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## Road Map Travel Guide

### North Carolina Interstate Highway #40

MILE	KM	ITEM	SUMMARY	MILE	KM
0.0	0.0	City of Statesville	Junction of Interstate #77 - North to communities of Olin, North Carolina, Arlington, North Carolina, South to Elmwood, North Carolina, Oswalt, North Carolina Charlotte, North Carolina. For travel north via Interstate highway # 77 see Milebymile.com Road Map Highway Travel Guide - I#77 Virginia State Line to City of Statesville, for driving directions.	97.4	156.8
0.0	0.0	City of Statesville, North Carolina	Access to Winston-Salem, North Carolina and Greensboro, North Carolina. Attractions in and around Statesville, NC; Allison Woods - Downtown Statesville - Fort Dobbs Historic Site - Hiddenite Center/Historic Lucas Mansion - Hiddenite Gems/Emerald Hollow - Images at the Crossroads - Fresco - Iredell Museums - Statesville Train Depot - Governor Zebulon Vance House and Museum.	97.4	156.8
0.0	0.0	Exit #150	Access to city of Statesville, North Carolina. The past is alive along shady streets where majestic Victorian homes take their rightful place among the oaks, magnolias and dogwood. Access to services, gas.	97.4	156.8
1.7	2.7	Exit #150	Access on Highway #115 to downtown Statesville, NC. Access to North Wilkesboro, NC and Newhope, NC. Access to lodging, services, fuel - gas, diesel - off highway.	95.8	154.1
3.5	5.6	Exit #148	Access to Hiddenite Museum. Access to Highway #64 and #90 to communities of Stony Point, NC and Taylorsville, NC. Services off of highway - gas, diesel. Access to lodging. South access to Lake Norman State Park. Family Tent/Trailer Camping: Tent pads, picnic tables and grills are available at 33 sites. Picnicking; One of Lake Norman's two picnic areas is near the swimming area on a ridge overlooking the beach. Tables, grills and drinking water are provided.	94.0	151.2
5.8	9.4	Exit #146 - Stamey Farm Road	Access to Statesville, NC Municipal Airport. Access to services and gas - off highway.	91.6	147.4
6.1	9.8	View from highway	Travelling West on I-40.	91.3	147.0
7.3	11.7	Exit #144 - Old Mountain Road	Services and fuel - off highway.	90.2	145.1
8.0	12.9	Truck Weigh Station	North side of highway.	89.4	143.9
8.7	14.0	Truck Weigh Station	South side of highway for Eastbound traffic only.	88.7	142.8
10.7	17.2	Exit #141 - Sharon School Road		86.7	139.6
12.0	19.3	View from highway	Crossing the Catawba River, North Carolina. The Catawba River originates in the mountains of North Carolina and flows through a series of lakes and free-flowing stretches for over 200 miles until it meets Big Wateree Creek to form the Wateree River at Wateree Lake. This entire area is the Catawba-Wateree Sub-basin that bisects the north-central portion of South Carolina.	85.4	137.5
12.1	19.5	Welcome to Catawba County - Photo Catawba County Welcome highway sign	Eastern county line Catawba County, North Carolina, is located in the western part of the State in the foothills of the Blue Ridge Mountains. Catawba County's three lakes and its location in the foothills of the Blue Ridge Mountains. Elevation ranges from 705 to 1780 feet, averaging 995 feet.	85.3	137.3
12.7	20.5	Exit #138	Access to Bunker Hill Covered Bridge, NC. Access to Highway #10 to communities of Newton, North Carolina and Casar, North Carolina.	84.7	136.3
15.2	24.4	Roadside turnout	State run rest area - North side of highway.	82.3	132.4
15.2	24.4	Roadside turnout	State run rest area - South side of highway.	82.3	132.4
16.9	27.2	Exit #135	Access to community of Claremont, North Carolina. Access to lodging, gas, diesel - off highway.	80.5	129.6
18.3	29.4	Exit #135 - Rock Barn Road	Access to Highway #70 to Newton, North Carolina and Conover, North Carolina. Access to Highway #321 - South to communities of Lincolnton, North Carolina and Gastonia, North Carolina.	79.2	127.4
19.3	31.1	Junction of Highway #132	Access to campground, RV park. Services, gas, diesel - off highway. Access to cities of Conover, North Carolina and Taylorsville, North Carolina. Access to Highway #16 - South to Cowans Ford Dam, North Carolina; communities of Denver, North Carolina and Triangle, North Carolina; North to Millersville, North Carolina and Moravian Falls, North Carolina.	78.1	125.7

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20.9	33.6	Exit #130 - 'Old US 70'	Access to services, fuel, lodging.	76.6	123.2
21.6	34.7	View from highway	Hickory Furniture Mart - 126 miles.	75.9	122.1
22.9	36.8	Exit #128	Access to lodging, services, fuel. Access to Fairgrove Church Road. Access to Catawba Valley Community College. Access to highway patrol.	74.6	120.0
23.1	37.1	Hickory ,North Carolina City limits	Hickory, NC is located in North Carolina's Piedmont region. The city is sited primarily in Catawba County but its borders extend into portions of Burke and Caldwell Counties.	74.4	119.7
25.0	40.2	Exit #126	Access to Highway #170. Access to cities of Newton and Hickory. Access to lodging, fuel. The City of Newton is located in Catawba County, situated in the North Carolina Piedmont Plateau of the Piedmont Industrial Crescent. Newton is positioned in the triangle formed by Asheville to the northwest, Winston-Salem to the northeast, and Charlotte to the southeast, all within an hour and a half drive. The gently rolling terrain blends into the foothills of the Blue Ridge Mountains.	72.5	116.6
25.7	41.4	Exit #125	Access to lodging and services - off highway. Access to city of Hickory.	71.7	115.4
28.0	45.0	Exit #123A		69.5	111.8
28.0	45.0	Exit #123B	Access to community of Boone, North Carolina; to Appalachian State University and Hickory Regional Airport. Access to tourist information center. Access to city of Hickory, North Carolina, Lenoir, North Carolina and Patterson, North Carolina.	69.5	111.8
30.4	49.0	Exit #121	Access to community of Long View, North Carolina.	67.0	107.8
31.4	50.6	Exit #119	Access to communities of Hildebran, North Carolina. Access to Henry Fork River, NC.	66.0	106.2
32.2	51.8	Burke County, North Carolina	Eastern county line.	65.2	105.0
33.0	53.1	Exit #118	Old North Carolina #10.	64.4	103.7
34.7	55.8	Exit #116	Access to community of Rhodhiss, North Carolina and Icard, North Carolina. Access to lodging, services, gas - off highway.	62.8	101.0
38.5	62.0	Exit #113 Junction of Highway #18	North access to Rutherford College and Cahah Mountain. Access to community of Baton, North Carolina. South access to communities of Connelly Springs, North Carolina, Toluca, North Carolina, North Carolina, Belwood, North Carolina, Shelby, North Carolina.	58.9	94.8
38.8	62.4	View from highway	Travelling West on I40.	58.7	94.4
39.4	63.4	Exit #112 - Mineral Springs Mtn. Road	Access to community of Valdese, North Carolina.	58.0	93.4
40.2	64.7	Exit #111	Access to tourist information center.	57.2	92.1
43.3	69.7	View from highway		54.1	87.1
43.5	70.0	Exit #107	Access to Highway #114 to community of Drexel, North Carolina.	53.9	86.8
44.6	71.7	Exit #106 - Bethel Road	Services, gas, diesel - off highway.	52.9	85.1
45.7	73.6	Exit #105	Services, gas, diesel - off highway. Access to Highway #18 to Morganton, North Carolina and Shelby, North Carolina. Access to South Mountain State Park. Eleven campsites include a picnic table and fire circle, and one site is wheelchair accessible. Pit toilets are located nearby. Equestrian camping: The equestrian camping area adjacent to the horse trailer parking area consists of 15 campsites, a 37-stall barn and a washhouse with hot showers and flush toilets.	51.7	83.2
46.7	75.2	Exit #104 - Enola Road	Access to Western Carolina Center.	50.7	81.6
47.9	77.1	Exit #103	Access to Highway #64 - South to communities of Rutherfordton, North Carolina, Logan, North Carolina and Westminster, North Carolina. Access to community of Morganton, North Carolina - North side of highway. Services, gas, diesel - off highway.	49.5	79.7
51.1	82.3	Exit #100	Access to Glen Alpine Jamestown Road. Services, fuel - off highway.	46.3	74.5
53.2	85.6	Exit #98		44.2	71.2
54.7	88.1	Exit #96 - Kathy Road		42.7	68.7
56.5	90.9	Exit #94	Access to Lake James, North Carolina.	41.0	65.9
56.7	91.2	View from highway		40.8	65.6
58.0	93.4	McDowell County, North Carolina	Eastern county line.	39.4	63.4

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60.7	97.7	Exit #90	Access to community of Nebo, North Carolina and Lake James, North Carolina. Access to Lake James State Park. Gas, diesel - off highway. Lake James State Park Campground. Camping; Twenty backpack campsites are located 150 to 300 yards from the parking lot. Two of these sites are reserved for persons with disabilities. Each campsite provides a firepit, picnic table and tent space. Approximately every five sites apart, a water faucet is located, and a washhouse with hot showers. The cool mountain waters of the Linville, NC and Catawba rivers, NC, flow into hilly terrain to form a deep lake with enough points and coves to challenge any fisherman.	36.7	59.1
61.1	98.4	View from highway	View from highway travelling West.	36.3	58.4
64.3	103.4	Exit #86	Access to Highway #226 to community of Marion, North Carolina; South to communities of Dysartville, North Carolina, Polkville, North Carolina and Shelby, North Carolina. Access North to Little Switzerland, North Carolina, Spruce Pine, North Carolina and Bakersville, North Carolina. Access to McDowell Technical Community College. Access to campground. Services, gas, diesel - off highway.	33.2	53.4
67.5	108.6	Exit #83 - Ashworth Road		30.0	48.2
68.0	109.4	Exit #85	Access to Highway #221 to city of Marion, North Carolina. Access to lodging. Access to communities of Glenwood, North Carolina, Thermal City, North Carolina and Rutherfordton, North Carolina. Access to Linville Gorge, North Carolina.	29.5	47.4
68.0	109.4	Junction of Highway #221	Access to communities of Gilkey, NC, Ruth, NC, and Forest City, NC. North access to Linville Falls, NC, Pineola, NC.	29.5	47.4
68.6	110.4	Roadside turnout	State run rest area - both sides of highway. Services, gas, diesel - off highway.	28.8	46.4
69.6	112.0	Exit #81 - Sugar Hill Road		27.8	44.8
74.9	120.6	Point of Information	Crossing Catawba River, North Carolina.	22.5	36.2
75.9	122.2	View from highway	Exit #75 - Padgett Parker Road. Services, gas, diesel - off highway. Photo is view from highway travelling West.	21.5	34.6
78.4	126.1	Exit #73	Access to Old Fort, North Carolina. Services, gas, diesel - off highway. Access to Mountain Gateway Museum. North access to The Great Smoky Mountains National Park recreation area. The National Park Service maintains developed campgrounds at 10 locations in the park. They are Abrams Creek, Balsam Mountain, Big Creek, Cades Cove, Catalochee, Cosby, Deep Creek, Elkmont, Look Rock, and Smokemont.	19.1	30.7
78.4	126.1	Exit # 73	North access to Mount Mitchell State Park. Family camping: The nine-site family campground is open throughout the year. Only tent camping is allowed. Each site is equipped with a grill and picnic table. Modern restrooms for use during warm seasons are located nearby. Showers and hot water are not provided.	19.1	30.7
78.7	126.6	View from highway	Travelling West on I40.	18.8	30.2
80.0	128.7	Entering Pisgah National Forest, North Carolina	Eastern boundary. Pisgah National Forest features some of the most beautiful and rugged mountain scenery, and the best recreational opportunities in eastern North America. The Pisgah National Forest is a large forest that covers much of the north and central western mountains of NC.	17.5	28.1
83.4	134.2	Leaving Pisgah National Forest, North Carolina	Western boundary.	14.0	22.6
83.8	134.8	Point of Interest	Eastern Continental Divide - Elevation 2786 feet.	13.7	22.0
84.1	135.4	View from highway - Photo - Buncombe County Welcome Highway sign	Welcome to Buncombe County, North Carolina. Nestled in between the Blue Ridge and Smoky Mountains.	13.3	21.4
84.9	136.7	Exit #66	Community of Ridgecrest, North Carolina.	12.5	20.1
86.0	138.4	Exit #65	Access to Highway #70 to Black Mountain - North of highway. Access to Black Mountain Center. Access to Highway #9 to Montreat, North Carolina - North of highway, and to Bat Cave, North Carolina - South of highway.	11.4	18.4
86.1	138.6	Point of Information	Crossing Swannanoa River, North Carolina.	11.3	18.2
86.7	139.6	Exit #64	Access to Chimney Rock, North Carolina and Lake Lure, North Carolina - South of highway. Access to Black Mountain, North Carolina and Montreat, North Carolina - North of highway.	10.7	17.2

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87.9	141.5	Point of Information	Crossing Swannanoa River, North Carolina.	9.5	15.3
91.8	147.7	Exit #59	Community of Swannanoa. Access to campground. Services, gas, diesel - off highway. Access to Warren Wilson College.	5.7	9.1
95.3	153.4	Exit #55 - Access to Highway US #25& US #70,	Access to East Asheville, North Carolina. West to community of Oteen, North Carolina. Access to Billy Graham Training Center, Folk Art Center, campgrounds. Services, gas, diesel, lodging - off highway. -- For travel north or south via U S highway # 25 See Milebymile.com Road Map Highway Travel Guide - North Carolina / South Carolina State Lines to North Carolina / Tennessee State Lines for driving directions.	2.1	3.4
96.4	155.2	Asheville, North Carolina	Eastern limits. Asheville was incorporated in 1797. Junction of 53A-B to Interstate 240, and Alternate 74 - South to communities of Reynolds, NC and Chimney Rock Village, NC. Access to future Interstate 26, South to Hendersonville, NC and the Carl Sandburg Home National Historic Site. Carl Sandburg, nationally renowned poet, biographer, lecturer, newspaper columnist, folksinger, author of American fairytales, and winner of two Pulitzer Prizes. -- Attractions in and around Asheville; Asheville Art Museum - Asheville Urban Trail - Buncombe County Civil War Memorial - Carl Sandburg Home National Historic Site - Colburn Earth Science Museum - Historic Downtown Asheville - Mineral & Lapidary Museum - Thomas Wolfe Memorial State Historic Site - Estes-Winn Auto Museum.	1.0	1.6
97.4	156.8	Exit 53B	City of Asheville. Access to Interstate #74 to communities of Balsam, North Carolina, Beta, North Carolina; to the Nantahala National Forest. West access on I40 to communities of Enka, North Carolina and Lake Junaluska, North Carolina. Start / Finish of highway travel log. S&e	0.0	0.0