

WELCOME to BICYCLING in VIRGINIA



Whether you are a seasoned rider or a new fan of cycling, let this map be your gateway to a world of new experiences. There is something here for everyone: 838 miles of United States Bicycle Routes 1 and 76; the Virginia Capital Trail, connecting the colonial capital of Williamsburg with the state's modern capital of Richmond; numerous locations for off-road mountain bike rides; and a range of facilities suitable for beginners and families with young children. The urban trail network of northern Virginia is here, as well as the wild and challenging Heart of Appalachia Bike Route – 128 miles of paved and unpaved roads through remote, mountainous southwest Virginia.

Bicycling in Virginia focuses on routes and information of most interest to cyclists. The map presents setting, terrain, elevation and surface conditions.

Inset enlargements of selected locations give details for parking and other facilities. The colored areas of the map show Virginia's state and national parks and tourism regions, making it easy to find more information about food, lodging and other attractions.

We hope you will use this new map to enjoy our beautiful commonwealth; to visit natural and cultural attractions; to ride for transportation, health and fun; and to reduce traffic congestion and air pollution. There's a lot to do on two wheels! Enjoy the ride, and welcome to *Bicycling in Virginia*.

Please remember to share the road and travel safely and legally. For tips on how to do that, see the section titled *Riding Safely & Legally* on the other side of the map.

VIRGINIA "The Old Dominion"

Jamestown Colony — Founded May 13, 1607

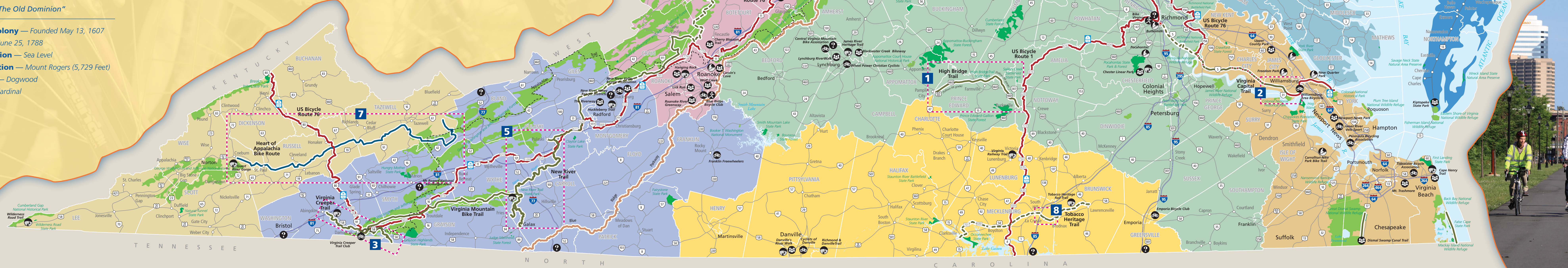
Statehood — June 25, 1788

Lowest Elevation — Sea Level

Highest Elevation — Mount Rogers (5,729 Feet)

State Flower — Dogwood

State Bird — Cardinal



* OFFICIAL STATE BICYCLE MAP - LEGEND *

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ELEVATION PROFILES

NEW RIVER TRAIL: 113 Miles

VIRGINIA CREEPER TRAIL: 24 Miles

TOBACCO HERITAGE TRAIL: 70 Miles

HIGH BRIDGE TRAIL: 40 Miles

USBR 76 & BLUE RIDGE PARKWAY: 22 Miles

WASHINGTON & OLD DOMINION TRAIL (IN CO): 12 Miles

