

MOUNTAIN COMMERCE BANK CHALLENGE

We have picked some of our favorite hikes, bicycle rides, and paddling routes to help you achieve 75 miles before December!

GREAT HIKES

1 FORKS OF THE RIVER - 6 MILES

Park at the McClure Lane Trailhead and follow Will Skelton Greenway 1.3 miles until it becomes the Whaley Trail. Continue for 2 miles then take a right on the West Perimeter Trail, which will lead you 2.5 miles back to the greenway. Take a right and walk 0.3 miles back to the parking lot.

2 MEAD'S QUARRY - 5 MILES

Take the Imerys Trail for 1.1 miles until you come to an intersection. Take a right onto Ross Marble Trail and continue for 1.2 miles, then continue straight onto Burnett Ridge Trail and hike 1.5 miles to the Turnbuckle Trail. After 1.1 miles the trail will meet with the Imerys Trail that will lead you 1 mile back to the parking lot.

3 THARP'S TRACE - 3 MILES

Park at Ijams Nature Center and head west on Will Skelton Greenway, after a half mile you will arrive at Mead's Quarry. Proceed onto the Pink Marble Trail near the restrooms and continue for 0.3 miles. Take a left onto Tharp's Trace Trail, which will lead you up the ridge overlooking the quarry. The trail will continue for 1 mile until you return to Mead's Quarry where the greenway will lead you back to Ijams.

4 IJAMS NATURE CENTER - 2 MILES

Park at the main visitor center and start heading east on the Will Skelton Greenway. After 0.2 miles, take a left on the Secret Pond Trail, a small loop around a pond. Continue on the greenway until the Serendipity Trail on your right. Follow the trail 0.3 miles until the Discovery Trail veers to the left, you will cross a bridge then take a left onto the River Trail. After a half-mile, take the Tower Trail on your right and follow 0.3 miles until it meets the Universal Trail. Take a right and you'll see the North Cove Trail, which will lead you 0.2 miles back to the Discovery Trail. Take a left, pass the lotus pond, and you will end up on Will Skelton Greenway. Take a left and walk 0.5 miles back to the starting point.

5 WILLIAM HASTIE NATURAL AREA - 3 MILES

Begin on Margaret Road, the gravel trail leading from the kiosk in the parking lot and follow for 0.7 miles until you reach Hard Labor Trail on the right. This will lead you 0.8 miles to the Yellow Jacket Trail, follow for 0.6 miles until you reach the Marj McClean Trail on your left. After 0.2 miles, take Mitchie's Way 0.6 miles back to the trailhead.

6 FORT DICKERSON - 5 MILES

Park at the Augusta Quarry trailhead and start on Quarry Trail, staying left until you reach Booger Trail, then state on that 1 mile until you reach the trailhead for Trial and Error Trail. You will hike 0.8 miles until you reach Breastworks Trail, which will lead you to the historic civil war fort at the top. Enjoy some history, then return to the Breastworks Trail and make a left when it joins back with Trial and Error Trail. You will come to the quarry overlook, then hike the Pit Viper Trail back to the Augusta Quarry Trailhead.

7 DOGWOOD COMMUNITY TRAILS - 3 MILES

Park at Cecil Webb Recreation Center and follow the sidewalk on Baxter Avenue, then take a right on Moody, and the next right onto Tipton Ave. Follow the sidewalk for 0.3 mile until you reach Gerson Drive. Take a right and walk to the Dogwood Community Trails entrance. Begin the trail and stay left to take the Lippencott Trail, after 0.4 mile you will reach a 0.6-mile loop. Once you finish the loop, take the Lippencott Trail back the way you came. After 0.3 miles, you can take a left to loop the Dogwood Trails and outdoor classroom.

8 JEAN TEAGUE GREENWAY & SCOTT CLELAND TRAIL - 4 MILES

Park by the West Hills Tennis Center and begin by taking a left onto Jean Teague Greenway which loops 2.6 miles around West Hills Park. Continue past the baseball field then take a right when the greenway comes to a fork. On your left, you will find the trailhead for the Scott Cleland Trail. Enjoy the 1.25 natural surface trail which will lead you back to the greenway, where you can take a left to head back to the parking lot.

9 ANDERSON SCHOOL TRAILS - 4 MILES

Park at the trailhead at Anderson School and take Lost Chromosome Trail about 1 mile until you reach the Chain Ring Loop Trail. Hike the 1.7 mile loop, then take Lost Chromosome Trail back to the trailhead.

10 SHARP'S RIDGE - 4 MILES

Park at the Hanover Street Trailhead and begin hiking, the 0.1 connector trail will lead you to the Lincoln Trail, take a right and hike up 0.7 miles to Sharp Shin Trail. Take a right until you reach the road then take a left and enter the Firebreak Trailhead. Follow Firebreak Trail for 1.2 miles and take a left onto Sharp Shin Trail. Continue for 0.5 miles then take a right to connect to the Lincoln Trail, head for 0.7 miles then watch for the Hanover Street connector trail on your right.

11 CALLOWAY RIDGE - 3 MILES

Park at The Cove at Concord Park and begin heading east on Concord Greenway for 0.8 miles. After the fishing bridge, you will come to the Calloway Ridge Loop Trail. Take the 1.3 mile loop then follow Concord Greenway Back to the starting point.

12 CONCORD DOG PARK TRAILS

Park at the Concord Dog Park to find the trailhead by the kiosk. Start on the Main Loop Trail by taking your first right, then take the next right onto Golf View Trail. After joining back with the Main Loop Trail, look for the Middle East Loop Trail on your right. Take this trail until it joins with the Lake Loop Trail which will take you around the shores of the lake before bringing you back to the Main Loop Trail, leading you back to the trailhead.

13 SUNFLOWER STROLL - 4 MILES

This hike will take you through the Forks of The River sunflower fields which bloom in mid-July. Park at Mead's Quarry and head to Will Skelton Greenway, take a right and follow the greenway 0.5 miles into Forks of the River. Follow the greenway another mile until the pavement ends, then take a right onto Wild Briar which will lead you into the sunflower fields. When the trail meets with Wyatt's Way, follow it back to the Will Skelton Greenway.

14 MORNINGSIDE PARK - 4 MILES

Starting at Volunteer Landing, head east on Neyland Greenway. When you reach Ned McWhorter Park, head to Morningside Greenway on your left, and keep left on the greenway for over a mile until you reach the Alex Haley statue. Continue making a loop around Morningside Park and head back to Neyland Greenway to complete the loop.

15 STERCHI HILLS GREENWAY - 5 MILES

Park at Tommy Schumpert Park and start walking the loop around the playground. This will become Knob Fork Creek Greenway, which will lead you on a gentle stroll for 2.2 miles. When the greenway ends, turn around and head back to Tommy Schumpert Park.

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GREAT HIKES (CONTINUED)

16 HOLSTON RIVER PARK - 3 MILES

The Holston River Greenway is a 2-mile loop winding along the Holston River. At the southern edge of the loop is the scenic, natural-surface Perimeter Trail. This scenic 1-mile natural surface trail contours the Holston River for a short distance, meandering through the woods, passing by several rock faces and crossing over an abandoned rail line.

17 SEVEN ISLANDS STATE BIRDING PARK - 6 MILES

Park in the gravel lot at the park's main entrance, and take the Bobwhite Accessible trail 0.9 mile to the island and walk the Island Loop trail. Cross back over the pedestrian bridge and take a right towards Seclusion Bend trail which will take you 2.7 miles back to the park entrance.

18 IC KING PARK - 4 MILES

Hike the Dog Park Loop Trail uphill from the parking lot and pass the dog park, then take a right into the woods and follow to a large intersection. Take a sharp right onto Easy Peasy Trail and follow it 0.6 miles, then take a right on the Expert Trail. Hike 0.4 miles until you reach the water and take Lower Lake Loop Trail. Enjoy hiking by the water for 1 mile until you reach the bridge. Continue straight onto Knob Creek Trail which will wind you 1 mile back to the Dog Park Loop.

19 CONCORD WEST LOOP - 2 MILES

Park at the Concord Dog Park and look for the West Loop Trail, it is to the left if you are facing the dog park. This 2.1-mile loop is moderate in difficulty and takes about 45 minutes to complete.

GREAT PADDLES

8 SEVEN ISLANDS TO CRUZE LANDING - 6 MILES

Park a car at Cruze Landing, this will be the ending point of the paddle. Drive your kayaks to the Seven Islands Boat Ramp and put in the French Broad River. You will float 6 river miles down to Cruze Landing. When you see the large pedestrian bridge, paddle to the left side of the islands for a better river flow. Watch for Cruze Landing's boat ramp on the right bank of the river for your takeout point.

9 ISLAND HOME AIRPORT LOOP - 2.5 MILES

There is a public boat ramp at Downtown Island Airport in Island Home. Park at the airport and look for the boat ramp across the road from the parking lot. You can make a 2.5-mile loop around the island. This is a great paddle for beginners, as half of the route is on a smaller channel separate from the big water. You will enjoy floating by the runway and watching the small private planes land, and are likely to spot turtles and Great Blue Herons.

11 BEAVER CREEK WATER TRAIL - 6 MILES

Drop a shuttle car off at Roy Arthur Stormwater park, then drive your kayaks to Powell High Landing behind the high school. This paddle has adaptive kayak launches at both points, making it easier for anyone to get in the water. From Powell High Landing, float 6 miles to the next kayak launch at Roy Arthur Stormwater Park.

GREAT BIKE RIDES

1 TEN MILE GREENWAY - 6 MILES

Park beside the movie theater at the trailhead and ride the greenway for 1.6 miles, continuing straight at the greenway junction to reach Gallaher View Rd. You can turn around here for a 3-mile ride, or cross the road and take a right to connect to Jean Teague Greenway and bike another mile to West Hills Park. Loop Jean Teague Greenway around the park then head back for a 6 mile round trip.

2 THIRD CREEK GREENWAY - 5.5 MILES

Starting at Tyson Park, head west on Third Creek Greenway, cross Concord Street at the greenway crossing and keep left. After 1 mile, take a left to continue on the greenway. When you reach the UT Rec Sports Complex, stay left to follow the greenway behind the fields. The greenway will curve right after the last field, continue to the right to ride beside the fields towards Sutherland Avenue. Take a right on the greenway and ride along Sutherland, passing many local businesses worth a pit stop. At West High School, take a right onto Tobler Avenue and join the greenway behind the school, take a left to head back to Tyson Park.

3 NEYLAND GREENWAY - 10 MILES

Park at the Outdoor Knoxville Adventure Center and head down towards the river to get on Neyland Greenway by Ruth's Chris. Cross over the railroad tracks and take a left, keep following Neyland Greenway until you pass UT Gardens. Hop on the Knox Blount Greenway and cross the Alcoa Bridge. Keep following the greenway through Cherokee Farm until you reach the end point, Marine Park. Turn around and ride back to downtown.

4 CHEROKEE BOULEVARD - UP TO 20 MILES

The Sequoyah Greenway along Cherokee Boulevard is dearly loved by Knoxvilleians for its beautiful surroundings and convenient access. Though the boulevard trail itself is 5 miles out-and-back, its connection to the Third Creek Greenway near Kingston Pike allows users to extend their excursion west toward Bearden or east to downtown. If you choose to go east, be sure to include a ride through the University of Tennessee Gardens.

Enjoy hiking, biking and paddling the beautiful natural areas of our region. While we have highlighted some of our favorites here, you can log any hike, bike ride or paddle for your 75 mile challenge!



Earn this fun patch!