

JASPER NATIONAL PARK MOUNTAIN BIKING GUIDE



CRUISEY, CROSS-COUNTRY FUN...

Jasper has what might be the best trail system in Canada's national parks. Ask any cyclist why they come back to Jasper, and you'll likely hear that it's because the park's well-connected, well-maintained trails are the perfect way to actually *experience* nature while at the same time avoiding crowds.

This guide provides a snapshot of Jasper's cross-country, cruisy mountain biking trails. Whether you have an hour, or the day, there is something for everyone.

RIDE A MOUNTAIN



While most of the trails described are fun, flowing, valley bottom trails, Jasper does have some great climbing for riders looking for physical challenges and eye-popping alpine scenery.

16a P7 Palisades Lookout
(MAP A and D) Distance: 11 km one way Elevation gain: 840 m
Hardy riders who persevere up the long, steep climb are rewarded with panoramic views of the Athabasca River Valley and a white-knuckled descent. Bring extra water and use caution along the cliff edge.

16 P7 Pyramid Mountain
(MAP A and D) Distance: 11.7 km one way Elevation gain: 770 m
For those that want an added challenge, stay left at the Palisades junction and travel another 4 km to the base of Pyramid Mountain. If you're prepared and have energy to spare, go for a scramble up the rugged slope.

100 P2 Signal Mountain
(MAP A) Distance: 9.1 km one way Elevation gain: 925 m
Single speed bikers, beware! This sustained uphill requires strength, stamina and a sense of give and take. What you give: a week's worth of sweat. What you take away: alpine views of the valleys and peaks surrounding the Jasper townsite, plus a hero's descent. Watch for backpackers and bears on the speedy downhill.

Please note: Bikes are not allowed on the Skyline Trail.

PLAN AHEAD AND PREPARE



Remember, you are responsible for your own safety.

- Always wear a helmet and safety gear. Know your equipment.
- Get advice at a Parks Canada Information Centre, including trail conditions, descriptions and weather.
- Pack adequate water, food, gear, maps, first aid. Carry bear spray and know how to use it.
- Tell someone where you are going and when you are expected back.
- Do not travel alone.

Rules of the Trail
Most trails in Jasper are multi-use. Please share them with other users and follow these rules developed by the International Mountain Bike Association.

- Ride designated trails.** Mountain biking is allowed only on trails designated for cycling. If a trail is not signed, you're not allowed to ride it.
- Respect trail closures.** Trails can be temporarily or permanently closed for ecological or safety reasons.
- Ride within your limits.** Inattention for even a moment could put yourself and others at risk.
- Yield appropriately.** Let your fellow trail users know you're coming. Make each pass a safe and courteous one. Cyclists traveling downhill should yield to ones headed uphill.
- Respect horses, they are easily startled.** When passing, use extra care and follow directions from the horse riders (ask if uncertain).
- Leave no trace.** 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. Be sure to pack out at least as much as you pack in. Leave natural and cultural objects undisturbed for others to discover.

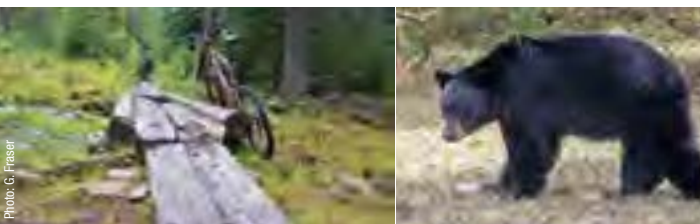
Trail Signs
Official trails around the town of Jasper are marked with yellow diamonds. This extensive trail system is maintained by park staff.

3 Wildland trails are marked differently. You are welcome to use these trails, but they are not maintained or shown on park maps. If a trail is not signed, you're not allowed to ride it.

To decrease erosion, give wildlife the space they need and avoid becoming lost, please return to the signed trail system.

Trail Maintenance
Trail maintenance crews clear the trails each spring but wind storms can fell trees all summer long. If your ride involved more bike carrying than riding, please report problems to the Information Centre. If you want to help out, inquire about getting involved with trail volunteers.

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EASY ROUTES



12 Wapiti Trail (MAP A and B)
Distance: 4.7 km one way Elevation gain: minimal
This relatively flat community-to-campground connector is a great place to spot wildlife along the Miette and Athabasca rivers.

13 Bighorn (MAP A)
Distance: 4.3 km one way Elevation gain: 33 m
Named for the sheep attracted to the area, this is an easy route to Annette and Edith lakes. Formerly the graveyard trail, not for its danger quotient but because it passes the local cemetery, Bighorn Alley is smooth, wide and family friendly. Watch for traffic when crossing the highway and horse groups near Lake Annette.

7 P1 Athabasca River (MAP A)
Distance: 3.0 km one way Elevation gain: minimal
Trail 7 from Old Fort Point to Jasper Park Lodge
Sandy, soft and popular with young bikers for the bumps and jumps that break up an otherwise flat, meandering path. Splendid, turquoise views of Lac Beauvert are shared with hikers. Look for the osprey nest on the power pole beside the Athabasca River. Note that this trail is a horse route and often closed in spring for elk calving.

14 Red Squirrel (MAP A)
Distance: 1 km one way Elevation gain: minimal
A swift descent to Old Fort Point or a sustained uphill back to town, bikers should be prepared to encounter other trail users on this wide, level trail. Enjoy river vistas and valley bottom views. Soft shoulders; take caution around corners.

11 Jasper Discovery Trail (MAP A and B)
Distance: 2.5 km one way Elevation gain: minimal
Town Section (paved)
Traveling east-west along Jasper's historic rail corridor has never been so smooth! Wheelchair friendly and enjoyed by passers-through to stretch their limbs, this paved artery is primarily used by mountain bikers en-route to more rugged terrain. Take your time and learn about Jasper's railway history along the way. Watch for elk.

INTERMEDIATE ROUTES



3 P2 Caledonia Lake (MAP A)
Distance: 4.2 km Elevation gain/loss: 97 m
Thinned forest (for wildfire protection) surrounds rocky single track on this short but rewarding ride. Gradual elevation gains bring you up towards shimmering Caledonia Lake. Rooty, soggy sections temper what for the most part is fast, flowing and irresistibly fun. Make noise around bends; popular with bears and locals with their dogs.

7 P1 Back of 7 (MAP A)
Distance: 8.1 km one way Elevation gain: 133 m Elevation loss: 135 m
Trail 7 from Old Fort Point to Trial 7g, across the Maligne Lake Road at 5th bridge turn-off
Variable terrain—including broad, gravelly sections; sandy switchbacks; and wide open, banked corners—means this ride never gets boring. Escape the heat in the cool aspen forests, feel the burn while ascending behind the golf course. Ruttied in patches, watch for loose rocks on descents. Bear country; make noise.

15 P3 Pyramid Trail (MAP A)
Distance: 5.2 one way Elevation gain: 118 m
Beginning at sidewalk, bottom of Pyramid Lake Road
Popular with trail users of all types, this busy linkage climbs steadily but rarely steeply en route to Patricia and Pyramid lakes. Use this connector as your gravel freeway to the Pyramid Bench trail system.
Note: The trails near the riding stables are heavily used by horses; be prepared to stop and dismount.

10 P3 Moberlander: Overlander
(MAP D) Distance: 6.7 one way Elevation gain: minimal
From 6th Bridge to the Moberly Cabins
This mostly flat section of the Overlander Trail follows the Athabasca River. Bumpy, grassy double track to start; further afield, the trail curls and dips over gravel beds and root features. Grizzily country! Make noise before bursting through wolf willows to the historic Moberly meadows.

9 P5 Valley of the Five to Wabasso
(MAP A) Distance: 6.6 km one way Elevation gain: 75 m
The trail from the Valley of the Five Lakes to Wabasso Lake has it all: flowing traverses, meandering single track, tacky limestone, gorgeous ridge lines, steep ascents/descents and twisty turns along the creek. Circumnavigating serene Wabasso Lake is one of the many highlights of this ride; a true Jasper gem. Watch for hikers around Valley of the Five Lakes during peak daylight hours.

DIFFICULT ROUTES



10 P3 Overlander
(MAP D) Distance: 15 km one way Elevation gain: 420 m Elevation loss: 400 m
Trail 10 from 6th Bridge to Mile 12 bridge on Hwy 16
Offering the best of Jasper's trail system in one epic ride, the Overlander blends forested single track, rocky and ragged side-hills, scorching descents and trough-like climbs. Long views over swirling waterways are best enjoyed while stationary; technical sections command attention. Historic cabins make an ideal snack stop. Use caution! This is grizzly country!

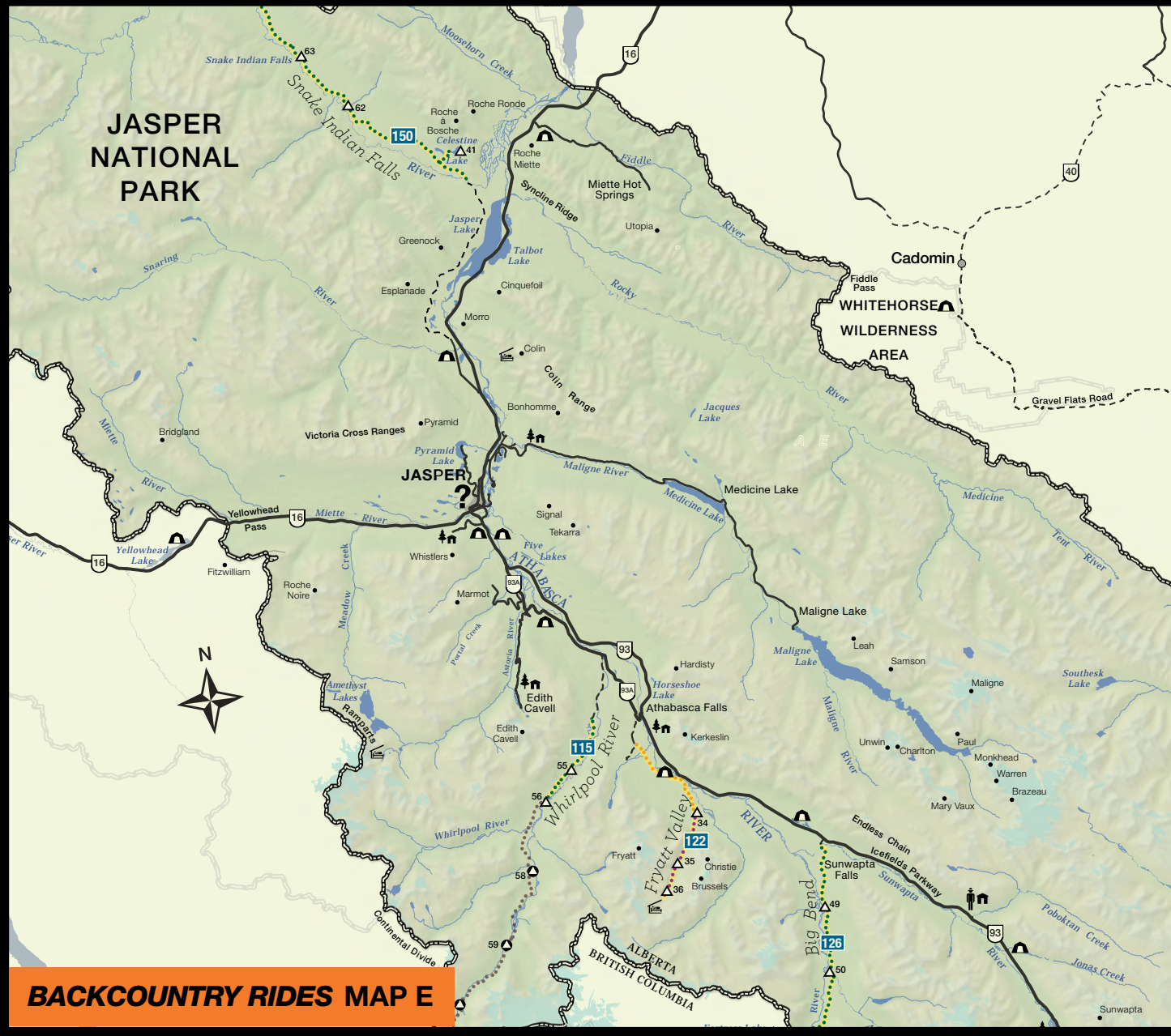
3 P2 Saturday Night Lake Loop
(MAP C) Distance: 24 km Elevation gain: 780 m
Far from busy but popular with hikers, campers—and mosquitoes—this loop is technical, labour-intensive but extremely rewarding. Steep switchbacks and tire-sucking mud above Minnow Lake are your penance; the descent home is your payoff. Classic Jasper single track. For a shorter adventure, bike to Minnow or Saturday Night Lake.

1 9 P1 Valley of the Five Lakes Loop
(MAP A) Distance: 17.6 km Elevation gain/loss: 250 m
Beginning at Old Fort Point, this quintessential Jasper ride combines rolling, undulating terrain with several rocky, rooty sections. Popular with hikers for its dazzling views, bikers should be alert for congestion and steep hillsides near the opal lakes. To avoid the crowds, skip trail 9a, ride in the early evening or use the shoulder seasons. Slow down and dismount for other users. Loop back on 9b.

7 10 P1 Good 'Ol Trail 7
(MAP A) Distance: 19.3 km Elevation gain/loss: 400 m
Trails 7 (behind Jasper Park Lodge) to 7h. From 6th bridge on Trail 7 to Bighorn (13)
Stiff climbs, winding woodlands and an exhilarating downhill are what's in store along this scenic route. Allow time to stop and walk the scenic pedestrian trail at the edge canyon. Slow down to share the trail with hikers on the section from 5th to 6th bridge and take the time to discover why some locals call this segment "the fairy trail".

2 8 P3 Mina-Riley Blitz
(MAP A) Distance: 9.6 km Elevation gain: 272 m
Cool forest, serene lakes and rough, rocky, technical sections are the highlights of this short but challenging ride. Rooty sections are slippery when wet, as are several bridges built to keep your tires out of the muck. Stay on trail 8 for a real root romp; 8c shoots you back out to the fire road.

WILDERNESS RIDES



BACKCOUNTRY RIDES MAP E

Looking for more of an adventure? Here are a few suggestions that combine biking with hiking and camping. Head out for a day trip or bring the tent along for a backcountry experience.

150 Snake Indian Falls
(MAP E) 26.5 km one way, moderate
The ride to thundering Snake Indian Falls is a Jasper must-do for trail cyclists wanting to get out into the wilderness. Ride the whole length in one day or stay overnight at pretty Celestine Lake (#41 at 6.8 km), Shalebanks Campground (#62 at 17.3 km) or Seldom Inn Campground (#63 at 25 km). Serious cyclists can ride another 25 km past Willow Creek to Rock Lake Campground.
CAUTION IS REQUIRED ON DOWNHILL STRETCHES: Some waterbar ditches are big enough to make your bike buck you off.

122 Fryatt Valley
(MAP E) 11.6 km one way, moderate
The best way to experience this area is as a bike/hike. The first 11.6 km of the Fryatt Valley Trail is open to cyclists. From Lower Fryatt Campground it's a moderate (short but steep!) 6 km hike to Brussels Campground (#35). Make Brussels your destination for a day excursion or your base camp for a multi-day trip. Headwall campground (#36 at 21.1 km) and the Alpine Club of Canada's Sydney Vallance Hut (22 km) are other overnight choices.

126 Big Bend
(MAP E) 6.4 km one way, moderate
Rolling along the upper Athabasca Valley, this trail follows a wide, well-packed fire road that is easily traversed on foot or bike. Make a day of it, or stay overnight at Big Bend Campground (#49).

115 Whirlpool River
(MAP E) 8.6 km one way, moderate
The Whirlpool Fire Road, an 8.6 km jaunt down the Athabasca Pass Trail is a great destination for anyone wanting an easy ride in a wilderness setting. Leave your bike at the end of the road and hike 3.8 km to the remains of the Otto Brothers' Tie Camp. Make this an overnight trip by camping at Whirlpool Campground (#55 at 6.6 km) or Tie Camp Campground (#56 at 11.2 km).

SAFETY

Emergency
Call 911 or, if using a satellite phone, call the park dispatch office (780-852-3100). Cell phone reception is unreliable.

Keep wildlife wild, and yourself safer
Cyclists are susceptible to sudden wildlife encounters. Travel in groups, slow down and make noise when out on the trail. Avoid trail use at dawn, dusk and at night. Be aware of bear habitat.

MORE INFORMATION
JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176 • 500 Connaught Drive
WEBSITE: pc.gc.ca/jasper
JASPER TRAIL CONDITIONS REPORT: pc.gc.ca/jaspertrails
WEATHER: weather.gc.ca
TOURISM JASPER: 780-852-6236 www.jasper.travel
MAPS AND GUIDE BOOKS: Friends of Jasper National Park 500 Connaught Drive • 780-852-4767 or www.friendsofjasper.com

DONE WITH THIS BROCHURE?
Please return for re-use to a park facility or share it with others.

HOW WAS YOUR TRIP?
Please send your comments to jnp.info@pc.gc.ca and report trail conditions to the Information Centre.



Pedal from your doorstep and into the wild....

EASY ROUTE

**TO THE SHORES OF LAC BEAUVERT
3 KM ONE WAY (MAP A)**

From Hazel Avenue, cruise along the **Wapiti Trail** to the **Red Squirrel Run (14)** – no pedalling required down this easy slope into **Old Fort Point (P1)**. Once across the Athabasca River, **stay on the road**, past the interment camp monument and to Lac Beauvert. Sit along the shores of one of Jasper's most picturesque lakes and take in the stunning view of the Colin Range. **Bring a picnic!** When it's time to pack up, return the way you came, or **follow the road to Lake Annette (P13)** and follow **Bighorn (13)** to town.

MODERATE ROUTES

**THE TIME-CRUNCHED QUICKIE
4.8 KM LOOP (MAP A)**

Gear up at **Church Hill (P3, Trail 2)** and prep yourself for a 800 m climb to the top. Catch your breath and take in the best view of the Jasper townsite and surrounding mountain ranges. **Continue along Trail 2** as it flows through to the Cottonwood Slough Parking Area (P4). **Cross the road and bridge** and hang a quick **right on Trail 2a**. The canopy opens and the views along the benchlands will take your breath away... if it isn't already gone. As you glide along some sweet single track, approach the final switchbacks with caution (and excitement). **Before you know it, you're back in town!**

As you continue towards Caledonia Lake, where the wood lilies and wild roses bloom in early summer, this forest-enclosed single track steadily climbs. Take a quick **left at Trail 3a** and follow the winding downhill to the CN tracks. Once across, you'll take an easy **cruise along the Wynd Road** and back into town.

**VIBRANT VALLEY VISTAS
8.0 KM LOOP (MAP A)**

From the trailhead at the west end of town (P2), **Trail 3** immediately crosses Cabin Creek and climbs onto a low bluff with a view of the Athabasca Valley. From here, you have the **option of two trails: one high and the other low**, bringing you to **Marjorie Lake** (at km 2.4 km).

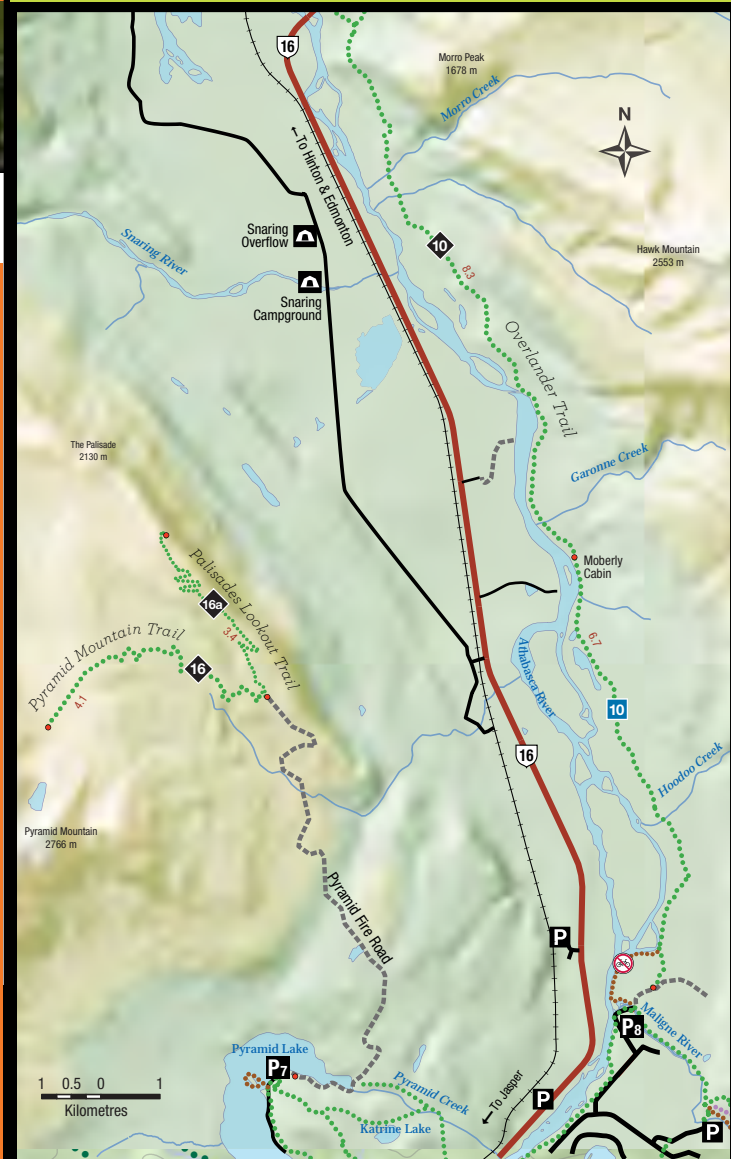
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DIFFICULT ROUTE

**THE BIG SWEAT
32 KM RETURN (MAP A)**

Start this epic tour at **Old Fort Point (P1)**. Hop on **Trail 1** (not the face of the cliff, no bikes here) and follow **Trail 9** where you flow all the way to the shores of Wabasso Lake.

The trail is a mix of ups and downs, wide and single track, with technical root and rock sections. On your way home, **change your route by adding Trail 9c**. Watch for hikers during peak hours and wildlife during the cooler parts of the day.



Source for Sports
406 Patricia Street
780-852-3654

Freewheel Cycle
618 Patricia Street
780-852-3898

Pyramid Lake Resort
5 km North on Pyramid Lk Rd
780-852-4900

Vicious Cycle
630 Connaught Drive
780-852-1111

SATURDAY NIGHT LAKE LOOP MAP C



JASPER TOWN MAP MAP B

