

Cycling Trails in Monroe County, TN

Cycling in Monroe County may be associated with motorcycles but visitors who prefer peddle-powered cycling will be happy to know our county has plenty of places to explore on two wheels. Our friends at [Tennessee Gravel](#) have extensive guides for cycling in the county.

There are several important things to remember before you go cycling:

- Make a plan before you hit the trails.
- Pack supplies including a hand pump, CO2 inflater & cartridges, tube patches & levers, mini tool kit, and plenty of snacks.
- These are gravel and dirt trails so make sure you have the right tires.
- These trails have little-to-no cell phone reception. Have a map and know how to read it.
- There will be vehicles so be mindful of your surroundings.
- If you are going to pass a horse, stop, get off your bike, and wait for the horse to pass.

The trails are in Hiwassee, Ocoee, and Tellico. They range from 8 miles to 130 miles with a variety of elevation gain.

Before you cycle a route, make sure you understand the length, layout, elevations, and terrain. Tennessee Gravel has a detailed map for each route.

Cycling is allowed at [Fort Loudon State Park](#) but only on paved roads.

Bald River Loop	Paved	31.3 miles	Moderate
Indian Boundary Lake Trail	Gravel	3 miles	Easy
Little Citico Horse Trail 2	Gravel	5.6 miles	Difficult
Little Citico Horse Trail 3	Gravel	6.2 miles	Difficult
Madisonville Loop	Paved	35.4 miles	Difficult
Tellico Plains Reliance Loop	Paved	45 miles	Difficult
Unicoi Mountain Trail	Gravel	7.9 miles	Moderate
Unicoi Trail FS Trail 82	Gravel	5.8 miles	Moderate
Wears Bend	Gravel	12 miles	Multiple

In late April, check out the Deep Woods Gravel Grinder in Reliance. This two day event includes cycling through Cherokee National Forest, contests for coolest bike and best tan lines, as well as live music, food, beer, and camping. A similar event is held in late October for five days.

For a real challenge, check out the [Three Rivers Way](#) which features two different routes along the Hiwassee, Ocoee, and Tellico Rivers. Both routes (316 miles and 430 miles) will take a few days to ride. They are both extreme difficulty and are a mix of paved and off-road.

Websites of value: Bike TN, The League of American Bicyclists, Jeff Roth Cycling Foundation, Tennessee Department of Transportation, United States Department of Transportation, People for Bikes