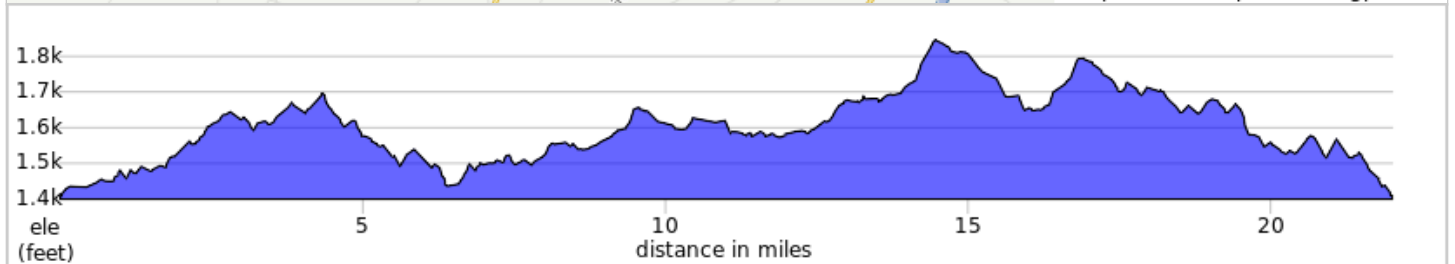
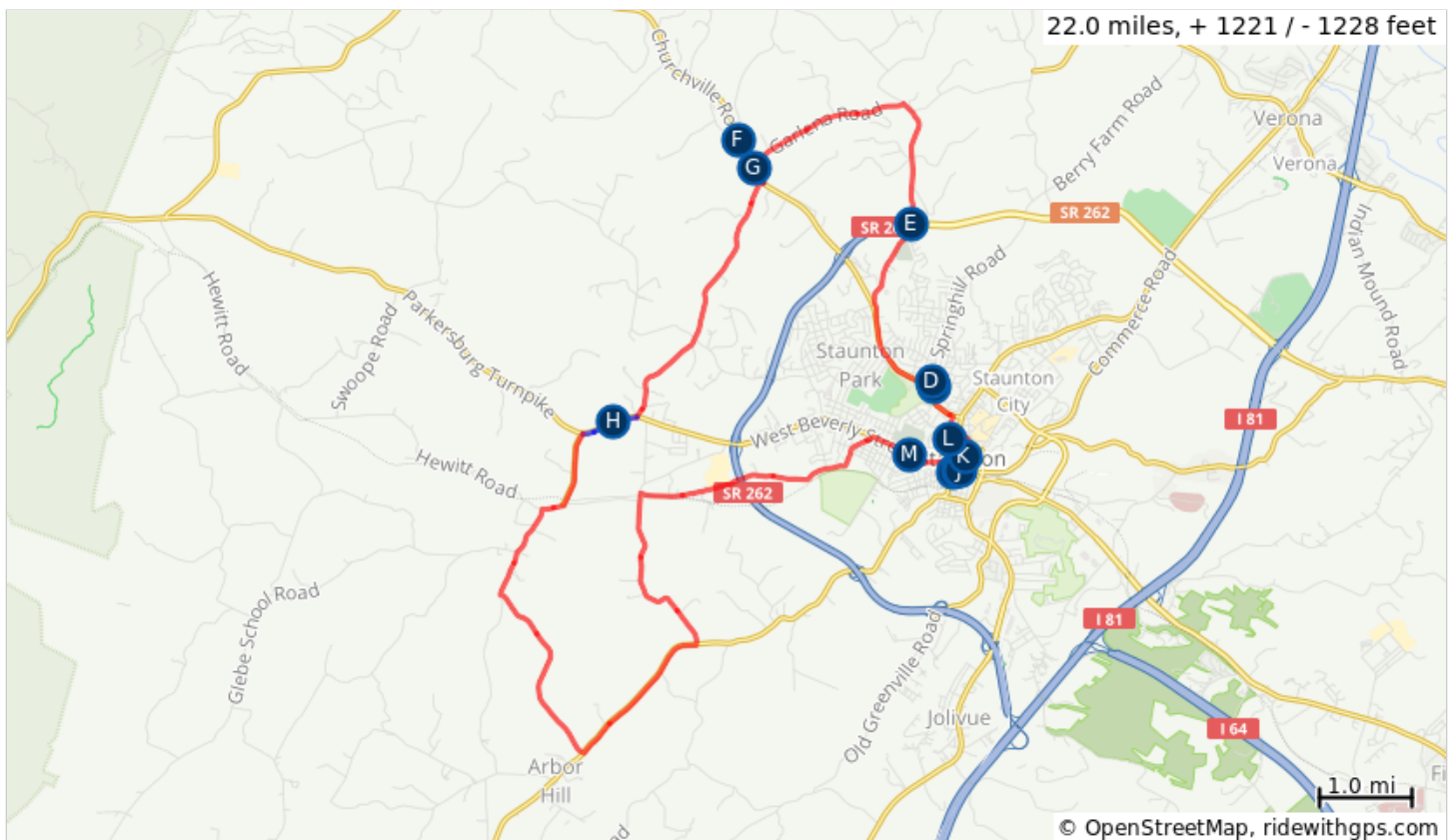


Staunton Frog Pond Smoky Row 22 miles
















This route allows for a 1.5-2 hour ride with a mix of climbing, descending, and recovery sections. The scenery south of Parkersburg Pike can't be beat.







A.	Wharf Area Parking Lot	H.	Parkersburg Pike Segment
B.	Black Dog Bikes	I.	Byers Street Bistro
C.	Royal Gas Station and Convenience Store	J.	Blue Mountain Coffee
D.	Mike Lund Food	K.	Shenandoah Pizza
E.	Shutterlee Mill Road Intersection with VA 262/Woodrow Wilson Parkway	L.	Chicano Boy
F.	Jake's Convenience Store and Subway	M.	Newtown Baking
G.	US 250 Section		



Staunton Frog Pond Smoky Row 22 miles

Type	Dist	Note
	0.0	Start of route
	2.2	Slight right onto Englewood Drive
	2.4	Continue onto Shutterlee Mill Road, SR 742
	4.6	Left onto Garlena Road, SR 612
	6.4	Sharp left onto Churchville Road, US 250
	6.7	Sharp right onto Frog Pond Road, SR 612
	9.7	Right onto Parkersburg Turnpike, VA 254
	10.3	Left onto Miss Philips Road
	11.1	Right onto Hewitt Road, SR 703
	11.3	Left onto Eidson Creek Road, SR 710
	12.4	Left onto Smoky Row Road
	14.5	Left onto Middlebrook Road, VA 252
	16.2	Left onto Cedar Green Road, SR 693
	18.2	Right onto Buttermilk Spring Road, SR 703

18.2 miles. +1058/-770 feet

Type	Dist	Note
	20.0	Continue onto Straith Street, SR 703
	20.9	Slight right onto West Beverly Street, VA 254
	21.6	Continue onto West Beverley Street, VA 254
	21.8	Right onto South Lewis Street
	22.0	Left onto Byers Street
	22.0	End of route

3.8 miles. +71/-204 feet