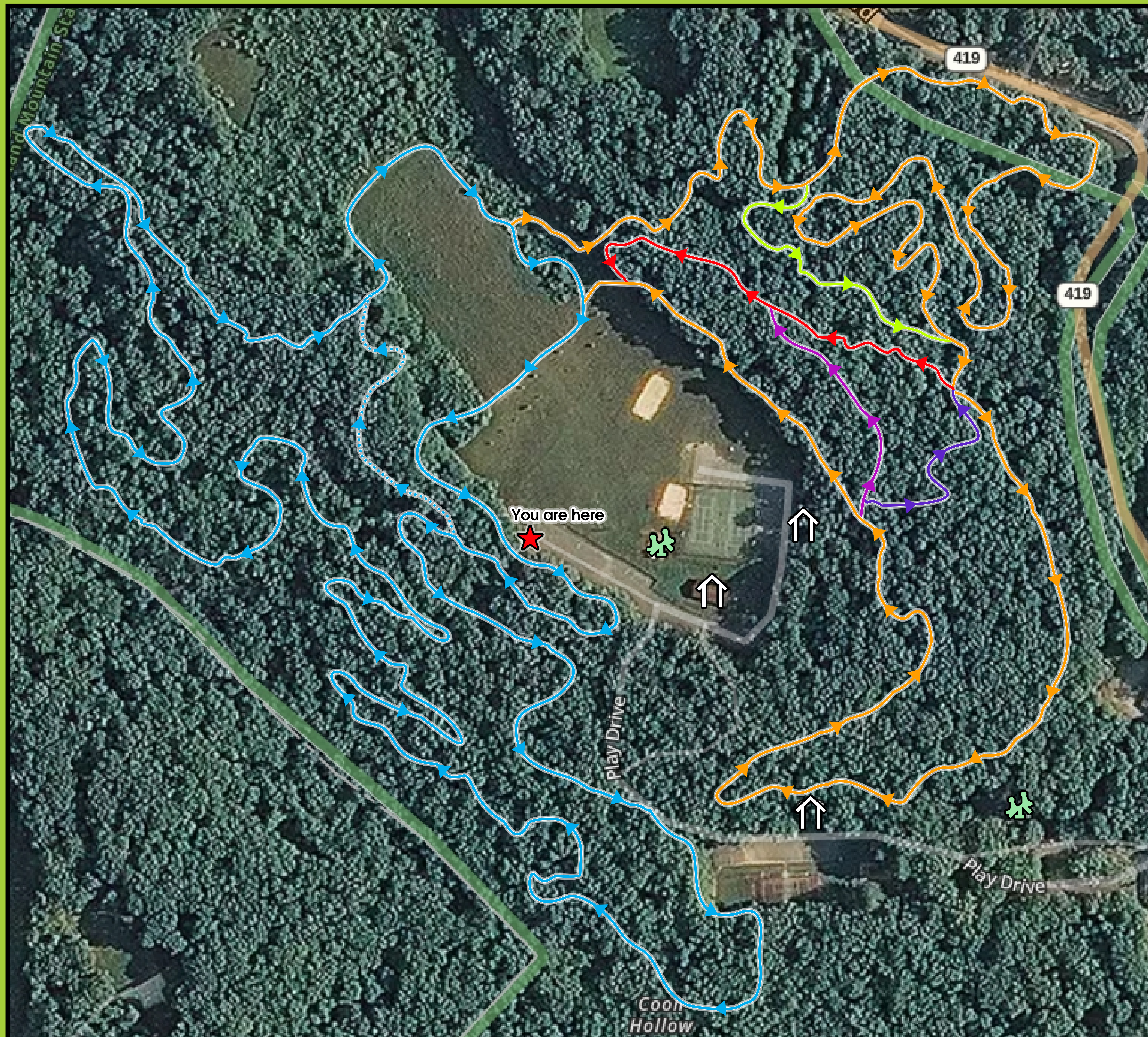




TENNESSEE
State Parks

Cumberland Mountain State Park



IS THIS FOR YOU?

Find the right cross-country singletrack trail grade for any skill level

Singletrack Trails		
Grade	Suitable for:	Trail Surface
Green: Easy	Beginners in good health with basic bike skills. Most types of bike.	Relatively flat & wide.
Blue: Moderate	Riders in good health with basic off-road riding skills. Basic mountain bikes.	Some "single-track" sections & small obstacles of root & rock.
Black: Difficult	Proficient mountain bikers with good off-road riding skills & fitness. Good mountain bikes.	Challenging climbs, tricky descents & technical features such as drop-offs and large rocks.
Double Black: Severe	Expert mountain bikers with high level of fitness. Quality off-road mountain bikes.	Greater challenge & difficulty. Expect large & unavoidable features.
Mountain biking is a potentially hazardous activity carrying a significant risk. Ride at your own risk.		

Trails Legend

	Alley Cat	
	Alley Cat (Shortcut)	
	Devil Dog	
	Hurricane	
	Return	
	Rock City	
	Peter Rabbit	

BASIC MTB EQUIPMENT

Suggested protective gear and equipment list.

HELMET IS REQUIRED
(Full Face or Half-Cut)

Eye Protection

Gloves

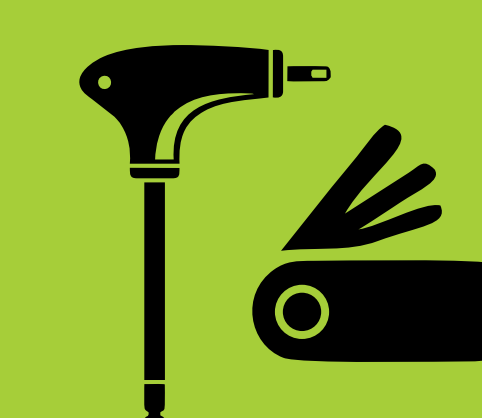
Padded Shorts or Pants

Knee/Shin Pads

Proper Shoes suited for your bike's pedals

Other Recommended Items

Bike Multi-tool



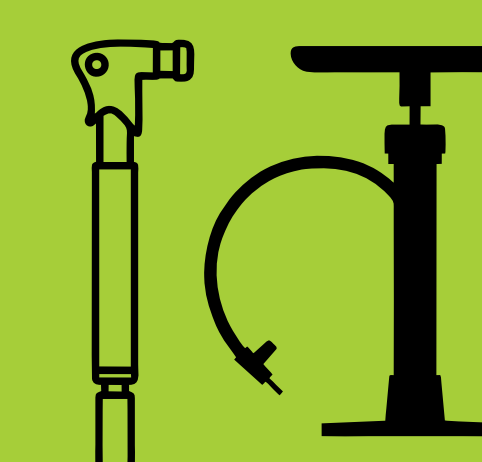
Water Bottle



Spare Inner Tube



Bike Air Pump



First Aid



Proper Layers

