

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

Atlanta Metro West

Cochran Mill Park 22
 Boundary Waters Park 26
 Clinton Nature Preserve 30
 Silver Comet Side Trail 34
 Mount Tabor Park 36
 Allatoona Creek Park 38



Atlanta Metro North

Sope Creek/Cochran Shoals 44
 Olde Rope Mill Park 48
 Blankets Creek 52
 Red Top Mountain State Park 56
 Big Creek Park 58
 Mount Adams 62
 Haw Creek Park 64
 Charleston Park 66



Atlanta Metro East

Olympic Mountain Bike Trail 70
 Yellow River Park 72
 Tribble Mill Park 74
 Harbins Park 76
 Fort Yargo State Park 80

Athens Area

Trail Creek Park 86
 Watson Mill Bridge State Park 88
 Heritage Park 90
 Hard Labor Creek State Park 92



Table of Contents (continued)

Northeast Georgia Mountains

- Chicopee Woods 98
- Fradley Branch 102
- Ladyslipper 106
- Tallulah Gorge State Park.... 108
- Stonewall Falls 112
- Dawson Forest 116
- Unicoi State Park 122
- Jake & Bull Mountain Trails .. 124



Chattanooga Area

- Five Points 186
- Lookout Mountain 190
- Stringers Ridge 192
- Raccoon Mountain 194
- Enterprise South 198
- Collegedale 202



Cohutta Mountains Area

- Cartecay River Loops 132
- Carters Lake Trails..... 134
- Bear Creek Trails 136
- Pinhoti Trail East 140
- Fort Mountain State Park 148
- Aska Trails System 152
- Sumac Creek Trail 156
- Conasauga River Trails 158



Ocoee River Region

- Chilhowee Mountain Trails ... 208
- Tanasi Trails..... 212

Northwest Georgia Mountains

- Dry Creek Trails 164
- Pinhote Trail West 168
- Pigeon Mountain 178
- Raisin Woods Trails 182



Appendices

- Appendix A: Epic Rides 217
- Appendix B: Easy Rides 224
- Appendix C: Elevation Profiles 225
- Appendix D: Local Bike Clubs 236
- Appendix E: Land Managers 237

- Maps Legend 240