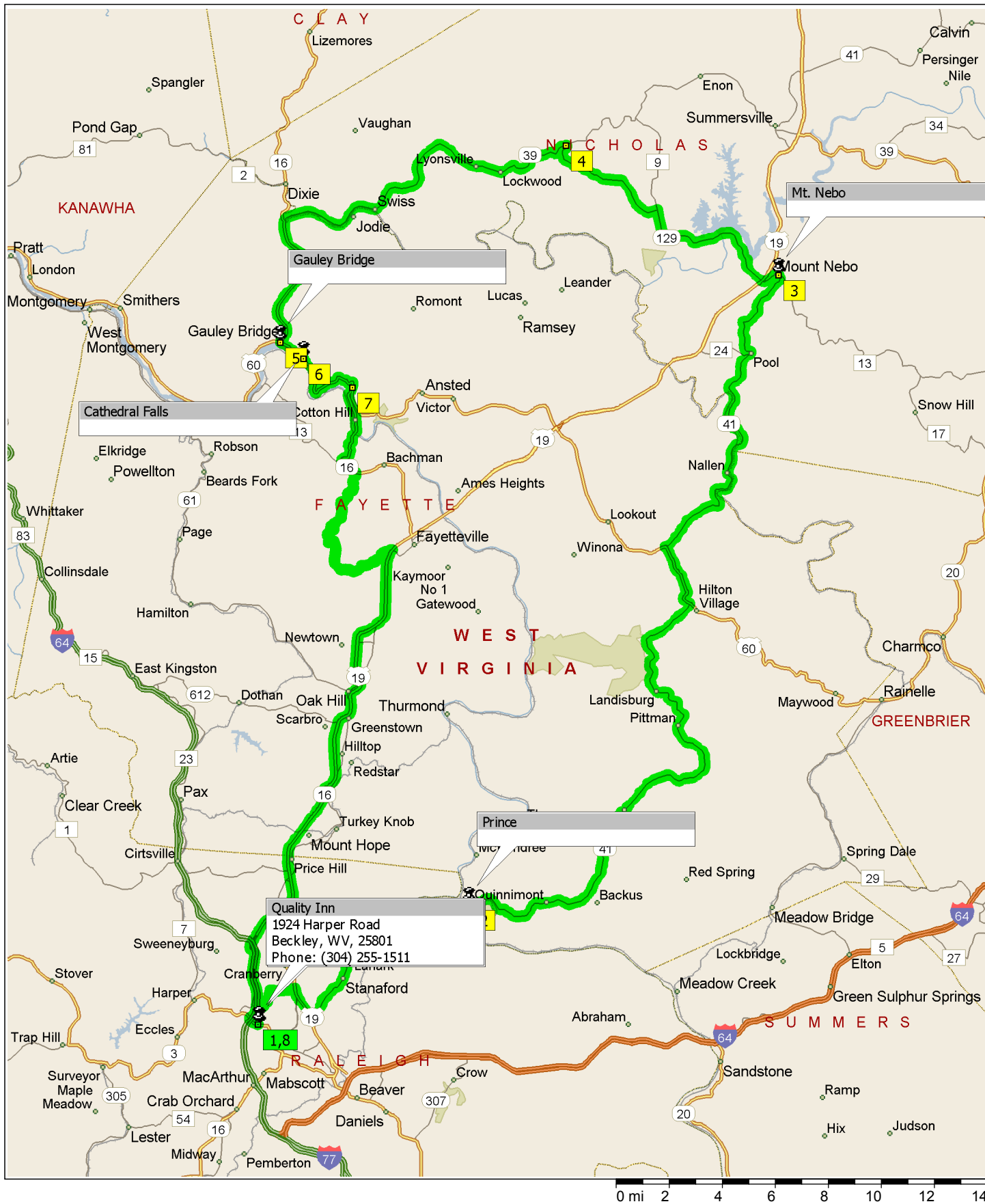


SWVMCTNationalRiver

118.2 miles; 2 hours, 56 minutes



9:00 AM	0.0 mi	1 Depart Quality Inn on SR-3 [Harper Rd] (West) for 0.2 mi
9:00 AM	0.2 mi	Turn RIGHT (North) onto Pikeview Dr for 0.8 mi
9:02 AM	1.0 mi	Bear LEFT (North-East) onto Holiday Dr for 0.5 mi
9:03 AM	1.5 mi	Road name changes to Pinewood Dr for 1.2 mi
9:05 AM	2.6 mi	Turn RIGHT (South) onto US-19 [SR-16] for 0.2 mi
9:06 AM	2.9 mi	Turn LEFT (East) onto US-19 [N Eisenhower Dr] for 1.2 mi
9:08 AM	4.1 mi	Turn LEFT (North) onto SR-41 [Stanaford Rd] for 4.7 mi
9:16 AM	8.8 mi	Turn RIGHT (East) onto SR-41 [Johnstown Rd] for 3.9 mi
9:22 AM	12.7 mi	Bear RIGHT (North-East) onto SR-41 for 0.3 mi
9:23 AM	13.0 mi	2 At Prince, stay on SR-41 (East) for 21.4 mi
9:57 AM	34.5 mi	Bear LEFT (North-West) onto US-60 [SR-41] for 2.5 mi
10:00 AM	37.0 mi	Turn RIGHT (East) onto SR-41 for 9.9 mi
10:16 AM	46.9 mi	Keep STRAIGHT onto SR-41 [CR-24] for 131 yds
10:17 AM	47.0 mi	Bear LEFT (North) onto SR-41 for 3.8 mi
10:23 AM	50.8 mi	3 At Mt. Nebo, turn LEFT (West) onto SR-129 for 6.8 mi
10:33 AM	57.6 mi	Turn LEFT to stay on SR-129 for 5.0 mi
10:41 AM	62.6 mi	4 At Drennen, stay on SR-129 (North) for 43 yds
10:41 AM	62.6 mi	Turn LEFT (West) onto SR-39 for 13.9 mi
11:04 AM	76.5 mi	Keep STRAIGHT onto SR-16 [SR-39] for 5.5 mi
11:11 AM	82.0 mi	5 At Gauley Bridge, turn LEFT (East) onto US-60 [SR-16] for 1.1 mi
11:12 AM	83.1 mi	6 At Cathedral Falls, stay on US-60 [SR-16] (East) for 3.4 mi
11:16 AM	86.5 mi	7 At Chimney Corner, return North on US-60 for 32 yds
11:16 AM	86.5 mi	Turn LEFT (South) onto SR-16 for 3.9 mi
11:23 AM	90.4 mi	Turn RIGHT (South) onto CR-8 [Dempsey Rd] for 3.4 mi
11:27 AM	93.9 mi	Turn LEFT to stay on CR-8 [Dempsey Rd] for 3.4 mi
11:30 AM	97.3 mi	Keep STRAIGHT onto CR-8 [Laurel Creek Rd] for 0.3 mi
11:30 AM	97.5 mi	Turn RIGHT (South-West) onto US-19 [Connector L] for 15.3 mi
11:50 AM	112.8 mi	Road name changes to US-19 Alt for 1.8 mi
11:52 AM	114.6 mi	Keep STRAIGHT onto Ramp for 0.7 mi
11:53 AM	115.3 mi	*Toll road* Merge onto I-64 [I-77] for 2.3 mi
11:55 AM	117.6 mi	At exit 44, turn RIGHT onto Ramp for 0.2 mi towards WV-3 / Harper Rd. / Beckley
11:55 AM	117.8 mi	Turn LEFT (South-East) onto SR-3 [Harper Rd] for 0.4 mi towards WV-3 / Harper Rd / Beckley
11:56 AM	118.2 mi	8 Arrive Quality Inn