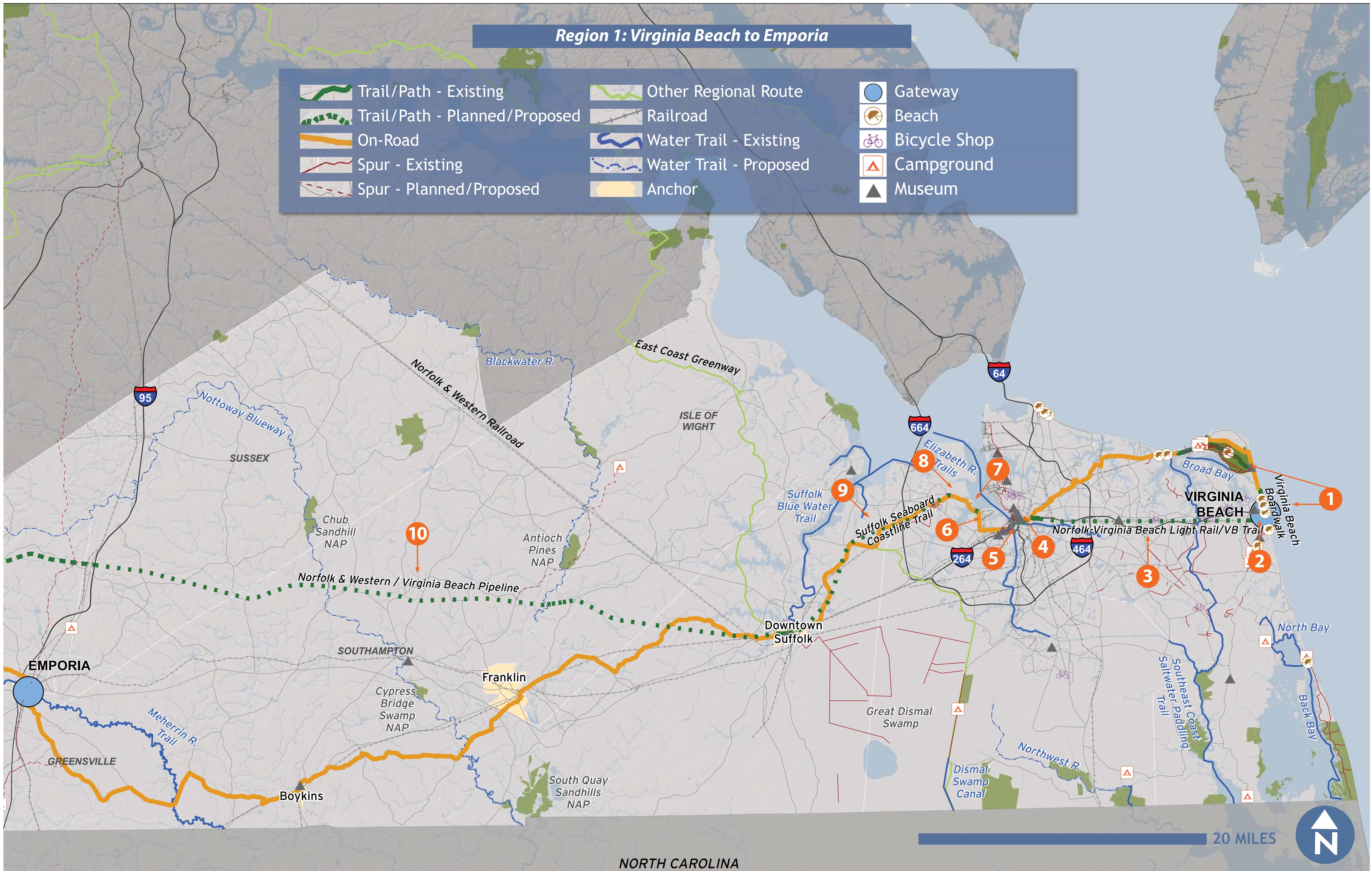


Region 1: Virginia Beach to Emporia

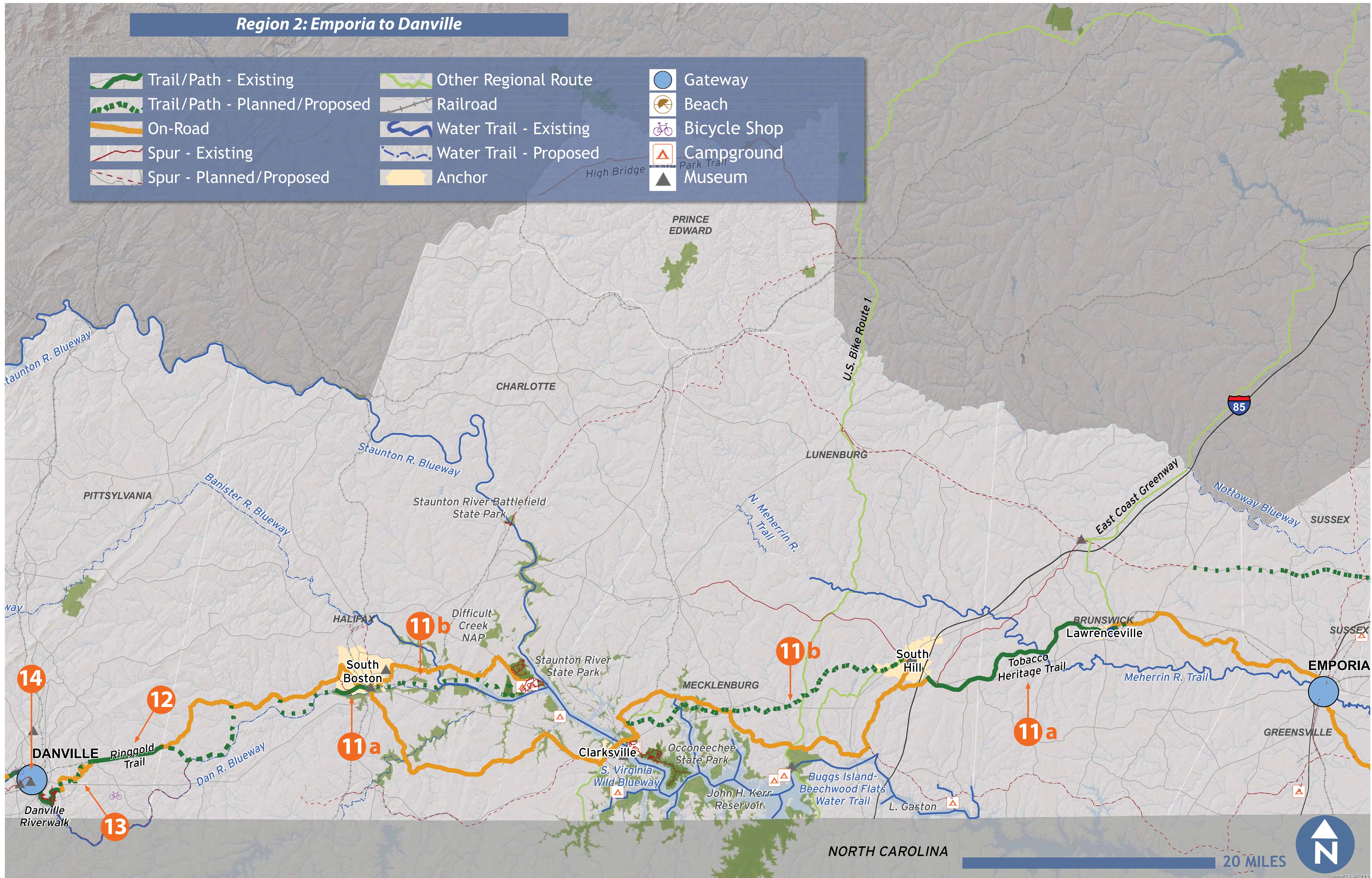
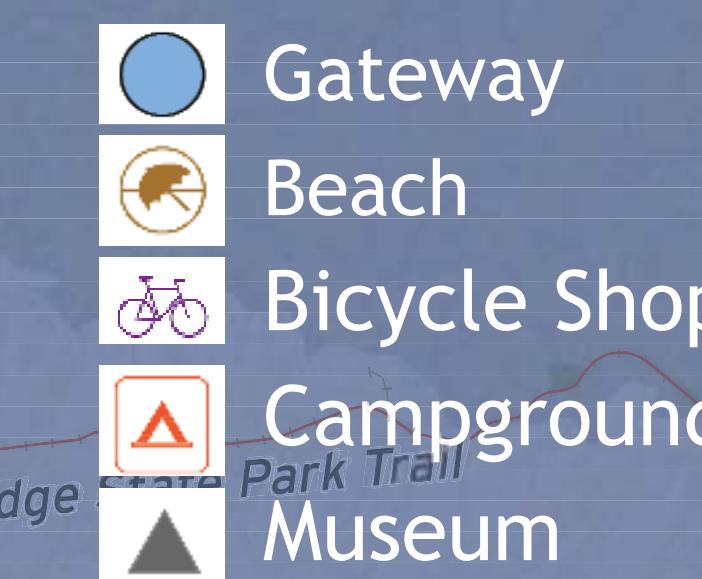
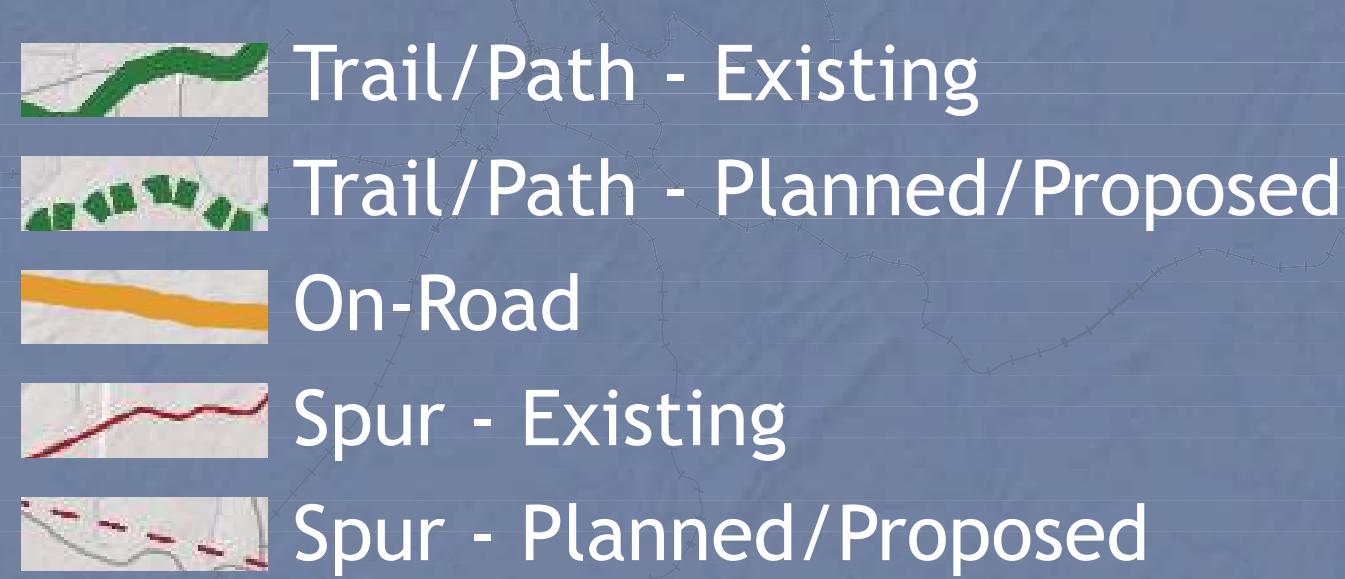
Trail/Path - Existing
 Trail/Path - Planned/Proposed
 On-Road
 Spur - Existing
 Spur - Planned/Proposed

Other Regional Route
 Railroad
 Water Trail - Existing
 Water Trail - Proposed
 Anchor

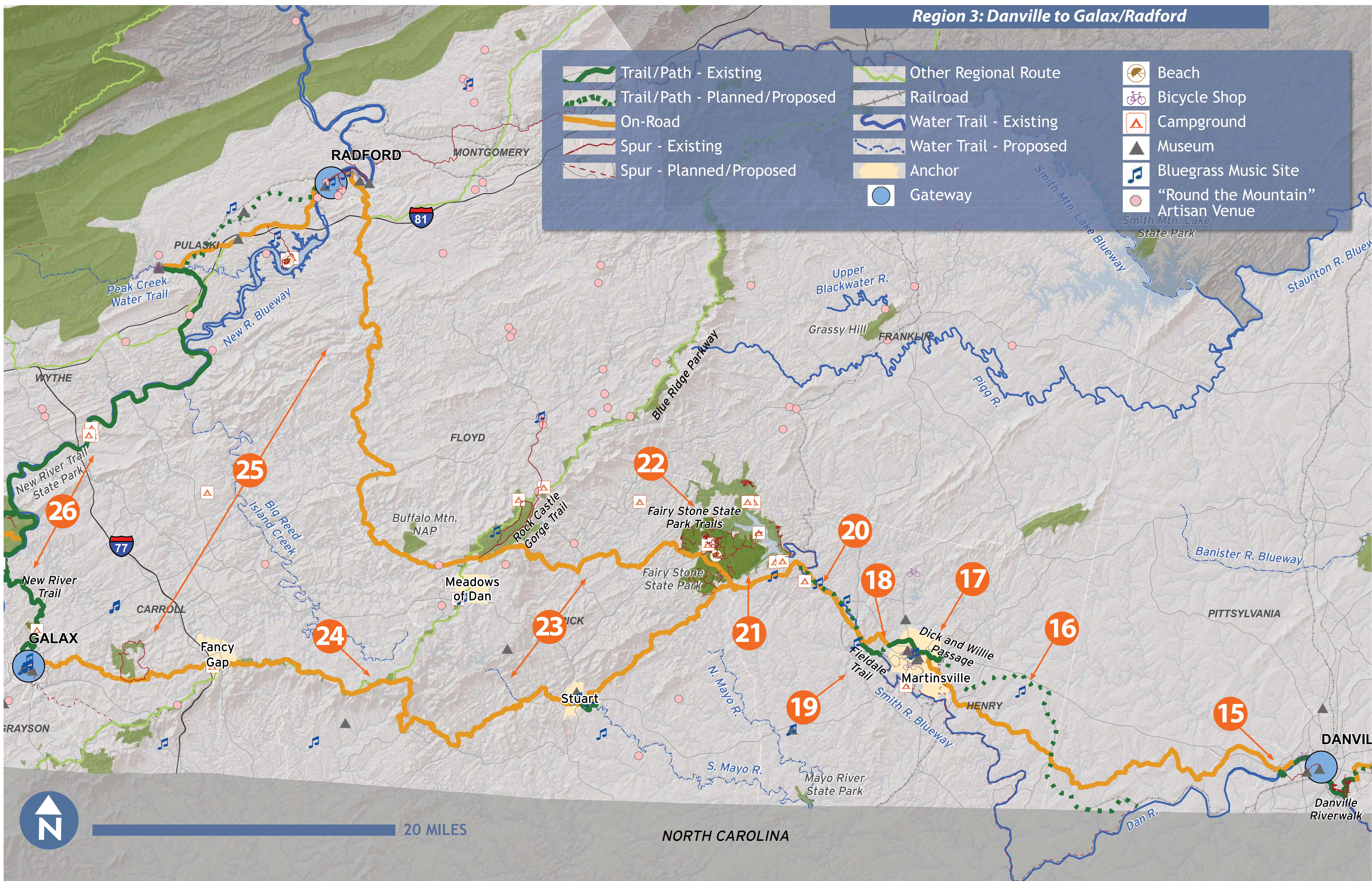
Gateway
 Beach
 Bicycle Shop
 Campground
 Museum



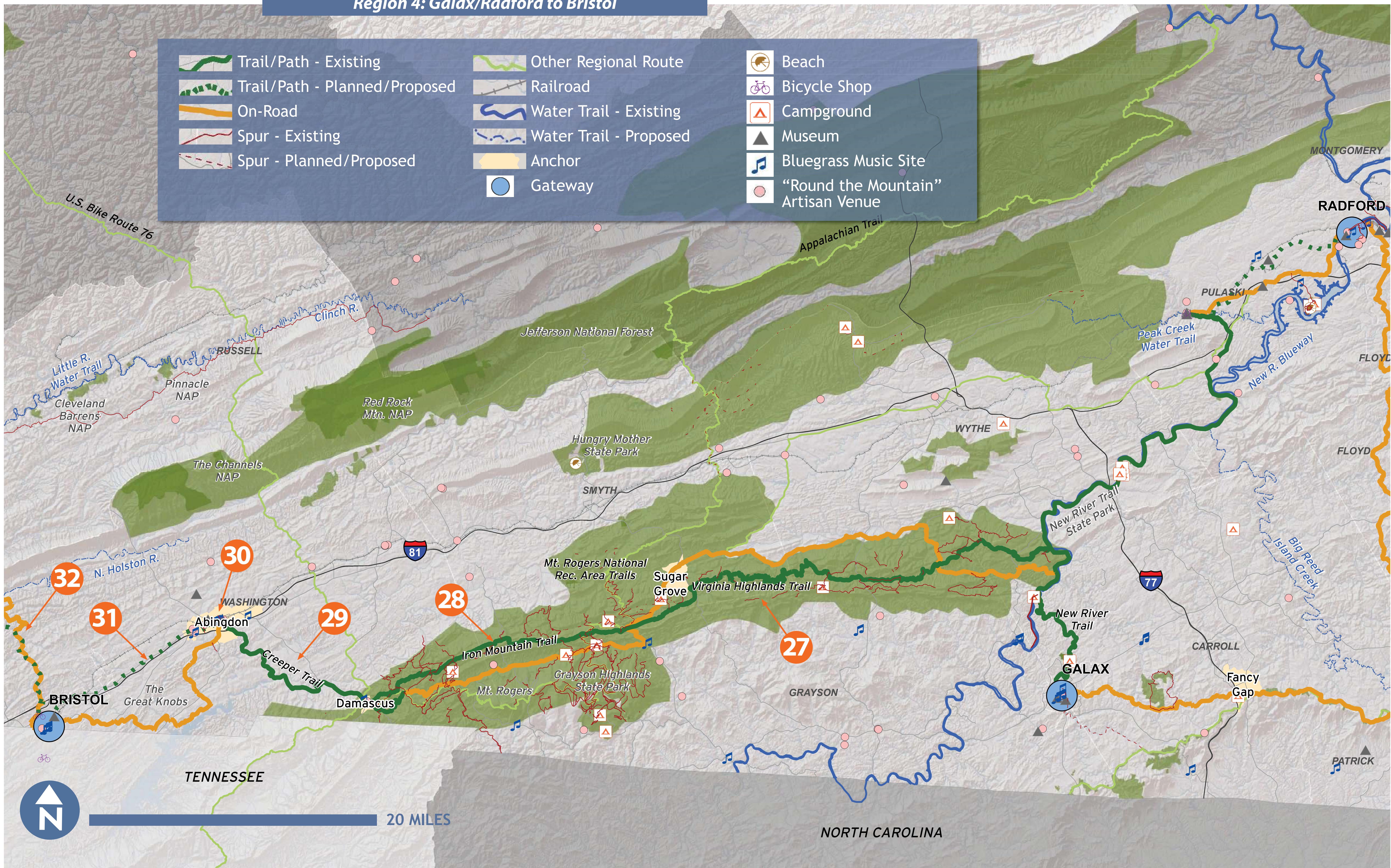
Region 2: Emporia to Danville



Region 3: Danville to Galax/Radford



Region 4: Galax/Radford to Bristol



Region 5: Bristol to Cumberland Gap

