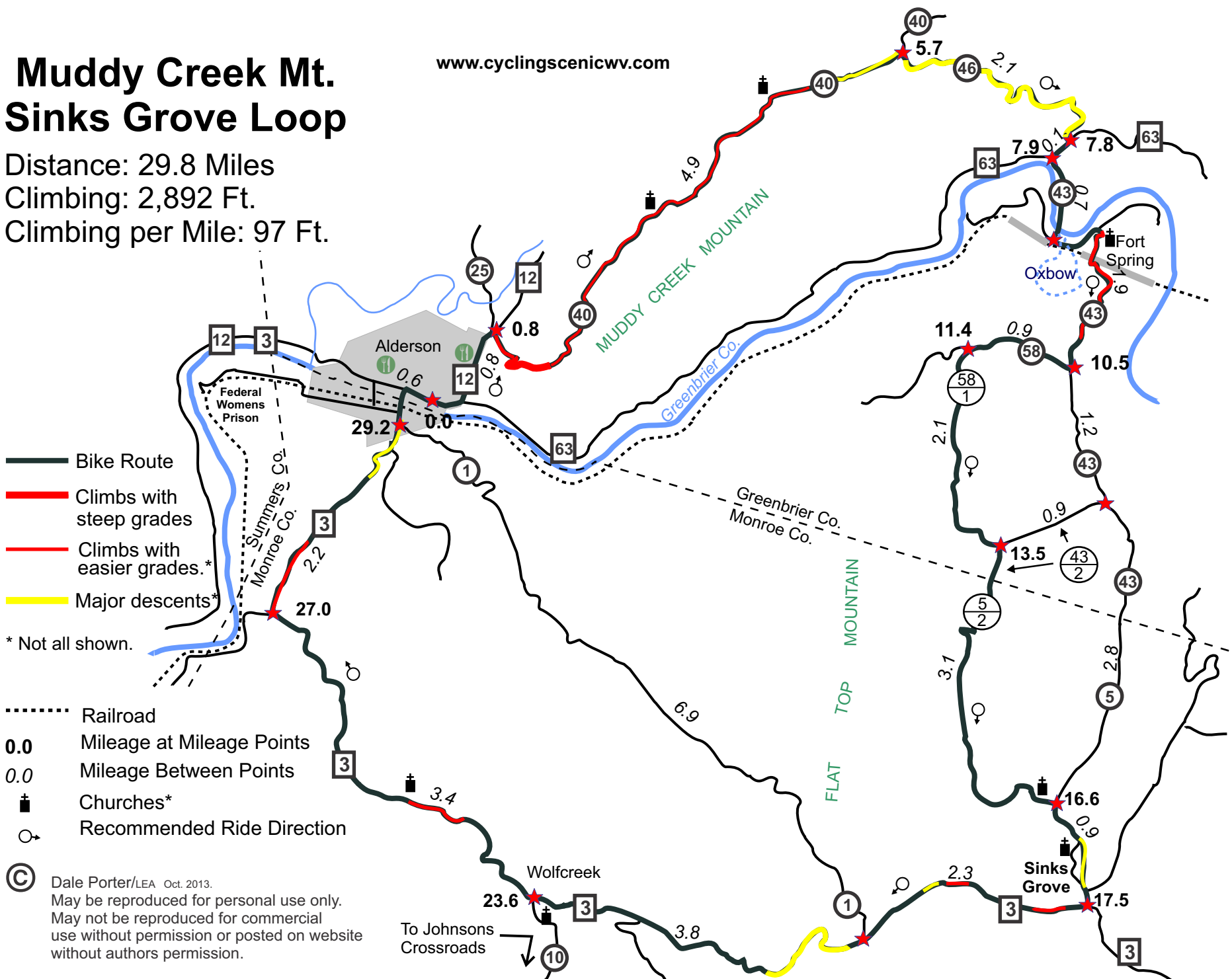


Muddy Creek Mt. Sinks Grove Loop






Distance: 29.8 Miles
 Climbing: 2,892 Ft.
 Climbing per Mile: 97 Ft.

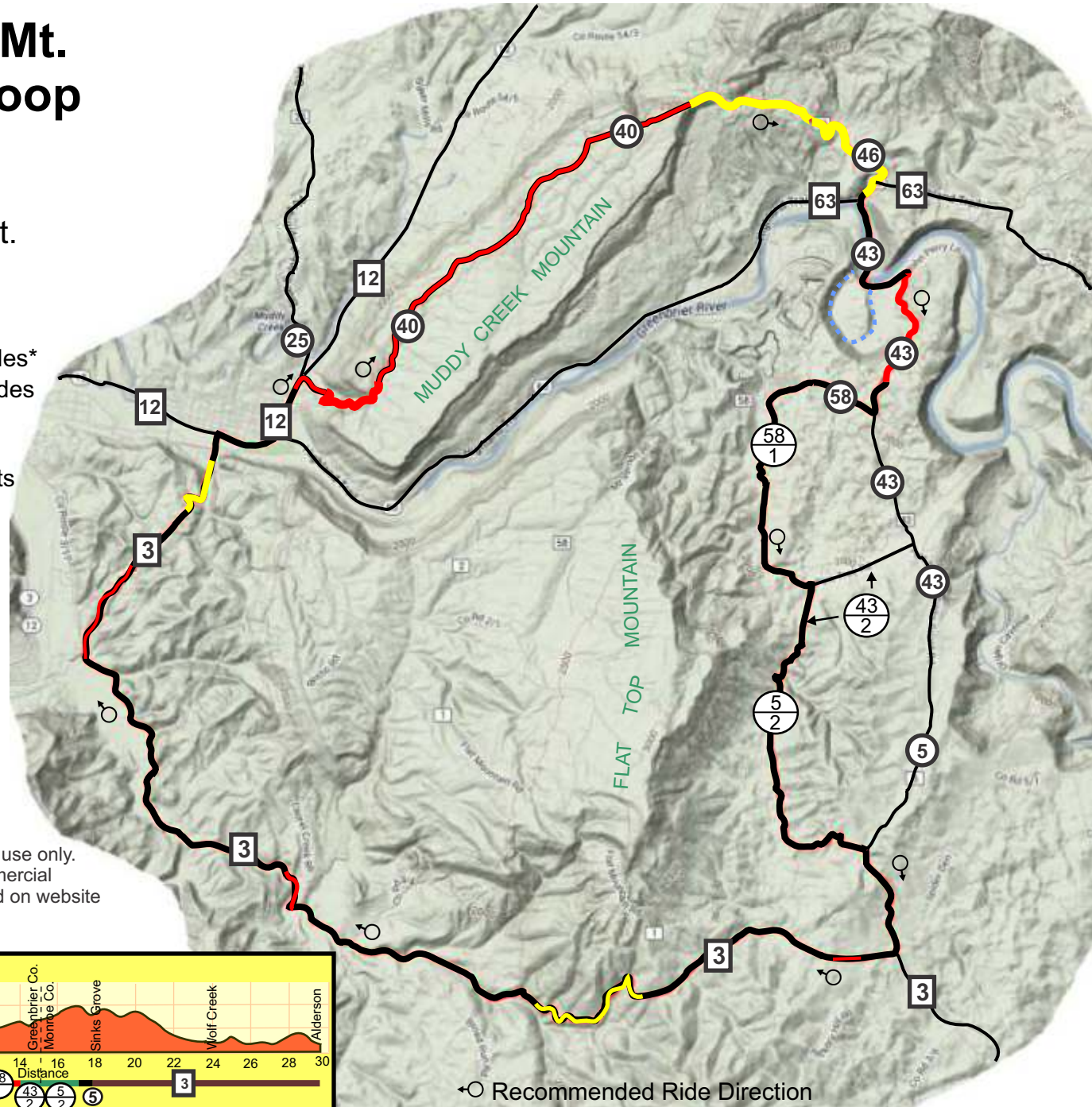
www.cyclingscenicwv.com



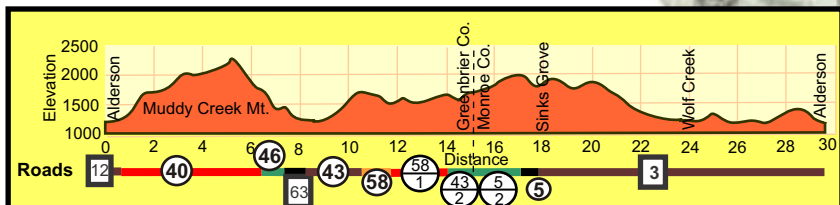
Muddy Creek Mt. Sinks Grove Loop

Distance: 29.8 Miles
 Climbing: 2,892 Ft.
 Climbing per Mile: 97 Ft.

-  Bike Route
 -  Climbs with steep grades*
 -  Climbs with easier grades
 -  Major descents*
 -  Railroad
- 0.0 Mileage at Mileage Points
 0.0 Mileage Between Points



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←○ Recommended Ride Direction

Turn list.

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- 0.0 0.0 **Start:** Riverside park along Greenbrier River in Alderson. Head East/North on Route 12.
- 0.3 0.3 **Bare left** to continue on Route 12.
- 0.8 0.5 **Right** on Muddy Creek Mtn. Road. Cty. 40
- 5.7 0.3 **Right** on Cty. 46. Continue Steep descent.
- 7.8 2.1 **Right** on State 63
- 7.9 0.1 **Left** on Cty. 43
- 10.5 0.4 **Right** on Cty. 58
- 11.4 0.9 **Left** on Cty. 58/1 Longanacre Road.
- 13.5 2.1 **Right** on Cty. 43/2 Scott Hollow Road.
- 16.6 3.1 **Right** on Cty. 5.
- 17.5 0.9 **Right** on State 3.
- 29.2 0.7 **Straight** across pedestrian bridge.
- 29.4 0.2 **Right** on State 12 at end of bridge.
- 29.8 0.4 **Finish.**

Detailed turn list.

- 0.0 0.0 **Start:** Riverside park along Greenbrier River in Alderson. Head East/North on Route 12.
- 0.3 0.3 **Bare left** to continue on Route 12.
- 0.8 0.5 **Right** on Muddy Creek Mtn. Road. Cty. 40
- 1.1 0.3 **Begin real STEEP section.**
- 1.7 0.6 **End of steep section.**
- 5.4 3.7 **Begin steep descent.**
- 5.7 0.3 **Right** on Cty. 46. Continue Steep descent.
- 7.8 2.1 **Left** on State 63
- 7.9 0.1 **Right** on Cty. 43
- 8.6 0.7 **Metal open grid deck bridge** over Greenbrier River. Left at end of bridge.
- 9.1 0.9 **Sharp right** in front of church and begin climb.
- 10.1 1.0 **End of climb.**
- 10.5 0.4 **Right** on Cty. 58
- 11.4 0.9 **Left** on Cty. 58/1 Longanacre Road.
- 13.5 2.1 **Right** on Cty. 43/2 Scott Hollow Road.
- 16.6 3.1 **Right** on Cty. 5.
- 17.5 0.9 **Right** on State 3.
- 19.8 2.3 **Begin long descent** with some sharp curves.
- 23.6 3.8 **Pass road** to Johnsons Crosroads at Wolfcreek.
- 27.0 3.4 **Bare right** and start last climb of the ride.
- 28.5 1.5 **Begin descent** with sharp turns.
- 29.2 0.7 **Straight** across pedestrian bridge.
- 29.4 0.2 **Right** on State 12 at end of bridge.
- 29.8 0.4 **Finish.**

Muddy Creek Mt. Sinks Grove Loop

Distance: 29.8 Miles

Climbing: 2,892 Ft.

Climbing per Mile: 97 Ft.

The route is very scenic with great mountain vista and traveling in and out of the Greenbrier Valley twice.

Route is on narrow un-stripped roads and generally low traffic volume two lane stripped roads. Offers plenty of climbing, especially in the first 2/3s of the ride. Descents have sharp turns, so control speed and be prepared to meet oncoming traffic on the narrow road sections.



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