



Mountain Biking in Alberta Parks

From gentle passages through sun dappled forest to rocky drops and sweet single track, mountain biking is a terrific way to experience Alberta's parks. Ever since the first knobby-tired pioneers ventured off the pavement, more and more park visitors have discovered the joys of mountain biking.

Just as bikes have evolved since those bone jarring jalopies of old, so too have the trails. Gone are the days of long, lonely fire roads and boggy drainages. Today's mountain bikers enjoy panoramic views and purpose-built trails offering a sense of "flow" that elevates the mountain biking experience to a whole new level.

Every year hundreds of volunteers throughout the province take up shovels, rakes and Pulaskis, (a classic trail builder's tool), to cut new lines, shore up side slopes and tease as much flow as they can from undulating terrain. Their dedication helps to preserve trails and

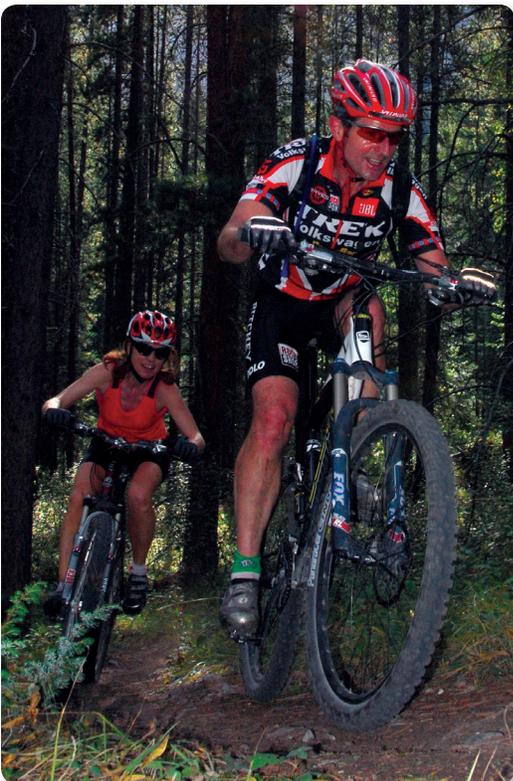
to ensure that Alberta's parks continue to offer some of the best mountain biking experiences anywhere. Here are some favourites:

Canmore Nordic Centre Provincial Park

The challenging EKG Loop, (a.k.a. Orange Loop), takes in virtually every riding experience imaginable along its full 7 km of glory. The view of Mount Rundle on the descent through the old mine meadow is spectacular. Mountain bike rentals are available right next to the trailhead.

William A. Switzer Provincial Park

Winding through rolling hills, meadows and mixed-wood forests, the Jarvis Lake Trail offers 13 km of intermediate-rated mountain biking pleasure. Tip: On your way, be sure to drop by the Hinton Bike Park, one of the best mountain bike parks in the country.





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Cypress Hills Interprovincial Park

Mountain biking isn't just for the mountains. The steady 4 km climb up the forested Horseshoe Canyon Trail is rewarded with spectacular views of the Southern Alberta rangeland. A trip to Cypress Hills is highly recommended for mountain bikers looking for a totally unique experience.

in the southwest. Try out Whitney Lakes Provincial Park, Lakeland Provincial Park or Cold Lake Provincial Park in the northeast. In the central part of the province, there are approximately 110 km of trails at Cooking Lake-Blackfoot Provincial Recreation Area, just east of Edmonton and about 18 km of trails at Miquelon Lake Provincial Park, southeast of Edmonton.



Explore More Biking

There are excellent biking trails for you to try at Chinook Provincial Recreation Area and Beauvais Lake Provincial Park, located

Alberta's provincial parks and recreation areas offer much more for you to explore on your bike. Search our website at albertaparks.ca by activity: biking and find over 50 locations.