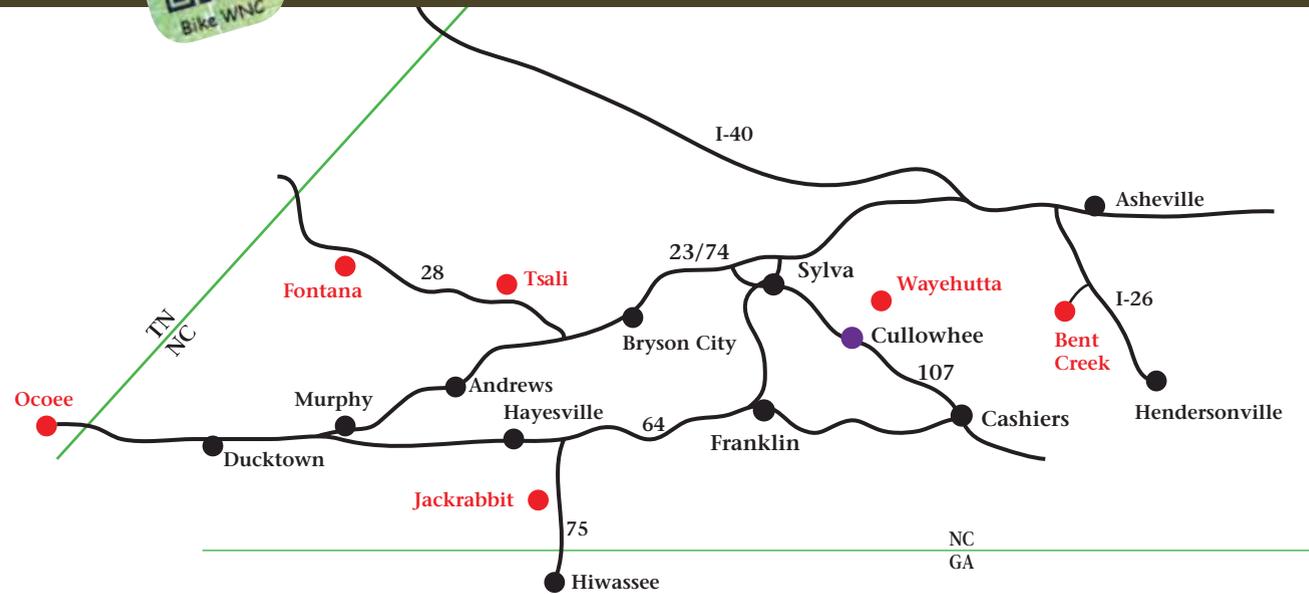


Where Whee Bike



The Western Carolina University adventure travel class has put together this mountain biking brochure to inform you about local riding destinations, some of which are recognized as the best in the country. The trails that were selected for this brochure are close to WCU and provide a wide variety of challenges for novices and pros alike. Along with trail description and directions to each location, we have provided websites via the square QR codes to allow fast access with your smartphone to the individual trail maps and more detailed information. These QR codes can be scanned by any smartphone and will link you directly to the sites. Use the skill level gauges along with the detailed trail reviews to choose the trail that best suits your needs. Remember to always use good judgment and enjoy the ride!

Reminders and Recommendations

- 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 effect 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!

Additional Resources

The Southern Off-Road Bicycle Association | sorba.org
 Mountain Bike Review | mtbr.com
 Gone Riding | goneriding.com
 Mountain Bike WNC | mtbikewnc.com
 International Mountain Bicycling Assoc. | imba.com
 Romantic Asheville | romanticasheville.com/biking

Parks & Recreation Management

Students in the Parks & Recreation Management major have produced this guide. For more information about the PRM program contact us at: 828.227.7310 or visit our website at: wcu.edu/9094.asp

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: www.wcu.edu/8984.asp

Author Bios:

Troy Adams –WCU PRM major with concentration in Outdoor Leadership. Avid cyclist for over 10 years and has ridden and competed in both national and international events at the professional level.

Ty Fehrenbacher–WCU PRM major focusing in Resource Management. Has always enjoyed riding but was just recently introduced to trail.

Nate Christian – Also new to mountain biking, Nate says he has found a new favorite pastime! Nate is also a WCU PRM major and is studying Community Recreation.

Phillip Yarborough – WCU PRM major focusing in Outdoor Leadership and works with several outdoor agencies guiding adventure recreational trips. Phillip is an intermediate level rider who has experience leading mountain bike and other adventure recreational trips.

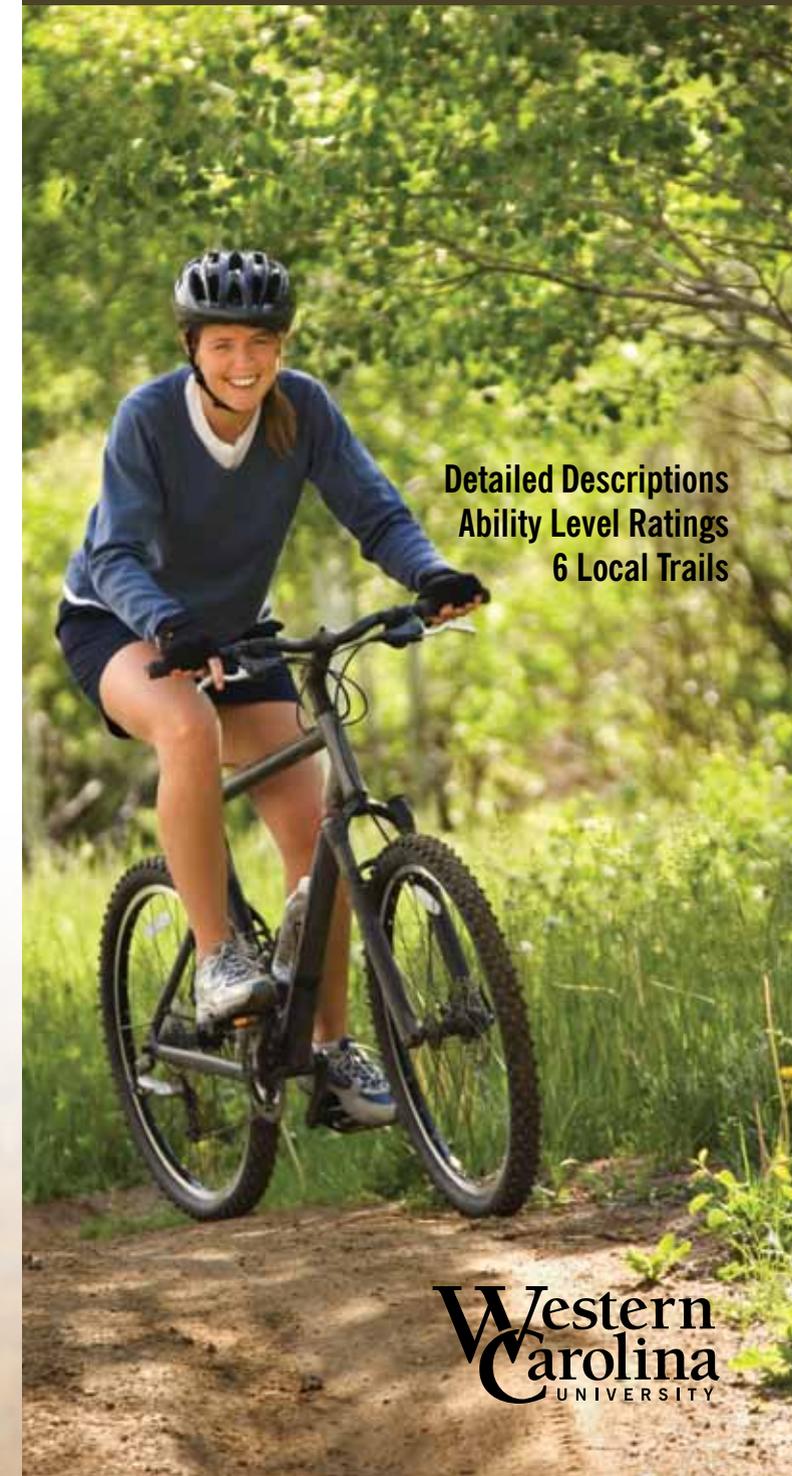


Cullowhee Adventure Guide Produced by:
 PRM 434: High Adventure Travel Spring 2011

Western Carolina University is a University of North Carolina campus and an Equal Opportunity Institution. 150 copies of this public document were printed at a cost of \$85.50 or \$0.57 each. Office of Creative Services: November 2011 11-478

Mountain Biking

Where Whee Play



Detailed Descriptions
 Ability Level Ratings
 6 Local Trails





WAYEHUTTA

BEGINNER 3.5+ Hrs	INTERMEDIATE 2+ Hrs	ADVANCED 1-1.5 Hrs
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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.

TSALI

BEGINNER 3+ Hrs	INTERMEDIATE 1.5-2 Hrs	ADVANCED 1-2 Hrs
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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 Rd. 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.



BENT CREEK

BEGINNER 3+ Hrs	INTERMEDIATE 1.5-2 Hrs	ADVANCED 1-2 Hrs
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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.

FONTANA

BEGINNER 4+ Hrs	INTERMEDIATE 2.5-3 Hrs	ADVANCED 1.5-2Hrs
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Nestled in the heart of the Smokies, Fontana Village is a mountain resort with a surprisingly good trail network. These trails are not for the beginner as there is nothing flat. The trail is rough and technical with lots of rocks and roots that are almost always damp and slick. Steep climbs and mind blowing descents will challenge and reward you.

Directions from Cullowhee:

(65 min) Take 107 North to Sylva then take 74 West to 28 North just before you enter the Nantahala Gorge. Continue on 28 north for 25 miles. Turn left at the "T" intersection and turn left into Fontana Village.



OCOEE

BEGINNER 2+ Hrs	INTERMEDIATE 1.5-2 Hrs	ADVANCED 1-1.5 Hrs
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These trails are primo! 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 singletrack with fast, twisty, and tight sections that will make you smile ear to ear! The climbs and the descents will challenge your technical ability as well as your fitness so be prepared to work a little. Look to see lots of wildlife including deer, turkey, and the occasional bear. Want a more beginner friendly trail? Try Brush Creek Trail or Old Copper Road. Both are part of the system and can be accessed from the same parking area. Old Copper Rd parallels the Ocoee River up stream for about 3 miles to the upper Ocoee raft put in. Brush Creek can be run as an out and back or a point to point if you want to car shuttle. It is a 7 mile one way single track trail that winds its way above the Ocoee lake. The trail is smooth, twisty, and has very little climbing. It's a great trail for beginners, children and is a favorite to many.

Side note: The Ocoee Whitewater Center commemorates and details the events of the 1996 Olympic whitewater competition that occurred at this very spot. The trails are extensive and a map can be picked up at the center or downloaded online. There is a parking fee of \$3 per vehicle that helps to maintain the area so don't skimp. This trail system is a bit farther away, but well worth the extra time in the car. If possible, make it a weekend trip and ride the trails from your campsite at Thunder Rock Campground.

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 TN 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).



JACKRABBIT

BEGINNER 2+ Hrs	INTERMEDIATE 1.5-2 Hrs	ADVANCED 1-1.5 Hrs
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A slightly newer trail system but quickly becoming a favorite among recreational cyclists. These trails (approx 13 total) are very beginner friendly and offer smooth, well-marked, groomed, wide trail 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. The Jackrabbit trail system is a work in progress so look for additional trails to be added in the future.

Directions from Cullowhee:

(65 min) Take 107 North to Sylva then West on 74 for 1.5 miles. Take 441 South through Dillsboro and Franklin. Continue on 441/US-64 over the mountain and almost into Hayesville. Turn Left on 175 South for 1 mile and turn right across a one lane bridge. Follow this 3 miles and turn right on Jack Rabbit Rd. Continue about a mile and parking will be a gravel parking lot on the left.