MONTGOMERY BELL STATE RESORT PARK
MOUNTAIN BIKING TRAIL MAP

TENNESSEE STATE PARKS

MONTGOMERY BELL
STATE RESORT PARK
MAIN ENTRANCE

U.S. HIGHWAY 70

TRAIL COLOR — APPROX. MILEAGE — TRAIL DESCRIPTION
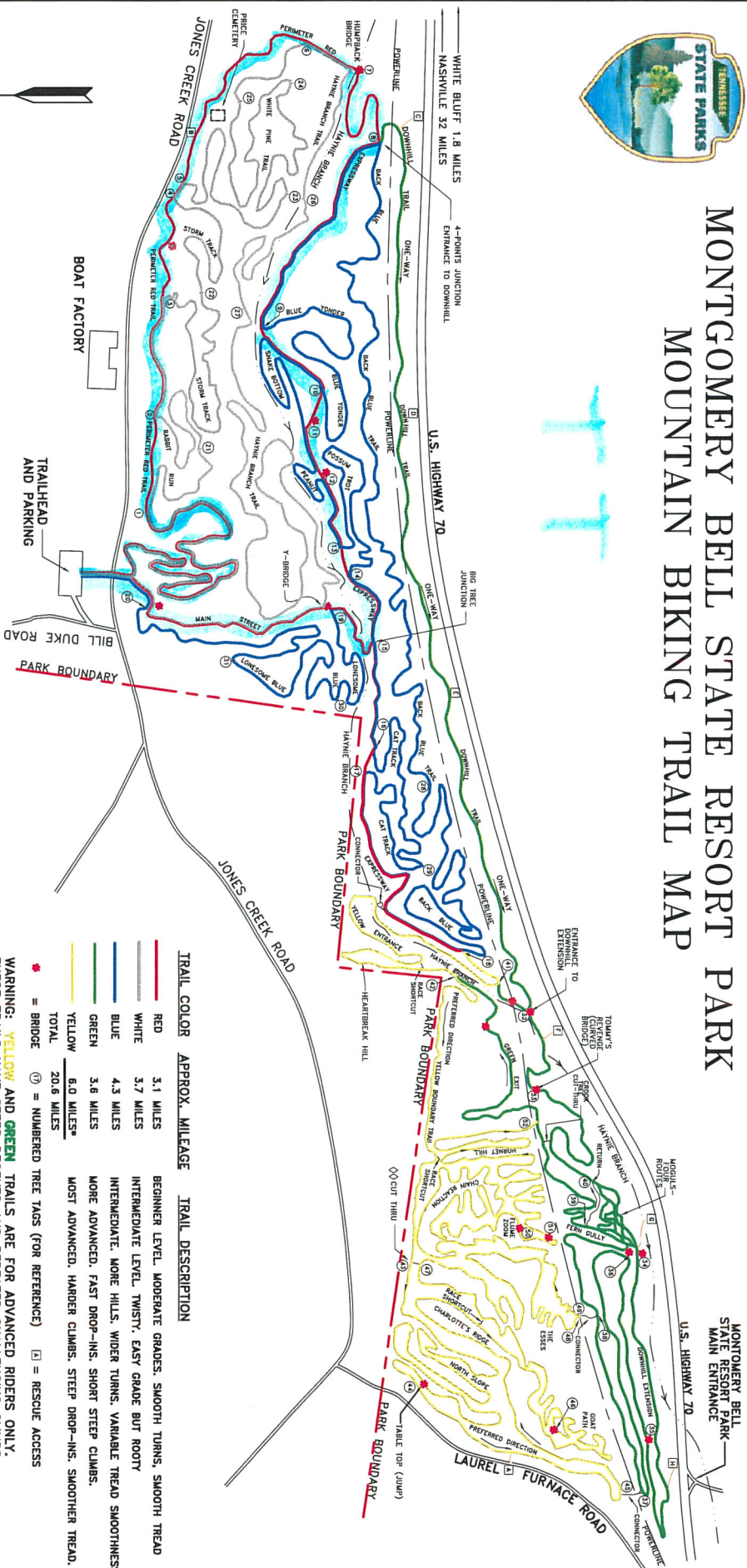
TRAIL COLOR	APPROX. MILEAGE	TRAIL DESCRIPTION
RED	3.1 MILES	BEGINNER LEVEL. MODERATE GRADES, SMOOTH TURNS, SMOOTH TREAD
WHITE	3.7 MILES	INTERMEDIATE LEVEL. TWISTY, EASY GRADE BUT ROOTY
BLUE	4.3 MILES	INTERMEDIATE. MORE HILLS, WIDER TURNS, VARIABLE TREAD SMOOTHNESS.
GREEN	3.6 MILES	MORE ADVANCED. FAST DROP-INS, SHORT STEEP CLIMBS.
YELLOW	6.0 MILES*	MOST ADVANCED. HARDER CLIMBS, STEEP DROP-INS, SMOOTHER TREAD.
TOTAL	20.6 MILES	

✳ = BRIDGE

⑰ = NUMBERED TREE TAGS (FOR REFERENCE)   ☒ = RESCUE ACCESS

WARNING: YELLOW AND GREEN TRAILS ARE FOR ADVANCED RIDERS ONLY.
THESE TRAILS HAVE STEEP DECENTS AND REPEATED CHALLENGING CLIMBS.

ALL TRAILS ARE BUILT AND MAINTAINED BY COOPERATIVE EFFORT OF PARK AND VOLUNTEERS.
FOR MORE INFORMATION ON VOLUNTEERING OR UPCOMING TRAIL WORK DAYS, CONTACT PARK OFFICE AT
615-797-9051 OR GO TO www.sorbamidtn.org

WARNING: MOUNTAIN BIKING IS A POTENTIALLY DANGEROUS SPORT. PARTICIPANTS ARE EXPECTED TO UTILIZE
PROPER SAFETY EQUIPMENT AND RIDE IN A RESPONSIBLE MANNER. ALL TRAIL USERS ARE ADVISED TO
AVOID TRAILS THAT ARE BEYOND THEIR SKILL LEVEL. ALL TRAIL USERS MUST RIDE AT THEIR OWN RISK.

DISCLAIMER: THIS MAP HAS BEEN PREPARED BY VOLUNTEERS AND IS INTENDED TO BE AS ACCURATE AS POSSIBLE AS
OF THE PREPARATION DATE. TRAILS MAY BE REROUTED WITHOUT NOTICE. BE ADVISED THAT PREPARERS
OF THIS MAP CAN NOT BE HELD RESPONSIBLE FOR ANY DIRECT OR INCIDENTAL LOSSES THAT MAY
OCCUR AS A RESULT OF USE OF THIS MAP. USE THIS MAP AT YOUR OWN RISK.

MAP LAST UPDATED: FEBRUARY, 2010

0   1/8   1/4   3/8   1/2
MILES

JONES CREEK ROAD
PRICE CEMETERY
WHITE BLUFF 1.8 MILES
NASHVILLE 32 MILES
4-POINTS JUNCTION
ENTRANCE TO DOWNHILL
U.S. HIGHWAY 70
BIG TREE JUNCTION
ONE-WAY
BOAT FACTORY
TRAILHEAD AND PARKING
BILL DUKE ROAD
PARK BOUNDARY
LAUREL FURNACE ROAD

PERIMETER RED TRAIL
HUMPBACK BRIDGE
HAYNIE BRANCH TRAIL
WHITE PINE TRAIL
STORM TRACK
RABBIT RUN
SNAKE BOTTOM
YONDER
POSSUM TROT
KANDU
Y-BRIDGE
MAIN STREET
LONESOME BLUE
CAT TRACK
BACK BLUE
EXPRESSWAY
POWERLINE
DOWNHILL TRAIL
CONNECTOR
HEARTBREAK HILL
TOMMY'S REVENGE CURVED BRIDGE
CUT-THRU
HORNET HILL
CHAIN REACTION
FLUME ZOOM
FERN GULLY
RACE SHORTCUT
CHARLOTTE'S RIDGE
NORTH SLOPE
THE ESSES
TABLE TOP (JUMP)
OAK PATH
PREFERRED DIRECTION
MOGULS FOUR ROUTES
DOWNHILL EXTENSION

Montgomery Bell Time Trial Course

1. From the parking lot go across the road and turn left to start **Perimeter Red**
2. Continue all the way on this always staying to the left around the perimeter.
3. You go over the humpback bridge on the map.
4. At **4-points junction** you go right onto Red/Blue **Expressway**
5. Stay on red the whole way don't turn off onto any of the inside blue trails
6. Come to **Big Tree Junction** (3-way) and take a right and across the creek
7. Up the hill to the **Y-bridge** and go straight across it and follow this back to the trailhead

This is just a reference for pre-riding, the course will be fully marked on race day!