

Route Schedule

Bland to Winston-Salem

Runs on **Monday**

Call (276) 783-3236 or toll-free (866) 991-1623
for information or to reserve your ride.

Location	Stop	Time
Bland	VA Kangaroo Express on I-77 exit 52	07:30 AM
Max Meadows	VA McDonalds at I-81 Exit 80 (Fort Chiswell)	08:00 AM Transfer available to Bristol to Roanoke Route
Austinville	VA Citgo station at I-77 Exit 24 (Poplar Camp)	08:15 AM
Hillsville	VA McDonalds at I-77 Exit 14	08:30 AM
Hillsville	VA Hardees in Hillsville	09:00 AM
Cana	VA Hungry Farmer Restaurant	09:25 AM
Mt. Airy	NC Northern Hospital of Surry County	09:45 AM
Winston-Salem	NC Wake Forest University Baptist Medical Center	10:30 AM
Winston-Salem	NC Hanes Mall in Winston Salem	10:45 AM (Estimated arrival time)
Winston-Salem	NC Hanes Mall in Winston Salem	01:49 PM
Winston-Salem	NC Wake Forest University Baptist Medical Center	02:00 PM
Mt. Airy	NC Northern Hospital of Surry County	02:45 PM
Cana	VA Hungry Farmer Restaurant	03:00 PM
Hillsville	VA Hardees in Hillsville	03:30 PM
Hillsville	VA McDonalds at I-77 Exit 14	04:00 PM
Austinville	VA Citgo station at I-77 Exit 24 (Poplar Camp)	04:10 PM
Max Meadows	VA McDonalds at I-81 Exit 80 (Fort Chiswell)	04:30 PM Transfer available to Roanoke to Bristol Route
Bland	VA Kangaroo Express on I-77 exit 52	05:00 PM

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Route Schedule

Bristol to Roanoke

Runs on **Monday**

Call (276) 783-3236 or toll-free (866) 991-1623
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Location	Stop	Time
Bristol	VA Exit 5 VA Clinic	06:00 AM
Abingdon	VA Huddle House at Exit 19	06:20 AM
Glade Spring	VA Wendy's at Exit 29	06:35 AM
Chilhowie	VA Chilhowie McDonalds	06:50 AM
Marion	VA New Pioneer Restaurant in Marion	07:10 AM
Rural Retreat	VA McDonalds at Exit 60	07:30 AM
Wytheville	VA McDonalds at I-81 Exit 70	07:45 AM
Max Meadows	VA McDonalds at I-81 Exit 80 (Fort Chiswell)	08:00 AM Transfer available to Bland to Winston Salem route
Christiansburg	VA Carilion New River Valley Medical Center (Radford)	08:30 AM
Salem	VA Salem VA Medical Center	09:15 AM
Salem	VA Salem Lewis Gale Medical Center	09:30 AM
Roanoke	VA Carilion Roanoke Memorial Hospital	09:45 AM
Roanoke	VA Carilion Roanoke Community Hospital	10:00 AM
Roanoke	VA Valley View Mall	10:15 AM (Estimated arrival time)
Roanoke	VA Valley View Mall	02:05 PM
Roanoke	VA Carilion Roanoke Community Hospital	02:15 PM
Roanoke	VA Carilion Roanoke Memorial Hospital	02:25 PM
Salem	VA Salem Lewis Gale Medical Center	02:50 PM
Salem	VA Salem VA Medical Center	03:05 PM
Christiansburg	VA Carilion New River Valley Medical Center (Radford)	03:50 PM
Max Meadows	VA McDonalds at I-81 Exit 80 (Fort Chiswell)	04:30 PM Transfer available to Bland to Winston-Salem route
Wytheville	VA McDonalds at I-81 Exit 70	04:45 PM
Rural Retreat	VA McDonalds at Exit 60	05:00 PM
Marion	VA New Pioneer Restaurant in Marion	05:20 PM
Chilhowie	VA Chilhowie McDonalds	05:45 PM
Glade Spring	VA Wendy's at Exit 29	05:55 PM
Abingdon	VA Huddle House at Exit 19	06:10 PM
Bristol	VA Exit 5 VA Clinic	06:30 PM

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Route Schedule Twin County to Roanoke

Runs on **Tuesday**

Call (276) 783-3236 or toll-free (866) 991-1623
for information or to reserve your ride.

Location	Stop	Time
Troutdale	VA Jerry's Kitchen and Goods (AKA Troutdale Trading Post)	06:30 AM
Troutdale	VA Fox Creek General Store in Grant (AKA Hoffman's Store)	06:35 AM
Mouth of Wilson	VA Log House Trading Post and Restaurant (Volney)	06:40 AM
Mouth of Wilson	VA Pollyworld Antiques and Consignment	06:45 AM
Independence	VA Bridle Creek United Methodist Church	07:00 AM
Independence	VA Guynn's Shopping Center (Food City)	07:15 AM
Galax	VA McDonalds near Food City in Galax	07:40 AM
Hillsville	VA McDonalds at I-77 Exit 14	08:10 AM
Hillsville	VA Hardees in Hillsville	08:15 AM
Austinville	VA Citgo station at I-77 Exit 24 (Poplar Camp)	08:35 AM
Max Meadows	VA McDonalds at I-81 Exit 80 (Fort Chiswell)	08:50 AM
Christiansburg	VA Carilion New River Valley Medical Center (Radford)	09:30 AM
Salem	VA Salem VA Medical Center	10:15 AM
Salem	VA Salem Lewis Gale Medical Center	10:30 AM
Roanoke	VA Carilion Roanoke Memorial Hospital	10:55 AM
Roanoke	VA Carilion Roanoke Community Hospital	11:05 AM
Roanoke	VA Valley View Mall	11:15 AM (Estimated arrival time)
Roanoke	VA Valley View Mall	02:00 PM
Roanoke	VA Carilion Roanoke Community Hospital	02:10 PM
Roanoke	VA Carilion Roanoke Memorial Hospital	02:20 PM
Salem	VA Salem Lewis Gale Medical Center	02:45 PM
Salem	VA Salem VA Medical Center	03:00 PM
Christiansburg	VA Carilion New River Valley Medical Center (Radford)	03:40 PM
Max Meadows	VA McDonalds at I-81 Exit 80 (Fort Chiswell)	04:20 PM
Austinville	VA Citgo station at I-77 Exit 24 (Poplar Camp)	04:30 PM
Hillsville	VA Hardees in Hillsville	04:55 PM
Hillsville	VA McDonalds at I-77 Exit 14	05:10 PM
Galax	VA McDonalds near Food City in Galax	05:25 PM
Independence	VA Guynn's Shopping Center (Food City)	05:50 PM
Independence	VA Bridle Creek United Methodist Church	06:00 PM
Mouth of Wilson	VA Pollyworld Antiques and Consignment	06:10 PM
Mouth of Wilson	VA Log House Trading Post and Restaurant (Volney)	06:15 PM
Troutdale	VA Fox Creek General Store in Grant (AKA Hoffman's Store)	06:20 PM
Troutdale	VA Jerry's Kitchen and Goods (AKA Troutdale Trading Post)	06:30 PM

Route Schedule

Marion to Winston-Salem

Runs on **Friday**

Call (276) 783-3236 or toll-free (866) 991-1623
for information or to reserve your ride.

Location	Stop	Time
Marion	VA New Pioneer Restaurant in Marion	06:00 AM
Sugar Grove	VA Sugar Grove Diner	06:20 AM
Troutdale	VA Jerry's Kitchen and Goods (AKA Troutdale Trading Post)	06:30 AM
Troutdale	VA Fox Creek General Store in Grant (AKA Hoffman's Store)	06:40 AM
Mouth of Wilson	VA Log House Trading Post and Restaurant (Volney)	06:50 AM
Mouth of Wilson	VA Pollyworld Antiques and Consignment	06:55 AM
Independence	VA Bridle Creek United Methodist Church	07:10 AM
Independence	VA Guynn's Shopping Center (Food City)	07:20 AM
Galax	VA McDonalds near Food City in Galax	07:45 AM
Hillsville	VA McDonalds at I-77 Exit 14	08:15 AM
Hillsville	VA Hardees in Hillsville	08:30 AM
Cana	VA Hungry Farmer Restaurant	08:55 AM
Mt. Airy	NC Northern Hospital of Surry County	09:10 AM
Winston-Salem	NC Wake Forest University Baptist Medical Center	09:55 AM
Winston-Salem	NC Hanes Mall in Winston Salem	10:10 AM (Estimated arrival time)
Winston-Salem	NC Hanes Mall in Winston Salem	02:23 PM
Winston-Salem	NC Wake Forest University Baptist Medical Center	02:30 PM
Mt. Airy	NC Northern Hospital of Surry County	03:15 PM
Cana	VA Hungry Farmer Restaurant	03:25 PM
Hillsville	VA Hardees in Hillsville	03:50 PM
Hillsville	VA McDonalds at I-77 Exit 14	04:15 PM
Galax	VA McDonalds near Food City in Galax	04:35 PM
Independence	VA Guynn's Shopping Center (Food City)	05:00 PM
Independence	VA Bridle Creek United Methodist Church	05:15 PM
Mouth of Wilson	VA Pollyworld Antiques and Consignment	05:25 PM
Mouth of Wilson	VA Log House Trading Post and Restaurant (Volney)	05:30 PM
Troutdale	VA Fox Creek General Store in Grant (AKA Hoffman's Store)	05:35 PM
Troutdale	VA Jerry's Kitchen and Goods (AKA Troutdale Trading Post)	05:40 PM
Sugar Grove	VA Sugar Grove Diner	05:55 PM
Marion	VA New Pioneer Restaurant in Marion	06:15 PM

Route Schedule

Wytheville to Tri-Cities

Runs on **Tuesday**

Call (276) 783-3236 or toll-free (866) 991-1623
for information or to reserve your ride.

Location	Stop	Time
Wytheville	VA McDonalds at I-81 Exit 70	06:50 AM
Rural Retreat	VA McDonalds at Exit 60	07:05 AM
Marion	VA New Pioneer Restaurant in Marion	07:20 AM
Chilhowie	VA Chilhowie McDonalds	07:50 AM
Glade Spring	VA Wendy's at Exit 29	08:00 AM
Abingdon	VA Huddle House at Exit 19	08:15 AM
Bristol	VA Exit 5 VA Clinic	08:30 AM
Bristol	TN Bristol Regional Medical Center	08:45 AM
Kingsport	TN Holston Valley Medical Center	09:25 AM
Johnson City	TN Johnson City Medical Center	10:00 AM
Mountain Home	TN James H. Quillen VA Medical Center	10:05 AM
Johnson City	TN The Mall at Johnson City	10:20 AM (Estimated arrival time)
Johnson City	TN The Mall at Johnson City	02:20 PM
Mountain Home	TN James H. Quillen VA Medical Center	02:30 PM
Johnson City	TN Johnson City Medical Center	02:40 PM
Kingsport	TN Holston Valley Medical Center	03:10 PM
Bristol	TN Bristol Regional Medical Center	03:45 PM
Bristol	VA Exit 5 VA Clinic	04:00 PM
Abingdon	VA Huddle House at Exit 19	04:15 PM
Glade Spring	VA Wendy's at Exit 29	04:30 PM
Chilhowie	VA Chilhowie McDonalds	05:00 PM
Marion	VA New Pioneer Restaurant in Marion	05:25 PM
Rural Retreat	VA McDonalds at Exit 60	05:40 PM
Wytheville	VA McDonalds at I-81 Exit 70	05:55 PM

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