

Amma Loops - Figure Eight

Exit 25 on I-79 Park-N-Ride under interstate bridge.

26 Miles north of Charleston

Length: 36.4 miles

Rating: 2.7

Climbing: 1,643

Climbing Per Mile: 45 ft.

Min./Max. Elevations: 682/1172

This ride is done in a figure eight, to take advantage of the terrain. From the Park-N-Ride lot, you will go under I-79 and bare left on Route 58 before crossing the small bridge. You will follow the stream for about 5 miles (58 runs into 58/2) of rolling road.

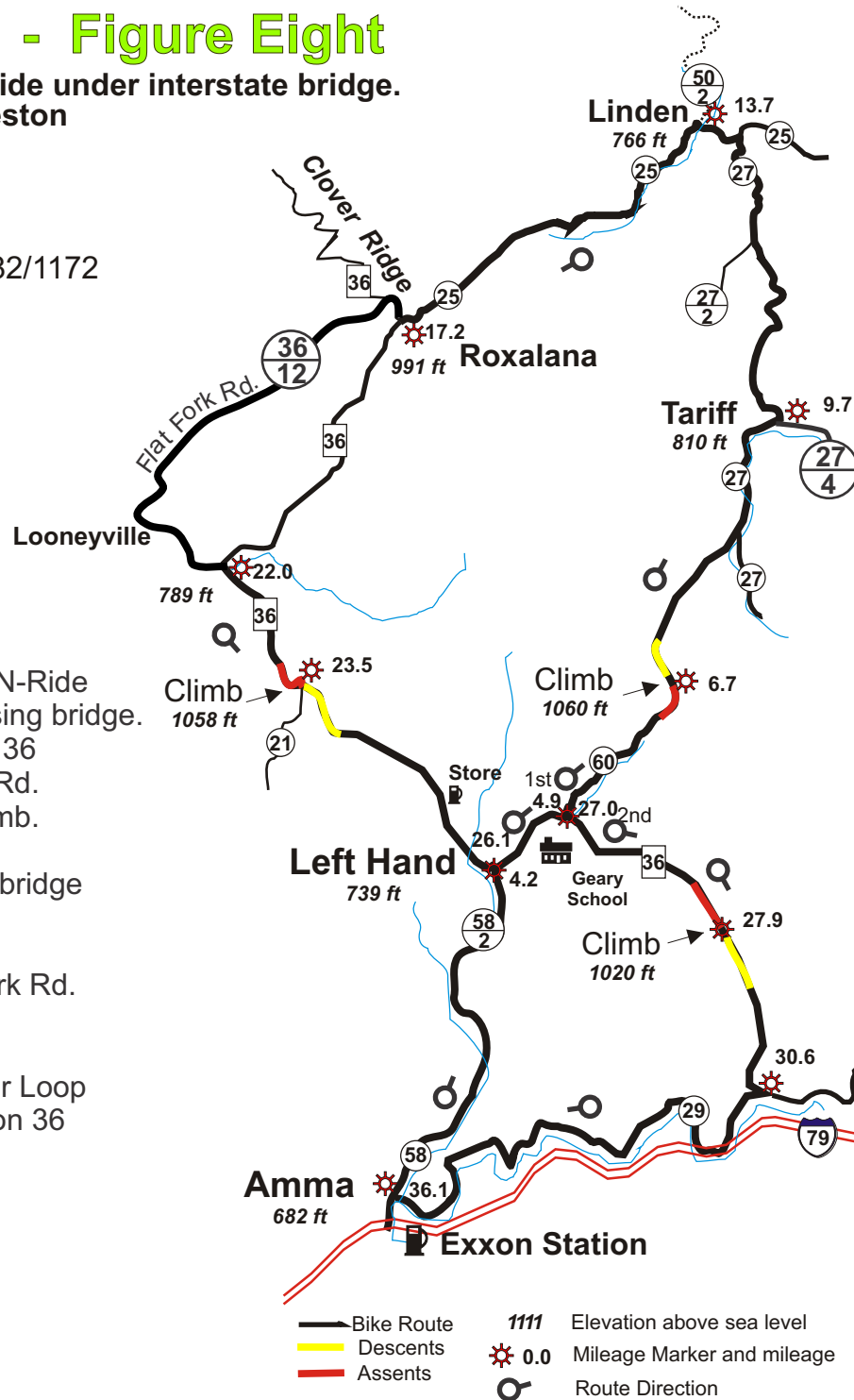
At the intersection of State Route 36 at Left Hand, go right. After passing the Geary School, bare left on the Tariff Road, Cty. 60. There is a short, steep climb about 1 1/2 miles from the turn off. Once you top out, you are going downstream to Linden, and then a gradual ascent along a stream back to R36 again along Clover Ridge.

Take a right on State 36 and then the next left on Flat Fork Rd and descent to Looneyville. Take a right on State 36 and begin gradual ascent that becomes the climb to Vineyard Ridge and top out at 26.1. Nice downhill and continue on 36 to Left Hand and continue on 36 past the Geary School and straight past the Tariff Rd. intersection.

Continuing on State 36 till the 30.6 mile mark when you make a very sharp right hand turn onto Cty. 29. Cty. 29 follows Big Sandy Creek downstream back to the finish in Amma.

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- 0.0 Start - Right out of Park-N-Ride
- 0.3 LT Left turn before crossing bridge.
- 4.2 RT Right turn onto State 36
- 4.9 LT Left on Cty. 60 Tariff Rd.
- 6.5 Begin short steep climb.
- 6.7 Top of Climb
- 9.7 Tariff - Bare left after bridge
- 13.7 Linden
- 17.3 RT Right on State 36
- 17.5 LT Left on 36/12 Flat Fork Rd.
- 22.0 RT Right on State 36
- 23.5 Top of climb
- 26.1 Straight - Close upper Loop
- 27.0 Pass Tariff Rd. Stay on 36
- 27.9 Top of Climb
- 30.6 RT Right on Cty. 29
- 36.1 Straight
- 36.4 Finish

Bike Route	1111 Elevation above sea level
Descents	0.0 Mileage Marker and mileage
Assents	Route Direction


Amma Loop - Clockwise

www.cyclingscenicwv.com

Park at Park N Ride
under Interstate Bridge.

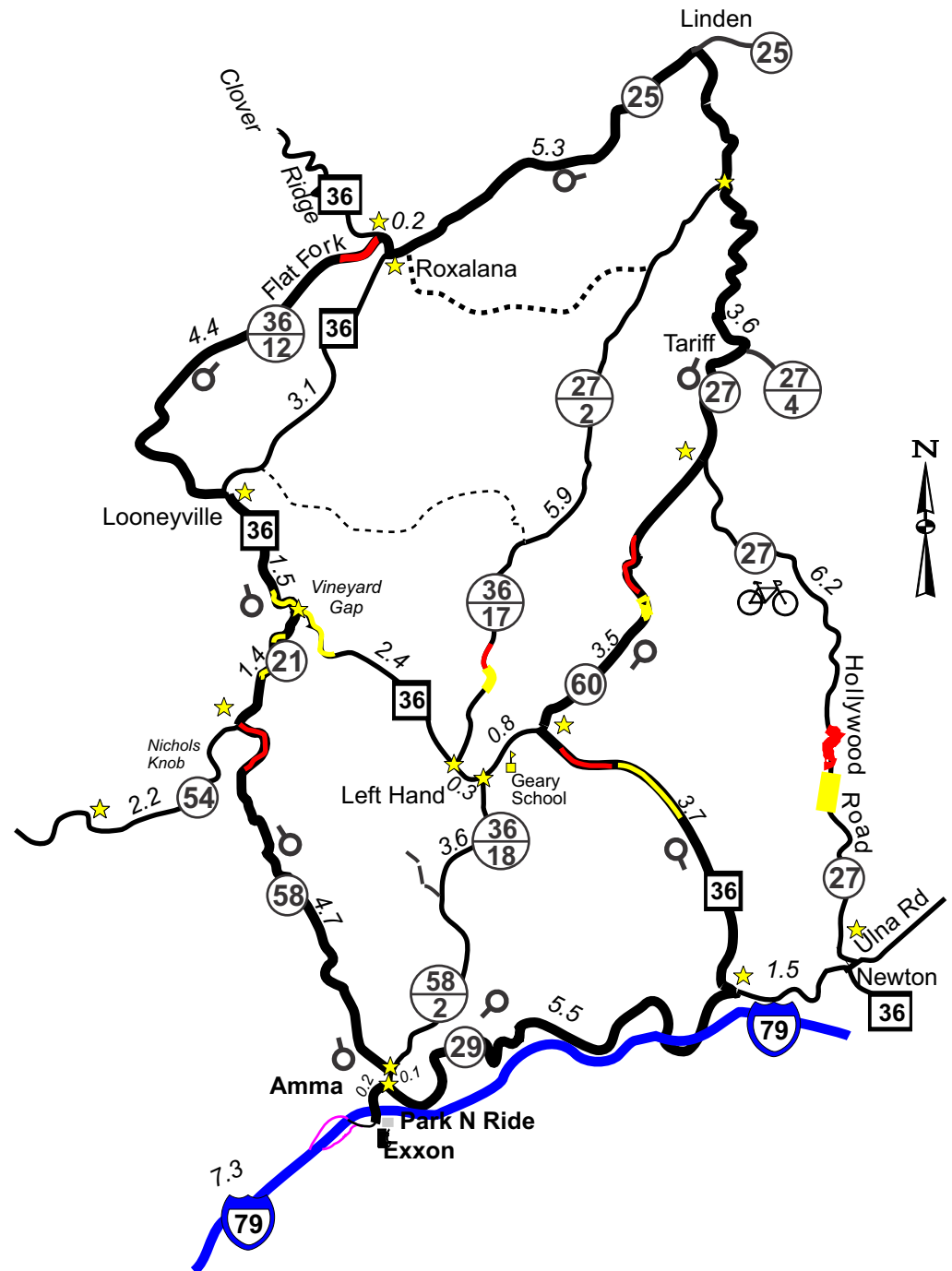
-  Ride Direction
-  Bike Route
-  Other Paved Roads
-  Climbs
-  Descents
-  Mileage Points
-  Miles Between Points

- 0.0 0.0 **Right** out of Park N Ride
- 0.2 0.2 **Left** before crossing the bridge.
- 0.3 0.1 **Left** onto Cty. 58 Little Left Hand
- 5.0 4.7 **Right** on Cty. 21
- 6.4 1.4 **Left** on Route 36
- 7.9 1.5 **Left** on 36/12 Flat Fork Road
- 12.3 4.4 **Right** on State 36
- 12.5 0.2 **Left** on Co. 25 Linden Tariff Rd.
- 24.9 12.4 **Left** on Route 36
- 28.6 3.7 **Right** on Cty.29
- 34.1 5.5 **Straight** across bridge.
- 34.3 0.2 **Finish**

The route as designated  has three climbs, but is otherwise flat by WV standards.

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Amma Loop - Counter - Clockwise

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Park at Park N Ride
under Interstate Bridge.

-  Ride Direction
-  Bike Route
-  Other Paved Roads
-  Climbs
-  Descents
-  Mileage Points
-  Miles Between Points

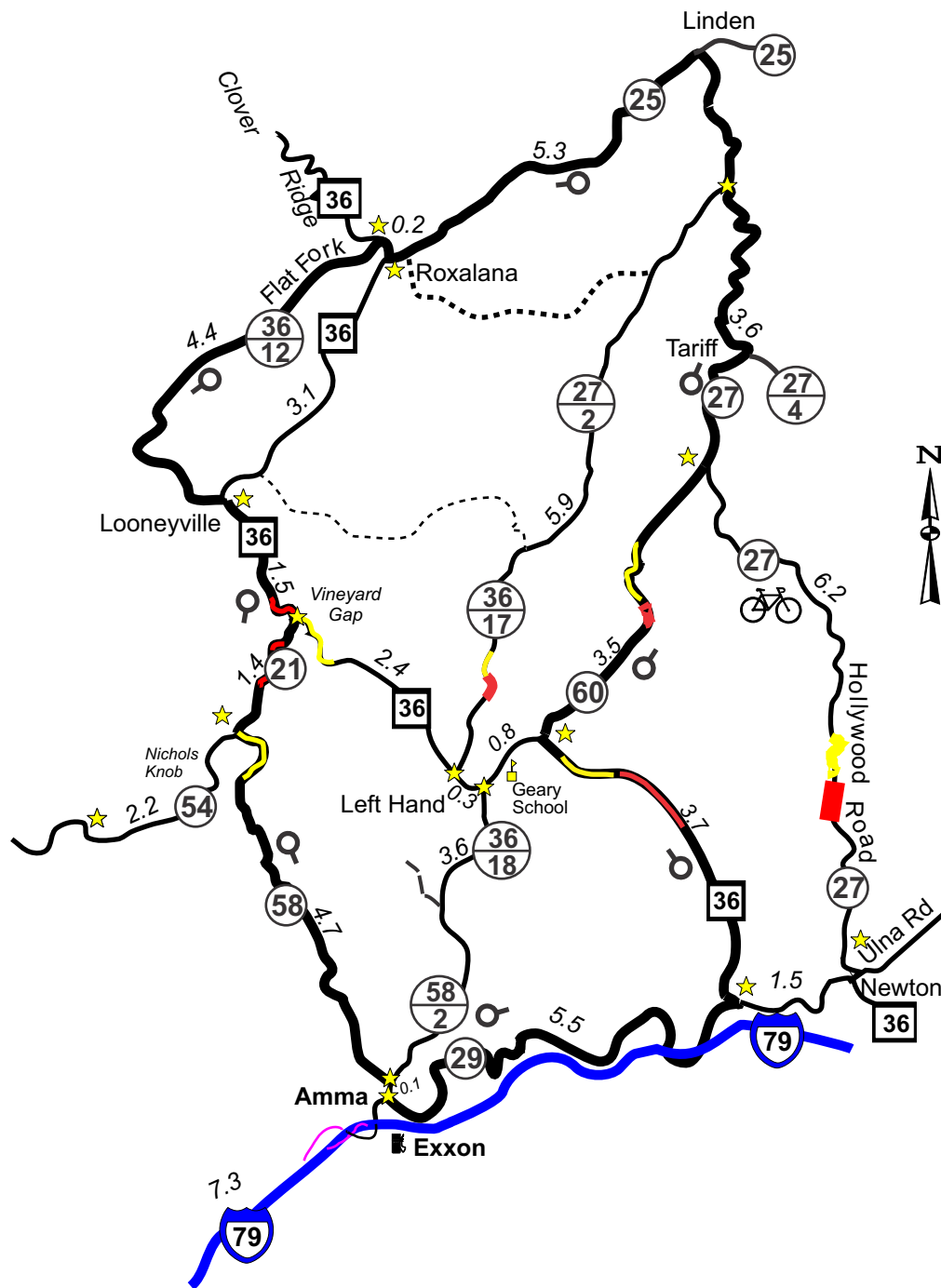
- 0.0 0.0 **Right** out of Park N Ride
- 0.2 0.2 **Bare right** crossing the bridge.
- 5.7 5.5 **Left** onto Route 36
- 9.4 3.7 **Right** on Linden-Tariff Road
- 21.8 12.4 **Right** on Route 36
- 22.0 0.2 **Left** on 36/12 Flat Fork Road
- 26.4 4.4 **Right** on State 36
- 27.9 1.5 **Right** on Co. 21
- 29.3 1.4 **Left** on Cty. 58
- 34.0 4.7 **Right** on Cty. 58/2
- 34.1 0.1 **Right** on Cty.29
- 34.3 0.2 **Finish**

Route 58 has some bad pavement and at least one occurs around a blind turn.

The route as designated  has three climbs, but is otherwise flat by WV standards.








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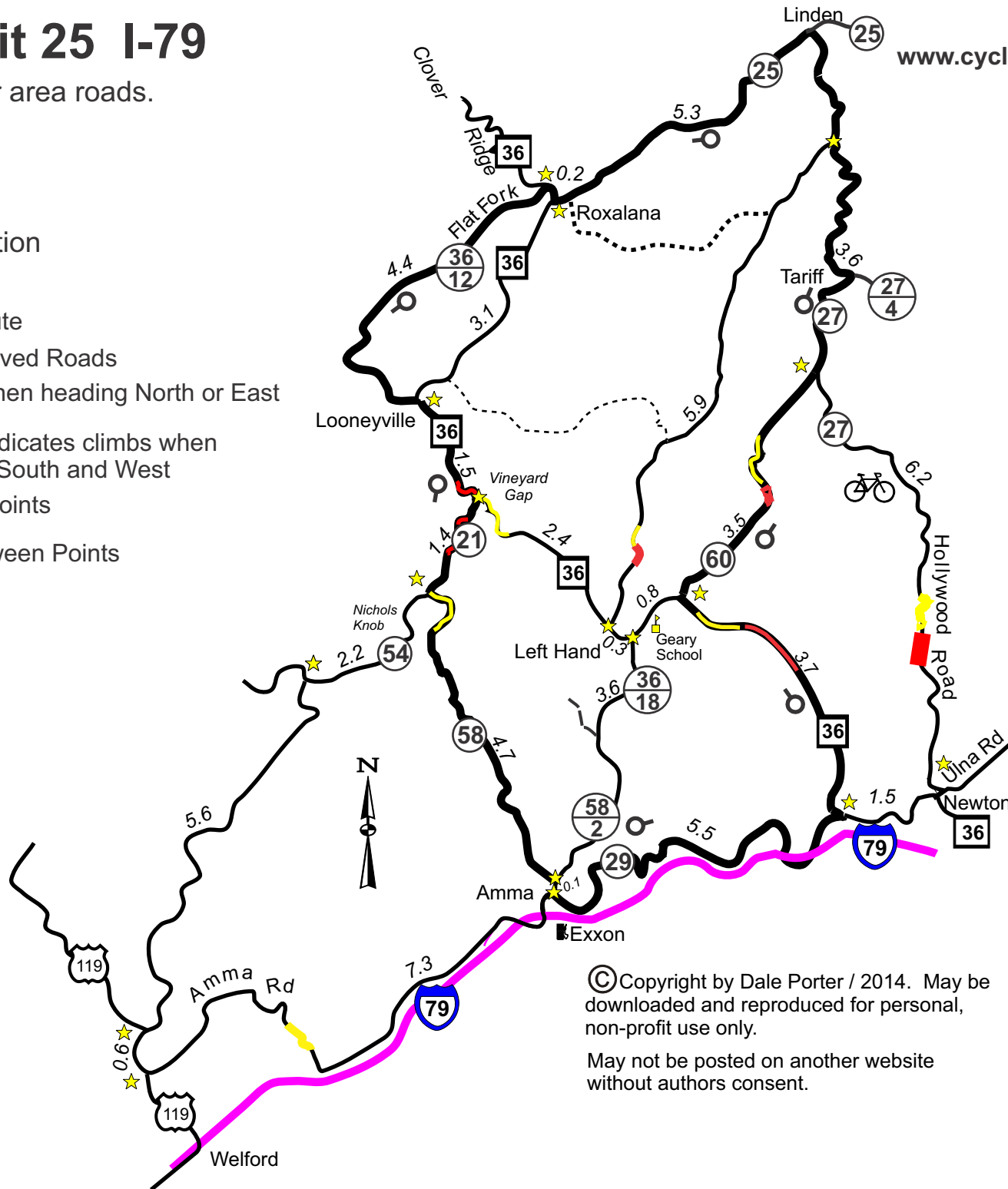


Amma Exit 25 I-79

Showing other area roads.

-  Ride Direction
-  Bike Route
-  Other Paved Roads
-  Climbs when heading North or East
-  Yellow indicates climbs when heading South and West
-  Mileage Points
-  Miles Between Points








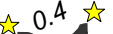
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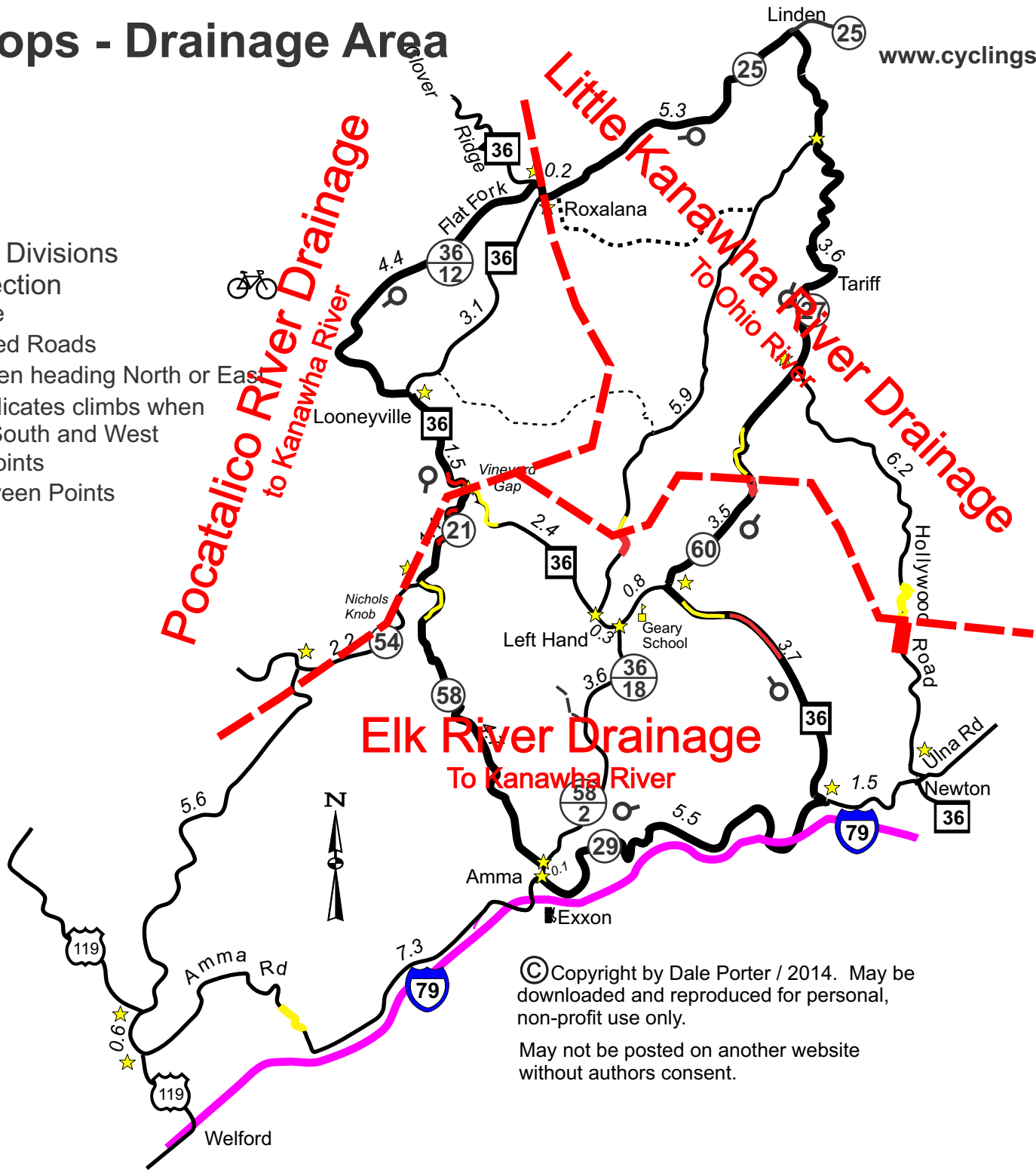


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Amma Loops - Drainage Area

-  Drainage Divisions
-  Ride Direction
-  Bike Route
-  Other Paved Roads
-  Climbs when heading North or East
-  Yellow indicates climbs when heading South and West
-  Mileage Points
-  Miles Between Points



X

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