

Mountain Bike Trails

National Park Service
U.S. Department of the Interior

Lake Meredith National Recreation Area



Mountain biking is a popular and growing recreational activity at Lake Meredith National Recreation Area that can be enjoyed by visitors. The guidelines below are designed to help off-road cyclists enjoy their sport while showing respect for the environment and for other park users. Please remember the way you ride today shapes mountain bike trail access tomorrow!

Do your part to preserve and enhance the sport's access and image by observing the following rules of the trail, formulated by the International Mountain Bicycling Association (IMBA). These rules are recognized around the world as the standard code of conduct for mountain bikers.

Rules of the Trail

1) Ride Open Trail

Respect trail and road closures — ask a Park Ranger for clarification if you are uncertain about the status of a trail. Do not trespass on private land.

2) Leave No Trace

Be sensitive to the dirt beneath you. Recognize different types of soil and trail conditions. Wet and muddy trails are more vulnerable to damage than dry ones. When the trail is wet, consider other riding options. This also means staying on existing trails and not creating new ones. Don't cut switchbacks. Be sure to pack out at least as much as you pack in.

3) Control Your Bicycle!

Inattention for even a moment could put yourself and others at risk, ride in control and within your limits.

4) Yield Appropriately (Always Yield Trail)

Show your respect when passing by slowing down or stopping. Anticipate other trail users around corners or in blind spots. When meeting other trail users, slow down, establish communication and be prepared to stop if necessary. Bikes yield to both horses and hikers. Do your best to let your fellow trail users know you're coming - a friendly greeting or bell ringing are good methods. Try to anticipate other trail users as you ride around corners.

5) Never Scare Animals

Animals are easily startled by an unannounced approach, a sudden movement or a loud noise. Give animals enough room and time to adjust to you. When passing horses, use special care and follow directions from the horseback riders (when in doubt, ask!)

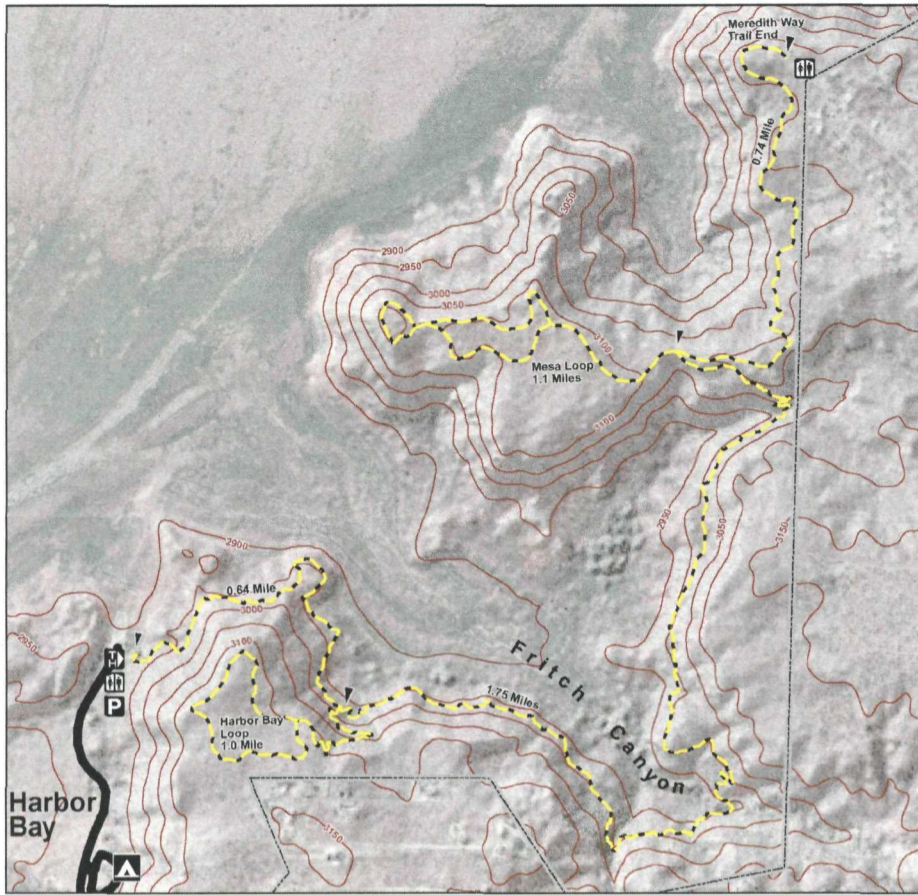
6) Plan Ahead

Know your bicycle. Read trail descriptions and choose one that matches your skill level. Take along a bike trail map. Be self sufficient, keep your equipment in good working order, and carry supplies for emergency repairs. Be prepared for sudden changes in the weather. Always wear a helmet and appropriate safety gear. Carry plenty of water. Do not count on filtering water from the Canadian River or Lake Meredith.

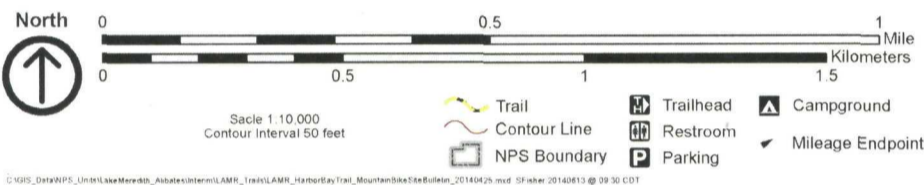
Remember that hunting is allowed in the park. Check with Rangers about various seasons. Wearing bright colors or hunting orange is recommended during hunting seasons.

Always ride with others in remote areas and leave your travel plans with someone.

Harbor Bay Trail



The Harbor Bay Trail system offers experienced riders a bit of a challenge, with switchbacks and steep sections. Enjoy the view from the loop of trail atop each mesa!

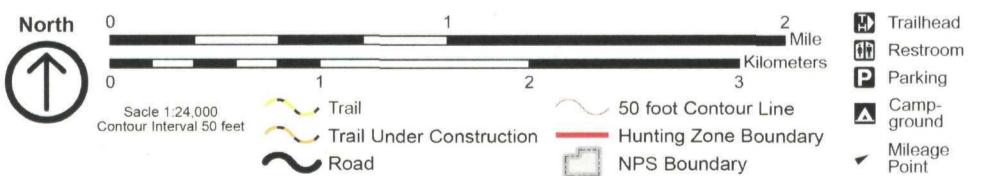
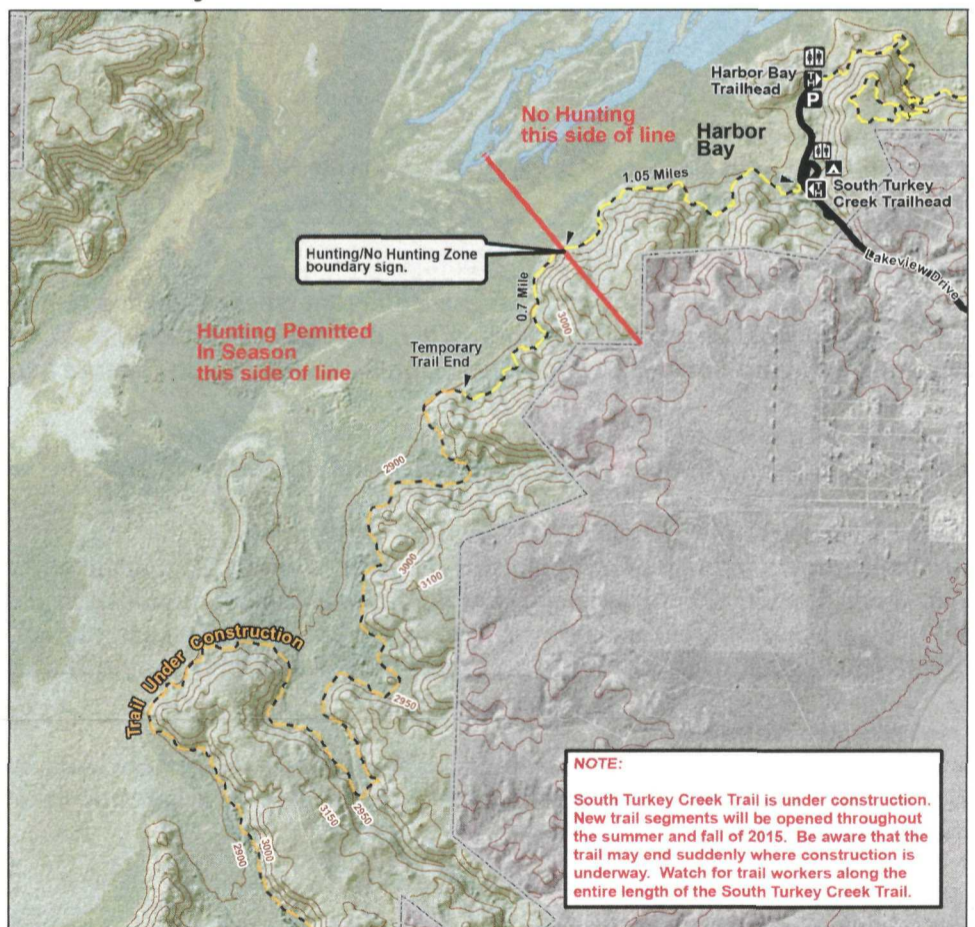


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The South Turkey Creek Trail winds its way along the south side of the river valley. The trail has only small inclines and allows for a more leisurely biking experience.

During the 2015 summer and autumn seasons, this trail is being extended. Mileages will increase as work progresses.

South Turkey Creek Trail



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