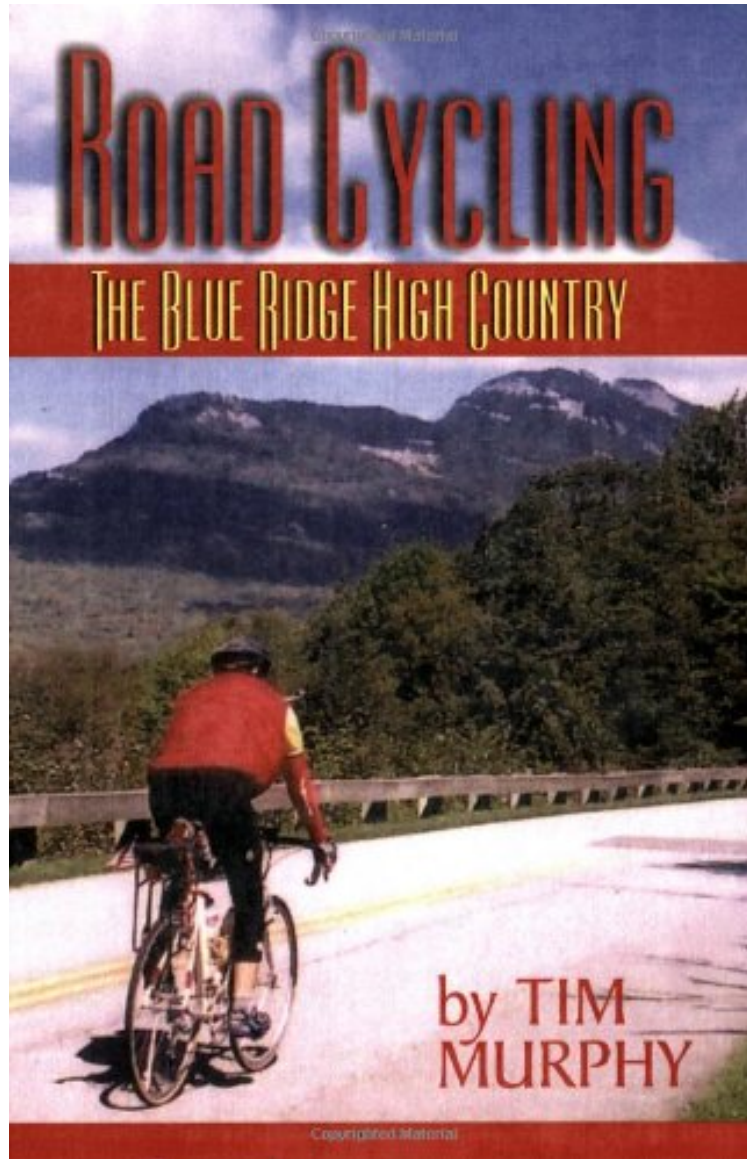


[Free pdf] Road Cycling: The Blue Ridge High Country

## Road Cycling: The Blue Ridge High Country

*Dr Tim Murphy*

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**Dr Tim Murphy : Road Cycling: The Blue Ridge High Country** before purchasing it in order to gage whether or not it would be worth my time, and all praised Road Cycling: The Blue Ridge High Country:

1 of 1 people found the following review helpful. great guide for a bike tripBy ckVery helpful for providing info on rides in the Blue Ridge area. Gives info on how to get there, where to start, routes to take - even reminders like remember to have some kind of light when going through tunnels. We had limited time to get some biking in while visiting the area, and this book helped us make the most of it.1 of 1 people found the following review helpful. Road

Cycling - The Blue Ridge High Country By Carol I. Mosley I purchased this book to provide ideas in creating my 4th week long tour of the Blue Ridge Mountains. I was seeking routes near the Blue Ridge Parkway that were a combination of stiff climbs and gentle rides in the valleys. The book includes many rides in each category that can be connected to create a challenging and scenic 60 to 70 mile riding day. I've cycled some of the roads in previous tours and have recently driven some other ones and found the book to be quite accurate regarding pavement conditions, challenge and scenery. I highly recommend the book to any cyclists who desire to ride off the beaten path of the Parkway, but still have access to it. 2 of 3 people found the following review helpful. Best Routes to the Best Road Cycling in the U.S. By Sally G This is THE guide for some of the most beautiful road cycling in the United States. My husband and I have spent hundreds of hours enjoying the North Carolina high country thanks to this book. Additionally, the author's website gives timely updates on road conditions and closures for the rides in the book (bridge replacements, etc.). You don't need to go to Europe to enjoy world-class cycling when you can ride along the top of the Blue Ridge! I should also mention that the national collegiate champions are from the area and we see many pro teams train here, so you won't be alone on the roads and most locals are very respectful of cyclists. A favorite local restaurant in Blowing Rock keeps a bike pump by the door. If you're a real roadie and climbing doesn't scare you, you won't regret spending time in the high country!

Four years ago, discouraged and depleted from his illness, Lance Armstrong traveled to Boone, North Carolina, in a last-ditch effort to get his cycling career back on track. Through fog and chilly rains, Armstrong attacked the rugged hills of the High Country. After a grueling climb to the top of Beech Mountain, Armstrong knew he was back. In his autobiography, *It's Not About the Bike*, Armstrong said, Boone began to feel like the Holy Land to me, a place I had come to on a pilgrimage. If I ever have any serious problems again, I know that I will go back to Boone and find an answer. If you've biked in the Blue Ridge High Country, it's no surprise that the mountains helped turn Armstrong around. Here, road cyclists can find natural beauty, challenging climbs, and exhilarating descents, if they know where to go. *Road Cycling the Blue Ridge High Country* now makes this information available for everyone. In this guide, Murphy gives detailed descriptions of more than 25 routes that cover six mountain and foothill counties in the northwestern corner of North Carolina as well as counties in southwestern Virginia and northeast Tennessee. The terrain on these rides varies from nearly flat to almost wall-like. Elevations on the rides range from 5,500 feet above sea level down to 1,000 feet. With each tour, you'll find a short synopsis of the ride, an in-depth description of what you'll encounter, detailed directions, information about road characteristics and cautions, elevation details accompanied by an elevation chart, a map of the route, a list of food and services along the route, and other options for outdoor activities nearby. Whether you're a visiting cyclist looking for routes suitable for your abilities or a resident cyclist in search of some new favorites, *Road Cycling the Blue Ridge High Country* is the perfect guide to an area that *Bicycling* magazine says offers some of the best road riding in the world.

About the Author Tim Murphy, who originally trained as a journalist at UNC-Chapel Hill, has worked as a reporter and photographer for three small newspapers in North Carolina. For the last 24 years, he has been a high-school guidance counselor. He is the webmaster and promotions coordinator for the Brushy Mountain Cyclists Club and writes a regular column on cycling for the Wilkes County Journal-Patriot newspaper. He has lived in Wilkes County, located in the Blue Ridge foothills, since 1976.