

MEEKS MOUNTAIN TRAILS

HIKING, RUNNING, BIKING



- ▲ ▼ **3.2 miles (Red—White Trails)**
City Street Trail (0.2 miles): Short, but a sweet introduction. Singletrack with a small creek crossing and some exposed roots.
City Park (0.4 miles): Doubletrack mixed with singletrack. A stiff climb with switchbacks to warm up the legs or a blistering descent from the Middle Ridge connection.
Middle Ridge (0.2 miles): Gradual doubletrack climb. Prepares the mind and lungs for the rest of the red/white blaze.
Trail 236 (0.4 miles): Fast, flowy, with some roots and rocks exposed.
Bad Benches (1.0 mile): Rolling, relatively smooth singletrack with a couple punchy climbs. A short, dicey, steep section of rocky, rooty, technical switchbacks along the east rim.
Art & Lola Lane (1.0 mile): A good intro for beginners. Fairly smooth doubletrack to begin - then advances to some technical single-track to develop the skills.
- ▲ ▼ **3.50 miles (Green—White Trails)**
Wageman's Wall (0.9 miles): Hike yo bike!, if necessary. Serious exposure, but scenic. Advanced tricky, technical singletrack with rock gardens, loose rocks, obstacles and large rock drops. No rest in either direction. A spicy treat for experts or those wanting to test their next-level skills.
Homebldr (0.7 miles): Should have been called homewrecker for its fast technical design. Combine with Wageman's Wall clockwise and enjoy a fast, winding descent. Choose the rock drop shortcut for the win.
Newhouse Dive (0.28 miles): A short downhill for it's namesake. Rocks, roots and tight switchbacks. It's preferable to use a downhill approach.
Captain G's (1.61 miles): It's the place to be. Scallywags leave this one up to the seadogs. We took a "stance" and while not too techy it'll keep you on the plank of exposure. Most creek crossings and bridges on MMT. A beautiful trail to explore.
- ▲ ▼ **10.15 miles (Blue—Gold Trails)**
Lyle's Mile (1.3 miles): Relatively smooth track provides a nice overlook of the valley. A couple small bumps on the way to Dinky Knob 999'. Our Lead Compliance Officer kept this one fairly tame, but allowed some small jumps for rewards
Stonestreetz (0.96 miles): Counsel laid down the law on this conservative smooth single track. Nothing tricky and you'll roll so fast on the reclaimed log road you may miss the close up view of the valley. A couple bridges help cross the holler gaps.
Lindy Land (1.38 miles): A true tribute to our young entrepreneur, Lindy. Far out playful adventure, but worth it. Specific built booters, kickers, gap jumps and log rolls to help hone the skills. Ups and downs as usual with an ascent to CW Knob at 1003'.
Quick Sands (0.71 miles): No sands, but plenty of quick on the downhill counterclockwise - just enough tech to keep you on your toes. Roll it clockwise for a gradual climb with a steep pitch in the middle. The high tree canopy, hovering maples and pond views make this a sweet treat for trail candy.
Young Run (1.56 miles): Appropriately, a high frequency line. It's a climb, but gradual with a couple short steepes. The twist and turns will keep you occupied, but don't miss a couple sweet valley views. This trail communicates what the blue/gold is all about. It's nice to be Young, but a good reminder that it hertz for everyone to reach the top.
Coast 2r Coast (0.95 miles): This trail provides wisdom as it winds its way to MMT's highest elevation, Izzy's Peak at 1060'. It's the segue to MMT Backcountry. Nothing technical, but several tight switchbacks to navigate with steep elevation. A tribute to Coach and his four trips across the United States. Enjoy the peace and quite along this trail.
Dawson's Streak (1.23 miles): Head to the bank of calories on this one. The ups, downs and all arounds will require a deposit. The final leg in the MMT Backcountry that completes the blue gold loop. The streak is still alive.
Star Spangled Stevens (1.0 miles): It's MMT Backcountry's roller coaster tribute to Mr. America. There's no obstacle worthy of holding back a hero on this trail. Freedom, sacrifice, and memorial to our military personnel.
Win Jarrell (1.06): A creative design and fulfilling experience for many that wander to the Backcountry. A few light, technical dips and crossings with a hidden gem below the feet. A trail dog's favorite exploration.
- ▲ ▼ **7.98 miles (Purple—Pink Trails)**
Kudlak's Kut (0.75 miles): Don't let the magic dust hit you in the face. Mild tech with the exception of an optional 5' drop in the middle, hit the approach right. It's the trail architects choice to ascend. A main vein to the landing pad parking lot, trail system as a whole and in the flesh to the Build Team.
Super Sizemore (0.9 miles): Preferable drop from the pipeline with a connection into Kudlak. Don't let the beginning fool you, it gets techy with some hillside exposure. Requires a more skillful rider. Earn a trophy for the climb, stop and enjoy the sunrise midway.
White's Wheel (0.78 miles): A reminder of commitment. The trail is a playground, but the roller coaster of a ride will zap the energy. Stay focused and enjoy the sunset on Mae Camp. Skinny practice on Jarrell's Jym.
Chasin Chelsea (0.75 miles): Packed with spontaneous bursts of fun. Berm practice, speed work and sprints. It's the life of the party and leads you to some great picnic locations. It's a time trial for the locals. The chase is on.
Cottrill's Calling (0.78 miles): The statesman stretched the cord and hit the western most sunset view. A tall tree canopy boasts great valley views at 1020'. Nothing too technical, but enough to test the operator.
Adam Bomb (0.75 miles): Kind of reminds you of a Hot Wheels track. A tight technical bomb from the pipeline with multiple creek crossings to cool the brakes. From the creek, either the heart, lungs or legs may explode. Even Adam himself prefers this roll to disc golf.
Wild Wonderful Wheelbilles (0.75 miles): A billy goat's dream, but don't get caught in the gaze admiring the beauty. It twists, turns and takes you deep in the holler. Our local bike shop family put in the trail build time and earned a wild wonderful West Virginia line deep in MMT Backcountry.
Broughton's Blaze (0.75 miles): Don't let the jorts get caught on the seat with this quick drop to the Branch of Tacketts. It's technical with a couple blind turns. This is an approved trail by the West Virginia Enduro Mountain Bike State Champ. Best traveled downhill, but your choice if you like to climb.
Ready Amick Fire (0.9 miles) Better be Ready. Aim to make it and have the Fire power to do it. You'll have the chance to hit rock bottom on this trail, but as in life if you work hard you won't stay there for long. It's a technical good time. Feel free to enter this trail from the new access point, the Backcountry Racetrack connection.
Gero's Arrow (0.87 miles): An arrow provides protection and food, on MMT it provides faith, fortune, forgiveness, friendship all wrapped up in fitness. There's plenty of ups and downs on this one, but feel free to release the draw, it'll make you feel better. Gero Falls is the highlight on this trail.
- ▲ ▼ **0.97 miles (Yellow Trail)**
Tol Flow (0.72 miles): A beginner's paradise. Just enough Toler rollers to help you progress. Keep in mind, it's ok to hike yo bike until you're comfortable or in better shape to tackle the short punchy climbs. Keep up the good work and enjoy the rest of the mountain soon.
Jones's Journey (0.25 miles): On this trail you'll find humble beginnings which is the best place to begin. It may be too easy for some and if so try it with a rucksack. Don't be fooled by the buff finish, it took a lot of muscle to build this sidewalk for families to enjoy.
- ▲ ▼ **1.22 miles (Black—White Trail)**
Cease and Desist (0.55 miles): Downhill Gap Jump. That's all you need to know. Experts Only
Sender Ella (0.67 miles): She's no unicorn, she's a bronco. This trail has no flow and will buck you in a heartbeat. Consider this a bronc riding event. Experts beware of those large techy drops. A techy, but quick exit to the small gravel lot.
- ▲ ▼ **0.5 miles (Turquoise Trail)**
Skeeneey D (0.5 miles): A not so conservative prologue, with skinny lines, techy hills and a blast through the creeks. It'll make you work and rightfully so as an introduction or ending to your experience on Meeks Mountain. It keeps a watchful eye on all the Bowl activities. A beauty of a person and of course trail.
- ▲ ▼ **0.87 miles (Bright Green Trail)**
Rock Korey (0.87 miles): It's no wheelie Neeley, but a great way to access the back half of the trail system. It's a slight ascent heading out, but a fun descent on the return. Good times with a little rock section midway and boastful reservoir views. It's MMT's gateway to the Backcountry.
- ▲ ▼ **1.18 miles (Orange Trail)**
Life Gave Us Lemons (1.18 miles): No low hanging fruit here. It's juicy and vibrant, but can turn sour real quick if your skills aren't ripe. It adds tanginess for the climb out of the Backcountry. We are thankful life gave us Lemons.
- ▲ ▼ **Double white blazes are shortcuts. Provides a connection between the different trails.**

All trails feature two-way traffic; please yield to climbing riders. Bike traffic has the right of way at all times. Advanced trails may include steep grades, large boulders, loose rocks, drops, fallen trees, and other significant trail hazards.

Bikes: A helmet is required for all riders. We highly recommend the following routine for all:
Pre-Ride, Ride, Re-Ride, know your limits.

Class 1 eBikes ONLY: The details of Class 1 include: Pedal assistance. Assisted speed up to 20mph. No assistance without pedaling. The motor must be less than 750W.

Pets: Please keep your lovely pets under control. If you're not confident in their behavior, please use a leash to avoid collisions or accidents.

Trash: Simple. Carry out what you carry in.
 In the event of an emergency, call 911.
 For more information, check out our Facebook page: "Meeks Mountain Trail Alliance".
 Have fun and be nice to others.

