



## MOUNTAIN BIKE REGULATIONS

- ARE YOU REGISTERED?
- DO YOU HAVE A BMP STICKER ON YOUR BIKE?

If not, please proceed with your bike to the gift shop in the nature center for inspection. There is a \$2.00 fee. All new and veteran riders please review the following.

### I. Definition of usage area

- A. Bikes should not be used either to enter or leave the park through the guard gate. They must be hauled in by vehicle. Bikes are strictly forbidden on the Park entrance road.
- B. Uses of Bicycles are exclusively limited to unpaved service and/or utility roads. Bikes are not allowed on trails and footpaths, through the habitat areas or the dam walk. Bikes can be pushed only in the area of the parking lots as necessary to gain access to a “permitted use” road. Permitted use roads are Lake road, River Mtn. Road, Bays Ridge road, and Azalea Trail. These are indicated on the map by dashed lines. (map on reverse)
- C. “Bushwhacking” or the riding of bicycles through wilderness areas is forbidden.

### II. Registration

All mountain bikes must be inspected by park personnel and registered. Helmets are required. Those bikes meeting criteria will receive a certification sticker which will help park personnel recognize bicycles.

### III. Age Limitations

All riders must read and sign a waiver; if less than 18 years of age, parent or guardian must sign prior to riding.

### IV. Rule Violations

Violations of these rules are grounds for expulsion from the park as determined by park personnel.

#### Regular Park Hours

Monday – Friday	8:30 am - 5:00 pm
Saturday*	8:30 am – 8:00 pm**
Sunday	1:00 pm – 8:00 pm**

\* Nature Center opens at 1:00 on Saturday.

\*\* During winter months, November - February, the Park will close daily at 5:00 pm.

#### Extended Summer Hours

(June 1 – August 31)

Monday – Saturday***	8:30 am – 8:00pm
Sunday	1:00 pm – 8:00 pm

\*\*\* Nature Center opens at 1:00 pm on Saturday and closes at 6:00 pm on weekdays.



Hike - Bike - Explore - Enjoy Nature

www.baysmountain.com  
(423) 229-9447

Trail/Road Guide Key

Trail / Road Name and Abbreviation	Bikes* Route	Miles total
AZ Azalea	yes	1.4
BMR Bays Mountain Road	yes	2.1
BRB Bays Ridge Road	yes	1.4
BRT Bays Ridge Trail	no	2.6
BET Bear Run Trail	yes	1.0
BO Big Oak Trail	yes	1.0
CK Cherry Knobs	no	1.6
Chn Chiquapiin Trail	yes	1.85
CF Cross Ridge Trail	no	0.5
CR Cross Ridge Trail	no	0.7
EM Earthmunch Trail	no	0.2
FN Fire Tower	no	0.2
FT Fire Tower Trail	no	0.7
FP Food Plot Road	no	0.45
FR Front Hollow Road	yes	1.8
HM Hemlock Trail	no	0.1
HO Holly Trail	no	0.4
IP Indian Pipes Trail	yes	2.0
JR Jones Road (Jones Trail)	yes	0.3
KH Kiner Hollow Trail	yes	4.6
KL Lakeside Trail	yes	2.3
LS Lakeside Trail	no	2.0
LR Laurel Run Trail	no	0.4
OR Orchid Trail	no	0.1
PN Pine Trail	no	1.9
PR Pretty Ridge Trail	yes	3.2
RM River Mountain Road	yes	150 feet
SG Sweet Gum Trail	no	150 feet
TO Towhee Trail	no	0.1

\* Inspection by park officials and sticker required.



**WHEN HIKING AT BAYS MOUNTAIN PARK**

1. Plan ahead: know your terrain. If you have questions, talk to a park naturalist.
2. **ALWAYS** take this map with you. Even the most experienced hikers can lose sense of direction and location.
3. Hike with a partner if possible. This can help ensure your safety and could also enhance the experience. **IF YOU DO GET LOST DO NOT SPLIT UP, STAY TOGETHER.**
4. Take a cell phone in case of emergency.
5. Know the environment you are going into. You will be entering a natural area featuring a variety of wildlife and plant species. For example, know how to recognize poison ivy.
6. **ALWAYS** be certain your hike will allow you to finish before the park closes.
7. Take drinking water with you and stay properly hydrated.
8. **IF YOU DO GET LOST**, call The Nature Center immediately at (423) 229-9447.

**DISCLAIMER - User of Trail/Road Guide and information contained thereon accepts full responsibility and risks for and from such use.**  
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