

# MOUNTAIN BIKE TRAILS

**TRAIL RATINGS** The trail rating system at the Sunday River Mountain Bike Park is a relative system valid only at Sunday River. Ski trails are included on this map for visual reference only and biking is permitted on marked bike trails only. You can expect the following types of terrain for each rating:

- Easier:** Work roads with rough sections. Be aware of picking up too much speed.
- More Difficult:** Single track with short sections of roots, rocks and small drops.
- Most Difficult:** Technical single track with bigger drops and steeper terrain.
- Experts Only:** Steep, tight downhill terrain with large drops.
-  **Freestyle Terrain.**

**SLOW AREAS** are marked by orange "SLOW" banners. Please respect Slow Areas and ride slow through trail junctions and when approaching the lift. Resort vehicles may be encountered at any time.

**HOURS OF OPERATION** The bike park is open from 10 a.m. to 4 p.m. on Fridays, Saturdays, Sundays and holidays. Any temporary changes or weather delays will be posted at the lift and at the South Ridge Lodge. Lift or Trail Pass required to access park.

**HELMETS ARE REQUIRED** at all times when biking at Sunday River.

**FOR SAFETY** Please do not hike on bike trails.



## TRAIL DESCRIPTIONS

### Roads

- Three Mile Trail: Loose gravel
- Ridge Run: Dirt and grass, recommended route

### Easier

- Backside: Slickrock
- Easy Tiger: Ski trail single track with berms and rolls
- Southway: Ski trail and single track

### More Difficult

- Oh Chute: Wooded double track
- Keep It Going: Jump trail for varying abilities
- Route 229: Mixed single track and ski trail
- Black Fly: Traversing single track with switchbacks
- Flatten 'Em: Single track with man-made rollers
- Second Thoughts: Technical single track with rolls
- Wrecked 'Em: Technical single track with rocks
- Tango & Crash: Machine-made flowy single track

### Most Difficult

- Endor: Rooty single track with bridge work
- Moose Tack: Rooty, rocky single track
- Grease Monkey: Steeper single track with drops
- Crater Trail: Man-made flow trail, easier lower section
- The Not Trail: Tight ridgeline trail with drops
- Rock Star: Steep, fast and rocky on mixed terrain

### Experts Only

- 2 By: Technical single track with drops
- Double Vision: Steep, rocky and technical
- Catch 'Em: Technical staircase of roots and rocks
- Tombstone: Steep with natural technical sections
- Rock Garden: Very steep with rock gardens
- Tower Line: Very steep natural single track

### XC

- Borealis: Turns, rooty single track
- Buckshot: Natural single track
- Palisades: Rooty single track
- Summit Traverse: Open slick rock and single track

## RECOMMENDED RIDES

### New Riders

Three Mile Trail to Ridge Run

### Beginners

Backside to Easy Tiger to Crater Trail

### Intermediate

Backside to Flatten 'Em  
Keep It Going jump run

### Experts

Crater Trail

### XC Loop

Climb Ridge Run and Three Mile Trail onto Keep It Going. Turn left and climb Buckshot and Three Mile Trail. Return on Palisades to Ridge Run.

