TRAIL PROGRESSION

**FREERIDE TRAILS**
Freeride trails are machine-cut and contain man-made features. Routes are enhanced with dirt jumps, ride-on features, narrow surfaces, wall rides, berms, and other natural or constructed features.

**SINGLETRACK TRAILS**
Singletrack trails are designed to embrace the rugged shape and terrain of the mountain, utilizing a majority of natural terrain. Routes are typically hand-built and feature organic obstacles and stunts such as rocks, roots, logs, drops, jumps and other natural or constructed features that require technical riding skills.

**HELMETS ARE REQUIRED.** Other protective equipment is strongly recommended, including full face helmets. Hand brake required for each wheel.

**BIKE SAFETY**

**MOUNTAIN BIKER’S RESPONSIBILITY CODE**
Mountain biking involves the risk of serious injury or death. Your knowledge, decisions and actions contribute to your safety and that of others.

**ALWAYS:**

1. **STAY IN CONTROL.**
   You are responsible for your speed and actions and for avoiding collisions.

2. **KNOW YOUR LIMITS.**
   Ride within your ability. Start slow and work your way up.

3. **PROTECT YOURSELF.**
   Wear appropriate bike helmets 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 transfer your bike into and off the lift. Ask if you need help.

6. **INSPECT THE TRAILS AND FEATURES.**
   Conditions change constantly. Scan and adjust your riding accordingly.

7. **OBEY SIGNS AND WARNINGS.**
   Stay on marked trails only, obey off-trail signs and features. Ride in the direction indicated.

8. **BE VISIBLE.**
   Slow down where you cannot be seen. Wear bright or reflective clothing.

9. **LOOK OUT FOR OTHERS.**
   Look both ways prior to entering or exiting a road or trail. After crossing, use caution and yield to those ahead.

10. **COOPERATE.**
    Know your limits. If others are in distress, identify yourself and offer assistance.

**FOR EMERGENCIES, CALL PATROL: 206-817-7742**

**OTHER ADVENTURES**
If mountain biking isn’t your jam, explore our disc golf courses, scenic chairlift rides and Cowboy Mountain Nature Trail. Ride the Hogsback chairlift up and play, hike, or ride your way back down. Please note that BIKES ARE NOT ALLOWED ON HIKING TRAILS.

TRAIL PROGRESSION - EASIEST TO HARDEST

- **GOLDEN SPIKE**
- **MOROOKA MOTION**
- **ROCK CRUSHER**
- **P.B.R. (POWERED BY RUDOLPH)**

TRAIL PROGRESSION - EASIEST TO HARDEST

- **LUVIN’ IT**
- **PIRANHA BIRD**
- **LICHEN IT**
- **DIRTY POODLE**
- **SLINGSHOT WOKIE**
- **BERSERKER**

**CLOSED FOR 2019**

- **Chairlift**
- **Skills Park**
- **Disc Golf - 1st Tee**
- **Nature Trail**
- **Patrol**
- **Picnic Area**
- **Pacific Crest Trail**