

Adventure Routes

13 Paved Adventure 199

RouteType: EZ ADVENTURE (ALL PAVED)

Navigation difficulty: AVERAGE

Distance: 199 miles.

Lunch Stop: The Bluegrass Mercentile, Blue Grass, VA. Check their facebook for specials and menu

Direction from Canaan Valley: NW, SW CLOCKWISE

Comments: Ready for adventure, but not ready for gravel? No problem. The Paved Adventure route is for you! This route is paved and features some off-the-beaten-path lane and a half paved or chip and sealed roads that wander through the mountains of West Virginia. It features rolling farm county, scenic views, Seneca Rocks and Seneca Caverns!

15 Beginners ADV 114

RouteType: EZ ADVENTURE

Navigation difficulty: REQUIRES A GPS THAT SUPPORTS TRACKS- NO ROUTE OR PDF AVAILABLE

Distance: 114 miles.

Lunch Stop: Cheetah B's, Petersburg, WV

Direction from Canaan Valley: E, NE COUNTERCLOCKWISE

Comments: Take a scenic adventure consisting of graded gravel road, lane and a half lane chip and seal and paved lane and a half and two lane. This route passes over Dolly Sods and then follows the Potomac river into historic Petersburg. From there it meanders through some of the most beautiful farm country through valleys and over mountains. Route passes through a natural mountain pass and also by a unique waterfall that can be seen from the roadside (marked on the gpx file). This is an easy to intermediate adventure route, the only challenges are the maintained gravel roads.

16 iMAT ADV Loop 1 184

RouteType: INT ADVENTURE

Navigation difficulty: REQUIRES A GPS THAT SUPPORTS TRACKS- NO ROUTE OR PDF AVAILABLE

Distance: 184 miles.

Lunch Stop: The Bluegrass Mercantile, Blue Grass, VA. Check their facebook for specials and menu

Direction from Canaan Valley: E, S, SW CLOCKWISE

Comments: Get an exclusive look at the iMAT route system that was featured in the July/August 2021 issue of RoadRunner Magazine! Loop 1 is a mix of gravel, pavement and some dirt roads with a mild stream crossing or two. Enjoy some of the most epic, scenic beauty on the East Coast! Features of Loop 1 are views like Bear Rocks on Dolly Sods, the famous FR75, Smith Mountain Road (Also known as "the gate road"), Spruce Knob (the highest point in West Virginia), gorgeous rolling farm country of Bluegrass Virginia, the popular Middle Mountain Road and much more!

VERY IMPORTANT: Smith mountain road is a county road that runs through farms pastures, watch for cows, do not spook them. You will likely need to dismount your bike, ride through, and close at least one, if not more gates. Please leave gates open that are left open and ones that are closed left closed. Leave the gates as you find them.

Gas: Available with detour at the end of Smith Mtn Rd by going to Seneca rocks (~60mi) Gas stop for longer range bikes at Bartow (~125mi)

Note: If the seat time is daunting half the ride can be ridden and paved scenic roads will take you back to CVR with minimal planning.

17 iMAT ADV Loop 2 222

RouteType: INT ADVENTURE

Navigation difficulty: REQUIRES A GPS THAT SUPPORTS TRACKS- NO ROUTE OR PDF AVAILABLE

Distance: 222 miles.

Lunch Stop: Snowshoe Mountain- Some dining options may only be available certain days so view the web link and call the establishment you are interested in to ensure operating hours. <https://www.snowshoemtn.com/things-to-do/dining/the-village>

Direction from Canaan Valley: SW COUNTERCLOCKWISE

Comments: Get an exclusive look at the iMAT route system that was featured in the July/August 2021 issue of RoadRunner Magazine! Loop 2 is a mix of gravel, pavement and some dirt roads . Enjoy some of the most epic, scenic beauty on the East Coast! Features of Loop 2 are Bickle Knob overlook tower, Cass Scenic Railroad, Snowshoe mountain top resort, Top of Allegheny battlefield and more!

Lunch: Snowshoe Mountain- Some dining options may only be available certain days so view the web link and call the establishment you are interested in to ensure operating hours. <https://www.snowshoemtn.com/things-to-do/dining/the-village>

Gas: Fuel range needs to be around 120 miles safely. Fuel stop at The base of Snowshoe mountain is around 112 miles from Canaan. Return trip fuel stop at Bartow is much closer, however it's around 111 miles back to Canaan so if you made it to Snowshoe you SHOULD be able to make it back.

18 iMAT ADV Loop 3 128-158

RouteType: INT ADVENTURE

Navigation difficulty: REQUIRES A GPS THAT SUPPORTS TRACKS- NO ROUTE OR PDF AVAILABLE

Distance: 128-158 miles.

Lunch Stop: Mama Mia Pie and

Pasta <https://mamamiapieandpasta.com/> <https://www.facebook.com/mamamiappizzeria>

Direction from Canaan Valley: E, NE COUNTERCLOCKWISE

Comments: Get an exclusive look at the iMAT route system that was featured in the July/August 2021 issue of RoadRunner Magazine! Loop 3 was hands down the favorite route of Florian and Steve from RoadRunner. It is primarily gravel and paved mix. Scenic beauty and surprises await around every corner. Some of the highlights include The Sinks of Gandy, Government Road and Olsen Tower. The primary route bypasses two challenge sections that are not for the faint of heart. The Canyon Rim Road and Canaan Loop both feature gnarly rock bed roads with multiple stream crossings and mountain scenery like you will not experience anywhere else, if you decide to accept the challenge!

Gas: Available in Elkins, Parsons, Thomas and Davis along the route marked on the GPX file.

Time: Expect ride to take 5-7 hours depending on stops

Note: For those adventurous the Sinks of Gandy is a mountain stream that goes under ground the opening can be seen clearly from the hike outlined on the GPX file. This IS private property so be respectful. In the past I have encountered a ranch hand (or owner?) who told me as long as they owned it they have no intentions of keeping the Sinks from anyone as it is a natural wonder. It is private property and a cow pasture, enter at your own risk.

19 iMAR ADV Loop 1 215

RouteType: EZ ADVENTURE

Navigation difficulty: REQUIRES A GPS THAT SUPPORTS TRACKS- NO ROUTE OR PDF AVAILABLE

Distance: 215 miles.

Lunch Stop: Snowshoe Mountain- Some dining options may only be available certain days so view the web link and call the establishment you are interested in to ensure operating hours. <https://www.snowshoemtn.com/things-to-do/dining/the-village>

Direction from Canaan Valley: W, SW COUNTERCLOCKWISE

Comments: The iMAR Route system is a mix of easier gravel and pavement that takes you on a ride through nearly the same area as the iMAT route system but it is less challenging and utilizes some other great adventure roads. Loop 1 of the iMAT will take you on a ride through some of the state's most scenic areas. Roads vary from gravel roads, that were formerly railbed, following along the river to mountain top paved roads. This ride will take you to Snowshoe and through Cass Scenic Railroad as well as Top of Allegheny battlefield.

Gas: Fuel range needs to be around 120 miles safely. Fuel stop at The base of Snowshoe mountain is around 117 miles from Canaan. Return trip to Canaan is around 98 miles so if you made it to Snowshoe you SHOULD be able to make it back fine.

Time: Expect ride to take 9-11 hours depending on stops

21 Honestly ADV 125

RouteType: INTERMEDIATE ADVENTURE

Navigation difficulty: REQUIRES A GPS THAT SUPPORTS TRACKS- NO ROUTE OR PDF AVAILABLE

Distance: 125 miles.

Lunch Stop: Lil' Moes, Phillipi, WV <https://www.facebook.com/little.moes/>

Direction from Canaan Valley: NW CLOCKWISE

Comments: As they say- honesty is the best policy. Well, this ride is honest. It is an intermediate adventure ride that will take you through gravel roads, paved lane and a half roads rolling through farm country and a few sections of dirt road with exposed rock bed as well as former railbed (as is evident by repurposed rail bridge). The scenery is quite diverse, it is rolling farm country, rocky river valley, mountain streams and honest exposure to impoverished rural Appalachian areas. The mixture of scenic beauty and poverty is a sobering socioeconomic journey that leaves one with introspection.

Gas: Phillipi Sheetz (60mi)