

IMBA Rules of the Trail

The way we ride today shapes mountain bike trail access tomorrow. Do your part to preserve and enhance our sport's access and image by observing the following rules of the trail, formulated by IMBA, the International Mountain Bicycling Association.

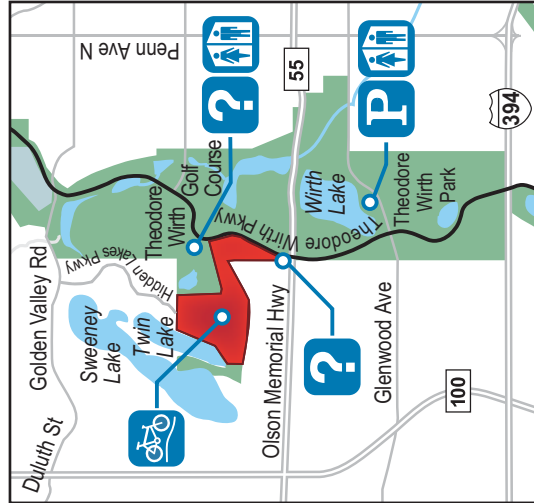
These rules are recognized around the world as the standard code of conduct for mountain bikers. IMBA's mission is to promote mountain bicycling that is environmentally sound and socially responsible.

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.**

Keep trails open by setting a good example of environmentally sound and socially responsible off-road cycling.

Please refer to www.imba.com for a more complete description of the rules of the trail

WHERE DO WE RIDE?



Riders are encouraged to reach the area by bike, but if parking is required it is available at Wirth Lake Beach. Please do not park at the Par 3 lot as it is reserved for golfers. There are basic cycling supplies including inner tubes and an air pump available at the Par 3 clubhouse.

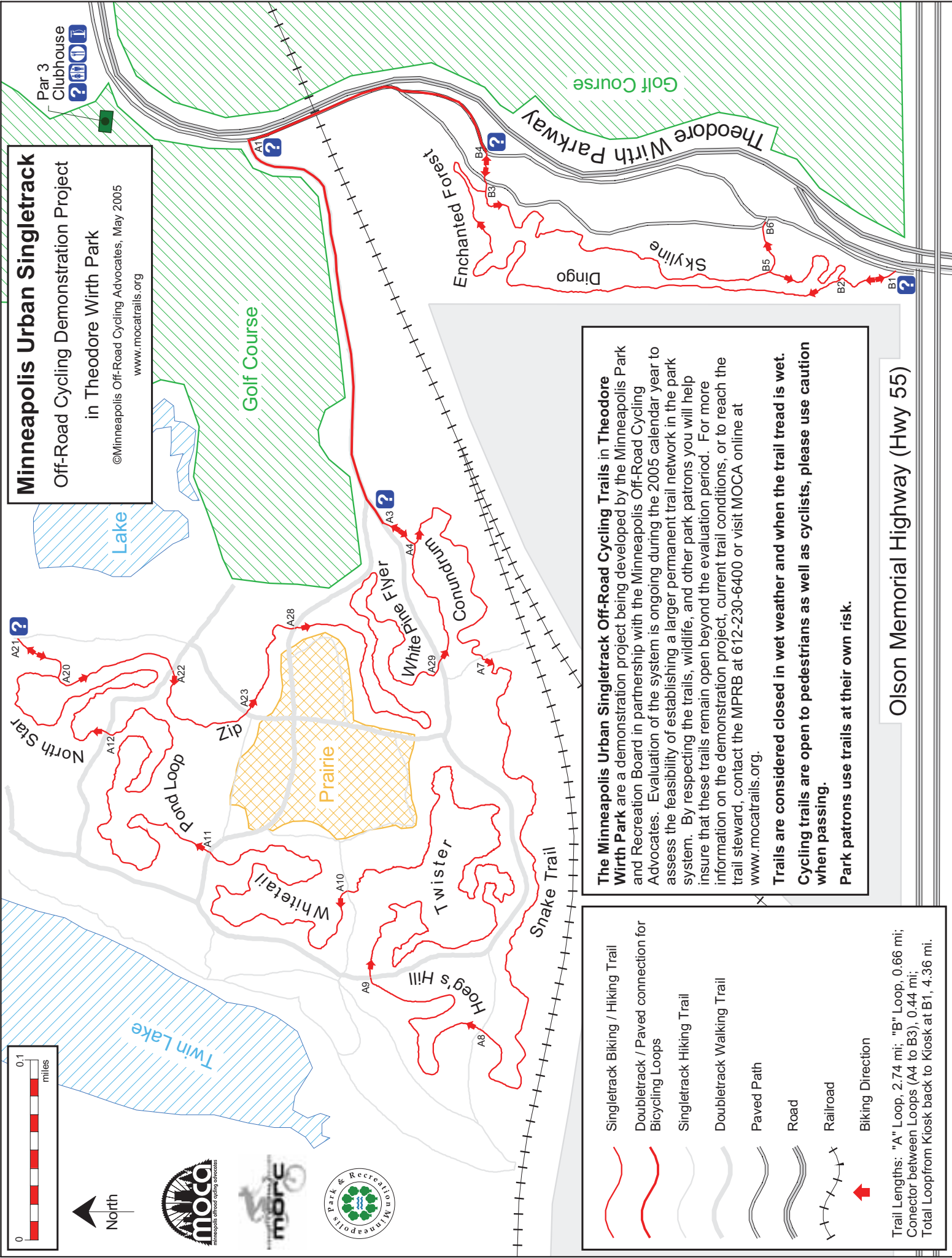
A SPECIAL THANKS TO...



Theodore Wirth Park OFFROAD CYCLING TRAIL GUIDE

Minneapolis Urban Singletrack
 Off-Road Cycling Demonstration Project
 in Theodore Wirth Park

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www.mocatrails.org



The Minneapolis Urban Singletrack Off-Road Cycling Trails in Theodore Wirth Park are a demonstration project being developed by the Minneapolis Park and Recreation Board in partnership with the Minneapolis Off-Road Cycling Advocates. Evaluation of the system is ongoing during the 2005 calendar year to assess the feasibility of establishing a larger permanent trail network in the park system. By respecting the trails, wildlife, and other park patrons you will help insure that these trails remain open beyond the evaluation period. For more information on the demonstration project, current trail conditions, or to reach the trail steward, contact the MPRB at 612-230-6400 or visit MOCA online at www.mocatrails.org.

Trails are considered closed in wet weather and when the trail tread is wet.
Cycling trails are open to pedestrians as well as cyclists, please use caution when passing.
Park patrons use trails at their own risk.

Olson Memorial Highway (Hwy 55)

	Singletrack Biking / Hiking Trail
	Doubletrack / Paved connection for Bicycling Loops
	Singletrack Hiking Trail
	Doubletrack Walking Trail
	Paved Path
	Road
	Railroad
	Biking Direction

Trail Lengths: "A" Loop, 2.74 mi; "B" Loop, 0.66 mi;
 Connector between Loops (A4 to B3), 0.44 mi;
 Total Loop from Kiosk back to Kiosk at B1, 4.36 mi.