

St. George - Macomber Loop



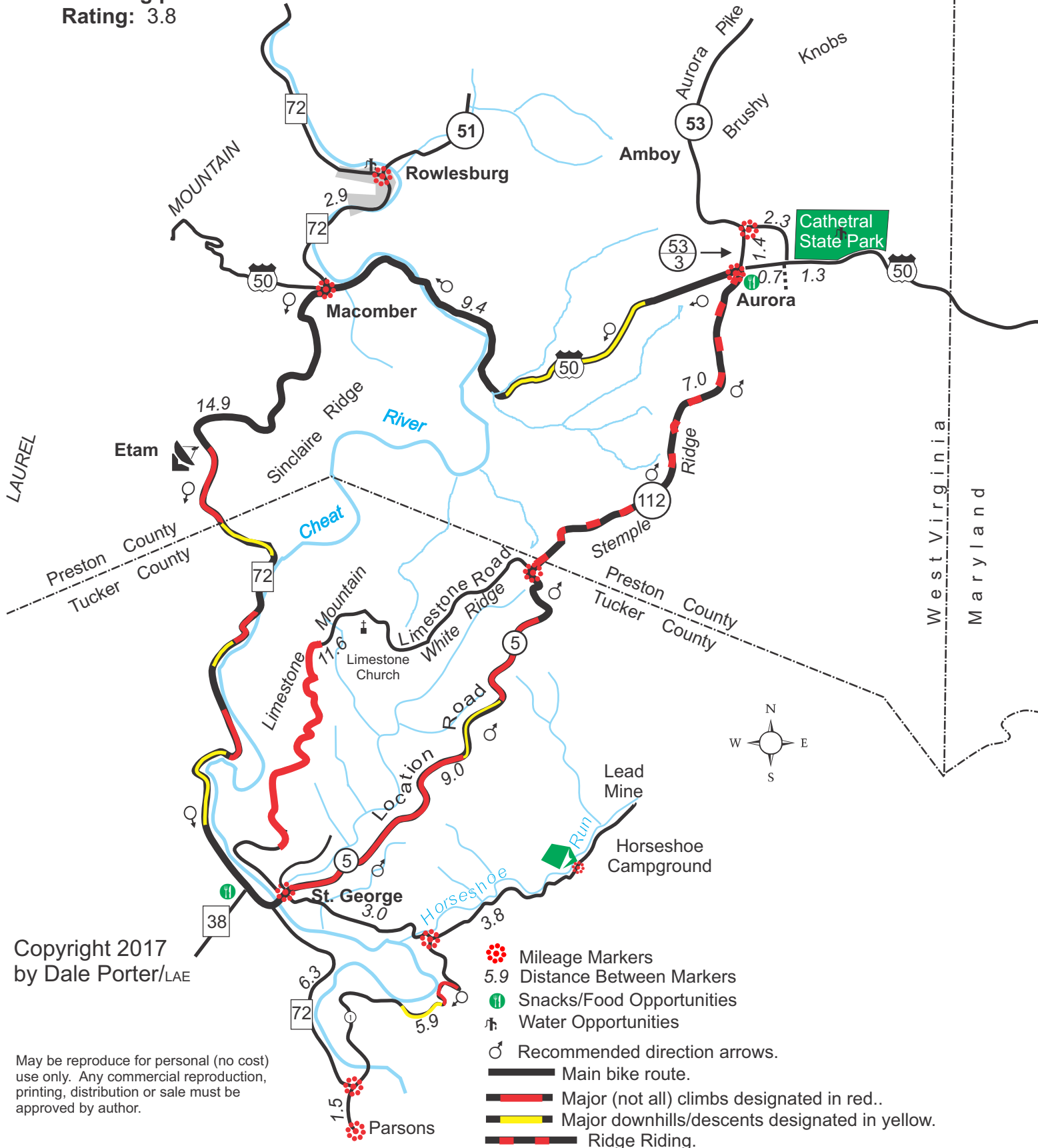
www.cyclingscenicwv.com

Length: 40.3 Miles

Climbing: 3,610

Climbing per Mile: 90

Rating: 3.8



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- Mileage Markers
- 5.9 Distance Between Markers
- Snacks/Food Opportunities
- Water Opportunities
- Recommended direction arrows.
- Main bike route.
- Major (not all) climbs designated in red..
- Major downhill/descents designated in yellow.
- Ridge Riding.

St. George Macomber Loop

This loop covers northern Tucker and southern Preston counties. For the 3,600 feet of climbing, you are rewarded with some great vistas climbing Location Road and across Stemple Ridge.

I generally start this ride from the small public park at the end of the bridge in St. George. Starting in St. George gets the majority of the climbing out of the way in the first half of the ride, while your legs are fresh.

- 0.0 0.0 St. George Park - Continue straight from the park thru St. George onto Co. 5, Location Road. and Immediately begin the long climb out of the Valley.
- 9.0 9.0 Right on Co. 112 Stemple Ridge Road.
- 16.0 7.0 Left at intersection with Rt. 50 at Aurora. This starts out flat before you begin the 3 mile steep, twisting decent of Cheat Mountain, followed by the flat roll into Macomber.
- 25.4 9.4 Left on State Route 72 in Macomber.
- 40.2 14.8 Left on Co. 1, across Cheat River.
- 40.3 0.3 Finish at St. George Park.

Food and Water:

At the intersection of State 72 and state 38 is the Patriots Four store and café where you can get water, soda and sandwiches.

There is a restaurant in Aurora at the intersection of Co. 112 and U. S. 50 however I cannot quarante hours or even its continued operation.

A short detour right on U.S. 50 will take you to Cathedral State Park where water is available.

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St. George to Macomber: Starting in St. Geoge, you immediately begin climbing up Location Road. The first five miles of the climb is a very manageable 5 - 8 percent grade. You then have a flat and short downhill section before the hard final 3 miles of the climb of between 8 - 10 percent. Fortunately, you do not have to get to the top before you start enjoying some great views to take your mind off the climb.

After topping out climb, you enjoy a little downhill before arriving at the intersection with Co. 3. Taking a right, you head out the rolling Stemple Ridge and enter Preston County and Tucker Co. 3 becomes Preston Co. 112. After seven miles of "rolling" terrain, you arrive in Aurora and the intersection with U.S. 50. Some of these "rolls" are significant but the great vistas continue to distract you. At the intersection is a restaurant where you can get water (assuming they are open). Cathedral State Park is a couple miles off course to the right here on route 50.

Turning left on route 50, you have a flat roll thru the community of Aurora. When you see the sign "All Trucks Must Stop" you know you are getting close to the descent. **The descent is a steep twisting descent so control your speed and watch for gravel in the turns.** After three miles, you are at the bottom and you are riding along the Cheat River. After crossing the Cheat River, you arrive at the small community at Macomber.

Macomber to St. George:

Arriving in Macomber, Route 72 from Rowlesburg comes in from the right and in another 1/8 mile, you turn left on Route 72 and head back toward St. George. Leaving Macomber, you begin a gradual ascent along Buffalo Creek as Sinclaire Ridge separates you from the Cheat River. As you arrive in Etam, you will notice the AT&T radio communication telescopes. Just after you pass this facility, you begin a mile plus climb of Sinclaire Ridge, the first of three climbs between between Macomber and St. George. Topping Sinclaire Ridge, you reenter Tucker County and descent to the Cheat River again.

After riding along the Cheat River for a while you have another shorter (0.4 m) climb and descent. The final 0.6 mile climb shortcuts a bend in the river and then you have an easy roll into St. George.