

Triad Mountain Bike Trail Finder

In order to provide guidance to those new to the area and those new to mountain biking, we have rated all the following trails difficulty. Remember one rider's "easy" could be another "gonzo extreme". Always use caution when riding a new trail, and wear a helmet. You are the best judge of what you can do... If in doubt, walk around the technical stuff, you can always try it next time. The trails range from "1" being easy to "5" being extremely difficult, so take your pick and enjoy.



A Lake Higgins Bald Eagle Trail, Greensboro

5 miles one-way, semi-technical wooded singletrack (Difficulty 3); From I-40 take 220 North — 220 will become Battleground Avenue North, continue for about 11 miles then turn left onto Hamburg Mill Road. Biking trail parking lot will be your second possible left hand turn (just past Lake Higgins Marina entrance). The Beech Bluff Trail on the South side of the lake is for hiking only.

B Bur-Mill Park Club Trails, Greensboro

3.5 miles Bur-Mill Runners Club Trail wooded doubletrack (Difficulty 2); 8 miles Owls Roost Trail technical wooded singletrack (Difficulty 4) From I-40 take 220 North — 220 will become Battleground Avenue North, continue for about 10 miles then turn right onto Owls Roost Road. Then turn left onto Bur-Mill Club Road, park in the paved lot beside the driving range. Runners Club trailhead is directly in front of this parking lot. The Owls Roost trailhead is located at the end of the gravel road that curves around the clubhouse. (The trails on the north shore of the lake are off-limits to bikes. Also, please avoid riding near the water's edge, as this is the city's reservoir)

C Country Park, Greensboro

4.25 miles of hilly technical and semi-technical wooded singletrack (Difficulty 3-4) From I-40 take 220 North — 220 will become Battleground Avenue North, continue for about 7 miles then turn right onto Pisgah Church Road. Take the next immediate left, this will be Forest Lawn Drive. Park in the paved lot behind the Lewis Recreation Center. You will see a small village called "Safety Town", the trails begin to the right of its chain-link fence. Please avoid Posted areas. There is a paved loop around the Jaycee Park when you exit the trails on the North side, please stay in the bike lane if you choose to ride here. This park also connects to Guilford Battleground Memorial Park.

D Reedy Fork, Greensboro

4 miles of semi-technical one-way wooded singletrack (Difficulty 2) From I-40 take 220 North — 220 will become Battleground Avenue North, continue for about 5 miles, then take the Lawdale Drive exit (right fork). You will continue on Lawdale for 2.5 miles, this will turn into Lake Brandt Road. Continue on lake Brandt Road for approximately 1.5 miles. You will see a pumping station and Lake Higgins Dam, the Reedy Fork trail entrance will be immediately on your right. Park in the gravel lot. Please ride only on the designated trail area, the land across the gravel road (Plainfield Road) at the end of the trail is off-limits to bikes.

E Hagan Stone Park, Greensboro

7-9 miles easy wooded singletrack & doubletrack (Difficulty 1) From I-85/I-40 take US 421 South, exit to your right onto Hagan Stone Park Road. Continue for 2 miles, the park entrance will be to your right. All trails are open to bikes from April 1st until September 30th. There are many picnic shelters and campsites here.

F Salem Lake Trails, Winston-Salem

2 miles easy & open dirt road (Difficulty 1) From Greensboro (US 220 & I-85 interchange) take Business I-40 to the Linville road Exit. Exit loops under bridge, at top of ramp take a right onto Linville Road, then the next right onto New Greensboro Road. Proceed on New Greensboro road until you come to a gate (about 1 mile), park in the gravel lot to your left. Ride around the gate onto the gravel path — this gravel road circles around Salem Lake. Please do not ride in the woods surrounding the lake. These trails are off-limits to bikes. If you continue around towards the Marina you will see a paved biking path, this path will take you on a 5 mile ride into Old Salem in Winston-Salem.

G Hobby Park, Winston-Salem

7 miles technical wooded and hilly singletrack (Difficulty 4) From Greensboro take New I-40 to 150 South (Peter's Creek Parkway South). Exit to the right onto Clemmonsville Road. Turn left onto Old Salisbury Road, then right back onto Clemmonsville Road — go about 4 miles, Hobby Park will be on the right. The trail begins at the top of the hill, left of the Soap Box Derby track. This one is a great aerobic workout.

H Tanglewood Park, Winston-Salem

5-10 miles wooded doubletrack (Difficulty 2) From Greensboro (US 220 & I-85 interchange) take Business I-40 to the Tanglewood/Harper Road exit (the one after Clemmons exit), turn left onto Harper Road, then right onto US 158 — the park entrance is to your left about 1 mile. There is an admission fee — some trails are shared with equestrians, so please be courteous. The nearby country roads are great for road biking. There is also a BMX track (must wear a full-face helmet) available and camping.

