



1. Ride on open trails only.
2. Leave no trace.
3. Be sensitive to trails. DO NOT RIDE WHEN WET.
4. Control your bike.
5. Always yield the trail.
6. Respect wildlife.
7. Plan ahead. Know your equipment and the area.
8. ALWAYS WEAR A HELMET.
9. Frequent obstacles are a part of mountain biking. Many riders enjoy the challenge presented by riding over rocks and logs. The West Loop (Yellow Trail) is designed to test a rider's skills. The East Loop (White Trail) is designed to present fewer challenges. Please do not remove any obstacles from the trail without prior approval from Metro Parks.
10. Motorized vehicles prohibited.

http://sports.groups.yahoo.com/group/hamilton_creek/
<http://www.hamcreek.com/>

⊕ EMERGENCY POINT MARKER
 Refer 911 personnel to closest marker

■ WEST TRAIL - yellow blaze
 Rated hard intermediate to expert rider.

■ EAST TRAIL - white blaze
 Rated hard beginner to intermediate rider.

■ TRAIL CONNECTOR

▲ TRAILHEAD



ver 2.0 by Forrest Knox - kingkikapu@nashville.com

EMERGENCY 911
METRO PARK RANGERS 615-880-3429
METRO POLICE 615-862-8600



HAMILTON CREEK MTB TRAIL

WAYPOINT DESCRIPTION	COORDINATES	ELEVATION
Main Trailhead (East Trailhead)	lat="36.103799263" lon="-86.624324963"	164.26
Novice trail entrance	lat="36.103868665" lon="-86.625473954"	161.15
Emergency Marker 1	lat="36.107449665" lon="-86.627821809"	170.29
Emergency Marker 2	lat="36.098049445" lon="-86.624276013"	165.72
Hilltop	lat="36.097225252" lon="-86.623998404"	176.3
Emergency Marker 3	lat="36.097047556" lon="-86.623958255"	180.62
Rock Garden	lat="36.096220178" lon="-86.624545240"	168.83
Tunnel	lat="36.096054216" lon="-86.625003981"	162.58
Emergency Marker 4	lat="36.096341800" lon="-86.626019365"	167.15
New Bridge	lat="36.098350606" lon="-86.627831281"	173.64
Old Car	lat="36.097867977" lon="-86.626374003"	176.05
Emergency Marker 5	lat="36.101640671" lon="-86.627064756"	170.99
Emergency Marker 6	lat="36.105918459" lon="-86.630782465"	191.66
Concrete Pad @ West Trailhead	lat="36.103952149" lon="-86.631743031"	194.8
Pinnacle Hilltop	lat="36.100761996" lon="-86.631711599"	214.03
Helipad	lat="36.097644264" lon="-86.628879438"	181.81
Dropoff bridge	lat="36.098554287" lon="-86.634038835"	186.14
Playground entrance	lat="36.096228057" lon="-86.628504599"	176.54
Emergency Marker 3	lat="36.095974924" lon="-86.624744142"	161.39
Emergency Marker 8	lat="36.097045879" lon="-86.633772709"	175.08