

CROSS COUNTRY Multi-use Trails 🥻 📥



MOUNTAIN BIKE CHECKLIST

MERIDIAN

1. Ensure helmet is in good shape and properly adjusted. Helmets are required to ride on Telluride Ski Resort.

WASATCH CONNECTION (CLOSED 2022)

3.2 mi

1.7 mi

- 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 and unable to spin. Seat and seat post need to be fastened securely.

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.

MOUNTAIN BIKER'S RESPONSIBILITY CODE

Mountain biking involves risk of serious injury or death. Your knowledge, decisions and actions contribute to your safety and that of others.

- 1. **STAY IN CONTROL.** You're responsible for avoiding objects and people.
- 2. KNOW YOUR LIMITS. Ride within your ability. Start small and work your way up.
- 3. PROTECT YOURSELF. Use an appropriate bike, helmet and protective equipment.
- 4. INSPECT AND MAINTAIN YOUR EQUIPMENT. Know your components and their operation prior to riding.
- 5. BE LIFT SMART. Know how to load, ride and unload lifts safely. Ask if you need help.
- 6. INSPECT THE TRAILS AND FEATURES. Conditions change constantly;
- 7. OBEY SIGNS AND WARNINGS. Stay on marked trails only. Keep off closed trails and features. Ride in the direction indicated.
- 8. BE VISIBLE. Do not stop where you obstruct a trail, feature, landing or are not visible.
- 9. LOOK AND YIELD TO OTHERS. Look both ways and yield when entering or crossing a road or trail. When overtaking, use caution and yield to those ahead.
- 10. COOPERATE. If involved in or witness to an incident, identify yourself

Know and follow the code. It is your responsibility.

The **TELLURIDE BIKE PARK** trails are open 7 days a week 9am-5pm. All riders must have a valid bike pass to access any trails within the resort boundary during **BIKE PARK** hours





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 more confidently increase your skills without exceeding your limits.

PRERIDE

Warm up the brain and body, and inspect the trail at low speeds.

RERIDE

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

FREERIDE

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

Helmets required for all bikers.

No smoking on the mountain.

No dogs in the Bike Park.

Please do not litter.

The use of drones is not allowed on Telluride Ski & Golf Resort property.

You will be riding at altitude and conditions can change at any moment. Please bring rain gear and plenty of water.

Remember to ascend at a gradual pace to give yourself time to adjust to the reduced oxygen levels. Enjoy your ride!

HIKE SMART

FIND A TRAIL

Find a trail that allows hiking, indicated on the map with **(**

WATCH FOR BIKES

Note that some of the trails on this map that are open to hikers are also open to bikes in both directions. Please be aware of riders and your surroundings.

KEEP DOGS LEASHED

Please keep dogs leashed while within the resort boundary. Be respectful and pick up your dog's waste.

3 TYPES OF BIKING TRAILS

FREERIDE TRAILS are often wider than Technical Trails, containing constructed enhanced/modified terrain, obstacles, and features such as jumps, berms, banks, bridges, drops, etc., created from dirt, wood or other materials. Trails may be hand- and/or machine-built and are most commonly designed to be ridden downhill.



TECHNICAL TRAILS are often relatively narrow and contain features and characteristics found naturally occurring on the area property, its slopes, trails and terrain. Technical Trails may contain roots, gravel, rocks, logs, water crossings, jumps, drops and other natural characteristics and obstacles found in the natural environment, and may also include some man-made obstacles and bridges. Technical Trails may be designated for one-way or bidirectional travel.



CROSS COUNTRY TRAILS are defined by the terrain on which they are performed. XC courses and trails consist of a mix of rough forest paths and singletrack (also referred to as doubletrack depending on width), smooth fireroads and even paved paths connecting other trails. These are mixed use trails.