The Grist Mill & Lunch Ride – 175 Miles

- Take US 60 east through Gauley Bridge and Ansted
- Head South on WV 41
- Babcock State Park is just a few miles on your right. Visit the grist mill, one of the most photographed sights in West Virginia (It was actually assembled out of three other mills in the eastern part of the state).
- Follow 41 south into Beckley.
- At the intersection of WV 41 and US 19, angle to the right onto Rural Acres Drive. (Don't turn left onto US 19 south, or *sharply* to the right onto US 19 north.)
- Follow Rural Acres Drive to the traffic light. Turn right at the traffic light onto Robert C. Byrd Drive. (Look for United Cycle Kawasaki/Suzuki) on your left.
- A couple stores past that is Macado's, a good lunch spot..
- After lunch, coming out of the parking lot, turn right onto Robert C. Byrd Drive and go to the intersection with WV 3 in downtown Beckley.
- Turn right onto WV 3 to Glen Daniel. WV 3 turns right at Glen Daniel.
- Follow WV 3 to Racine where you'll take WV 94 north to Marmet.
- Turn left on WV 61 and follow it back to Charleston.

