

Updated 7/1/2010

## **Sleep and Food**

Restaurants, fast food and supermarkets available in Galax, Hillsville and Independence. Little food is available in Fries. (Rates given are estimates).

Here are some links to a sampling of area lodging opportunities...

**Cabins/Cottages:** prices start at \$55.00 per night:

<http://www.friesva.com/lodging/lodging.html>

**New River Trail Inn**, 364 Grayson Street Fries, VA 24330, (866) 944-3640

E-mail: [nrti@ls.net](mailto:nrti@ls.net), <http://www.newrivertrailinn.com> Very friendly to New River Trail users.

Room and breakfast with access to a full kitchen. 7 rooms. Rates start at 65.00 per room. Also available is a small 2 bedroom, 1 bath house (sleeps up to 5) w/ full kitchen Rates 90.00-120.00 depending on number of people.

## **Camping**

Start/Finish area

Limited tent camping available on Fries town property near Start/Finish starting during bib # pick up Friday evening. Bring your own water. (Camping/sleeping in vehicles is NOT permitted in the start/finish area due to Virginia State Park rules).

7 miles from course start:

River Views Campground, Sarasota Lane, Galax, Virginia, Phone: (276) 236-9362 or (276) 233-7416 [info@riverviewscampground.com](mailto:info@riverviewscampground.com), <http://www.riverviewscampground.com/>

Approx 5 miles from course start:

New River Trail State Park, Cliffview walk-in campground, trailside: \$15.00 per site.

Reservations required through Reserve America: 1-800-933-7275 or link off of New River Trail State Park website: [http://www.dcr.virginia.gov/state\\_parks/new.shtml](http://www.dcr.virginia.gov/state_parks/new.shtml)

**Motels (Most motels in Galax are older-for newer accommodations try Hillsville, VA near I-77, about 16 miles from course start.**

Hampton Inn (New!)-approx 12 miles from course start

205 Cranberry Road

Galax, VA 24333

(276) 238-4605

Galax Motel-approx 12 miles from course start:

(276) 236-9935, 549 East Stuart Dr., Galax, VA 24333

[information@galaxmotel.com](mailto:information@galaxmotel.com)

<http://www.galaxmotel.com> Small, "mom and pop" style motel. Pet rooms and non smoking rooms. Mixed reviews. Wireless internet.

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Super 8 Motel –approx 11 miles from course start  
303 N. Main Street, Galax, VA, US, 24333.(276) 236-5127, (276) 236-9463  
<http://www.geocities.com/galaxsuper8/>

Knights Inn-approx 11 miles from course start  
312 W. Stuart Street  
Galax, VA 24333  
<http://www.knightsinn.com>  
1 800 843-5644