

**Blue Knob State Park**  
**Mountain Biking**



Several of the park's multi-use trails are designated for mountain bike use. For the beginner, **Chappell's Field Trail** is a good challenge. For the more experienced, **Three Springs Trail** is an intermediate ride. **Three Springs Trail** is also open to horseback riding. Please be considerate of other trail users. For the more experienced and expert mountain biker, **Crist Ridge Trail**, **Rock 'N' Ridge Trail** and portions of **Mountain View Trail** are suggested.

<b>Crist Ridge Trail</b>	<b>1.9 mile</b>	<b>Experienced</b>
This multi-use trail starts at an intersection of Chappell's Field Trail and extends to below the pool. Park at the lowest intersection of Chappell's Field Trail and Knob Road, or at the second curve above the pool.		
<b>Chappell's Field Trail</b>	<b>2.5 miles</b>	<b>Beginner</b>
This multi-use trail is a gentle sloping loop trail with little gradient change. The trail follows the back end of Chappell's Field through wildlife management areas, passes across the Blue Knob Park Road, travels to the bottom loop of the campground and returns through a forested section to the starting point. Park at the upper end of Chappell's Field.		
<b>Mountain View Trail</b>	<b>5 miles</b>	<b>Experienced</b>
This multi-use trail is a wilderness part of the park. The trail begins a short distance from the electric substation on Three Springs Trail. The trail makes a short, 0.9 mile "Look Out" loop before crossing the Three Springs Trail again. The trail then descends along Beaverdam Creek before extending along the eastern slope of the mountain to Willow Springs Picnic Area. The trail then proceeds north along an old waterline to Deep Hollow Run and climbs the mountain to the trailhead. Access points to different sections of the trail are limited. This trail should not be used during inclement weather because fog is dense due to the higher elevation. Park along the electric substation approaching the ski resort along Tower Road.		
<b>Rock 'N' Ridge Trail</b>	<b>2.8 miles</b>	<b>Experienced</b>
This multi-use trail starts at the picnic pavilion above the pool, then follows a homestead road weaving through the center of the park near a mountain brook. The trail is a steady uphill climb until it peaks near the mountain slopes and returns along the high ground connecting the ridge top east of the pool complex. This is a ridge and valley trail suitable for the whole family. Park at Mowry Hollow Picnic Area.		
<b>Three Springs Trail</b>	<b>2 miles</b>	<b>Intermediate</b>
This multi-use trail is very wide, gentle mountain trail using service roads and waterlines, this trail begins at the electric substation below the ski slope and extends along the eastern slope of the mountain to the Willow Springs Picnic Area. Enjoy the mountain forest setting with views of the lowlands from about 2,000 feet. Park at the electric substation approaching the ski resort along Tower Road.		

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# Blue Knob State Park Trails

