

The “Five Hills of Hell” Ride

- 0.0 Hunter’s Bend Elementary
- 0.1 Left on Fieldstone Pkwy
- 1.0 Right on Cotton Rd
- 1.7 Right on Berry’s Chapel Rd
- 2.3 Straight across Hillsboro
- 3.0 Left on N. Berry’s Chapel Rd
- 3.1 Right on N. Berry’s Chapel Rd
- 5.6 Stay on N.B.C. Rd to Right
- 6.4 Left at the Stop sign, unmarked
- 6.5 Right on Holly Tree Gap Rd
- 8.9 Right on Franklin Road
- 9.2 Right on West Moore’s Lane
- 11.3 Left on South Berry’s Chapel
- 13.0 Right on Franklin Road
- 13.6 Right on Mack Hatcher Blvd
- 14.3 Right on Spencer Creek Rd
- 15.5 Straight through Stop Sign
- 16.0 Left on Fieldstone Pkwy
- 16.3 Straight across Hillsboro
- 16.4 Left into Hunter’s Bend
- 16.5 Finish



Caution: This ride includes many steep climbs, narrow roads, blinded curves, some rough pavement, busy roads and no shoulder in some places. Use extreme caution throughout the entire ride – do not race, do not climb hills in a pack, do not cross the centerline, maintain safe downhill speed and be careful entering Franklin Rd in two different locations.

Five Hills from Hell Ride



First $3\frac{1}{4}$ miles is a warm up with a little elevation gain but relatively flat. From $3\frac{1}{4}$ to the summit of the [First of Five Hills](#) at 5 miles, there is 335 feet of climbing for an average of 4%; however, the $\frac{1}{2}$ mile from mile $4\frac{1}{2}$ to mile 5 is at 7% average and the last 40 yards is a whopping **23%**.

Following the first summit, there is a $\frac{3}{4}$ mile downhill that will take you less than $1\frac{1}{2}$ minutes to descend – hardly enough time to recover, but you need to be ready for the [Second of Five Hills](#). It is a short $\frac{1}{4}$ mile climb but it has an average grade of **13%** with one part at **22%**. It peaks at mile 6, which is followed by a one-mile descent that will give you another 2 minutes to recuperate.

For the [Third of Five Hills](#), you now have to climb 300 feet over the next mile (there is 260 feet of elevation change but you give 40 feet back on a short downhill) which is only a 6% grade but the last $\frac{1}{4}$ mile is at **9%** with a max of **21%** at the very end of the climb. You are now at mile 8.

Next is a $1\frac{1}{2}$ mile pleasant downhill which should give you 2 – 3 minutes to get your heart rate under control, but then it is a steady **9%** grade for the next $\frac{3}{4}$ mile up the new Moores lane extension, Lynnwood Way for the [Fourth of Five Hills](#).

At mile $10\frac{1}{2}$, you get to enjoy the descent, but not quite all of it. Close to the bottom of the hill, you have to apply the brakes for a left turn onto S. Berry Chapel road for the [Fifth of Five Hills](#). You are now at mile $11\frac{3}{4}$. A **10%** grade for $\frac{1}{2}$ mile isn't too bad but there is a short **14%** section to climb. You complete the last hill at just past mile 12. The last five miles is cool down. Enjoy, you deserved it.

