

## MOUNTAIN BIKE RIDE IN THE BURG!

Harrisonburg is surrounded by one of the largest concentrations of public land east of the Mississippi. With over a million acres of the George Washington National Forest in our backyard there is ample opportunity for mountain bike riding with plenty of trails for adventuring.

### Day One

While many of the trails in the National Forest are steep and challenging, the local cycling community led by the Shenandoah Valley Bicycle Coalition continues to build new trails to suit all riders. If you aren't sure about climbing mountains, you should first visit the Rocktown Trails at Hillandale Park. These trails are easily accessible from anywhere in town whether on bike or in a car.

If you decide you want to try your hand in the National Forest you will be rewarded. The Narrowback Mountain loop is a favorite ride and a great introduction to the mountain biking in our area. Be sure to take notice of the bike specific trail features and save some energy for the rollercoaster ride back to your car down the Tillman West Trail. While you are riding the trails imagine hundreds of racers beginning their 100 mile, very long day on these trails as part of the annual Shenandoah Mountain 100.



### Day Two

Massanutten has been the home to mountain bike racing for over 28 years with the Massanutten Hoo-Ha XC race. In more recent years Massanutten has added an Enduro Race to their Hoo-Ha weekend. Watch some video of the amazing trails all built and maintained by the Shenandoah Valley Bicycle Coalition. Note, these trails are accessed on the Keezletown side of the mountain. NOT through the resort nor near the ski slopes.

Since these trails are on Massanutten Resort property, you will need a trail pass to ride. You can purchase a day pass online through the Shenandoah Valley Bicycle Coalition. Once you have your trail pass, checkout the trail system on the MTB Project to get an overview of the system. While the system isn't huge there are plenty of trails, rocks, and elevation change. Generally the trails will be rockier and more challenging the higher you go up the mountain.



When you are tired of pedaling uphill you should explore the Massanutten Bike Park on the resort side of the mountain where you and your bike can both ride a chairlift to the top of the mountain. There is something for everyone at the Massanutten Bike Park, from beginner friendly green trails, to bike rentals, instruction opportunities, and steep black diamond descents. All of this without ever having to bike up the mountain.

