

The Ring: Fun Size - Course Description

Section	Difficulty	Notes
Start – 1K	Easy	Easy ride on pavement. There is a water pump at the campground entrance you will pass if you need to fill up with water at the start.
1K – 5K	Technical & strenuous	This is your first taste of the technical trails at GWNF. Starts off on a rocky trail and then climbs steeply through switch backs. Mostly rideable with some sections of hike a bike up some rock steps and other small rocky sections. It's a good way to wake you up in the morning. All tree covered. If starting before 6:30am, you will need lights through this section. Last switch back section is un-rideable. You will probably need to carry bike through some sections.
5K – 9K	Moderate	Fun downhill section. Some technical sections but all mostly rideable. There are some trees down across the trail so watch for that. Do not miss the turn at 5.8K. Slightly overgrown section at 7K. Ticks love this section. Make sure you are wearing bug spray on your legs and check for ticks at the bottom.
9K – 13K	Easy	Small section of pavement and then gravel road with two big climbs. Light traffic.
13K – 16K	Strenuous	Veach Gap climb is not technical, just steep and never ending. Small technical section toward the top that is very difficult to ride.
16K – 20K	Easy	Easy single track. Few rocks and a couple of downed trees.
20K – 21.5K	Technical & strenuous	The trail drops off the ridge line to the east side and becomes very technical. There is a steep drop off to the left. Lots of rock. Recommend walking through this section, which itself is not easy.
21.5K – 23.5K	Moderate	Loose downhill section. Small to medium loose rocks. All rideable. Toward the bottom lots of brambles that will shred your arms if you are not careful. Gate at the bottom.
23.5K – 26K	Easy	Fast and fun gravel double track. There are some forestry gates across the road so be on the lookout for them.
26K – 36K	Easy	Gravel. A few climbs but relatively easy. Be on the lookout for canoe company traffic. Very dusty when vehicles pass. Shaded.
36.5K		Rejoice as you hit pavement and Shenandoah River Outdoors. The canoe company has a store that sells cold drinks, ice cream, and sandwiches. This is the only real spot to buy any supplies. Resupply with as much liquid you can possibly carry (at least 3-4 liters). You will need a mask to enter the store. This is the last dependable location to get any water.
36K– 48K	Easy	Rolling pavement. Blinky front and rear lights recommended. Weekend traffic to and from the canoe company is heavy. Not much shade.
48K– 52K	Strenuous	This is a big climb on hot pavement. Traffic can be heavy on the weekend. Lots of motorbikes. Top section has just been repaved and is great riding.
52K – 54K	Easy or difficult	Here you can drop in on the orange trail and take the single track into the valley or you can take the road down. The single track has basically been trashed by horse traffic. Very broken up, no lines. If you want to get some additional technical fun in, take the trail; if not, speed down the road (watch out for the switch back). No penalty for taking the road. Top of the trails is very technical with large rocks but then goes into rideable trail.
54K		Camp Roosevelt has no water. It has not been opened for the season because of COVID-19. It is highly recommended that you have water stashed at this location or have a support person meet you here for resupply.
54.5K		Here you have an option to cut out about 3K of riding. Expect the 3K to take between 1.5-2.5 hours. If you are short of water or are starting to feel the ride, it is highly recommended to take the bypass up Moorland Gap Road. Read on for the description of the next section to help you decide. If you are really feeling the ride, you can also take the paved Fort Valley road back to your car (about 15K). If you do take the by-pass but need water, take a quick trip up to Lions Tail Trailhead parking area and refill from a stream. (See below.) If you take the bypass, we will drop you into a separate division. No shame in taking this option, people. The by-pass takes you up a gravel road climb and meets the main course at 63.5K.
54.5K – 59K	Easy	Gravel road. Gentle incline. Lots of shade. At 56K you will pass Lions Tail Trailhead. If you follow the boardwalk trail you will come to a small stream you can refill water. Treat or filter the water. You will also follow this stream for the next few kilometers and will have some options to access it to refill. This is the only water on the route until you get to 84K (where this stream was almost dry) or 90K (the next reliable water source). If you are taking the by-pass and need water, you will need to ride to this location to refill. The section downstream from here is dry. There is a natural spring at 73K that is about 1K off the route that is reliable.
59K – 61K	Strenuous	This section is clean single track but a steep climb. Starts with a gravel road, turns to a small section of overgrown single track and then a great switch back climb. No rocks, just steep.
61K– 63.5K	Very Technical	Downhill section. Top is rideable but very technical. Middle section is a rock garden sponsored by the devil himself and is mostly un-rideable. Expect to carry your bike. Lower section opens in to gravel double track that is fast and fun. This section has no cell service, very little access, and not great tracking coverage. This section is an extremely high-risk area.
63.5K – 73K	Easy	Rolling gravel road. Medium shade. This section seems endless. By-pass section meets back up here.
73K		You will pass the Edinburg Gap ATV area. There are no facilities open or water available. If you are needing water, you can ride down the paved road Edinburg Gap Road and about 1Kdown, there is a natural spring that comes out of a pipe.
73K – 75K	Strenuous	The next section is an ATV trail. Look out for motorcycles, ATVs, and off-roaders. You will hear them coming. Also, marvel at what people think they can drive down this trail. The first section is a steep climb. The trail has been regraded and sanitized recently so it's pretty smooth riding if you have legs for it.
75K – 86K	Moderately technical	A long downhill section picking through small rocks, loose terrain, and sections of packed dirt. Small climb at the end. At 84.5K there is a stream. When we pre-rode it was almost dry so do not count on this as a reliable water source. At about 78K you will pass a pond. If in dire need, you can use this as a water source but filter and purify. The potability is questionable.
86K – 94K	Easy	Gravel road. First section all downhill to 90K, then a moderate climb and rolling road for the remainder. At 90K there is a reliable stream. You will need to scramble down the side of the road to access.
94K		If you continue along the gravel road to the next gate past the turn to the purple trail, there is a natural spring that comes out of a pipe. Water is good to drink without treatment and it tastes fantastic.
94K – 95K	Moderate	Mixed technical trail with 5 stream crossings.
95K – 100K	Easy	Gravel double track. A few minor climbs with a fast-downhill at the end. Watch for gates toward the bottom.