

## RESOURCES FOR TRAVELING CYCLISTS

### EMERGENCY AND MEDICAL ATTENTION

**Law Enforcement and Rescue Services – Pulaski County Sheriff's Office**, 86 East Main Street, Pulaski, Virginia  
- 540 980-7800 dispatch - <http://www.sheriffsoffice.org/>

**LewisGale Hospital Pulaski** - 2400 Lee Highway, Pulaski, VA 24301 - (540) 994-8100 – Emergency Department  
(540) 994-8400 - <http://pulaskicommunityhospital.com/>

**FOOD** - Variety of Restaurants (see <http://www.pulaskichamber.info/business/directory/?cn-s=&cn-cat=9&cn-pg=1>)  
for details.

**SHOWERS and SLEEP** - Variety of hotels several of which are at the i\_81/Route 100 exchange in Newbern less than  
a mile from TransAmerica USBR 76 (<http://www.pulaskichamber.info/business/directory/?cn-s=&cn-cat=17> )

Claytor Lake State Park – 4400 State Park Road, Dublin, VA 24084 – (800) 933-7275  
[http://www.dcr.virginia.gov/state\\_parks/cla.shtml](http://www.dcr.virginia.gov/state_parks/cla.shtml)

Draper Mercantile – 3054 Greenbriar Rd, Draper, VA 24127- (540) 980-3048 - [www.facebook.com/pages/Draper-Mercantile.../113050845408292](http://www.facebook.com/pages/Draper-Mercantile.../113050845408292)

Gatewood Park – 100 Gatewood Campground Rd, Pulaski VA 24301– 540 980-2561 -  
<http://www.pulaskigatewood.com/> - steep but short climb out of town followed by 6 miles of rolling terrain – Lakeside  
campground with fishing, showers, and boat rentals.

Stonehenge Bed & Breakfast – 5159 Wilderness Road, Newbern, VA 24126 – (540) 616-5104 – B&B on USBR76.

### SUPPORT

Pulaski Bikes - 20 South Washington Avenue, Pulaski, VA 24301 - (540) 922-9119 – [www.pulaskibikes.com](http://www.pulaskibikes.com)

Radford Bike & Paddle Shop, 1129 East Main Street, Suite A, Radford VA 24141 – (540) 633-2453  
[www.facebook.com/pages/Radford-Bike-Paddle.../139821255610](http://www.facebook.com/pages/Radford-Bike-Paddle.../139821255610)

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**CONNECT WITH LOCAL RIDERS** - For a listing of local rides see <http://www.quicktopic.com/46/H/X25TCYanHds> -  
Unless noted otherwise, rides begin at the Pulaski Train Station 20 South Washington Avenue, Pulaski, VA 24301 Call  
(540) 922-9119 for details. Please put up a post on this Bulletin Board so that we might come and join you for a  
portion of the ride.

### SIDE TRIPS

**Professional Baseball** – Calfee Park (one of the oldest ballparks in the US) – 340 Fifth Street, SE, Pulaski, VA 24301  
- 540-994-8624 - <http://www.milb.com/index.jsp?sid=t425>

**Fishing and Camping** - Gatewood Park - 100 Gatewood Campground Rd, Pulaski VA 24301– 540 980-2561 -  
<http://www.pulaskigatewood.com/> - steep but short climb out of town – beautiful lake with fishing, showers, and boat  
rentals.

**Kayaking and Tubing** - Tangent Outfitters – 201 Cascade Dr., Pembroke, VA 24136 – (540) 626-4567 -  
[www.newrivertrail.com/](http://www.newrivertrail.com/) and Blue Cat on the New - 2800 Wysor Hwy - Draper, VA 24324 - Phone: (276) 766-3729  
<http://www.bluecatonthenew.com/>

**Claytor Lake Boat Rentals** - New River Watersports - 4400 State Park Road, Dublin, VA 24084 – (540) 731-8653 -  
<http://www.claytorlakewatersports.com/>

**Other Things To Do** – <http://www.pulaskicounty.org/visitors.htm> and <http://www.pulaskichamber.info/>