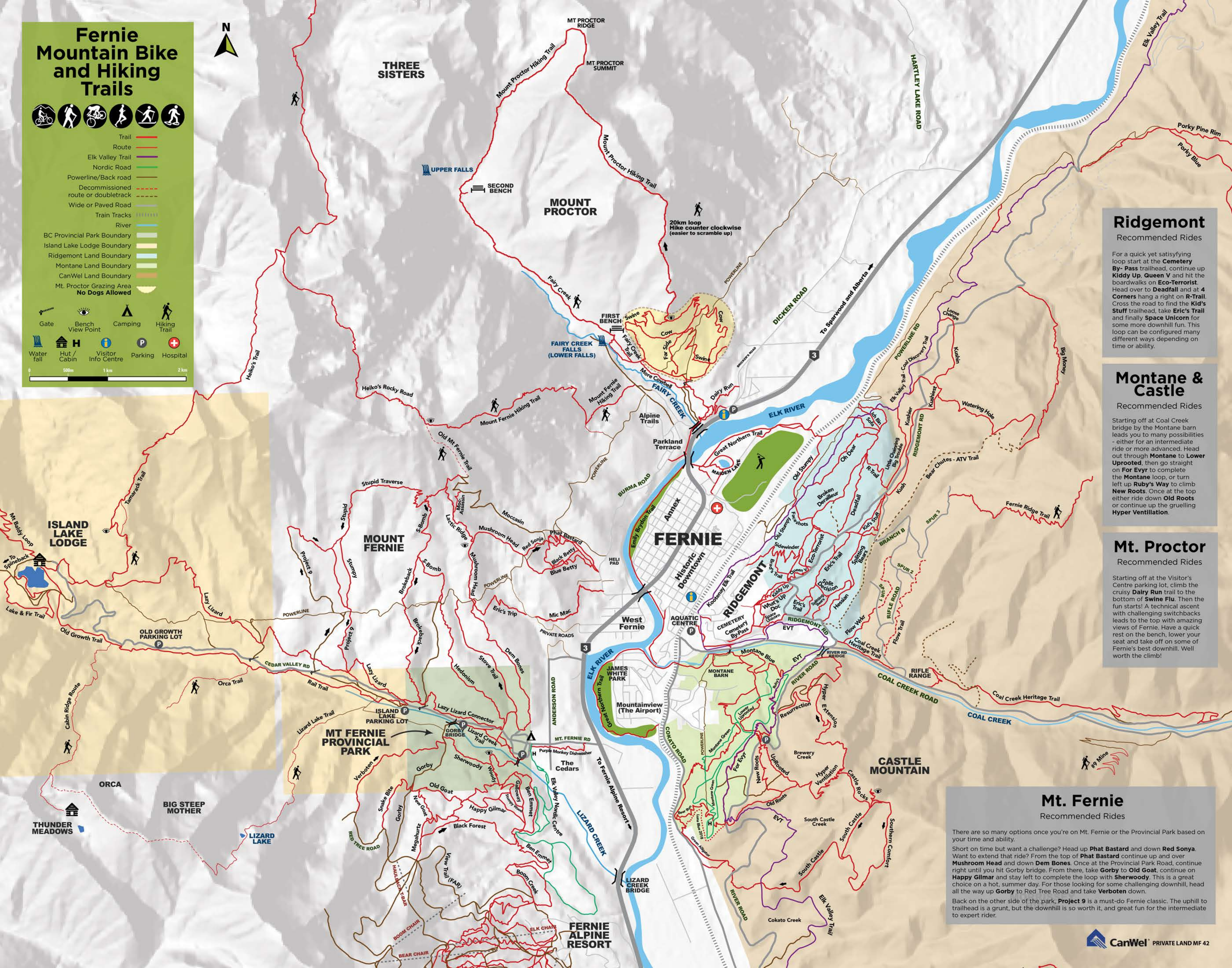


# Fernie Mountain Bike and Hiking Trails



- Trail
- Route
- Elk Valley Trail
- Nordic Road
- Powerline/Back road
- Decommissioned route or doubletrack
- Wide or Paved Road
- Train Tracks
- River
- BC Provincial Park Boundary
- Island Lake Lodge Boundary
- Ridgemont Land Boundary
- Montane Land Boundary
- CanWel Land Boundary
- Mt. Proctor Grazing Area
- No Dogs Allowed



## Ridgemont

### Recommended Rides

For a quick yet satisfying loop start at the **Cemetery By-Pass** trailhead, continue up **Kiddy Up**, **Queen V** and hit the boardwalks on **Eco-Terrorist**. Head over to **Deadfall** and at **4 Corners** hang a right on **R-Trail**. Cross the road to find the **Kid's Stuff** trailhead, take **Eric's Trail** and finally **Space Unicorn** for some more downhill fun. This loop can be configured many different ways depending on time or ability.

## Montane & Castle

### Recommended Rides

Starting off at Coal Creek bridge by the Montane barn leads you to many possibilities - either for an intermediate ride or more advanced. Head out through **Montane** to **Lower Uprooted**, then go straight on **For Evyr** to complete the **Montane** loop, or turn left up **Ruby's Way** to climb **New Roots**. Once at the top either ride down **Old Roots** or continue up the gruelling **Hyper Ventilation**.

## Mt. Proctor

### Recommended Rides

Starting off at the Visitor's Centre parking lot, climb the cruiy **Dairy Run** trail to the bottom of **Swine Flu**. Then the fun starts! A technical ascent with challenging switchbacks leads to the top with amazing views of Fernie. Have a quick rest on the bench, lower your seat and take off on some of Fernie's best downhill. Well worth the climb!

## Mt. Fernie

### Recommended Rides

There are so many options once you're on Mt. Fernie or the Provincial Park based on your time and ability.

Short on time but want a challenge? Head up **Phat Bastard** and down **Red Sonya**. Want to extend that ride? From the top of **Phat Bastard** continue up and over **Mushroom Head** and down **Dem Bones**. Once at the Provincial Park Road, continue right until you hit Gorby bridge. From there, take **Gorby** to **Old Goat**, continue on **Happy Gilmar** and stay left to complete the loop with **Sherwoody**. This is a great choice on a hot, summer day. For those looking for some challenging downhill, head all the way up **Gorby** to Red Tree Road and take **Verboten** down.

Back on the other side of the park, **Project 9** is a must-do Fernie classic. The uphill to trailhead is a grunt, but the downhill is so worth it, and great fun for the intermediate to expert rider.