



# The Beginners intro to mountain biking Park City Utah



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# The Beginners intro to mountain biking Park City Utah

## **Do you want to try mountain biking in Park City?**

My name is Christopher Comstock and I can relate. My first visit to Park City I wanted to try mountain biking, but didn't know anything about it. I took my bike to Park City Mountain Resort and bought a lift ticket. I got off the lift successfully and asked the lift attendant at the top which way is the "easy way". He pointed down a trail and off we went. After a long and difficult haul down the mountain we staggered into the bike shop. I told the bike pro that we just came down the "easy trail", I then asked him, "do you have any bike trails named Daisy or Buttercup". He laughed and asked us, "is this your 1<sup>st</sup> time mountain biking?". The bike Pro then pulled out a map and helped us find more appropriate trails for beginners. He sent us to Deer Valley's section of the mid-mountain trail. Wish I had known this before spending 70 bucks to be terrified.

I found beginner level Park City mountain biking trails by studying maps, books, videos, and getting out and exploring. I have been Mountain biking Park City for 5 years now and mountain biking has become one of my favorite activities. I started as a beginner so consequently I became very knowledgeable of the beginner and Intermediate level trails in Park City. Starting my mountain biking adventure in the local area has taught me what are the best areas for inexperienced mountain bikers. I have become an expert on the Park City trails over the past 5 years.

My focus is on helping beginner mountain bikers enjoy the Park City Mountain bike trails. So I'm here today and I understand the Park City beginner's mountain biking experience very well and I want to do my best to help you get through it.

**In this guide I'm going to show you how I did it and how you can too.**

I'm going to do that by showing you What to expect from mountain biking, Gear for Mountain Biking, Lessons Maps, and Resources for mountain biking Park City, Where to go Best Trails for Beginner Mountain bikers in Park City, and finally Park City Bus System for Mountain Bikers.

By the time you finish this guide you'll have everything you need!



**Let's Get Started with What to expect from Mountain Biking.**



# Chapter 1: What to expect from mountain biking

## Chapter 1: What to expect from mountain biking

In this chapter we're talking about what you should expect from mountain biking.

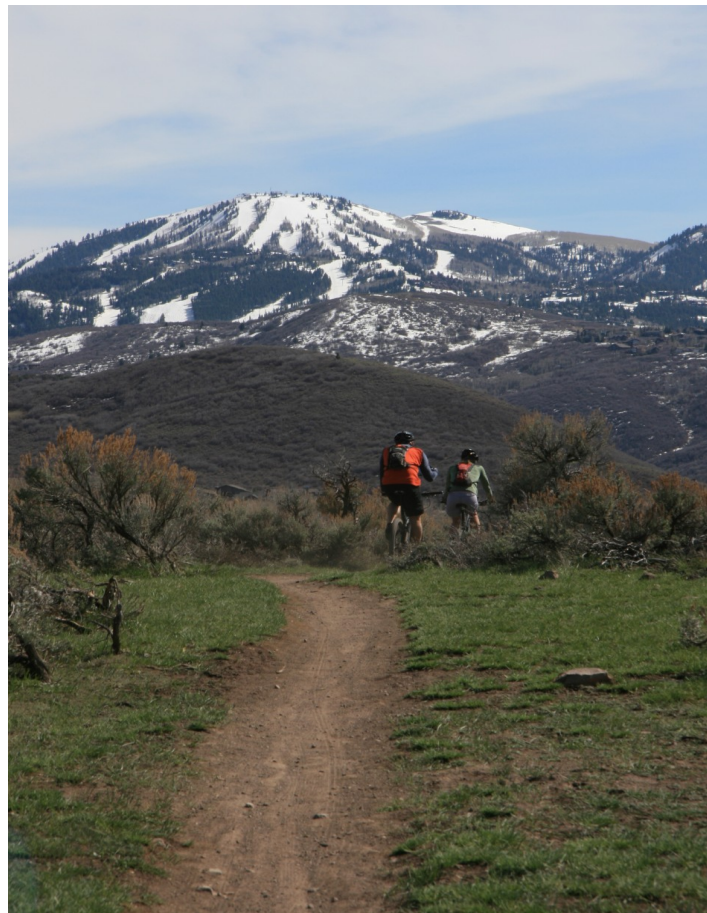
The things you need to focus on are Lift served downhill mountain biking, what to expect on the trail, and making it on your own. This is important so you can be prepared for what's to come.

The first thing we need to focus on is, lift served Downhill Mountain biking is NOT for beginners. I know you really want to try it out, but don't. Using the chairlift is easier because you don't have to pedal, but once you get off the difficulty and consequences get dialed up to Level-9. Until you feel comfortable on a couple of the recommended Beginner & Intermediate trails listed in this book, don't risk it!



# Chapter 1: What to expect from mountain biking

Now that we know that lift served Downhill Mountain biking is not for beginners, we will focus on what to expect **On the trail**. The trails in Park City are enjoyed by many people. Trail users include Hikers, Bikers, Dogs, and occasional Horseback riders. It's common to encounter other trail users while riding on the narrow single track trails. **Yielding and passing on the trail is simple**. Just remember HORSES are BIG and unpredictable, so get out of the way. This also applies to Moose on the trail. It is much more likely you'll encounter a non-yielding moose than a horseback rider. Either way, get out of the way. Dog encounters, aren't anything to worry about. They will always yield out of self-preservation. Out of all my experience I've never had a bad encounter with a dog on the trail. Besides yielding to horses & moose, all you have to remember is, if you're **going uphill, you have the right of way**. Going uphill is hard work and hard work gets Respect.



# Chapter 1: What to expect from mountain biking

And finally we get to focus on making it on your own. When Mountain biking, you are on your own. Even if you go with somebody else, you are still on your own. There won't be anybody sitting at the trail junctions telling you which way to go. What if I don't take the correct trail? What if the trail is too difficult? Am I going to look like a fool? Don't worry. In Park City there is no wrong way. You can walk your bike down difficult sections. There's no shame in walking. All the trails eventually lead you back down to a road where you can use the free bus system. It doesn't take many outings on the singlettrack to realize that with a spare tube, pliers, and a basic medical kit you can do a lot on your own. As a beginner level mountain biker, you'll rarely, and always be out on your own. You'll go with friends, and you'll help each other, but when pushing to the top of the hill or changing a flat tire, it will become very apparent that you are actually, on your own.



In this Chapter we learned about what you should expect from mountain biking. You learned about Lift served downhill mountain biking, what to expect on the trail, and making it on your own. In the next Chapter we'll be covering how to get the Proper Gear and get Educated.



# Chapter 2: Gear for Mountain Biking

## Chapter 2: Gear for Mountain Biking

In the last chapter we covered what to expect from mountain biking. Now that you know what to expect we can start to focus on **Gear for Mountain Biking**.

The things you need to focus on are the kind of **clothing** needed for mountain biking in Park City, the different kinds of mountain **bikes** and where to get them, and the basics of Emergency **Med & Repair Kits**. This is very important because you're going to need to know what gear to take and what kind of bike you're going to need before you start out on the trail.





# Chapter 2: Gear for Mountain Biking

The First thing we need to focus on is what kind of clothing and equipment you need for mountain biking around Park City. **A backpack** is a good place to start. There are specialty packs for mountain biking but a small backpack of any kind would do fine. When you're on the trail these essential items to carry water, food, extra clothing, and small repair & 1<sup>st</sup> aid kits are too big to be carried in your pockets. I would recommend that at least 1 member of a group should have a backpack. Next, clothing item a mountain biker needs are shoes. **Any closed toe shoe** would work fine. A flat sole shoe like a skateboard shoe works best. Running shoes are not ideal; the curve sole doesn't allow them to sit flat on the pedals causing occasional slips off the pedals. Mountain biking shoes for "clip-less" pedals add difficulty and won't benefit a beginner mountain biker. "Clip-less" pedals are the pedals where your shoe actually clips into the pedals. Go figure! The last thing to focus on your mountain bike clothing is your **pants/shorts**. Shorts work well for mountain biking. They keep you cooler and won't need to be kept away from the chain. Pants work fine as well although you'll have to be careful not to get them caught in the chain. A good way to secure your pant leg from getting caught in the chain is to roll up your right leg and put a rubber band around it. This works to keep you pants from getting torn.

Now that we know what to wear Mountain biking we will focus on our **Basic Emergency and repair kits**. Mountain biking is a physical activity with a chance for scrapes, bumps, and bruises. Often times mountain bikers are far from a trailhead and need to be prepared to care for any minor bike repairs, cuts, or hydration needs on their own. Even if you're not familiar with how to change your tire, bring a spare inner tube for a passerby with the "know how".

# Chapter 2: Gear for Mountain Biking

## Repair Kit

- Spare tube
- Chain tool
- Headlamp
- folding hex keys
- quick links
- Torx T25 wrench
- tire pump

## Emergency med Kit

- |                |                         |             |
|----------------|-------------------------|-------------|
| -Athletic tape | -alcohol wipes          | -band aids  |
| -Gauze         | -Benadryl antihistamine | -lighter    |
| -Latex glove   | -Ibuprofen              | -hard candy |
| -TP            |                         |             |





# Chapter 2: Gear for Mountain Biking

## What are the different types of Mountain bikes, different sizes, and where to get them

There are 3 **different types of mountain bikes** you'll have to choose from the downhill, XC, and Trail bikes. **Downhill Bikes** are for people looking for downhill performance. They do not pedal well and are sturdier than other kinds of mountain bikes so they are intended for chairlift riding. Most beginners won't want to go on the downhill courses until they are more experienced riders. **XC Bikes** are the lightest bikes. These bikes are made for riding longer distances. They usually skip on the downhill performance in favor of lightweight components. XC bikes include skinny tire bikes and hard tail bikes w/o rear suspension. Most beginners will want to get what is called a **Trail Bike**. This is the standard mountain bike. It has a mix of downhill and XC bike features. The trail bike pedals uphill and distances like the XC, and has beefed up downhill capability. A trail bike is for most people.



# Chapter 2: Gear for Mountain Biking

**What are the different sizes of mountain bikes?** There are 3 different sizes in mountain biking to become familiar with Frame size, wheel size, and tire size. **Frame size** depends on how big you are.

## Mountain Bikes - Finding the Right Size

Your Height	Your Inseam Length	Bike Frame Size
4'11" - 5'3"	25" - 27"	13 - 15 inches
5'3" - 5'7"	27" - 29"	15 to 17 inches
5'7" - 5'11"	29" - 31"	17 to 19 inches



**Wheel size** are generally 26 inch 27.5 or 29er. The 26 inch wheel is the old standard. The 27.5 is the new standard. The larger wheels of the 27.5 hit the bumps at a shallower angle making for a smoother ride. This is now the most common wheel size around and is best suited for the beginner rider. The 29er is the big daddy boss of going over stuff. This bigger wheel is great for going fast. The drawback on the 29er is that they are more difficult to handle on the trail. A rider would have to be a technically good rider to handle a large 29er.



# Chapter 2: Gear for Mountain Biking

And finally we get to focus on **where to get a mountain bike in Park City**. You can either purchase a mountain bike from a retailer or rent one from a bike shop. Mountain bikes are expensive. Expect to spend \$1,000 to \$8,000+ for a new bike. Renting a bike is a great option for a beginner or someone traveling. Bike rentals usually cost about \$65 a day. Good places to rent mountain bikes are:

## **Deer Valley**

Deer Valley Resort / Snow park lodge /Silver Lake Village / Empire Canyon Lodge

## **Park City**

[Legacy Sports Rental](#) / [Park City resort base](#) 1315 Lowell Ave Park City / Phone: 435-658-5800

[Jans](#) (1600 Park Ave, Park City) Phone: 435-649-4949

[Cole Sports](#) 1615 Park Ave, Park City / Phone: 435-649-4800

## **Canyons**

[Canyon Mountain Sports](#) / [Canyons Village](#) 3720 N Sundial Ct Park City/ Phone: 435-615-3440

[Aloha Sports](#) / Canyons Village 3000 Canyons Resort Dr, Park City / Phone: 435-647-2990

In this Chapter we learned how to gear up for mountain biking by learning clothing needed for mountain biking in Park City, the basics of Emergency Med & Repair Kits, and what are the different kinds of mountain bikes and where to get them. In the next Chapter we'll be covering where to get lesson, maps, and resources for mountain biking in Park City.

# Chapter 3: Lessons, maps, and Resources for mountain biking in Park City

## Chapter 3: Lessons, maps, and Resources for mountain biking in Park City

In the Last Chapter We Covered what kind of clothing, gear, and mountain bikes you're going to need for mountain biking in Park City. Now that you know the basics of what you need you're almost ready to get out on the trail. This chapter we can look into where you can get lessons, maps, and what are good resources for mountain biking in Park City.

The things you need to focus on are where you can get mountain biking **lessons**, what **maps** you need for riding around Park City, and Park City mountain biking **resources**. This is important because now that you're geared up and ready to go, you have to know where you're going and how to do it.





## Chapter 3: Lessons, maps, and Resources for mountain biking in Park City

The first thing we need to focus on is **Where to get Mountain Biking Lessons**. For some people lessons might not be needed or wanted. If you feel comfortable riding a bike over obstacles and around switchbacks then lessons aren't needed. Lessons however will shorten the learning curve. As a ski instructor, I believe in the value of lessons. A simple beginner's lesson can add more value to a trip than any other purchase you could make. Where can you get lessons?

### Lessons

**Jans** – for \$75 Phone 435-649-4949

**White Pine Touring** – for \$75 Phone (435)-649-6249

**Deer Valley** – 3 hour lessons Phone 435-649-1000

**Park City Resort** – \$124 3 hour lesson / \$164 5 hour lesson Phone (435) 214-0601

**All Seasons Adventures** – Beginner rides \$99 Phone (435) 649-9619

**Young Riders** – youth mountain biking camps Phone (435) 640-8642

**Basin Recreation** – youth mountain biking camps \$80 per Phone (435) 655-0999



Level 3 mountain bike guide **Blake Summers** request him

**White Pine Touring** (435)-649-6249

## Chapter 3: Lessons, maps, and Resources for mountain biking in Park City

Now that we're finished with Where to get Mountain Biking Lessons, we can focus on **What Map You Need For Riding Around Park City**. Mountain Trails Foundation a local non-profit organization puts out the only map anybody ever needs for riding around Park City. The map has every trail in PC area, topographic lines for elevation, and difficulty & distance markers. This map isn't sold online. You can pick one up for \$5 at ANY biking shop around Park City. Any self respecting Park City local bike shop will carry the map. There is also an online version that's just as awesome and in some ways better.

### MAP - PARK CITY MOUNTAIN BIKING TRAIL MAP



## Chapter 3: Lessons, maps, and Resources for mountain biking in Park City

And finally we get to **Park City Mountain Biking Resources**.

- **Mountain Trail Foundation-**

This website is where you can get trail info and Maps

- **Jans**—for \$75

- **White Pine Touring**—

Same as Jans. Both are the same company

- **Deer Valley**—3 hour lessons

- **Park City Resort**—\$124 3 hour lesson / \$164 5 hour lesson

- **All Seasons Adventures**—Beginner rides \$99

- **Young Riders**—youth mountain biking camps

- **Basin Recreation**—youth mountain biking camps \$80 per

- **Exclusive Excursions**—Mountain biking guide service

### **Park City Bus System**—

Free Transit System mountain bike friendly transport around town.

In this chapter we learned about lessons, maps and resources for mountain biking Park City. In the next Chapter we'll be covering Where to Go, the best trails for beginners in Park City.



# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

In the Last Chapter We covered where to get lessons, what map to get, and general mountain biking resources for Park City. Now that you know the basics of what you'll need, you're almost ready to get out on the trail. This chapter we can look into **where to go, the best trails for beginners in Park City.**

This chapter has recommended rides for each location in Park City. There is Deer Valley, Park City old town, Canyons Village, Olympic Park, and Kimball Junction areas of town. My overall recommendation is to ride any of the following trails that is closest to where you are staying.



# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## Deer Valley

### Mid-mountain trail from silver lake



Park at **Silver Lake Lodge**. Go in the direction of the ski slopes and look for the Silver Lake Express and Sterling chair lifts. The mid-mountain trail starts directly under these chairs.

This trail is quintessential Park City mountain biking. It crosses ski slopes, runs through mature aspen forest, and rolls through the northern aspect pines. This trail is good for people who can ride over small obstacles but it's not the easiest trail in Park City. Mid-mountain trail follows the contour of the mountains rather than dropping straight down, like most lift served trails do. This trail is an out and back meaning you ride as far as you like then turn around and go back on the same trail to where you started.

# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## **Park City**

### **H.A.M Trail**

Park at the Park City Mountain Resort main parking lot, near 1<sup>st</sup> time chairlift.

Option 1 – Go in the direction of the main resort base and look for a paved path on the right, under the small zip line. This is Silver Spur trail. Stay on the trail short distance and take a right onto Spiro and a quick left onto Armstrong

Option 2 – Ride on the street north of the parking lot “Three Kings Dr” Take a left onto “Crescent road” trailhead will be up on your right.

Ride up Armstrong Trail until you come to a trail named HAM. Take a left onto HAM and ride it a short distance to it's end. Now head left on Spiro which will take you to back to the bottom.

HAM loop is classic Wasatch climb followed by fun downhill. The trail is mostly smooth with not many obstacles on it. The aspen forests are amazing! This is probably my favorite beginner ride in Park City.



# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## **Lost Prospector**

Drive to Deer Valley Drive near Old Town. Halfway between the Park Avenue (Hwy 224) and the roundabout at the top you will make a turn onto Aerie Dr. Aerie Drive is the only street on the west side of Deer Valley drive. (West\* opposite from town) If you use 1039 Aerie dr on a GPS it should get you near the trail head. Find the trail and park here on the side of the road.

Lost Prospector Trail is remarkably level. This is great because there isn't any difficult downhill or uphill to handle. This trail is an out and back. I like this trail because it is simple. You stay on the same trail and don't have to worry about any difficult climbs or downhill.

## **Round Valley**

### **Rambler - Ramble On trail**

Round Valley area located by the Hospital and Ice Rink, is the BEST place for never ever mountain bikers. This area has smooth trails and hills instead of mountains. There are many hidden places around town to access round valley but the most obvious is near the [Park City Ice Arena](#).

[600 Gilmore way](#) [Park City 84060](#)

Get on the trail that starts in the Ice Arena Parking lot (Rambler trail). The 1<sup>st</sup> junction is Practice Loops, stay right. Next junction is Matt's Flatt and Rambler, stay right again. Now stay right for the next 2 trail junctions passing Somewhere Elks, and Karis. The next junction past Karis take Ramble On. Follow Ramble On all the way around the valley until turns back to the south back into Rambler. Follow Rambler the rest of the way back to your car.

I like Round Valley for beginners because it feels the least intimidating and there is always a safe trail to turn back on.

# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## **Canyons Village**

### **Gondola Mid-Mountain**

There are not a lot of options for beginner mountain bikers from the base of Canyons Village. But with a gondola pass you get treated to one of the Gems of Park City. The mid-mountain trail from Red Pine Lodge is one of the best trails in Park City. Canyons section of mid-mountain trail is a little more difficult than the starting point at Deer Valley but for many people the location is better.

Go south (left) if you want to have the trail practically to yourself.

Head north (right) if you want to see more of the Canyons scene. Visit Alpine Lake, and check out, but don't ride, the downhill trail parallel to mid-mountain called Drop Kick. Ride out as far as you'd like and ride back.

### **Village base Holys Trail**

Holys is not an easy trail because it starts out and seemingly never stops climbing. Welcome to the Wasatch. Trails around this area generally are long climbs that test one's physical fitness. Holys trail is a smooth and not technically difficult. If you have good physical fitness and are a decent biker (don't need training wheels) Holys is great and will save you time traveling to a different trail and save you on buying a Gondola Pass.

# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## Olympic Park

### **UOP Yeti's - Moose Puddle trails**

Park in the main lot at Olympic Park complex. Ride away from the building in the same direction as the road brought you in. Ride past a gate to stop vehicular traffic. Ride down to the bottom of the hill and here is where the trail begins.

UOP Yeti's & Moose Puddle trails are very new (\*fall 2016) The builders of this trail must've had experience building beautiful and fun trails. This trail winds it's way through the forest at a gentle grade. The smooth surface is nice a stable to ride. Like many of the Park City trails this trail climbs a mountain. If your physical fitness holds up and you make it to the top, you have the chance to finish the loop.





# Chapter 4: Where to go, the best trails for beginner mountain bikers in Park City

## Kimball Junction



## **Spring Creek Trailhead / Glenwilde**

Access: North of I-80 drive east (right). Turn north (left) onto Glenwilde dr . The Spring Creek Trailhead will be on the left.

The Stealth trail is an excellent trail for beginner mountain bikers. The trail is mostly smooth and has gentle climbs compared to other described trails. The best way to ride stealth for an easy ride is to start riding the trail (west) back in the direction of Kimball junction. Stay on the Stealth trail until you reach the top of the hill at the Glenwilde trail junction, then turn back and ride down. The Stealth trail at the Spring Creek trailhead is a great choice for a fun and confident ride.

In this chapter we learned where to go, the best trails for beginners in Park City. In the next Chapter we'll be covering the Park City Bus system for mountain bikers.

*If you're staying at Kimball Junction the best way to get to the trailhead is to ride your bike along the path, at backside of Redstone center. There is a pedestrian/bike tunnel that goes under the freeway. All you have to do is cross a road and you're at the trailhead. (there is a small stream inside the tunnel and it makes for great pictures)*

# Chapter 5: Park City Bus System for Mountain Bikers

## Chapter 5: Park City Bus System for Mountain Bikers

In the last chapter we covered Where to go, the Best Trails for Beginner Mountain Bikers in Park City. Now that you know where to go we can start to focus the **Park City Bus System for Mountain Bikers**.

The things you need to focus on are where does the Park City Bus system go, benefits and the cost of using the bus system for mountain biking, and how to get your bike onto the bus. Learning about the Park City Bus System is important for mountain bikers because it's an invaluable resource to have when riding the trails around town.

The first thing we need to focus on is **Where Does the Park City Bus System Go?**



# Chapter 5: Park City Bus System for Mountain Bikers

Park City is a small area everything is located within an 8 mile radius. The bus system accesses all of it. What if I don't know where the bus goes? You don't have to worry about getting on the wrong bus and getting lost because all the buses end up at the same central bus station. From there you can make the connection to any other bus line you need.

Now that we're finished with Where the Park City Bus System goes, we can focus on the **benefits and cost of using the bus system for mountain biking**. Using the bus system gets you access to almost all the trails in Park City. Staying in town without a car, no problem. Use the bus to shorten the distance to a trail head. I often use the bus to go into town then ride the rest of the way to the trails. Use the bus as the ride home. It's great to know that you don't have to pedal all the way back. The biggest benefit to Using the Park City Bus System is that it's free! It doesn't get any better than that.

Now that we're finished with The Benefits and Cost of Using the Bus System for Mountain biking, we can focus on **How to get your bike onto the bus**. There are 2 options. You can pick your bike up and carry it on or use the bike rack attached to the front of the bus. The bike rack is simple. First you'll need to pull the rack down from the bus. Then pick your bike up onto one of the tracks on the rack. Keep hold of your bike throughout the process to keep it balanced. Reach down and pull the tire arm up all the way over your front tire. Don't worry as long as you get the arm as close to the frame of the bike and the bike is properly in the track, it will be safe.

## How To Load Your Bike Onto a Bus

In this a chapter we learned how to use the Park City bus system for mountain bikers, by learning where does the Park City Bus system go, benefits and the cost of using the bus system for mountain biking, and how to get your bike onto the bus. In the next chapter we'll talking about how to put it all together and what to do next.



# What's Next

## What's Next (conclusion)

You've been on quite the journey in the last few pages of the book.

We covered what you should expect from mountain biking. Then we went through the gear for mountain biking. From there we covered lessons, maps, and resources for mountain biking in Park City, where to go, the best trails for beginners in Park City, and finally the Park City bus system for mountain bikers.

By now you should have a very detailed knowledge of how to go mountain biking safely on the trails of Park City.

The only left to do now is take action on what you just picked up. With everything we included inside (and all the shortcuts) you should be able to start tomorrow and have enjoyed a mountain bike ride through the Park City mountains during your visit to Park City.

I've armed you with everything you need but I can't ride those trails for you. The rest is up to you. Have Fun!

One more thing:

I want to hear your Success Story.

Write me at [parkcitypeople@gmail.com](mailto:parkcitypeople@gmail.com) and tell me your success story after using the information from this guide. I can't wait to hear from you.

□