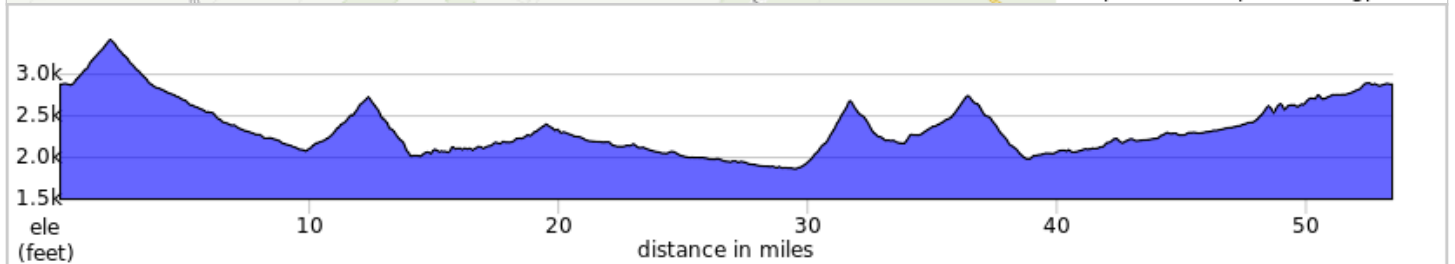


Highland County Mountain Mama "50 -mile" Route
















The route travels east out of Monterey across two mountains and through the historic village of McDowell and Civil War battlefield before turning north toward the West Virginia state line and the community of Sugar Grove. After Sugar Grove, it climbs two more mountains before turning south again to return to Monterey.

A.	Start point	E.	Big Fish Cider Co
B.	Sugar Grove	F.	High's Restaurant
C.	Rexrode Country Store	G.	The Real Deal Market and Grill
D.	Hull's Hiwayway Restaurant	H.	End Point



Highland County Mountain Mama "50 -mile" Route

Type	Dist	Note
	0.0	Start of route
	0.2	Left onto Myers-Moon Road, SR 649
	0.4	Right onto US-250 E
	14.0	Left onto State Rte 614
	22.5	Continue onto Sugar Grove Rd
	29.7	Left onto Moyers Gap Road
	33.1	Right to stay on Moyers Gap Road
	39.0	Left onto US Hwy 220 S
	52.8	Left onto US-250 E/E Main St
	53.0	Right onto State Rte 649
	53.3	Slight right
	53.4	Right
	53.5	End of route

53.5 miles. +4391/-4390 feet