

## HEARTCYCLE BICYCLE TOURING CLUB

# TENNESSEE TREK

- Dates:** Orientation Saturday, May 12, 2018; Riding Sunday May 13 – 20 (lodging not included on May 20)
- Leaders:** Jim Schroeder, Helayn Storch
- SAGs:** Kathleen Schindler, Mayoma Pendergast
- Miles:** 460 miles, 23,000 feet climbing
- Rating:** Intermediate to Advanced
- Riders:** 33 (maximum) plus Leaders and SAGs
- Price:** Total: \$1,400 \$500 at registration. Balance due by February 10, 2018  
Single Supplement +50%
- Cancellation:** Standard [cancellation policy](#) applies. *Travel insurance is recommended.*

### OVERVIEW

Tennessee is a lot like southern Indiana, and I thought we'd visit my brothers down south in 2018. Actually, my wife has family that moved a couple of years ago from California to Thompson's Station and just love it. Most of the climbs are short and steep. There are a couple of "rocky mountain climbs" on day 6, one being Suck Mountain.

The tour starts and finishes in Nashville, and while most of the riding will be quite rural, the first day includes touring the Music City, Nashville, predominantly on multi-use paths. The day off is in Chattanooga, the gem of Tennessee, and on the last day we will ride in the suburbs of Nashville.

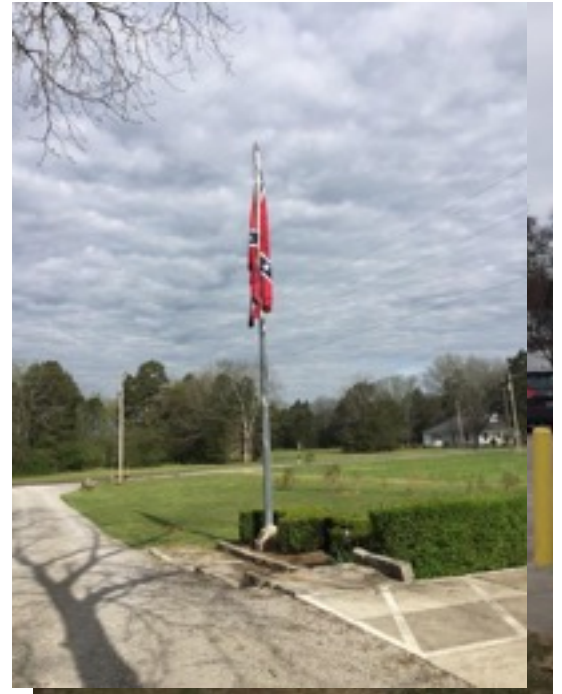
This is an eight day tour, and we'll be riding to new accommodations every night with the day off in Chattanooga on day 5. Chattanooga is home to a world famous aquarium, and boasts a new river greenway all the way to downtown. There are many restaurants and things to do in this millennial found city. It's also the birthplace of Moonpies! After Chattanooga our overnight will be at Tennessee's largest state park, Fall Creek Falls.

### Itinerary

#### Sunday, May 13 Nashville to Spring Hill 69 miles / 3490 feet of climbing

Our host hotel Country Inn & Suites is near the airport and also less than a mile from the start of the Music City Bikeway. It is a combination of five bikeways and neighborhood streets. What better way to start the week. We'll hit Broadway Avenue and hear that country music from the many venues; cruise along the river, see some nice old homes, and stop at the Loveless Café. We'll ride the first 14 miles of the Natchez Trace, and then visit the favorite hamlet of Leiper's Fork. You just might bump into a famous country singer that lives nearby where we will travel through to Spring Hill.

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Monday May 14 Spring Hill to Shelbyville 47 miles / 1576 feet of climbing

Today will be sort of a rest day, only 45 miles and only 15761 ft of climbing. We'll be on rolling hills of farmland and we'll pass by a controversial Confederate memorial of Nathan Bedford Forest.

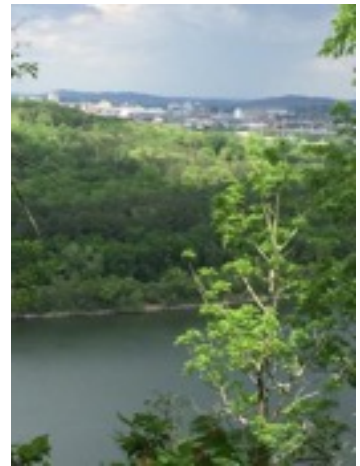


Tuesday May 15 Shelbyville to Monteagle 66 miles / 3696 feet of climbing

We'll be leaving the flat farmland and into the backwoods of Tennessee. We'll have an early lunch in rustic Lynchburg, but visit the shops and Jack Daniel's Distillery first before lunch. The afternoon rest stop will be in Winchester at the beautiful Harvey's Garden. A three mile climb awaits as we reach Sewanee and then the Mountain Goat Bike Trail and into Monteagle.

Wednesday May 16 Monteagle to Chattanooga 64 miles / 3194 feet of climbing

I hope you aren't tired yet. Deluxe accommodations await you in Chattanooga. We ride back to Sewanee and then south thru Franklin State Forest. Hold on as we plunge downward to South Pittsburgh and cross the Tennessee River. We go south to Alabama for lunch and then into Georgia for the afternoon stop. To avoid a busy US highway, we'll get on a very nice gravel trail with some great views for 1 mile. We finish on the new Riverwalk extension to our hotel.



Thursday May 17 Chattanooga

On our day off there are many sites to see. The highlight would have to be the Tennessee Aquarium, but then there is the Southern Belle Riverboat, maybe an afternoon ballgame at AT&T Field, the Hunter Museum of American Art, or a short bike ride up to Lookout Mountain and the Battle of Chattanooga of the Civil War or along the riverwalk east of the hotel. Our tour dinner will be at Puckett's of Chattanooga.



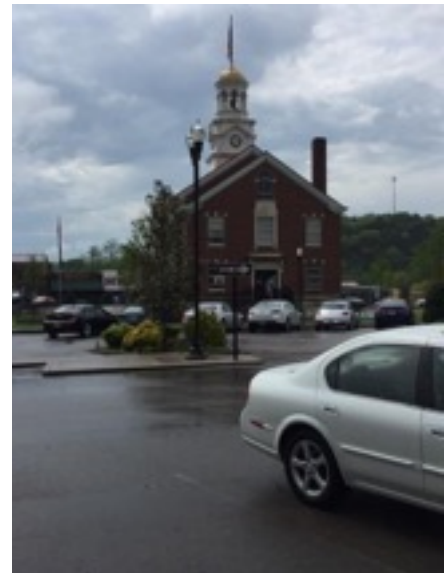
Friday May 18 Chattanooga to Fall Creek Falls State Park 76 miles / 5339 feet of climbing

I hope you had a relaxing day off because after crossing the river into the hipster part of Chat, we have to climb Suck Creek Mountain Friday morning. Today will be a tuff. 76 miles and over 5000 feet of climbing. There's a great valley road of 35 miles with distant ridges on both sides. Lunch will be at a church about in the middle. But alas, after the afternoon rest stop in Pikeville, we have to climb again, but not as bad as that sucky mountain. We finally arrive at Tennessee's largest state park, Fall Creek Falls, at their inn.



Saturday May 19 Fall Creek Falls State Park to Murfreesboro 89 miles / 3689 feet of climbing

No big climbs as we leave the state park and proceed west. However, it is 86 miles and mostly downhill. We'll bump you up ten miles if you're apprehensive on the distance. There will be an optional 4 miles out n back if you want to visit the Cumberland Caverns. The roads west of McMinnville are peaceful and quite scenic until we reach Woodbury.



Sunday May 20 Murfreesboro to Nashville 51 miles / 2079 feet of climbing

The last day is a quickie 51 miler. We ride on the Stones River Greenway and visit the Stones River Civil War Battlefield. I have tried to find the safest suburban route for all of you. Our lunch stop is at Long Hunter State Park in the middle of the Percy Priest Reservoir. Then some more suburban riding to our original hotel, Country Inn & Suites. Lodging is not included in trip, but there will be showers available.



For additional information, contact:

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