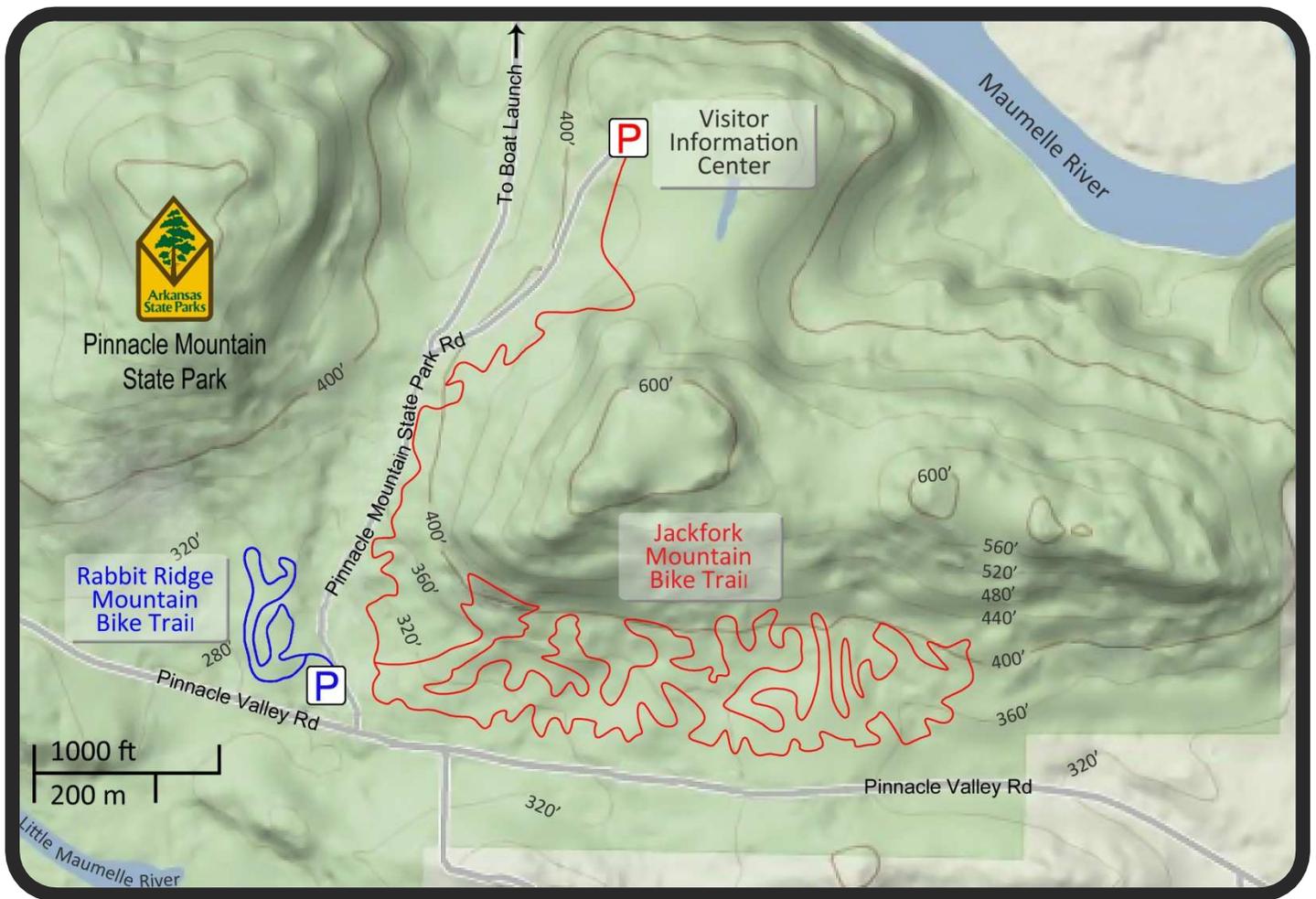


Mountain Biking at Pinnacle Mountain State Park



Rabbit Ridge Mountain Bike Trail – The Rabbit Ridge is a 0.70 mile, easy mountain biking trail offering novice riders a chance to improve their skills before attempting longer, more technical trails. The trail does have rocks, roots and elevation changes that give riders a true mountain biking experience. A bench is located at the top of the ridge where riders can rest and non-riders can enjoy environment while keeping tabs on riders.

Jackfork Mountain Bike Trail – The Jackfork is a 7.4 mile intermediate/advanced trail designed for experienced mountain bikers. Elevation gain, rocks and technical turns will keep a riders attention. This is mountain biking, if you are uncomfortable with a section of trail, walking the bike is an acceptable option. (Hint: always turning right at the trail intersection is the easiest route.) Please report any problems with the trail including bridge issues to the park office.

P Trailheads are located at the designated parking areas.

Please follow these rules for the Mountain Bike Trails:

- **Please only enter and exit the trail at designated trailheads.**
- **Ride Open Trails:** Respect trail and road closures — ask uniformed park staff for clarification if you are uncertain about the status of a trail.
- **Leave No Trace:** Be sensitive to the dirt beneath you. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is soft, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks or create new trail. Be sure to pack out at least as much as you pack in.
- **Control Your Bicycle:** Inattention for even a moment could put yourself and others at risk. Obey all bicycle recommendations and ride within your limits.
- **Yield Appropriately:** Do your utmost to let your fellow trail users know you're coming — a friendly greeting or bell ring are good methods. Try to anticipate other trail users as you ride around corners. Hikers and trail runners should step aside for cyclists since the trail is designed specifically for them. Bicyclists traveling downhill should yield to ones headed uphill, unless the trail is clearly signed for one-way or downhill-only traffic. In general, strive to make each pass a safe and courteous one.
- **Never Scare Animals:** Animals are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. Disturbing wildlife is dangerous.
- **Plan Ahead:** Know your equipment, your ability and the area in which you are riding and prepare accordingly. Strive to be self-sufficient: keep your equipment in good repair and carry necessary supplies for changes in weather or other conditions. **Always wear a helmet and appropriate safety gear.**

