

Biking Tips & Leave No Trace

Mountain biking can be dangerous; always wear a helmet and eye protection.

- Stay on the designated trail. Shortcuts and side tracks damage fragile plant life and create erosion problems that will negatively affect the trail.
- Be courteous when coming across other trail users, especially horses (they frighten easily).
- Respect the trail and other users, if you pack it in, pack it out. Leave the trail nicer than you found it so everyone else can enjoy it as you have.
- Pay attention to the weather and dress appropriately.
- Take a friend or be sure to tell someone where you are going and how long you will be gone.
- Don't forget to bring water with you!
- Know what you know and know what you don't know so USE GOOD JUDGEMENT!

Parks & Recreation Management

Students in the Parks & Recreation Management program have produced this guide. For more information about the PRM program contact us at 828.227.7310 or visit our website at prm.wcu.edu

Base Camp Cullowhee

Not ready to explore on your own? Or would like to try a new outdoor adventure? Need to rent outdoor gear for your next adventure? WCU's Base Camp Cullowhee (BCC) provides an array of outdoor program services, which include recreation trips, outdoor gear rental, and experiential education services. Contact BCC at 828.227.3633 or visit their website at basecamp.wcu.edu

Additional Resources

The Southern Off-Road Bicycle Association | sorba.org/trails

Mountain Bike Review | mtbr.com

Gone Riding | goneriding.com

Mountain Bike WNC | mtbikewnc.com

International Mountain Bicycling Assoc. | imba.com

Cullowhee Adventure Guide Originally Produced by:

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Mountain Biking

Where Whee Play

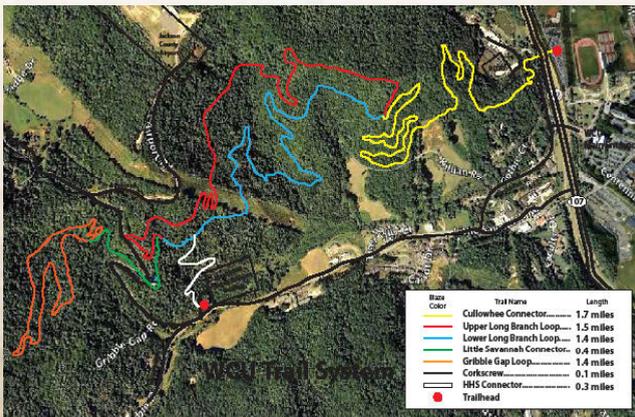
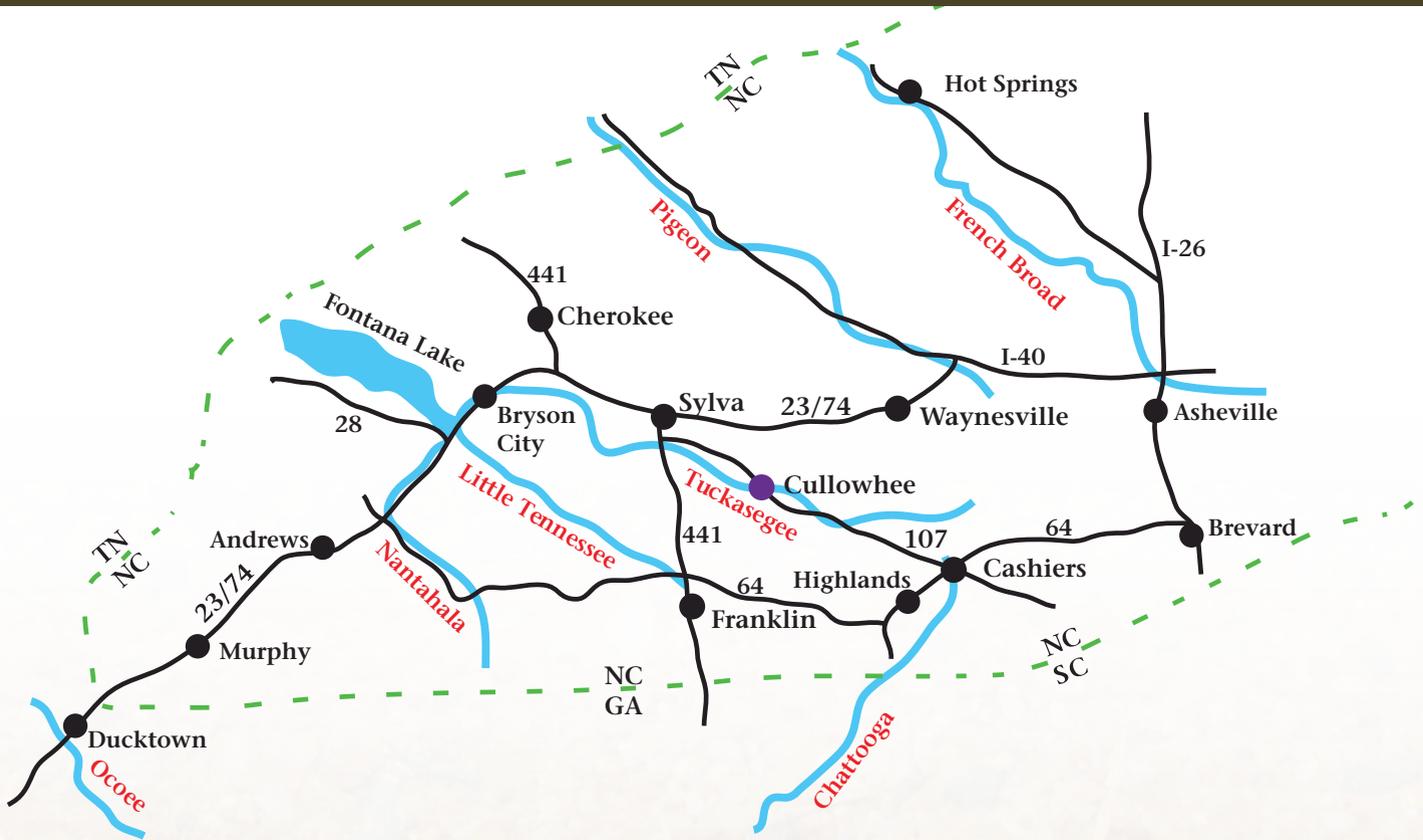
7 Local Trails

Detailed Descriptions & Directions Biking Tips and LNT



Western
Carolina
UNIVERSITY

Where Whee Bike



WCU Trail System

Beginner: 3 hrs | Intermediate: 2 hrs | Advanced: 1.5 hrs

Western Carolina University has its very own trail system, accessible to all bikers, hikers, and runners. The seven trails are narrow, winding, and single track. The trail system is 6.8 miles total and has two trailhead locations: one located at the parking lot of the Health and Human Sciences Building and the other at the parking lot of the softball field. From the softball parking lot, trail users will proceed through the tunnel onto NCCAT property, where the trailhead is located. WCU trail system is mostly intermediate terrain and great for after-class recreation.

To download a map of the WCU Trail System, go to basecamp.wcu.edu and click on "WCU Trail System Info" on the left

Bent Creek

Beginner: 3+ hrs | Intermediate: 1.5-2 hrs | Advanced: 1-2 hrs

This system is very popular with cyclists but is also a hot spot for runners and hikers, so be aware and cautious. These trails have a good mix of fire road, smooth double track, and fast flowing single track. You can keep it simple with relatively little climbing or push it on some of the longer and technical climbs. There is a little bit of everything in here and the network of trails is extensive so make sure you have a trail map and make your own route.

Directions From Cullowhee:

(60 min.) Take 107 North to Sylva then take 74 West to I-40 East toward Asheville. Just before Asheville take I-26 east and get off on exit 33, NC 191. Turn left, pass the Biltmore Square Mall, and head south on NC 191 for 2 miles. Turn right at the stoplight onto Bent Creek Ranch Road, following the brown signs to the Lake Powhatan Recreation Area (bear left at fork after 0.2 mi on this road). The paved, signed Hardtimes trailhead parking area is just over 2 miles down this road on the left. Other popular starting points are beyond Hardtimes further into the valley.

DuPont State Forest

Beginner: 3+ hrs | Intermediate: 1.5-2 hrs | Advanced: 1-1.5 hrs

Located southeast of Brevard with about 100 miles of single track and double track trails, this area is also known as a film location for the movie “The Hunger Games.” The majority of the trails are rated intermediate. Highlights include waterfalls, slick rock, technical single track, and smooth dirt trails. All trails are multi-use with good signage.

Directions from Cullowhee:

(1.5 hrs.) Take 107 South to Cashiers, then US 64 East to Brevard. In Brevard, take US 276 East. After about 11 miles, turn left onto Cascade Lake Road. Go 2.5 miles, turn right onto to Staton Rd. Park at High Falls access area.



Jackrabbit

Beginner: 2+ hrs | Intermediate: 1.5-2 hrs | Advanced: 1-1.5 hrs

These trails (approx. 13 total) are very beginner friendly and offer smooth, well-marked, groomed, wide trails with very little elevation gain. One exception would be “High Point” trail which was designed to be slightly more challenging and takes you over the highest point on the peninsula. The trail system is laid out in a series of loops that extend off a main loop and allow plenty of options to make your ride as long or short as desired. There is also camping nearby.

Directions from Cullowhee:

(65 min.) Take 107 North to Sylva then West on 74 for 1.5 miles. Turn onto US 23/441 toward Franklin. In Franklin, take US 64 West and travel 31 miles to NC 175. Turn left, go 2.5 miles on NC 175, turn right on SR1155 to recreation area.

Ocoee

Beginner: 2+ hrs | Intermediate: 1.5-2 hrs | Advanced: 1-1.5 hrs

Well maintained and beautifully designed, the outer loop clockwise (approx. 11 miles) is a great route that showcases the best of the system (River View, Thunder Express). This is such a good route that it's used several times a year for nationally recognized competitions. Expect mostly single track with fast, twisty and tight sections. The climbs and the descents will challenge your technical ability as well as your fitness.

Directions from Cullowhee:

(1.5 hrs.) Take 107 North to Sylva and take 74 West through Andrews and Murphy. Continue on 64/74 all the way into Tennessee and past Ducktown toward Cleveland. The road will become 2 lane and you will soon see the Ocoee Whitewater Center on your left. Trails are on the opposite side of the river (river left).

Panthertown

Beginner: 3+ hrs | Intermediate: 2-2.5+ hrs | Advanced: 1.5-2+ hrs

Panthertown Valley includes a unique network of trails throughout a 6700-acre tract of Forest Service land. The trails include 8 gorgeous waterfalls over a variety of rides. 21 of the 30 miles of trails in Panthertown are open to bikes with short and lengthy loop options available. Panthertown's trails are well known for offering various rides that include technical single track sections and speedy rolling hills.

Directions from Cullowhee:

(45 min.) Leaving campus through the main entrance make a left onto 107 towards Cashiers. In Glenville, make a left onto Bee Tree Rd. This will be the first road on your left once you begin to see the lake to your right. Once you are on Bee Tree Rd. take the first road to your right to get on Cedar Creek Rd. The road will become gravel and go through a heavily wooded section before emerging near a tree farm. Once at the tree farm, make a left on to Breedlove Rd. Continue to the end of Breedlove until you arrive at a cul-de-sac. A small dirt road at the end of the cul-de-sac will bring you to a Forest Service gate and the trailhead.

Tsali

Beginner: 3+ hrs | Intermediate: 1.5-2 hrs | Advanced: 1-2 hrs

Tsali is one of the most recognized MTB trail systems in the country. With nearly 39 miles of designated trail, there is something for everyone. The main trail system is made up of 4 loops that wrap around peninsulas and showcase some amazing views of Fontana Lake and the GSMNP. The jewels of this system are the Right and Left loop with the Left Loop Overlook being one of the best views around. The trails are well kept and offer little in regards to technical challenge, especially for the more advanced rider. However, what they lack in technical challenge they make up for in speed and flow. Beginners might find some of the short climbs challenging but achievable.

Directions From Cullowhee:

(45 min.) Take 107 North to Sylva then US 74 West 24 miles. Turn right onto NC 28 north just before entering the Nantahala Gorge. Follow 28 approx 3.5 miles then turn right on Tsali Road. Stay on this main road until you come to a large intersection with the campground on your left. Bike parking will be directly in front of you in a large paved parking lot. There is a day use fee of \$2 per person and collection boxes are in the parking lot.



Wayehutta

Beginner: 3.5+ hrs | Intermediate: 2+ hrs | Advanced: 1-1.5 hrs

This trail system is primarily used for ATV and other off road vehicles but offers some fun challenging trail to those brave enough to give it a shot. The 10 mile outer loop is the easiest to follow and the most used of the system. The trail can be ridden clockwise or counter clockwise but either way be prepared to climb. Of the 10 miles you will be looking at climbing the first 5 and descending the last 5. Yep, it's pretty much straight up and down. It's a hard push for the most advanced riders to ride to the top but the descent is well worth it. Make sure you have good brakes and be careful! The trail is fast and steep with large banked turns, rock drops, blind turns, large whoops, long rock gardens and other trail users.

Directions from Cullowhee:

(20 min.) Take US 107 South about three miles. Turn left on SR 1002 (Old Cullowhee Road), continue 3.2 miles. Turn left on Edgewater Road and continue .8 miles. Turn left on SR 1731 (Wayehutta Rd.) continue about 2.5 miles. Staging area is on the left.