



Natchez Trace Parkway / Andean Health Cycling Team

The Natchez Trace Parkway is one of North America's hidden gems with vast stretches of twisty roads, minimal vehicle traffic, tremendous scenery over ridges and through isolated hollows, undulating terrain with no big climbing, and with myriad small friendly towns steeped in history. Because of this it is no wonder that the Natchez Trace Parkway (also known as the "Trace") is a destination for many cyclists looking to reconnect with nature while pursuing their love of cycling.

Lizard Head Cycling is proud to partner with the Andean Health Cycling Team on this amazing custom bike tour along the Natchez Trace Parkway.

The Natchez Trace was a historical foot path that extended roughly 440 miles from Natchez, Mississippi, to Nashville, Tennessee. The Trace was first created by migrating animals and then used for centuries by the regional tribes of the Choctaw, Chickasaw, and Natchez for trade and travel. After the Americas were founded, the Trace was used by early European and American explorers, traders, and emigrants in the late 18th and early 19th centuries to the "wild frontier". Before the steam engine, boatmen known as the Kaintucks would float barges of goods down the Ohio and Mississippi rivers to Vicksburg, Natchez, Baton Rouge, and other points south. After they sold their goods and their boats for building material, the Kaintucks would travel by foot or horseback to return back north to Nashville, Tennessee. Today, the trail is commemorated by the 440-mile Natchez Trace Parkway, which is a modern highway that follows the approximate path of the Old Natchez Trace.

The riding experience on the Trace is similar to a 440-mile bike path with no stop signs, no large cities, very low traffic, a wonderfully smooth surface, beautiful scenery, and tons of history... you just ride without a worry!

General Information

- Dates for the 7-Day tour are **Sunday October 2 to Saturday October 8, 2022.**
- Dates for the 3-Day tour are **Thursday October 6 to Saturday October 8, 2022.**
- Tour cost for the **7-Day tour is \$2,990 per person** with shared accommodations. Add \$590 per person for a private room throughout the tour (includes 6-Nights).
- Tour cost for the **3-Day tour is \$1,545 per person** with shared accommodations. Add \$390 per person for a private room throughout the tour (includes 3-Nights).
- The Tour discount deadline is **Friday April 15, 2022** to receive a \$150 discount for 7-Day riders and a \$50 discount for 3-Day riders.
- The tour registration deadline is **Saturday July 2, 2022.**
- The Days 1-4 rider maximum is 13 riders.
- The Days 5-7 rider maximum is 27 riders (this means up to 14 additional riders can join).
- The Days 1-4 rider minimum is 10 riders or the paid equivalent. The \$150 discount applies once the 10 rider minimum is met.
- The Days 5-7 rider minimum is 21 riders or the paid equivalent. The \$150 (7-Day) and \$50 (3-Day) discount applies once the 10 rider minimum is met.





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What is Included

7-Day Tour Includes: Saturday October 1, 2022 shuttle from Jackson to Natchez, 7-Days guide service, 6-Nights lodging, all meals (starting with lunch on Day 1 and ending with lunch on Day 7), park entry fees, energy food, liquid refreshments, in-tour shuttles, and mechanical support. Alcoholic beverages, bike rental, and massage therapy (when available) are additional.

3-Day Tour Includes: Wednesday October 5, 2022 shuttle from Memphis to Tupelo, 3-Days guide service, 3-Nights lodging, all meals (starting with dinner on Day 4 and ending with lunch on Day 7), park entry fees, energy food, liquid refreshments, in-tour shuttles, and mechanical support. Alcoholic beverages, bike rental, and massage therapy (when available) are additional.

Pre-Tour Logistics

7-Day Riders: Guests fly into Jackson, Mississippi (Jackson–Evers International Airport – JAN) on **Saturday October 1, 2022** to arrive no later than 2:00 PM local time. A shuttle with Lizard Head Cycling Guides from Jackson to Natchez departs at 3:00 PM and arrives just after 5:00 PM in Natchez. The meeting hotel is the Natchez Grand Hotel, 111 North Broadway St., Natchez, MS 39120, 601-446-9994. **The 7-Day meeting hotel is NOT included in the tour cost and guests are on-their-own to make reservations there.**

3-Day Riders: Guests fly into Memphis, Tennessee (Memphis International Airport – MEM) on **Wednesday October 5, 2022** to arrive no later than 1:00 PM local time. A shuttle with Lizard Head Cycling Guides from Memphis to Tupelo departs at 2:00 PM and arrives around 4:00 PM in Tupelo. The meeting hotel is the Best Western Plus Tupelo. **The 3-Day tour meeting hotel is included in the tour cost.**

Post-Tour Logistics

The cycling and the tour ends between 12:00-1:00 PM on **Saturday October 8, 2022** at the Northern Terminus of the Natchez Trace Parkway. It will take about 30 minutes to load up bikes and then 45 minutes to shuttle Nashville International Airport.

- If riders decide to stay overnight in Nashville on Saturday, 10/8, they are responsible for booking their own hotel rooms.

Lodging

- **Night 1:** Anchuca, Vicksburg, Mississippi
- **Night 2:** TownePlace Suites, Ridgeland, Mississippi
- **Night 3:** French Camp B&B, French Camp, Mississippi
- **Night 4:** Best Western Plus, Tupelo, Mississippi
- **Night 5:** Marriott Shoals Hotel & Spa, Florence, AL
- **Night 6:** Baymont by Wyndham, Columbia, TN



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Registration Information

The following two links should be used to register for either the 7-Day or 3-Day version of this tour. These links will take you to the Lizard Head Cycling Guides web site to the **Registration & Tour Policies** page. After reviewing this page, use the **[Click Here to Register for a Tour]** button where it will take you to the main registration page. By using the following links, certain fields will be pre-populated with information specific for each tour including **Tour Name**, **Custom Tour Name**, and **Start Date of Tour**.

- **7-Day Rider Registration Link** → <https://lizardheadcyclingguides.com/AHDNT7DAY>
- **3-Day Rider Registration Link** → <https://lizardheadcyclingguides.com/AHDNT3DAY>

If the information is not pre-populated on the registration form, then please enter as follows based on either the 7-Day or 3-Day tour:

Tour Name: Natchez Trace

Custom Tour Name: Andean Health 7 Day Tour –or– Andean Health 3 Day Tour

Start Date of Tour: 10/2/2022 (7-Day) –or– 10/5/2022 (3-Day)

Tour Itinerary

Note: The following is the 7-Day itinerary. The 3-Day itinerary starts on Day 5 (Thursday October 6, 2022) in Tupelo, Mississippi.

Day 0 (Saturday October 1, 2022): Arrival in Jackson

Day 0 is the day before the tour starts. Lizard Head Cycling Guides shuttles the 7-Day riders from Jackson to Natchez. Guests are on-their own for hotel reservations at the Natchez Grand Hotel and for dinner in Natchez. The Natchez Grand Hotel typically offers breakfast, but check with the hotel to make sure. Please also see the **Pre-Tour Logistics** above for more information.

Day 1 (Sunday October 2, 2022): Natchez to Sunken Trace

45 MILES, ELEVATION GAIN +2200 ft

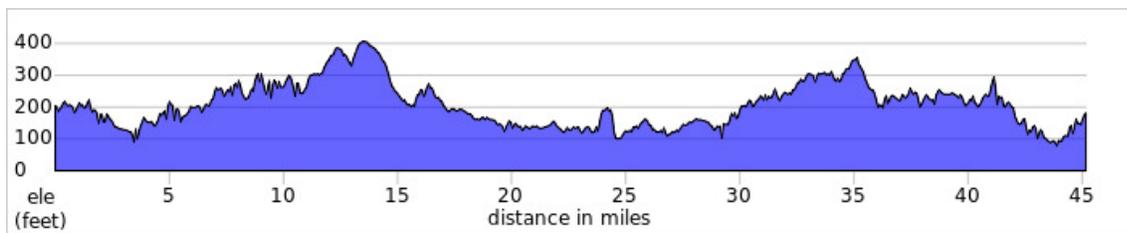
Our first day of the tour begins at the Natchez Grand in Natchez with a meet and greet followed by a short presentation of the week ahead. We fit rental bikes, load gear into the support vehicle, and then saddle up to ride to the start of the Natchez Trace Parkway's southern terminus to begin our week-long journey.

Day 1's route is lower mileage so that riders can stretch their legs and get warmed up for the longer days ahead. At the Mount Locust Historic Home sits the last remaining stand (aka: inn) along the Trace and here guides will set up a lunch stop. After lunch, we finish the day by meandering our way along the Trace past the small town of Port Gibson and then end at Sunken Trace - a beautifully preserved portion of the centuries old deeply eroded Natchez Trace foot path.



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From Sunken Trace we shuttle a short distance to Vicksburg to check into our lodging for the evening. Guests will have time before dinner to stroll this small town or to relax after the adventures of the day.



Day 2 (Monday October 3, 2022): Sunken Trace to Ridgeland

63 MILES, ELEVATION GAIN +2360 ft

This day begins with a hearty breakfast and then a shuttle back to the Natchez Trace Parkway to start from the Sunken Trace where we ended the previous day. During the morning's ride we make a stop at Rocky Springs for an early morning rest stop.

After Rocky Springs we continue to thread our way through the dense ancient hardwood forests, past open pastures and fields with lunch held at Dean Stand. After lunch we will make a stop at the Clinton Visitor Center for a rest stop. After departing the Center, we finish the last miles of our journey along the Natchez Multi-Use Path and leave the Trace to check into our lodging for the night in Ridgeland.



Day 3 (Tuesday October 4, 2022): Ridgeland to French Camp

83 MILES, ELEVATION GAIN +1730 ft

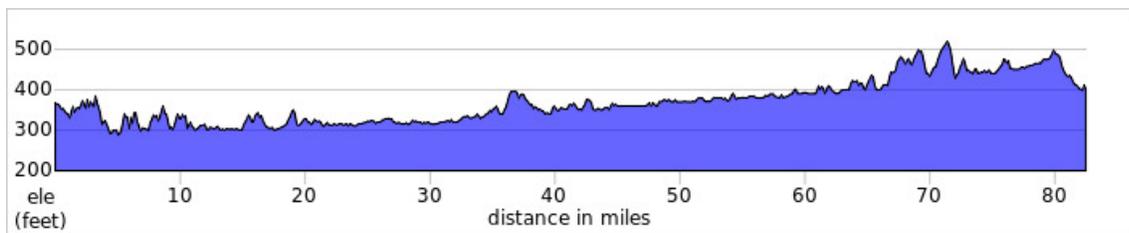
On this third day of the tour, our mileage increases yet again, but since this is one of the flatter portions of the Trace, the miles will pass by quickly. Departing early, we make our way back towards the paved Natchez Multi-Use Path which we ride on for the first five miles. Back on parkway, one of the highlights of this morning's portion is the meandering ride along the Barnett Reservoir for about 8 miles.

The first rest stop of the day lies just past Cyprus Swamp where a boardwalk trail leads over the murky waters through a tupelo and bald cypress swamp with an occasional alligator sighting. Later on we stop at the Kosciusko Visitor Center for lunch and spend the final miles along smooth rolling terrain to arrive at the French Camp Historic District, a period reconstructed log-cabin



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village where riders can relax and enjoy a well deserved authentic Southern dinner in this most remote area of all of Mississippi.



Day 4 (Wednesday October 5, 2022): French Camp to Tupelo

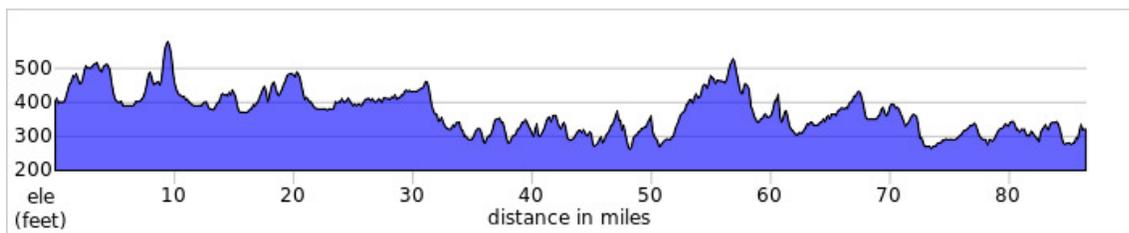
87 MILES, ELEVATION GAIN +2650 ft

Today presents the longest day along the Trace. However, we will start early and riders will have plenty of time to casually pedal along enjoying the scenery of the Red Clay Hills before settling into the bottom lands near the headwaters of the Big Black River. Two morning rest stops will be at Jeff Busby and Line Creek.

The miles will seem to zip by along this quiet section of the Trace, with only a few minor hills and minor changes in the uniform surroundings. Just past Houston, Mississippi we stop for lunch at Witch Dance.

The ride ends at the Parkway Visitor Center where we shuttle a short distance to Tupelo, Mississippi where our lodging, dinner, and 3-day guests await.

Note: The 3-Day riders arrive this evening and join the others for dinner. Lodging at the Best Western Plus is included for 3-Day riders.



Day 5 for 7-Day Riders and Day 1 for 3-Day Riders:

Thursday October 6, 2022: Tupelo to Florence

64 MILES, ELEVATION GAIN +3300 ft

Note: This is the first cycling day for the 3-day riders.

After breakfast at the hotel in Tupelo, our now larger group will pack up and shuttle the short distance back to the Trace to depart from the Parkway Visitor Center to continue our northward journey. After an rest stop at Pharr Mounds, our ride soon crosses the Tennessee-Tombigbee



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Waterway (popularly known as the Tenn-Tom) and then continues onward with a stop for lunch at Cave Spring.

Immediately following lunch, we cross from Mississippi into Alabama and climb up to the Freedom Hills where on the other side one is rewarded with a fun and fast descent. The last segment for today features a ride across the mile-long bridge over the Tennessee River and just on the other side the ride ends at the Lauderdale Picnic Area. From here we shuttle to Florence, Alabama and to our lodging.



Day 6 for 7-Day Riders and Day 2 for 3-Day Riders: (Friday October 7, 2022): Florence to Fall Hollow

63 MILES, ELEVATION GAIN +2890 ft

After breakfast we shuttle back to the Trace to start our ride from the Lauderdale Picnic Area. The scenery today remains world-class, from the wooded ridges to the steep hollows carved by brooks cascading over rocky stream beds. We soon cross from Alabama and into Tennessee where an rest stop awaits at Cypress Creek.

From Cypress Creek we make our way to the highest point along the entire Trace to an elevation of 1,100' above sea level, but the 12+ mile "climb" to here is practically unnoticeable. With lunch at Glenrock Branch we spin the final miles along a series of four smaller climbs and then end the ride in Fall Hollow. We then shuttle to nearby Columbia, Tennessee to our lodging and dinner.



Day 7 for 7-Day Riders and Day 3 for 3-Day Riders: (Saturday October 8, 2022): Fall Hollow to Double Arch Bridge

52 MILES, ELEVATION GAIN +3910 ft

The final day of the tour has arrived and we have saved what we think is the best of the Trace for last! Following breakfast we will shuttle from Columbia back to the Fall Hollow. Riders roll away and soon enjoy the magnificent scenery along the twisty turns and rolling hills on this final section

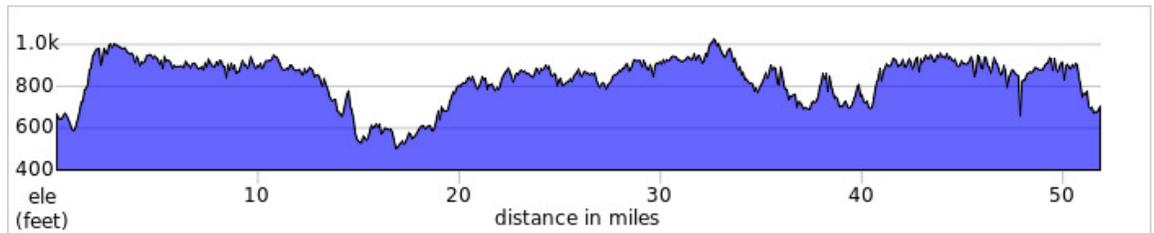


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of the Trace. A morning rest stop awaits at Gordon House and then an early lunch at Garrison Creek.

At mile marker 438 you will ride across the gracefully designed Double Arch Bridge and then soon after the bridge, enjoy one last twisty descent to end at the Northern Terminus and finish the riding for the week. The tour concludes with a 30-mile shuttle back to Nashville.

If riders decide to stay overnight in Nashville on Saturday, 10/8, they are responsible for booking their own hotel rooms.



Additional Information

For additional information, please visit the following Lizard Head Cycling Guides pages.

- [Registration & Tour Policies](#)
- [Rental Equipment](#)
- [Frequently Asked Questions \(FAQs\)](#)
- [COVID-19 Operating Plan](#)
- [Natchez Trace Parkway tour page](#)

As a reminder, below are the two registration links.

- **7-Day Rider Registration Link** → <https://lizardheadcyclingguides.com/AHDNT7DAY>
- **3-Day Rider Registration Link** → <https://lizardheadcyclingguides.com/AHDNT3DAY>

Lizard Head Cycling Guides Contact: Once riders complete the reservation process a confirmation email and invoice will come from Erin at Lizard Head Cycling Guides. After signing up, additional questions should be directed to Erin. Two weeks prior to the tour start a final pre-tour email will be sent to all participants.