

LEGEND

— TRAIL NAME ● EASIER
— TRAIL NAME ■ INTERMEDIATE
— TRAIL NAME ◆ ADVANCED
— TRAIL NAME ◇ EXPERT ONLY

● Bike Only — High Speed Lift
— Park Boundary — Access Road
xc Cross Country Trail
S Skills Area P Parking

FLOW | TECHNICAL

● BEGINNER ●
■ INTERMEDIATE ■
◆ ADVANCED ◆
◇ EXPERT ONLY ◇

JUMPING SKILLS MAY BE REQUIRED

LIFT INFORMATION

LIFT | APPROXIMATE RIDE TIME | VERTICAL RISE

Eagle Quad Chairlift: (Alpine Lodge to Mt. Washington peak) Ride time, 6 minutes, vertical rise 396 metres

Hawk 6ixpak Chairlift: (Easy acres flats to bottom of the West Basin) Ride time, 8 minutes, vertical rise 316 metres

NUMBERS TO KNOW

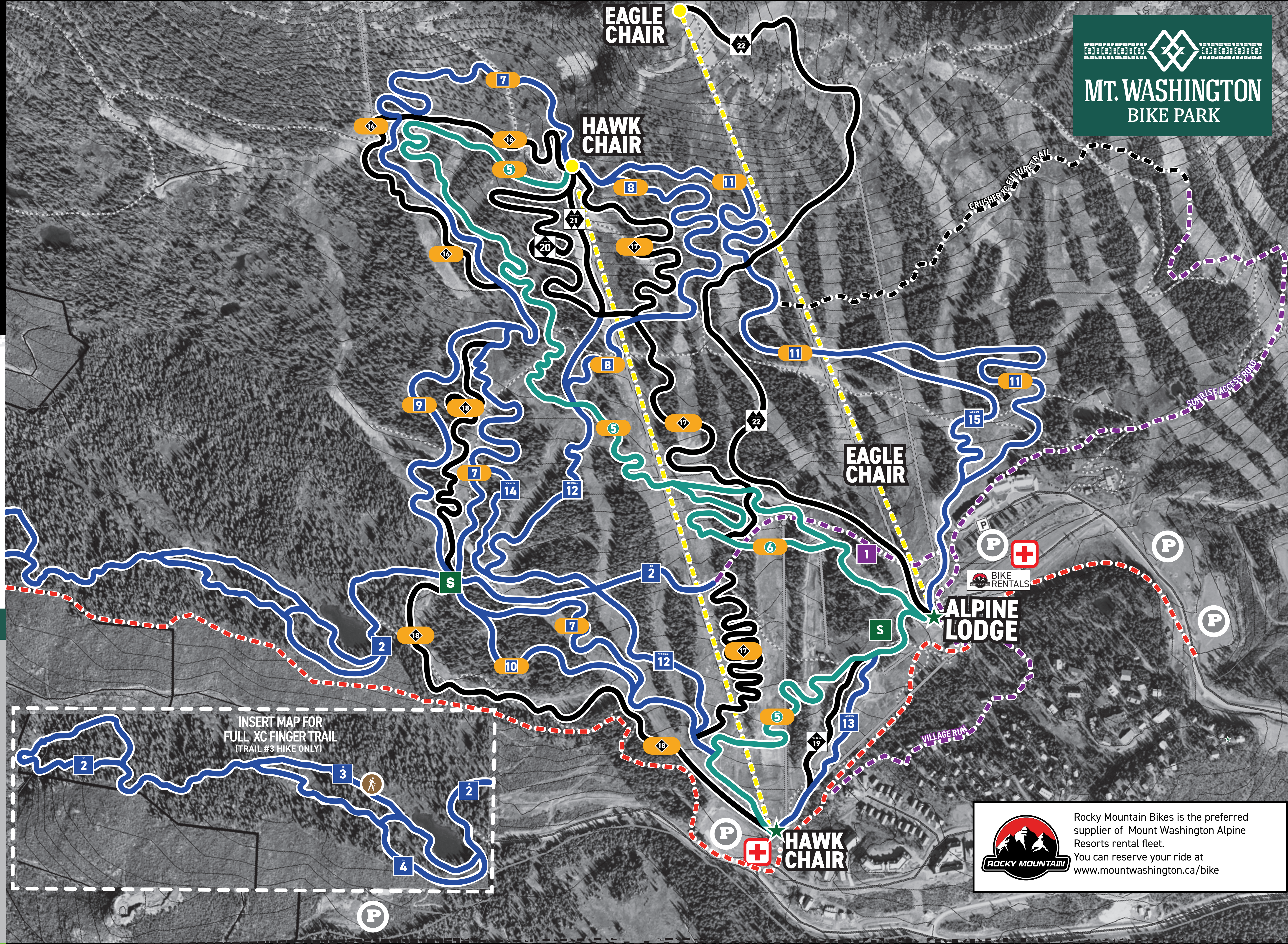
General Information 250 338-1386
Lost & Found & Security 250 334-5701
Patrol 250 702-7271

MOUNTAIN BIKE CHECKLIST

If you are not completely familiar with your bike and its various components, these checklist items, or if you have any doubt as to your bike's condition, we highly recommend you check with a qualified bike mechanic for further advice.

1. Ensure the helmet is in good shape and properly adjusted. Helmets are required to ride at Mount Washington Alpine Resort.
2. Inspect bike frame for cracks, damaged or dented areas.
3. Ensure you have sufficient brake pads to stop your bike while descending.
4. Front and rear axles should be tight.
5. Headset and stem must be secure with no looseness or play.
6. Check that your tires are in good condition, with no tears or cuts, including the sidewall.
7. Handlebar and handle grips must be tight

TRAIL PROGRESSION



MT. WASHINGTON BIKE PARK

Rocky Mountain Bikes is the preferred supplier of Mount Washington Alpine Resorts rental fleet. You can reserve your ride at www.mountwashington.ca/bike

XC	CROSS COUNTRY TRAILS
1	ACCESS ROAD (1.6 kms)
2	FINGER TRAIL (7.5 kms)
3	FINGER TRAIL (0.1 kms)
4	GREAT BIG VIEW (0.3 kms)
GREEN FLOW TRAILS	
5	GREEN LINE (3.4 kms)
6	PANDA GARDENS (0.9 kms)
BLUE FLOW TRAILS	
7	HWY 19 (3.0 kms)
8	CALL IT IN (1.3 kms)
9	BLUE HAMMER (0.7 kms)
10	STEP BROTHER (0.4 kms)
11	HUSTLER (1.3 kms)
BLUE TECH TRAILS	
12	HELTER SKELTER (1.2 kms)
13	LITTLE BLUE (0.3 kms)
14	NO PICKLES (0.2 kms)
15	SALAMI HANDS (0.3 kms)
BLACK FLOW TRAILS	
16	THE WIZ (0.9 kms)
17	TIME WARP (2.3 kms)
18	BACK IN BLACK (1.7 kms)
BLACK TECH TRAILS	
19	STRAIGHT SHOT (0.4 kms)
20	RIPTIDE RIDGE (0.8 kms)
21	UPPER HELTER SKELTER (1.2 kms)
22	MONSTER MILE (2.4 kms)