



**MOUNTAIN BIKING  
IN GATINEAU PARK**

# STAYING ON THE RIGHT TRACK

## Being environmentally responsible

In order to preserve and protect the treasures of Gatineau Park — plants and wildlife, clear lakes, and unique sites — each Park user must keep the environment in mind. Because individual actions add up to create an environmental impact, it's up to each of us to make it our personal challenge to preserve the Park. We can all help to protect the Park by making sure that we ride in an ecologically sound way. By being environmentally responsible, we provide an opportunity for future generations to enjoy the Park.

## Pick the right trail

There are 90 kilometres of official, mixed-use trails within this conservation park, which are open for mountain biking from May 15 to November 30. This substantial network of trails, shared with hikers, is for beginner to intermediate mountain bikers who want to discover the Park. For thrill seekers and competitive mountain bikers, we recommend the trails developed for this purpose at Camp Fortune or those outside the Park, developed by the Ottawa Mountain Bike Association (OMBA).

Gatineau Park is committed to maintaining and encouraging mountain biking practices that respect the environment.

## Be aware of your impact

Riding on unofficial trails contributes to environmental degradation, creating a negative impact on plants and animals. Riding through prohibited areas produces a cumulative effect: bike tires displace the soil; tree roots become exposed; riding around exposed roots further expands the area of soil loss. This leads to further soil erosion and damages the surrounding ecosystems.

## Set an example: Go green

- Do not frighten the animals. The Park is their habitat.
- Plan ahead. Maintain control over your speed at all times.
- Slow down and make your presence known when approaching or overtaking someone.
- Pay attention to the signage and stay on marked trails.
- Gatineau Park conservation officers patrol the trails and act as peace officers. They are authorized to issue fines to those who contravene Park regulations.

## Help preserve the Park

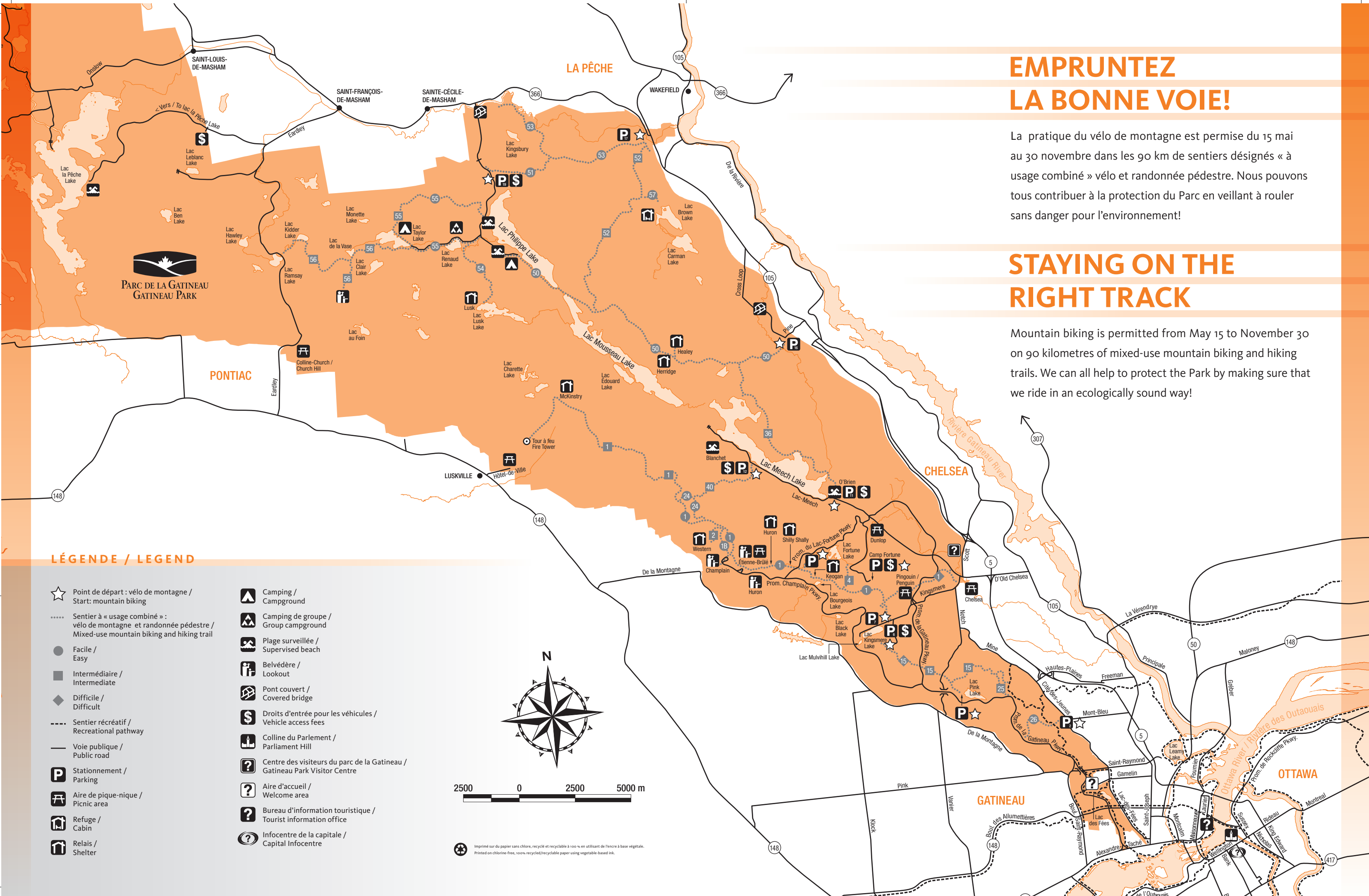
Gatineau Park is a protected natural area. The trail network has been developed according to the principles of sustainable development.

- Stay on the official mountain biking trails. The official trails meet the standards and criteria for mountain biking. Hiking trails cannot be used for mountain biking, because it damages and deteriorates these trails.
- Consider using your front brakes to avoid skidding and reduce deterioration of the trails.
- Share the trails with walkers, hikers and other mountain bikers.
- Take your garbage away with you and dispose of it properly in containers provided for this purpose.
- Above all, leave no trace of your presence.

## Enjoy your outing!

### Information:

GATINEAU PARK VISITOR CENTRE  
33 SCOTT ROAD, CHELSEA, QUEBEC J9B 1R5  
819-827-2020 • 1-800-465-1867 • 613-239-5090 (TTY)  
CANADASCAPITAL.GC.CA/GATINEAU  
CANADASCAPITAL.GC.CA/BIKING  
IMBA.COM/CANADA



# EMPRUNTEZ LA BONNE VOIE!

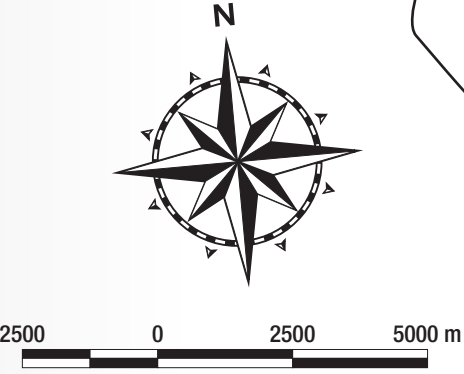
La pratique du vélo de montagne est permise du 15 mai au 30 novembre dans les 90 km de sentiers désignés « à usage combiné » vélo et randonnée pédestre. Nous pouvons tous contribuer à la protection du Parc en veillant à rouler sans danger pour l'environnement!

# STAYING ON THE RIGHT TRACK

Mountain biking is permitted from May 15 to November 30 on 90 kilometres of mixed-use mountain biking and hiking trails. We can all help to protect the Park by making sure that we ride in an ecologically sound way!

### LÉGENDE / LEGEND

- ☆ Point de départ : vélo de montagne / Start: mountain biking
- ..... Sentier à « usage combiné » : vélo de montagne et randonnée pédestre / Mixed-use mountain biking and hiking trail
- Facile / Easy
- Intermédiaire / Intermediate
- ◆ Difficile / Difficult
- - - Sentier récréatif / Recreational pathway
- Voie publique / Public road
- P Stationnement / Parking
- ⌘ Aire de pique-nique / Picnic area
- 🏠 Refuge / Cabin
- 🏠 Relais / Shelter
- ⬆️ Camping / Campground
- ⬆️ Camping de groupe / Group campground
- 🏖️ Plage surveillée / Supervised beach
- 👁️ Belvédère / Lookout
- 🌉 Pont couvert / Covered bridge
- 💰 Droits d'entrée pour les véhicules / Vehicle access fees
- 🏛️ Colline du Parlement / Parliament Hill
- ❓ Centre des visiteurs du parc de la Gatineau / Gatineau Park Visitor Centre
- ❓ Aire d'accueil / Welcome area
- ❓ Bureau d'information touristique / Tourist information office
- ❓ Infocentre de la capitale / Capital Infocentre



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