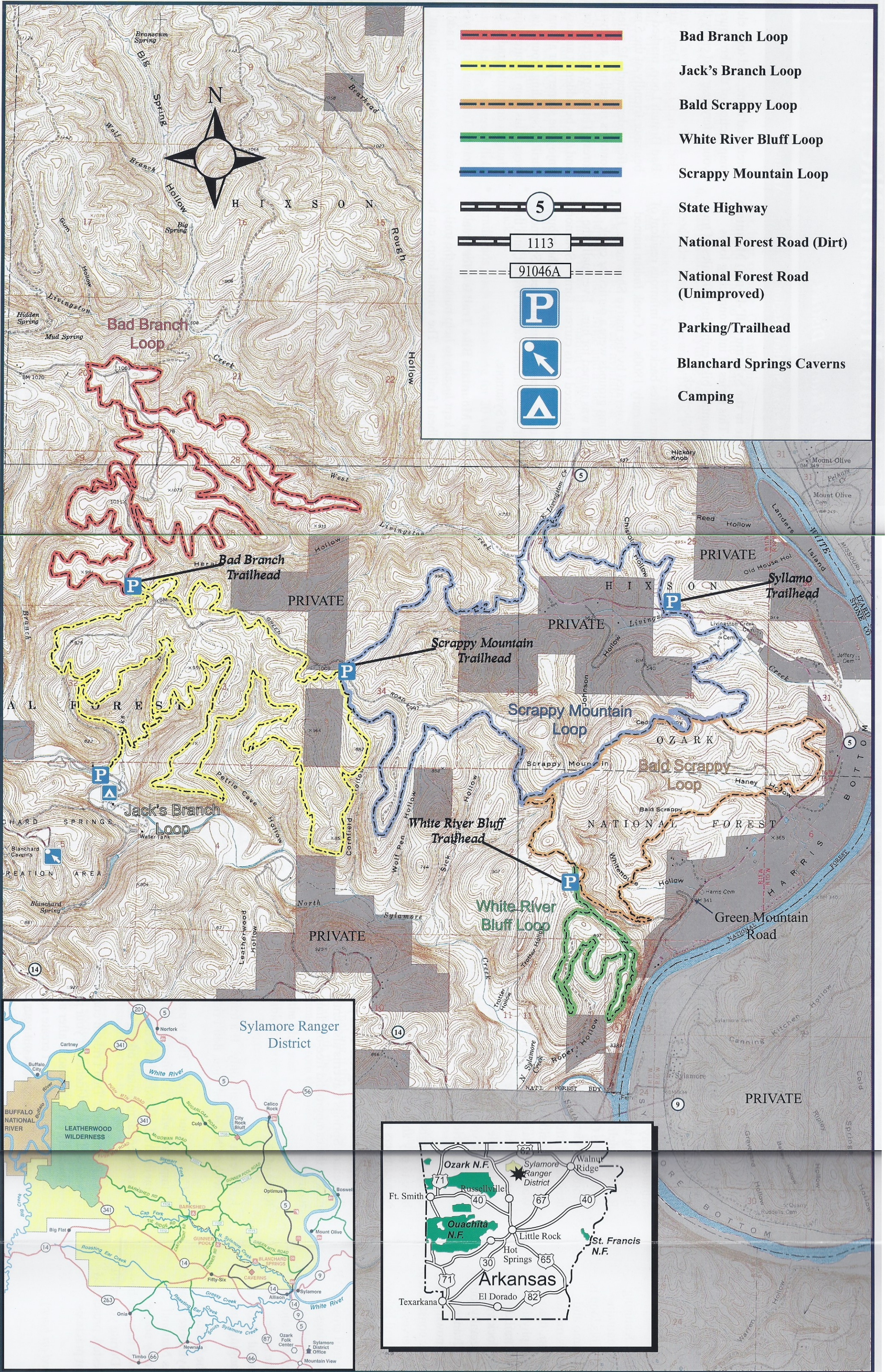


Sylamo Mountain Bike Trail

Sylamore Ranger District



Fitness Level	Description
Moderate	Rolling route with no sustained climbs over 150 feet in length.
Intermediate	Route includes occasional steep pitches 150-300 feet in length and sustained climbs
Difficult	Route has frequent steep pitches with large elevation changes and long difficult sustained climbs.
Skill Level	Description
Beginner	Route generally on winding single track packed trails. Basic skills of balance and bike control while climbing or descending gentle slopes are required.
Intermediate	Route includes some sections where both ascents and descents may be steep. Riders must know how to maintain balance while riding over a rough surface and how to pick a clean line while descending or climbing rock outcroppings.
Advanced	Route includes more frequent sections of very difficult ascents and descents requiring constant bike control to avoid injury . Trail surface requires advanced technical skills to negotiate numerous difficult rocky obstacles.

Trail	Distance (mi.)	Elevation Change (ft.) *	Fitness Level	Skill Level	Preferred Route
Bad Branch Loop	12	880	Intermediate	Beginner	Clockwise (CW)
Bad Branch (8 mile)	8	660	Moderate	Beginner	CW
Bad Branch (4 mile)	4	220	Moderate	Beginner	CW
Jack's Branch Loop	14	1280	Difficult	Intermediate	Counter Clockwise (CCW)
Bald Scrappy Loop	7.3	970	Intermediate	Intermediate	CCW
White River Bluff Loop	4.5	385	Intermediate	Advanced	CCW
Scrappy Mountain Loop	12	1390	Difficult	Advanced	CW

*Total cumulative change in elevation while riding the loop.

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