



Sample Checklist

- Helmet
- Hydration Pack
- Knee, Elbow armour
- Gloves
- Glasses
- Bug repellent
- Spare tube(s) & pump
- Energy bar(s)
- Light system
- ...bike.

Trail Notes

The trails in the South March Highlands are rough, rocky technical trails. The type descriptions are given as relative to one another versus any standard as may be applied elsewhere. Mountain biking has inherent risks. Know your limits and always ride in control.

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Please follow IMBA's Rules of the Trail.

1. Ride on open trails only.
2. Leave no trace.
3. Control your bicycle.
4. Always yield trail.
5. Never spook animals.
6. Plan ahead.



South March Highlands & Kanata Lakes Trail Network

TRAIL NAME	Approx Length, Type
2nd line ext.	varies Easy, smooth
Fast out	1km Easy, smooth
F.B.I.T.	2km Easy, moderate
F.B.O.T.	2km Easy, moderate
Rockhopper	1km intermediate, rough
Pasture	3km intermediate, rough
P.W.T.	2.5km intermediate, rough
Ridgetop	3km Hard, Technical
Annex	.5km Hard, Technical
Outback	6km Very hard, Technical