In the mountains of western North Carolina you will find the highest peak east of the Mississippi, ancient rivers, breathtaking views, waterfalls and incredibly scenic roads. Ride the Blue Ridge Parkway and take in views of the Craggy, Balsam and Black Mountains rising in blue waves to the edge of the horizon. There is a strong sense of history and place here that can be heard in old-time bluegrass music and tasted in treasured recipes. According to Bon Appetit, Asheville is one of America’s best small cities to eat and drink in, and it was voted “Beer City USA” four years in a row. Come join us as we taste, sip and ride our way through the gorgeous landscape between Asheville and the small mountain town of Brevard. See the self-guided version of this trip »

TRIP WOWS

Treat yourself to the inventive, Southern-inspired dishes born from Asheville’s robust farm-to-table culinary scene
Ride fantastic routes, including cycling on the Blue Ridge Parkway, with the opportunity to summit the highest peak in the eastern US
Spend some time exploring the vibrant scene that is downtown Asheville and the relaxed mountain town of Brevard
Relax on the spacious covered deck of your own luxury cabin in the forest at Pilot Cove
Day 1

TODAY'S RIDE:
Marshall to Asheville
Approximately 31 miles with 2,260 feet of climbing

DESCRIPTION:
Your Trek Travel guides will meet you at The Foundry Hotel at 11:00 AM. After a 30-minute private shuttle, you’ll arrive in the small community of Marshall and will enjoy a picnic lunch prepared by your guides on Blanahassett Island, a park situated in the middle of the French Broad River. Upon arrival, your guides will lead a short round of introductions and fit you to your bike. Then you'll head out on today's ride, which follows the French Broad before crossing into the communities west of the river and eventually ending at your downtown Asheville home for the next three nights. Take some time to settle in before gathering for drinks in the Workshop Lounge and getting to know your fellow travelers. You’ll hear about all the fun and adventure in store for you in the days ahead from your guides, then walk to Chestnut to enjoy unique and delicious dishes of American cuisine, sourced from local farmers and bakers.

HOTEL:
The Foundry Hotel

INCLUDED MEALS:
Lunch | Social Hour | Dinner
Day 2

**TODAY'S RIDE:**
Leicester Loop
Approximately 32 miles and 2,360 feet of climbing

**AVID OPTION:**
Leicester Loop plus Elk Mountain Loop
Approximately 48 miles with 4,370 feet of climbing

**TODAY'S ACTIVITY:**
Explore Downtown Asheville

**DESCRIPTION:**
This morning, enjoy a delicious breakfast of Appalachian-inspired soul food at Benne on the Eagle, which features the creations of Eater's Young Gun Chef Ashleigh Shanti, before heading out on a ride through the community of Leicester, to the northwest of Asheville. This ride offers short climbs through rolling hills and beautiful farmland. Those who want to add another loop at the end of this ride may tackle a local’s favorite climb up Elk Mountain, which finishes with a fun descent down Town Mountain Road into downtown Asheville. After the morning ride, the rest of the afternoon is yours to spend as you like. Grab lunch at one of the downtown cafes and explore the many unique shops, galleries, and the vibrant street scene that Asheville is known for. You may want to explore some of the South Slope breweries, located within easy walking distance of the hotel. This evening the group will convene at Chef John Fleer’s restaurant, Rhubarb. After 15 years as executive chef at the famous Blackberry Farm, John brings his fresh approach and love for all things southern (and local) to the table for you to enjoy.

**HOTEL:**
The Foundry Hotel

**INCLUDED MEALS:**
Breakfast | Dinner

Day 3

**TODAY'S RIDE:**
Craggy Pinnacle Return
Approximately 44 miles with 4,690 feet of climbing

**AVID OPTION:**
Mount Mitchell Summit Return
Approximately 70 miles with 7,900 feet of climbing

**TODAY'S ACTIVITY:**
Hike Craggy Pinnacle
Approximately one mile with 260 feet of climbing

**DESCRIPTION:**
Amazing riding awaits you today on the famed Blue Ridge Parkway. The route begins on the many switchbacks of Town Mountain as you climb out of town and drop onto the Parkway at Craven Gap. From here it’s a 13-mile climb on mostly gentle grades, punctuated by panoramic views of the Blue Ridge Mountains, as you make your way to the Craggy Gardens area. At the top of this long climb, you can enjoy a boxed lunch and hike to Craggy Pinnacle with its 360-degree views of the surrounding peaks. In late May and early June, the Catawba rhododendron that covers the pinnacle show off their stunning pink and purple blooms, and in the early fall the foliage begins its colorful display at almost 6,000 feet of elevation. After lunch, you can choose to ride back to town (as you guessed, it’s mostly downhill!) or continue to the summit of Mount Mitchell, the highest point east of the Mississippi at 6,684 feet. The final four and a half miles to the summit are some of the steepest of the day, but the views from the observation tower at the top are quite a reward! At 70 miles, the avid option today is the most challenging ride of the trip. Those who return to town after lunch can take some time to explore the various sections of Asheville on a historic trolley tour; arrange a visit to the Biltmore Estate; or browse the offerings of the many small vintage shops downtown. Whatever your day holds, you are on your own for dinner this evening with the impressive array of downtown options just a short walk away.

**HOTEL:**
The Foundry Hotel

**INCLUDED MEALS:**
Breakfast | Lunch
TODAY’S RIDE:
Asheville to Sierra Nevada Brewing
Approximately 24 miles with 1,500 feet of climbing

AVID OPTION:
Asheville to Sierra Nevada Brewing to Oskar Blues Brewery
Approximately 54 miles with 2,980 feet of climbing

TODAY’S ACTIVITY:
Beer tastings at Sierra Nevada and Oskar Blues Breweries

DESCRIPTION:
Pack your bags this morning for the only transfer day of the trip. Head out of Asheville through the beautiful and secluded Biltmore Forest neighborhood before riding a stretch of the Blue Ridge Parkway on your way to the impressive Sierra Nevada Brewery in Mills River. Here you can take a self-guided tour of the brewery and enjoy some samples of the numerous beers on tap with a lunch of chef-driven dishes that feature farm-to-table ingredients. If you want to end your riding day here and shuttle to more samples at the Oskar Blues Brewery, we won't blame you! However, for those who wish to pedal between the two breweries, this afternoon offers some beautiful cycling as you head towards the small towns of Brevard and Pisgah Forest. Oskar Blues features a simple tasting room and outdoor patio where you can enjoy a pint before shutting or riding the last few miles to Pilot Cove, your home for the next two nights. Here you can relax on the private deck of your own spacious cabin and take in the sights, sounds and smells of the forest, as the gorgeous Pilot Cove property shares a border with the 500,000-acre Pisgah National Forest. This evening you are on your own to explore the culinary offerings of downtown Brevard, a short shuttle ride away.

HOTEL:
Pilot Cove
VISIT WEBSITE

INCLUDED MEALS:
Breakfast | Lunch

Day
4

TODAY’S RIDE:
DuPont Loop
Approximately 36 miles with 2,260 feet of climbing

AVID OPTION:
DuPont Loop with East Fork Road
Approximately 52 miles with 3,360 feet of climbing

DESCRIPTION:
This morning after breakfast on the deck of your cabin it's time to decide how you'd like to spend your day. Pedal past houses and farms before riding through lush DuPont State Forest—and, if you're up for more miles, add some beautiful ones along the East Fork of the French Broad River where you may witness some fly fishing taking place. Take a break in Brevard to enjoy a fresh, delicious lunch and try to spot one of the famous white squirrels that populate the area. There is also the option to skip the ride today and explore western North Carolina in a different way if you would like to hire a local fly fishing, rock climbing, or mountain bike guide (these activities are not included in the price of your trip). Take some time upon your return to Pilot Cove to grab a pint at the Pisgah Hub and Tavern, a bike shop and favorite community gathering place just down the hill from your cabin. Tonight you will gather for a final social hour and dinner on the grounds at Pilot Cove. Enjoy live bluegrass music and local BBQ (vegetarian and vegan diets can easily be accommodated) as you gather around the campfire to toast an unforgettable week in these mountains that may have stolen your heart.

HOTEL:
Pilot Cove
VISIT WEBSITE

INCLUDED MEALS:
Breakfast | Lunch | Social Hour | Dinner

Day
5

TODAY’S RIDE:
Grove Bridge Loop
Approximately 22 miles with 770 feet of climbing

DESCRIPTION:
Following breakfast, there's time for one more spin around the valley. Cruise alongside the French Broad River one last time on Talley Road before making your way back to Pilot Cove for a shower and check-out. Then you will shuttle to the Asheville airport, about a half-hour away. Expect to arrive at the airport by 11:30 AM and please do not schedule a flight out before 1:00 PM on this day. For those requiring a return to downtown Asheville, your guides can drop you off around 12:00 PM.

INCLUDED MEALS:
Breakfast

WHAT’S INCLUDED

For us, the details matter most
Every moment of a Trek Travel bike trip has more than you could have ever dreamed. More romance. More scenery. More choice.
It's the little additions to every Trek Travel cycling vacation that make it truly special. And that's how we help you create more memories.

**What's Included**

- Five nights of accommodation at handpicked hotels
- Two experienced guides to provide local knowledge, support, and camaraderie
- Daily route support with both guides and our support van
- Daily breakfast, four lunches and three dinners
- Two social hours of drinks and hors d'oeuvres
- Ride a Trek Domane SL 7 disc or a Trek Electric-Assist Verve+
- Daily route options
- Snacks and drinks for each day's ride
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Cinch sack day bag to keep
- Each bike is equipped with a Garmin Edge 1030 GPS computer, flat pack, front and rear Bontrager Flare R lights, a Bontrager saddle and pedals (Shimano clipless road pedals, Shimano clipless mountain pedals, caged or flat pedals)
- Bontrager WaveCel helmets
- All gratuities for drivers, local experts, and hospitality staff
- All luggage transfers and transportation during your trip
- A personalized photobook of your trip
- Entrance fees for all activities, private tours, and events

**Gear**

- Trek Domane SL 7 disc carbon road bike with Shimano Di2 electronic shifting
- Trek Electric-Assist Verve+ also available in a limited quantity
- Trek Travel Bontrager cycling jersey to keep
- Trek Travel water bottles to keep
- Shimano clipless road pedals, Shimano clipless mountain pedals, caged, or flat pedals
- Bontrager WaveCel helmet
- Bontrager men's and women's specific saddles
- Bontrager front and rear Flare R lights and a flat pack
- Garmin Edge 1030 GPS computer
- Cinch sack day bag to keep
- Upgrade your bike to include carbon wheels (+$200)
- Coupon valued up to $500 off a new Trek Bicycle. Your coupon will be delivered via email.

*For the most comfortable ride, you may choose to bring your own pedals, saddle, and helmet on the trip. Your guides will install your gear on the first day during your bike fit.*

**THANK YOUR GUIDES, BY TIPPING**

Gratuities for your Trek Travel guides are not included in your trip price. We recommend tipping 7.5-10% of your trip price for the guide team. Local currency is preferred and unless you want to tip separately, guides will divide tips amongst themselves. Please tip your guides at your discretion, based on their level of professionalism, guest care, and service.

**What's Not Included**

- Airfare and transportation to and from the trip pick-up/drop-off locations
- Lodging before and after the trip
- Personal items purchased during the trip
- Optional activities not scheduled by Trek Travel
- On select trips some meals are not included. On these trips, Trek Travel invites you to explore the local cuisine at your leisure.

**HOTELS**

**THE FOUNDRY HOTEL**

**ASHEVILLE, NORTH CAROLINA**

Situated in the historic community

**PILOT COVE**

**PIGSAG FOREST, NORTH CAROLINA**

Our home base in Pisgah Forest for
known as “The Block,” just a five-minute walk from downtown Asheville, The Foundry Hotel is a truly unique boutique hotel. The property is a restoration of one of the city’s earliest steel foundries. It is comprised of three original buildings and two newly constructed ones that seamlessly blend modern luxury with the everlasting charm of the original structures. Recently added to the U.S. National Registry of Historic Places, The Foundry features an enclave-like campus with a central courtyard that offers a peaceful space just steps from the heart of all that Asheville has to offer. The onsite restaurant, Benne on Eagle, is led by 2019 Eater Young Gun Chef Ashleigh Shanti, and the Workshop Lounge (housed in the former workshop of the steel foundry) is a luxurious and spacious place to relax with a craft cocktail.

the last two nights of the trip is sure to feel like a home away from home. You’ll have your own luxury cabin in the woods—each with a full kitchen, washer and dryer, locally made furniture and private deck for relaxing and taking in the sights and sounds of this unique mountain retreat. The cabins are located on 64 acres that share a border with the vast and beautiful Pisgah National Forest.

MEETING & DEPARTING

How To Get There

We suggest that you arrive at least one day prior to the trip start, which will enable you to adjust to the time zone and minimize the risk of missing the trip start due to flight-related delays. We recommend that you fly into Asheville Regional Airport (AVL). Delta, United, American, Allegiant plus several smaller airlines service this airport.

From the airport, you can call or hail a taxi to take you downtown. It is approximately 15 miles from the airport to the meeting day hotel in downtown Asheville and a taxi ride should take about 20-25 minutes and cost $40 to $50. We recommend Diamond Executive Car Transportation (828-281-8139) or Marvels Upscale Transportation (828-280-1698; www.marvelstransofnc.com) for your in-town transportation needs.

Meeting Time And Location

Your Trek Travel guides will meet you at The Foundry Hotel at 11:00 AM on the first day of the trip. You’ll then shuttle 30 minutes to Marshall, a small town on the banks of the French Broad River. Please have your first day’s cycling clothes easily accessible, separate from your luggage. You’ll enjoy a fresh, delicious lunch on the banks of the river and, after a brief orientation and safety talk, saddle up to begin the day’s ride.

If you will be late for the pick-up or are going to miss it altogether, please inform your guides. You will receive an email a week before the trip starts with their names and contact details. If you cannot reach them, please call our first hotel, The Foundry Hotel (828-552-8545), and leave a message with your expected arrival time and contact details.

Departing Time And Location

You will say farewell to your guides at 11:30 AM at the Asheville Regional Airport. If you need transportation back to downtown Asheville your guides can return you to The Foundry Hotel, arriving around 12:00 PM. Please do not schedule your flight any earlier than 1:00 PM.

Before & After: Asheville, North Carolina

The mountain town of Asheville, North Carolina, is truly a unique place in the southeast and we highly
recommend taking a day or two before or after your trip to see what it has to offer. With an active community of artists, musicians, and entrepreneurs, this engaging and eclectic town has a creative spirit and energy that visitors immediately sense. In spring, summer, and fall, a walk through downtown’s many small shops and galleries takes you past street musicians and through an array of inciting smells drifting out of the open doors of local cafes. Enjoy the farmer’s markets, the many yoga studios, restaurants, and outdoor concerts. Also, there are opportunities for whitewater rafting, mountain biking, hiking, fly fishing, rock climbing, and pretty much any other outdoor activity imaginable within a short drive of downtown. We recommend the following accommodations for your pre and post-trip hotel.

**THE FOUNDRY**

This peaceful space just steps from the heart of all that Asheville has to offer. The onsite restaurant, Benne on Eagle, is led by 2019 Eater Young Gun Chef Ashleigh Shanti, and the Workshop Lounge (housed in the former workshop of the steel foundry) is a luxurious and spacious place to relax with a craft cocktail. The Foundry hotel is also both the meeting location on the first morning and where you will spend the first three nights of your trip. Ask your Trip Consultant for the best number to call for a discounted rate for your pre- or post-night stay.

www.foundryasheville.com | ~$300

**THE INN ON BILTMORE ESTATE**

Located on the grounds of the Biltmore Estate, this luxury property offers the closest accommodations to the largest privately-owned home in the United States: the Biltmore House (the more recently constructed Village Hotel, located near the Inn in the Antler Hill Village area, offers a more affordable lodging option on the Estate). The refined rooms of the Inn have luxe furnishings, WiFi, flat-screen TVs and 24-hour room service, while the 8,000-acre grounds include hiking and biking trails, a winery, and bike shop. It’s the perfect place to relax and spend a day wandering a destination that’s quintessentially Asheville. Amenities also include a gourmet restaurant, a bar, and a library lounge serving light fare.

www.biltmore.com/stay/inn | ~$475

**AC HOTEL DOWNTOWN ASHEVILLE**

The AC Hotel Downtown Asheville is located just steps away from Pack Square, in the heart of downtown. The hotel features a large rooftop bar and tapas restaurant, Capella on 9. Kick back with a craft cocktail and take in the great mountain views. The sleek, simple design of this hotel provides a relaxing, modern vibe in a location that is walkable to all of downtown’s great restaurants and shops.

www.marriott.com/hotels/travel/avlac-ac-hotel-asheville-downtown/ | ~$400

* Hotels listed above are local properties we love. We do not have special rates available.

**FAQS**

What are the options for a non-rider travel companion?

On most Trek Travel trips, we offer non-riding options for riders who want to take the afternoon off or travel companions who want to spend little or no time in the saddle. Some of these options may need to be scheduled before your trip—please contact one of our Trip Consultants for more information. Expenses and/or related transportation to these activities may not be included in the trip price. Some non-riding options on this trip are:

- Explore the many shops, galleries and restaurants in downtown Asheville and Brevard
- Schedule a spa appointment
- Visit the many studios and galleries of the River Arts District
- Take a historic trolley tour through Asheville
- Explore South Slope breweries such as Burial Beer Company, Hi-Wire Brewing, and Greenman Brewing on a self-guided walking tour from your downtown Asheville hotel
- Visit the Biltmore Estate
- Hire a rock climbing guide for a day trip outing in Pisgah National Forest
- Hire a fly fishing guide for an outing on the nearby Davidson River

What Are The Daily Rides Like?

- Rider Type | 3 - Active
- Average Daily Mileage | 32
- Terrain | Mountainous
- Average Daily Elevation | 2,307 feet
- Total Miles | 189
- Total Elevation | 13,840 feet

Averages and totals are calculated from our “Today’s Ride” options.

The terrain in western North Carolina is mountainous and the rides during the first half of the trip feature an average of about 85 feet of elevation gain per mile. Of course, shuttles are always available when you’ve had enough. The riding around Brevard and Pisgah Forest during the second...
half of the trip is less mountainous and the routes feature about 50 feet of elevation gain per mile. There is also the option to take a day entirely off the bike in Asheville on Days 2 or 3 and in Brevard on Day 5 for those who would rather explore the town on their own or hire a local climbing, fly fishing, or hiking guide to explore the nearby national forest. Asheville to Brevard is best suited for our Type 3 Riders. Our Trek Travel guides can easily accommodate Type 2 Riders, who seek less mileage or fewer uphills, with a boost in the van or suggestions for alternative, non-riding activities (many of which are noted in the daily itinerary). Those who wish to ride every mile but are concerned about their physical ability may want to try our electric bike option—you still get a workout but can climb alongside even the strongest rider. Type 4 Riders will enjoy the extra mileage the avid route options offer.

Trip Changes

See Itinerary for specific daily ride distances and elevation options. On all of our vacations, Trek Travel seeks to find quiet, paved secondary roads or bike paths to experience a region; busy roads are avoided as much as possible. Our itineraries are an approximation of our trips. Trek Travel strives to offer every guest a vacation of a lifetime on every trip. At times routes, hotels, activities, etc. listed here may change at the discretion of the trip designer or guides to improve the trip experience.