

RIDE SMART

SLOW DOWN BEFORE YOU SPEED UP.

Crashes can happen on your first lap. Ride the trail multiple times to get familiar with the features and equipment you're on so you can confidently push your limits without pushing your threshold. Jumping skills are required for freeride trails.

PRE-RIDE

Warm up the brain and body and inspect the trail at low speed.

RE-RIDE

Lap the trail a few times and get to know the flow of the features.

FREE-RIDE

Start small and work your way up to faster speeds and larger features.

SAFETY TIPS

Ride within your abilities and take your time

Right hand brake is the RIGHT brake to use most of the time

Constant pressure when braking is better than on/off or slamming the brakes

Altitude can be a big factor. The park is about 10,000 feet above sea level so drink plenty of water and take a rest when needed

Your eyes guide where the bike goes. The faster you are going, the farther you should be looking ahead on the trail

TRAIL SAFETY IS EVERYBODY'S RESPONSIBILITY

Not only will smart riding keep you and other riders safer, but it will make your day more fun. To view the Rider Checklist and Biker Responsibility Code refer to the Trestle trail map. Remember that not following the Responsibility Code can result in injuries to you or others or the revocation of your bike park privileges.

Lastly, have a great time! If you have any questions, please reach out to Winter Park Resort or Trestle Bike Park staff. Also check out the website at www.trestlebikepark.com or call **970-726-1564** for more information.

TRESTLE RIDER ORIENTATION



**DENVER
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TRESTLE
BIKE PARK U.S.A. - WINTER PARK RESORT

WELCOME TRESTLE® BIKE PARK AT WINTER PARK RESORT®

///DOWNHILL MOUNTAIN BIKING

They say that once you learn to ride a bike you never forget. That is true until you add jumps, banked turns, rocks, stumps, roots and all of the other fun features in the bike park. Downhill mountain biking is a lot closer to riding a dirt bike without an engine than hopping on a road or cross country bike.

///BIKE PARK RESOURCES

Don't worry! If you follow a few basic safety suggestions and use your existing bike knowledge you can soon be riding Trestle trails with confidence. If you are brand new to downhill mountain biking or want to improve on your existing skills, the bike park offers coaches/guides and 1 or 2 day camps. Intro to Trestle and Trestle 101 is highly recommended for new riders and here you will learn how to control the bike, not let the bike control you. Having control means being able to go faster, being able to handle more obstacles and having a better experience.

///BICYCLE ANATOMY

Understanding your bike can make the difference between a good day and a great day. The bike images highlight some of the key parts. Downhill mountain bikes have a different anatomy than any other type of bike. Riding a bike that doesn't fit properly or that can't handle the park is a recipe for a crash. Downhill bikes are built solidly and their parts are reinforced to last and help protect you. If you are unsure if you have the right type of bike or just want to try something new, you can visit the experts at the Trestle Bike Shop. They can get you set up on a great rental bike with appropriate gear.



MOUNTAIN BIKE GEAR

The reason pro riders wear protective equipment isn't just because it looks good. It's because it helps protect them from the elements (rain, snow), nature (trees, rocks) and falls. Falls may occur at any time. To best avoid serious injury ride smart, within your abilities and wear protective gear. Recommended gear is shown in the picture.



HELMET MANDATORY

Helmets are mandatory when riding in the bike park. A full face helmet will help protect your face and teeth in a fall.

GOGGLES HIGHLY RECOMMENDED

Protective goggles help protect your eyes from branches, rocks and other objects in a fall.

UPPER BODY ARMOR RECOMMENDED

Body armor is a vest that protects the torso (back, chest and abdomen).

NECK BRACE AVAILABLE

LONG SLEEVES & PADDED SHORTS RECOMMENDED

Long sleeves and padded shorts will help keep you comfortable on the bike and the durable layers will help protect you.

KNEE, SHIN & ELBOWPADS RECOMMENDED

Pads are worn on knees, shins and elbows. These are often hit first if you fall.

CLOSED TOE SHOES HIGHLY RECOMMENDED

Closed toe shoes help prevent you from slipping off the pedals and protect your feet.

OTHER HELPFUL EQUIPMENT

- Hydration pack** - many different types ranging from a backpack with water bottles to sophisticated hydration systems
- First aid kit** - a basic kit might include materials to clean and cover small wounds, keeping you on the trail until you can care for them properly
- Map** - the bike park is well marked, but it doesn't hurt to have a bike park map handy
- Cell phone** - in case you need to contact bike patrol or friends and family members. Don't talk or text while riding a bike. Bike patrol can be reached at 970.726.1480.
- A friend** - it's always a good idea to ride with a buddy

BIKE TYPES

CHOOSE THE RIGHT BIKE FOR YOUR TRAIL

Reinforced frame to withstand the forces of the trail

Frame geometry to keep your weight centered

Disc brakes provide stopping power even in wet and muddy conditions



Suspension in the front and rear helps absorb bumps so you can roll over rough surfaces more easily

Durable metal cranks with flat pedals that provide a sturdy platform when riding in a proper stance

DOWNHILL SPECIFIC

Rim brakes don't work well in wet conditions or in mud. Look for a bike with disc brakes.

Lack of appropriate suspension to handle rocks, tree roots or any kind of jump



Gears and derailier that aren't able to withstand the forces on downhill trails

Frame that may crack or break

MOUNTAIN XC

TRAILS
As a new downhill bike rider, green trails are your friend where you will learn the sport of downhill mountain biking and build your confidence. Green Horn-It! is our brand new gentle base area green trail and is the perfect place for first-time riders to start. Feeling confident on Green Horn-It!? Try out Green World next! It's over 5.5 miles and is a great next-step in your downhill mountain biking adventure.

WHAT'S YOUR SKILL?

BEGINNER

- Smoother, wider surfaces with more gentle corners and rolling terrain. Some beginner trail sections include small rocks, tree roots and wider bridges.
- Designed for beginner Bike Park riders

INTERMEDIATE

- Riders can expect both smooth and rough surfaces on steeper terrain, including larger corners, rollers and small-medium jumps. Trails also include larger natural obstacles, including roots and rocks
- Trail features include raised structures like bridges and wallrides that require jumping skills and speed
- Suited for riders who have mastered all beginner trails

ADVANCED

- ◆ Mix of smooth and rough riding surfaces on steep and fast grades including larger man-made features, including jumps, raised bridges and steep wallrides
- ◆ Technical handling through tight trees and rough sections that include steep grades with large technical features, including rocks, roots and drops
- ◆ Advanced jumping skills required
- ◆ Suited for riders who have mastered all intermediate trails

EXPERT ONLY

- ◆ Warming up on intermediate and advanced trails recommended
- ◆ Steepest grades with the most technical features of any trail except Pro line
- ◆ Trails with steep terrain, very fast speeds which require expert bike handling skills
- ◆ Mandatory jump features that require knowledge of gaps and landings
- ◆ Suited for the expert riders only

PRO LINE

- ▲ Most difficult technical terrain on the mountain mixed with freeride features
- ▲ Proficient handling of all bike skills required
- ▲ Largest gaps and mandatory jump features
- ▲ Expert jumping skills required
- ▲ Suited for highly skilled expert riders only
- ▲ Liability release and separate Pro Line Pass required



TRESTLE BIKE PARK SCHOOL



Ready to hit the trail but not sure where to start? Stop by Trestle Bike Park School to learn more about our progressive downhill mountain bike programs that cater to all riding abilities. Our team will help you get comfortable on your bike and talk to you about trails that are best for your skill level.

INTRO TO TRESTLE

GENTLE START TO DOWNHILL RIDING ON THE NEW GREEN HORN-IT! TRAIL AT THE VILLAGE AT WINTER PARK BASE AREA

- Learn the basics of control, braking and cornering
- Best program for first-time riders looking to try downhill mountain biking

TRESTLE 101

GREEN TRAILS - GET THE FULL INTRO TO DOWNHILL RIDING EXPERIENCE ON THE MOUNTAIN

- Explore Green World with an experienced coach
- Great for families and individuals with limited trail experience





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