Contact Information:

Emergency: DIAL 911

Tell the Dispatcher you are in Montgomery Bell State Park on the Mountain Bike Trail and you need a Ranger. Please provide location as best as possible.

Park Office and Bike Trail Conditions 615-797-9052, (Ext. 1806 for bike trail conditions)

Call this number for trail conditions and trail closures and to report trail damage or problems.

Riding on bike trail when trail is closed may result in prosecution.

Trail closed at dark
All riders must enter trail via trailhead
Emergency access points are for official use only

Montgomery Bell Inn: 615-797-1600 Ext.0

Call this number to reach a ranger when park office is closed

Montgomery Bell State Park promotes the Leave No Trace practice on all our trails, including Bike Trails. Please carry out all trash, discarded tires tubes, etc., and place in the trash receptacle provided at the parking area.

Notes:

Montgomery Bell State Park
1020 Jackson Hill Road
Burns, TN 37029
Park Office: 615-797-9052
Park Office Fax: 615-797-4428
Park Inn: 615-797-1600
Golf Course: 615-797-1800
www.tnstateparks.com

Tennessee Department of Environment and Conservation, Authorization No. 327127 @ .001 per copy, August 2005

Driving Directions To Mountain Bike Trail

From Nashville: Take I-40 West, to Exit 182 (Fairview/Dickson Hwy. 96 Exit). Turn left (West) onto Highway 96. Stay on Highway 96 until it dead-ends at Highway 70. Turn right (East) on Highway 70, off-ramp provided. Stay on Highway 70 approximately 3 miles. Park entrance is on the right.

To get to the Mountain Bike trail continue on Hwy 70 driving east for less than 2 miles. Turn left onto Jones Creek Rd (first road on left after passing park entrance). Stay on Jones Creek Rd for 1 mile; you will pass Ebb Tide boat factory on right. The next right will be Bill Duke Rd, turn right on Bill Duke Rd. The parking lot to the Mountain Bike trail is the first road on right.

From Memphis (I-40): Take I-40 East to Exit 182 (Fairview/Dickson Hwy. 96 Exit). Turn left (West) onto Highway 96. Stay on Highway 96 until it dead-ends at Highway 70. Turn right (East) on Highway 70, off-ramp provided. Stay on Highway 70 approximately 3 miles. Park entrance is on the right.

To get to the Mountain Bike trail, continue driving east on Hwy 70 for less than 2 miles. Turn left onto Jones Creek Rd (first road on left after passing park entrance). Stay on Jones Creek Rd for 1 mile; you will pass Ebb Tide Boat Factory on right. The next right is Bill Duke Rd; turn right on Bill Duke Rd. The parking lot to the Mountain Bike trail is the first road on right.

Montgomery Bell State Park Mountain Bike Trail

Map & Information

Trail Description:

The park has approximately 20 miles of dirt mountain bike trails winding through thick-forested hills of the northern section of the park. The trails vary in complexity from easy to difficult.

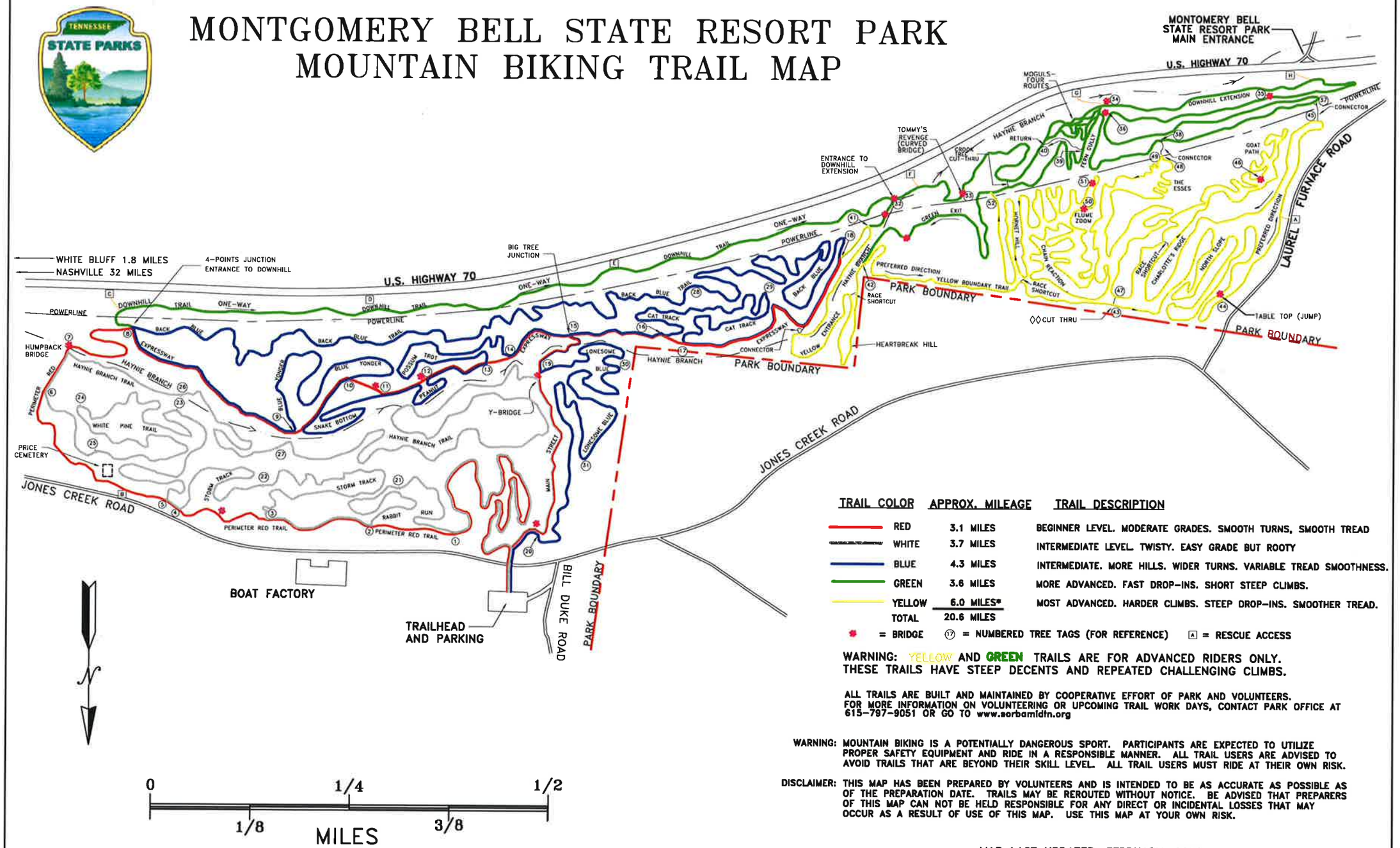
Know your own physical and technical abilities.

Red: Beginner
White: Intermediate
Blue: Intermediate
Green and Yellow: **Expert/Advanced riders only**

Mountain bikes are not allowed on hiking trails.
No motorized bikes on any trails.
No hikers or runners on mountain bike trails.

Bike trail map available online: https://tnstateparks.com/assets/pdf/additional-content/montgomery-bell_mtn-bike-trail-map.pdf

MONTGOMERY BELL STATE RESORT PARK
MOUNTAIN BIKING TRAIL MAP



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