

HOURS OF OPERATION

Saturday, May 29 through Thursday, July 1, 2010
Saturdays and Sundays Only: 10 a.m. - 6 p.m. - Lift Access

Friday, July 2 through Monday, September 6, 2010
Monday - Thursday: 10 a.m. - 5 p.m. - Shuttle Service Only
Friday and Saturday: 10 a.m. - 7 p.m. - Lift Access
Sunday: 10 a.m. - 6 p.m. - Lift Access

Tuesday, September 7 through Sunday, October 24, 2010
Saturdays and Sundays Only: 10 a.m. - 6 p.m. - Lift Access

Park hours subject to change based on weather and daylight.

PARK SAFETY

AGE POLICY FOR BIKE PARK 2010

No one under any exception under the age of 12 is permitted to ride the course. Any person under the age of 18 must have parent sign Downhill Mountain Biking liability form.

BIKE PARK SAFETY INFORMATION

The Seven Springs Bike Park is a much different experience from cross country riding. The trails require constant physical and mental effort in order for all riders to maintain safe control.

Clothing

Helmets are mandatory for all riders. The best protection from abrasion requires a properly fitted full-faced helmet, gloves, long pants, long sleeves, shin pads and elbow pads.

Equipment

The Bike Park trails are specifically designed for full suspension mountain bikes. The trails are rocky, bumpy and become much more difficult without high quality suspension. Without full suspension, fatigue becomes a factor much sooner. The steep grades necessitate disc brakes for adequate stopping power. Cantilever brakes will increase fatigue as more effort will be required

to maintain control. All riders should ride a properly sized bike and should be able to stand with both feet on the ground without their seat touching them. A bike that is too large or that has a seat in high position can increase chance of injury.

Trails

The level of risk increases with the level of difficulty. Black trails often have larger drops and jumps that require skill and experience to navigate through. Seven Springs Bike Park has a filter feature at the top designed to keep riders with insufficient skills off trails that exceed their ability. Younger riders become a hazard to other riders if they are unable to ride a trail or move out of the way. Children should be accompanied by an adult at all times.

Lifts

Bikes are permitted on the Polar Bear Express. Boarding the lift requires significant strength when loading a bike and children may require assistance. Riders have two options when boarding our lift. They can either carry their bike or have the attendant hang it appropriately on the chair behind them, where they can pick the bike up at the top.



SEVEN SPRINGS BIKE PARK



- 1** Rock 'N Roll
- 2** Take Me Home
- 3** Lowrider
- 4** Helen's Woods
- 5** 007
- 6** The Glades
- 7** Yurting
- 8** The Tank
- 9** Upper EC1
- 10** Lower EC1
- 11** Super Connector
- 12** Frankenstein
- 13** Showtime
- 14** Frankenstein's Bride
- 15** Sling Shot
- 16** Battleship