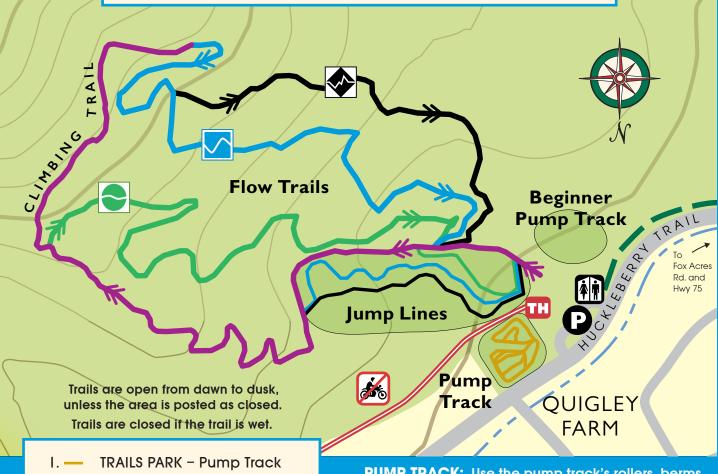
## **Quigley Trails Park**

Pump Track • Jump Lines • Flow Trails





TRAILS PARK - Jump Lines

TRAILS PARK - Flow Trails

4. TRAILS PARK - Beginner Pump Track

> TRAILS PARK - Climbing Trail (Uphill traffic only. DO NOT cut switchbacks)

TRAIL - Quigley Loop Trail

**EASIER** WAY



MORE **DIFFICULT** 



MOST DIFFICULT PUMP TRACK: Use the pump track's rollers, berms, and jumps as a way to practice your bike balance, handling, and cornering techniques. Try to ride the whole circuit without pedaling!

**JUMP LINES:** Three levels of jump lines (beginner, intermediate, and advanced) are set up in progressions so that when you land a jump, you're set up for the next one. Build confidence and skills on the easier lines before moving up to the next level.

FLOW TRAILS: Flow trails are designed to emphasize speed and rhythm while minimizing pedaling and braking. Start with the easy trail and work your way up to the more difficult routes.