



Mountain Biking Adventure Guide



Your ADKTrailMap.com Adventure will be an experience to treasure!

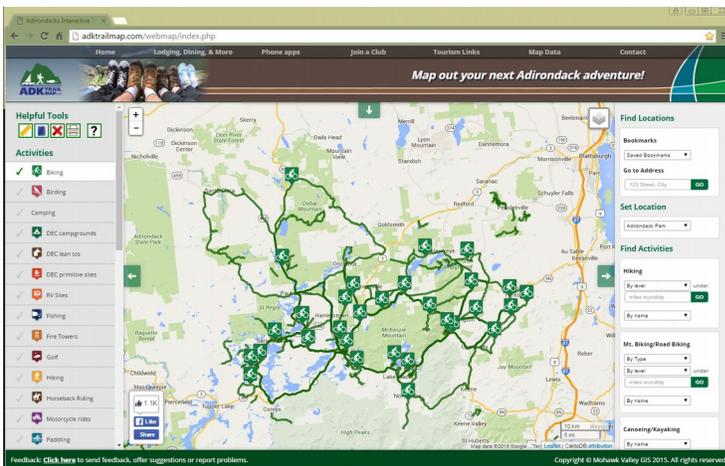
What good is having a mountain bike unless you ride it in actual mountains? The Adirondacks offer an abundance of trails on which to test your endurance. Although mountain biking is a great way to connect with the natural beauty of the Adirondacks and likely less impactful on the environment compared with all-terrain vehicles, some regulations pertaining to mountain biking do exist in the Adirondack Park.

To help you make the most out of your Adirondacks experience, we here at ADKTrailMap.com have assembled a guide to help you have a safe and enjoyable journey while mountain biking. Remember to review this guide each time you pack for your trip to ensure that you don't leave anything behind.



Double track mountain biking. Photo: NYS DEC

The first step for planning any trip to New York's Adirondack Mountains should be to ADKTrailMap.com. From here you can plan your route by browsing the map; seeing where to park; searching trails by trail type, level of difficulty, distance, and/or name; and exploring an array of other outdoor recreation activities.



ADKTrailMap.com is also available on mobile devices with limited features. For full functionality on smartphones, download our **free** 'Adirondack Trails' app from either the Google Play Store or the Apple App Store.

Sampling of Mountain Biking Routes

Whiteface Mountain

The end of winter does not spell the end of activities at the Whiteface Ski Area near Lake Placid. Experienced riders will enjoy the greatest vertical drop in the east, while families and less experienced riders will enjoy the beginner and cross country trails. Whiteface has no shortage of trails for riders of all ability levels.

Ausable Chasm

Located in the “Grand Canyon” of New York, just a few miles from the Burlington, VT – Fort Kent, NY ferry, the Ausable Chasm offers both wide double track trails suitable for families and more advanced single track advanced trails. Rentals available.

Black Fly Challenge

Held annually on the second Sunday in June, this mountain bike race traverses 40 miles of Adirondack backcountry near Old Forge. Riders of all levels of ability participate in this race. If you choose not to participate in the race, at other times you can still ride the scenic course.

Remember Winter!

Just because winter rolls around does not mean that mountain biking is impossible. Consider renting a “fat bike” and finding some groomed trails for excellent riding. Groomed cross country skiing trails are ideal for fat bikes, however be sure to obtain permission before riding on any groomed trails. If on state land, call the regional Forest Ranger office to check whether or not fat bike riding is permitted on your specific trails. Remember that bicycles are prohibited in any Forest Preserve area classified as “Wilderness.”



Winter mountain biking near Lake Champlain.
Photo: Lake Placid CVB/Flickr



Balto's Tip: Looking for a bite to eat after a long day on the trails? Not up for camping and would rather stay in a cozy cabin? Check out our business listings on ADKTrailMap.com and the Adirondack Trails App.

Before You Leave Home

SAFETY

- **Tell someone where you're going and when you expect to return.**
- **Check the weather.**
 - In the event you see lightening and/or hear thunder, take precautions immediately. If no sturdy structures are nearby, know what to do by reading this guide:
http://rendezvous.nols.edu/files/Curriculum/research_projects/Risk%20Management%20Reports/NOLS%20Backcountry%20Lightning%20Safety%20Guidelines.pdf
- **Know when it's going to get dark.**
 - Use the US Naval Observatory's "Complete sun and moon data for one day" to get precise sunset and 'last light' times: http://aa.usno.navy.mil/data/docs/RS_OneDay.php

EQUIPMENT

To ensure a positive experience, PRIOR to leaving, use our helpful checklist:

- HELMET**
- DRINKING WATER**
 - » pack extra water to have in your car for when you return
 - » for wilderness and/or overnight trips, bring water purification tablets or a filter
- FOOD**
- EXTRA CLOTHING (non-cotton)**
 - » dress in layers
 - » *When cotton becomes wet, it loses its insulating properties, which can contribute to hypothermia, even in mild temperatures*
- HEADLAMPS and/or FLASHLIGHTS**
 - » check that they work before heading out
 - » bring extra batteries
- FIRST AID SUPPLIES**
- REPAIR KIT**
- MATCHES (waterproof) / CANDLES / LIGHTER**
- TOOLS / REPAIR KITS**
- EMERGENCY SHELTER**
 - » at a minimum, a garbage bag or poncho would suffice to help stay dry in the event of a sudden downpour
- SUN PROTECTION**
- BUG REPELLENT**
- MAPS / COMPASS / ADIRONDACK TRAILS PHONE APP**



This rider is enjoying his ride while wearing a helmet. Photo: Mark Turner/Flickr



Balto's Tip: To see more details about your upcoming biking route, go to ADKTrailMap.com and turn on the "Biking" layer. Then, click on the biking icons throughout the map for a link to a PDF document with info about the route.

Adirondacks Mountain Biking Safety and Decorum

- **In case of any emergency:**

- know the DEC Forest Ranger Adirondacks Emergency Phone Line:

518-891-0235



- If you have cell service in the Adirondacks, dialing 911 may direct you to a 911 Dispatcher in a neighboring county or potentially even Vermont. If for any reason a 911 Dispatcher can not assist you, dial the DEC Forest Ranger Emergency Phone Line. DEC Forest Rangers are highly trained emergency responders knowledgeable of the geography and subtleties of the Adirondack Mountains.

- **Wear your helmet.**

- Helmets should be worn at all times while bicycling, no exceptions.

- **Ride only on open trails.**

- Do **not** ride a mountain bike on any trails in DEC Forest Preserve Land classified as Wilderness.

- **Respect and help maintain the trails.**

Some content courtesy of the NYS DEC and the IMBA "Rules of the Trail"

- Stay on the marked trail.
 - However: If a trail is excessively muddy, consider not riding it. Riding on these wet, muddy trails degrade them, making the trails less enjoyable for everyone.
 - Do not follow unmarked switchbacks or create your own.
 - If on a shared-use trail, be conscious of other users and yield to other non-motorized users.
 - If traveling downhill on a trail signed for bicycles only, yield to users coming uphill.
- When it comes to **anything** you bring with you, remember to "pack-in, pack-out," even if the items are biodegradable
- If there are no privies available in your location, dispose of human waste by digging a 6" – 8" hole at least 150 feet from water or campsites
- Follow the *Leave No Trace* principles:
 1. Plan Ahead and Prepare
 2. Travel and Camp on Durable Surfaces
 3. Dispose of Waste Properly
 4. Leave What You Find
 5. Minimize Campfire Impacts
 6. Respect Wildlife
 7. Be Considerate of Other Visitors

(© Leave No Trace Center for Outdoor Ethics)



Balto's Tip: Coming Soon! Let our Adirondack Trails app track your route! See how far and how long you have ridden as well as how much elevation you have climbed or descended.



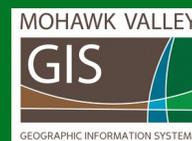
Please Do Not Solely Rely on Electronic Technology.

When doing anything out on the trails, we urge you take a map, a compass, and know how to use them. We offer an online interactive map that allows you to zoom in print your own map. We also offer a wealth of downloadable PDFs about hiking, fishing, camping, birding, and more.

For smartphones, our Adirondack Trails app is GPS-enabled. Once downloaded to your smartphone, the app provides a happy marriage of old technology (maps and compasses) and new. It does not require cell phone service. Unlike a paper map, the app will show you exactly where you are: on or off the trail. Both maps and apps have their limitations. Use together, with common sense, and enjoy the beauty of the Adirondacks with confidence.



Find more helpful tips for an enjoyable
Adirondacks trip from Balto at ADKTrailMap.com.



ADKTrailMap.com is managed by Mohawk Valley GIS in Utica, NY

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