

SATURDAY, OCTOBER 4 – ARRIVAL, CHECK-IN & TRAVEL DAY

Welcome to Lake Lure! One of the most beautiful man-made lakes in the country, Lake Lure is nestled in the foothills of the Blue Ridge Mountains, surrounded by lush mountain tops and sheer granite cliffs. Lake Lure is the perfect place for an adventure, offering scenic hiking trails, a multitude of water activities, rock climbing, and more! Those seeking a relaxing getaway will love the breathtaking views, locally owned businesses, and laid-back mountain charm.

9:00am	<b>MORRISVILLE:</b> Check-in and bike loading begins in Morrisville at the Wake Tech RTP Campus for those that purchased a seat on the Raleigh-Durham to Lake Lure bus. Bus loading will begin 30 minutes prior to the 10:00 am departure.
10:00am	<b>MORRISVILLE:</b> All buses in Morrisville depart for Lake Lure.
12:00pm	<b>Cycle NC Rider Services and Lake Lure Welcome Tent now open at Rumbling Bald on Lake Lure located at 112 Mountains Blvd in Lake Lure.</b> Drop off your gear at our Gear Drop location and then head over to Rider Services to check-in for this year’s ride before setting up your tent. The camping area is located on the driving range. Please do not set up in areas designated as <i>“No Camping”</i> areas.
2:00pm	<b>Shuttles begin running at 2pm to the official Cycle NC Hotels in Lake Lure as well as to the Lake Lure Long-term Parking Lot. Bicycles are not allowed on these shuttles.</b>
4pm-7pm	<b>Mountains to Coast Kickoff</b> Once you’ve set up camp, head to the beach to celebrate the start of this year’s Mountains to Coast Ride! Adrienne Blanks and the Oracles will be performing at the bandstand from 4:00-6:30pm. If you are not on the meal plan, Rumbling Bald on Lake Lure will have food available for purchase. The menu includes Greek pasta salad, Tuscan pennine with chicken, and hotdogs!
4pm - 5pm	<b>Cycle NC Happy Hour Presented by the NC Craft Brewers Guild</b> Join us on the beach to celebrate the start of this year's Mountains to Coast Ride with free Sierra Nevada beer, Bota Box Breeze wine and Athletic Brewing Co. NA beer! Be sure to stick around for the Cycle NC Welcome Meeting + Q&A Session that will start at 6:30pm.
5:00 pm	<b>Dinner for the Cycle NC pre-purchased meal plan begins at the Lakeview Terrace. Follow the orange signs!</b> Dinner Menu – Assorted pizzas (cheese, pepperoni, hot honey pepperoni, veggie, meat lovers), mixed green salad, chocolate chip cookies, soda, water
5:30pm	<b>Cycle NC Rider Services and Cycle NC Merchandise Tent closed.</b>
6:30pm	<b>Cycle NC Welcome Meeting + Q&amp;A Session @ the Beach Pavilion</b> 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. followed by a Q&A Session. This is the best opportunity to ask any questions that you might have. There will also be an official welcome from Lake Lure Mayor, Carol Pritchett! 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.
6:30 pm	<b>Dinner for the Cycle NC pre-purchased meal plan ends.</b>
10:00 pm	<b>Quiet hours begin at camp and the shower truck is now closed.</b>





SUNDAY, OCTOBER 5 – 1ST DAY OF RIDING!

- Jersey Theme:

Kick off this year’s ride by wearing your favorite Cycle NC Jersey!
- Ride Distance:

70 miles
- Elevation Gain:

4,295 feet
- Destination:

Betty G. Ross Park - 800 Madison St, Lincolnton, NC 28092
- Did you know:

Lincolnton is home of the Lincoln County Apple Festival, a 53-year tradition. The festival attracts over 25,000 visitors to Downtown Lincolnton each October and features five local apple growers, a farmer’s market, local talent on two stages, kid’s activities, and more than 250 vendors with crafts and exhibits to delight all ages.

6:30am	<div><div>Breakfast for the Cycle NC pre-purchased meal plan begins at Legends on the Lake at Rumbling Bald.</div><div>Breakfast Menu – Scrambled eggs, bacon, sausage, biscuits and gravy, fruit, danishes, coffee, water</div><div><div><div>Not on the meal plan and looking for breakfast?</div><div>Rumbling Bald at Lake Lure will be offering a grab &amp; go breakfast and coffee for purchase in the parking lot next to the driving range. There is also a Starbucks onsite.</div></div><div><div>Shuttles begin.</div><div>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><div><div>• For those staying at the Lake Lure Inn, shuttles will depart at 6:30am and 7:00am ONLY</div><div>• No shuttles will run from the Lake Lure long term parking lot on Sunday morning. If you park on Sunday morning, you can join the ride directly from the lot, as it is located on the route.</div></div></div></div></div>	
7:00am	<div>Cycle NC Rider Services is now open in Lake Lure.</div>	
7:30am	<div>Cycle NC route opens. DO NOT start riding before 7:30am!</div>	
8:00am	<div><div>Rest Stop #1 opens at Bechtler Mint Site Historic Park.</div><div>Rest Stop Highlights – Explore the original location of the Bechtler mint and mine shaft, where the country’s first one dollar gold coin was minted in 1832 by Christopher Bechtler! During the mid-1800s, the Bechtlers minted more than \$2.24 million in gold coins. Today, visitors can explore Bechtler’s historic 1838 home, learn about the state’s gold rush, and discover how the town of Rutherfordton helped shape America’s currency.</div><div>Breakfast for the Cycle NC pre-purchased meal plan ends.</div></div>	
8:30am	<div><div>Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)</div><div><div>• Learn about the history of North Carolina’s first “gold rush” at Bechtler Heritage Center</div><div>• Visit the Ellenboro Train Depot</div><div>• Grab a bite to eat and visit the general store at Redbone Willy’s</div></div></div>	<div><div><div>NC</div><div>North Carolina</div><div>visitnc.com</div></div></div>
9:00am	<div><div>Rest Stop #2 opens at Ellenboro Train Depot.</div><div>Rest Stop Highlights – Step back in time at the Ellenboro Train Depot, a charming reminder of the town’s rich railroad history. Restored to showcase its 19th-century roots, the depot now serves as a community hub and museum where visitors can explore exhibits, artifacts, and stories from the golden age of rail travel in North Carolina.</div></div>	
10:00am	<div><div>Rest Stop #3 opens at Triple B Vineyard.</div><div>Rest Stop Highlights – Hosted by Debra Blanton &amp; family, this beautiful muscadine vineyard is the perfect place to recharge. Enjoy live local music, stretch out on the hillside grass, and even head into the vines to pick (and taste!) some of their sweet, juicy grapes. The Blantons have been sharing their amazing u-pick vineyard with the community since 2016 when they converted the barn on their 50-acre property to create Triple B Vineyard Bed and Barn, and now it’s your turn to experience it!</div></div>	
11:00am	<div>Rest Stop #4 opens at St. Paul Church Community Center.</div>	
12:00pm	<div><div>Cycle NC campsite is now open to all participants.</div><div>Camping is located in the grassy area surrounding the softball fields. RV camping is in the designated parking lot next to the softball fields. Cycle NC Massage will be set up inside the Lentz Recreation Center. 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>Scan the QR Code for a list of restaurants open in Downtown Lincolnton!</div></div>	
12pm-5pm	<div>Food trucks and music at camp.</div>	
2:00pm	<div><div>Cycle NC Recovery Zone presented by Blue Cross and Blue Shield of NC is open.</div><div>Bike Repair Services &amp; Retail Store is 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></div>	<div><div><div>LAKE GASTON</div><div>OUTFITTERS</div></div><div><div>North Carolina</div></div></div>
3pm-4pm	<div>Yoga class available onsite in the Lentz Recreation Center</div>	
4pm-5pm	<div><div>Cycle NC Happy Hour Presented by the NC Craft Brewers Guild!</div><div>Join us at today’s campsite to share stories from today’s ride and enjoy Sycamore Brewing beer provided by Standard Distributors, Bota Box Breeze wine, and Athletic Brewing Co. NA beer!</div></div>	<div><div><div>NORTH CAROLINA</div><div>CRAFT BREWERS GUILD</div></div><div><div>BOTA BOX</div><div>Breeze</div></div><div><div>ATHLETIC</div><div>BREWING CO®</div></div></div>
4:30pm	<div>Cycle NC route closed.</div>	
5:00pm	<div><div>Dinner for the Cycle NC pre-purchased meal plan begins inside the Lentz Recreation Center at the campsite.</div><div>Dinner Menu – Baked chicken breast and thighs, green beans, sautéed potatoes, salad, cookies, tea, lemonade</div></div>	
5:30pm	<div>Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.</div>	
6:30pm	<div>Dinner for the Cycle NC pre-purchased meal plan ends.</div>	
10:00pm	<div>Quiet hours begin at camp and the shower truck is now closed.</div>	



MONDAY, OCTOBER 6 – DAY 2 OF RIDING

**Jersey Theme:** Wacky Tacky Day! Wear your craziest jersey, outfit, socks, hats, sunglasses, etc.  
**Ride Distance:** 63 miles  
**Elevation Gain:** 2,726 feet  
**Destination:** NC Research Campus - 150 N Research Campus Dr, Kannapolis, NC 28081  
**Did you know:** Our campsite was once home to the world’s largest manufacturer of household textiles, the Cannon Mills Company. The textile mill was demolished in 2006 and is now home to the North Carolina Research Campus, a state-of-the-art science and health hub.

**6:30am** **Breakfast for the Cycle NC pre-purchased meal plan begins inside the Lentz Recreation Center at the campsite.**  
Breakfast Menu – Scrambled eggs, bacon, sausage, biscuits and gravy, fruit, mini cinnamon roll muffins, coffee, orange 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.

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

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

**8:00am** **Rest Stop #1 opens at Balls Creek Campground.**  
Rest Stop Highlights – Check out a historic Methodist camp meeting and national historic district! Established in 1853, the campground continues to host a camp meeting every August.

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

**8:30 am** *Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*  

- Explore the Carolina Raptor Center, a conservation center with over 30 species of raptors
- Enjoy a lakeside lunch on NC’s largest fresh water lake, Lake Norman
- Shop at the largest Antique Mall in the Southeast at the Depot at Gibson Mill



**9:00 am** **Rest Stop #2 opens at Troutman Depot.**  
Rest Stop Highlights – Troutman will be rolling out the red carpet for our cyclists! Stop at the Downtown Depot Shelter to enjoy a food truck for lunch and live music from their famous Flintridge Bluegrass Band. The band is a regular around the area and has played at the Saturday Merry-Go-Round show in Mount Airy, the second oldest radio show in the United States. Craving some Southern home cooking? Check out Julia’s Talley House Restaurant about three blocks before the rest stop!

**10:00am** **Rest Stop #3 opens at Patterson Farm Market.**  
Rest Stop Highlights – Patterson Farm Market is serving up all the goodness this year – fresh local produce, famous Jersey Cow ice cream and milk, and can’t-miss homemade donuts. Plus, hop on a hay wagon ride for a peek at their beautiful family-run farm! The Patterson Family has been farming in Rowan County for 125 years and is six generations strong.

**12:00pm** **Cycle NC campsite now open to all participants.** Camping is located on inner horseshoe in front of the NC Research Campus. RV camping is on the sidewalk surrounding the horseshoe. Cycle NC Massage will be set up at the campsite - check out the Mountains to Coast Experience in the Ride with GPS app to make a reservation!

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

**12pm-4pm** **Visit the Downtown Kannapolis Ambassador!**  
Eric Dearmon will be stationed at the main gate of Atrium Health Ballpark to answer questions, give directions, or chat about the history and redevelopment of Kannapolis! You can also scan the QR code for a map of Downtown as well as a list of local businesses and hours!



**2:00pm** **Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC is open.**  
**Bike Repair Services & Retail Store is open.** Bikes must be checked in before 5pm for service.  
**Hotel and Local Shuttles begin running.** Bicycles are not allowed on the shuttles.



**3pm - 4pm** **Yoga class available across from the campsite at Veterans Park.**

**4pm-5pm** **Cycle NC Happy Hour @ the NC Craft Brewers Guild Beer Garden!**  
Join us at today’s campsite to share stories from today’s ride and enjoy free Old Armor beer, Bota Box Breeze wine, or Athletic Brewing Co. NA beer!



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



**5:00pm** **Dinner for the Cycle NC pre-purchased meal plan begins on the club level of Atrium Health Ballpark.**  
Dinner Menu – Baked ziti, green beans, garlic bread, cookies, tea, lemonade

**5:30 pm** **Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.**

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

**10:00pm** **Quiet hours begin at camp and the shower truck is now closed.**



TUESDAY, OCTOBER 7 – 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:** 65 miles  
**Elevation Gain:** 3,737 feet  
**Destination:** Randolph-Asheboro YMCA - 343 NC-42, Asheboro, NC 27203  
**Did you know:** Known as Zoo City, Asheboro is home to the world’s largest natural habitat zoo. The North Carolina zoo houses more than 1,700 animals from over 250 species.

5:30am	<b>Local Patriot Roasting Company open at 139 West Ave.</b>
6:30am	<b>Breakfast for the Cycle NC pre-purchased meal plan begins on the club level of Atrium Health Ballpark.</b> Breakfast Menu – Biscuits and sausage gravy, fresh fruit salad, hash browns, coffee  <b>Shuttles begin.</b> 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	<b>Cycle NC Rider Services is now open in Kannapolis.</b>
7:30am	<b>Cycle NC route opens. DO NOT start riding before 7:30am!</b>
8:00am	<b>Rest Stop #1 opens at Montgomery General Store Gold Hill Mines</b> Rest Stop Highlights – The historic village of Gold Hill Mines touts itself as the “middle of everywhere.” With its first gold discovery in 1824, Gold Hill was home to two of the most famous and profitable gold mines in the southeast. Take time to explore the village but make sure to stop inside the Montgomery General Store to grab an ice cream cone and enjoy a bluegrass music jam. Stop and chat with Vivian Hodges, the store owner who has played a large role in preserving the community and bluegrass music in North Carolina.  <b>Breakfast for the Cycle NC pre-purchased meal plan ends.</b>
8:30am	<i>Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30)</i> <ul style="list-style-type: none"><li><i>Enjoy a historic tribute to transportation history, including the largest remaining roadhouse in America, at the NC Transportation Museum</i></li><li><i>Grab a bite to eat and take a self-guided walking tour through Western NC’s oldest colonial town, Salisbury</i></li><li><i>Explore your artistic side in Seagrove, the Handmade Pottery Capital of the United States</i></li></ul>
9:00am	<b>Rest Stop #2 opens at Harrison Park.</b> Rest Stop Highlights – Denton’s downtown gem, Harrison Park, is located on the former homesite of one of Denton’s founders, B.I. Harrison. The park will be gearing up for the annual Denton Street Festival, which will be held just a few days after our visit! Vendors, food, and live music will pack the park!
10:00am	<b>Rest Stop #3 opens at Lake Reese.</b> Rest Stop Highlights – Our last rest stop of the day is Lake Reese! With 900 acres of water and scenic shoreline, it’s the perfect spot for fishing, boating, birdwatching, or simply soaking up North Carolina’s natural beauty!
12:00pm	<b>Cycle NC campgrounds now open to all participants.</b> Camping is located on the soccer fields. Do not camp in the areas marked with No Camping signs. RV camping is in the designated lot at the soccer fields. Cycle NC Massages will be set up under the picnic shelter by the playground. Check out the Mountains to Coast Experience in the Ride with GPS app to make a reservation!  <b>There is no shower truck today. Showers are located inside of the YMCA and will be open until 9pm.</b>  <b>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</b> Visit the 360 degree photobooth at the Welcome Tent to commemorate your time in Asheboro!
<div></div> <div>1pm - 7pm</div>	<b>Food Trucks at camp including:</b> <ul style="list-style-type: none"><li>Taste and See Coffee Co.</li><li>Hi! Bachi</li><li>Donut NV</li><li>Orales Tacos y Antojitos</li><li>Kona Ice</li></ul> <b>Scan the QR Code to read more about what is going in Asheboro today, including a list of Downtown restaurants!</b>
<div></div> <div>2:00pm</div>	<b>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.</b> <b>Bike Repair Services &amp; Retail Store open.</b> Bikes must be checked in before 5pm for service. <b>Hotel and Local Shuttles begin running.</b> Bicycles are not allowed on the shuttles.  <b>Visit the Handmade Pottery Capital of the United States!</b> Shuttles will also be available from basecamp to Seagrove, home to the largest collection of working potters in the country. Here you can enjoy a food truck with adult beverages while watching a local potter demonstrate the pottery making process.
3pm - 4pm	<b>Yoga class available inside the YMCA</b>
4pm - 5pm	<b>Cycle NC Happy Hour Presented by the NC Craft Brewers Guild at Four Saints Brewing Company</b> Hop on a shuttle and join us at Four Saints Brewing in Downtown Asheboro for today’s happy hour!
4:30pm	<b>Cycle NC route closed.</b>
<div></div> <div>5:00 pm</div>	<b>Boarding for the 3-Day Western shuttle option back to Lake Lure begins at the shuttle stop.</b>  <b>Shuttle back to Lake Lure for the 3-Day Western riders departs!</b>  <b>Dinner for the Cycle NC pre-purchased meal plan begins inside the YMCA.</b> Dinner Menu – Hamburger steak and gravy, mashed potatoes, green beans, rolls, tea, water.
5:30pm	<b>Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.</b>
6:00pm	<b>Dinner for the Cycle NC pre-purchased meal plan ends.</b>
9:00 pm	<b>Showers are now closed.</b>
10:00 pm	<b>Quiet hours begin at camp.</b>





WEDNESDAY, OCTOBER 8 – DAY 4 OF RIDING






**Jersey Theme:** Show us your all time favorite jersey - bonus points if it is a Cycle NC Jersey, wink wink!

**Ride Distance:** 76 miles

**Elevation Gain:** 4,038 feet

**Destination:** South Park - 900 S Main St, Fuquay-Varina, NC 27526

**Did you know:** Fuquay-Varina’s hyphenated name is the result of the 1963 merging of two separate towns, Fuquay Springs and Varina. Fuquay-Varina still boasts two distinct downtown districts, each with their own unique character. Explore Downtown Fuquay and Downtown Varina to experience a thriving art scene, award-winning dining and breweries, and unique shopping.

6:00am	<b>Taste and See Coffee Co. and Tom’s Traveling Coffee Truck Open at Camp</b>	
6:30am	<b>Breakfast for the Cycle NC pre-purchased meal plan begins inside the YMCA.</b> Breakfast Menu – Bacon, sausage, scrambled eggs, home potatoes, biscuits, gravy, coffee	
	<b>Shuttles begin.</b> 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	<b>Cycle NC Rider Services is now open in Asheboro.</b>	
7:30am	<b>Cycle NC route opens. DO NOT start riding before 7:30am!</b>	
8:00am	<b>Rest Stop #1 opens at Concord United Methodist Church</b>  <b>Breakfast for the Cycle NC pre-purchased meal plan ends.</b>	
8:30am	<i>Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)</i> <ul style="list-style-type: none"><li>• <i>Tour the site of the 1771 battle between Royal Governor Tryon and the Regulators at Alamance Battleground</i></li><li>• <i>Enjoy lunch in Hillsborough</i></li><li>• <i>Explore the finest Federal-era house in the Piedmont at Ayr Mount</i></li></ul>	
9:00am	<b>Rest Stop #2 opens at The Barn at Woodlake Meadows.</b> Rest Stop Highlights – Step back in time at The Barn at Woodlake Meadows! Take a break at our second rest stop of the day, where owner Bruce Hall has crafted a nostalgic replica of an old Gulf Oil Co. gas station – back when gas was just 17 cents a gallon! Take in the scenic views, relax in the shade, and enjoy a peaceful moment while you mull over how it used to be. Don’t miss the replica street rod car!	
10:00am	<b>Rest Stop #3 opens at Chatham Methodist Church.</b> Rest Stop Highlights – Take a break on the lawn and enjoy a fresh sandwich provided by the congregation.	
11:00am	<b>Rest Stop #4 opens at Buckhorn UMC.</b>	
12:00pm	<b>Cycle NC campsite now open to all participants.</b> Camping is on the baseball field at the back of the park. RV camping is located parking lot next to the baseball field. The Long-term Parking lot is located in the lot next to the basketball court for those joining us for the 3-Day Eastern option. Cycle NC Massages will be set up inside the Community Center. Check out the Mountains to Coast Experience in the Ride with GPS app for details on how to make a reservation!  <b>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</b>	
12pm - 5pm	<b>Food Trucks at Camp including Tombachi, Party in a Pita, and Redneck BBQ Lab!</b>	
1pm - 5pm	<b>Enjoy live music at camp.</b> Local musician Derek Chase will be performing from 1-5pm. Derek spent several years living in Fuquay-Varina and has fond memories of coming to South Park with his wife and kids every week!	
2:00pm	<b>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open. Bike Repair Services &amp; Retail Store open.</b> Bikes must be checked in before 5pm for service. <b>Hotel and Local Shuttles begin running.</b> Bicycles are not allowed on the hotel shuttles. <ul style="list-style-type: none"><li>• <b>For those staying at the Springhill Suites in Apex, the shuttle will depart from camp at 3pm, 5pm, and 7pm</b></li></ul>	 
3pm - 4pm	<b>Yoga class available inside the Community Center</b>	
4pm - 5pm	<b>Cycle NC Happy Hour Presented by the NC Craft Brewers Guild at The Mason Jar Lager Company!</b> Hop on a shuttle to join us for Happy Hour at Mason Jar Lager Company, located at 341 Broad St. There will be food trucks onsite, or you can hop on a shuttle to their downtown Tavern location for a bite to eat!	 
4:30pm	<b>Cycle NC route closed.</b>	
5:00pm	<b>Dinner for the Cycle NC pre-purchased meal plan begins inside the Community Center.</b> Dinner Menu – Carved turkey, macaroni and cheese, green beans, hushpuppies, rolls, banana pudding, tea, lemonade	
5:30pm	<b>Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.</b>	
6:30pm	<b>Dinner for the Cycle NC pre-purchased meal plan ends.</b>	
10:00pm	<b>Quiet hours begin at camp and the shower truck is closed.</b>	



THURSDAY, OCTOBER 9 – DAY 5 OF RIDING (EASTERN RIDE OPTION BEGINS)

**Jersey Theme:** Rep where you’re from! It can be your local club jersey, your college jersey or any other kind of jersey that shows where you’re from

**Ride Distance:** 63 miles

**Elevation Gain:** 1,717 feet

**Destination:** Freedom Park - 207 S Center St, Goldsboro, NC 27530

**Did you know:** Goldsboro is home to the Seymour Johnson Air Force Base. Spanning more than five decades and five wars, Seymour Johnson AFB’s 4th Fighter Wing is one of the most distinguished fighter units in the world. The base received the Commander in Chief’s Installation Excellence Award – Air Force for 2001, the highest award given to a military base, and deploys F-15E Strike Eagle aircraft and personnel worldwide.

5am-8am	Munchilove coffee available at camp.	
6:30am	<b>Breakfast for the Cycle NC pre-purchased meal plan begins inside the Community Center.</b> Breakfast Menu – Scrambled eggs, bacon, hash rounds, toast, mixed fruit, coffee, orange juice	
	<b>Shuttles begin.</b> 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. <ul style="list-style-type: none"><li>• <b>For those staying at the Hampton Inn or Holiday Inn Express in Holly Springs, shuttles will start departing at 6:15am</b></li><li>• <b>For those staying at the Springhill Suites in Apex, the shuttle will depart at 6:30am ONLY</b></li></ul>	
7:00am	Cycle NC Rider Services is now open in Fuquay-Varina.	
7:30am	Cycle NC route opens. DO NOT start riding before 7:30am!	
8:00am	<b>Rest Stop #1 opens at The Paisley Barn.</b> Rest Stop Highlights – Our first rest stop of the day is The Paisley Barn, a family owned and operated event venue opened by Mike and Jennifer Andrews in 2017. You’ll be amazed at how they’ve turned their property into a serene retreat.  <b>Breakfast for the Cycle NC pre-purchased meal plan ends.</b>	
8:30am	<i>Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)</i> <ul style="list-style-type: none"><li>• <i>Get a glimpse of North Carolina’s agricultural heritage at the Tobacco Farm Life Museum</i></li><li>• <i>Eat lunch at Old North State Food Hall - the nation’s first Interstate food hall</i></li><li>• <i>Enjoy a “from dirt to bottle” tour by a fifth generation moonshine distiller at Broadslab Distillery</i></li></ul>	
9:00am	<b>Rest Stop #2 opens at Broadslab Distillery.</b> Rest Stop Highlights – Experience North Carolina’s first “farm” distillery since Prohibition! 100% pure, 100% authentic, 100% grain-to-glass, and 100% family owned and operated – Broadslab Distillery grows the very grains used to craft their one-of-a-kind whiskeys. Tour the distillery, sample the spirits, and grab a bite from the food truck onsite while you take a break from the bike.	
10:00am	<b>Rest Stop #3 opens at Bentonville Battlefield.</b> Rest Stop Highlights – Step onto the grounds of the largest Civil War battle fought in North Carolina–the Battle of Bentonville, fought in March of 1865. Today, visitors can explore the historic Harper House, which served as a Union field hospital during the battle. A Confederate mass grave, the Harper family cemetery, and a tour trail of the battlefield are also accessible to the public, along with a museum exhibit in the Visitor Center. Kona Ice will also be onsite!	
12:00 pm	<b>Cycle NC campsite now open to all participants.</b> Camping and RV parking is located on Freedom Field. Cycle NC Massage will be set up 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!  <b>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</b>	
2:00pm	<b>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.</b> <b>Bike Repair Services &amp; Retail Store open.</b> Bikes must be checked in before 5pm for service. <b>Hotel Shuttles begin running.</b> Bicycles are not allowed on the hotel shuttles.	 
3pm-4pm	Yoga class available at the campsite.	
3pm-5pm	<b>Live music at The Hub!</b> River Mist band will be playing right across the street from the campsite at The Hub from 3-5pm! If you’re looking for a bite to eat, Brick’s Woodfired Pizza and Well Travelled Beer are just steps away from The Hub!	
4pm-5pm	<b>Cycle NC Happy Hour Presented by the NC Craft Brewers Guild at Well Travelled Beer</b> Join us just a few steps from camp at Well Travelled Beer for today’s happy hour!	 
4:30pm	Cycle NC route closed.	
5:00pm	<b>Dinner for the Cycle NC pre-purchased meal plan begins at the tent at the campsite</b> Dinner Menu – Pulled pork, fried chicken, boiled potatoes, slaw, hushpuppies, water, tea	
5:30pm	Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.	
6:30pm	Dinner for the Cycle NC pre-purchased meal plan ends.	
10:00pm	Quiet hours at camp begin and the shower truck is now closed.	



FRIDAY, OCTOBER 10 – DAY 6 OF RIDING

- Jersey Theme:

It’s Pink Day! In honor of Breast Cancer Awareness month, spend the day riding in your pinkest jersey.
- Ride Distance:

59 or 98 miles
- Elevation Gain:

1,052 or 1,802 feet
- Destination:

River Landing Amphitheater - 130 Vineyards Pkwy, Wallace, NC 28466
- Did you know:

Wallace earned the title "World's Largest Strawberry Exchange" due to its significant role in the strawberry industry, which was introduced to the region by Gabriel Boney. The annual May Strawberry Festival is a beloved tradition that continues the town's legacy.

6:30am	<div><div>Breakfast for the Cycle NC pre-purchased meal plan begins at the tent at the campsite.</div><div>Breakfast Menu – Scrambled eggs, french toast casserole, grits, bacon, sausage, biscuits, orange juice, coffee</div></div> <div><div>Shuttles begin. Shuttles will be running from hotels to bring participants back to camp if needed.</div><div>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></div>	
7:00am	<div>Cycle NC Rider Services is now open in Goldsboro.</div>	
7:30am	<div>Cycle NC route opens. DO NOT start riding before 7:30am!</div>	
8:00am	<div><div>Rest Stop #1 opens at Mount Olive Train Depot.</div><div>Rest Stop Highlights – The town of Mount Olive is home to the University of Mount Olive and the famous Mt. Olive Pickle Company. While you’re in town, be sure to visit the Mt. Olive Pickle Store, enjoy a pickle soda or grab a snack from a food truck, check out the restored train station, and maybe even ride “The Pickle Train.” After all, bicycling from the Mountains to the Coast is a pretty big dill!</div></div> <div><div>Breakfast for the Cycle NC pre-purchased meal plan ends.</div></div>	
8:30am	<div><div>Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)</div><div><div>• Explore the 11 village buildings that make up the Sampson County History Museum</div><div>• Stop at Elizabeth’s Pecans for World Famous Pecan Brittle and pecan products</div><div>• See military artifacts and memorabilia at the Duplin County Veteran’s Museum</div></div></div>	<div><div><div>NC</div><div>North Carolina</div><div>visitnc.com</div></div></div>
9:00am	<div><div>Rest Stop #2 opens at the Cowan Museum of History.</div><div>Rest Stop Highlights – Housed in the Kelly-Farrior House, the Cowan Museum of History and Science showcases 19<sup>th</sup> and 20<sup>th</sup> century tools and technology - from a 1930s permanent wave machine to a hog oiler and more! Explore a historic park with a log cabin, tobacco barn, and general store. Just steps away, visit Liberty Hall, the historic 1700s home of Thomas Kenan. K&amp;S Ice Cream and other food trucks will also be onsite!</div></div>	
9:30am	<div><div>Century Rest Stop opens at the Duplin County Veteran’s Museum.</div><div>Rest Stop Highlights – Warsaw, NC observed its first Veterans Day in 1921 and is noted for having the longest ongoing celebration of Veterans Day in America. Century riders can take time to explore the Duplin County Veterans Museum, which houses military artifacts and memorabilia from several periods in military history. Don’t forget to sign in on the Century Club sheet while you’re there!</div></div>	
10:00am	<div><div>Rest Stop #3 opens at Rose Hill.</div><div>Rest Stop Highlights – There’s no shortage of sights to see in the Town of Rose Hill! Check out the World’s Largest Frying Pan, visit North Carolina’s oldest operating winery at Duplin Winery, or grab a selfie in the World’s Largest Adirondack Chair! Plus, Donut Hut and The Lunch Box food trucks will be onsite!</div></div>	
12:00pm	<div><div>Cycle NC campsite now open to all participants.</div><div>Camping is located in the center grassy area. RV camping is located in this area as well. Cycle NC Massage will be set up near 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> <div><div>Cycle NC Rider Services, Cycle NC Merchandise and Local Welcome Tent open.</div></div>	
12pm - 5pm	<div>Food trucks at camp including Pinoy BBQ, Carl Wayne’s BBQ, Birrieria La Rosita, and Big B’s Southern Kitchen!</div>	
2:00pm	<div><div>Cycle NC Recovery Zone, presented by Blue Cross and Blue Shield of NC open.</div><div>Bike Repair Services &amp; 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>• For those staying at the VIP Inn &amp; Suites, Econo Lodge &amp; Suites, or Days Inn Clinton, shuttles will depart from camp at 2pm, 3pm, 4pm, 5pm, 6pm, 7pm, and 8pm</div></div></div>	<div><div><div>LAKE GASTON</div><div>OUTFITTERS</div></div><div><div>North Carolina</div></div></div>
2pm - 4:30pm	<div>Enjoy live music from Heart Breaker at camp!</div>	
4pm - 5pm	<div><div>Cycle NC Happy Hour Presented by the NC Craft Brewers Guild</div><div>Join us at today’s campsite to share stories from today’s ride and enjoy free Raleigh Brewing Company beer, Bota Box Breeze wine, or Athletic Brewing Co. NA beer!</div></div>	<div><div><div>BOTA BOX</div><div>Breeze</div></div><div><div>A</div><div>ATHLETIC</div><div>BREWING CO®</div></div><div><div>NORTH CAROLINA</div><div>NC</div><div>CRAFT BREWERS GUILD</div></div><div><div>R</div><div>RALEIGH</div><div>BREWING</div></div></div>
4:30pm	<div>Cycle NC route closed.</div>	
5:00pm	<div><div>Dinner for the Cycle NC pre-purchased meal plan begins at the Mad Boar (second level).</div><div>Dinner Menu – BBQ chicken, BBQ pork, cole slaw, green beans, macaroni and cheese, mixed greens salad, hushpuppies, banana pudding, water, tea</div></div>	
5:30pm	<div>Rider Services, Cycle NC Merchandise Tent, Local Welcome Tent and Recovery Zone are now closed.</div>	
6:30pm	<div><div>Dinner for the Cycle NC pre-purchased meal plan ends.</div><div>End of Ride Rider Meeting at the Mad Boar (second level).</div><div>Cycle NC Staff will go over end of ride logistics and answer any questions at the end of the meeting.</div></div>	
10:00pm	<div>Quiet hours begin at camp and the shower truck is now closed.</div>	



SATURDAY, OCTOBER 11 – FINAL DAY OF RIDING PRESENTED BY WILMINGTON & BEACHES  
CVB AND BRYANT REAL ESTATE!



**Jersey Theme:** It’s the last day so wear your 2025 Cycle NC Mountains to Coast jersey!  
**Ride Distance:** 77 miles  
**Elevation Gain:** 1,041 feet  
**Destination:** 1921 Fort Fisher Monument - Battle Acre Rd, Kure Beach, NC 28449  
**Did you know:** Fort Fisher was once known as the “Gibraltar of the South” due to its massive earthwork defenses that shielded Wilmington during the Civil War. Its powerful defenses made it nearly impenetrable until 1865, when its fall marked a turning point in the war.

6:30am

**Breakfast for the Cycle NC pre-purchased meal plan begins at the Mad Boar (second level)**  
Breakfast Menu – Scrambled eggs, country sausage links, breakfast potatoes, mini biscuits, fresh fruit, coffee, orange 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.

- **For those staying at the Days Inn Clinton, the only shuttle will depart at 6:15am ONLY**
- **For those staying at the VIP Inn or Econo Lodge & Suites, shuttles will depart at 6:30am and 7:15 am**

For those outdoor camping, pay close attention to the sign at each truck this morning when loading your bags. One truck will be labeled “NOT Camping Overnight in Fort Fisher” and this luggage will be dropped near the Finish Line. The other truck will be labeled “Camping Overnight in Fort Fisher” and this luggage will be dropped by the camping area.

7:00am

**Cycle NC Rider Services is now open in Wallace.**

7:30am

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

8:00am

**Rest Stop #1 opens at Dees Park**  
Rest Stop Highlights – Enjoy live entertainment and fresh-baked breakfast pastries available for donations for the local splash pad project!

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

8:30am

*Cycle NC Excursions by Visit NC depart camp! (Sign up at Rider Services in advance for \$30.)*

- *Take an audio tour of an 1800s mansion that includes one of the few preserved slave quarters in the country at the Bellamy Mansion*
- *Join us for food, music and more at the End of Ride Celebration*

9:00am

**Rest Stop #2 opens at Paul’s Famous Hot Dogs.**  
Rest Stop Highlights – Established in 1928, this iconic eatery began as an Esso station and evolved into a hot dog haven renowned for its unique sweet relish, a wartime innovation by founder Beverly Paul when meat was scarce. This signature relish, a blend of rich barbecue sauce and sweet pickles, has become a regional favorite. Take a moment to savor a hot dog (or three!) served “all the way,” topped with mustard, onions, and that famous relish!

10:00am

**Rest Stop #3 Presented by Bryant Real Estate opens at Greenfield Lake Park.**  
Rest Stop Highlights – Our final rest stop of the week is sponsored by Bryant Real Estate! Greenfield Lake Park has long been known as one of Wilmington’s premier destinations. Comprising almost 250 acres, this former millpond is surrounded by beautifully manicured azaleas and Spanish moss-draped cypress trees. Stop to take in the scenery and then head back out on the route to ride a portion of the scenic Lakeshore Drive after departing the rest stop!

10:00am

**Rest Stop #4 opens at River Road Park**

12:00pm

**Cycle NC Rider Services and Cycle NC Merchandise now open.**

12pm - 5pm

**End of Ride Celebration Presented by Wilmington & Beaches CVB and Bryant Real Estate featuring music, food, a beverage garden and more!**  
Grab a cold beverage at the Cycle NC Beverage Garden featuring Edward Teach beer, Bota Box Breeze wine, and Athletic Brewing Co. NA beer, fix yourself a plate and enjoy some music as you 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 get a photo with your bike on the beach! The public beach access is right at the finish line!

Don’t forget to grab your Finisher Medal from the Murray Middle School Cheerleaders as they cheer you on at the Finish Line!

**Kona Ice** will also be onsite! All riders will be able to get a small cup for free! Larger sizes and options for your family and friends will also be available for purchase.



*If you are taking one of the Cycle NC transportation options back to Fuquay-Varina, Wallace, Raleigh-Durham or Lake Lure your first priority when you arrive at Fort Fisher is to take your bike to the Bike Loading Area which is located just across the road from the 1921 Fort Fisher Monument. Stop by the table located at the Bike Loading Area to receive a color band for your bike. Each color corresponds to a special 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 Fort Fisher no later than 6pm on Saturday, October 11th.*

3:00pm

**Cycle NC route closed.**

4:30pm

**Bus loading for the transportation back to Fuquay-Varina and Wallace begins.** All bikes must be loaded at this time.

5:00pm

**Buses departs for Fuquay-Varina and Wallace!**

**All bikes going to Lake Lure or Raleigh-Durham must be on the Bike Transport trucks at this time!**

**Rider Services and Cycle NC Merchandise Tent closed. Local shuttles will be running for those staying overnight at our campsite or Golden Sands Beach Resort until 9pm. See Shuttle Route Maps for more information on the routes.**



SUNDAY, OCTOBER 12 – BUS TRANSPORATION BACK TO LAKE LURE & RALEIGH-DURHAM

7:00am

Bus loading for transportation back to Lake Lure and Raleigh-Durham week-long parking begins at the Golden Sands Beach Resort (our official Cycle NC hotel). All participants at these locations must be on the bus no later than 7:30am.

7:30am

Bus loading for transportation back to Lake Lure and Raleigh-Durham week-long parking begins at the campsite.

8:00am

Buses depart Fort Fisher campsite for Lake Lure and Raleigh-Durham week-long parking locations.