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portunity to achieve and maintain healthy lifestyles through health education, medically supervised programs and facilities for physical activity and recreation.

Ride Location

Sparta and surrounding Alleghany County are located in North Carolina's easternmost Blue Ridge Mountains, on the border with Virginia. The area is convenient to the North Carolina Piedmont, Southwest Virginia and Northeast Tennessee. Bordered by the scenic New River on the north and west, riders can enjoy mountain and river vistas.

The community offers motels, Airbnbs, vacation rentals and camping for riders who wish to stay overnight or want to expand the ride into a week-end in the mountains. Sparta's downtown and two shopping centers can provide needed provisions.

Helpful Advice

The Tour de Mountains is a ride, not a race, but regardless of the ride length you chose, this is the Blue Ridge Mountains, and there will be challenging climbs. Being in good physical condition is the key to an enjoyable ride. If there is any doubt regarding your fitness level, consult your physician before participating.

All riders should carry normal bike tools, a pump, tire levers, wrench, patch kit, a spare tube and dog repellent. This is rural countryside where dogs are permitted to run free.

All routes are over paved roads. Wide mountain bike tires designed for off-road riding are not necessary and will increase the difficulty of the ride.

For the safety of our riders, the event reserves the right to make necessary route changes to accommodate any unforeseen construction, etc.

A cell phone may be helpful in case of emergency.



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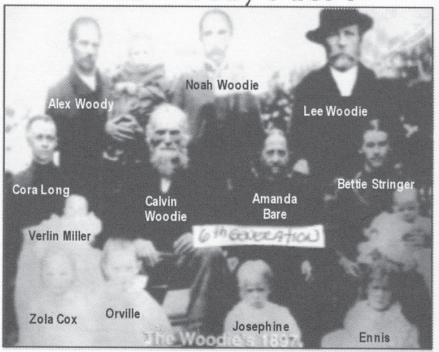
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