90’s and 2000s from Jeremy Lane and Tim James, members of J Lane and the Sonic Revival from 4pm to 6pm. We’ve also got a DJ that will be onsite playing music beforehand and Carolina’s Number One Hit Music Station, Bob 93.3, will be going live remotely from camp from 5pm to 8pm.</div>
2pm - 5pm	Free BBQ Fest award winning BBQ Sliders at camp courtesy of BBQ Fest on the Neuse! (While supplies last.)
4pm - 5pm	<div>Cycle NC Happy Hour at the Fat Tire Beer Garden!</div> <div>Join us just near the stage area by the live music for free beer courtesy of New Belgium Brewing.</div> <div></div>
4pm - 10pm	<div>Explore downtown Kinston located right next to today’s campsite!</div> <div><div>- 4pm - 8pm: Tour the CSS Neuse II, a full size replica of a steam-powered ironclad ram from the American Civil War</div><div>- 5pm - 8pm: Check out some classic cars at the Carolina Classic Cars Cruise In</div><div>- 5pm - 9pm: Throw some axes at Ironclad Axe Throwing offering a special discount to Cycle NC participants</div><div>- 5pm - 9pm: Show off your vocals with Karaoke and a special Cycle NC cocktail at The Herritage</div><div>- 6pm - 9pm: Enjoy live music from The Shimmies at Mother Earth Brewery</div><div>- 7pm - 9pm: Take a sip of craft cocktails with a story plus enjoy live music at Stanley’s Saloon</div><div>- 7pm - 10pm: Head to The Office for live music on the patio</div></div> <div>Plus there will be ghost tours at Historic Harmony Hall and shuttles available to take you to Social House Vodka, The Beer Barn and H.O.W II.</div>
4:30 pm	Cycle NC route closed.
5:00 pm	<div>Dinner for the Cycle NC pre-purchased meal plan begins at the CSS Neuse Museum, located only a block from camp on West Caswell Street.</div> <div>Dinner Menu – BBQ, fried chicken, slaw, potato salad, pasta salad, string beans, hush puppies, banana pudding, sweet & unsweet tea</div>
5:30pm	Rider Services and Cycle NC Merchandise Tent closed.
6:30 pm	<div>Dinner for the Cycle NC pre-purchased meal plan ends.</div> <div>End of Ride Rider Meeting at camp near the stage area. Cycle NC Staff will go over end of ride logistics and answer questions.</div>
10:00 pm	Shower trucks are now closed and quiet hours at camp begin.

SATURDAY, OCTOBER 7 – FINAL DAY OF RIDING!

- Jersey Theme:

It’s the last day so wear your 2023 Cycle NC Mountains to Coast jersey!
- Ride Distance:

65 miles
- Elevation Gain:

689 feet
- Destination:

Western Ocean Regional Access - 9003 Louise Ave, Emerald Isle, NC 28594
- Did you know:

Parts of Emerald Isle were a popular spot for high-seas pirates, including the notorious Blackbeard. Pirates would use the island’s remote coves and inlets to hide their ships and treasure.

5:30 am	Coffee now available at Summit Cycle Solutions tent for those who pre-purchased a coffee subscription.
6:30 am	<div>Breakfast for the Cycle NC pre-purchased meal plan begins at the CSS Neuse Museum, located only a block from camp on West Caswell Street.</div> <div>Breakfast Menu – Scrambled eggs, grits, hashbrown casserole, applewood bacon, fresh link sausage, country ham, fresh cut fruit, biscuits, orange juice, coffee and water</div> <div>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.</div>
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	<div>Rest Stop #1 opens at the Shady Grove Methodist Church.</div> <div>Rest Stop Highlights – Bring your appetite to this rest stop as church members will be serving a full breakfast in exchange for donations that will go to support Breast Cancer Awareness.</div>
8:30 am	<div>Breakfast for the Cycle NC pre-purchased meal plan ends.</div> <div>Cycle NC Excursions by Visit NC depart Camp!<div><div>- Spend the morning exploring New Bern, the First State Capitol</div><div>- Join us for food, music and more at the End of Ride Celebration</div></div><div>\$30 – sign up at Rider Services (includes motor coach transportation & bike transport)</div></div>
9:00 am	<div>Rest Stop #2 opens at the Brock Mill Pond.</div> <div>Rest Stop Highlights – Take a break from the bike and enjoy the beautiful scenery at Mill Pond. Snap a photo of the cypress trees hanging full of moss, say hello to the geese swimming in the pond or stretch your legs with a stroll along the boardwalk.</div>
10:00 am	<div>Rest Stop #3 opens at the Historic Tabernacle Methodist Church.</div> <div>Rest Stop Highlights – Fuel up for the last leg of this year’s Mountains to Coast Ride with baked good and hot dogs available in exchange for donations made to the Historic Tabernacle Methodist Church’s missions.</div>
12:00 pm	Cycle NC Rider Services and Cycle NC Merchandise now open.
12pm - 5pm	<div>End of Ride Celebration featuring music, food, a beverage garden and more!</div> <div>Grab a cold drink courtesy at the Fat Tire Beer Garden courtesy of New Belgian Brewing, fix yourself a plate and enjoy live music to celebrate the completion of this year’s Mountains to Coast Ride. Menu includes Fried Shrimp, Fried Trout, Steamed Shrimp, Slaw, Pasta Salad, String Beans and Hush Puppies. And don’t forget to a photo with your bike on the beach!</div> <div>If you are taking one of the Cycle NC transportation options back to Henderson, Kinston, Durham/Morrisville or Banner Elk, your first priority when you arrive at Emerald Isle is to take your bike to the Bike Loading Area. Stop by the table located at the Bike Loading Area to receive a color band for your bike. Each color corresponds to a specific transportation option so double check to make sure your bike has the correct band color on it. Once you’ve placed your band on your bike, simply place your bike on one of the bike racks at the Bike Loading Area and venture on to enjoy the End of Ride Celebration. All bike transport trucks will leave Emerald Isle no later than 6pm on Saturday, October 7th.</div>
3:00 pm	Cycle NC route closed.
5:00pm	Bus loading for the transportation back to Henderson and Kinston begins. All bikes must be loaded at this time.
5:30 pm	<div>Buses departs for Henderson and Kinston!</div> <div>All bikes going to Banner Elk or Durham/Morrisville 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.</div> <div>Rider Services and Cycle NC Merchandise Tent closed.</div>



SUNDAY, OCTOBER 8 – BUS TRANSPORATION BACK TO BANNER ELK & DURHAM/MORRISVILLE

7:00 am	Bus loading for transportation back to Banner Elk and Durham/Morrisville week-long parking begins at the Best Western and Islander (our official Cycle NC hotels). All participants at these two locations must be on the bus no later than 7:30am.
7:30 am	Bus loading for transportation back to Banner Elk and Durham/Morrisville week-long parking begins at the campsite.
8:00 am	Buses depart Emerald Isle campsite for Banner Elk and Durham/Morrisville week-long parking locations.