

# Hamilton Creek Mountain Bike Trail

## Lakeside Trail Head

**Park Hours:** Dawn to 11:00 p.m.  
**For more information, Call 370-8051**  
**Emergencies call**  
**Park Police at 615-880-3429 or 911.**  
**Pay phone available at Marina.**

### Trail Rules

1. **Helmet Required to Ride - All Ages**
2. **NEVER Ride On Wet Trails**
3. **Ride On Open Trails Only**
4. **Leave no trace**
5. **Control your bicycle:**  
*adjust your speed to trail conditions*
6. **Always yield to other riders**
7. **Respect wildlife and plants.**  
*Stay on the trail.*
8. **Plan ahead. Know your equipment, your ability and the area.**
9. **Trails for bicycle use only.**  
**Motorized vehicles prohibited.**

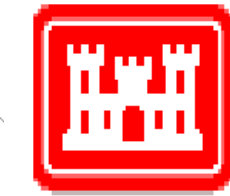
**metro parks** Metropolitan Board of Parks and Recreation

**This Trail Maintained by Volunteers**

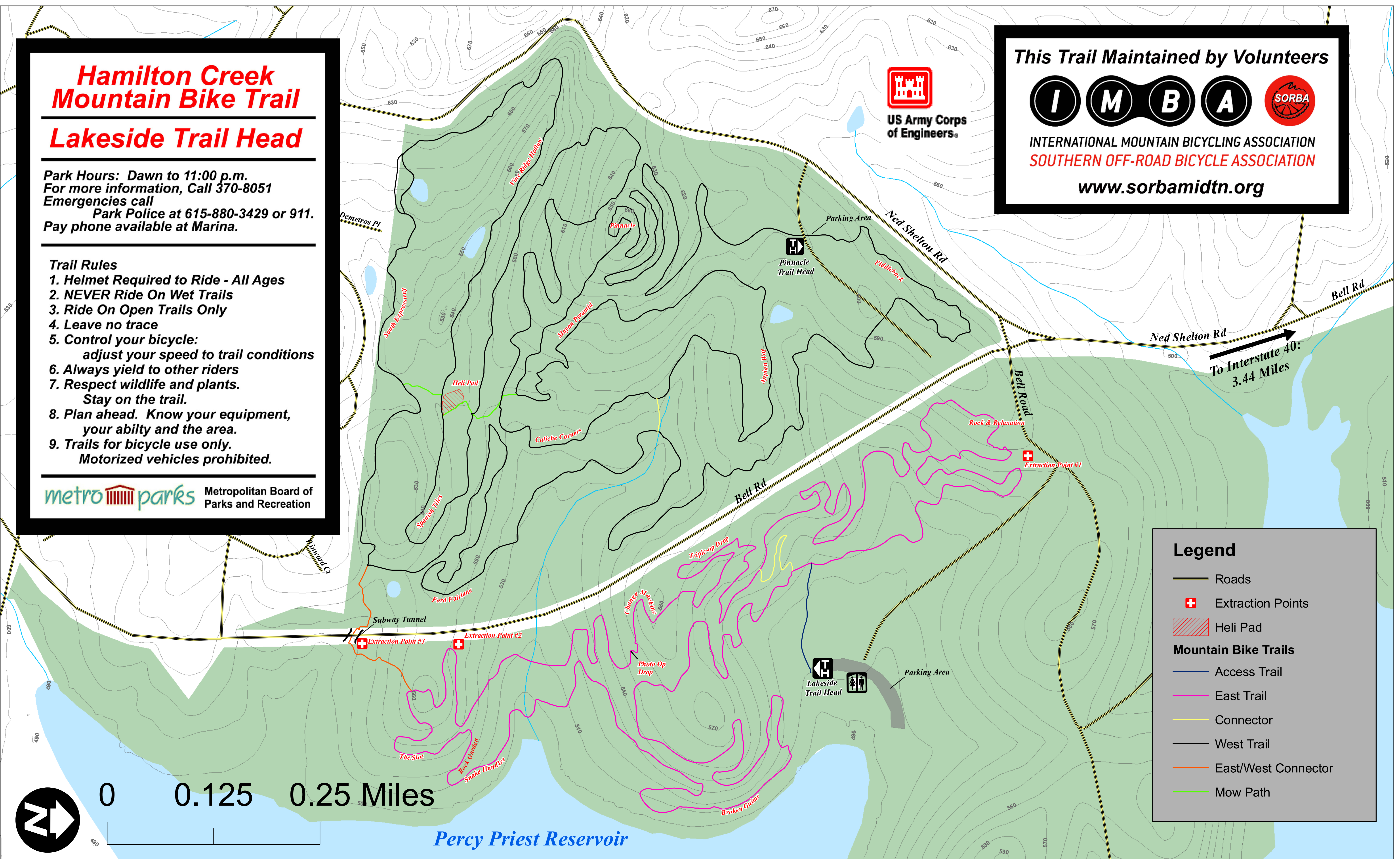


**INTERNATIONAL MOUNTAIN BICYCLING ASSOCIATION**  
**SOUTHERN OFF-ROAD BICYCLE ASSOCIATION**

[www.sorbamidtn.org](http://www.sorbamidtn.org)



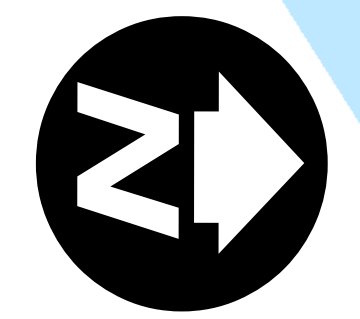
**US Army Corps of Engineers**



**To Interstate 40:**  
**3.44 Miles**

### Legend

- Roads
- Extraction Points
- Heli Pad
- Mountain Bike Trails**
- Access Trail
- East Trail
- Connector
- West Trail
- East/West Connector
- Mow Path



0 0.125 0.25 Miles

**Percy Priest Reservoir**