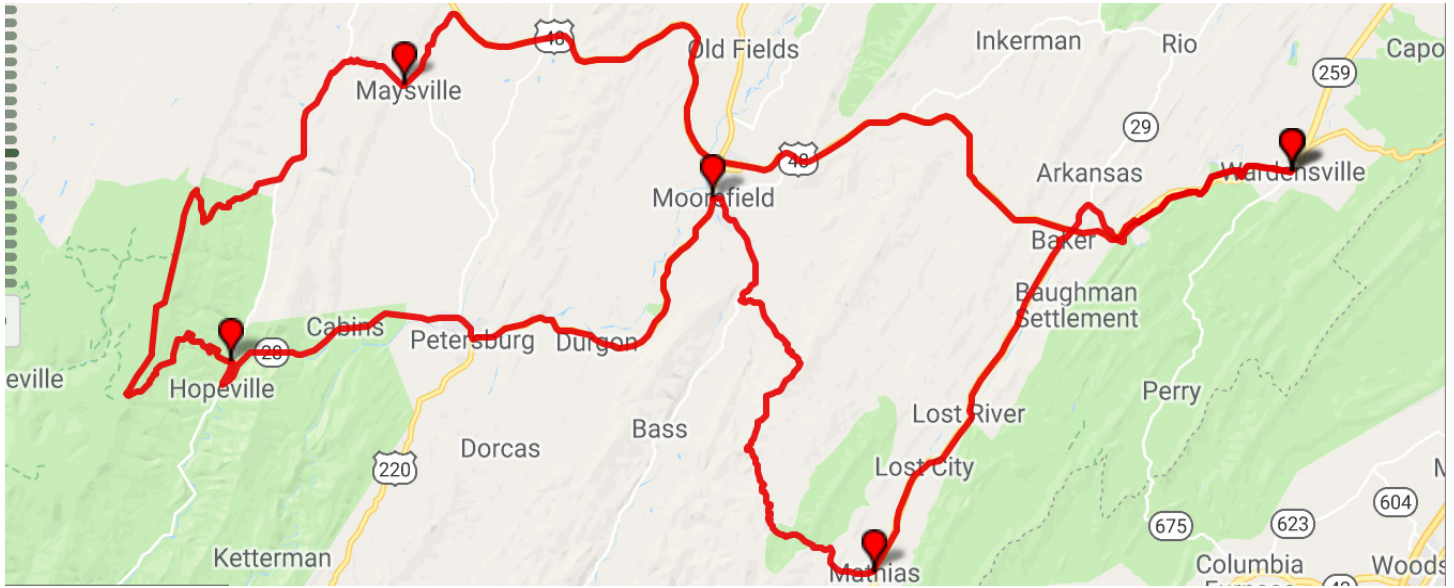


Appalachian Dual Sport



APPROXIMATELY 137 MILES

Enter the George Washington National Forest on a dirt Forest Road that will take you to the Lost River Valley. Climbing past Lost River State Park, you'll go over Branch Mountain (CAUTION: there are some patches of rough road before you reach the summit) to Moorefield then Petersburg. You will enter the Monongahela National Forest and then onto dirt again through Dolly Sod's rocky plateaus and wooded Forest Roads. The Mountain Skyway (WV48) will take you to "Lover's Lane" then onto Old RT 55. Lots of places to stop but not on the two Forest Roads. Note: Route best traveled on a weekday. Check weather/road conditions before you go (www.fs.usda.gov/main/mnf/maps-pubs & www.fs.usda.gov/alerts/gwj/alerts-notice).

EAT

The Home Place "Meals are served, memories are made." Homestyle food, steaks, grilled chicken & more. Open Daily: Breakfast, Lunch, Dinner. No dinner Weds. 13842 SR 259, Mathias; (304) 897- 6502; @thehomeplacewv

Lost River Grill Classic comfort foods: home-made meatloaf, steaks, seafood & our famous cream pies. Dinner daily, Lunch Tues – Sun, Breakfast Sat & Sun. 8079 SR 259, Lost River; (304) 897-6482; www.lostrivergrill.com

Steve's Broken Spoke Bar & Grill "A Beer Bar with Bar Food" – Bikers know this original hole in the wall serves cold beverages with the best burgers, steak & shrimp around! Open Wed – Sun, afternoon to close. 14977 Old RT 55, Baker; (304) 897-7706.

EXPLORE

George Washington National Forest The Lee Ranger District (Hawk, Trout Pond & Wolf Gap Recreation Areas) offers exception-al trails for hiking, mountain biking, camping, fishing, bird watching, and photography. www.fs.usda.gov/gwj.

Valley View Golf Club Public course plays par 71. On historical Civil War property with mountain views. Clubhouse has snack bar, pro shop, locker rooms & covered deck. No tee-time required. 4638 US 220 S, Moorefield; (304) 538-6564; www.valleyviewgolfwv.com.

West-Whitehill Winery Produces fine wines from South Branch Valley and Potomac Highlands. Our climate is particularly suited for growing the best French American grapes. Retail sales. Call for wine tasting and tour. 4484 US 220 S Moorefield; (304) 538-2605; www.westwhitehillwinery.com.

Civil War Trails The region's communities were divided in their loyalties during the Civil War. Follow the 40 Civil War Markers across the four counties to track troop movements, visit sites of entrenchments and encampments, and see related historic structures. www.civilwartrails.org/mapguides.html.

SHOP

Smoke Hole Caverns and Resort Incredible rock formations including "World's Longest Ribbon Stalactite." Open all year. Bring jacket; Caverns are 56°. Gemstone mining & huge gift shop. 8290 N. Fork Hwy, Cabins; (800) 828-8478; www.smokehole.com.