Mountain Biking Notes:

Pine Mountain is a small, narrow region in the southwest portion of the Georgia Piedmont, extending eastward from the Alabama state border for 45 miles. The mountain contains Hollis quartzite-capped, steep-sloped ridges that rise 300-400 feet above the Piedmont surface and the Flint River to elevations in places over 1300 feet.

Moss Falls, Dripping Rocks, Matt Branch Falls, Long Branch Creek, the Flint River, and the Meteor Impact Rim Crater adjacent to Lawhorn Scouting Base are all highlights you can observe in the Backcountry.

Please help us preserve this unique area by staying on the marked trails, take only pictures and leave only tire tracks. For your safety, do not attempt to climb the rocks or steep banks at the water falls.

Camp Thunder Trailheads:

Start at the pavilion near Howard Lodge, or next to the Dining Hall.

Flint River Trailheads:

Start next to the Family Picnic Pavilion at either end of the large parking lot.

Motor Vehicles:

Parking is available at both trailheads. Vehicles in the Backcountry are restricted to camp staff, trail service groups, permitted hunters and for emergency response personnel.

Individual & Group Reservations:

Please make reservations for your desired activities in advance by contacting the Flint River Council office at 770-227-4556, Camp Headquarters in Howard Lodge at 706-647-9539, or the Camp Ranger. All riders must complete a "Hold Harmless" agreement. Weekday activities are restricted during Sept-May hunting seasons from 3pm SUN – 12pm FRI.

T.R.A.I.L. Boss Program:

Membership registration and participation system for adult volunteer riders to support the Lawhorn Scouting Base and the Pine Mountain Backcountry (PMBC). Find out more at our website http://ini-to324.org/trails/trailboss.htm

The 10 Essential "Systems":

Don't begin this ride without considering bringing these items along for yourself and group members.

- 1. Repair kit and tools (knife, multitool, duct tape, cord)
- 2. First-aid supplies (individual and group needs)
- 3. Insulation (layers of clothing, hat, socks)
- 4. Emergency shelter (rain gear/poncho)
- 5. Hydration (extra water/filter/purification kit)
- 6. Illumination (headlamp/flashlight)
- 7. Nutrition (extra food)
- 8. Fire (waterproof matches/lighter/candles)
- 9. Sun protection (sunglasses/sunscreen/UPF clothing)
- 10. Navigation (map and compass, GPS)



tread liahtly!

Travel responsibly
Respect the rights of others
Educate yourself
Avoid sensitive areas
Do your part

MOUNTAIN BIKE GUIDE



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