

TRACE CREEK

Trails & Disc Golf Course

AT STEPHENS VALLEY

Welcome! Please be courteous and read all rules below.

Trail Rules

- The disc golf course loop will provide access to the Poplar, Woodland and Valley nature trails. We ask all hikers to follow the flow of the course (counter clockwise).

Disc Golf Rules

- Limit groups to 5 players. Allow fast groups to play through.
- Hikers and maintenance personnel have the right-of-way.
- All tee shots must occur with both feet on the green pad.
- All other throws occur behind the front edge of the disc.
- Player whose disc is farthest from basket throws first.
- Score with fewest throws wins.
- Altering shrubs or tree limbs is not allowed.
- Out of bounds (O.B.) have been designated on hole markers. Add 1 penalty stroke for O.B. Mark disc at closest point to where the disc went O.B.
- Yell "FORE" immediately for throws that may hit others.
- Do not climb fences or enter private property to retrieve lost discs.

Park Rules

- Open from sunrise to sunset. Children must be accompanied by an adult.
- Ticks, chiggers and mosquitoes are common in Tennessee from April through October.
- The natural areas along Trace Creek and private resident yards to the east are off limits.
- All pets must be kept on a leash for their protection and that of other visitors and wildlife.
- All trails are natural. Please wear appropriate footwear.
- Removal of plants, animals, rocks or relics is prohibited.
- Cutting tools, firearms, alcohol, drugs, smoking, campfires and hunting are prohibited in this part of the park.
- No restrooms are located on the course or trails.

Glenrock Road Access

Nature Trail

Paved Trail

HOLE	1	2	3	4	5	6	7	8	9
PAR	4	3	4	4	4	3	3	3	4
PAR TOTAL =	32								

STEPHENS VALLEY

ESTABLISHED 1930

POPLAR TRAIL

VALLEY TRAIL

WOODLAND TRAIL

