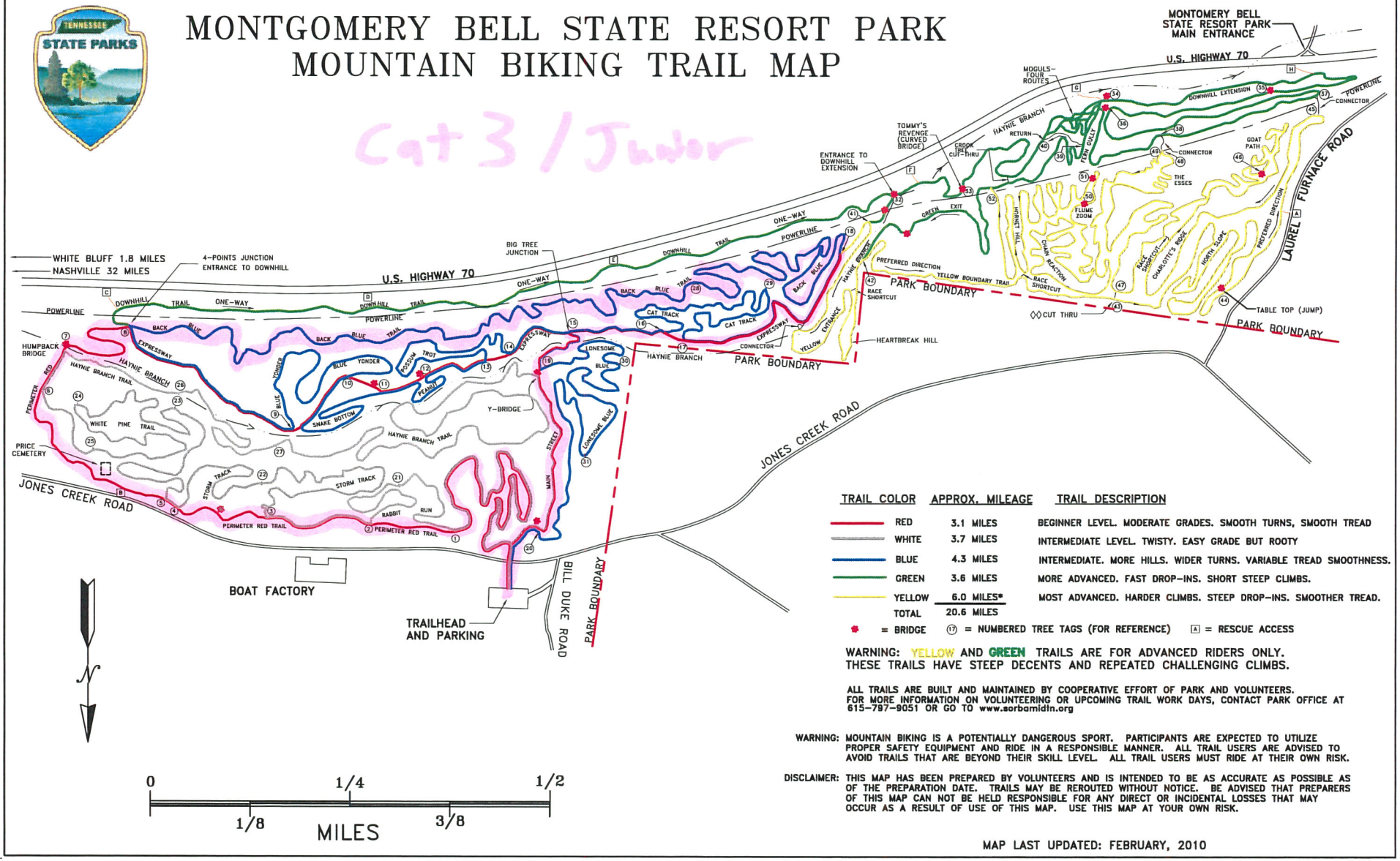
MONTGOMERY BELL STATE RESORT PARK
MOUNTAIN BIKING TRAIL MAP

Cat 3 / Junior



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) [A] = 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

Montgomery Bell Classic Cat 3 Junior 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** continue straight onto Red/Blue **Expressway**
6. Stay to the right at the junction with yellow at the bottom to stay on the **Expressway**
7. Stay on **Expressway** toward the entrance don't turn onto any of the blue Cat tracks.
8. Come to **Big Tree Junction** (3-way) and take a left and across the creek
9. Up the hill to the **Y-bridge** and go straight across it and follow this back to the trailhead

Two laps for Cat 3's and juniors of this course.

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