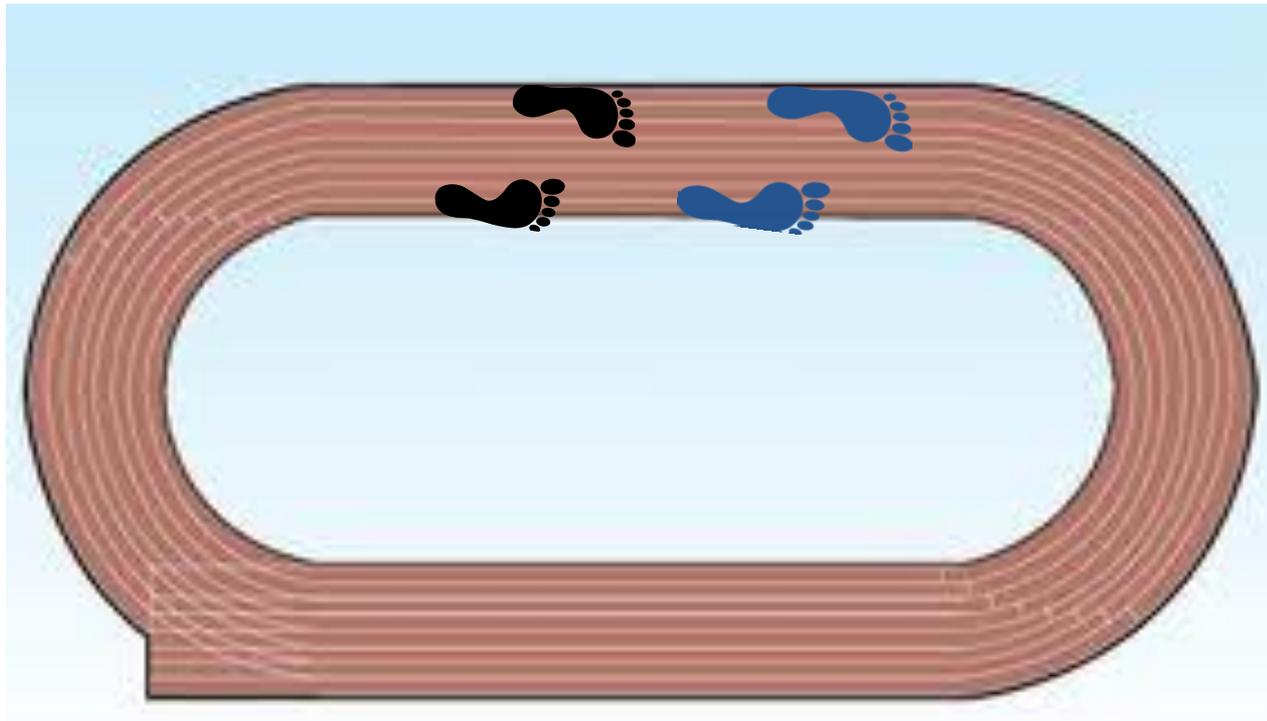
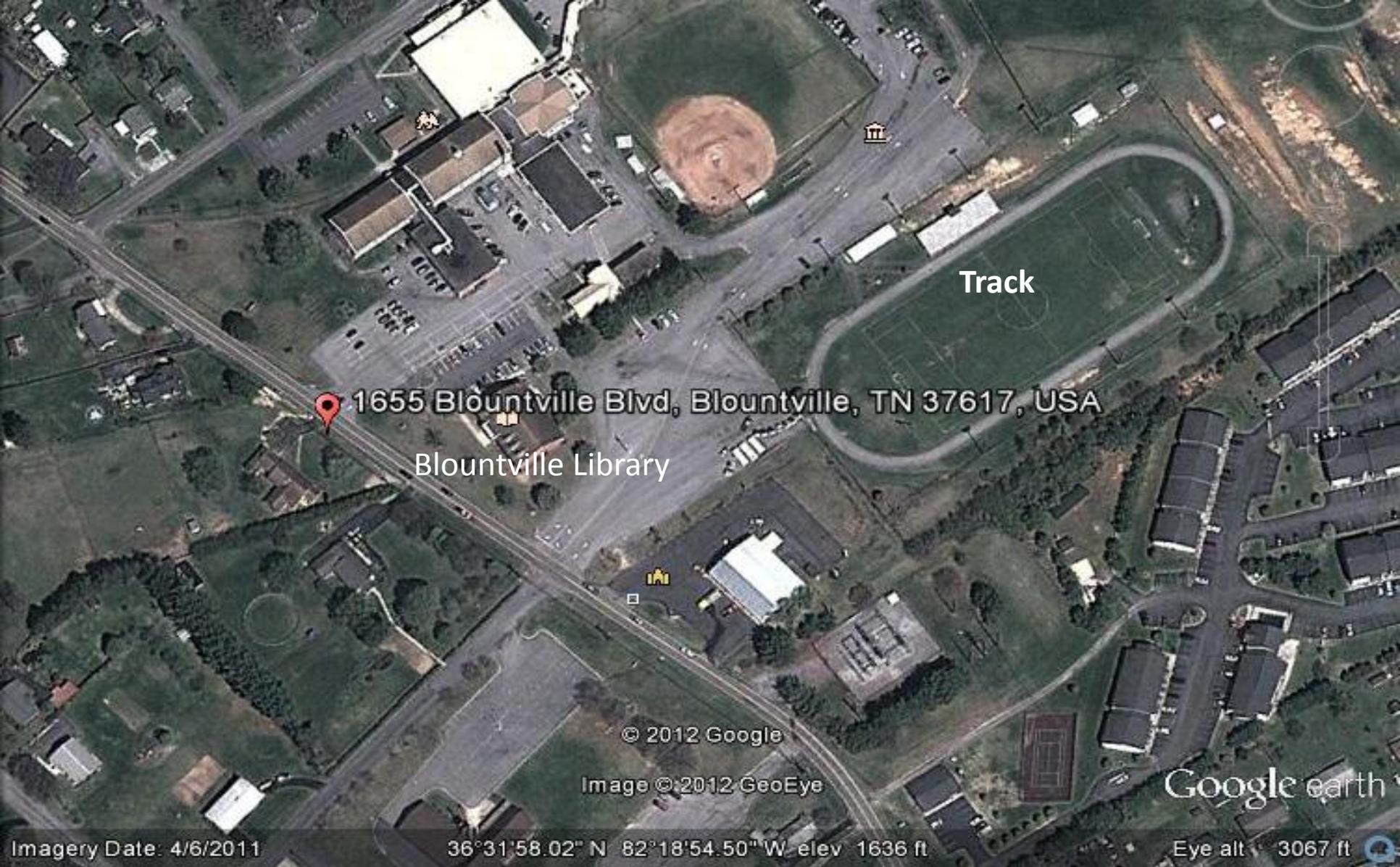


WALKING SITES





1655 Blountville Blvd, Blountville, TN 37617, USA

Blountville Library

Track

© 2012 Google

Image © 2012 GeoEye

Google earth

Imagery Date: 4/6/2011

36°31'58.02" N 82°18'54.50" W elev 1636 ft

Eye alt 3067 ft

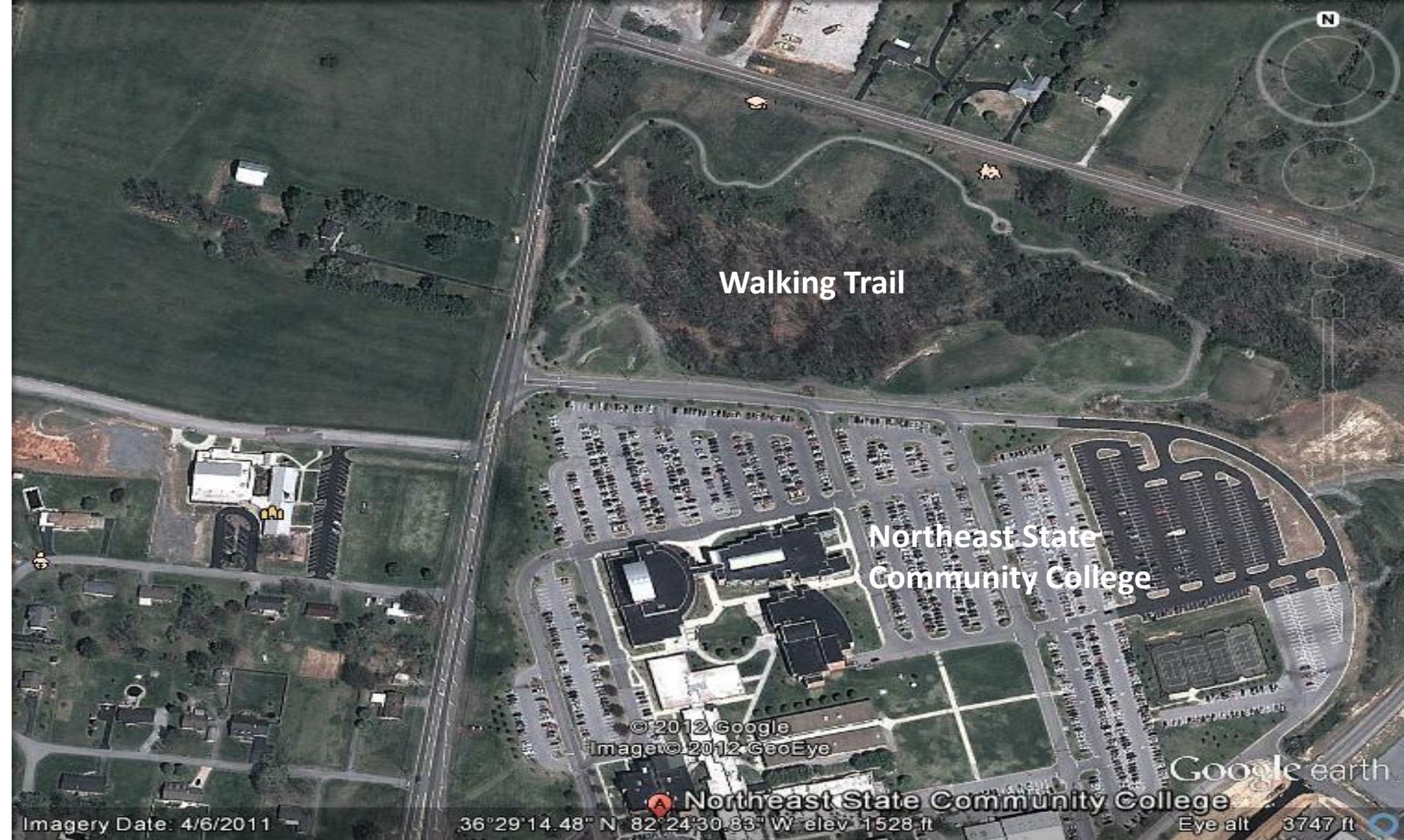
Blountville Middle School Track -- .25 mile 4 times around the track is 1 mile



Sullivan County Court House walking path
Part of the path is side walk and the rest is paved.
Approximately .43 mile.



First Baptist Church Walking Trail- across Hwy 126 from the church (approx. ½ mile long)



Walking Trail

Northeast State
Community College

© 2012 Google
Imagery © 2012 GeoEye

Northeast State Community College

Google earth

Eye alt 3747 ft

Imagery Date: 4/6/2011

36°29'14.48" N 82°24'30.83" W elev 1528 ft

Northeast State Community College Walking path – ¾ mile



Bristol Regional Medical Center

Exit 74 off I-81, Bristol, TN

Walking lane runs along the road around the hospital for approx. $\frac{3}{4}$ mile.

LEGEND

 GREENBELT

 CONNECTOR

 HISTORIC POINTS OF INTEREST

 PARKING

 WATER FOUNTAIN

 REST ROOMS

 PICNIC AREA



3250 0 3250
FEET

* See other side



Boatyard Section

Woodlawn Section

Cherokee Grounds Section

Buffalo Grasslands Section



KINGSPORT GREENBELT

The Kingsport Greenbelt is a linear park that connects residential neighborhoods, traditional parks, downtown, commercial districts, schools, and activity centers. A special feature of this unique park is a pathway for pedestrian and bicycle use. The pathway meanders along gentle streams, wanders through marshlands, glides across open meadows, and passes by sites of historical and aesthetic value. Development and operations of the Greenbelt are guided by a citizen advisory committee and the Kingsport Parks and Recreation Department.

HEALTH AND SAFETY TIPS

- Carry Identification.
- Feeling Fatigued? Stop, rest and enjoy the surroundings.
- Report Accidents Immediately.

In case of an emergency:

Locate the large number painted on the pavement closest to you and Call 911, reporting the location number and the type of emergency. For additional information, comments, and suggestions call the Kingsport Parks and Recreation Department at 423-229-9457.

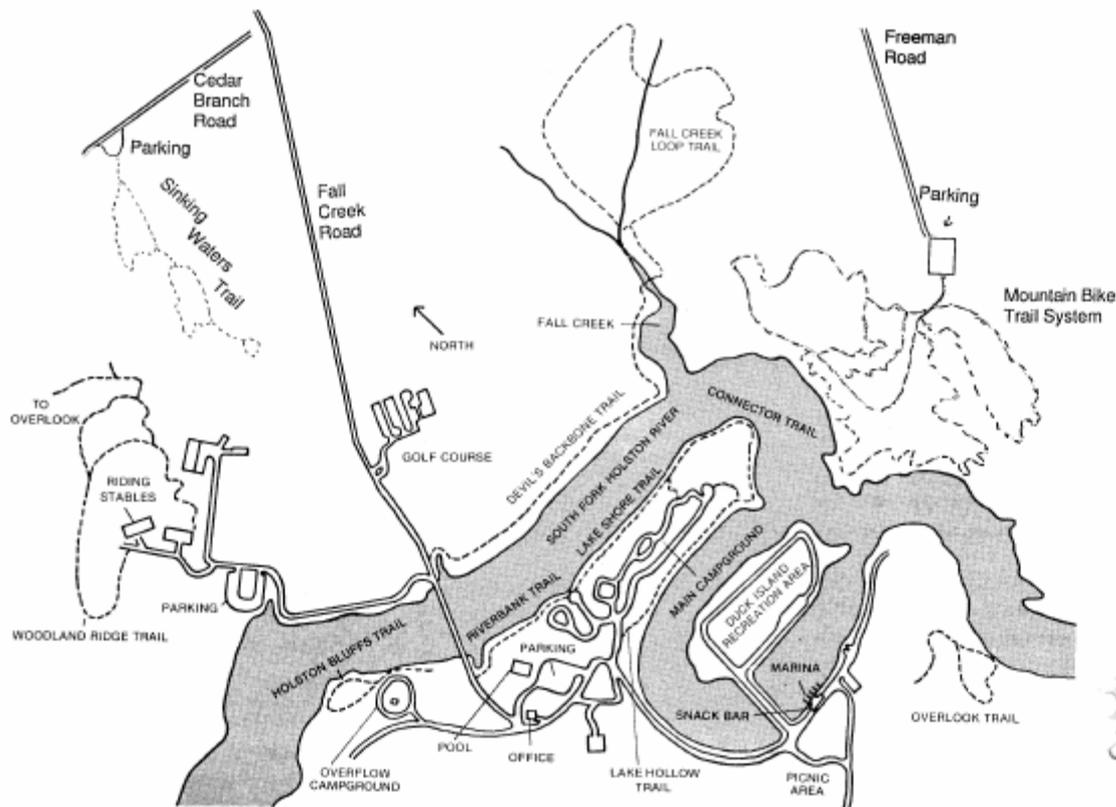
GREENBELT USE RULES

- Ride, walk, or skate to the right. (Allow others to pass on the left.)
- Be considerate of others: Ride, walk, or skate no more than two abreast; Stay off of private property; Abide by all noise ordinances.
- When bicycling or skating: Warn those you are passing from behind; Yield to pedestrians; Maintain speed appropriate to conditions; Maintain control of equipment at all times.
- Children using the trail should be accompanied by an adult.
- Use pathways only during daylight hours.
- Leave vegetation undisturbed and protected.
- Keep pets on a short leash at all times.
- Report all vandalism.
- Deposit all trash in litter receptacles.
- Drugs, alcohol, hunting, shooting, open fires, horses, and motorized vehicles are prohibited.

Greenbelt walking trail:

<http://www.kingsportgreenbelt.com/pdf/files/greenbeltmap.PDF>

Warriors' Path State Park Hiking Trails



All trails are open year-round, during daylight hours. If you would enjoy a guided hike or other nature program, contact the Park Naturalist office at 423-239-6786.

We hope you have enjoyed walking through your state park's natural areas. Please let us know if there is any way we can make your visit more enjoyable



Warriors Path 239-8531

<http://tn.gov/environment/parks/WarriorsPath/docs/WPTRL.pdf>



Hike - Bike - Explore - Enjoy Nature

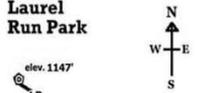
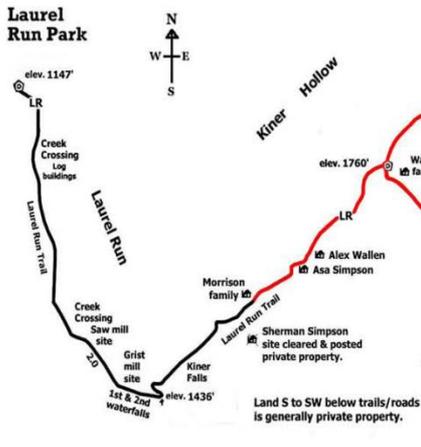
Trail/Road Guide Key

Trail / Road Name and Abbreviation	Bike* Route	Miles 37.33 total
AZ Azalea	yes	1.4
BH Back Hollow Road	yes	1.9
BMR Bays Mountain Road	yes	2.1
BRR Bays Ridge Road	yes	1.4
BRT Bays Ridge Trail	no	2.6
BET Bear Run Trail	yes	1.0
BO Big Oak Trail	yes	1.0
CK Cherry Knobs	no	1.6
Chn Chinquapin Trail	yes	1.85
CF Cliffside Trail	no	0.5
CR Cross Ridges Trail	no	0.7
DB Dolan Branch Trail	no	0.3
FN Fern Trail	no	0.2
FT Fire Tower Trail	no	0.7
FP Food Plot Road	no	0.45
FH Front Hollow Road	yes	1.8
HM Hemlock Trail	no	0.1
HO Holly Trail	no	0.4
IP Indian Pipes Trail	yes	2.0
JR Jones Road (Jones Trail)	yes	0.3
KH Kiner Hollow Trail	yes	1.6
LK Lake Road	yes	4.4
LS Lakeside Trail	no	2.3
LR Laurel Run Trail	no	2.0
OR Orchard Trail	no	0.4
PN Pine Trail	no	0.1
PR Pretty Ridge Trail	yes	1.9
RM River Mountain Road	yes	3.2
SG Sweet Gum Trail	no	150 feet
TO Towhee Trail	no	0.1

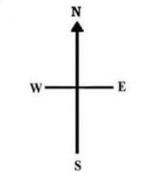
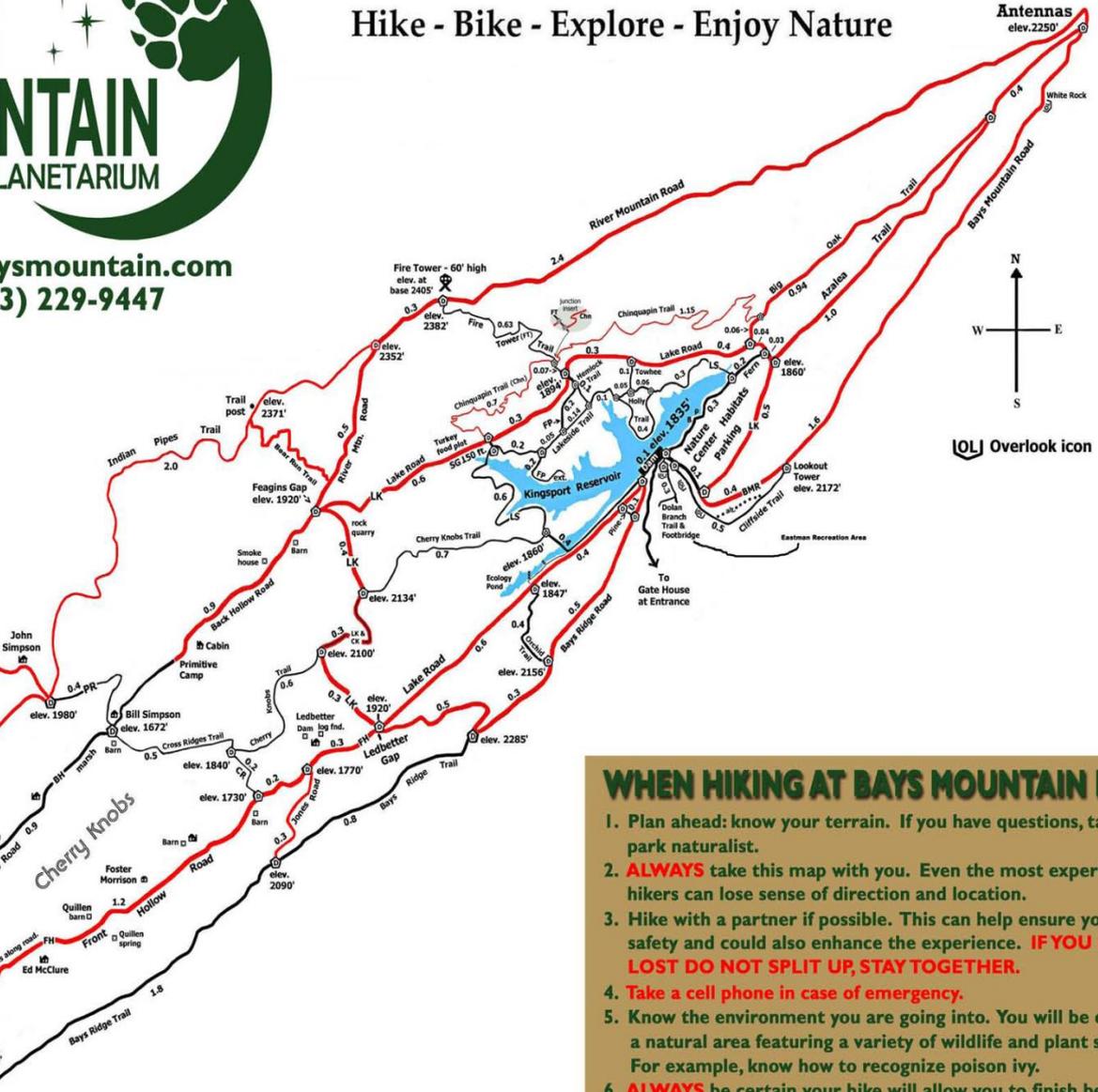
* Inspection by park officials and sticker required.

www.baysmountain.com
(423) 229-9447

Laurel Run Park



Land S to SW below trails/roads is generally private property.



LOL Overlook icon

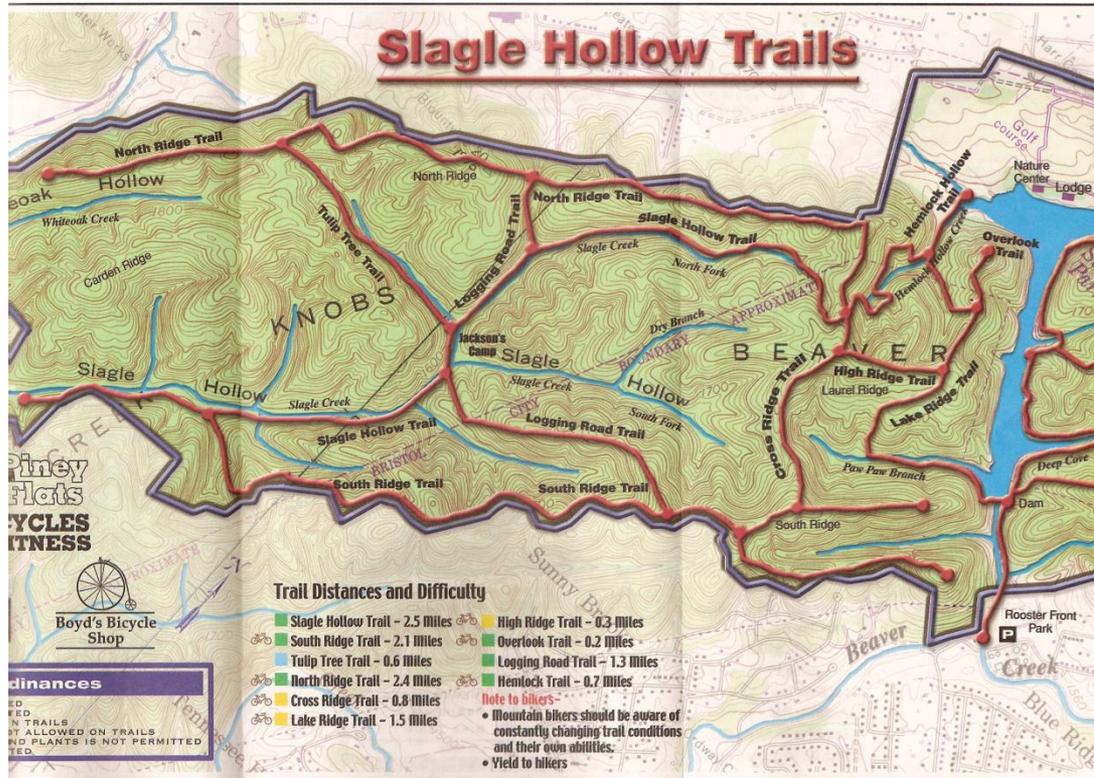
WHEN HIKING AT BAYS MOUNTAIN PARK

1. Plan ahead: know your terrain. If you have questions, talk to a park naturalist.
2. **ALWAYS** take this map with you. Even the most experienced hikers can lose sense of direction and location.
3. Hike with a partner if possible. This can help ensure your safety and could also enhance the experience. **IF YOU DO GET LOST DO NOT SPLIT UP, STAY TOGETHER.**
4. Take a cell phone in case of emergency.
5. Know the environment you are going into. You will be entering a natural area featuring a variety of wildlife and plant species. For example, know how to recognize poison ivy.
6. **ALWAYS** be certain your hike will allow you to finish before the park closes.
7. Take drinking water with you and stay properly hydrated.
8. **IF YOU DO GET LOST**, call The Nature Center immediately at (423) 229-9447.

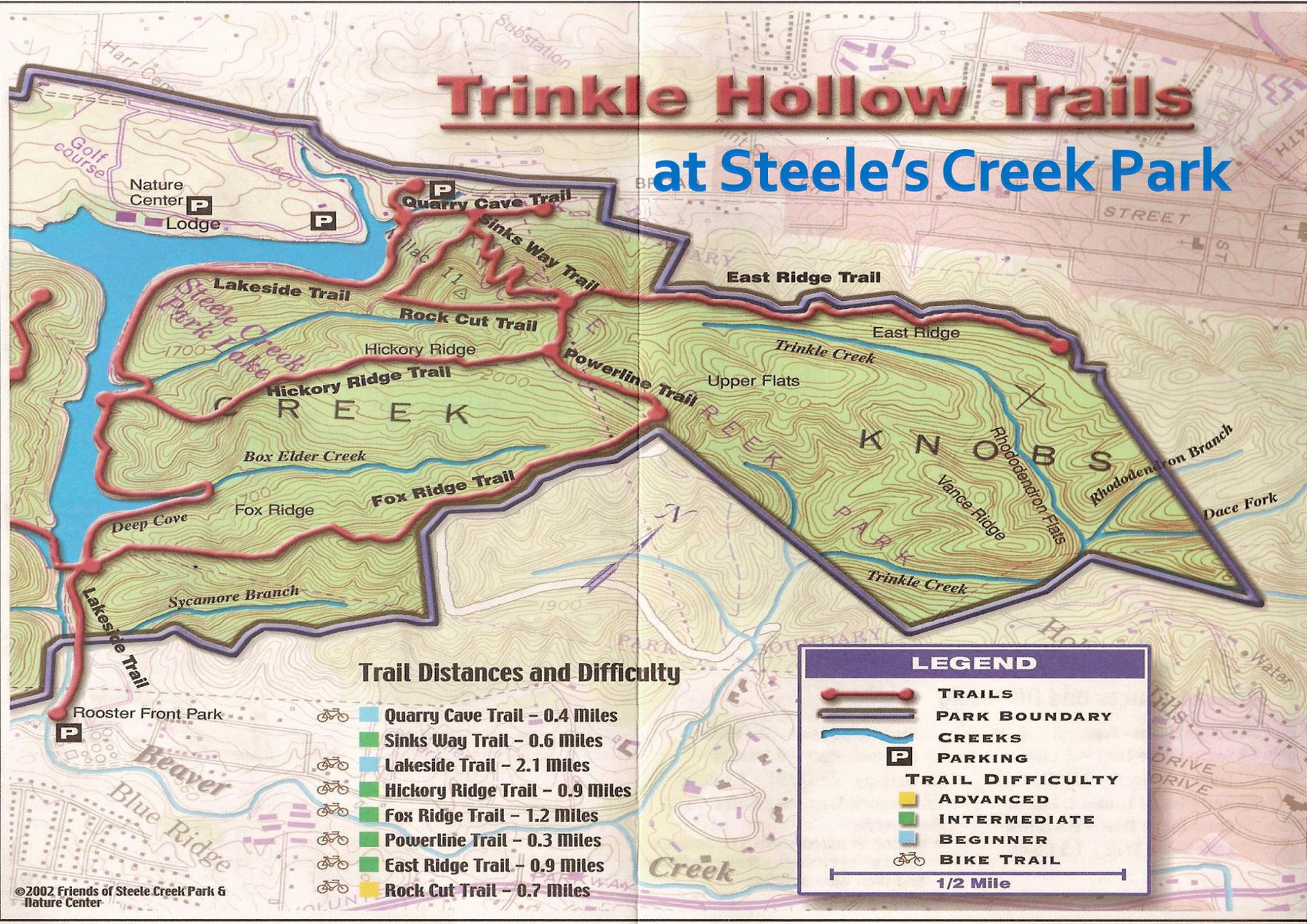
DISCLAIMER - User of Trail/Road Guide and information contained thereon accepts full responsibility and risks for and from such use.

Bays Mtn. Park is Licensed Distributor of Trail/Road Guide
Copyright © 2008 by Allen Duffield

Steele's Creek Park



Trinkle Hollow Trails at Steele's Creek Park



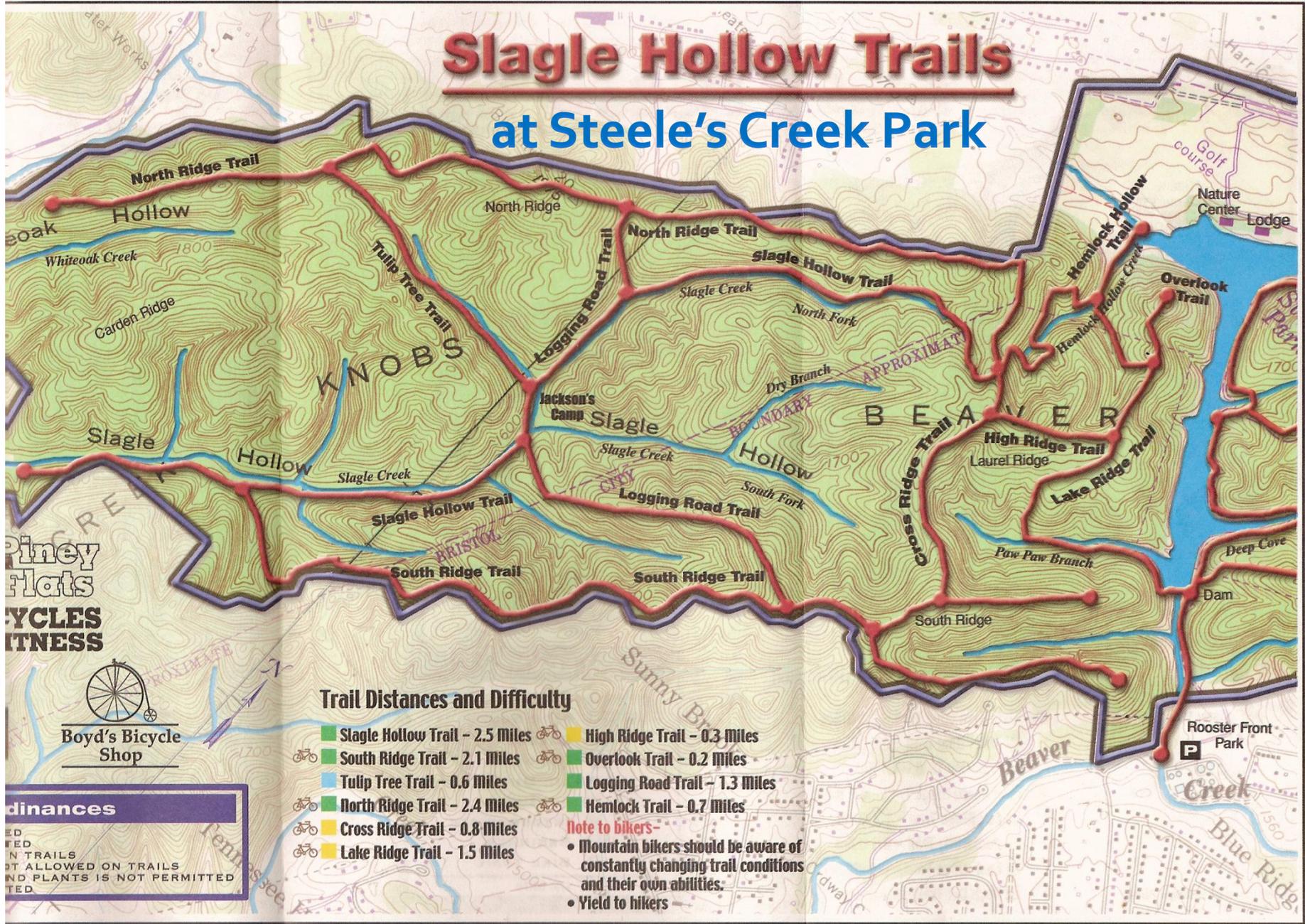
Trail Distances and Difficulty

-   Quarry Cave Trail - 0.4 Miles
-  Sinks Way Trail - 0.6 Miles
-  Lakeside Trail - 2.1 Miles
-  Hickory Ridge Trail - 0.9 Miles
-  Fox Ridge Trail - 1.2 Miles
-  Powerline Trail - 0.3 Miles
-  East Ridge Trail - 0.9 Miles
-  Rock Cut Trail - 0.7 Miles

LEGEND

-  TRAILS
-  PARK BOUNDARY
-  CREEKS
-  PARKING
- TRAIL DIFFICULTY**
-  ADVANCED
-  INTERMEDIATE
-  BEGINNER
-  BIKE TRAIL
-  1/2 Mile

Slagle Hollow Trails at Steele's Creek Park



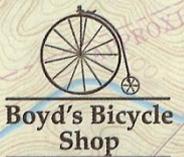
Trail Distances and Difficulty

- Slagle Hollow Trail - 2.5 Miles
- South Ridge Trail - 2.1 Miles
- Tulip Tree Trail - 0.6 Miles
- North Ridge Trail - 2.4 Miles
- Cross Ridge Trail - 0.8 Miles
- Lake Ridge Trail - 1.5 Miles
- High Ridge Trail - 0.3 Miles
- Overlook Trail - 0.2 Miles
- Logging Road Trail - 1.3 Miles
- Hemlock Trail - 0.7 Miles

Note to bikers-

- Mountain bikers should be aware of constantly changing trail conditions and their own abilities.
- Yield to hikers

**Piney Flats
CYCLES
FITNESS**



Regulations

NO MOUNTAIN BIKES
NO ALL-TERRAIN BIKES
NO ALL-TERRAIN SHOES
NO ALL-TERRAIN GLOVES
NO ALL-TERRAIN GEAR
NO ALL-TERRAIN PLANTS IS NOT PERMITTED



Walking Hours

Monday - Saturday:

Doors open at 7:00 am

Sunday:

10:00 am- 6:00 pm

Upper Level

6 laps equal 2 miles

Lower Level

5 laps equal 2 miles



KINGSPORT

TOWN CENTER

2101 Fort Henry Drive

Kingsport, TN 37664

(423) 246-3871



500 Gate City Highway, Bristol, Virginia 24201

BRISTOL
MALL



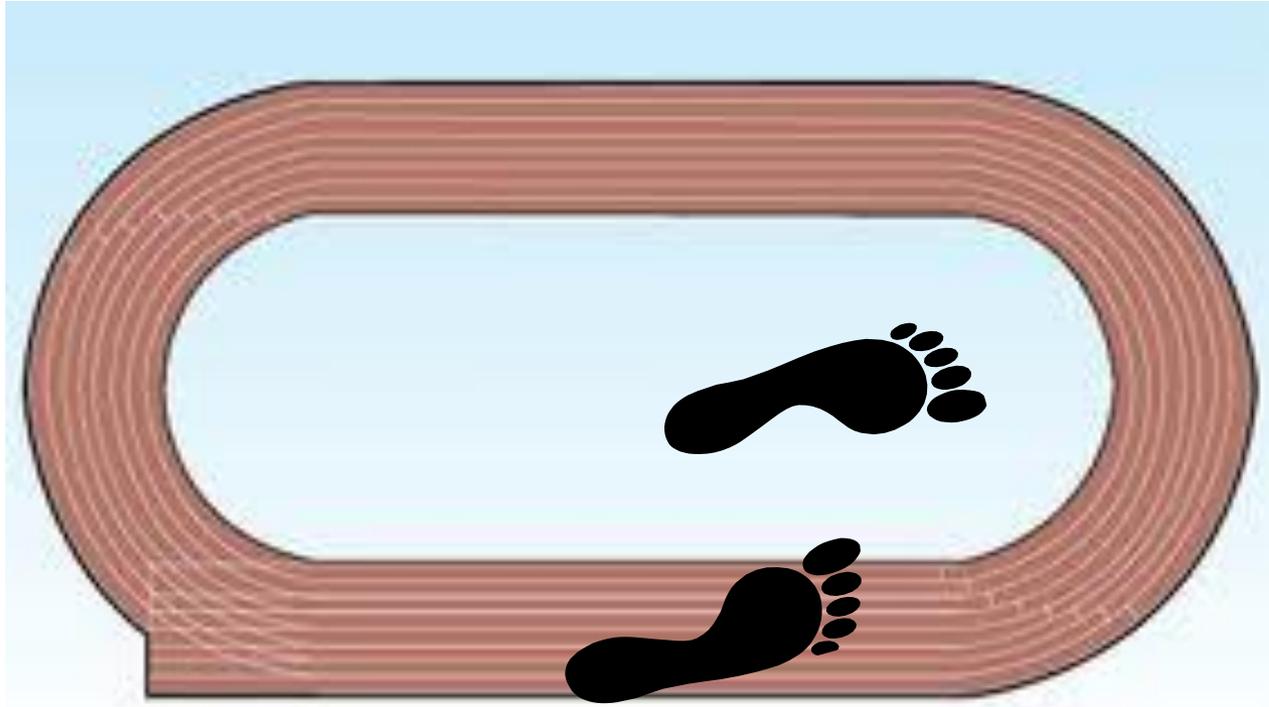
Walking Hours

Monday - Saturday:

Doors open at 9:00 am

Sunday:

1:00 pm- 6:00 pm



School Walking Tracks

Contact schools in your neighborhoods for availability, hours and distance.