

DIRECTIONS
LAKE JUNALUSKA DUATHLON
APRIL 17, 2010

TO LAKE JUNALUSKA CONFERENCE & RETREAT CENTER

Coming from East (from Asheville-25 miles):

From I-40, take exit 27 onto US 19-23.

Drive 3-4 miles.

Do not take exit 104 -- it is easy to get lost.

Take exit 103 and drive about 1 mile until you see Lake Junaluska Conference and Retreat Center front entrance gates on the right.

Turn right and follow the road to the stop sign. Turn right on North Lakeshore. Parking is on this road facing the lake

Just past the Terrace Hotel (on left) and Stuart Auditorium (on right), the road forks. The transition area is down this road in the large parking lot.

Coming from West (from Knoxville):

From I-40 to I-81 North to Johnson City

Take I-26 East to Asheville

In Asheville, take 1-240 West – Connect with I-40 West

Exit 27 to Highways 23/74

Drive 3-4 miles.

Do not take exit 104 -- it is easy to get lost.

Take exit 103 and drive about 1 mile until you see Lake Junaluska Conference and Retreat Center front entrance gates on the right

Turn right and follow the road to the stop sign. Turn right on North Lakeshore. Parking is on this road facing the lake

Just past the Terrace Hotel (on left) and Stuart Auditorium (on right), the road forks. The transition area is down this road in the large parking lot.

Coming from Atlanta- 172 miles from Midtown:

I-85 North to I-985 North.

At Gainesville, GA take 365 North to 441 North into NC.

Just past Dillsboro, NC, 441 merges with US 74 which will turn into 23/74. Take Hwy 23/74 North Lake Junaluska/Maggie Valley Exit (102-B).

Travel two miles then turn right on US 19. The entrance to Lake Junaluska is approximately ¼ mile on left.

Turn left and follow the road to the stop sign. Turn right on North Lakeshore. Parking is on this road facing the lake

Just past the Terrace Hotel (on left) and Stuart Auditorium (on right), the road forks. The transition area is down this road in the large parking lot.

TO HAYWOOD HEALTH & FITNESS CENTER (Friday Packet Pick Up)

Coming from East (from Asheville-23 miles):

From I-40, take exit 27 onto US 19-23.

Exit 105 (W. Jones Cove Road)

Left at light onto W. Jones Cove Road

Right on Hospital Road

Left into Haywood Regional Hospital

Next left and up to Fitness Center – Packet Pick Up is in the cycle room – through the front doors and down left hallway

Coming from West (from Knoxville):

From I-40 to I-81 North to Johnson City

Take I-26 East to Asheville

In Asheville, take 1-240 West – Connect with I-40 West

Exit 27 to Highways 23/74

Exit 105 (W. Jones Cove Road)

Left at light onto W. Jones Cove Road

Right on Hospital Road

Left into Haywood Regional Hospital

Next left and up to Fitness Center – Packet Pick Up is in the cycle room – through the front doors and down left hallway

Coming from Atlanta- 172 miles from Midtown:

I-85 North to I-985 North.

At Gainesville, GA take 365 North to 441 North into NC.

Just past Dillsboro, NC, 441 merges with US 74 which will turn into 23/74.

Go approximately 18 miles to Exit 105 (W. Jones Cove Road)

Right off ramp onto Hospital Road

Through light at W. Jones Cove Road

Left into Haywood Regional Hospital

Next left and up to Fitness Center – Packet Pick Up is in the cycle room – through the front doors and down left hallway