

MOUNT PREVOST FOREST RESERVE

MEMPHIS











Memphis is a top to bottom high-speed single-track trail that acts as an entry point for the majority of trails. The lowest section of Memphis is a machine-built jump trail, offering a great warm-up for Adrenaline. Riders can expect steep sections

ADRENALINE

leading into meandering singletrack.









Adrenaline is Mount Prevost's premiere machine-built jump trail. Riders can expect a lot of airtime mixed in with high-speed corners. Each feature flows into the next with optional exits before each jump.

PATCHWORKS









Patchworks is one of the steepest trails on Mount Prevost. Riders can expect technical corners, fast and rooty singletrack, long steep descents, and a rhythm section of gap jumps to finish.

SKIN IN THE GAME









Skin in the Game splits off Patchworks and challenges riders due to the offcamber terrain and tight corners. Riders can expect a step-down off the start into some technical off-camber terrain, finishing with a log drop before connecting back to patchworks.

DAISY DUKES









Daisy Dukes is Mount Prevost's signature freeride trail and crowd favorite. Riders will experience multiple gaps, steep long chutes, a log ride and finally one of the largest drops on the mountain.

RACE TRAIL







Originally known as \$1.87, Race Trail uses sections of the old trail, with a mix of newschool, wide, off-camber natural terrain. Riders can expect to be challenged with line choice to find the fastest way down.

MEMPHIS CONNECTOR







♦ 5 6 0.1 KM

Short section of trail connecting the bottom of Daisy Dukes into the lower machine-built section of Memphis. Riders can put their pumping skills to the test on multiple rollers and berms.

KING OF FORWARDS







King of Forwards starts off steep before getting into multiple gap jumps and tight turns. Riders can expect blind landings and off-camber corners.

THREAT LEVEL **MIDNIGHT**







6 6 0.3 KM

Threat Level Midnight is a mission many riders need to complete. Riders can expect wide open and fast descents with built-up corners to catch them when needed.

WOLFGANG







√ 6 0.5 KM

Wolfgang follows the natural contours of the land, twisting and turning down into the Patchworks gap jump section. Wolfgang challenges riders to find smooth lines to carry momentum down the hill.

BUBONIC CHRONIC







Splitting off Mr.T, Bubonic Chronic is a single-track trail that follows a ravine's edge. Riders can expect loose rock and high-speed technical corners.

MR. T







♦♦ ∱○ **⚠** 1.4 KM

Mr.T is the go-to trail for racers looking to train. Riders can expect fast single track into tight turns with long steep descents along with some airtime to round things out.

PUTTIN' ON THE RITZ







♦ ♦ 2 KM

Puttin' on the Ritz mixes high speeds and jumps into one trail. Riders can expect to start out with big gap jumps that lead into open fast singletrack through a clearcut and back into the forest for some technical steeps. To round things off, Puttin' on the Ritz finishes with a mellow grade high-speed single-track.



Have a trail idea, comment or concern?

Contact us at 250.746.3106 or parksrec@northcowichan.ca

LEAVE NO TRACE

Take nothing but pictures. Leave nothing but footprints.





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FORESTRY ROAD

LEGEND



S BIKING (DOWNHILL ONLY)



TRAIL# CONFIDENCE MARKER





BIKE ONLY



⊢ FORESTRY GATE

P PARKING



