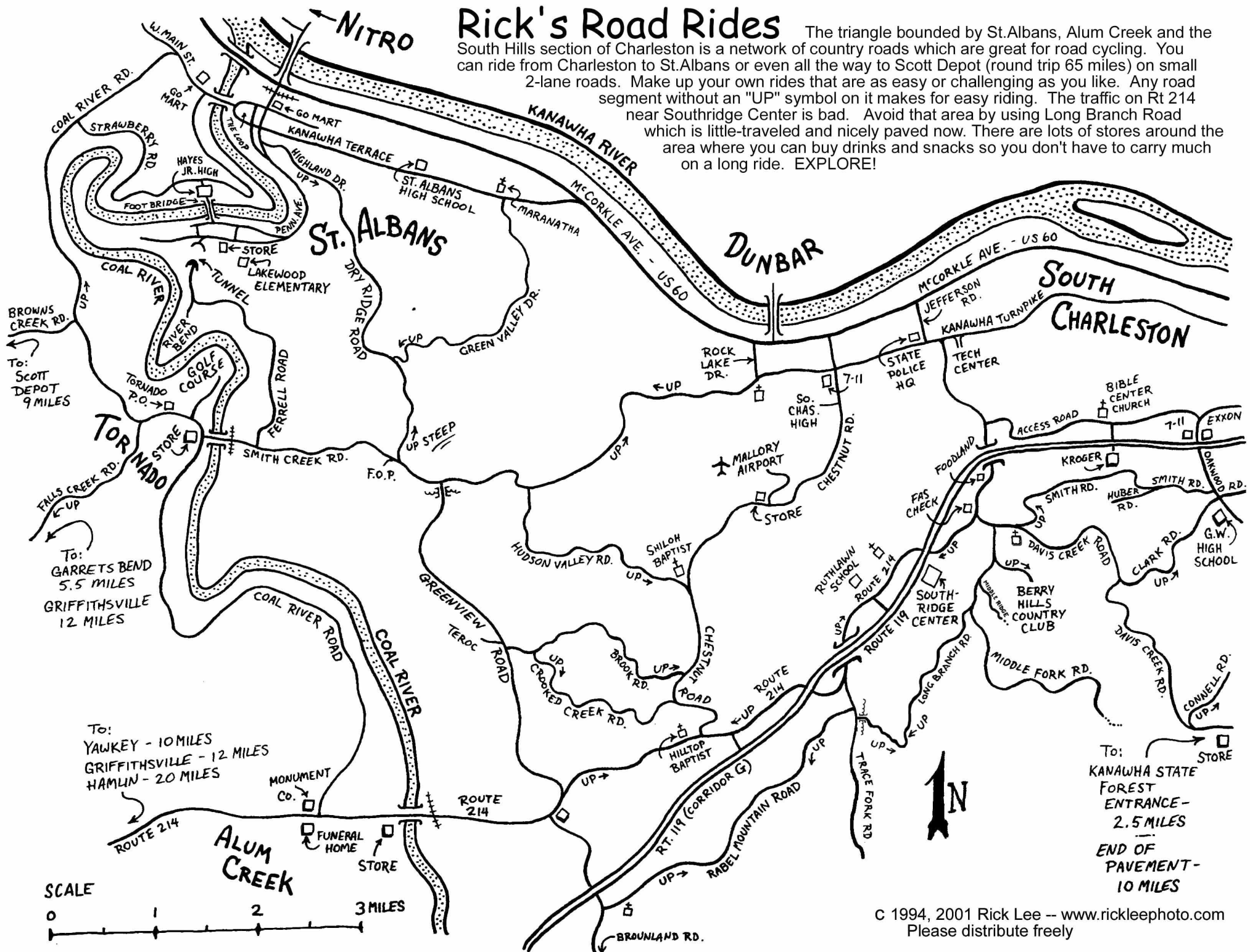


Rick's Road Rides

The triangle bounded by St. Albans, Alum Creek and the South Hills section of Charleston is a network of country roads which are great for road cycling. You can ride from Charleston to St. Albans or even all the way to Scott Depot (round trip 65 miles) on small 2-lane roads. Make up your own rides that are as easy or challenging as you like. Any road segment without an "UP" symbol on it makes for easy riding. The traffic on Rt 214 near Southridge Center is bad. Avoid that area by using Long Branch Road which is little-traveled and nicely paved now. There are lots of stores around the area where you can buy drinks and snacks so you don't have to carry much on a long ride. EXPLORE!



To: SCOTT DEPOT 9 MILES

To: GARRETS BEND 5.5 MILES
GRIFFITHSVILLE 12 MILES

To: YAWKEY - 10 MILES
GRIFFITHSVILLE - 12 MILES
HAMLIN - 20 MILES

To: KANAWHA STATE FOREST ENTRANCE - 2.5 MILES
END OF PAVEMENT - 10 MILES

