

# Welcome to TVA Loyston Trail System

## ALL TRAILS OPEN TO HIKING AND MOUNTAIN BIKING ONLY

### Loyston Loop - Easy

Beginner friendly loop with moderate grades that is fun for everyone. Fast and flowy on a bike but wide and gradual enough for a relaxed hike or trail run.

### Mill Creek Loop - Moderate

Bike optimized with berms and rollers but still fun for hikers and runners as well. Expect longer climbs than Loyston Loop, but the longer downhills make it worth the effort. A true textbook flow trail with limited technical features.

### Clinch River Loop - Moderate

New school trail design meets old school feel. While you will experience a level of bike optimized design, this trail offers some of that twisty tight singletrack and exposed rocks/roots from days gone by. Expect the climbs to be a bit steeper than Mill Creek but still very attainable.

### Hemlock Bluff Trail - Strenuous

Part of the original trail built by YCC labor in 1974. This is a true rugged hand built trail that is very popular with users wanting to experience the Hemlock grove which is the trail's namesake. This trail is not flow and is very steep in sections.

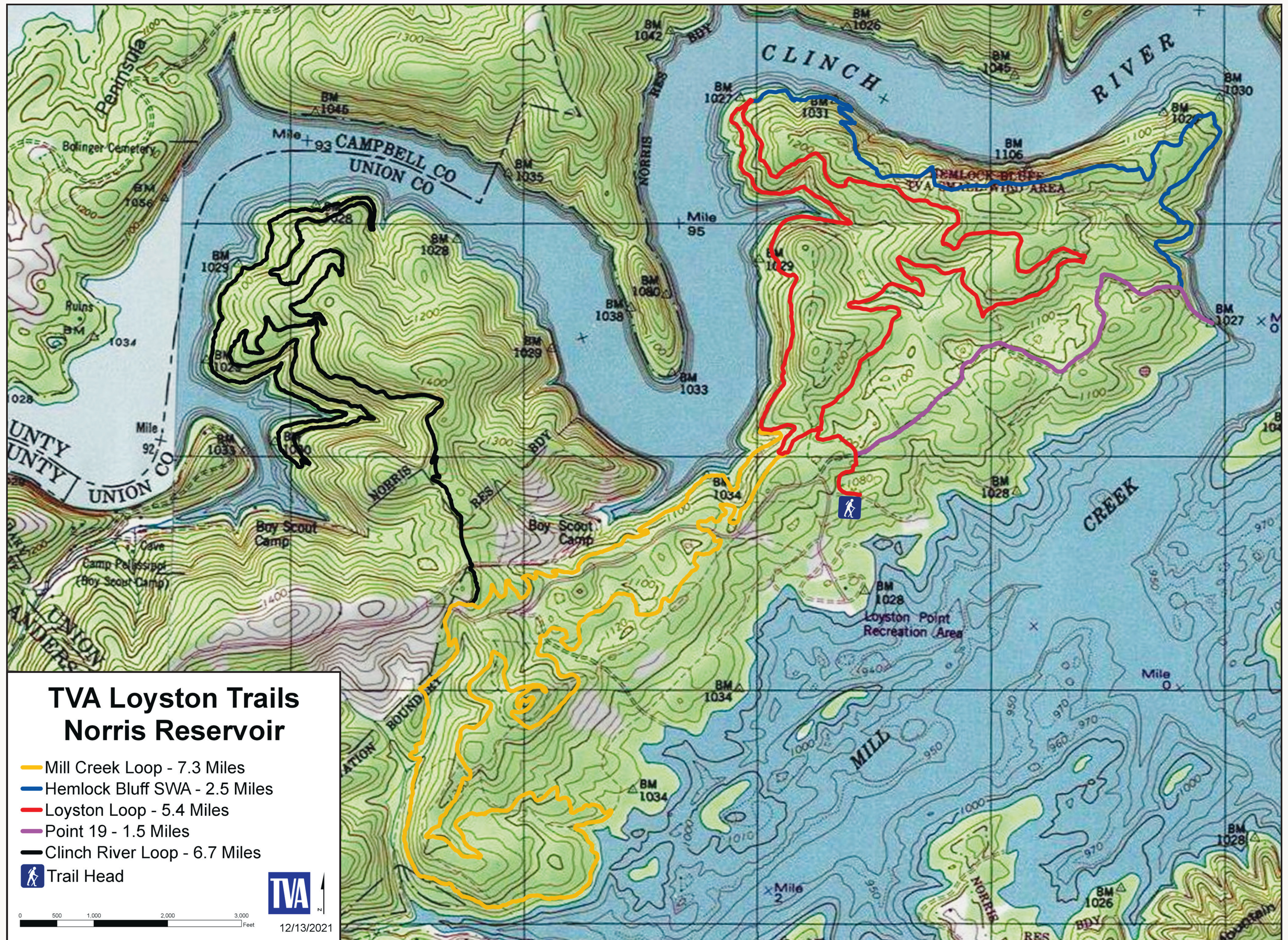
### Point 19 - Easy

Wide gravel trail that connects Hemlock Bluff to the system. This trail terminates at the point 19 navigation day board which is a popular swimming hole after a long day out on the trails.

## GUIDELINES FOR USE OF TRAILS

- Camping is limited to 14 consecutive days
- No cutting or removal of vegetation
- Please remove all litter before leaving
- Hunting allowed according to state and federal laws and regulations
- No motorized vehicles
- Collecting or digging up plants or any other natural, historic or archaeological feature is prohibited

- For emergencies, call 911
- For questions, call 1-800-TVA-LAND
- For more recreational opportunities, visit TVA's website - [www.tva.com](http://www.tva.com)
- Enjoy your stay using Leave No Trace ethics ([www.lnt.org](http://www.lnt.org))



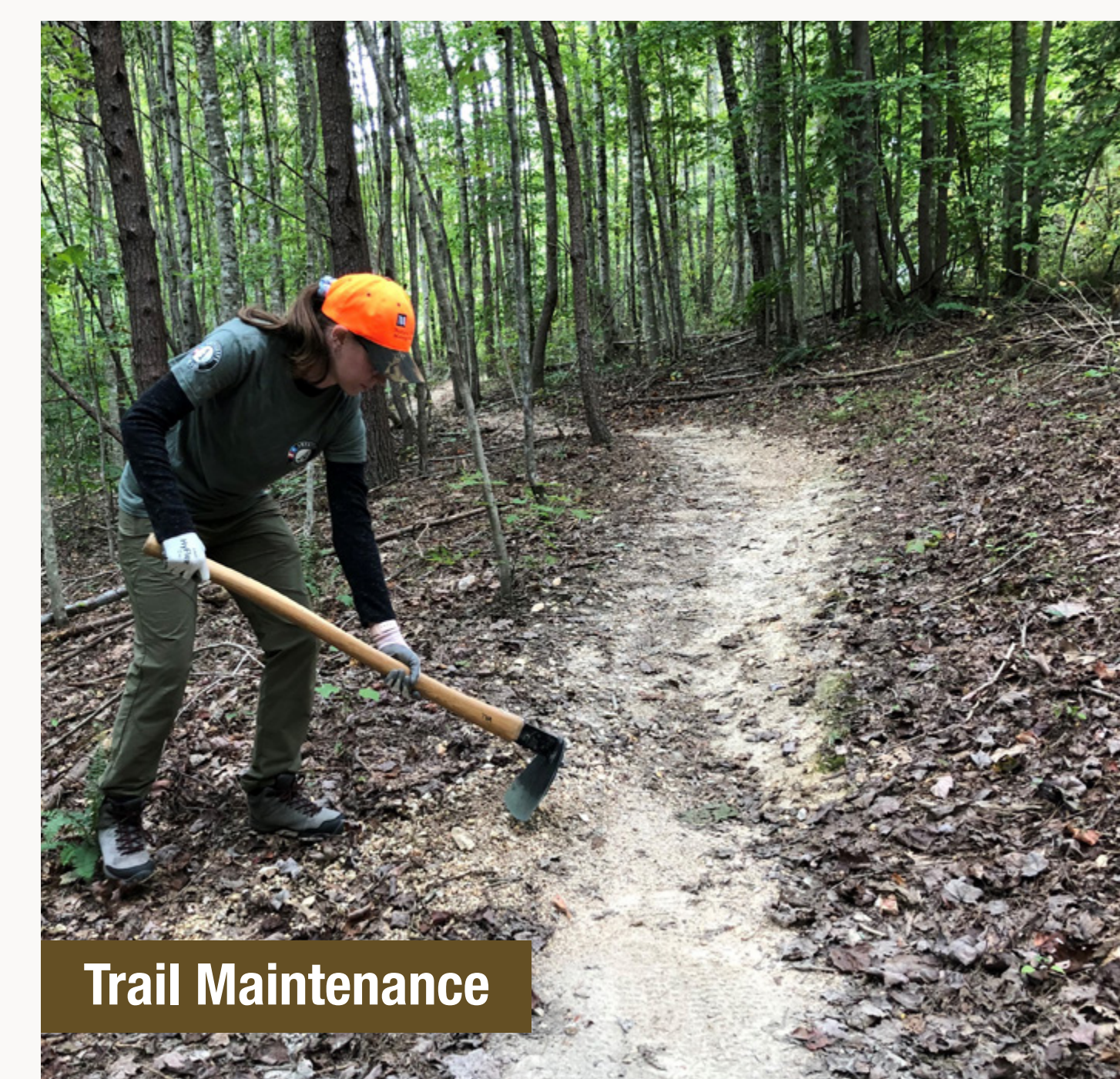
Trail Runner on Mill Creek



Point 19



Biking on Mill Creek



Trail Maintenance



AMBC/TVA Work Day