

Derailed Sports

Golden's Local Bike Shop. Quick professional service for all types of bikes. Carrying a great selection including Specialized, SantaCruz, Kona, Giant, Rocky Mountain, Dakine, TLD, Raceface, Chromag and more. Demo Bikes available. 509 Main Street 1-250-439-9959 www.derailedsports.com

Higher Ground Sports

Conveniently located in the hub of Golden's busy downtown core and proudly supporting the Golden community since 2001.

- Premium bike rentals summer & winter.
- Professional bike fitting & servicing.
- Bikes - DEVINCI, EVIL & Transition.
- Clothing - FOX, Chromag, Shredly.
- Open 7 days a week.

501 9th Avenue North 1-250-344-7980 www.highergroundsports.ca

Basecamp Lodge Golden

Stunning timber-framed building only 15 minutes from Kicking Horse Mountain Resort and minutes away from the best bike trails. Cozy bedrooms with adventure at your doorstep. 801 9th Street North 1-250-344-9838 www.basecampresorts.com/goldenlodge

Eat Pure Mountain Market

Golden's local, organic grocer and bulk refillery! Home of the Hive Cafe and Golden's cheap CHEESE program! 824 10th Avenue South 1-250-939-9532 www.eatpuremarket.com

Mad Trapper Liquor Store

Lots of PARKING. Cold Beer, Liquor, Wine, Ciders and Coolers. 9am to 11pm everyday. Great selection at competitive prices. Points program. Lots of giveaways. 1203 9th Street South 1-250-344-6661 | Check us out on Facebook

Selkirk Ski and Bike

- Located at the base of Kicking Horse
- Locally owned & operated
- Quick Service Turnaround
- Bike Service & Rental
- TREK, NORCO and PIVOT dealer

1549 Kicking Horse Trail 1-250-344-2925 | www.selkirkskiandbike.com

Holiday Inn Express Golden

Golden's newest hotel located only minutes from Kicking Horse Mountain Resort, Free Hot Breakfast, 75 units, fridges, microwaves, safes, coffee, 40" TVs, pool, hot tub. 1120 14th Street North | 1-250-344-4664 www.tinyurl.com/hixgolden

Whitetooth Brewing Company Ltd.

Belgian inspired and West Coast influenced beers available in growlers, bottles or cans, and by the glass or taster flight. Tasting Room 2pm to 10pm (hours may vary). 623 8th Avenue North 1-250-344-2838 www.whitetoothbrewing.com

Golden Skybridge

Adventure awaits at Golden Skybridge, home to Canada's highest suspension bridges. Explore our mountain coaster, zipline, canyon swing, rock wall, ropes course, and axe throwing. 503 Golden Donald Upper Rd 1-800-270-1238 | goldenskybridge.com

FREE! Golden Destination APP

Find accommodations, places to eat and drink, activities, attractions, and events to match your interests. Create your own custom trip plan or follow a suggested itinerary. tourismgolden.com/localapp

MOUNTAIN SHADOWS TRAILS

The Mountain Shadows trails system offers 20 km of technical singletrack riding accessed from the base of Mount 7. This network provides an all-mountain riding experience with rocks, roots, climbs and descents. All Mountain Shadows trails are shared use trails. All trails labelled **DH** are one way **downhill only**.

- 38 EXCAVATION (320M)**
A single track access trail to Premature from Selkirk Slacker.
- 39 PREMATURE (820M)**
Fun machine-built, progressive jumpline. **DH only trail**.
- 40 7 UP (700M)**
A wide track climbs from the Rotary Trail to access Bush Party, Berminator, Premature and the Woodlot Trail to the Schacher.
- 41 BERMINATOR (700M)**
Wickedly fun bermed flowy trail. **DH only trail**.
- 42 BUSH PARTY (KIDS LOOP) (1.6KM)**
This flat figure 8 loop bumps and winds. A great practice loop for the kids.
- 43 RODEO DRIVE (590M)**
Access along the Rodeo Grounds off Bowle-Evans Drive. Connects Reflection Lake parking lot to Selkirk Slacker.
- 44 SELKIRK SLACKER (1.4KM)**
A fun access and exit traverse into the network.
- 45 REFLECTION LAKE (2.0KM)**
The main climb trail into the network. Access from Selkirk Slacker or from Reflection Lake Road.
- 46 QUENTIN'S (360M)**
Good, short trail with a whoop. Most fun ridden north.
- 47 CHUTE THE DUCK (808M)**
Fast technical downhill. Watch for uphill Trials Riders.
- 48 ROLLER COASTER (890M)**
A series of steep rooty berms down a gully. **DH only trail**.
- 49 KOBE'S (2.2KM)**
A rocky fun technical loop. Gateway to upper Mountain Shadows.
- 50 HUFF & PUFF (1.0KM)**
Most fun ridden counter clockwise. Flow with some interesting rock features.
- 51 MAGIC DRAGON (1.4KM)**
More commonly ridden counter-clockwise to enjoy the wooden features. Always inspect before riding over features.
- CLIFF SIDE (1.3KM)**
Steep, technical terrain with a spectacular view of the Columbia Wetlands from the lookout bench.
- 53 TRIAL & ERROR (1.6KM)**
Fast straight line cross country on the upper section and some technical rock features on the lower section.
- ROCK ABOUT (2.1KM)**
Technical rocks or switchbacks take you to the top of the Mtn Shadows.

MOUNT 7 TRAILS

Mount 7 is the real deal for downhill riding with 35 km of steep fast downhill trails. Home of the world famous Psychosis Ski Race Run which encompasses Dead Dog, Moonshine, Skid Marks, 5K, 3K and Snake Hill downhill trails. While primarily a downhill network with shuttle access, it has a great climb trail in the Schacher.

Please note there is a new parking area for riders accessing the top of Mt 7. Drive up the Bowle-Evans FSR to 5K, park and access the Schacher by riding further up the road to where it crosses.

All trails labelled **DH** are one way **downhill only**.

- DEAD DOG DH (320M)**
Very steep off launch site. Start point of 'Psychosis' DH Race run. Fast & furious.
- SUMMIT DH (4.4KM)**
Located left of Dead Dog. Singletrack traverse. Be aware crossing the Bowle-Evans road.
- MOONSHINE DH (1.2KM)**
Fast singletrack with jumps. Wicked climb at the end to the ridge.
- SKID MARKS DH (1.5KM)**
Fast ridge run and very steep!
- SK DH (1.8KM)**
Another 2km of great fun above 3K. Some easier options at the hairier sections. Great views of the Columbia Valley from the trailhead.
- 3K (AKA TRUE VALUE) DH (730M)**
Starts at 3K off the Bowle-Evans FSR and descends to Snake Hill.

LEGEND

- Easy
- Intermediate
- Difficult
- Most Difficult
- Starred Trails
- Dirt Road
- Paved Roads
- Rotary trails
- Highways

- Visitor Services
- Digital Info Kiosk
- WiFi
- Golden Visitor Centre

Summit & Paragliding Launch Site (Elev. 1942m)

Trail Access (Elev. 1717m)

B12 Trail Access (Elev. 1355m)

5K Trail Access (Elev. 1240m)

3K Trail Access (Elev. 1018m)

Reflection Lake Trailhead (Elev. 800m)

Reflection Lake

Columbia River

Golden Cycling Club
Membership fees and donations to The Golden Cycling Club are spent on trail signage and development. Please support www.GoldenCyclingClub.com

For the winter grooming report look under the Trails/Grooming report header at www.goldencyclingclub.com

For Winter Fat Bike routes go to Trailforks and select for Winter Fat Bikes: www.trailforks.com/region/golden/routes

NOTE: only a few trails are maintained in the winter.

Ride the Horse

SADDLE UP AND PREPARE TO GET DOWN!

Get off the beaten track.

ATTENTION: DIRT JUNKIES, SINGLE TRACK ROCK STARS & NEVER DUNNIT NEVER-EVERS, THERE'S SOMETHING HERE FOR ALL OF YOU.

There are no inconvenient shuffles to deal with here, only amazing gondola serviced terrain, lifecessed areas and a restaurant at the top of the mountain with amazing mid-rise eats. There are premium bike rentals, a full-service tech shop and equipment available in the resort's plaza - as well as super friendly, knowledgeable staff who will keep you happy in the saddle!

Get up here! It's time to get down.

To Book Your Hotel Call: 1.866.SKI.KICK
www.KickingHorseResort.com

GOLDEN TRIANGLE

Road Cycle Loop
Golden to Lake Louise: 83 km
Lake Louise to Radium: 128 km
Radium to Golden: 105 km
TOTAL KM: 316

DRIVE TIME & DISTANCE TO GOLDEN:

- Calgary: 3 hours (258 km)
- Banff: 1.5 hours (137 km)
- Lake Louise: 1 hour (81 km)
- Revelstoke: 2 hours (150 km)
- Kelowna: 4 hours (348 km)
- Spokane: 6 hours (548 km)

GOLDEN CYCLING CLUB INFORMATION

Mission: We create and promote opportunities for mountain biking in the Golden area, while also acting as stewards for the trails.

Vision: To offer an exhilarating mountain biking experience for all riders.

Visitors are encouraged to donate a \$5/day trail fee to support volunteer and club efforts for the continued improvement of Golden's trail networks. Scan the QR code to donate now!
Please support www.goldencyclingclub.com

GOLDEN BIKE EVENTS

THE BLUAMOOSE GRAVEL June 8th
The gravel is an epic ride starting and finishing at Kicking Horse Mountain Resort. For more information visit www.thebluamoose.com

GOLDEN RUSH June 14th - June 16th
Golden Rush offers amazing singletrack riding with options of an 8 or 12 hour challenge. For more information visit www.transrockies.com/golden-rush

25TH ANNIVERSARY OF PSYCHOSIS June 22nd
From amateurs to pros, everyone is welcome to take on the world-famous Race Line, where real downhill racing began. For more information visit www.psychosis.ca

DUNBAR SUMMER SERIES WESTERN OPEN July 13th - 14th
Riders compete in majestic mountain vistas on some of the best downhill trails in Western Canada. For more information visit www.kickinghorseresort.com

RULES OF THE TRAIL

Please do your part to preserve and enhance our sport's access and image by observing the following rules of the trail:

- Ride on open trails only.
- Leave no trace.
- *Always yield trail.
- Turn around when wildlife are present in the area.
- Call out, and call back when sightlines are poor.
- Do not damage plants or alter the environment.
- Ride, don't slide.
- Please park in designated parking lots only and respect all private land notices.

* Using judgement as to who should yield will enable trails to be ridden for most enjoyment. Stop if unsure.

DISCLAIMER

The condition of the trails and roads contained on these maps are subject to change without warning or notice. Users must exercise extreme caution at all times and be aware of potential dangers such as poor weather road conditions or unexpected traffic. The authors and publisher of this map play no part in the maintenance and/or supervision of the trails and roads. They assume no liability whatsoever for any loss or damage to person or property arising from the use of the trails and roads contained on this map. In addition, the authors and publisher caution users of this map that there may be private property or restricted areas which have not been delineated and all users of this map acknowledge that they will be fully responsible for any breach of municipal, provincial, federal or common law concerning these lands.

Play Clean Go
STOP INVASIVE SPECIES IN YOUR TRAILS.

REMOVE plants, animals & mud from boots, bikes, gear, pets & vehicle
CLEAN your gear before entering & leaving the recreation site.
STAY on designated trails.

For more information contact Columbia Shuswap Invasive Species Society (CSISS) www.columbiashuswapinvasives.org 1-855-PUL-WEED (1-855-785-9333)

VISITOR SERVICES

Stop by the Golden Visitor Centre where you will find friendly Information Counsellors who can recommend activities, attractions, dining and accommodations in Golden. Purchase your Canada Parks pass, pickup free travel guides and local maps, and enjoy our free wifi. Open during the summer months.

If you're travelling without your own device, digital kiosks providing access to www.tourismgolden.com are situated in the Glacier Mountaineer Lodge, the Best Western, the Ramada, and the Golden Visitor Centre.

Golden Visitor Centre

1000 Trans Canada Highway

- Visitor Centre
- WiFi Hotspots
- Local Maps
- Trip Planning
- Digital Kiosks
- Sani Dump

tourismgolden.com/visitors | 250-439-7290

Download the new Golden BC App

GRIZZLY, GONDOLA, MOUNTAINS & MORE!

A Lifetime Adventure!

Via Ferrata - Secured Climbing Routes
1 Gondola
1 Grizzly Bear Resident
1 World-Class Bike Park
4 Ridge Line Hikes
1 Mountain Top Restaurant
Views of 5 National Parks

1.866.SKI.KICK
KickingHorseResort.com

KICKING HORSE BIKE PARK

People don't come to Kicking Horse Bike Park to ride the same old thing; they come for the differences, and we have plenty. What that means is over 3700' of lift-accessed vertical descent, filled with a mixture of trail styles from unique alpine riding, to machine built flow trails, to classic technical single-track.

3,700ft Vertical Drop | +50km Trails | 31+ Trail Runs | 120+ Jumps & Drops

1.866.SKI.KICK
KickingHorseResort.com

Canadian Rockies Headquarters For Mountain Adventure

VIA FERRATA

Take the Stress Out of Climbing

Get vertical at the most exhilarating Via Ferrata (Italian for iron path) in Western Canada! Beginner and expert climbers alike will tackle Terminator Peak's north face & venture through 3 custom courses and 1 suspension bridge. Giddy up!

1.866.SKI.KICK
KickingHorseResort.com

THE GOLDEN CYCLING CLUB



The Golden biking network is built by volunteers:



Golden Cycling Club recommends:

Moonrakers
Ride time: 1.5 – 2 hours
Distance: About 13km

- Over 20 years of advocacy, maintenance, and trail work
- Seasonal weekly volunteer maintenance nights
- Paid trail crew during the build season
- Hosting and support of local racing series and the Psychosis DH Event.
- Learn more about the Golden Cycling Club at goldencyclingclub.com

DOWNLOAD THE



GET IT ON Google Play | GET IT ON the App Store

MOONRAKER TRAILS

The Moonraker trail system offers 50 km of classic fast, flowy singletrack riding with outstanding views. These trails can link to the town of Golden via the CBT Network of trails or to Nicholson via Gudjonson Trailhead. All trails labelled **DH** are one way **downhill only**.

- 12 ★ ARROWHEAD (4.5KM)**
Popular ride with views. Rides well both directions.
- 13 ★ TONIGHT TEQUILA (3.2KM)**
This fast, singletrack passes through a great mix of terrain. The north end features a series of eight switchbacks as it ascends to Arrowhead.
- 14 2% (5.8KM)**
An old railway bed dating back to Golden's logging past, this road provides an easier option connecting Sander Lake and the Cedar Lake trailhead.
- 15 CEDAR CAMP (1.6KM)**
An excellent trail from Cedar Lake out to Cedar Lake 2.
- 16 NORTH STAR (3.7KM)**
Similar to Cedar Snag in terrain and aspect but with some steeper climbs.
- 17 ★ CEDAR SNAG (4.7KM)**
A hidden gem singletrack out to Cedar Lakes 3 and 4. Can be linked with Northstar via a midway connector. Excellent out ride with a return via Better Than Boston.
- 18 BARKING DOG (260M)**
Short sidehill singletrack along Cedar Lake 2 connecting Arrowhead to Cedar Camp.
- 19 BETTER THAN BOSTON (2.0KM)**
This is a fast flowing singletrack when ridden south. A great option for climbing back towards Cedar Lake for the return from the Canyon Creek Lower Lookout.
- 20 TOMORROW WE RIDE (630M)**
A short alternate route at the south end of Tonight Tequila.
- 21 BEAR CLAW (2.5KM)**
Lower Bear Claw and Upper Bear Claw can be joined by riding the Tower Road. Upper Bear Claw is a great route back from the Canyon to Arrowhead or Better Than Boston.
- 22 TOWER ROAD (1.1KM)**
A connector between the lower and upper trails in the Moonraker Network.
- 23 DAM BYPASS (1.6KM)**
A sneaky fun route in either direction joining Bear Claw and Canyon Creek trail.
- 25 WAPITI RIDGE (2.3KM)**
A smooth route between the lower Canyon and Sander Lake. Crosses private land, so Ride with Respect.
- 27 KLAHOWYA (2.2KM)**
A great route from the Canyon Creek Lower Lookout to Lower Bear Claw/Tequila/Tomorrow or 2%.
- 28 ★ MOONRAKER (1.3KM)**
Best ridden from north to south with a climb followed by a fast, fun roller coaster ride to the lower Canyon Creek Lookout.
- 29 ★ DEVIL'S SLIDE DH (880M)**
Short, fast, fun. **DH only trail**.
- 30 ★ CANYON CREEK (5.6KM)**
From Cedar Lake trailhead ride the Tallis FSR for 4.5km. Singletrack starts technical through forest leading to stunning canyon views, fast lines, jumps, and berms. Canyon exposure where the views are best! **Watch for hikers**.
- ◆ LSD DH (2.1KM)**
Steep and technical. Drops and skinnies. For advanced riders. **DH only trail**.

- 33 STERNWHEELER (1.2KM)**
Access the Moonraker Network from the Gudjonson Trailhead at Nicholson. A switchback climb and fun descent.
- 34 PRIVATE LANDS (590M)**
Connects Klahowya to Wapiti Ridge through private land. Ride with Respect.
- 35 EASY OUT (350M)**
Provides a quick exit to Sternwheeler. Crosses Private Land. Ride with Respect.

CBT TRAILS

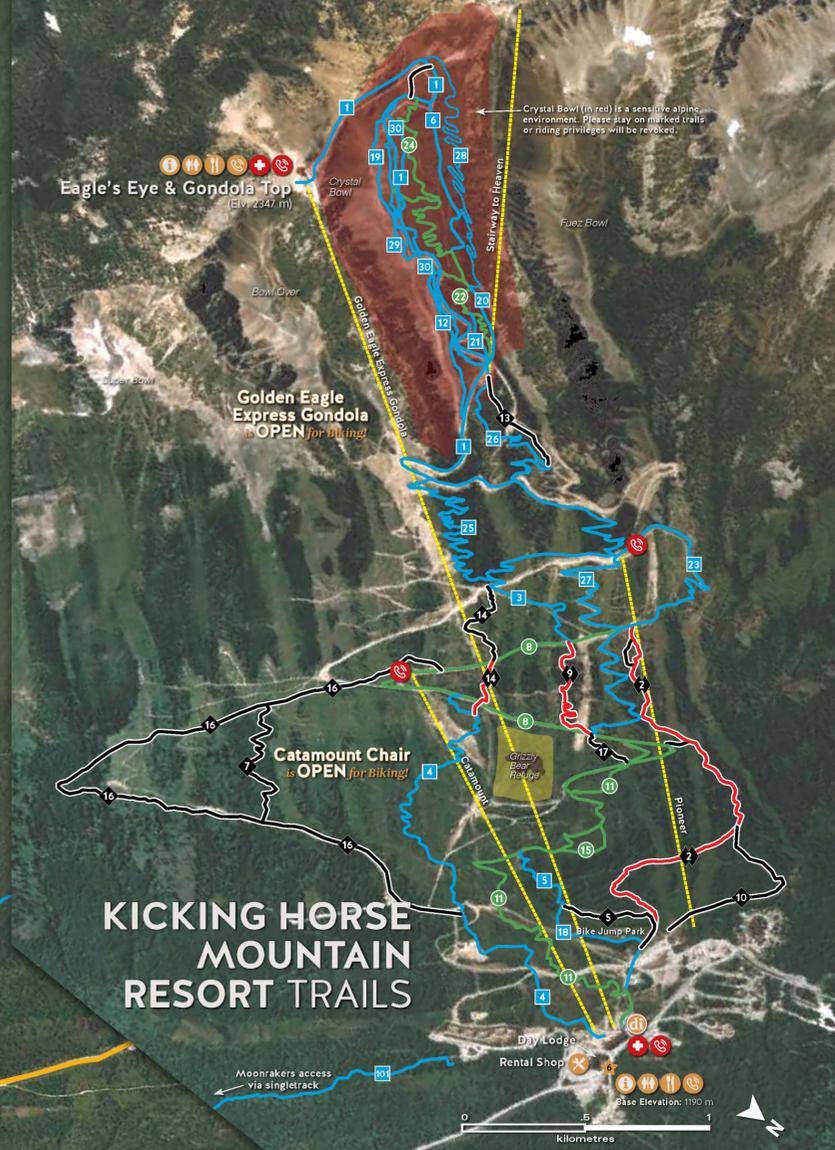
The CBT trail system offers 50 km of singletrack riding gradually climbing from the town to the Moonraker Network.

- 1 ★ CBT MAINLINE (9.4KM)**
An awesome 9 km climb and a sweet ride on the return. Watch for oncoming riders.
 - 2 TAKE IT EASY (3.2KM)**
Take it easy along this techy trail on the cliff edge west bank of the Columbia River.
 - 3 ★ GOLD RUSH DH (3.4KM)**
Upper Gold Rush is a flowy XC trail from mid Mainline (at the power lines) that rides to Old Age & Treachery. Lower Gold Rush is a **DH only trail** from the power lines to Take it Easy.
 - 4 OLD AGE AND TREACHERY (3.7KM)**
Fly on the descent to the bottom of Treachery and climb your way out. Expect short technical sections above Cedar Creek. Figure eight in either direction.
 - 5 ALPINE MEADOWS (2.1KM)**
A steep and often wet old skid road.
 - 6 ★ MIGHTY QUINN DH (930M)**
This machine-built jump line features lots of berms and rollers. **DH only trail**.
 - 7 ★ HEMIPTERA (3.6KM)**
A three part trail that can be interwoven with Mainline, Odonata, Buzz or Hymenoptera to create various awesome loops in the upper part of the network.
 - 8 ★ HYMENOPTERA DH (1.3KM)**
Can be ridden entirely as a blue trail, and it is chalked full of black and double black options. Hips, jumps, drops and pumps. Go big or go small. **DH only trail**.
 - 9 ★ ODONATA (1.8KM)**
A sweet trail that parallels Cedar Creek. Access to the Moonraker Network after climbing Twisted Sister.
 - 10 BUZZ (1.1KM)**
Use Buzz to ride laps of Hymenoptera jump trail or to connect with Hemiptera.
 - 101 SCALLI MAG TRAIL (4.0KM)**
Single track from KHM to the CBT and Moonraker Networks.
 - 124 FRENCH CONNECTION (2.9KM)**
A traverse trail connecting Mainline to Twisted Sister mid mountain. Creates various lower or upper mountain CBT loops. Fun in all directions.
 - 125 TWISTED SISTER (10.2KM)**
An alternative trail to CBT Mainline that starts from the upper junction of the Adaptive trails.
 - 126 ARM PUMPER (1.1KM)**
Adaptive trail. The adaptive climb trail to the branch point for the adaptive descents and Twisted Sister.
 - 127 LIPPY PUNK (720M)**
Adaptive trail. Built to the specs of a blue adaptive descent.
 - 129 THE KIDS ARE BACK (730M)**
Adaptive trail. Fun green trail for easing into descents.
- Starred Rides ★** - Favourite mountain bike rides recommended by the Golden Cycling Club.

KICKING HORSE MOUNTAIN RESORT TRAILS

Kicking Horse Mountain Resort Bike Parks offers lift-assisted downhill riding and an array of stunts in the highest elevated downhill bike park in North America.

- 1 IT'S A 10
- 2 PIONEER
- 3 ROAD RUNNER
- 4 SUPER BERM
- 5 BUFFALO JUMP
- 6 NORTHERN LIGHTS
- 7 DEVIL'S DISCO
- 8 TRAPPERS TRAIL
- 9 STICK ROCK
- 10 CLAIM JUMPER
- 11 EASY RIDER
- 12 CHUTE TO VIEW
- 13 TIME TRAVEL
- 14 ROCK 'N' ROLL
- 15 SKILLS AREA
- 16 SWAMP DONKEY
- 17 LYM
- 18 BIKE JUMP PARK
- 19 ROCK GARDEN
- 20 DIRT DEVIL
- 21 GALE FORCE
- 22 TRAINING WHEELS
- 23 BLASTER
- 24 CRASH CHASER
- 25 RANGOON
- 26 MAGIC CARPET RIDE
- 27 KRANKY PANTS
- 28 EXCALIBUR (UPHILL ONLY)
- 29 PIPESTONE
- 30 AS THE CROWE FLIES



LEGEND

- Easy
- Intermediate
- ◆ Difficult
- ◆ Most Difficult
- ★ Starred Trails
- Rotary Trails
- Restricted access double track or dirt road
- Dirt Road
- Paved Roads
- Highways
- Visitor Services
- Ⓜ Digital Info Kiosk
- 📶 Wifi
- 🏠 Golden Visitor Centre
- 🏠 Sensitive Alpine Environment
- 🚑 First Aid
- 📞 Phone for assistance 250-439-5420
- 🚰 Washrooms
- 🍽 Restaurant
- 📞 Phone
- 🔧 Repairs/ Rentals

MOONRAKER TRAILS

CBT TRAILS

KICKING HORSE MOUNTAIN RESORT TRAILS



Tourism Golden is grateful to live, work and play on the traditional unceded territory of the Ktunaxa and Secwépemc peoples which is also the chosen home of the Métis Nation Columbia River Society. We respectfully acknowledge the culture and history that connects these Nations with this land; and their wisdom, sacrifices, and stewardship of the past, the present, and the future.

Golden Cycling Club
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MOUNTAIN SHADOWS & MOUNT 7 Trails
See other side for details