

Jasper National Park

MOUNTAIN BIKING GUIDE



The best way to discover mountain biking in Jasper National Park is to check out our two hubs.

Across the River features easy trails that are perfect for first time mountain bikers. Located south of Jasper, across the Athabasca River.

Pyramid Bench features trails that are more technically and physically difficult; great for riders who are confident in their abilities.

Each of these areas is reachable from town on the connector trails.

Easy Moderate Difficult

TRAIL ETIQUETTE

Share the trails



What can you expect?

- Surprised trail users. Ride in control, anticipate users around every corner, and be friendly and communicative.

What is your responsibility?

- Mountain bikers yield to hikers, horses and uphill traffic.
- Be vocal, willing to adapt and communicative when encountering and passing other users.

What to do when you encounter other users

- Encountering hikers.** Greet hikers early. Slow down when approaching and be prepared to stop. Pass slowly. People can be startled by bikers.
- Encountering other cyclists.** Announce your intention when passing and pass on the left. If being passed on a narrow trail, stop to the side and let the cyclist pass.
- Encountering horses.** Stop at least 10 m from the horse and get off your bike. Greet the rider and the horse and let them pass. If passing a horse, get off your bike and ask the rider for instructions on how to pass safely.

ACROSS THE RIVER

This area features easy trails that are perfect for those who are new to mountain biking. The trails are mostly wide and flat, so there is no need to worry about slipping on roots and rocks. The rides are ordered from least technical to most technical. The descriptions give the suggested direction to ride, but these trails can be ridden in either direction. Link the loops together for longer rides or explore the other trails not featured in these routes by using the trail directory.

Optimal riding season • May to October

HOW TO GET THERE

Bighorn Trail

Distance: 4.4 km one way; climb: 32 m; descent: -65 m
Climb difficulty • Easy

Use this trail to access the trails across the river from town. Bighorn Trail is a smooth cycling experience on a wide trail. Watch for traffic when crossing the highway.

Red Squirrel

Distance: 2.8 km one way; climb: 5 m; descent: -5 m
Climbing difficulty • Easy

Use this trail to access the trails across the river from town. Trail 14 diverges from the Wapiti Trail (12) after you cross Highway 16. This wide downhill takes you to the edge of the Athabasca River and then to the Old Fort Point parking lot (P1). From there take the Lac Beauvert Road to finish off this ride.

SUGGESTED ROUTES

Lake Edith Shoreline Loop

Distance: 4.4 km; climb: 36 m; descent: -36 m

Climb difficulty • Easy

Route • Start on trail 4e then left onto trail 7. Turn left onto trail 4g and follow the shore of Lake Edith to finish.

This flat, wide and non-technical loop is perfect for new mountain bikers and families.

Woodpecker and Trail 7 Loop

Distance: 5.5 km; climb: 51 m; descent: -51 m

Climb difficulty • Easy

Route • Start on trail 18, then turn left onto trail 7e. Turn left onto trail 7 for 2 km, then left onto trail 4e to finish.

This trail is non-technical but does have some sandy sections along trail 7.

Trail 7 through Jasper Park Lodge Loop

Distance: 5.5 km; climb: 9 m; descent: -9 m

Climbing difficulty • Easy

Route • Start on trail 7c, then turn right and follow trail 7 along the river. Turn right onto trail 4b and then right again at Old Lodge Road. Follow the road through Jasper Park Lodge before turning left onto trail 7b. At the Old Fort Point parking lot (P1), take trail 7 along the river and use trail 7c to finish.

This flat and easy loop takes you along the shores of the Athabasca River and back through Jasper Park Lodge.

Lac Beauvert Loop

Distance: 3.5 km; climb: 0 m; descent: 0 m

Climb difficulty • Easy

This scenic trail around Lac Beauvert is wide with only a few steep sections and some areas with rocks and roots. This trail is used heavily by hikers so be courteous while riding.

Fifth and Sixth Bridge Loop

Distance: 7.8 km; climb: 81 m; descent: -81 m

Climb difficulty • Moderate

Route • Start on trail 4e and turn left onto trail 7. Take trail 7g across the road to the Fifth Bridge parking lot and walk across the bridge to follow trail 7 down the canyon and along the river. Turn left on trail 4f to finish. *Trail 7 is often frequented by bears; be bear aware.*

This ride crosses Maligne Lake Road and travels down the canyon from Fifth to Sixth Bridge. Most of the trail is flat and wide, but between the bridges there are exposed rocks and roots.

Moberly Homestead

Distance: 6 km one way; climb: 37 m; descent: -37 m

Climb difficulty • Easy

Route • Cross Sixth Bridge and turn left on trail 10 to Moberly Homestead before returning.

This trail—locally known as Moberlander—is part of the Overlander, a Jasper classic. You can access this trail from the Sixth Bridge parking lot (P8) or, if coming from town, connect onto trail 7 from Bighorn Trail (13) just after the Moberly Bridge. This relatively flat trail features some of Jasper's fastest singletracks.

FOR ADVANCED RIDERS

Teahouse to Andretti's Loop

Distance: 9.2 km; climb: 244 m; descent: -244 m

Climb difficulty • Hard

Route • Take trail 7 up the canyon to start the climb, turning onto 7f at the halfway point. At the top continue on trail 7 across Maligne Lake Road and down into the valley. Take trail 7g and 7 at Fifth Bridge or trail 4g, 4f and 7 at Lake Edith/Annette to get back.

You can access this trail from the Sixth Bridge parking lot (P8). This stiff climb up Maligne Canyon is made even more difficult due to smooth limestone and slick, exposed roots. At the top there is a brief reprieve before a screaming downhill back into the valley.

Andretti's to 7h Loop

Distance: 14.9 km; climb: 244 m; descent: -244 m

Climb difficulty • Hard

Route • Start at 4e and go left on trail 7. The climb begins at the junction with trail 7g. Stay on trail 7 until you reach the Maligne Canyon parking lot. Take trail 7h down. From here you can bike back to Lake Edith/Annette on trail 7g, 7 and 4e, or continue down the canyon to Sixth Bridge and come back on trail 7 and 4f.

Andretti's climb is brutal and sustained but worth it for the fast downhill of 7h over roots and smooth limestone.

Overlander

Distance: 13.8 km one way; climb: 422 m; descent: -402 m

Climb difficulty • Hard

Route • Cross Sixth Bridge, turn left on trail 10 and follow to the end.

This trail includes all of Moberly Homestead and beyond. Once past the homestead, the trail begins to roll up and down with steep technical climbs and descents with more exposure the further you go. The trail ends at Highway 16 under the shadow of Morrow Peak.

Valley of the 5 Lakes Loop

Distance: 21.7 km; climb: 462 m; descent: -462 m

Climb difficulty • Hard

Route • From P1 take trail 1 and keep left at the next junction to take trail 1a behind Old Fort Point. Turn left onto trail 9 and follow it south for 7 km. Turn right and follow trail 9a to the highway. Cross the highway and take trail 12a and 12 back to Jasper, or take trail 14 or 14a back to P1.

This quintessential Jasper ride combines rolling, undulating terrain with several rocky, rooty sections and a few stiff climbs. This is a heavily used trail. Please respect other users.

PYRAMID BENCH

The Pyramid Bench is the go-to spot for locals and provides a network of trails for the intermediate rider. Trails are typically more technical with roots, rocks and some steep climbs and descents. The rides are ordered from least technical to most technical. The descriptions give the suggested direction to ride, but these trails can be ridden in either direction. Link the loops together for longer rides or explore the other trails not featured in these routes by using the trail directory.

Optimal riding season • May to October

HOW TO GET THERE

Church Climb

Distance: 1.6 km; climb: 75 m; descent: -24 m

Climb difficulty • Moderate

Route • From the Activity Centre parking lot (P3) take trail 2 and connect onto trail 15 to finish at the Cottonwood Slough parking lot (P4).

This is the most popular climb from town. The church climb isn't too steep but it certainly warms up your muscles before the real ride starts.

Pyramid Trail Climb

Distance: 2.2 km; climb: 75 m; descent: -12 m

Climbing difficulty • Moderate

Route • From the Activity Centre parking lot (P3) take trail 15 along the side of Pyramid Lake Road to finish at the Cottonwood Slough parking lot (P4).

This trail is less steep than trail 2 and still gets you onto the bench. The first part of the trail is a sidewalk along the road, which turns into the shoulder of the road. Ride the shoulder for a short section before the trail turns into the trees.

SUGGESTED ROUTES

Cabin Lake Fire Road Loop

Distance: 7.65 km; climb: 171 m; descent: -171 m

Climbing difficulty • Moderate

Route • From P4 take trail 15 south and turn right onto the fire road (8e). At Cabin Lake follow the dam on trail 3 for 1 km and turn left onto 3g to connect back to the fire road. Finish at P4.

This road travels through the fire break that protects the town of Jasper from wildfire. This road is an easy pedal through wildflowers in the summer.

Pyramid Trail

Distance: 3.5 km; climb: 124 m; descent: -29 m

Climbing difficulty • Moderate

Route • From P4 cross Pyramid Lake Road and follow trail 15. Finish at Pyramid Lake Resort.

This wide climb parallels Pyramid Road and provides access to the Upper Pyramid Bench and its myriad of trails. *The upper Pyramid Bench sees heavy use by horses. Be ready to dismount.*

Katrine Lake Loop

Distance: 7.2 km; climb: 318 m; descent: -318 m

Climbing difficulty • Moderate

Route • Take trail 2b and turn left onto 2h passing by Katrine Lake. Turn right to continue on 2h until the three-point junction. Turn right onto 2b for 60 m and then turn left onto 2j. Turn right on 2g and then connect on trail 2 to finish at P7.

This singletrack loop skirts around the edge of the Pyramid Bench, giving excellent views of the Athabasca Valley while avoiding the trails most heavily used by horses. Some areas are more technical with narrow trails and slick roots.

Cottonwood Slough Loop

Distance: 6.4 km; climb: 138 m; descent: -138 m

Climbing difficulty • Moderate

Route • From P4 take trail 15 north. Cross Pyramid Lake Road at its junction with Patricia Lake Bungalows Road and follow the road to connect to trail 6b. Take trail 8d briefly before turning left onto trail 8 to finish.

You can start this loop from P4 or by taking the Church Climb. The loop is wide with a gentle but sustained climb at first before becoming technical with rooty singletrack.

Two Sloughs Loop

Distance: 5.7 km; climb: 200 m; descent: -200 m

Climbing difficulty • Hard

Route • From P4 take trail 15 south and turn right at the junction to 8e. Follow the fire road to the junction at 8c and turn right. Follow 8c and turn right onto trail 8 to finish back at P4.

The trail towards Riley Lake is wide with a mellow climb but turns technical with several steep and rocky descents beyond the lake.

Mina-Riley Blitz

Distance: 11 km; climb: 277 m; descent: -277 m

Climbing difficulty • Hard

Route • From P3 follow trail 2 to its junction with 8e and turn left. Follow the fire road to its junction with trail 8. Turn right and follow trail 8 back to P4. Cross Pyramid Lake Road and follow trail 15 for 200 m. Turn right onto 2a back to town.

This trail combines portions of the Cottonwood Slough Loop and the Two Sloughs Loop for a longer ride that finishes fast down the Sawridge Switchbacks (2a).

LOOKING TO RENT A BIKE?

Fairmont Jasper Park Lodge
1 Old Lodge Rd.
780-852-3301

Source for Sports
406 Patricia Street
780-852-3654

Freewheel Cycle
606 Patricia Street
780-852-3898

Vicious Cycle
630 Connaught Drive
780-852-1111

Pyramid Lake Resort

5 km north on Pyramid Lake Rd.
780-852-4900



Trailforks is a free mountain bike trail database app for riders and is available for iOS and Android devices. Using the app you can download trail maps for offline use, look at photos and videos that other users have posted, and read trail reports. Use the app to map out your ride, check distances/elevations, determine difficulty and help navigate en-route.

Trailforks is not a Parks Canada App, and the trail database for Jasper National Park is maintained by the Jasper Park Cycling Association (JPCA). Please use at your own risk.

TRAIL SIGNAGE

Official trails around the town of Jasper are marked with yellow diamonds.

This extensive trail system is maintained by Parks Canada with the assistance of volunteers from the Jasper Trails Alliance (JTA).

PLAN AHEAD AND PREPARE

Remember, you are responsible for your own safety.

- Always wear a helmet and safety gear. Know your equipment.
- Before heading out, check trail and weather conditions online or at an information centre (see below).
- Travel with a friend or group. Choose a trail suitable for the least experienced member in your group.
- Pack adequate food, water, clothing, first aid kit, bear spray and maps. Be prepared for emergencies and changes in weather. Tell somebody where you are going, when you will be back and who to call if you do not return.

Stay on maintained trails

- To prevent trail damage, stay on the trail and avoid shortcuts.

Leave what you find and take what you bring

- Pack out all garbage, including diapers and food waste.
- Dispose of human waste at least 70 m from any water source. Bury solids 15 cm deep. Pack out toilet paper.
- Natural objects like antlers, rocks, wildflowers, etc. are protected by law and must be left undisturbed.

Water from lakes and streams

- Parasites can occur in any water body in the park and may contaminate the water supply. Boil your drinking water or purify it with a water filter or iodine tablets.

Trail maintenance

- Trail maintenance crews clear the trails each spring, but wind storms can blow down trees all summer long. If you come across trail maintenance issues during your ride please report them to Parks Canada at an information centre. Details such as the amount, size and exact location of deadfall are very helpful. If you want to help out, ask about getting involved with trail volunteers.

SAFETY

Emergency

Call 911 or, if using a satellite phone call the park dispatch office (780-852-3100). Cell phone reception is unreliable.

Mountain Bike safety

- Ride within your limits. Inattention for even a moment could put yourself or others at risk.
- Always watch ahead for bears and signs of bear activity. Speed puts you at risk of sudden, dangerous bear encounters.
- Be alert when sightlines are reduced.
- Travel in groups and make noise to avoid surprise encounters.
- Carry bear spray; know how to use it.
- Respect trail closures. Trails can be temporarily or permanently closed for ecological or safety reasons.

MORE INFORMATION

- JASPER TOWNSITE INFORMATION CENTRE: 780-852-6176
- ICEFIELD CENTRE: 780-852-6288, open mid-April to mid-October
- WEBSITE: parkscanada.gc.ca/jasper
- JASPER TRAIL CONDITIONS REPORT: parkscanada.gc.ca/jaspertrails
- WEATHER: weather.gc.ca
- AVALANCHE INFORMATION: parkscanada.gc.ca/avalanche
- BEAR INFORMATION: parkscanada.gc.ca/bears-and-people
- PROGRAMS, MAPS AND GUIDE BOOKS: Friends of Jasper National Park at 780-852-4767 or www.friendsofjasper.com

HOW WAS YOUR TRIP?

Please send your comments to jnp.info@pc.gc.ca and report trail conditions to the Information Centre.

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TRAIL DIRECTORY

Marker	Difficulty	Name	Distance (km)	Climb; Descent
11	Easy	Discovery Trail (along railway tracks)	4.5	43 m; -40 m
12	Easy	Wapiti Trail	8.4	47 m; -43 m
13	Easy	Bighorn Trail	4.3	32 m; -65 m
14	Easy	Red Squirrel Trail	2.8	5 m; -5 m
15	Easy	Woodpecker Trail	2.1	8 m; -28 m
16	Easy	Playground Path (Whistlers Campground)	1.9	14 m; -14 m
21	Easy	Trail 2g	860 m	22 m; -6 m
41	Easy	Trail 4e	900 m	1 m; -21 m
71	Easy	Trail 7c	200 m	0 m; 0 m
71	Easy	Trail 7e	900 m	11 m; 0 m
15	Moderate	Pyramid Trail	4.5	155 m; -29 m
115	Moderate	Back Of Old Fort Point	2.6	84 m; -6 m
2	Moderate	Church Trail	1.7	80 m; -24 m
21	Moderate	Sawridge Switchbacks	1.7	28 m; -90 m
21	Moderate	Trail 2h	2.9	122 m; -79 m
21	Moderate	Trail 2i	1	5 m; -33 m
21	Moderate	Trail 2j	4.6	116 m; -197 m
21	Moderate	Star Wars	1.6	22 m; -56 m
31	Moderate	Trail 3a	1.1	9 m; -108 m
31	Moderate	Trail 3g	800 m	8 m; 0 m
41	Moderate	Lac Beauvert Loop	3.4	0 m; 0 m
61	Moderate	Hochimini	3.2	55 m; -52 m
7	Moderate	Trail 7 (along the river)	8.4	21 m; -1 m
7	Moderate	Trail 7 (behind Jasper Park Lodge)	10.5	282 m; -167 m
71	Moderate	Trail 7b	1	9 m; -9 m
71	Moderate	Trail 7g	1	21 m; -4 m
9	Moderate	Mina/Riley Lakes	6	193 m; -177 m
81	Moderate	Trail 8c	2.4	110 m; -26 m
81	Moderate	Cabin Lake Fire Road	3.4	149 m; -33 m
121	Moderate	Five To Five	1.6	21 m; -3 m
21	Difficult	Three Humped Beast (from Pyramid Lake)	3	197 m; -89 m
3	Difficult	Trail 3 (Saturday Night Lake Loop)	24.1	877 m; -877 m
31	Difficult	Hibernia Lake	440 m	48 m; 0 m
31	Difficult	Trail 3e	1	48 m; -9 m
31	Difficult	Fire Escape (primarily downhill)	1.1	3 m; -84 m
31	Difficult	Ganges	3.6	94 m; -145 m
61	Difficult	Water Tower (primarily downhill)	1.4	5 m; -74 m
11	Difficult	Teahouse Climb (Maligne Canyon)	3.6	191 m; -53 m
11	Difficult	Trail 7h (primarily downhill)	1.6	26 m; -127 m
8	Difficult	Razorback (primarily downhill from west)	2.8	46 m; -208 m
9	Difficult	Trail 9 (Valley Of The Five Lakes)	7	172 m; -188 m
9	Difficult	Trail 9 (Wabasso Lake)	9.1	161 m; -143 m
10	Difficult	Overlander	14.8	422 m; -422 m
15	Difficult	Pyramid Fire Road	11.6	891 m; -98 m
101	Difficult	Signal Fire Road	8.2	844 m; -5 m

- Easy
- Moderate
- Difficult

Novice
Freeride Features*

- Physically
Difficult
- Requires
Technical Skills

*Includes berms, small jumps
and optional drops.

