

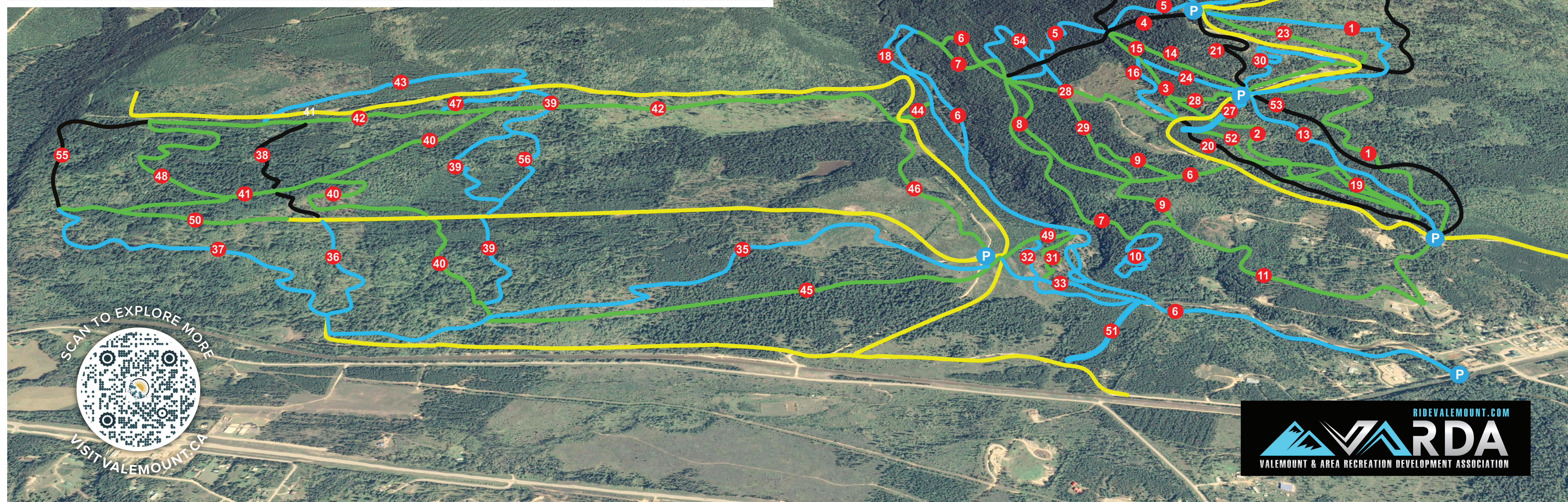
## LEGEND

- Novice
- Intermediate
- ◇ Advanced
- ▲ Access roads

### Want to show your support and be a part of the Valemount Mountain Bike Community?

Please help support the ongoing maintenance and development at the Valemount Bike Park! Become a member [www.ridevalemount.com/mountain-biking](http://www.ridevalemount.com/mountain-biking)  
Special thanks to the Valemount & Area Recreation Development Association (VARDA), and the trail gnomes for their ongoing efforts in providing outdoor recreation opportunities.

\*For shuttle service, contact Peak Shuttles.  
250-566-3315



# VALEMOUNT BIKE PARK

Valemount is home to some of the best mountain bike trails in BC and is quickly becoming the favorite destination of many riders.

➤ HOW TO GET HERE - From Valemount to the Valemount Bike Park - 5 Mile Hill. Travel east on 5th Avenue. Cross the train tracks and turn right. Take the first left onto Hillside Drive. The main staging area is at 1km.

#### 1. CBT's Munday Grind ■

A beautiful machine-made climbing trail with roughly 12 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 at the 3km mark as well as an exit at the Tinfoil Hat trailhead at 6km and Turducken at 9km or stay in for the full push to the upper staging area.

#### 2. Inversion ●

A hand-made cross-country trail that is suitable for 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.

#### 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 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 tabletops, and easy to be ridden over. Any drops or harder lines have ride-arounds to avoid the obstacle completely.

#### 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. Inorout ●

This trail is used to enter or exit the Southern Traverse or the Tech Zone. It can also be considered a great beginner downhill when mixed with the upper section of Truck Yeah and finished with the Ale Trail.

#### 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.

#### 11. Ale Trail ●

Accessed off 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 ◇

After last summers rebuild, High Roller is 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 unique options and over 20 jumps to get the arms pumping.

#### 13. Bacon by NDIIT ■

Designed to be the ultimate integration of all the various bicycle handling skills, the idea 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.

#### 14. Connect the Dots ●

A simple and easy pedal friendly 1-km trail that gets users from the DH trails over to the Bacon, Womp Rat and Downflow entrances.

#### 15. Devil's Gulch ◇

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

#### 16. Stump Town ■

Likely our most popular trail. Stumptown is a 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.

#### 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.

#### 18. Northern Traverse ■

This is a continuation of the Southern Traverse. Continue north off the Southern Traverse and find yourself on a beautiful, new school rolling cross-country trail. Can also be traveled north to south via access off Main Street, just north of the Swift Creek bridge.

#### 19. Provincial Down ●

A hand-made beginner downhill trail, suitable for all levels of riders. Access is mid way down the Bacon 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 ■

An amazing and flowy quasi-downhill option. This is a bumpy new school trail consists of ladder drops, wall rides and the namesake "Whale Tail" feature. This is one of the most popular trails in the entire network. All features have ride-arounds and can be easily avoided.

#### 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.

#### 22. Stinger ■

A machine-built trail designed to have a hand-built feel. An intermediate level trail that is different from the rest of the flowy trails in our inventory. Steeper, more natural trail surfaces with rock work and some technical features.

#### 23. Trap Line ●

A downhill trail suitable for all levels of riders. This is a great option for those who enjoy the Munday Grind climbing trail, but want an easier option down the mountain, or for newer riders looking to develop the skills needed for some of the more advanced trails.

#### 24. Stump Connector ■

A hand-built trail that allows access to Stump down from the Bacon staging area.

#### 25. Lowballer ■

Located part way down the High Roller trail, just before the long series of jumps start. Lowballer offers an option for those still looking for a top to bottom lap but who prefer to avoid the large jump line.

#### 26. Firebreak ◇

Firebreak is an advanced downhill trail with an "old school" feeling. Aimed as close to fall line as deemed sustainable, your brakes will certainly be hating you after you drop into this trail. Steep, technical, and puckering are three words to express Firebreak.

#### 27. Downflow ■

Downflow is short but oh so sweet. Originally envisioned as a simple connector trail to link up the Bacon staging area with the Moby Dick trailhead, this short section of trail turned into something much more.

#### 28. Truck Yeah ●

Named after an old international truck bed found during the initial layout, Truck Yeah is a two-way mountain bike trail offering some amazing connectivity within the trail system. Comprised of two segments, the opportunities are abundant as the route runs from the Bacon staging area down to the Southern Traverse/Tinfoil Hat junction with a quick pitstop at the Moby Dick/Stumpdown junction along the way. Used as a gentle downhill or an easy climb to link up some of your favourite trails, Truck Yeah is a smooth flowy ride that is sure to please.

#### 29. Spur Six ●

Older pre-existing double track. It's all about the options available. Use this section to access mid Truck Yeah when entering from the bottom up or as a green downhill connector to access Inorout/Ale Trail when riding down Truck Yeah. A simple little spur used to increase access or connectivity.

#### 30. Inner Piece ■

A true mountain bike trail totaling 1.6 km of all mountain goodness. Inner Piece consists of short punchy ups and techy downs. This trail uses the same access point as the lower section of the Trapline trail and finishes at the Bacon staging area.

#### 31. Retro-version ●

Just under 1 km, this climbing trail takes off the current Subversion trail just before the main gulley. It allows riders to access the Northern Traverse and lookout without having to use the Swift Mtn FSR.

#### 32. Velodrome ■

A fast and flowy downhill option utilizing a small gully in the middle of an old cut block. A great option for those finishing up on the Northern Traverse or new Swift Mtn trails and looking to head back to the valley bottom.

#### 33. Sub-version ■

One of the original trails within the Bike Park. Subversion is a crucial access point to the north side of our trail system. Old school feeling, hand built singletrack.

#### 34. The Craig ■

Providing a blue option from the top of our trails system, The Craig is a 17 km-long trail built with a hybrid of machine and hand building techniques to create a truly amazing experience. The trail is named after our fallen friend Everett Craig. Everett was a true supporter of the trail system and encouraged others to do the same whenever possible. You will find a special feature on this trail that is just as unique as he was.

#### 35. State of Grace ■

This 3.1 km long dual direction pedal trail offers a more traditional trail tread. Access via from the Swift FSR on the south end or via the Green Mile on the north end of the network. This is an enjoyable trail with moderate climbs and some flowy descents.

#### 36. Catalina Wine Mixer ■

At just under 1 km long, this trail is a mix of hand and machine building designed to have a more traditional DH trail feel. Mixed with New Maserati, you have one epic downhill run.

#### 37. Confused and Lonely ■

Located at the far north end of the trail system, Confused and Lonely is a dual direction 2 km trail with a bit more of a traditional trail tread. It offers an enjoyable and sometimes punchy climb into the upper trails or a great decent down from the top.

#### 38. New Maserati ◇

A hybrid of hand and machine building, this trail is designed to have a more "old school" downhill trail feel to it. A great option for a gravity oriented early out from Plaid Shirt

#### 39. Hit the Brakes ■

At approximately 3km, this "early out" option allows riders a downhill experience after pedaling from either direction on Plaid Shirt. This is a hybrid-meaning a mix of machine and hand building techniques.

#### 40. Rosie Cheeks ●

Feeling the burn from the climb? Or want to get your climb on? A 3.8km long dual direction trail. Used as an early out downhill trail from Plaid Shirt or a climb in from the lower network.

#### 41. Connection ●

A short connector trail linking Rosie Cheeks, New Maserati and Miserable & Magical. It's all about options.

#### 42. Plaid Shirt ■

This 3.5 km dual direction pedal trail that offers amazing views of the Westridge and Premier Mountain range. Pedal your way through ever changing forests while feeling like you are away from everything. This trail provides a few options to shorten up the ride via "Hit the Brakes" or "Connection" or get the full experience by completing the entire loop. No matter which end you start from, the north or south, you will begin with a good climb and end with a flowy decent.

#### 43. Top Shelf ■

A hybrid of hand and machine building techniques, this tech trail is a mix of punchy climbs, quick downs and beautiful views of the valley. Best run from the south to the north unless you are an ebike master.

#### 44. Disconnect ●

A short connector trail connecting the pre-existing bike park trails over to the newest trails at the base of Swift Mtn.

#### 45. Green Mile ●

A 1.8 km long dual direction trail flowing its way through the forest. The Green Mile is a great option for beginner riders. If entering from the south, you can make a short loop out of it by utilizing the Lower Blue South to return to the trailhead or go for a long pedal adventure by hitting up Confused and Lonely or Rosie Cheeks on the north end.

#### 46. Casually Cool ●

A 1.4 km dual direction pedal trail winding its way through old and new cut blocks. This is a great option to mix up your ride on the Northern Traverse or to enter or exit the cross-country trail network.

#### 47. To the Top ■

A short out from Plaid Shirt to the south end, and main access point of the Top Shelf trail.

#### 48. Miserable & Magical ●

Used for a "miserable" (its actually pretty easy and fun) climb while accessed from the lower north side or a "magical" decent after climbing your way up Plaid Shirt, M&M winds its way through a brand-new cut block offering unobstructed views of the Westridge and Premier Mountain range.

#### 49. Ditch The Scene ●

A 400 m dual direction connector trail used for access to and from the Northern Traverse and Swift Mtn FSR. Also provides access to the Velodrome DH trailhead.

#### 50. Rock n Roll ●

Used and an access or exit point, Rock N Roll is a 1 km flowy piece of trail that will have you smiling as you begin for finish your pedal adventure.

#### 51. Conversion ■

An old-school single-track access trail from the far end of Main St.

#### 52. Tyrannosaurus Rock (T-Rock) ●

Named by a local grade 5 student, T-Rock is a true green downhill trail designed for the newest of mountain bike riders. It flows gently down the mountain for nearly two kilometers before terminating at the main staging area. No surprises await, just relax, and enjoy the flow!

#### 53. Womp Rat ◇

Beginning at the Bacon staging area, Womp Rat is 2km of tech, flow and features. Designed to have a more traditional feel, with a rougher trail surface, the rider will still find the odd bit of flow here and there which creates one amazing ride. There are a few mandatory drop features and one amazing balance feature that will be sure to test your skills.

#### 54. Zen Garden ■

Dreamt up from a couple passionate locals, the Zen Garden will take you to a very special place. A trail winding through an interior cedar forest as it tightly snakes its way downhill crossing over a meandering creek nine times. Hike or Bike, this trail will make you feel good.

#### 55. Shake It Off ◇

Located at the far north end of Plaid Shirt, no matter how you get there, this trail will reward you with an epic 1km downhill experience. Highlighted by several gully features, this is one trail that must be on your list.

#### 56. Hits Different ■

The goal here was to bring a bit of flow over to the Swift network. At just over one kilometer with a mix of flow and tech, this trail has something for everyone.

- Content provided by VARDA



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Instagram and Facebook icons followed by [TourismValemount](https://www.facebook.com/TourismValemount)

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The Valemount Bike Park Operator's liability is excluded by these conditions. Please ride safely and be responsible for your own safety in all activities. For more information on riding conditions go to [www.ridevalemount.com](http://www.ridevalemount.com) or follow the Valemount Bike Park page on Facebook.

#### 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. Yield Appropriately
5. Never Scare Animals
6. Plan Ahead (Know your equipment, your ability and the area in which you are riding and prepare accordingly)
7. Please park in designated parking lots only and respect private land notices.
8. Respect New Construction



Photos by Happy Heather