

PREVAILING WINDS



Prevailing winds and mean annual wind speed (in miles per hour) Northeast winds prevail in September and October

TEMPERATURE



Average high and low temperatures (in Fahrenheit) for each season. Winter through Fall. By region.

PRECIPITATION



Mean number of days with 0.01 or more inches of precipitation per year

Bicycle Laws and Safety Tips

In North Carolina the bicycle is legally classified as a vehicle. This means that bicyclists have full rights and responsibilities on the roadway and are subject to the regulations governing the operation of a motor vehicle. North Carolina traffic laws require the rider of a bicycle to:

- ride on the right, in the same direction as other moving traffic;
- obey all traffic signs and signals, including stop and yield signs and one-way directional signs;
- use signals to communicate intended movements;
- yield to pedestrians and emergency vehicles;
- equip the bicycle with a front lamp visible from 300 feet and a rear reflector or lamp which is visible from a distance of 200 feet at night;

In addition, bicycles are prohibited from all interstate highways.

Traveling by bicycle can be an exhilarating experience, but requires a great deal of care on the part of the cyclist. Motor vehicle drivers often do not see bicyclists on the road and many do not realize that the bicyclist has a legal right to be there. It is important, therefore, to ride defensively and in a predictable manner. The bicycle always loses in a conflict with a car. Stay alert and keep safe.

To insure a safe trip along the back roads of North Carolina, please note the following suggestions:

- always wear a bicycle helmet;
- avoid riding at night, especially in rural areas;
- when riding in a group, ride single file;
- do not ride during periods of low visibility, particularly at dusk, in dense fog or during heavy rain;
- do not attempt trips which are beyond your capabilities;
- wear bright clothing for visibility;
- be courteous to other drivers; keep traffic flowing by helping them pass you in a safe manner.

"This guide is published by the Department of Transportation as an aid to bicyclists. The Department of Transportation in no manner warrants the safety of the highways indicated on these maps for use by bicyclists. These roads are suggested only as more suitable than others for use by bicyclists as connecting routes. All roads suggested are regular roads of the highway system used by automobiles and trucks, with no special lanes provided for bicycles. As no separate lanes are provided for bicycles and therefore are dangerous for use by bicyclists, the bicyclist assumes the risk for his own safety when using the routes indicated on these maps."

It is urged that no one under 15 years of age attempt to ride all or any portion of these routes without adult supervision.



MOUNTAINS TO SEA

NORTH CAROLINA



BICYCLING HIGHWAYS



NORTH CAROLINA BICYCLE ROUTE SYSTEM



Mountains to Sea/Carolina Connection – alternate route due to road closures in Morrisville

From the North/East

Coming from the north (at the intersection of Ebenezer Church Road and Westgate Road): south on Ebenezer Church Road, across Glenwood to Graylyn Drive, through Umstead to the trail that goes northwest to Old Reedy Creek Road, cross I-40 on Old Reedy Creek, turn right on Weston Parkway, left on Evans Road, right on Cary Parkway, right on High House Road to rejoin the route (at the intersection of High House Road and Davis Drive).

From the South/West

From Davis Drive/High House Road intersection in Morrisville – east on High House Road, left on Cary Parkway, left on Evans Road, right on Weston Parkway, left on Old Reedy Creek Road, cross I-40, go through Umstead Park to connect with Graylyn Drive, continue north on Ebenezer Church Road, right on Westgate Road to rejoin the route.

Bicycling Highways

North Carolina is an ideal place to bicycle tour. Climate, terrain and the many miles of pleasant country roads combine to provide an exciting trip for every type of bicyclist . . . long-distance tourist, week-end rider or day tripper.

Many people are unaware of the unlimited cycling opportunities in North Carolina. For this reason, the Department of Transportation Bicycle Program created a system of "Bicycling Highways", routed along 3,000 miles of lightly traveled back roads throughout the state. Ten different routes have been developed, selected according to strict criteria based on the safety needs of cyclists. These "Bicycling Highways" routes generally parallel major highways, thus offering a good alternative to those busy roads.

Mountains to Sea

From Murphy to Manteo, the extremes of North Carolina---that's where this 700-mile route takes you. On the way you'll pass the loftiest peaks east of the Rockies, traverse portions of the Blue Ridge Parkway, then drop 2,000 feet from the Blue Ridge escarpment to the rolling foothills of the piedmont. Quiet lanes take you through lush farm country to most of the major cities of the state. Once past Raleigh, the flat land of the coastal plain makes the ride to the coast seem easy. Seventy miles from the end of the route you have the choice of taking the ferry to Ocracoke and the Outer Banks or continuing to Manteo. Either way, you can't lose. Wide Atlantic beaches are your reward at the end of the trip.

The Mountains to Sea route is designated as NC Bike Route 2. Signs like the one to the right mark the way. But don't put your maps away, just in case a sign is missing. Otherwise you could find yourself a long way off the route or on a road not suited for cycling.



6,000 copies of this map set were produced at a cost of \$1.08 per set.

Using This Guide

The information presented in this guide has been compiled to help you prepare for and take a bicycle trip along one of the North Carolina "Bicycling Highways" routes. Included is information on state laws which pertain to bicycles, safety tips, weather information, sources for additional tourist information, a campground directory and a set of strip maps detailing the route.

These maps provide a wealth of information. To orient you to your general location, the road network, prominent physical features, cities and towns and county boundaries are shown. A north arrow and scale of miles/kilometers are also included. The actual route you follow is highlighted with color. An enlargement of any section of the route which is confusing or difficult to follow is shown in a special inset on the appropriate map segment. Match lines are provided to show how the segments of the route fit together. If another "Bicycling Highways" route intersects the route you are following, it is identified with dashed lines in color and the appropriate map series/segment number is shown.

All roads which are a part of the route or which intersect the route are numbered. To help differentiate the numbers of the secondary roads which are a part of the route from those which are not, the numbers of the secondary roads which you follow are enclosed in a rectangle (**1342**). US and NC numbered highways which are a part of the route are not differentiated in this way. On the road, secondary road numbers can be found on posts at all intersections. These numbers are small and sometimes obscure, so look carefully. Also important to note is that although you may be going straight, secondary road numbers can change at county lines, major intersections and sometimes when going through a town.

Much additional information pertinent to your safety, travel needs and interests is highlighted in color on the maps. This information includes the locations of country stores (▲); full service towns with motel or inn accommodations, laundromats, supermarkets, restaurants, post offices, banks, etc. (★); and hazardous areas (✱). Special pictographic symbols mark the location of bicycle shops, campgrounds, recreation areas, historic sites, and other points of interest.

Narrative information is provided for each map segment to explain or expand the information symbolized on the map. Included is a general description of the terrain; the overall distance of each segment; an assessment of roadway conditions; potentially hazardous areas, noting approximate distance of any problem; availability of services along the route or within reasonable biking distance of the route; bike shop locations; and, descriptive information on each point of interest.

CONTACT INFORMATION:

Division of Bicycle and Pedestrian Transportation

Delivery: 1 South Wilmington Street Raleigh, NC 27601
Mail: 1552 Mail Service Center, Raleigh, NC 27699-1552
Phone:(919) 707-2600
Fax: (919) 715-4421

www.ncdot.gov/bikeped

Trails Coordinator
Department of Environment,
Health and Natural Resources
12700 Bayleaf Church Rd.
Raleigh, NC 27614
Provides information on State Parks
and recreation trails.

Location and Surveys
Department of Transportation
PO Box 25201
Raleigh, NC 27611
Provides official State Highway maps
and Coastal Boating Guide. Also, de-
tailed maps of each county, for which
a nominal fee is charged.

For More Information

Travel and Tourism
Department of Commerce
430 N. Salisbury St.
Raleigh, NC 27611
Provides Accommodations Directory,
Camping and Outdoors Directory,
plus brochures on major points of
interest.

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For More Information

Travel and Tourism
Department of Commerce
430 N. Salisbury St.
Raleigh, NC 27611

Provides Accommodations Directory,
Camping and Outdoors Directory,
plus brochures on major points of
interest.

Location and Surveys
Department of Transportation
PO Box 25201
Raleigh, NC 27611

Provides official State Highway maps
and Coastal Boating Guide. Also, de-
tailed maps of each county, for which
a nominal fee is charged.

Trails Coordinator
Department of Environment,
Health and Natural Resources
12700 Bayleaf Church Rd.
Raleigh, NC 27614
Provides information on State Parks
and recreation trails.



legend



BICYCLE SHOP



HISTORIC SITE



FLORA AND FAUNA



SCENIC AREA



FOLKLORE



RECREATION AREA



CULTURAL/
EDUCATIONAL SITE



CAMPGROUND



RESTAURANT



RECREATION AREA/
CAMPGROUND



BICYCLE ROUTE



CANAL



PAVED ROAD



LAKE/SOUND/OCEAN



UNPAVED ROAD



RAILROAD



DIVIDED HIGHWAY



COUNTY LINE



N.C. NUMBERED HIGHWAY



FOREST/PARK BOUNDARY



U.S. NUMBERED HIGHWAY



TOWN



INTERSTATE HIGHWAY



CITY



ROUTE ON SECONDARY ROAD



ENLARGEMENT



3257
SECONDARY ROAD NUMBERS



BASIC SERVICES



SEGMENT MATCH LINES



HAZARDOUS AREA



RIVER OR CREEK



FULL SERVICE CITY

