

Tour de Mountains returning in 2026 to challenge cyclists

Featuring spectacular views and challenging climbs, both guaranteed to take your breath away, the Tour de Mountains is a day of bicycling up, down and around the Blue Ridge Mountains that surround the community of Sparta, N.C. Set for Saturday, June 13, riders can choose either the 40-, 60- or 100-mile planned route. Routes provide fully stocked rest stops every 10 to 15 miles.

The ride begins at 8:30 a.m. Check-in and day-of-ride registration both open at 7 a.m. at the Alleghany Wellness Center, 63 Wellness Way in Sparta. Arrive early to enjoy a continental breakfast and stay to enjoy a delicious meal after your ride. The Wellness Center's showers will also be available, and the indoor pool will be open to riders. Early registration is \$45. Beginning June 1 until the day of the ride, registration is \$50. Learn more and preregister at tinyurl.com/tour-de-mountains on the web, or call 336-372-2944 to talk to Wellness Center staff.

A fundraiser for the Alleghany Wellness Center, this annual event will support a variety of programs. The Alleghany Wellness Center is a community supported nonprofit agency whose mission is to provide the people of Alleghany County and the surrounding areas the op-

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