

Jasper National Park Mountain Biking Guide

The best way to discover mountain biking in Jasper National Park is to check out our two hubs.

Across the River features easy trails that are perfect for first time mountain bikers. Located south of Jasper, across the Athabasca River.

Pyramid Bench features trails that are more technically and physically difficult; great for riders who are confident in their abilities.

Each of these areas are reachable from town on the connector trails.



Trail Etiquette



What can you expect? Surprised trail users. Ride in control, anticipate users around every corner, and be friendly and communicative.

What is your responsibility? Mountain bikers yield to hikers, horses and uphill traffic. Be vocal, willing to adapt and communicative when encountering and passing other users.

What to do when you encounter other users: Encountering hikers. Greet hikers early. Slow down when approaching and be prepared to stop. Encountering other cyclists. Announce your intention when passing and pass on the left. Encountering horses. Stop at least 10 m from the horse and get off your bike.

Across the River

This area features easy trails that are perfect for those who are new to mountain biking. The trails are mostly wide and flat, so there is no need to worry about slipping on roots and rocks. The rides are ordered from least technical to most technical. The descriptions give the suggested direction to ride, but these trails can be ridden in either direction. Link the loops together for longer rides or explore the other trails not featured in these routes by using the trail directory.

Optimal riding season • May to October

How to get there

- Bighorn Trail: Distance: 4.4 km one way; climb: 32 m; descent: -65 m. Climbing difficulty: Easy.
Red Squirrel: Distance: 2.8 km one way; climb: 5 m; descent: -5 m. Climbing difficulty: Easy.

Suggested Routes

- Lake Edith Shoreline Loop: Distance: 4.4 km; climb: 36 m; descent: -36 m. Climbing difficulty: Easy.
Woodpecker and Trail 7 Loop: Distance: 5.5 km; climb: 51 m; descent: -51 m. Climbing difficulty: Easy.
Trail 7 through Jasper Park Lodge Loop: Distance: 5.5 km; climb: 9 m; descent: -9 m. Climbing difficulty: Easy.
Lac Beauvert Loop: Distance: 3.5 km; climb: 0 m; descent: 0 m. Climbing difficulty: Easy.
Fifth and Sixth Bridge Loop: Distance: 7.8 km; climb: 81 m; descent: -81 m. Climbing difficulty: Moderate.
Moberly Homestead: Distance: 6 km one way; climb: 37 m; descent: -37 m. Climbing difficulty: Easy.

For Advanced Riders

- Teahouse to Andretti's Loop: Distance: 9.2 km; climb: 244 m; descent: -244 m. Climbing difficulty: Hard.
Overlander: Distance: 13.8 km one way; climb: 422 m; descent: -402 m. Climbing difficulty: Hard.
Valley of the 5 Lakes Loop: Distance: 21.7 km; climb: 462 m; descent: -462 m. Climbing difficulty: Hard.
Andretti's to 7h Loop: Distance: 14.9 km; climb: 244 m; descent: -244 m. Climbing difficulty: Hard.



Pyramid Bench

The Pyramid Bench is the go-to spot for locals and provides a network of trails for the intermediate rider. Trails are typically more technical with roots, rocks and some steep climbs and descents. The rides are ordered from least technical to most technical. The descriptions give the suggested direction to ride, but these trails can be ridden in either direction. Link the loops together for longer rides or explore the other trails not featured in these routes by using the trail directory.

Optimal riding season • May to October

How to get there

- Church Climb: Distance: 1.6 km; climb: 75 m; descent: -24 m. Climbing difficulty: Moderate.
Pyramid Trail Climb: Distance: 2.2 km; climb: 75 m; descent: -12 m. Climbing difficulty: Moderate.

Suggested Routes

- Cabin Lake Fire Road Loop: Distance: 7.65 km; climb: 171 m; descent: -171 m. Climbing difficulty: Moderate.
Cottonwood Slough Loop: Distance: 6.4 km; climb: 138 m; descent: -138 m. Climbing difficulty: Moderate.
Two Sloughs Loop: Distance: 5.7 km; climb: 200 m; descent: -200 m. Climbing difficulty: Hard.
Pyramid Trail: Distance: 3.5 km; climb: 124 m; descent: -29 m. Climbing difficulty: Moderate.
Katrine Lake Loop: Distance: 7.2 km; climb: 318 m; descent: -318 m. Climbing difficulty: Moderate.



Trail Signage

Official trails around the town of Jasper are marked with yellow diamonds. This extensive trail system is maintained by Parks Canada with the assistance of volunteers from the Jasper Trails Alliance (JTA).

Plan Ahead and Prepare

- Remember, you are responsible for your own safety. Always wear a helmet and safety gear. Know your equipment. Before heading out, check trail and weather conditions online or at an information centre. Travel with a friend or group. Pack adequate food, water, clothing, first aid kit, bear spray and maps.

Stay on maintained trails

- To prevent trail damage, stay on the trail and avoid shortcuts. Leave what you find and take what you bring. Pack out all garbage, including diapers and food waste. Dispose of human waste at least 70 m from any water source.

Water from lakes and streams: Parasites can occur in any water body in the park and may contaminate the water supply. Boil your drinking water or purify it with a water filter or iodine tablets.

Trail maintenance: Trail maintenance crews clear the trails each spring, but wind storms can blow down trees all summer long. If you come across trail maintenance issues during your ride please report them to Parks Canada at an information centre.

Safety

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

- Mountain Bike safety: Ride within your limits. Inattention for even a moment could put yourself or others at risk. Always watch ahead for bears and signs of bear activity. Speed puts you at risk of sudden, dangerous bear encounters. Be alert when sightlines are reduced.

More Information

- JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176 pc.jasperinfo.pc@canada.ca
ICEFIELD CENTRE: 780-852-6288, open early-May to end of September
WEBSITE: parkscanada.gc.ca/jasper
JASPER TRAIL CONDITIONS REPORT: parkscanada.gc.ca/jaspertrails
WEATHER: weather.gc.ca
AVALANCHE INFORMATION: parkscanada.gc.ca/avalanche
BEAR INFORMATION: parkscanada.gc.ca/bears-and-people
PROGRAMS, MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or www.friendsofjasper.com

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

FOLLOW US ON: facebook.com/JasperNP @JasperNP

Looking to rent a bike?

- Fairmont Jasper Park Lodge: 780-852-3301
The Bench Bike Shop: 780-852-7768
Pyramid Lake Resort: 780-852-4900



Trailforks is a free mountain bike trail database app for riders and is available for iOS and Android devices. Using the app you can download trail maps for offline use, look at photos and videos that other users have posted, and read trail reports.

Trailforks is not a Parks Canada App, and the trail database for Jasper National Park is maintained by the Jasper Park Cycling Association (JPCA). Please use at your own risk.



Trail Directory

Marker	Difficulty	Name	Distance (km)	Climb; Descent
11	Easy	Discovery Trail (along railway tracks)	4.5	43 m; -40 m
12	Easy	Wapiti Trail	8.4	47 m; -43 m
13	Easy	Bighorn Trail	4.3	32 m; -65 m
14	Easy	Red Squirrel Trail	2.8	5 m; -5 m
16	Easy	Woodpecker Trail	2.1	8 m; -28 m
19	Easy	Playground Path (Whistlers Campground)	1.9	14 m; -14 m
24	Easy	Trail 2g	860 m	22 m; -6 m
4e	Easy	Trail 4e	900 m	1 m; -21 m
7c	Easy	Trail 7c	200 m	0 m; 0 m
7e	Easy	Trail 7e	900 m	11 m; 0 m
15	Moderate	Pyramid Trail	4.5	155 m; -29 m
14a	Moderate	Back Of Old Fort Point	2.6	84 m; -6 m
2	Moderate	Church Trail	1.7	80 m; -24 m
2a	Moderate	Sawridge Switchbacks	1.7	28 m; -90 m
2b	Moderate	Trail 2h	2.9	122 m; -79 m
2c	Moderate	Trail 2i	1	5 m; -33 m
2d	Moderate	Trail 2j	4.6	116 m; -197 m
2e	Moderate	Star Wars	1.6	22 m; -56 m
3a	Moderate	Trail 3a	1.1	9 m; -108 m
3b	Moderate	Trail 3g	800 m	8 m; 0 m
4a	Moderate	Lac Beauvert Loop	3.4	0 m; 0 m
6a	Moderate	Hochimini	3.2	55 m; -52 m
7	Moderate	Trail 7 (along the river)	8.4	21 m; -1 m
7	Moderate	Trail 7 (behind Jasper Park Lodge)	10.5	282 m; -167 m
7b	Moderate	Trail 7b	1	9 m; -9 m
7g	Moderate	Trail 7g	1	21 m; -4 m
8	Moderate	Mina/Riley Lakes	6	193 m; -177 m
8c	Moderate	Trail 8c	2.4	110 m; -26 m
8e	Moderate	Cabin Lake Fire Road	3.4	149 m; -33 m
12a	Moderate	Five To Five	1.6	21 m; -3 m
20	Difficult	Three Humped Beast (from Pyramid Lake)	3	197 m; -89 m
3	Difficult	Trail 3 (Saturday Night Lake Loop)	24.1	877 m; -877 m
3b	Difficult	Hibernia Lake	440 m	48 m; 0 m
3e	Difficult	Trail 3e	1	48 m; -9 m
3f	Difficult	Fire Escape (primarily downhill)	1.1	3 m; -84 m
3g	Difficult	Ganges	3.6	94 m; -145 m
4a	Difficult	Water Tower (primarily downhill)	1.4	5 m; -74 m
7	Difficult	Teahouse Climb (Maligne Canyon)	3.6	191 m; -53 m
7h	Difficult	Trail 7h (primarily downhill)	1.6	26 m; -127 m
8	Difficult	Razorback (primarily downhill from west)	2.8	46 m; -208 m
9	Difficult	Trail 9 (Valley Of The Five Lakes)	7	172 m; -188 m
9	Difficult	Trail 9 (Wabasso Lake)	9.1	161 m; -143 m
10	Difficult	Overlander	14.8	422 m; -422 m
16	Difficult	Pyramid Fire Road	11.6	891 m; -98 m
100	Difficult	Signal Fire Road	8.2	844 m; -5 m

- Easy
- Moderate
- Novice Freeride Features*
- ◆ Difficult
- ⚙️ Requires Technical Skills
- ❤️ Physically Difficult

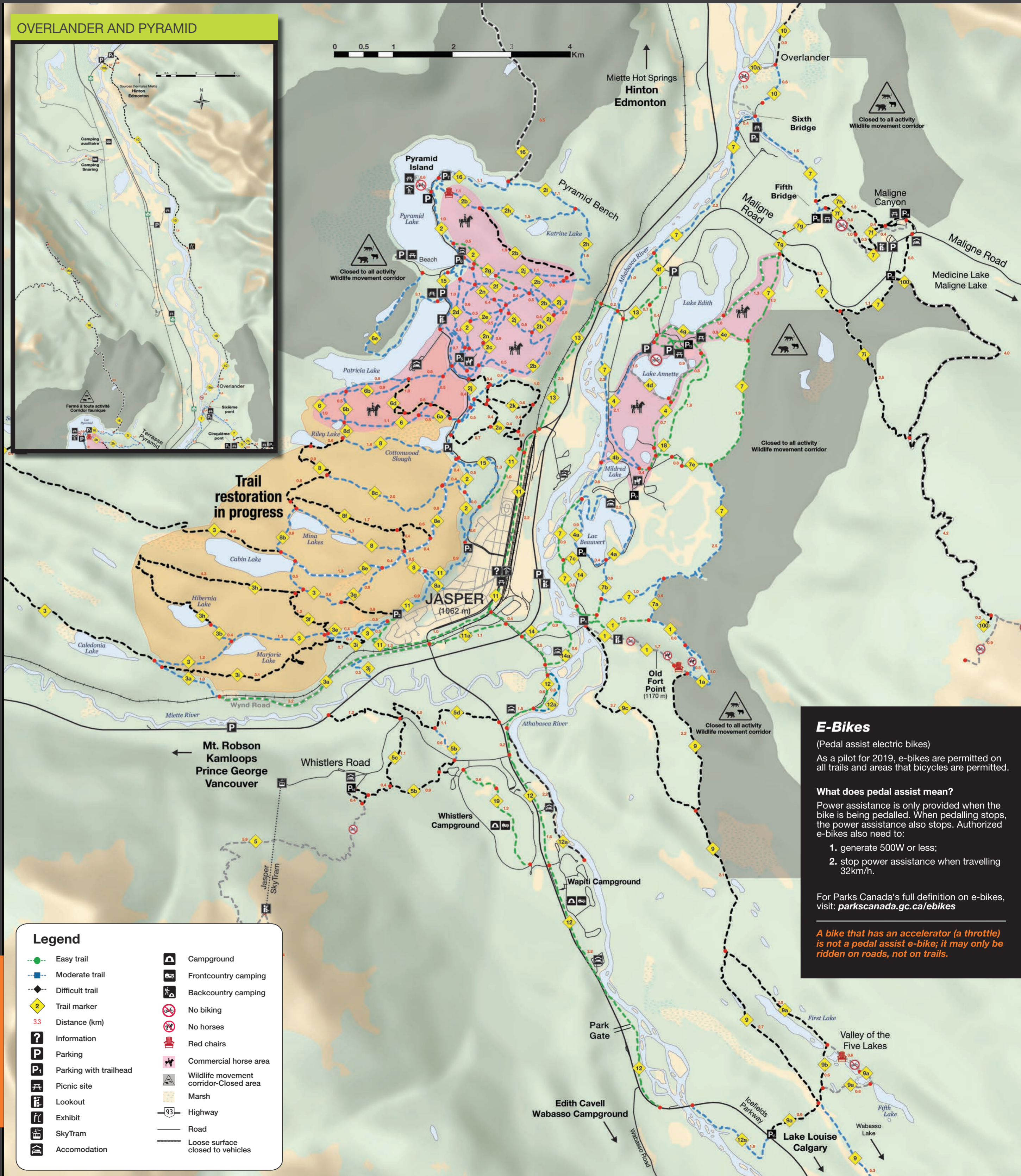
*Includes berms, small jumps and optional drops.

Trail Restoration on Pyramid Bench

Over the winter of 2018-2019, Jasper National Park removed trees from mountain pine beetle affected forest on Pyramid Bench to help protect the town of Jasper in the event of a wildfire. Many trails within this project area have been affected. Trail assessments and rehabilitation are in progress and may result in periodic closures

and conditions that are not accurately reflected in the trail report. Please keep this in mind and be ready to change your plans and route if needed. Please stay on official trails and help prevent the creation of new trails in opened areas that could impact wildlife and forest regeneration.

Jasper Townsite Area



E-Bikes

(Pedal assist electric bikes)

As a pilot for 2019, e-bikes are permitted on all trails and areas that bicycles are permitted.

What does pedal assist mean?

Power assistance is only provided when the bike is being pedalled. When pedalling stops, the power assistance also stops. Authorized e-bikes also need to:

1. generate 500W or less;
2. stop power assistance when travelling 32km/h.

For Parks Canada's full definition on e-bikes, visit: parksCanada.gc.ca/ebikes

A bike that has an accelerator (a throttle) is not a pedal assist e-bike; it may only be ridden on roads, not on trails.

- ### Legend
- Easy trail
 - Moderate trail
 - Difficult trail
 - 2 Trail marker
 - 3.3 Distance (km)
 - ? Information
 - P Parking
 - P1 Parking with trailhead
 - P2 Picnic site
 - P3 Lookout
 - P4 Exhibit
 - P5 SkyTram
 - P6 Accommodation
 - P7 Campground
 - P8 Frontcountry camping
 - P9 Backcountry camping
 - P10 No biking
 - P11 No horses
 - P12 Red chairs
 - P13 Commercial horse area
 - P14 Wildlife movement corridor-Closed area
 - P15 Marsh
 - P16 Highway
 - P17 Road
 - P18 Loose surface closed to vehicles