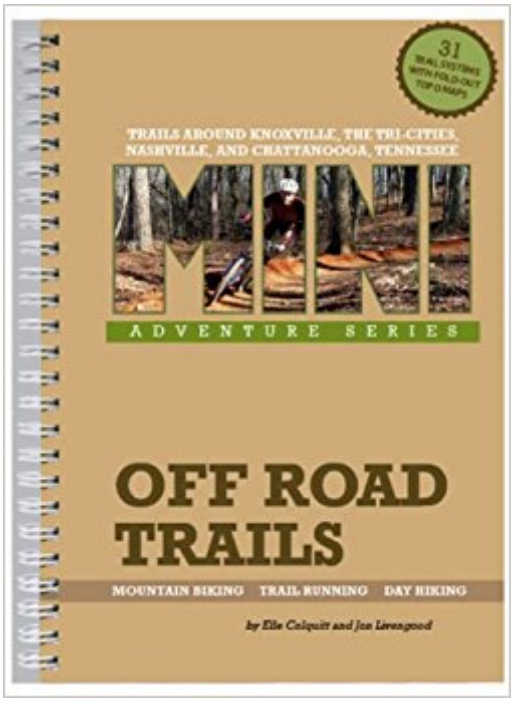
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Off Road Trails - Mountain Biking - Trail Running - Day Hiking



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Synopsis

From tight, twisty singletrack, to meandering doubletrack, to forest road climbs, Tennessee's trail systems provide a wide variety of terrain for the beginner to expert rider. Off Road Trails profiles 31 mountain bike trail systems from around Knoxville, Chattanooga, Nashville and the Tri-Cities of Tennessee. Each city is color-coded for easy reference. Full-colored, fold-out topographic maps make it easy to navigate the featured trail systems. Each section offers driving directions to the trailheads, detailed descriptions and maps, aerobic and technical ratings, suggested routes, plus a gallery of pictures. The trail systems profiled are located on national forests, state and city parks, and wildlife management areas with listings as to which areas permit hunting, and if hikers, runners or horseback riders will be sharing the trail. Visitor and nature centers, restrooms, campgrounds and points of interests are highlighted. This is an excellent reference book that can be enjoyed by trail runners and day hikers as well.

Book Information

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Customer Reviews

I picked up a copy and its a work of art! Seriously, it takes trail guide books to the next level. --Knoxville Mountain Bike ForumI picked up a copy and its a work of art! Seriously, it takes trail guide books to the next level. --Knoxville Mountain Bike ForumI picked up a copy and its a work of art! Seriously, it takes trail guide books to the next level. --Knoxville Mountain Bike ForumNow available in area bike shops and book stores, Off Road Trails profiles 31 trail systems across East and Middle Tennessee. The book follows the same winning formula Colquitt and Livengood applied

to Bicycling Routes, their guidebook on road riding on the country backroads around Knoxville, Tennessee. --Morgan Simmons - Knox News SentinelThis is the best trail book I have ever seen. I hope they do some for western NC, KY and the other surrounding states. The printing is excellent. I looked at a few of the local trails - very well put together - trail maps are tops. --Nashville Mountain Bike ForumThis is the best trail book I have ever seen. I hope they do some for western NC, KY and the other surrounding states. The printing is excellent. I looked at a few of the local trails - very well put together - trail maps are tops. --Nashville Mountain Bike ForumThis is the best trail book I have ever seen. I hope they do some for western NC, KY and the other surrounding states. The printing is excellent. I looked at a few of the local trails - very well put together - trail maps are tops. --Nashville Mountain Bike ForumThis is the best trail book I have ever seen. I hope they do some for western NC, KY and the other surrounding states. The printing is excellent. I looked at a few of the local trails - very well put together - trail maps are tops. --Nashville Mountain Bike ForumI picked up a copy and its a work of art! Seriously, it takes trail guide books to the next level. --Knoxville Mountain Bike Forum

Elle Colquitt has had a love affair with her bike since training wheel days, but it was her move to Tennessee that expanded her road and mountain biking opportunities. The countless miles of Tennessee backroads lends itself to long distance riding, which is Elle's passion. In addition to century and charity rides, Elle has ridden RAGBRAI (The Register's Annual Great Bike Ride Across Iowa), has toured the Finger Lakes in New York, the Cotswolds in England and the Blue Ridge Parkway. When not riding her bike, she enjoys hiking and paddling - always with her camera. Jon Livengood's roots run deep in mountain biking. In the early 90's, Jon started riding mountain bikes while attending UT in Knoxville. He quickly moved into racing and began competing in cross country, 12 hour and 100 mile races, winning the Tennessee State Series multiple times. In addition to mountain bike racing, Jon competed in cyclocross and road races throughout the southeast. Currently retired from racing, Jon now explores the trails in Southern Appalachia via single speed or by foot, and journeys the blueways by kayak. Working as a team, the authors combine their passion for bicycling with their technical skills to self-publish guide books for the adventurer. As a graphic designer and photographer, Elle contributes to the book's layout, design and gallery of pictures while Jon's mapping and engineering skills create detailed topographic trail maps explicit to the needs of a bicyclist.

The book is very well done. If your looking for some great trails with detail locations and trail maps

this is the book for you. It’s trail locations are from the Middle Tennessee to the east. They missed some really fun trails in Chattanooga I thought should have been included in the book.

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