



TRAILS

TRAIL
DISTANCE
(Miles)

ELEVATION
CHANGE
(Feet)

CLIMB/
DESCENT

● Keen Der Garden	.25	41	climb
■ Rocky Branch	1.5	265	climb descent
■ Middle Earth	1	216	climb
■ Middle of Nowhere	.2	70	descent
◆ Boat Rock	1.5	350	climb
◆ (Don't) Rock the Boat	1.5	333	descent
◆ The Roman Road	.25	80	descent
◆ Ol' Hoss	.5	185	climb
◆ New Boss	.5	125	descent
◆ Dauphin Disco	.35	100	climb
◆ PBJ	.6	234	descent
◆ Stone Soup	.5	250	descent
◆◆ The Black Forest	.5	400	descent



SUGGESTED ROUTES

ALL ROUTES START
FROM TRAILHEAD

NOVICE

2 miles 200 feet climb/descent

- Rocky Branch
- Keen Der Garden
- Rocky Branch full loop

INTERMEDIATE

3 miles 350 feet climbing/descending

- Rocky Branch
- Middle Earth
- Middle of Nowhere
- Rocky Branch

Arrows indicate direction
to turn on trail

ADVANCED

The Full Tour: 9 miles 1000
feet climbing/descending

- Rocky Branch
- Middle Earth
- Boat Rock
- Ol' Hoss
- New Boss
- (Don't) Rock the Boat
- Middle Earth
- Roman Road
- Rocky Branch
- Middle Earth Climb
- PBJ
- Rocky Branch



TRAIL RATING DESCRIPTIONS

- GREEN:** Trails suitable to beginner mountain bikers. Riders should be confident using their brakes, shifting gears, and basic balancing on their bike. Trails will be mostly smooth with avoidable obstacles.
- BLUE:** These trails will challenge novice riders with unavoidable obstacles, tight turns, and steeper climbs.
- BLACK:** Large obstacles like drops, extended rock gardens (up and down), and wood features are present. These features will challenge intermediate riders. The main line choice may or may not be obvious.
- DOUBLE BLACK (DH):** This is an expert only designation. Riders should be comfortable on steep, fall line trail with rock slabs, drops, and jumps. Riders will be challenged to find the right line.

MAP SYMBOLS

- JUMPS
- PUMP TRACK
- LAND MARK
- TECHNICAL TRAIL FEATURE



DIFFICULTY RATINGS

- EASIEST → DIFFICULT → EXPERT ONLY
- TRAILS

- SKILLS AREAS

THE PUMP TRACK

The Pump Track features unique educational signage to help riders understand pump track specific skills. The signs have smart phone scannable video links for enhanced learning.

0 300 600 FEET



PRIVATE
PROPERTY

ROCKY
KNOB
MTN BIKE
PARK

ADVENTURE PLAYGROUND

The Adventure Playground is a large play area with many elements. There is also a large shelter with a flattened tree table which provides ample picnicking space.

ADVENTURE
PLAYGROUND

TRAILHEAD

boone
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WELCOME TO ROCKY KNOB PARK!

Rocky Knob Park is located 3.5 miles east of Boone on Scenic Byway 421. The park is anchored by more than 10 miles of mountain bike trails, but also includes an adventure playground, large shelter, and restroom facilities.

As riders advance through the "progression" trail system and further ascend the mountain, expect to encounter more difficult trail features. The trail system offers fun trails, unique skills areas to test and improve your riding abilities, challenging (and rocky) climbs, and technical descents.

The park is free and is operated by Watauga County Parks and Recreation. For shelter reservations, call: 828-264-9511.

Please read and follow all signage and information. Enjoy the trails!

ADDRESS: 285 Mountain Bike Way, Boone NC 28607

WEBSITE: www.RockyKnobPark.com

HOURS: Dawn 'til Dusk
Entrance is Free

SAFETY IS YOUR RESPONSIBILITY

RIDE AT YOUR OWN RISK! TRAILS ARE NOT PATROLLED.

- **MOUNTAIN BIKING IS INHERENTLY DANGEROUS.** Be aware that mountain biking can involve serious injuries or even death.
- **READ AND OBEY SIGNAGE.** Comply to all posted rules at Rocky Knob Park including trail closures due to maintenance, rain, or freeze/thaw.
- **RIDE SMART.** Start slow to warm up. Inspect trail features. Progress to more difficult features only after working through suggested progressions.
- **CHECK YOURSELF.** Inspect your bike to make sure it is in good working order. Wear a helmet and other safety gear.
- **SHARE THE TRAIL.** Hikers, trail runners, and families also use the trails. Mountain bikers should yield to all other traffic.

THE STORY OF ROCKY KNOB PARK



Prior to the creation of Rocky Knob in 2011, no legal mountain biking existed in Watauga County. The park was birthed from the Watauga County Tourism Development Authority's (WCTDA) 2009 Outdoor Recreation Master Plan. This plan identified the need for better access to mountain biking in the Boone Area and started a historic partnership between the WCTDA, Watauga County, and Boone Area Cyclists – a local cycling club. The park was ultimately developed after several major grants were secured and an army of local volunteers were unleashed.

SKILLS AREAS



PEPPER RATING SYSTEM INDICATES BOTH THE DIFFICULTIES AND THE CONSEQUENCES OF EACH FEATURE.



JUMP START

This skills area provides novice riders with an introduction to basic mountain bike skills. Small jumps, rollers, and drops are found in this area.

SKINNY SKILLS

A "skinny" is usually a log that has been flattened on the top. This feature has its origins in British Columbia where trail builders sought to make trails through wet areas. The Skinny evolved into its own discipline of trail but now has faded in popularity. Riders can still challenge their balance on Logzilla, an 80-foot long skinny with options.

THE PUMP TRACK

A popular destination for families, the Rocky Knob Pump Track features unique educational signage to help riders understand pump track specific skills. These signs feature smart phone scannable video links for enhanced learning. Check them out! Familiarize yourself with the Pump Track before riding. Most riders follow a clock-wise pattern, but not all. Be kind and courteous to all users. Be aware of children and cars in the parking lot.

STONE BINGE

This skills area contains advanced features combinations. Skinnies to rocks to drops will test advanced riders. Riders should be confident riding all elements of this area before attempting expert level trails such as the Black Forest. An exit trail connects to the Roman Road.

THE PBJ

The PBJ is the signature jump trail at Rocky Knob. Envisioned as a trail designed for riders to get air, the PBJ contains numerous large jumps. However, most riders can ride it without leaving the ground. Jumps can be rolled if a rider knows how to control their speed – meaning there are no mandatory gaps to clear. Riders on this trail should either be able to jump or control their speed to keep their wheels on the ground. **NO FOOT TRAFFIC OR UPHILL BIKE TRAFFIC**

TRAILS

KEEN DER GARDEN

This short trail provides a sample of Rocky Knob trails for novice riders. Ridden as a loop with Rocky Branch, this trail provides an introduction to the mountain. The trail was built with funds from a Keen Effects grant.

ROCKY BRANCH TRAIL

This 1.5-mile loop serves as the entrance and exit of all other trails on the mountain. It climbs for about half its distance passing by a large rock outcropping and a small cascade of Rocky Branch Creek. Several short climbs lead to a flowy downhill. Rocky Branch connects with Middle Earth and serves as an exit from The Roman Road and Middle of Nowhere Trails.

MIDDLE EARTH TRAIL

This trail climbs through rocky sections and tight switchbacks to reach "The Saddle." The climbing is more difficult than Rocky Branch. At the Saddle, riders can session the Skinny Skills Area, the Session Loop of the PBJ, the Stone Binge Skills Area and connect to The Roman Road, Middle of Nowhere, and the Boat Rock Trails.

MIDDLE OF NOWHERE

Beginning at the end of Middle Earth, this trail descends back to Rocky Branch. This is the least technical of the descents from the Saddle. This trail was built with funds from a Keen Effects grant.

PBJ SESSION LOOP

This trail is a short run of a berm, rollers, and table tops. Use this loop to warm up for the PBJ or to practice your jumping skills. This is often sessioned by itself or used to start a full pull of the PBJ.

BOAT ROCK TRAIL

Named for the large ship sized rock perched over a turn on this trail, the Boat Rock provides access to the higher trails on the mountain. The first half mile packs in a steep, rocky climb but then the trail mellows out a bit. Several large wooden bridges span rocks and wet areas adding interest along the way.

(DON'T) ROCK THE BOAT

Rock the Boat departs from New Boss and descends to the Saddle. Numerous jumps, berms, and rock gardens punctuate this trail for a fun, flowy, and sometimes, pedaly descent. Connections (Boat Rock Bail Out and The Stern) exist to cross over to Boat Rock, enabling riders to piece together loops higher on the mountain.

THE ROMAN ROAD

This short trail exits from the Middle Earth Trail and features a long, sustained downhill rock garden.

OL' HOSS

Named after nearby legend Doc Watson's guitar, Ol' Hoss climbs a half mile to reach the summit of Rocky Knob at 4000 feet.

NEW BOSS

This trail descends from the summit of the mountain for a half mile. The trail features a wooden roller feature and a few drops. This is a technical descent. Inspect the features before attempting.

DAUPHIN DISCO

This trail is named for Dauphin Disco Dougherty, one of the founders of Appalachian State University. This short trail begins at the end of New Boss and connects back to Ol' Hoss. This technical trail is often used as a downhill to complete another climb to the summit on Ol' Hoss. Riders often climb this trail as well. If descending, be prepared for oncoming uphill traffic.

PBJ

PBJ is the signature downhill jump trail on the mountain. This trail has evolved over the years and features table tops, berms, step ups, step downs, and a drop. All of the jumps are rollable and the drop is optional. While intermediate riders will enjoy this trail at slow speeds, it is worth noting that the trail is steep enough that riders inexperienced at jumping can get in over their head. Use caution. Roll this trail slowly the first time down keeping your wheels on the ground to get a feel for the gradient and the jump shapes.

NO UPHILL TRAFFIC

STONE SOUP

This trail is a continuation of the Black Forest and can be accessed from the final leg of Don't Rock the Boat. It features steep sections, some ladder work, and extended rock gardens. It connects to the Saddle access road and will continue on to the PBJ. **NO UPHILL TRAFFIC**

THE BLACK FOREST TRAIL

This trail takes expert DH riders through a technically challenging zone on the mountain. This hand-built trail drops about 600 feet in a half mile and features drops, steep rock rolls, jumps, and fall-line trail with many lines that may not be obvious. There is no easy way down this trail. This trail is significantly more difficult than any trail on the mountain.

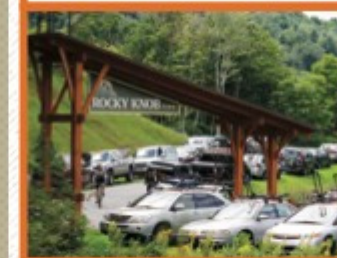
NO UPHILL TRAFFIC



CALL 911 IN CASE OF EMERGENCY

Tell them you are at Rocky Knob Park.

Tell them the trail you are on and the approximate mile.



BIKE RENTALS

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BOONEBIKE.COM | 828.262.5750

MAGIC CYCLES

MAGICCYCLES.COM | 828.265.2211

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RHODDIEBICYCLOUTFITTERS.COM | 828.414.9800

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