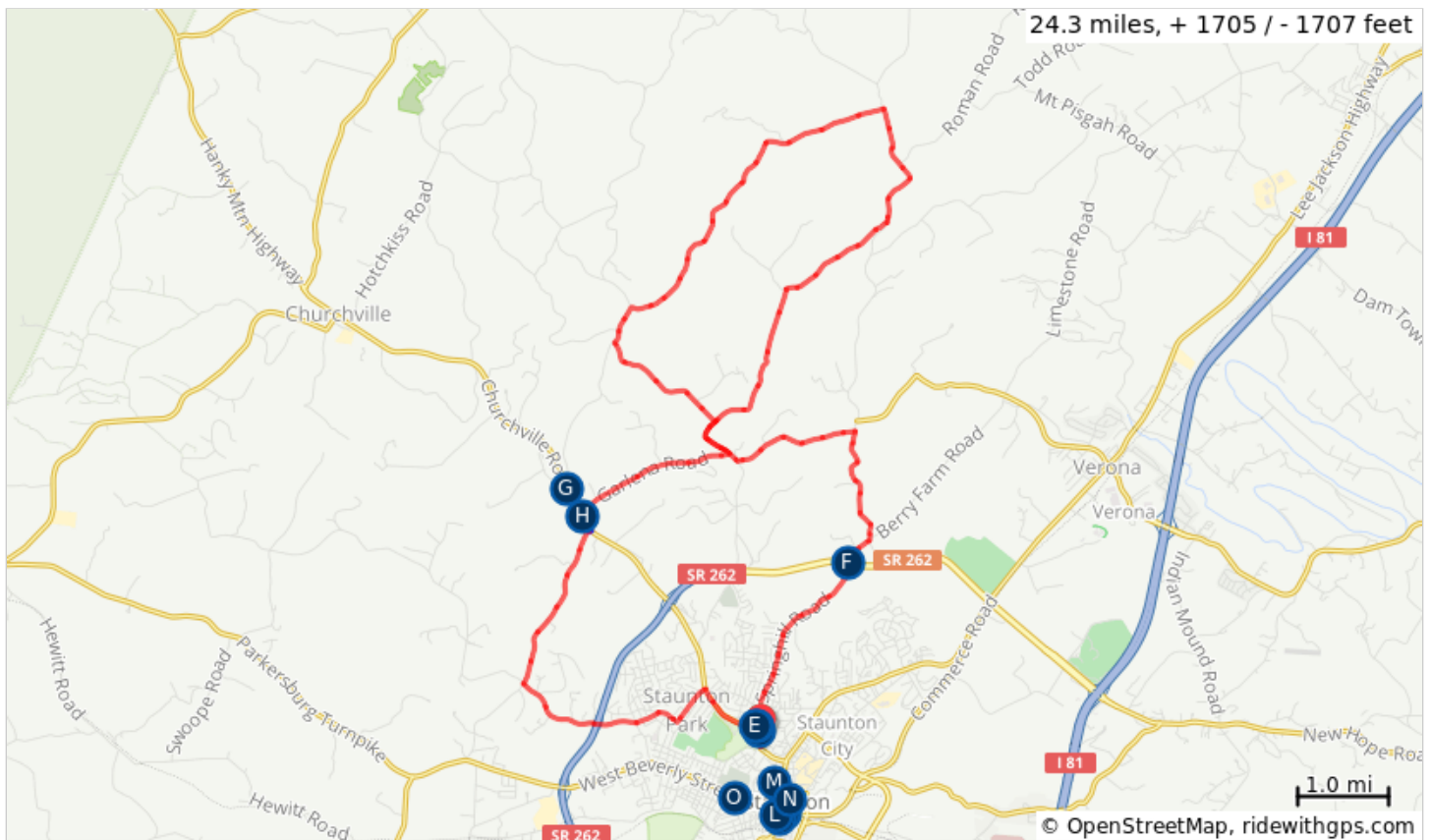


Staunton Middle River Figure Eight 24 Miles













A 24-mile ride with rolling hills, scenic river views, and good food and beer at the end.







A.	Wharf Area Parking Lot	I.	Byers Street Bistro
B.	Black Dog Bikes	J.	Blue Mountain Coffee
C.	Royal Gas Station and Convenience Store	K.	Oxe Eye Vineyards Tasting Room
D.	Mike Lund Food	L.	Redbeard Brewing Company
E.	Queen City Brewing	M.	Chicano Boy
F.	Cross VA 262/Woodrow Wilson Parkway	N.	Shenandoah Pizza
G.	Jake's Convenience Store and Subway	O.	Newtown Baking
H.	US 250 Section		



Staunton Middle River Figure Eight 24 Miles

Type	Dist	Note
	0.0	Start of route
	2.8	Left to stay on Springhill Road (VA) 613
	4.1	Left onto Pleasant View Road (VA 612)
	5.5	Right onto Shutterlee Mill Road (VA 742)
	6.2	Sharp left onto Luck Stone Road (VA 728)
	7.7	Right onto Union Church (VA 732)
	8.1	Right onto Middle River Road (VA 732)
	11.9	Right onto Springhill Road (VA 613)
	13.4	Right onto Shutterlee Mill Road (VA 742)
	14.7	Left to stay on Shutterlee Mill Road (VA 742)
	17.0	Right onto Galena Road (VA 612)
	18.8	Left onto US-250 E
	19.1	Right onto Frog Pond Road (VA 612)

19.1 miles. +1358/-1363 feet

Type	Dist	Note
	21.0	Right onto Morris Mill Road (VA 720)
	22.7	Continue onto 4th St
	22.9	Left onto Grubert Ave
	23.4	Right onto Churchville Ave
	24.3	Right onto Constitution Dr
	24.3	End of route

5.3 miles. +220/-301 feet