

## FIGURE 8 Olympic Gold Medal Run OCOEE, TN

Start with a full tank of gas.

The Foothills Parkway route is a short but sweet 20 mile ride with views of many high mountain ridges and several overlooks. Very scenic ride.

Watch out for unexpected turns on US 129 and TN 72.

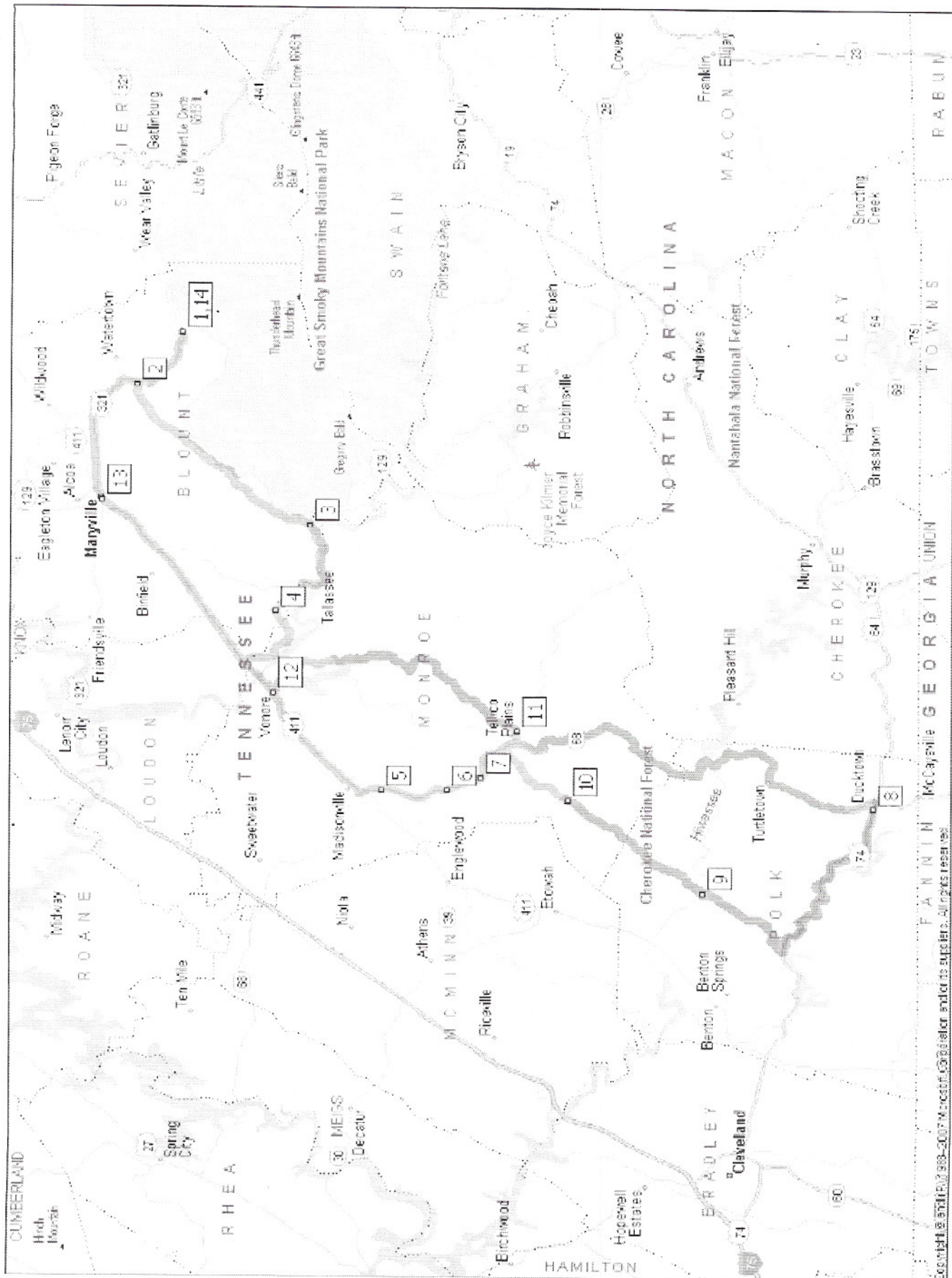
This ride passes through the Cherokee National Forest known for its scenic beauty, majestic mountains, tumbling streams and diverse vegetation. Coker Creek, a small community, is completely surrounded by the mountains of the Cherokee National Forest. Gold was discovered in Coker Creek before the 49ers and is still panned in the nearby streams.

US Highway 64 winds past Parkside Lake, scenic rocky bluffs of the Ocoee River gorge, and past the Ocoee White Water Center, site of the 1996 Olympic Canoe/Kayak Slalom competition. This trip routes you back up through Reliance to Tellico Plains and to Vonore where you retrace the first part of the trip. This is a nice tour of the scenic Appalachian countryside.

204 miles, Ride time 5 Hours 35 Minutes - Round Trip.

Ride Difficulty 3, with 1 = Easy & 5 = Difficult

<http://www.noc.com/Rafting/Ocoee>



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Mile	Directions	Distance
0	Leaving Valley View Lodge TURN LEFT on US-321	6.2 Mi
6.2	Take the exit on the LEFT toward Foothills Pkwy	.1 Mi
6.3	TURN LEFT at Foothills Pkwy	16.8 Mi
23.1	TURN RIGHT at US-129	7.1 Mi
30.2	TURN LEFT at TN-72	9.0 Mi
39.2	TURN LEFT at TN-72 W/US-411 S	12.2 Mi
51.4	Take the TN-68 S ramp	.2 Mi
51.6	TURN LEFT at TN-68	44.9 Mi
96.5	TURN RIGHT at Buzzard Roost St/Main St	.3 Mi
96.8	SLIGHT LEFT to stay on Buzzard Roost St/Main St	.2 Mi
97	TURN RIGHT at Old Copper Rd/US-64/US-74 W	16.1 Mi
113.1	TURN RIGHT at TN-30	4.8 Mi
117.9	TURN LEFT to stay on TN-30	4.3 Mi
122.2	TURN RIGHT at TN-315	1.7 Mi
123.9	TURN LEFT to stay on TN-315	13.4 Mi
137.3	TURN RIGHT at Mecca Pike/TN-39	3.8 Mi
141.1	TURN RIGHT at TN-68	.5 Mi
141.6	TURN LEFT at TN-165	.2 Mi
141.8	Continue on TN-165-BYP	.5 Mi
142.3	SLIGHT RIGHT at TN-165	.4 Mi
142.7	TURN LEFT at TN-360	9.2 Mi
151.9	TURN RIGHT at Chestnut Valley Rd/CR-504	.1 Mi
152	TURN LEFT at Antioch Church Rd	1.2 Mi
153.2	TURN LEFT at Antioch Rd	.9 Mi
154.1	TURN RIGHT at TN-360	10.9 Mi
165	TURN RIGHT at TN-72/US-411	17.2 Mi
182.2	SLIGHT RIGHT at W Broadway Ave/US-411 N	1.2 Mi
183.4	TURN RIGHT at W Lamar Alexander Pkwy/US-321 N	17.0 Mi
200.4	Arrive at Valley View Lodge	

**SUMMARY**      Total Miles 200.4 miles      Total Time 5 hours 35 minutes