



Plateau to Percy Bike Tour FAQ

When: September 21st-24th 2023

Where: Dunlap, TN to Nashville, TN. We'll ride through the northern part of the Sequatchie Valley, then head west towards Percy Priest Lake in Nashville. You'll get to enjoy some of Tennessee's most scenic bicycle routes. We'll be riding along quiet, rural roads and enjoying the rolling hills - and some larger climbs :) - throughout East and Middle Tennessee. You'll get to explore small, TN towns, as well as cycle past lakes, rivers and farmlands. Ride with us to see what makes Tennessee such a beautiful state!

Why: This ride is a fundraiser for Walk Bike Nashville. The ride will be the main financial support for our [Families for Safe Streets program](#), a support and advocacy group for those that are victims of traffic violence.

Bike Tour Highlights:

- Stay at some of TN's beautiful state parks, including Fall Creek Falls, Cumberland Mountain, and Edgar Evins. You'll have time to explore each park upon arrival. Hike, soak in the scenery, or sit by the beautiful lakes and rivers within each park.
- Spend two days biking through the Sequatchie Valley. The Sequatchie Valley is known for its charming towns, rolling hills in the valley, and stunning views from the plateaus. The Sequatchie Valley is part of the Cumberland Plateau region of the Appalachian Mountains and is a coveted bike rider's destination.
- View multiple lakes and rivers along the way, including the Sequatchie River, Center Hill Lake, and Percy Priest Lake. If you're bold enough to endure the chilly water, bring a bathing suit and take a dip along the way!

Costs to participate:

- \$1,500 for a cabin room, shared with another person
- Note: We will have a limited availability of 20 participants for this year's ride. Participation and accommodation requests will be on a first come, first served basis.



Day by Day Distances, Destinations and Highlights:

- Day 1: 40.8 miles: Dunlap, TN to Fall Creek Falls State Park
 - Explore Dunlap, TN and enjoy lunch from a local sandwich shop before heading over the Sequatchie river to begin our 4-day journey
 - Ride through the Sequatchie Valley, some of Tennessee's most scenic bikeways; the Sequatchie Valley boasts beautiful, quiet, country roads and vast landscapes
 - Stay at Fall Creek Falls State Park and enjoy dinner and s'mores by the campfire
- Day 2: 51.9: Fall Creek Falls State Park to Cumberland Mountain State Park
 - Continue another day's riding in the Sequatchie Valley. Enjoy the morning descent into the valley floor and the rewarding climb to get back to the plateau :)
 - Stop to have a coffee or ice cream at Ember's Ice Cream Shoppe in Pikeville's Historic Main St
 - Ride past Lake Tansi, a resort community by the lake
 - Have time to explore the Cumberland Mountain State Park and it's beautiful hikes, lake, creeks, and wildlife
 - Stay at Cumberland Mountain State Park, relax by the fire and enjoy dinner and s'mores
- Day 3: 71.1: Cumberland Mountain State Park to Edgar Evins State Park
 - Sunset Rock scenic overlook
 - Explore small TN towns such as Sparta and Baxter
 - Stop by the Calfkilmer Brewery or Happy Trails Brewery Taproom in Sparta
 - In Baxter, enjoy an ice cream or beer at the Whistle Stop Cafe
 - Stay at Edgar Evins State Park
 - Grab a snack, drink or dessert at the Marina Restaurant within the park
- Day 4: 62.0: Edgar Evins State Park to Percy Priest Lake
 - Ride over the Center Hill Dam
 - Enjoy a coffee or a sweet treat in Watertown
 - Explore Eagle Park in Mt. Juliet; a bicycle education park designed by an Eagle Scout
 - Enjoy a celebration party at the end of the ride at Percy Priest Lake
 - Hear from Families for Safe Streets members about the impact of your fundraising efforts

**Included in fundraising amount:**

- Sleeping accommodations
- Ride arrangements to get you, your luggage and your bike to the starting location in Dunlap, TN
- Prepared meals at each State Park:
 - Day 1 lunch and dinner
 - Day 2 breakfast, lunch and dinner
 - Day 3 breakfast lunch and dinner
 - Day 4 breakfast and lunch
- Snacks, water and gatorade for each ride day
- Van and bike guide support for each ride day
- WBN will carry your belongings to each new ride destination
- Event bike jersey

Accommodations

- We'll be staying at Fall Creek Falls, Cumberland Mountain and Edgar Evins State Parks
- We'll prepare all dinner meals at the cabins
- Cabins range in 1 - 3 bedrooms, depending on which park
 - Most have double beds
 - Indoor restrooms (1 - 2, depending on which park)
 - Heating and cooling
 - All linens provided
 - Kitchen supplies and utensils provided

Arriving at our ride start location in Dunlap, TN:

Walk Bike Nashville will provide van transportation for you, your bike and your luggage to Dunlap. We will meet at our Percy Priest finishing location. There you will leave your car (or have someone drop you off).

If you do not want to ride in the provided vans, you have the option to transport yourself, your luggage and your bike to Dunlap, TN. If you take your personal car, you will be responsible for getting your car back to Nashville from Dunlap after the bike tour is completed.



Packing List:

You can view our packing list [here](#).

E-Bikes and Other Non-Traditional Bikes:

E-bikes and some other non-traditional bikes are allowed on this tour. Although, we ask that you are able to ride your bike for up to 70 miles. Please bring multiple batteries for your e-bike, as the life of the battery will likely run out during our long ride days.

COVID-19:

We will be monitoring the COVID-19 updates, developments and CDC guidelines as the trip approaches. We will do all that we can to keep everyone safe during the bike tour. A few of our protocols so far are that we will:

- Strongly recommended COVID testing for all participants within a week of the ride start date
- Require all those preparing food and/or distributing snacks to wear gloves
- Supply an abundance of hand sanitizer and cleaning supplies
- Wipe down water jugs and other items that are frequently touched by participants
- Monitor riders each day for any COVID-19 symptoms.

