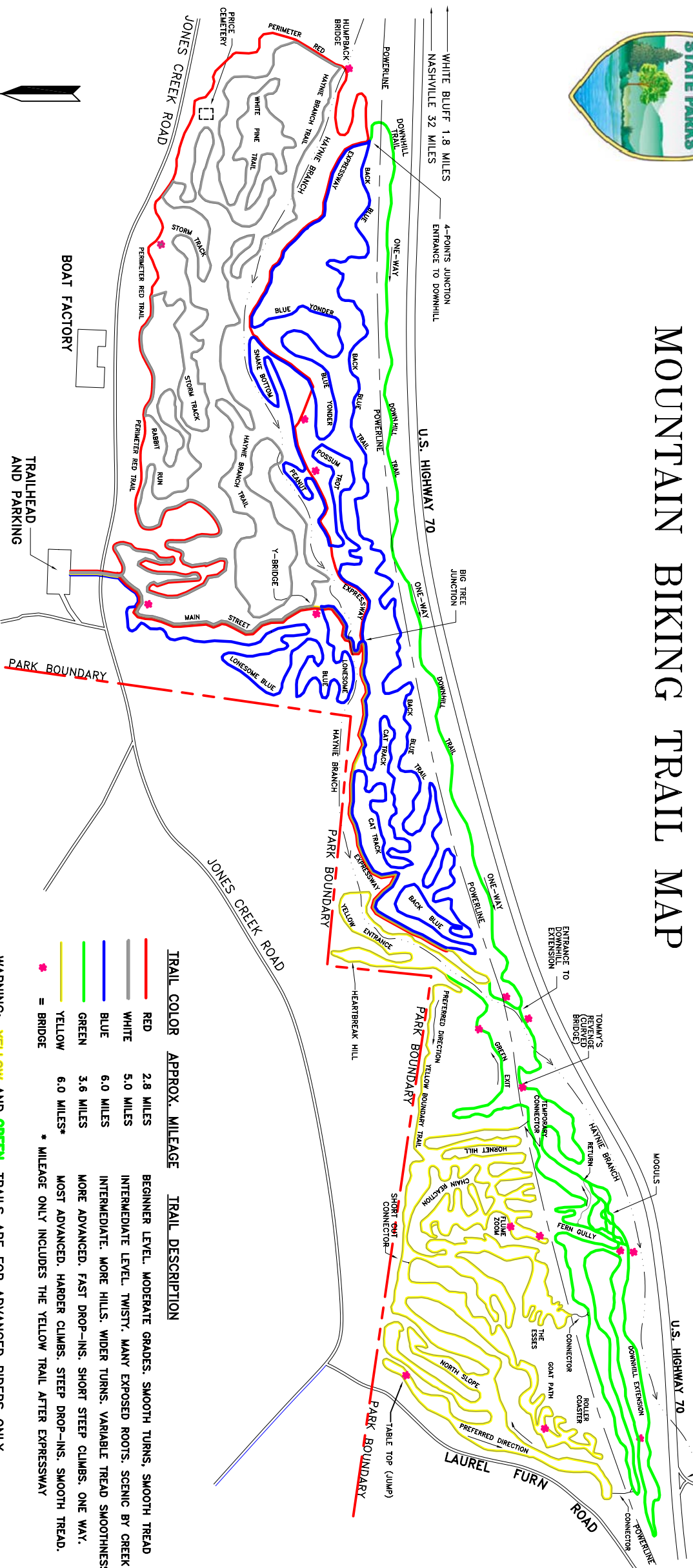




MONTGOMERY BELL STATE RESORT PARK MOUNTAIN BIKING TRAIL MAP

MONTGOMERY BELL
STATE RESORT PARK
MAIN ENTRANCE



TRAIL COLOR APPROX. MILEAGE TRAIL DESCRIPTION

RED	2.8 MILES	BEGINNER LEVEL. MODERATE GRADES. SMOOTH TURNS. SMOOTH TREAD
WHITE	5.0 MILES	INTERMEDIATE LEVEL. TWISTY. MANY EXPOSED ROOTS. SCENIC BY CREEK
BLUE	6.0 MILES	INTERMEDIATE. MORE HILLS. WIDER TURNS. VARIABLE TREAD SMOOTHNESS.
GREEN	3.6 MILES	MORE ADVANCED. FAST DROP-INS. SHORT STEEP CLIMBS. ONE WAY.
YELLOW	6.0 MILES*	MOST ADVANCED. HARDER CLIMBS. STEEP DROP-INS. SMOOTH TREAD.

* MILEAGE ONLY INCLUDES THE YELLOW TRAIL AFTER EXPRESSWAY

◆ = BRIDGE

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

VOLUNTEERS NEEDED: ALL TRAILS ARE BUILT AND MAINTAINED BY COOPERATIVE EFFORT OF PARK AND VOLUNTEERS. HELP IS STILL NEEDED TO COMPLETE CONSTRUCTION OF THE YELLOW TRAIL AND TO IMPROVE EXISTING TRAILS. FOR MORE INFORMATION ON VOLUNTEERING OR UPCOMING TRAIL WORK DAYS, CONTACT PARK OFFICE AT 615-797-9051 OR GO TO www.nashvillemountainbikes.com

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.