

## **The Alleghany Springs Ride-70 miles**

Start at Patrick Henry High School. Go straight across Grandin Road on Avenel Ave. SW. Turn right on Belleville Road SW, left on Brandon Ave. SW and follow it for slightly more than 3 miles, across Virginia 419. Turn right on E. Riverside Drive and follow it for about a mile. It intersects with Colorado Street (stay straight across Colorado) and continues along the river to Eddy Avenue. Make a left on Eddy, then a right on Piedmont, which brings you back to Riverside. Follow Riverside until it ends in a T-intersection on Duiguids Lane, and make a right.

Take Duiguids across the tracks to West Main/U.S. 460, and make a left (west). Follow 460 to Shawsville, (which is about 7 miles past Dixie Caverns).

In Shawsville, make a left on 637 just past the Citgo. Follow it to 653 (when 637 veers off to the left, stay straight) and begin climbing the backside of Poor Mountain. Follow 653 to 610 where the climb ends and you'll find the closed Clyde S. Angle store.

There's a monument to him across the street.

Take a left on 610 and follow it to U.S. 221.

Cross U.S. 221 on 610 and go about 2 miles until you see the parkway across a field on your right.

Cross the field and head north (left) on the parkway. You'll climb gently for 2 to 3 miles before you start a rip-roaring descent down Bent Mountain.

When the parkway flattens out, just before the ascent up Buck Mountain, you can get off at the path under overpass above Back Creek. This puts you in the Starkey area, from which there many ways back to Patrick Henry.

Or, you can make the 1-mile climb up Buck Mountain and follow the parkway a couple more miles to the Roanoke turnoff at Fishburn Parkway, hang a left and come back through town via Mill Mountain.

### **Notes:**

This is a challenging but fun 70 mile ride. The total vertical gain is 3,800 feet.

There's a convenience store along U.S. 11/460 on the right soon after you turn off Duiguids. There's also a convenience store/Citgo on the right side of 460 in Shawsville. Load up with liquids here, because there's a long climb ahead.

There's another store at the intersection of 610 and 221. This is the last one on the ride.

