



TRAILS LISTED ABOVE ARE RANKED IN ORDER OF DIFFICULTY

JUMPING SKILLS MAY BE REQUIRED

Free-ride trails contain machine-cut and man-made features like dirt jumps, boxes, gaps, narrow surfaces, wall rides and berms.



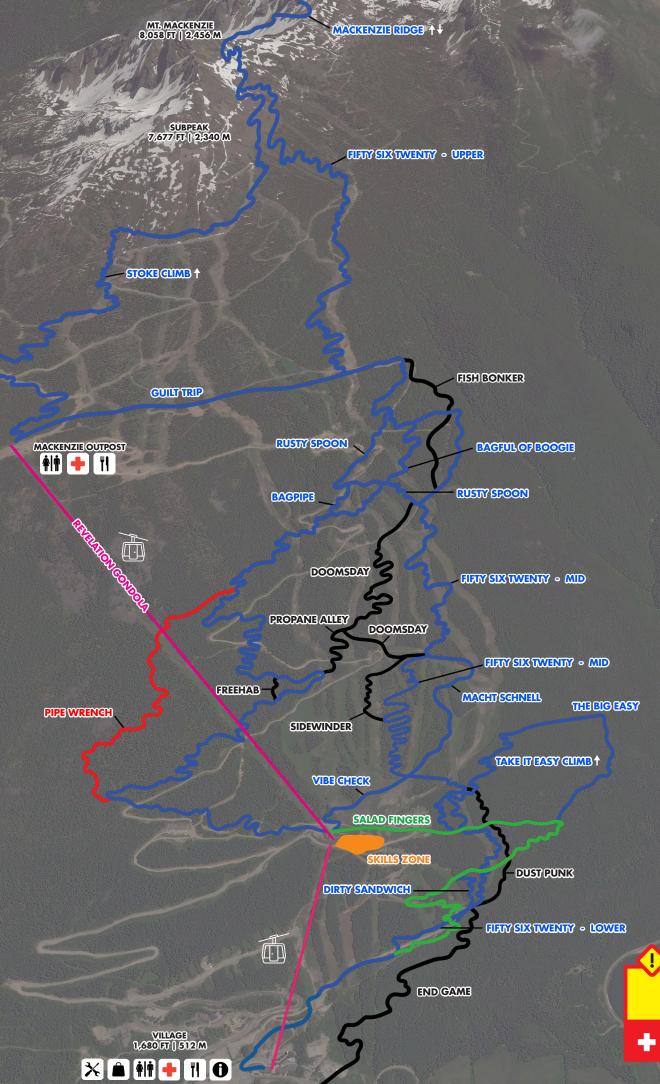
TRAIL PROGRESSION

**TECHNICAL** 

Technical trails embrace the rugged shape and terrain of the mountain and contain technical obstacles and stunts such as rocks, roots, logs, and drops. Technical trails can contain free-ride features.

TRAILS LISTED BELOW ARE RANKED IN ORDER OF DIFFICULTY







## RIDE SMART

SLOW DOWN BEFORE YOU SPEED UP. Crashes can happen on your first lap. Ride the trail multiple times to get familiar with the features and equipment you're on so you can confidently push your limits without pushing your threshold.

Jumping skills are required for free-ride trails.

#### PRE-RIDE

Warm up the brain and body by inspecting the trail at low speed. Take the time to check your equipment.

#### IRE-RIDE

Lap the trail a few times and get to know the flow of the features.

### FREE-RIDE

Start small and work your way up to faster speeds and larger features.

# **IMPORTANT NOTE TO RIDERS**

- Helmets are required for all mountain bikers.
- One way trails: Please ensure that you are adhering to the designated direction of the trail you're riding.
- Uphill only trails are indicated with 1
- ullet Dual directional trails are indicated with  $\uparrow\downarrow$
- Please yield to all hikers and uphill traffic.
- Do not bike on hiking only designated trails.
- Anyone under the age of 13 must be accompanied by an adult.
- Have a mechanical issue and can't continue to ride? Call Patrol at 250.814.5055.

FIND US ON ATRAILFORKS

EMERGENCY ASSISTANCE IS AVAILABLE ON MARKED TRAILS ONLY. ANY TRAVEL OUTSIDE MARKED TRAILS IS AT YOUR OWN RISK.

+ IN AN EMERGENCY CALL PATROL 250.814.5055