



Mountain Bike Riding



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 on Open Trails Only.

Respect trail and road closures (ask if uncertain).

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. Be sure to pack out at least as much as you pack in.

Control Your Bicycle!

Inattention for even a second can cause problems. Obey all bicycle speed regulations and recommendations.

Always Yield Trail.

Let your fellow trail users know you're coming. A friendly greeting or bell is considerate and works well; don't startle others. Show your respect when passing by slowing to a walking pace or even stopping. Anticipate other trail users around corners or in blind spots. Yielding means slow down, establish communication, be prepared to stop if necessary and pass safely.

Never Scare Animals.

All animals are startled by an unannounced approach, a sudden movement or a loud noise. This can be dangerous for you, others and animals. Give animals extra room and time to adjust to you. Horses have priority on equestrian trails. When passing horses use special care and follow directions from the horseback riders (ask if uncertain).

Plan Ahead.

Know our equipment, your ability, and the area in which you are riding -- and prepare accordingly. Be self-sufficient at all times, keep your equipment in good repair, and carry necessary supplies for changes in weather or other conditions. Always wear a helmet and appropriate safety gear.

Remember that hunting is allowed in the park. Check with rangers about the various seasons. Wearing bright colors or blaze orange is appropriate during hunting season.

Always ride with others in remote areas and leave your travel plans with someone.



Duncan Hollow Loop

Trail Description

Beginning from the Bandy Creek Visitor Center the trail starts and finishes on the Duncan Hollow Road.

1.5 miles after leaving the Visitor Center the single track begins, turning left off Duncan Hollow Road. Look for and follow the marker posts.

This single track section features some fun downhill sections, one fairly easy stream crossing and a reasonable climb towards the end of the loop.

2.3 miles after leaving Duncan Hollow Road the single track once again joins the road for a nice ride back to Bandy Creek.

Total Distance

3.0 miles gravel road
2.3 miles single track
5.3 miles total

Time Allowance

Beginner - 1 1/4 hour
Intermediate - 1 hour
Advanced - 45 minutes

Collier Ridge Loop

Trail Description

Beginning from the Bandy Creek Visitor Center the trail starts and finishes on the West Bandy Creek Road.

1.1 miles after leaving the Visitor Center the single track begins, turning left off West Bandy Creek Road. Look for and follow the marker posts.

The single track section features creek crossings, jumps, sandstone climbs and drops, short slalom sections through trees and fast downhill runs.

1.8 miles after leaving West Bandy Creek Road the trail splits offering riders the choice of a novice or advanced section.

If you are not an advanced rider continue straight to Hwy 297, turn right and ride single file near the white line. Look for the marker to turn right back onto the single track.

The advanced ride turns right coming immediately to a sandstone ledge with a steep

drop. Beyond this the trail features numerous steep climbs and drops with some sharp turns and log crossings.

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
3.6 miles gravel/paved road
4.4 miles single track
Advanced
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

From Collier Ridge continue west on Hwy 297 to the West Bandy Road, turn left and follow the road.

0.6 miles from Hwy 297 turn left on to the single track. This section features rolling singletrack, creek crossings and short steep sections. After 1.3 miles the trail rejoins West Bandy Road. Turn left and return to the Visitor Center.

This trail may also be ridden from the Bandy Creek Visitor Center or linked in with the Duncan Hollow Loop.

Time Allowance

(singletrack section)
Beginner - 35 minutes
Intermediate - 20 minutes
Advanced - 10 minutes

