

# Mountain Bike Trails

National Park Service  
U.S. Department of the Interior

Big South Fork National River and  
Recreation Area  
Oneida, Tennessee



National Park Service Volunteers help to maintain and patrol the bike trails.

Mountain bike riding has become one of the more popular recreational activities enjoyed by visitors to Big South Fork National River and Recreation Area. The guidelines below are designed to help off-road cyclists enjoy their sport while showing respect for the environment and for other park users. For more information and directions contact the Bandy Creek Visitor Center in person or by telephone at (423) 286-7275.

## Rules of the Trail

The way you ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance the sport's access and image by observing the

following rules of the trail, formulated by the International Mountain Bicycling Association (IMBA). These rules are recognized around the world as the standard code of conduct for mountain bikers.



## Ride Open Trails Only

Respect trail and road closures (ask at the visitor center if you are uncertain). Bike trails are marked with blue trail markers.

## Leave No Trace

Be sensitive to the dirt beneath you. Recognize different types of soils and trail construction; practice low-impact cycling. Wet and muddy trails are more vulnerable to damage. When the trailbed is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Pack out at least as much as you pack in.

## Always Yield Trail

Show your respect when passing by slowing down or stopping. Anticipate other trail users around corners or in blind spots. When meeting other trail users, slow down, establish communication and be prepared to stop if necessary. Bikes yield to both horses and hikers.

## SHARE THE TRAIL



## RESPECT

OTHER VISITORS - Slow down & communicate when passing.  
THE LAND AND WILDLIFE - Leave no trace.  
TRAIL RULES - Be responsible.

## Horse Only Trails

Mountain bikes are allowed on most horse trails; however, the following trails are for equestrians and hikers only:

- Cotton Patch Loop
- Pilot-Wines Loop
- Most of White Oak Loop
- A portion of Jack's Ridge Loop
- Bandy Stables – Katie Trail Connection
- Station Camp Horse Camp Connector

## Plan Ahead

Know your bicycle. Read trail descriptions and choose one that matches your skill level. Take along a bike trail map.

Be self-sufficient, keep your equipment in good working order, and carry supplies for emergency repairs. Be prepared for changes in weather. Always wear a helmet and appropriate safety gear.



Many visitors enjoy the mountain bike trails at Big South Fork National River and Recreation Area.

Carry plenty of water. Do not count on finding water in streams. Collected water must be filtered. Bring a snack.

Remember that hunting is allowed in the park. Check with rangers about the various seasons. Wearing bright colors or hunter orange is recommended during hunting season. Always ride with others in remote areas and leave your travel plans with someone.

## Collier Ridge Loop

### *Trail Description:*

Beginning from the Bandy Creek Visitor Center the trail starts and finishes on the West Bandy Creek Road. The single track begins **1.1 miles** after leaving the Visitor Center by turning left off West Bandy Creek Road just past the sign for Scott State Forest. Look for and follow the bike marker posts. The single track section features creek crossings, a few short hills and some sandstone slabs.

Approximately 0.3 miles from West Bandy Creek Road you will see a split in the bike trail going uphill to the right. This trail will be part of your return route as you complete the loop.

The trail splits again at 1.8 miles after leaving West Bandy Creek Road. This split offers the choice of a novice or advanced section. If you would like the challenge of the advanced section turn right on the single track to continue. This section has one short drop over a rock ledge. If you are a novice rider continue straight ahead to Hwy. 297. Turn right on 297 and ride single file near the white line. In 1.3 miles look for the bike marker in the woods on the right to rejoin the single track.

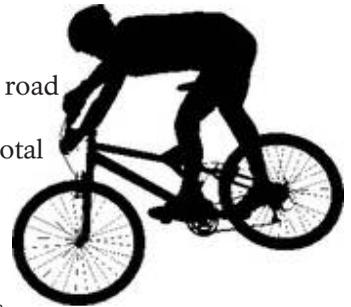
Once the two sections rejoin, either continue west along Hwy 297 and take the West Bandy Trail (see below) or remain on the Collier Ridge Trail for another **2.3 miles** back to the West Bandy Creek Road. Turn right and return to the Visitor Center.

### *Total Distance:*

Novice - 8 miles total  
3.6 miles gravel/paved road  
4.4 miles single track  
Advanced - 7.7 miles total  
2.2 miles gravel road  
5.5 miles single track

### *Time Allowance:*

Beginner - 1 3/4 hours  
Intermediate - 1 1/4 hours  
Advanced - 45 minutes



## West Bandy Trail

### *Trail Description:*

Traveling westward from the Bandy Creek Visitor Center: Follow directions to the Collier Ridge Loop and then from the point at which Collier Ridge Loop leaves the West Bandy Creek Road continue following the gravel road for 0.4 miles to the beginning of the West Bandy Bike trail. Turn right onto the bike trail at the signs.

You can also access the opposite end of this trail

from the West Entrance Trailhead on Hwy. 297: Follow the connector trail across West Bandy Creek Road and follow the bike trail signs. This section features rolling single track, creek crossings and short, steep sections. Return to your starting point by following the West Bandy Creek Road.

*Total distance:* 3 miles (single track section only)

*Time Allowance:* (single track section)

Beginner - 45 minutes

Intermediate - 30 minutes

Advanced - 20 minutes

## Duncan Hollow Loop

*Trail Description:*

Ride from the Bandy Creek Visitor Center to Duncan Hollow Road, located near the campground swimming pool. In **1.1 miles**, turn left off Duncan Hollow Road onto Duncan Hollow By-Pass.

This section, best ridden clockwise, features one creek crossing and one moderate climb. To ride it clockwise, travel **0.6 mile** and turn right onto the second entrance. This single track rejoins Duncan Hollow By-Pass for the return ride to Bandy Creek. Remember, bicyclists must yield to equestrian use.

*Total Distance:*

5.3 miles

3.0 miles gravel road

2.3 miles single track

*Time Allowance:*

Beginner - 1 1/4 hour

Intermediate - 1 hour

Advanced - 45 minutes

## Grand Gap Loop Trail

The Grand Gap Loop and portions of John Muir Trail can be biked any day of the week. Be prepared to share these trails with hikers. Beginner to Intermediate skill levels required.

This **6.4 mile loop** is best ridden counter clockwise. Except for a few moderately technical sections, the trail is mostly flat, smooth singletrack. The trail is alongside several rockshelters and cliffline overlooks of the river. Please park your bike and walk the short distance to the overlooks.

### John Muir Trail from Grand Gap Loop to Station Camp area:

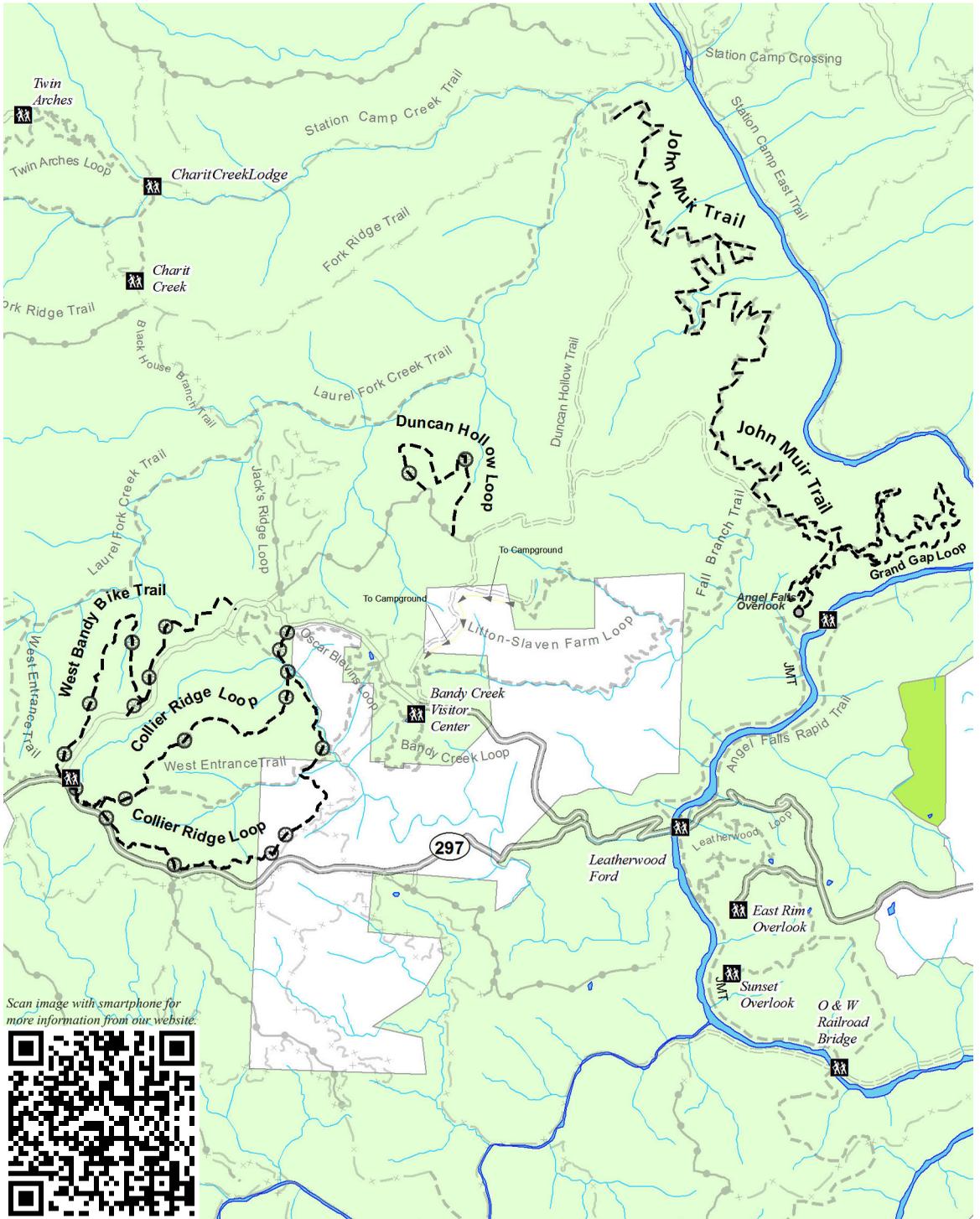
The trail is a **7.5 mile** extension of the Grand Gap northward with more overlooks and rockshelters. This single track trail is also flat, smooth and flows well. It connects to Duncan Hollow Road. (NOTE: Use caution because there are at least two spur trails that lead to unprotected overlooks.)

### Two popular options for riding both Grand Gap and John Muir Trail (JMT):

**1.** Park at the intersection of Duncan Hollow and Alfred Smith Roads (no facilities). Ride **1.8 miles** down Alfred Smith Road to Grand Gap. Ride Grand Gap, then continue north on the JMT and return to your vehicle via Duncan Hollow Road. Total ride is about **18 miles** (2 on gravel, 14 on trail, then 2 on gravel).

**2.** Drive 1.8 miles down Alfred Smith Road to small trailhead parking lot at Grand Gap. Ride Grand Gap Loop and then the JMT to its northern end. Turn around and return to the trailhead for a 28 mile out-and-back single track ride.





Scan image with smartphone for more information from our website.

