



THE HIGHLANDS BIKE PARK



NEUTRAL POSITION

- 1 Stand on Level Cranks
- 2 Knees & Elbows Slightly Bent
- 3 Index Fingers on Brake Levers

CORNERING

- 1 Slow Before Corner
- 2 Brake Through Corner
- 3 Lean Bike to Inside

BRAKING

- 1 Index Fingers on Brake Levers
- 2 Gently Squeeze Both Levers
- 3 Heels Down & Hips Back

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 free-ride trails.

PRE-RIDE

Warm up the brain and body by inspecting the trail at low speed. Take the time to check your equipment.

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.

TRAILS CHANGE DAILY

TRAIL STATUS

FREERIDE		STATUS
	Dirt E Dancing	OPEN
	Fun Run	OPEN
	Peach Fuzz	OPEN
	Aftershock	OPEN
	Dirt Reynolds	OPEN
	Gnarnia	OPEN
	Risky Business	OPEN
	Shock	OPEN
	Swayze Express	OPEN
	Grandma's House	OPEN
	Holy Driver	OPEN
	Skid Mark	OPEN
	Two Tired	OPEN
	Dirt Sample	OPEN
	The Trooper	OPEN
	Bad Jackson	OPEN
TECHNICAL/XC		STATUS
	Bridges Bypass	OPEN
	Fine Pine	OPEN
	Lemon Squeeze	OPEN
	North Peak	OPEN
	Tree Tops	OPEN
	Blue Bottle	OPEN
	Bob Ross	OPEN
	Bridges	OPEN
	Spine Escape	OPEN
	Ziggy's Zag	OPEN
	North Spine	OPEN