

LAND-AND-LAKES

ASHEVILLE TO LAKE JAMES

61 MILES - FEBRUARY 28, 2026

LEG 5 - 4.99 MILES - 354' ASCENT, 793' DESCENT - EASY
START - ANDREWS GEYSER, OLD US 70, OLD FORT

Leg 5 Cue Sheet

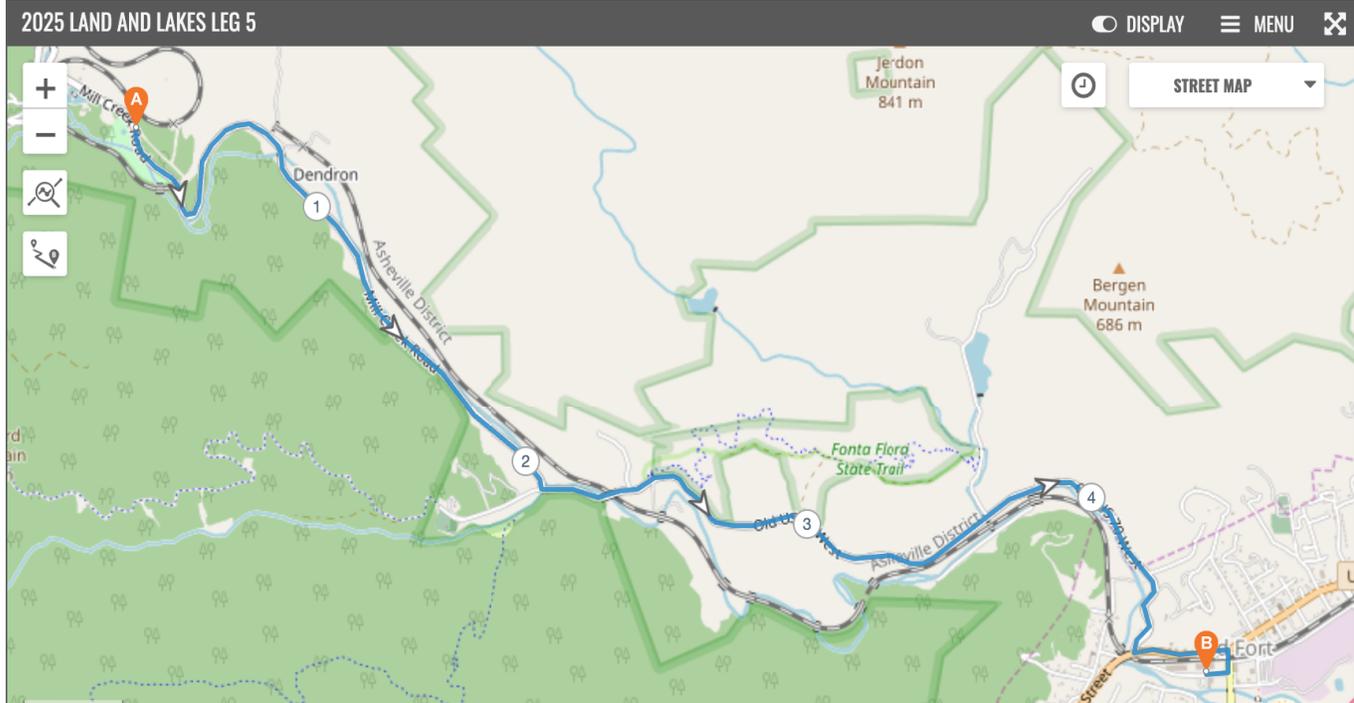
Straight on	Mill Creek Road	0.00	0.00
Left	Old US 70	2.10	2.10
Left	US 70/West Main Street	2.46	4.56
	Move to path on left		
Right	Catawba Ave	0.29	4.85
Left	Commerce St	0.07	4.92
	Transfer Point 5- Hillman	0.07	4.99
	Brewing (on left)		

RD Comments

A very fun, easy downhill leg going into the Town of Old Fort.

Notes

- Stay on left side of road facing traffic for this leg.
- Move to path at West Main Str
- Follow traffic laws at traffic light at Catawba Avenue
- Run through construction zone before right turn on Commerce
- Transfer Point 5 on left



ELEVATION PROFILE

