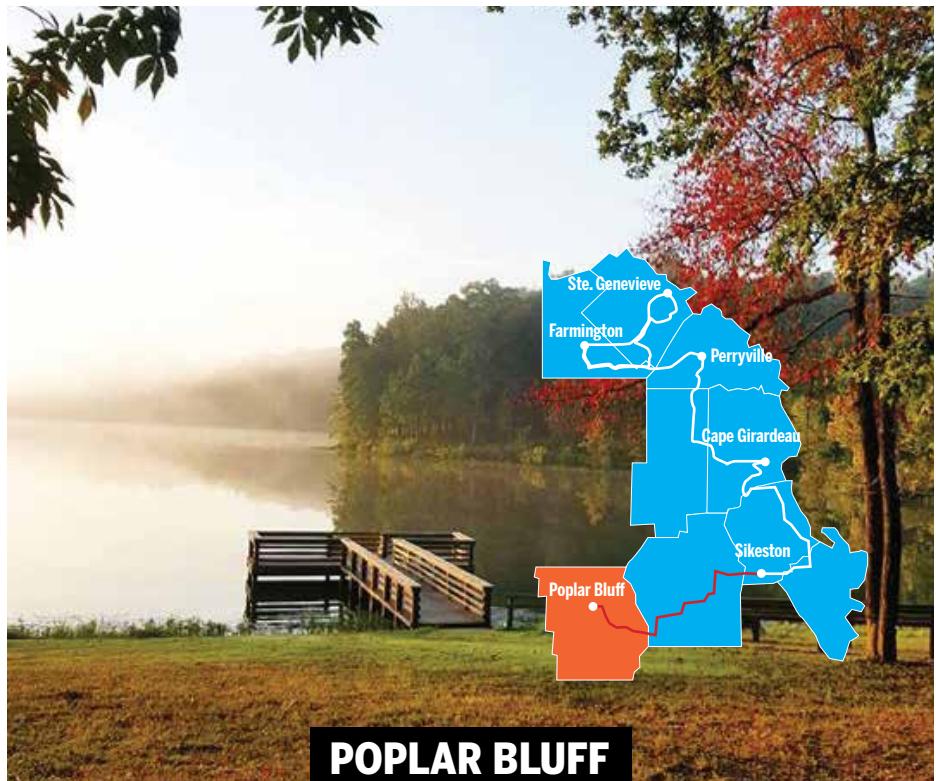


# 2020 BICYCLE ACROSS MISSOURI RIDER GUIDE

**b<sup>icy</sup> BAM**  
BICYCLE ACROSS MISSOURI





## POPLAR BLUFF

### KICKOFF PARTY EVENT LOCATION

**Ray Clinton Park, 272 Park Ave., Poplar Bluff**

Beer tent and food vendors will be open from 3 to 9 PM.

Shuttle to downtown area will run from 3 to 9 PM. | Concert is from 6 to 8:30 PM.



The Gateway to the Ozarks, Poplar Bluff, is located between St. Louis, Memphis, Tennessee, and Little Rock, Arkansas. This southeast Missouri destination is the perfect getaway. Highlights include award-winning BBQ and the best pink lemonade in the region. Come "kick it on the bricks" in the downtown district where you can catch a show at the historic Rodgers Theatre or try a number of locally brewed beers at the Bronze Owl. Poplar Bluff is situated near a number of outdoor attractions unmatched in their natural beauty.

### STAY

Hotels offering Big BAM special rates:

**Hampton Inn**, 573-300-4550

**Holiday Inn**, 573-776-1200

(shuttle service provided to these two hotels)

Other hotels:

**Motel 6**, 573-776-6400

**Comfort Inn**, 573-686-5200

**Super 8**, 573-785-0176

**Drury Inn**, 573-686-2451

**Fairfield Inn & Suites**, 573-250-7020



### Myrtle's Place and Back Alley BBQ.

573-785-9203

**The Fishin' Pig**, 573-776-7442

**The Wine Rack / Java Shop Cafe**, 573-785-0999

### BIKER 411

Big BAM will kick off at Ray Clinton Park in downtown Poplar Bluff, along the banks of the Black River at 3 PM with live concert from 6 to 8:30 PM. Food and beer will be available on site. Shuttles will run to nearby locally owned restaurants. Ray Clinton Park also neighbors Poplar Bluff's dog park. Not far from the area is Westwood Boulevard, the town's main highway, granting easy access to shopping, dining, and more.

### AMTRAK OPTION

The Texas Flyer: Ray Clinton Park is located across from the AMTRAK station with train service from St. Louis and all points listed along the Texas Flyer route. This may be an option you may want to consider.

### EAT & DRINK

**Bluff Burger & Brew**,

573-686-9300

**Bronze Owl Brewing**,

573-840-5202

**Bread + Butter**, 573-785-8500

**Castello's Italian Restaurant**, 573-712-9010

**Haffy's Sports Bar and Grill**, 573-686-2006

**Lemonade House Grille**, 573-776-8053



# POPLAR BLUFF TO SIKESTON

**69 MILES**

759 FEET OF CLIMB

Riders hit the trail on Monday, June 1, in Poplar Bluff and ramble through the flat, open country of the Mississippi Delta past fields of cotton and rice on their way to Sikeston.



Experience the best of Sikeston in Missouri's Bootheel where Cotton is King, rolls are "threwed," and southern hospitality awaits! Sikeston is centrally located at the intersection of Interstates 55 and 57, 150 miles from St. Louis and 150 miles from Memphis, Tennessee. Take home lasting memories from the historic Downtown District, the Sikeston Depot Museum, Historic Homes Walking Tour, Veterans Park, and many other attractions. Numerous art galleries and antique stores are located in the downtown district. Several wineries are located just minutes from Sikeston, with some overlooking the Mississippi River.

Fun family activities include the Malco Sikeston Cinema and Grill, Sikeston Bowling Center, Blodgett Paintball and Fun Factory, a skating rink, and Sikeston Race Park. Well-manicured parks feature fishing lakes, walking trails, tennis, volleyball, softball, and basketball courts. For nature lovers, numerous hiking and nature trails are located nearby.

In the fall, the Cotton Ramble Bike Ride features scenic 15-, 26-, 65-, or 100-mile routes along flat, low-traffic county roads, and a free tour of a working cotton gin.

For your stay during the 2020 Big BAM Ride, visit [Sikeston.net](http://Sikeston.net) for a full list of restaurants, hotels, and attractions.



## SIKESTON

### EVENT LOCATION

**Sikeston Recreation Complex,  
1115 N. Ingram Road, Sikeston**

Beer tent and food vendors will be open from 2 to 9 PM. | Concert is from 6 to 8:30 PM.

### STAY

**Hampton Inn**, 573-475-9522  
**Holiday Inn Express**, 573-475-9522  
**Drury Inn & Suites**, 573-472-2299  
**Best Western**, 573-481-9500

### EAT & DRINK

**Bo's Barbecue & Breakfast**, 573-471-9927  
**China Buffet**, 573-472-9899  
**Colton's Steak House**, 573-475-8300  
**Dexter Bar-B-Que**, 573-471-6676  
**El Bracero**, 573-472-0616  
**Jay's Krispy Fried Chicken**, 573-471-8472  
**JD's Steakhouse**, 573-475-8799  
**Jeremiah's Restaurant & Lounge**, 573-472-4412  
**Kirby's Sandwich Shop**, 573-471-1318  
**Lambert's Café**, 573-471-4261  
**La Ruleta**, 573-471-7789

**Parengo Coffee Shop**, 573-475-8023

**Susie's Bake Shoppe & Restaurant**,

573-471-8550

**Taco John's**, 573-471-3344

**Watami Sushi & Hibachi Steak House**,

573-621-5022

### BIKER 411

The Big BAM event will be held in the Little League Football Field at the Recreation Complex Park, located off North Ingram Road in Sikeston. There are restrooms located nearby, water fountain, and a parking lot. There is a walking/biking trail within the park along with a two-acre fishing lake. Veterans Park is located nearby with the trail connecting the two parks. The site is approximately three miles from area hotels. Several restaurants and shopping venues are also nearby.

# SIKESTON TO CAPE GIRARDEAU

**70 MILES**

1,377 FEET OF CLIMB



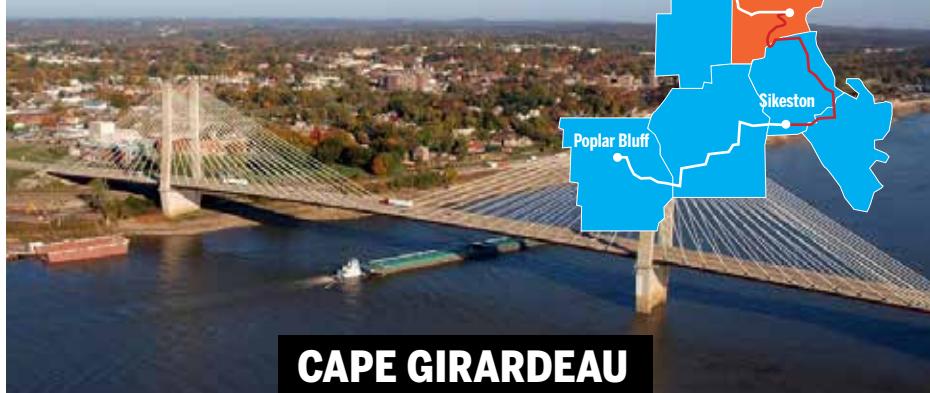
For more than 250 years, people have been drawn to the town of Cape Girardeau and the river that it is nestled on. As you pause along the riverfront, the passion that inspired Mark Twain to so eloquently write about Cape in *Life on the Mississippi* will touch you, as will the courage that Gen. Ulysses S. Grant mustered as he stood among some of the same historic landmarks when he took command of the Union Army on the Mississippi in our town. The warmth and hospitality founder Louis Lorimier extended to Lewis and Clark as they set out on their Corps of Discovery is still shared today.

In the 1700s, a French soldier, Jean B. Girardot, set up a trading post situated on a rock on the west banks of the Mississippi. How long Girardot was here isn't known, but all of the settlers and voyagers traveling the Mississippi were very familiar with Cape Girardot. Though the spelling may have changed, the town still stands as Cape.

During the Civil War, Union forces occupied Cape Girardeau. They erected four forts to protect the city and the river. There is historical signage at Forts A, B, and C, and the earthen Fort D is still standing. In Ivers Square, the Court of Commons Pleas was the headquarters in 1861 of the occupying Union forces. Monuments and memorials on the grounds commemorate Union, Confederate, Vietnam, USCT, police, and local dignitaries who impacted the lives of people in Cape Girardeau.

As the riverboats dock and visitors walk, ride, drive, and fly in, the welcome feeling is shared by all. Whether you are hiking through one of our twenty-three parks, enjoying a theater production, visiting a historic attraction, appreciating the art sculptures, shopping in an antique store, or making memories with your family, you will find that the adventure starts in Cape Girardeau.

On Tuesday, June 2, the route climbs out of Delta country to Crowley's Ridge and into the edge of the Ozarks as riders approach Cape Girardeau, the third overnight town.



## CAPE GIRARDEAU

### EVENT LOCATION

#### **Arena Park, 410 Kiwanis Drive, Cape Girardeau**

Beer tent and food vendors will be open from 2 to 9 PM.

Shuttle to downtown area will run from 2 to 9 PM. | Concert is from 6 to 8:30 PM.

### STAY

[Auburn Place Hotel and Suites](#), 573-651-4486

[Broadway Loft](#), 573-335-6888

[Budget Inn](#), 573-334-2828

[Candlewood Suites](#), 573-334-6868

[Courtyard by Marriott](#), 573-240-9420

[Drury Plaza Hotel & Conference Center Cape Girardeau](#), 573-334-7151

[Drury Suites](#), 573-339-9500, 800-378-7946

[Hampton Inn](#), 573-334-4499

[Holiday Inn Express & Suites](#), 573-334-4491, 800-645-3379

[Pear Tree Inn Medical Center](#), 573-334-3000

[Pear Tree Inn West](#), 573-651-3000

[Quality Inn](#), 573-339-0808

[Town House Inn](#), 573-335-2700

Please visit [VisitCape.com/stay](#) for a complete listing.

[El Sol](#), 573-803-2775

[Gabriel's Food and Wine](#), 573-803-2449

[Hotshots Sports Bar and Grill](#), 573-335-9449

[Katy O'Ferrell's Publick House](#), 573-803-2896

[Mary Jane bourbon + smokehouse](#), 573-334-6279

[Mario & Angela's Italian Cucina](#), 573-388-7444

[Minglewood Brewery](#), 573-803-0524

[Port Cape Girardeau](#), 573-334-0954

[The Greens](#), 573-349-0880

[Top of the Marq](#), 573-334-6277

[Zoi's Gyros Corner](#), 573-339-1144

### BIKER 411

On day two, Big BAM will cruise in to Arena Park, a ninety-acre community park located at Kiwanis Drive and Kingshighway. The park contains nine rentable shelters, sixty picnic tables, sixteen softball/baseball fields, four tennis courts, two sand volleyball courts, an outdoor FitZone, and three restroom facilities. Arena Park is also home to the A. C. Brase Arena Building, a rental facility and the Parks & Recreation Department's main office. Arena Park hosts many annual events, including the SEMO District Fair, and is the primary location for most youth softball and baseball leagues.

### EAT & DRINK

[36 Restaurant & Bar](#), 573-803-2333

[Baristas Coffee Bar](#), 573-388-7777

[Bella Italia](#), 573-332-7800

[Blue Diamond Sports Bar](#), 573-837-1148

[Broadway Biergarten](#), 573-335-2337

[Burrito-Ville](#), 573-334-4068

[Dogwood Social House](#), 573-837-1260

# CAPE GIRARDEAU TO PERRYVILLE

**52 MILES**

3,821 FEET OF CLIMB

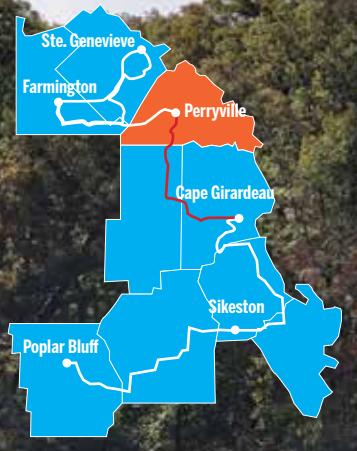
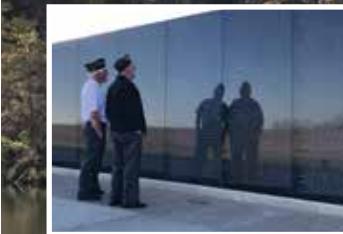


Located eighty miles south of St. Louis on Interstate 55, Perryville is a place where faith and freedom flourish. It's a place where history and heritage are held in high regard and those who have experienced war find peace and healing. Nestled in rural agricultural surroundings, visitors delight in its picturesque countryside, historic downtown square, and the town's down-home hospitality.

Discover the area's rich German heritage through its history, music, and food, which when combined create a memorable and authentic experience. Step back in time at a museum or reflect at Missouri's National Veterans Memorial and the only exact replica of the Vietnam Wall. With beautiful lakes for winter trout fishing, natural areas, and the Mississippi River's iconic Tower Rock, a geologic and historic river landmark that has been documented and written about by the likes of Lewis & Clark, Ulysses S. Grant, and Mark Twain, there is much to discover.

Perry County is the cave capital of Missouri with more than seven hundred recorded caves. It is home to four of the five longest caves recorded in the state. Crevice Cave is Missouri's longest cave with a surveyed length of more than thirty miles. Berome-Moore Cave is more than twenty miles in length and has more than 140 active leads to give spelunkers much to explore. Perry County is also home to the Grotto Sculpin cavefish, which can only be found here.

On Wednesday, June 3, the route passes by Bollinger Mill State Historic Site and the Vietnam Veteran's Memorial on the way to Perryville.



## PERRYVILLE

### EVENT LOCATION

**Perry Recreation Complex,  
800 City Park Lane, Perryville**

Beer tent and food vendors will be open from 2 to 9 PM.

Shuttle to downtown area will run from 2 to 9 PM. | Concert is from 6 to 8:30 PM.

### STAY

**Holiday Inn Express & Suites**, 573-605-1385  
**Super 8**, 573-768-8166  
**Comfort Inn**, 573-547-1727  
**Days Inn**, 573-547-1091

### EAT & DRINK

**Acapulco**, 573-517-7207  
**Beef 'O' Brady's**, 573-605-1109  
**Chin Restaurant**, 573-605-1599  
**City Tavern**, 573-547-9913  
**Cone or Cup Ice Cream**, 573-605-1201  
**Ewald's Bar-B-Q**, 573-547-8585  
**Galati's Italian Restaurant**, 573-517-7600  
**Hoeckele's Bakery & Deli**, 573-547-4506  
**Incredible Edibles**, 573-768-9788  
**Jackson Street Brew Co.**, 573-605-3297  
**Mary Jane Burgers & Brew**, 573-547-6279  
**Park-Et Fine Foods**, 573-547-4147  
**Smokin' Double Barrels BBQ**, 573-547-2800  
**Stonies Sausage Shop**, 573-547-2540  
**The Barrens Winery**, 573-547-6968

**The Foundry**, 573-513-6193  
**Villainous Grounds**, 573-605-1333

### BIKER 411

Big BAM will stop for a night at Perryville City Park –160 acres of green grass, mature shaded areas, pavilions with picnic tables, restrooms, paved walking/biking trail, baseball fields, and playgrounds. Its nucleus, Perry Park Center, includes an enclosed year-round aquatics center, gymnasium, racquetball courts, a meeting room, a free weight room, a cardiovascular room, an elevated walking/jogging track, and a performing arts center that offers first-run motion pictures daily and periodic live theatrical productions. The Park Center also houses the Perryville branch of the Riverside Regional Library with internet computer connection and access. The Perry County Museum is nearby to take in some of Perry County's rich cultural history. The park is also four blocks from the historic courthouse square, with shops, restaurants, and breweries.

# PERRYVILLE TO FARMINGTON

**44 MILES**

2,583 FEET OF CLIMB



## FARMINGTON

**EVENT LOCATION****Engler Park, 651 Vargo Road, Farmington**

Beer tent and food vendors will be open from 2 to 9 PM.

Shuttle to downtown area will run from 2 to 9 PM. | Concert is from 6 to 8:30 PM.



Established more than two hundred years ago, Farmington is the county seat for St. Francois County in southeast Missouri. Farmington prides itself on a rich and valued heritage, while simultaneously experiencing continuous growth. Area highlights include several state parks in the area. The parkland offers some of the best spots for camping, fishing, and hiking in the state. You can enjoy an ATV ride at St. Joe State Park and get in a round of disc golf at one of our two nationally recognized disc golf courses. If you prefer some relaxation, seek out one of several wineries or fine dining establishments. Most offer live music on weekends between April and October.

**STAY****Best Western**, 573-756-8031**Crown Pointe Lodge**, 573-701-9747**Hampton Inn**, 573-760-8700**Holiday Inn Express**, 573-701-0505**Quality Inn**, 573-664-1210**Super 8**, 573-756-0344**EAT & DRINK****12 West Bar & Grill**, 573-760-1135**Spokes Bar & Grill**, 573-756-6220**Pad Thai Kitchen**, 573-747-0811**Casa Sol**, 573-747-1190**The Factory Diner**, 573-760-0208**ColJac Artisan Cafe and Catfish Kettle**,  
573-756-4555**BIKER 411**

Engler Park is the campsite for Big BAM riders on this day. The park features two lakes, nature trails, disc golf, sports facilities, and a nature sanctuary. Engler Park sits on a two-mile loop of the city's Stanley M. Overall Bikeway Trail System, named after one of the city's most avid bicyclists. Farmington's Historic Downtown District also has a loop on the bikeway. Historic buildings are located throughout the downtown area and some house locally owned and operated businesses like quaint local shops and wineries with an impressive menu of "urban-esque" cuisine and wine as well as regional arts and crafts shops, galleries, coffeehouses, and boutiques.

# FARMINGTON TO STE. GENEVIEVE

**37 MILES**

2,062 FEET OF CLIMB

**63 MILES**

3,859 FEET OF CLIMB  
(EXTENDED ROUTE)



Ste. Genevieve, located one hour south of St. Louis, is the oldest town in Missouri. Settled in the early 1700s, it was one of several French Canadian settlements in the mid-Mississippi Valley region. On any given day, you will see the tricolored French flag and the tricolored Missouri flag, fluttering underneath the Stars and Stripes.

Residents take pride in the town's historic past. Rare French Colonial and early American historic buildings are carefully preserved and presented for tours, and the community hosts several festivals throughout the year, including signature events that celebrate the French heritage of the city.

Take a step back in time as you stroll through the historic downtown. Ste. Genevieve is home to three original French buildings built in the *poteaux en terre* (posts in the ground) style. Although once common in French settlements, these structures are now quite rare and, in the United States, can only be found in Ste. Genevieve and in the state of Louisiana. You can tour two of these buildings, including the Buvais-Amoureaux, which will soon be part of the Ste. Genevieve National Historical Park site. Nearby is the Bequette Ribault House, which has been restored by the owners of Chaumette Vineyards and Winery, and is only open on weekends. There are five more historic sites that offer guided tours and many more historic buildings that still serve as shops or residences, or both.

In addition, there are several Missouri wineries located in Ste. Genevieve. Two wineries, Lewis Winery and Sainte Genevieve Winery, have tasting rooms located in the historic district of the town. Cave Vineyard, Charleville Vineyard Winery and Microbrewery, Chaumette Vineyards and Winery, Crown Valley Winery, Sand Creek Winery, Twin Oaks Winery, Watertower Winery, and Weingarten Vineyard are located a little farther out but well worth the drive.



The last day of riding, Friday, June 5, bikers will pass several wineries and breweries on the way to Ste. Genevieve, one of the first towns west of the Mississippi and retaining its French Colonial charm. You have two route options this final day of riding. One is sixty-three miles the other is thirty-seven miles with much less elevation gain.

## STE. GENEVIEVE

### EVENT LOCATION

**Moses Austin Park,  
103 S. Gabouri St., Ste. Genevieve**

Beer tent and food vendors will be open from 2 to 9 PM.  
Shuttle to downtown area will run from 2 to 9 PM. | Concert is from 6 to 8:30 PM.

### STAY

Visit [VisitSteGen.com](http://VisitSteGen.com) for a complete listing of area lodging.

### EAT & DRINK

**Anvil Restaurant & Saloon**, 573-883-7323  
**Hotel Audubon Grill & Bar**, 573-883-2479  
**Beanik Cafe and Pastry**, 573-608-5055  
**Buddy's Place**, 573-880-7112  
**Cafe Genevieve**, 573-883-3562  
**Old Brick House**, 573-883-2724  
**Sandbar**, 573-883-5792  
**Sara's Ice Cream**, 573-883-5890  
**Sirros**, 573-883-5749  
**Stella & Me Cafe**, 573-883-3078

**The Midway Bar & Grill**, 573-883-1006

### BIKER 411

Moses Austin Park hosts the final night of Big BAM 2020. It's a short distance from Ste. Genevieve's famous historic sites, and the downtown area offers twenty-five quaint shops, seven restaurants and coffeehouses, and several beautiful bed-and-breakfast inns. Other popular options in the area include an eighteen-hole golf course, the new River Rapids Waterpark, St. Mary's Antique Mall, and the Crown Ridge Tiger Sanctuary.



# BICYCLE ACROSS MISSOURI!

Missouri's premier bicycle ride, Big BAM, pedals through southeastern Missouri in 2020, from Poplar Bluff all the way to historic Ste. Genevieve! The pre-ride kickoff party will be held on May 31, and the last day of riding will be June 5. That's five days of riding across pristine countryside in Missouri's Bootheel on hard-surfaced roads with minimal traffic, with live music, town festivals every night, and a little bit of libation.



## YOUR FAVORITE MISSOURI RIDE IS EVEN BETTER!

### • NEW! Customer Service from Pork Belly Ventures.

We've partnered with PBV, a longtime RAGBRAI charter, on logistical Big BAM aspects.

### • Same GROUP RIDE discount but NEW BUDDY DISCOUNT

Get \$20 off your registration by referring another rider. Just send your referral code to a friend and you both get the discount when he/she signs up!

### • IMPROVED Route-Marking and Intersection-Marking

### • IMPROVED Portailet Placement

### • IMPROVED Increasing Mechanical Service and SAG Support

### • IMPROVED Massage Therapy Available to Riders

### • IMPROVED EATS! More delicious and nutritious food options!

## PLUS, EVERYTHING YOU ALREADY LOVE ABOUT BIG BAM

- Scenic Overlooks
- Nightly Live Music
- Meeting the Locals  
—the heart of Big BAM
- Showers, Phone-Charging,  
Morning Coffee
- Rental Tent Service  
(if you don't have your own!)
- PHAT Rooms  
—Glamping Big BAM style!

## THE OFFICIAL 2020 BIG BAM JERSEY—\$75

Grab an annual Big BAM jersey as a memento of the 2020 Big BAM ride when you register. Men's and women's jerseys are available in sizes small to triple-extra large. Quantities will be on hand during the ride, but in limited sizes.

## SHUTTLE SERVICES—\$119

- Pre-ride shuttle will leave from Ste. Genevieve on Sunday, May 31, to deliver riders to the Poplar Bluff starting point. Check-in time is 9 AM.
- Post-ride shuttle departs Ste. Genevieve for Poplar Bluff on Saturday, June 6. Check-in is 9 AM.

## SIGN UP TODAY!

Call your riding buddies now, mark your calendars, and then head over to [BigBAMRide.com](http://BigBAMRide.com) to claim your spot on the best-ever Big BAM!

## START YOUR 2020 SUMMER WITH BIG BAM!

**big**  
**BAM**

[BigBAMRide.com](http://BigBAMRide.com)

## YOUR 2020 BIG BAM REGISTRATION INCLUDES:

- Gear transport (8:30 AM daily departure deadline)
- Free admission to all five nights of concerts and other special events along the route
- Camping area
- Free Big BAM SWAG Bag
- Free T-shirt
- SAG support along the route
- Portailets at all stops
- Unlimited hot, private showers in an air-conditioned trailer at all overnight stops
- Private dressing area, soap, and shampoo dispensers
- Fresh towel daily
- Phone-charging trailer with locking compartments
- Free coffee each morning
- Social zone with shade canopies and chairs.
- Visit [BigBAMRide.com](http://BigBAMRide.com) for pricing, special offers, email notifications, and more information from Big BAM 2020. For more information, please call Tammy at 808-375-8921 or Greg at 660-537-2521.