

Table of Contents

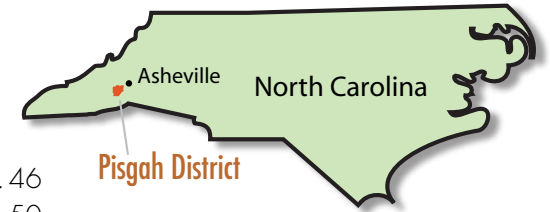
Introduction	8
Mountain Biking Guidelines	
Gear Checklist	10
Clothing & Fitness	11
Safety	
Getting to the Trailhead	12
On the Trail	13
Things to Look Out For	14
Crossing Streams	16
Waterfalls	16
Rules of the Trail	17
Hunting Season	17
How To Use this Guide	18

Asheville Area North



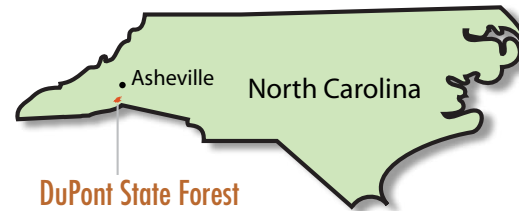
Richmond Hill Park	22
Kitsuma & Heartbreak Ridge ..	24
Coleman Boundary	30
Laurel River Trail	34
Bent Creek	36

Pisgah District



Ranger Station	46
Fish Hatchery	50
Daniel Ridge	54
Avery Creek	62
Forest Road 1206	66
Turkeypen Gap	72
Trace Ridge	78
Black Balsam	84
Bracken Mountain	88

DuPont State Forest

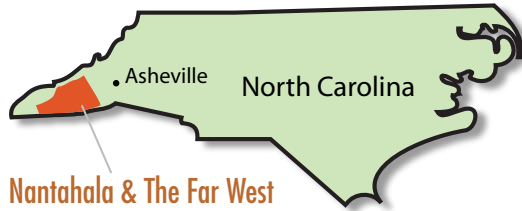


Guion Farm	92
Lake Imaging	96
High Falls	98
Corn Mill Shoals	102
Fawn Lake	108
Hendersonville Bike Park	114

Table of Contents (continued)

Nantahala & The Far West

Panthertown Valley..... 118
 WCU Trail System 122
 Deep Creek 124
 Tsali Recreation Area..... 128
 Fontana..... 132
 Santeetlah Lake Trail..... 134
 Hanging Dog Recreation Area.... 136
 Jackrabbit Recreation Area... 138



The Western Upstate

Fant's Grove 162
 Issaqueena Trail System 166
 Oconee Passage..... 172
 Town Creek Bike Park 174

The Western Upstate



Appendices

Appendix A: Epic Rides 178
 Appendix B: Easy Rides 194
 Appendix C: Elevation Profiles..... 196
 Appendix D: Local Bike Shops 204
 Appendix E: Local Bike Clubs..... 207
 Appendix F: Land Managers..... 208

Maps Legend 216

Greenville–Spartanburg

Croft State Park..... 144
 Duncan Park..... 148
 Lake Conestee Nature Park.. 150
 Paris Mountain State Park.... 152
 Gateway Mountain Bike Park.. 156
 Pleasant Ridge Park 158

Greenville–Spartanburg

