

## **DIRECTIONS TO MED WEST-HAYWOOD TRIATHLON HAYWOOD REGIONAL HEALTH & FITNESS CENTER**

### **From Hickory and points East**

- I-40 West through Asheville
- Exit 27 on to Highway 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

### **From Greenville, SC and points South**

- I-26 West to Asheville and I-40 West
- I-40 West towards Canton
- Exit 27 on to Highway 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

### **From Atlanta, GA**

- I-85 North, connecting to I-985 North which turns into U.S. Hwy. 441 North
- 441 North into North Carolina; through Franklin to Dillsboro
- Take right ramp onto Highway 23/74 East
- 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

### **From Knoxville, TN and points West**

- I-40 East into North Carolina
- Exit 20 to Hwy. 276 South
- After about 8 miles, turn left at light at T-intersection
- Through next light and past Lake Junaluska, road will merge with Hwy. 23/74 East
- 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