**[](http://kymba.org/)**

**Bluegrass Chapter**

* **Capitol View Park**

Trail Map: <http://www.frankfortparksandrec.com/CVMBTmap.pdf>

Location: Corner of KY St Hwy 676 and Glenn’s Creek Rd Frankfort, KY 40601

General Description: Capitol View Park's reputation continues to grow as a top spot for great single track riding. Located in Kentucky's capital city; Capitol View Park has all the traditional park facilities one would expect to find such as sports fields, basketball courts and picnic shelters. For the more adventurous it is also home to a nature trail, and 11 miles of mountain biking trails. With memorable views of the state capitol building, locals and visitors both are sure to enjoy their time at the Frankfort Park.

* **Scott County Adventure Trails (aka Skull Buster)**

Trail map: <https://www.facebook.com/groups/kymba.bluegrasschapter/10152895963435440/>

Location: 900 Skinnersburg Rd Stamping Ground, KY 40376

General Description: Skull Buster is mostly single track mountain bike trails. This area known as the old Georgetown reservoir is shared with equestrian trails. The trail systems are separate but do cross at some locations. This is an out and back trial system with multiple stacking loops. Over 10 miles of challenging trails with added vistas, overlooks, and interesting features that area highlighted with various signages.

* **Veterans Park Trails**

Trial Map: <http://3.bp.blogspot.com/-dccjMPVIbgY/T-MnIgBT6hI/AAAAAAAACS0/OYKxoV3u9Ws/s1600/veterans.jpg>

Location: 4351 Clearwater Way **Lexington, Kentucky** 40515

General Description:Veteran's is a good place to hit at lunch time. It flows nicely and lends itself to single speed riding. These trails are machine built, wide, fast and fun. Watch for hikers and disc golfers during really busy times.

* **Life Adventure Center Trails**

Trail map: <https://www.facebook.com/groups/kymba.bluegrasschapter/10153848317980440/>

Location: 570 Milner Road Versailles, Ky 40383

General Description: The newest trail system in the Bluegrass area. There are 6 miles currently finished and another 4 miles under construction. Special thanks to the Life Adventure Center in Versailles, KY! The Parking lot for the trails is located at the far end of Milner Road. There is a small KYMBA sticker located by the entrance. NOTE! These trails are sometimes closed for special hunting events (wounded warrior and youth hunts). The parking area will be closed and we will announce these times on the BLUEGRASS KYMBA Facebook page.

* **Cave Run Area (several trails within this system/ over 70 miles)**

Information and maps: <http://www.fs.usda.gov/activity/dbnf/recreation/bicycling/?recid=39314&actid=24>

Location: Cumberland Ranger District 2375 KY 801 South Morehead, KY 40351 606-784-6428

General Information: A great selection of trails awaits cyclists who seek recreational challenge across rugged terrain. Since most of the trails were originally constructed primarily for hiking, they may be narrow and sometimes steep. You should expect to carry or walk your bike along some sections of trail. Some national forest trails are “multi-use.” Mountain bikers sometimes share the trail with hikers, horseback riders and off-highway vehicle enthusiasts. Please remember to Share the Trails and always be courteous.

* **Laurel Lake Area (several trails within this system/ over 60 miles)**

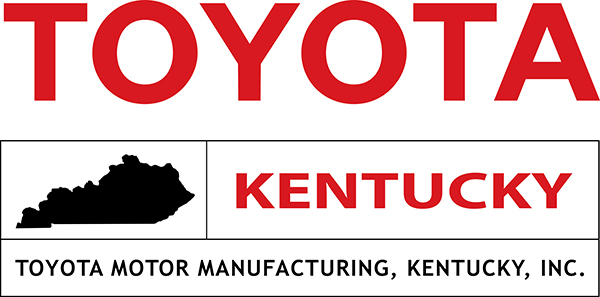
Information and maps: <http://www.fs.usda.gov/activity/dbnf/recreation/bicycling/?recid=39314&actid=24>

Location: London Ranger District 761 South Laurel Road London, KY 40744 606-864-4163

General Information: A great selection of trails awaits cyclists who seek recreational challenge across rugged terrain. Since most of the trails were originally constructed primarily for hiking, they may be narrow and sometimes steep. You should expect to carry or walk your bike along some sections of trail. Some national forest trails are “multi-use.” Mountain bikers sometimes share the trail with hikers, horseback riders and off-highway vehicle enthusiasts. Please remember to Share the Trails and always be courteous.

**Special thanks to these fine sponsors for making KYMBA a better organization**

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**Southwest Chapter**

* Big Hollow Trail, Mammoth Cave National Park

Trail Map: <http://kymba.org/bowlinggreen/wp-content/uploads/2013/01/Big-Hollow-Map.jpg>

Location: Maple Springs Parking Lot, Maple Springs Loop Road, Mammoth Cave, KY

General Description: The Big Hollow Trail was built by Trail Dynamics. Many of you may be familiar with the trails they built including many at DuPont State Forest in NC. Trail work on the Big Hollow Project officially began May 28, 2013 and the trail was opened to the public under a soft opening on Dec. 14, 2013. As the trail stewards, SW KyMBA formally requested to make the South Loop an Intermediate skill level loop to help offset the North Loop being designated for beginner skill. The North/South Loop Connector transitions from Beginner Skill to Intermediate Skill. On the South Loop there are several “B” Lines that extend off the main trail for Intermediate and above skills with features like rock drops and log rides.. Maple Springs Campground is located adjacent to the Trail head parking lot and offers its own trail entrance. A full out and back from the parking lot is 12 miles.

* Brier Creek Trail, Nolin Lake State Park

Trail Map: <http://kymba.org/bowlinggreen/wp-content/uploads/2012/05/Brier-Feb_13_Master_Map_revise-sm.jpg>

Location: 2998 Brier Creek Rd, Nolin Lake State Park, KY (a 12 min. drive from the Big Hollow Trail)

General Description: When the Sal Hollow Trail at Mammoth Cave was closed to Mountain Bikers there was a big hole left in everyone’s gut. So, SW KyMBA forged a partnership with Kentucky State Parks and the US Army Corps of Engineers (USACE) to design and construct the Brier Creek Trail System. The synergy between the concept that riders need trails and trails need riders became a reality and is ongoing today. The Brier Creek Trail System is exciting with great climbs, daring technical features, descents and views of Nolin Lake. The Waterfall Loop and Omega Loop are NOW OPEN! Phase III, the final phase has begun and entails a Flow Trail and an XC Point Loop trail built in partnership with Alex Stewart and Spectrum Trail Design. We are still having trail build days every second Saturday (9am-noon) every month! Expected completion is fall 2014.

* Low Hollow Trail, aka. Riverfront Bike Park, Weldon Peete Park

Trail Map: <http://kymba.org/bowlinggreen/wp-content/uploads/2011/01/Low-Hollow-10-31-13-sm.jpg>

Location: Weldon Peete Park, Bowling Green, KY

General Description: The Low Hollow Trail is phase I of the Riverfront Bike Park. The trail is a short track designed in a loop circuit. There are 2.8 miles of trail in total with a 2.5 mile loop and .3 miles of B Line trail giving riders other options for the loop. Due to popularity with the trail we have now incorporated Daily Directional Traffic. Monday-Wed-Fri-Sun is counterclockwise direction. Tues-Thur on Saturdays please ride in the clockwise direction. Skill level is beginner to intermediate. The trail offers riders everything from tight twisty single track to jumps and rollers and there are even some short technical sections. Prior to the trail the Park had a growing reputation for unlawful activities occurring. Moreover, the park had begun to be refuge of litter. SW KyMBA’s vision of building a Multi-purpose Trail was twofold. It would bring local Mountain Biking, Hiking and Trail Running to a local City Park as well as reshape its image and reputation. The next step of the Riverfront Bike Park is Phase II which consists of the Skills and Pump Track. SW KyMBA is currently underway working with the City of Bowling Green and Bowling Green Parks and Recreation to bring it to reality. The Skills & Pump Track is approximately a 2000 yard dirt project (100 truck loads).

* Rudy Mines Trail, Ben Hawes Park

Trail Map: <http://kymba.org/bowlinggreen/wp-content/uploads/2011/11/BH-Trail-Map.jpg>

Location: Ben Hawes Park, Owensboro, KY

General Description: After a 2009 ice storm destroyed the mountain bike trails at Ben Hawes Park the City of Owensboro put up $25,000 to revitalize the trail; alongside KyMBA’s fundraising efforts and volunteer labor the trail is a reality. Since 2010 the Kentucky Mountain Bike Association (SW KyMBA) has worked closely with Owensboro Parks & Recreation along with Alex Stewart and his Company (Spectrum Trail Design) to build these new trails. Now with 10 miles of professionally designed and constructed, bike optimized single track trails, it’s become a very, very popular destination... The trail has often been referred to as Wavy Gravy and Recycled Gravity due to its many berms and rollers. Due to popularity with the trail we have now incorporated Daily Directional Traffic. Monday-Wed-Fri-Sun is counterclockwise direction. Tues-Thur-Sat is clockwise direction. Skill level is beginner to intermediate.

* Gravel Grinder, Mammoth Cave Railroad Bike and Hike Trail

Trail Map: <http://www.nps.gov/maca/planyourvisit/upload/Site-Bulletin-Mammoth-Cave-RR-Bike-Hike-Trail_Web.pdf>

Location: Mammoth Cave National Park, Mammoth Cave, KY

General Description: One great advantage of this trail is it can be ridable when many other trails are not due to its gravel nature. So when Freeze thaw or recent rains keep you off the dirt go grind on some gravel. PLEASE NOTE: Although this rail trail follows portions of the original Mammoth Cave Railroad line, this is ***not*** a uniformly flat, level trail. You are traveling in hilly country, and must ascend and descend grades that can in places be steep and difficult. On the other side of the coin the gravel grinder offers a great work out. A full out and back is 22 miles.

* Grapevine Trail, Grapevine Lake

Trail Map: <http://kymba.org/bowlinggreen/wp-content/uploads/2013/01/Grapevine-GPS.jpg>

Location: Grapevine Lake, Madisionville, KY

General Description: Grapevine Trail has had a time trial series that went throughout the summer of 2012. There are no City Ordinances that keep riders from riding at night. So bring your lights and come ride. The trail consists of two parts. The “A” side is the most popular and best maintained portion. It is 3 miles. The “B” side is less ridden and is 5 miles long. Both the A and B sides form together to make one large loop. Altogether Grapevine consists of 8 miles of single track trail. It is divided by a gravel road that leads down to Grapevine Lake which is a popular area for fishing throughout the warmer months.



**Louisville Chapter**

* **Cherokee/Seneca Park**

Trail map: [http://files.meetup.com/1616189/Cherokee Seneca Trail Map with outs listed.doc](http://files.meetup.com/1616189/Cherokee%20Seneca%20Trail%20Map%20with%20outs%20listed.doc)

Location: 745 Cochran Hill Rd Louisville, KY 40206

General Description: Listed on the national historic register, Cherokee and Seneca Parks are located in the heart of the city and serve as the centerpiece of outdoor activity for the metro area. Louisville along with Boston, New York and Milwaukee are the only cities in the U.S. that house complete park systems designed by Fredrick Law Olmsted, the father of American landscape architecture.

Short road segments separate Cherokee Park’s trail sections but can all be linked together to form a loop. Trails in Cherokee are best suited to intermediate level riders, as there are some technical sections due to the combination narrow tread width, roots, rocks and short steep climbs

The Wilderness Loop at Seneca is 2.2 miles with some very technical sections and short but steep climbs. After a lap at Wilderness most trail users will also take the opportunity to hit the golf course loop before moving on to Cherokee Park which can make for a solid 10 mile loop, not bad for a park located in the center of metro Louisville!

Common starting points are the Wilderness Loop, Big Rock, Frisbee Field, and Hogan’s Fountain.  There are restrooms and water available at Hogan’s Fountain, water at Frisbee Field.

Trails are heavily used by hikers, runners, cyclists, and families all year long so as always, please remember to practice good trail etiquette when you encounter folks on this trail system we have the privilege to ride.

* **Waverly Park**

Trail map: <http://ericoneal.home.insightbb.com/Trails/waverly.jpg>

Location: 4800 Waverly Park Rd, Louisville, KY 40214

General Description: Waverly has been one of Louisville’s best keep secrets however it is quickly becoming a premier mountain bike destination for Kentucky and beyond. Located on 300 acres of beautiful hardwood forest, Waverly Park has received many upgrades over the past few years such as a new fishing dock, parking lot, pavilion, new spillway bridge and most notably new sustainable trails!  With the successful completion of several new sections of trail, Waverly now has a full 8 mile loop with challenging climbs and fast flowy descents sure to get your adrenaline pumping and keep you coming back for more.

* **Fort Duffield Park**

Trail map: <http://www.radclifftourism.org/pdf/Map-FortDuffield.pdf>

Location: US 31W (Dixie Hwy) at Salt River Road in West Point, KY

General Description: Listed on the National Register of Historic Places, the "Union Stronghold at the Mouth of Salt River" Fort Duffield rests some 300 feet above the surrounding city and features several miles of hiking and mountain bike trails. On your visit to Fort Duffield you will experience a panoramic view of historic West Point looking across the beautiful Ohio River to the scenic hills of Southern Indiana. The terrain is very steep and boasts a variety of rock features and obstacles to challenge even the most experienced riders. There are downhill gravity trails, jumps lines, and intermediate to advanced level cross-country trails to fill all your mountain biking desires.

* **Briar Hills**

Trail map: <https://plus.google.com/109957583522740532815/about?gl=us&hl=en>

Location:Crestwood, KY 40014

General Description: Briar Hill Park is located off of Hwy. 22, east of Louisville, west of Crestwood, Kentucky. The trails are about 7.2 miles in length. All skill levels, but favors those who prefer technical singletrack. The KyMBA Louisville Trail Team and Board are not involved with managing or building the trail system at Briar Hills.  We are currently showing the map and providing trail condition information as a service to the community.

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* **Saunders Springs**

Trail map: <http://outdoorventuresschwinn.com/wp-content/uploads/2012/10/Saunders-Springs-Map-Combined-10-July-2013.jpg>

Location: Between 31W and Fort Knox (entrance off North Wilson Road) Radcliff, KY 40014

General Description: Saunders Springs Nature Preserve is a heavily wooded natural area located on steep terrain with interesting historic features. The preserve provides opportunities for nature study, hiking, picnicking, and historic interpretation. The Nature Preserve consists of a 26 acre Nature Preserve owned and operated by the city of Radcliff and overseen by the Radcliff Forestry and Conservation Board. Adjacent to the nature preserve is a 73 acre tract called the Saunders Springs Annex which the city has leased and from Fort Knox. There is no charge (entrance fee) to use the Preserve and Annex areas and they are open for recreational use from dusk to dawn year around, weather permitting.

**We would like to thank these fine sponsors**.

Their generosity helps us to be a better organization and provides better trails for you to ride!



