The mountains in this list will be broken up by state, running South to North in the traditional hiking order. Since the Appalachian Trail uses sidetrails to reach many major mountains along its route, mountains that have trail that reach the A.T., from their summit, in less than 1 mile will be included in this list. Georgia (75.4 miles). By: e-doc. Mountain Biking the Appalachians: Northwest North Carolina, Southwest Virginia Paperback â€“ 15 January 1998. by Lori Finley (Author), Thomas Horsch (Author). 3.5 out of 5 stars 6 ratings.Â – This book gives the locations of a number of mountain bike rides in both the North Carolina High Country and the Mount Rogers National Recreation Area. The book is adequate, but you will probably need to buy maps of the areas that the book describes. This is not a problem, as the authors tell which maps are needed for each ride.Â – completely agree with previous reviews. get Mountain Biking North Carolina. Read more. Go to Amazon.com to see all 4 reviews 2.8 out of 5 stars. Mountain Biking the Appalachians book. Read reviews from worldâ€™s largest community for readers. Even devoted readers of mountain-bike magazines may be un...Â – Start by marking â€œMountain Biking the Appalachians: Northwest North Carolina, Southwest Virginiaâ€ as Want to Read: Want to Read savingâ€¦ Want to Read. Appalachian Mountains. A major mountain chain the eastern United States and Eastern Canada from New Brunswick and Quebec to northern Georgia and Alabama. Mount Mitchell in North Carolina at 6,684 feet is the highest point east of the Mississippi River. Formed more than 480 million years ago during the Ordovician Period, it the oldest mountain range in North America. Blue Ridge Mountains.Â – A mountain range part of the Appalachians from southern West Virginia to northern Alabama. Known for its strip mining in southeastern & central West Virginia, eastern Kentucky, southwestern Virginia, and northeastern Tennessee. Allegheny Plateau & Mountains.Â – A mountain range in Western North Carolina in the Appalachians. Great Craggy Mountains. Mountain Biking the Appalachians: Northwest North Carolina, Southwest Virginia [Finley, Lori, Horsch, Thomas] on Amazon.com. *FREE* shipping on qualifying offers. Mountain Biking the Appalachians: Northwest North Carolina, Southwest Virginia.Â – Mountain Biking the Appalachians: Northwest North Carolina, Southwest Virginia Paperback â€“ January 1, 1998. by. Lori Finley (Author). â€ Visit Amazon's Lori Finley Page. Find all the books, read about the author, and more. See search results for this author. Are you an author?Â – He served on the Board of Directors of the Iron Mountain Trail Club and was a trail-maintenance volunteer for the U.S. Forest Service. Tell the Publisher! I'd like to read this book on Kindle.