**RECOMMENDED LOOPS, DIFFICULTY RATINGS & ELEVATION PROFILES**

**GREEN LOOP:** 2 km (mainly single track)
- Minimal elevation gain makes this loop a quick and fun warm-up for confident bikers, as well as an enjoyable trail for first-time single track riders.
- Best ridden in a counter clockwise direction.
- Access: From the Daylodge, follow “flag row” to the lower parking lot; the trail begins to the left of the biathlon range.

**BLUE LOOP:** 1.5 km (mainly single track)
- An introduction to intermediate single track riding.
- Best ridden by doing the loop portion counter clockwise, and ending at Junction 1.5.
- Access: Junction B3 on the GREEN LOOP.

**ORANGE LOOP:** 7.5 km (mainly single track)
- The CNC’s most popular trail.
- Best ridden clockwise—a steady climb starts the trail, followed by a descent through the meadow, some technical downhill sections, then moderate elevation gain back to the Daylodge.
- Access: From the Daylodge, follow “flag row” to the panel. Bike the ORANGE LOOP for approximately 40 metres until the orange trail marker on the left-hand side.

**YELLOW LOOP:** 7 km (mainly single track)
- Best ridden in a clockwise direction starting from the Daylodge. The first half is mostly climbing while the second half descends with old school roots and rocks, some new school flow and become thinner in. To continue on the loop, cross the parking lot to continue the flow.
- Access: Start at overlander bridge near the stadium.

**ENDURANCE LOOP:** 15 km (mix of single and double track)
- This trail provides a variety of single track, technical trail features and downhill sections. It is best ridden in a clockwise direction to take advantage of the long downhill section from Odyssey. A section of the Endurance loop that is also accessed from the Orange Loop is called Odyssey. This is a fun section of trail that has great flow with a lot of downhill.
- Access: From the Daylodge, begin on Centennial ski trail.

**RED LOOP:** 4.5 km (mix of single and double track)
- The CNC’s most technically challenging loop, it contains lots of uphill and some technical downhill. This trail must be ridden in a clockwise direction. This trail takes part of past and present Canadian National MTB XC race courses.
- Access: From the overlander bridge near the stadium.

**Easy Trails:** Basic bike skills required. Gradients can be variable and may include short, steep sections. No technical trail features (TTTs).

**More Difficult Trails:** Bike-off road riding skills are required. Single track trail will include small obstacles such as roots and rocks. Most gradients are moderate but may include short, steep climbs. TTTs may be present.

**Most Difficult Trails:** Good off-road riding skills are required. Single track trail with technical sections and unavoidable obstacles. Climbs and descents are steep, and have turns. Unavoidable TTTs may be present.