



MONTGOMERY BELL STATE RESORT PARK MOUNTAIN BIKING TRAIL MAP

cat 1/2



TRAIL COLOR APPROX. MILEAGE TRAIL DESCRIPTION

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RED	3.1 MILES	BEGINNER LEVEL. MODERATE GRADES. SMOOTH TURNS, SMOOTH TREAD
WHITE	3.7 MILES	INTERMEDIATE LEVEL. TWISTY, EASY GRADE BUT ROOPY
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 (7) = NUMBERED TREE TAGS (FOR REFERENCE) (R) = RESCUE ACCESS

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

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 DATE OF PRINTING. THE STATE OF TENNESSEE AND THE MONTGOMERY BELL STATE RESORT PARK OFFICE ARE NOT RESPONSIBLE FOR ANY DIRECT OR INCIDENTAL DAMAGES THAT MAY OCCUR AS A RESULT OF USE OF THIS MAP. USE THIS MAP AT YOUR OWN RISK.

MAP LAST UPDATED: FEBRUARY, 2010

Montgomery Bell Classic Cat 1/2 XC 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 straight across onto **Back Blue** (there are signs with names on them on posts look for them).
5. At the end of **Back Blue** turn hard left onto Yellow you will see a sign saying Experts Only.
6. Go across powerline and bridge to green
7. Right across the bridge and down across the creek.
8. Up **Tommy's Revenge**
9. On top of the ridge now stay straight do not turn right at the cut-thru
10. Take the next right toward the downhill extension just before the moguls
11. Follow trail all the way down to the bottom and take a right across the second bridge (humpback bridge)
12. Ride along the highway right at the main park entrance
13. Stay to the left and go across the powerline and then right up **Charlotte's Ridge**
14. At the top turn left and don't go down **Goat Path**
15. Follow Yellow the rest of the way out.
16. Towards the end of yellow after **Chain Reaction** and **Hornet Hill** you will have a 4 way intersection with **Boundary Trail** and you continue straight and down two large moguls and to the bottom of the hill meeting up with **Green Exit**.
17. Stay to the left and go straight up **Heartbreak Hill** and back down then another left to continue Yellow out to the creek.
18. Cross creek and up the hill and take a left onto red/blue **Expressway** and take it back toward the entrance.
19. Come to **Big Tree Junction** (3-way) and take a left and across the creek
20. 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!