



# VALEMOUNT MOUNTAIN BIKE PARK

## Trails

### 1. CBT's Munday Grind

A beautifully machine made climbing trail with 6 km of meandering ascent. Moderate grades with a few short and steep sections to get you grinding to the top. There is an exit to the Bacon trailhead off the main line about half way through the climb or stay in for the full push to the Tinfoil Hat staging area.

### 2. Inversion

A hand-made cross country trail that is suitable for novice-intermediate riders. For novice riders this may feel like a beginner downhill ride; for intermediate riders this may feel more like a cross country ride. This trail intersects the Provincial trail at two separate occasions and gives riders a variety of choices. This is a great ride for anyone pedaling from the town site.

### 3. Mid DH Access or Exit

A relatively easy pedal from town, this trail can be used to access the middle of the downhill trails including Tinfoil Hat, Andreas' downhill and Stump Town. This can also be used as an early exit from the downhill trails to access Inversion.

### 4. Andreas' Downhill

A very old school, hand-made fall line based downhill trail for advanced/expert riders. Steep and very rooty, this trail is NOT FOR BEGINNERS. This trail parallels the new Tinfoil Hat downhill with multiple intersections so you can play a bit of "choose your own adventure" and mix things up a bit if you like.

### 5. Tinfoil Hat

An intermediate level, new school downhill mountain bike trail. All jumps are table tops, and easy to be ridden over. Any drops or harder lines have ride-arounds to avoid the obstacle completely. There is a mid-point entrance, easily accessed by pedalling from the town site; however, this trail is best enjoyed by shuttle.

### 6. Swift Creek

This is a 10-km-long round trip ride on a hand built old school cross country trail. The finish will utilize a bit of town road to return to the 5 Mile Road and ultimately back up to the staging area. This is more designed for hiking although bikes are allowed.

### 7. Southern Traverse

A new school rolling cross country trail. Accessed via the main Swift Creek entrance at 1 km up 5 Mile Road. This section of trail measures 2.5 km. To get in and out will require the use of the other trails.

### 8. Bucket Head Connector

This is a short connector trail. It allows downhill riders to utilize some of the flow of the Southern Traverse while making their way back to the staging area.

### 9. Climb out or Ride In

This trail is used to enter or exit the Southern Traverse or the Tech Zone. This trail will eventually be built to access much higher elevations without having to use 5 Mile Road.

### 10. Tech Zone

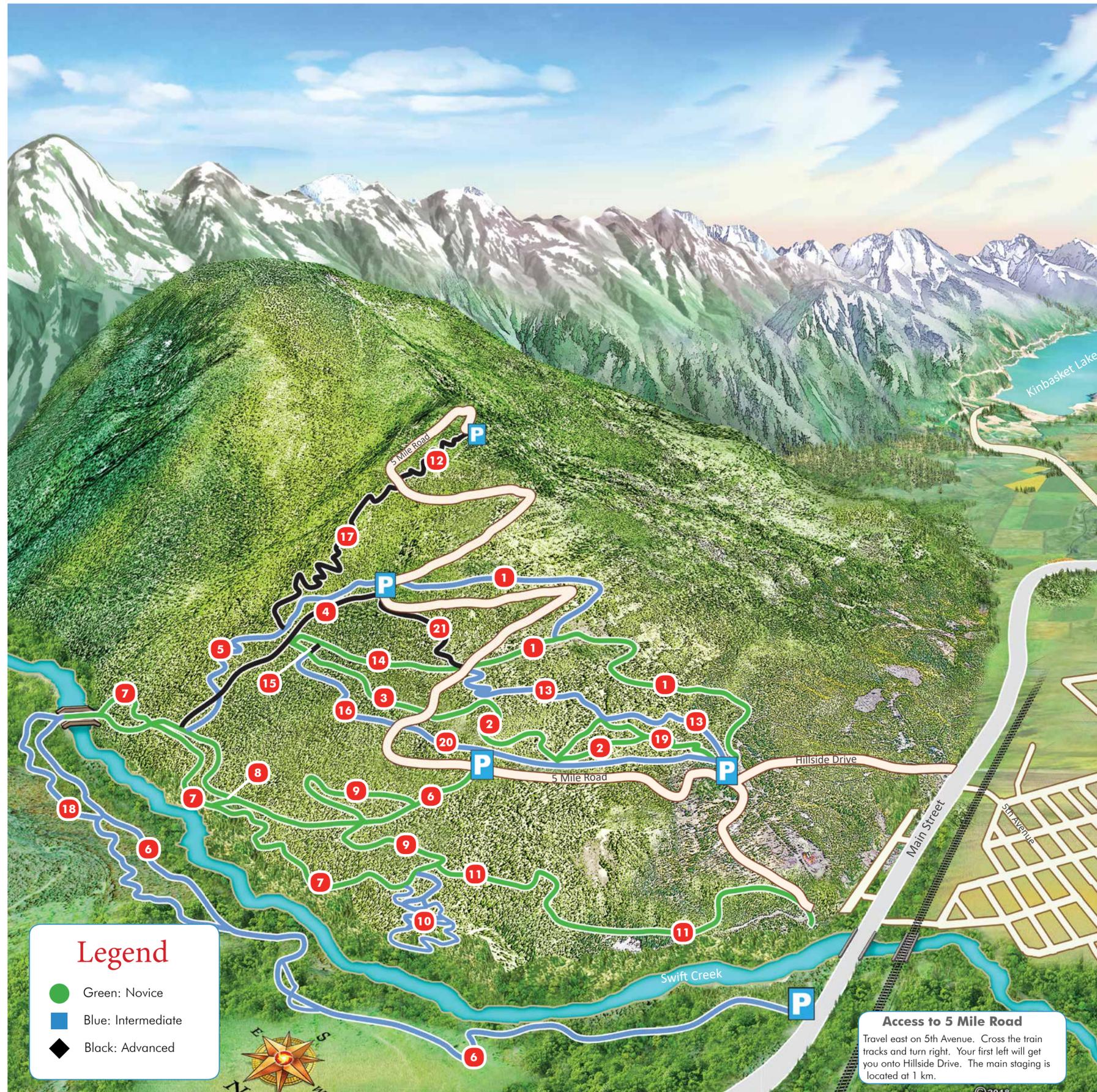
This chain of 2.5 loops, situated in a small area, provides some technically challenging trails. Frequent and often dramatic changes in elevation combined with rock create a superb environment to get the legs burning. Access via the Swift Creek and Lower Climbing trail, the alignment twists and turns through the topography with numerous optional technical trail features and a combination of fast open turns and bench cut trail.

### 11. Ale Trail

Accessed off of the climb out of the Tech Zone or south end of the Southern Traverse this fast and flowy section of trails acts as another option to exit the trail system to either return to the lower staging area or to coast down to Valemount's town center.

### 12. High Roller

Our newest addition and likely one of the nicest jump lines in BC outside of a commercial facility. Beginning at an elevation of over 1,500 m, this feature rich line is close to 1 km long, boasting some very unique options and over 20 jumps to get the arms pumping. This line terminates at the Turducken downhill trail so it can be ridden as an individual trail or part of a longer downhill run.



## Legend

- Green: Novice
- Blue: Intermediate
- ◆ Black: Advanced

### Access to 5 Mile Road

Travel east on 5th Avenue. Cross the train tracks and turn right. Your first left will get you onto Hillside Drive. The main staging is located at 1 km.

### 13. Bacon by NDI

Designed to be the ultimate integration of all the various bicycle handling skills, the idea behind our flow trail is to provide a low risk, gravity assisted trail which users of variable skill level can use to develop their skills. 2 km of berms, rollers and manageable jumps will flow you to the lower staging area and guarantee to put a smile on your face.

### 14. Connect the Dots

A simple and easy pedal friendly 1-km trail that gets users from the DH trails over to the Flow Trail entrance. Just another option for a great ride. Exit only. No uphill travel.

### 15. Devil's Gulch

A short rake 'n' ride that is steep and loamy. Accesses this trail just off of Connect the Dots. This short but sweet section is another option to spit you out onto the new Stump Town trail.

### 16. Stump Town

Another flowy, quasi-downhill option filled with staggered hits and huge berms. This trail ends on the 5 Mile access road and the entrance to Moby Dick is just across the road. A great option for a top to bottom run.

### 17. Turducken

Begin at the end of High Roller, this downhill alignment is a feature rich 2.5-km adrenaline rush. More advanced than the Tin Foil Hat, this trail offers a more challenging descent to those looking to get a bit more technical. Tree lines, natural rock features and a flow like you have never seen are all highlights of this trail.

### 18. Northern Traverse

This is a continuation of the Southern Traverse, a new school rolling cross country trail. Turn right after the bridge to get on to this flowy delight. Can also be traveled north to south via access off of Main Street, just north of the Swift Creek bridge.

### 19. Provincial Down

A hand-made beginner downhill trail, suitable for all levels of riders. This trail is accessed via an older skid road about 0.75 km up 5 Mile Road; it can also be accessed from the upper section of the Inversion trail. For novice riders this may feel like a beginner downhill ride; for intermediate riders this may feel more like a cross country/enduro ride.

### 20. Moby Dick

Another amazing and flowy quasi-downhill option. This is a bumpy new school trail with ladder drops, wall rides and the namesake "Whale Tail" feature.

### 21. Coaster

A fast and tight hand built downhill trail featuring beautiful cedar "roller coaster" type bridges and tight dropping turns. This trail terminates at the Bacon staging area.

### Rules of the Trail

Please do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by the International Mountain Bicycling Association.

1. Ride on open trails only
2. Leave no trace
3. Control your bicycle
4. Always yield trail
5. Never scare animals
6. Know your equipment, ability & the area which you are riding and have appropriate safety gear
7. Please park in designated parking lots only and respect all private land notices
8. Respect new construction

### Disclaimer

The condition of the trails and roads contained on these maps are subject to change without warning and notice. Users must exercise extreme caution at all times and be aware of potential dangers such as poor weather/road conditions or unexpected traffic. The authors and publisher of this map play no part in maintenance and/or supervision of the trails and roads. They assume no liability whatsoever for any loss or damage to person or property arising from the use of the trails and roads contained on this map. In addition, the authors and publisher caution users of this map that there may be private property or restricted areas which have not been delineated and all users of this map fully acknowledge that they will be fully responsible for any breach of municipal, provincial, federal or common law concerning these lands.