

**The Black and Blue
Stage 1 (24.8 miles)
Gain: 597'
Loss: 2766'**

Event Miles	Stage Miles	Segment Miles	direction	
0.0	0.0	0.0	Start	Grayson Highlands State Park Visitors Center
4.0	4.0	4.0	S	Grayson Highlands State Park Office and Gate
4.8	4.8	0.8	R	Highlands Parkway #58 (stop sign at Park Entrance)
8.2	8.2	3.4	L	Sturgill Rd. (converts to Helton Creek at VA/NC line)
11.7	11.7	3.5	R	194 South (stop sign, to Lansing and West Jefferson)
16.5	16.5	4.8	L	194 South (red light in Lansing)
18.4	18.4	1.9	R	Pounding Mill Rd. # 1349
19.5	19.5	1.1	L	Teaberry #1347
21.6	21.6	2.1	L	Staggs Creek #1342 (stop sign)
21.8	21.8	0.2	R	88 West (stop sign)
24.8	24.8	3.0		Clifton Methodist Church/Ashe Outreach Ministries (right)

Stage 1





