

Description: The mountain features seven downhill trails, most with a black diamond difficulty rating.

Difficulty: Plenty of great challenges which include: steep descents, a large step-up jump, rocky and sandy slopes, jumps, and fast, flowy trails.

Suggestion: For an extra challenge, check out the hike-a-bike from the top parking to get to Dirty Monkey. If you prefer to pedal, a hard effort will get you can get to the summit in an hour. Body armour is recommended on all trails.

Hikes: the 4.5 Kilometre Swansea Loop Hiking Trail will get you to some great view points. Or try the 15 minute hike from the top parking lot to the mountain summit for a spectacular 360 degree view of the valley.

www.columbiavalleycyclingsociety.org/

Legend

Trails	P Parking
Dirty Monkey	Viewpoint
Booty Call	Road (Gravel)
Steeps	Road (Paved)
Hula Girl	Hiking Trails
Autobahn	
Gravy Train	
Meat Grinder	

IMBA RULES OF THE TRAILS

- 1 . RIDE ON OPEN TRAILS ONLY.
- 2 . LEAVE NO TRACE.
- 3 . CONTROL YOUR BICYCLE!
- 4 . ALWAYS YIELD TRAIL.
- 5 . NEVER SCARE ANIMALS.
- 6 . PLAN AHEAD.

For More Info See: www.imba.com

