

4 **BEST BIKING ADVENTURES**



presented by



**Green's Lick** (Bent Creek, Mountain Bike): With 2.5 miles of advanced single-track that drops 800 feet in a constant barrage of high berms, rolling whoop-de-dos, and big jumps, Green's Lick is a local favorite. For about a two hour ride we like Deer Lake Lodge, left on Wolf Branch, right on 479E, left on Ingles Field Gap, at Five Points straight to North Boundary to Green's Lick. Bomb Green's Lick down, right on 479C and left on Lower Sidehill to get back to the parking lot.

**Directions from Asheville:** Take I-240 W to I-26 E and get off on Exit 2, NC 191. Turn left and head south on NC 191 for 2 miles. Turn right at the stoplight onto Bent Creek Ranch Road about 2 miles. We like the parking lot off 479 (dirt road) just past the Hardtimes trailhead parking.

**Cedar Rock Trail** (Dupont State Forest, Mountain Bike): Short but sweet, the 1.5-mile Cedar Rock Trail features a steep climb up eastern slickrock (large slabs of granite) topping out with killer views of Dupont State Forest. Take Big Rock trail from the top of the mountain for a fast, technical downhill over slickrock and single-track. We recommend a loop that includes Corn Mills Shoal to the Little River Trail to Cedar Rock Trail to Big Rock Trail. This loop is about 3 miles. Dupont has many trails so we highly recommend downloading a map from the site below or stopping at a local outdoor store to buy a map.

**Directions from Asheville:** Take I-26 E to Exit 40, and take NC 280 toward Pisgah Forest. Turn left (east) on US 64 and go 3.7 miles to the Texaco station in Penrose. Turn right on Crab Creek Rd. and continue 4.3 miles. Turn south 5.3 miles on DuPont Road that turns into Staton Road. Go past the Hooker Falls and Buck Forest Access Areas to a left at the end of Staton Road on Cascade Lakes Road. The Corn Mills Shoals Access Area is 0.8 miles on the right.

**BRP to Looking Glass Rock Overlook** (Parkway South, Road Ride, MP 388 to MP 417): Roughly 27 miles of steady climbing on one of the most famous roads in America. You'll pass several impressive overlooks, pedal through a handful of tunnels, and cap off the ride with a view of Looking Glass Rock, a towering dome of granite deep in Pisgah National Forest. Turn around and enjoy the downhill back to town.

**Directions from Asheville:** Head south out of Asheville on McDowell St./US 25 S. This turns in to US 25 S/Hendersonville Rd. just past the Biltmore Estate. Follow this all the way to the Blue Ridge Parkway. Once on the Parkway, park anywhere and head south.

**Town Mountain Hill Climb** (Asheville, Road Ride): A classic road ride with a 1500-foot climb up Town Mountain that begins on the edge of downtown. The twisty ride features cityscape and mountain views. Hook it up with the Blue Ridge Parkway (north) and descend the steep Elk Mountain for a 30+ mile "in town" ride.

**Directions from Asheville:** This ride is downtown off College St. right before you hit the Beaucatcher Tunnel which is east of town. Town Mountain Rd. is a left turn off College St. as you head east. The best bet for parking is any of the businesses on College St.

**Explorer/Lower Sidehill Loop** (Bent Creek, Mountain Bike): This intermediate 6.5-mile loop traverses some of Bent Creek's most diverse terrain and features creek crossings, optional log rides, diverse woodlands & wildlife clearings with tremendous mountain vistas. After the ride be sure to cool off in Lake Powhatan.

**Directions from Asheville:** See directions above for Green's Lick.

**Related Resources**

Local Bike Shop: Liberty Bicycles / 828-274-2453 / [www.libertybikes.com](http://www.libertybikes.com) / Detailed maps, rental bikes, and advice can be found at Liberty Bikes.

Bent Creek Information: 828-667-5361 / [www.srs.fs.usda.gov/bentcreek](http://www.srs.fs.usda.gov/bentcreek)

DuPont Forest Information: 828-877-6527 / [www.dupontforest.com](http://www.dupontforest.com)

Rent A Bike: Brown Dog Adventure Tours / 828-277-1528 / [www.browndogadventuretours.com](http://www.browndogadventuretours.com)

Local Bike Club: Southern Off-Road Bicycle Association / [www.sorba.org](http://www.sorba.org)

**LIBERTY BICYCLES**  
1378 Hendersonville Rd.  
Asheville, NC 28803  
828-274-2453  
[www.libertybikes.com](http://www.libertybikes.com)  
Serving the Area Since 1980

Bikes for Everyone  
Largest Selection of Clothing &  
Accessories in the Region  
Road & Mountain Bike Rentals  
Maps & Books

National Bicycle Dealer  
of the Year 2003

Top 100 Dealer 1994 - Present

National Bicycle Advocate  
of the Year 2007

With This Ad  
**LIBERTY BICYCLES**  
**15% Off**  
Any One Item  
Excludes Bicycles, Wheelsets,  
Car Racks & Sale Items  
Coupon expires December 31, 2010

**Craggie**  
BREWING COMPANY

The official brewery of the  
Asheville Adventure Guide.

Hike, Bike, Paddle or Run to  
**Craggie's Public House**  
Open Wednesday - Saturday

828-254-0360  
[craggiebrewingco.com](http://craggiebrewingco.com)  
197 Hilliard • Downtown Asheville