

15TH ANNIVERSARY EDITION

Newer and Slightly Improved! Accept No Substitutes!

Only Five Bucks! Wow!

\$5

"Its (still) too cheap not to get" - DH

MOUNTAIN BIKE TRAILS FOR HALIFAX AND CLOSE TO HALIFAX

or...so, I hear you spent somewhere between 350 and 4500+ bucks
on a mountain bike and don't have a clue where to ride...

lots of great trails to choose from!

Good for hiking and XC riding as well!

Get off of the couch!

May 21, 2010 Edition
By: Randy Gray

YES! Its back! Thanks to *Cyclesmith* and *Bikes by Dave*
for their patience and continued support!
Now get out there and ride!

IMBA Rules of the Trail
Ride Open Trails Only!
Leave No Trace!
Never Spook Animals!
Plan Ahead!
Control Your Bicycle!
Always Yield Trail!

Disclaimer

The maker of this guide (Randy Gray) and the people who sell it to you accept no responsibility for any disaster (EG DEATH, BROKEN COLLARBONE, EYES GOUGED OUT, YOU GET LOST, ANYTHING!) which may strike a person whom uses it to find a trail. Unless, they have an ass-kicking good time biking on trails they never knew existed.

*You've been warned. Take responsibility for your own actions.
Biking wouldn't be fun if it wasn't an adventure.*

That being said, please keep in mind that what you are holding is a guide to where trails are and a general representation of what direction they go. Please use some common sense. Black and white photocopies of color maps are no substitute for the real thing. However, good luck finding the trails in this guide on a topo map available at the government bookstore, or directions to the trails for that matter.

The intent of this guide 15 years ago was to make up for the lack of information available to the local mountain biker. For instance, 12 years ago I walked into Cyclesmith after having bought a Trek 830 Antelope. Keen to ride, I asked where I should take it. The response? "Out at Jimmy's Roundtop there is a trail. Its kinda hard to describe how to get to it. I don't know of any other trails, really". After travelling to Maine and New Hampshire I happened upon a fold-out trail guide for the North Conway area. Available at local shops and costing 5 bucks it was a great way to find local trails, and lots of them. Eventually, I realized what I had to do.

I think that what I created here succeeded and it still does the trick. Many of my favourite trails are still included despite the massive amount of development in the Halifax Area. It didn't always look like this though. The first few hundred or so were hand photocopied at SMU and were single-sided copies! Yikes! Eventually I caught on and paid people like Etc. to print them. Adam Shore of ECMTB fame also had a hand in it, working as a printer at the now defunct Presentations Plus. One time, they screwed up and the cover page color paper (yellow) was used for the entire map book. Only two of those were done so if you find one, its a collectors item for sure. 10 years ago this guide cost 5 dollars. My reasoning for its cost: how much would I, Randy Gray, expect to pay for directions to trails in this format? And check it out, its still only 5 bucks! Anybody else would be charging more by now...

One thing that may discourage people from using this guide is the total lack of "easy" trails. This is intentional. From day one the idea was to provide information on how to get to "real" trails. Everyone knows where Point Pleasant Park and Hemlock Ravine are. Mountain biking is a skill like windsurfing or rock climbing. I make no apologies for leaving out areas that anyone can find out about by calling Nova Scotia Tourism or the Halifax Information desk and asking where people walk their dogs. This isn't Nintendo or needlepoint. Some of the trails in here take it up more than a notch, when they do I warn you about it. Most trails in here are what I would consider "regular, challenging trails". They're what any real mountain biker not from Southern Ontario looks for.

Good luck and have fun out there!

*Randy Gray
Mountain bike guy, Sept.15th, 2006*

Its not what you ride, Its that you ride - Skull

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Levels of Difficulty

Two symbols represent levels of difficulty. A lot of trails have varying degrees of difficulty. Because of this don't be surprised if a trail has some "easy" and some "difficult" symbols. The most that any trail will have is 5 symbols, combined or otherwise.

Examples: This trail is very very very difficult. 

 This trail is very very very easy. (You won't see this very much)

Some Pointers to Using this Guide

1. The maps in this guide are NOT to be considered or used as substitutes for actual topographical maps. Contour lines, rivers, roads, and trails are all easily confused when looking at a black and white photocopy. No, you did not get ripped off, use this for what it is: a guide to the locations of amazing mountain bike trails.
2. Do not venture into unknown territory unprepared. Bring an adequate supply of food and water. Take into consideration how far you plan to go, the time of day, and the weather.
3. Give yourself plenty of time when heading out on a new trail.
4. Avoid biking alone. Some of these trails are in the middle of nowhere and if you injure yourself you could be in a world of hurt.
5. Buy a real topo map. They're available from the fine folks at the Trail Shop on Quinpool Road. They cost around 10 bucks. The main ones are 11 D/12 and 11 D/13. Get 'em and pencil in the trails you find in here.
6. A lot of directions to the trails are for the most obvious entrances. As you get to know the trails you'll find closer or more convenient ways of getting into the woods.

WHAT ARE SOME THINGS I SHOULD TAKE ON A RIDE WITH ME?

New to biking? Here are some items that I won't ride out the door without:






- | | |
|---|--|
| 1. Camelbak | |
| 2. Patch Kit | <i>Items 2-8 fit right inside the Camelbak.</i> |
| 3. Tire Levers | <i>Stock it up and replace things like tubes</i> |
| 4. Tube | <i>and patch kits as you use them</i> |
| 5. Multi-Tool | <i>and you're always ready for a ride!</i> |
| 6. Pump | <i>'cause there's nothing worse than finding out</i> |
| 7. Spare Derailleur Hanger | <i>about a ride and scrambling to get ready!</i> |
| 8. Toilet Paper (<i>Don't leave home without TP!</i>) | |
| 9. Waterbottle w/Energy Drink | |
| 10. Energy Bars | |

I prefer the Camelbak "Lobo" with 70oz capacity, people doing superlong rides might want to go with a 100oz version.

In Nova Scotia, while travelling wooded areas, you are also required to have in your possession:

1. Waterproof matches
2. Compass (and knowing how to use it would be an asset)
3. Knife

Hey, what do those symbols mean?

-  Winter use, use in the summer if you like mud and water, use in the winter with studded tires
-  Man-Made Stunts, use caution and check them out before riding them
-  Road Trip (if you live in Halifax, that is)
-  Urban Development Alert, these trails have houses popping up all over
-  Danger Afoot! Use caution!



BNS

Cerebus Approved Trail System Means that this trail is a fave among the locals

BNS Mountain Bike Series Race Course Location

Bike Shops in the Area Worth Checking Out...

Cyclesmith

Halifax - (902) 425-1756

Halifax: 6112 Quinpool Road
www.cyclesmith.ca
ride@cyclesmith.ca

Hub Cycle

(902) 897-2482

hubcycle@ns.aliantzinc.ca

<http://www.hubcycle.ca>

33 Inglis Place

Truro NS

Bicycles Plus

(902)832-1700

950 Bedford Hwy.

www.bicyclesplus.ca

bicyclesplus@accesswave.ca

Sportwheels

(902) 865-9033 Halifax

209 Sackville Dr

www.sportwheels.tv

service@sportwheels.tv

Bikes by Dave

(902)455-1677

2828 Windsor St, Halifax

And some web pages....

www.bicycle.ns.ca

www.ecmtb.com

www.chebucto.ns.ca/~at289/mtb.html

The Top Ten Times of all time for the Wrandees Time Trial

The Wrandees Time Trail consists of a course marked out starting from the Cowie Hill Lights Entrance and ending at the bottom of the hill of Roller Coaster at the parking lot on St.Margarets Bay Road. We had a lot of people coming out for it when it was big, as many as 30 people at one time, sent out at 1 minute intervals. The course is 5.4km long and covered a pretty good cross section of the trails typical of a regular ride at Wrandees. It isn't marked now but if you take the most efficient route from A to B you will hit most of it. Go ahead and try your time against these past heroes of the MTB Scene...

Men

1. Mark Foster 21:42
2. Terry Tomlin 22:13
3. Dustin MacBurnie 23:46
4. John Rubinger 24:00
5. Rob Klue 24:29
7. Dan Smith 24:34
8. Randy Gray 24:51
9. Rob Edsall 25:09
10. John Rubinger 25:33
11. Mike Ritter 25:35
Neil Sinclair 25:35
12. Paul Belhumeur 25:46
13. Eddy Rushton 26:01
14. Roger Nelson 26:19
15. Jason Martin 29:37

Women

1. Jean Jardine 36:21
2. Melanie Jardine 38:04
3. Enid Schaller 38:14

Your Time _____

Date _____

JACKS LAKE TRAILS

Map #1(B) BNS



Location: Head west up Hammonds Plains Road (away from Bedford). Just after you go under the highway overpass turn right down Smiths Road. The parking lot on the right is for the Jack Lake Trail system but if you keep going straight you'll come to a new gravel road where most people start riding from. The gravel road used to be a trail so park at the parking lot and make-believe you are on some cool doubletrack.

Time/Distance: About 12km of trails, 1-3 hours of trails riding depending on how much exploring you want to do

What to expect: Fast singletrack, boggy sections, swoopy carved fun stuff, powerline trails, roots and rocks, a mixed bag

Description and comments:

Back in the day if you started at the Jacks Lake Trail parking lot you would have expected a pretty easy trail to follow with signs marking a trail around Jacks Lake. Nowadays that isn't the case. A major hurricane and overgrowth and all but erased this trail. You can still find and follow it, its marked on the map but your best bet is to head to the main parking lot at the the end of Smith's Road and ride the "Elroy's"/"Jacques Back Race" Course. Follow the gravel road up and watch for a trail heading down to the lake on your left. There are a few side trails so you can expect to have some fun finding your way around until you get to know the place a little better. If you go the right way eventually you will end up at the Sackville Powerlines Trail (B1). Turn right at the Sackville Powerlines, fly down the hill, and then climb up the other side. Near the top of the climb a path may appear on your left(B2) but it will probably be overgrown. If you do follow it, stay on the trail until you come out to the powerlines again. When you do, turn right and head down the hill to the transformer station(you have to cross a small stream at the bottom of the hill so be prepared to get your feet wet. When you get to the transformer you have a few options:

a) Stay right and go up the doubletrack along the transformers. This will take you back to point B2 where you turned left off of the powerlines. Doing this you can either backtrack or take a left turn (B3) and finish off the rest of the Elroy's Racecourse. B3 starts off as what appears to be doubletrack and then turns into some really good singletrack.

b) Turn left up the gravel road and head out to the Hammonds Plains Road(stay right)

c) Turn left up the gravel road and then turn right up to the cell tower. This will connect you to more of the "original" Jack Lake Trails.

Elroys is generally drier, or less boggy than the Jack's Lake loop but is also a lot more technical in parts. Combining the two would make for a good ride. There are a lot of side trails to get mixed up in but you can't really get lost. The area is bordered by Sandy Lake, a major highway, and powerlines. You should have no problem finding your way around after a few visits.

It looks like eventually this area will be developed with walking paths and that kind of thing so enjoy it in its rugged form for as long as you can.

Currently the location of a race in the Bicycle Nova Scotia Points Series.

Doggy DH

Map:#1(D)



Location: Before Smith's Road there is a gravel road heading up a hill with a gate blocking it. Park there. Bike up the gravel road until it joins onto another gravel road and you can see the Bi-Hi behind you and a gate (most people park right there). The trails are at the top of the big hill. There are a lot of them and they continue right down to the Bi-Hi. A lot of people, bikers and dog walkers included, just park at the gate on the Bi -Centennial Highway. I don't recommend that because you might get a parking ticket and if there is a large crowd it won't be safe, but thats your business.

Time / Distance: About 1-2km of trail, you could spend an afternoon riding various runs over and over again

What to expect: solid technical riding, swampy stuff, nothing too steep and nothing you can't ride with a regular xc bike if you wanted

Description and comments: this is an attempt at getting some fun downhill trails in the Metro area. Some of the trails are well marked so you shouldn't have a very hard time figuring out which way to go. The trails continue onto the other side of the road, so don't forget to head down and check out the final stretch of trail. Once you get to know the trails you should have a blast going faster and faster with each run. The walk to the top isn't so bad. Ride and enjoy, but play safe! Speed Killz.

SACKVILLE POWERLINES

Map #1, Trail (A)



Location: Lucasville Road. Head south down Lucasville Road (away from Sackville). Just past the wood mill on your left is a steep road going up a hill which is blocked by a gate. Do not confuse this gate with the one that has the "No Trespassing" sign attached to it. The trail follows the powerlines.

Time/Distance: about 15km, 1-2 hours

What to expect: fast descents, open dirt road, good climbs, and a lot of mud and water

Description and Comments:

One of the more hilly trails around here (just hilly, no major climbs) . Most of it is unsheltered so make sure that you have UV protection and a lot of water. When you arrive at the Power Corps transformer station (A1) you can follow the gravel road out to the Bicentennial Highway or continue on the trail around the transformers. Towards the end there is an unrideable swampy section, follow the path around the left to get around it. Just after this (about 100m) look for a path on your right heading north. This will take you out to Lucasville Road not far from where you started or you can keep going straight and come out behind Atlantic Playland.

At the transformer station if you keep going straight up the gravel road and then take the first right up to the cell tower you can connect to the Jack Lake Trails . Or, you can keep going straight and then watch for a road veeing off to your right (when you can see the Bi-Hi), this will take you past the entrance to the **JACK'S LAKE**

STUDENT LEADER and Hammonds Plains Road. You can also check out the **Doggy DH** trails on your way by if you want.

Hospital Hill Trail

Map #3



Location: About 18km from the Armdale Rotary. Head down St.Margarets Bay Road towards Peggy's Cove. Turn left down Brookside Road(the turn just after the elementary/junior high schools) A pizza place/take-out is right there at the corner so you can't miss it. Follow Brookside Road until the very end. When you arrive at a dirt road look to your right. The trail starts there(A) (it starts out as a dirt road/doubletrack).

Time/Distance: about 15km from point to point, 3-5 hours return

What to expect: swampy bog sections, bit of climbing, wide trail with berms for cornering on. Its an ATV trail.

Description and Comments:

You may want to start out early in case you get sidetracked. Side trails abound but the main route is pretty obvious. As long as you keep heading south you should be on track. If you turn right at (B) you will come out at a provincial park located just off of the St.Margarets Bay Road. A lot of torn up rocky/rooted sections can be found about half way through but the cleared out sections on Hospital Hill itself are pretty cool. Makes for a great winter ride. The trail ends in someone's backyard. A closed gate blocks your passage. Look to your right and you should see a trail they made around their property, use it. You come out at a place called Pennant/Long Cove. Either turn around and head back the way you came or turn left and follow the signs back to Halifax(a 45 minute bike ride). Pennant Brook is just 5 minutes up the road and is an excellent place to have a swim and cool off before you head back, if you ride it in the summer. I only ever ride this during the frozen winter months.

OTTER LAKE TRAIL, AKA GREENHEAD ROAD TRAIL

Map #6(C)



Time/Distance: about 10km, 45 minutes to 1 hour

Description and Comments:

This is a trail that most people usually combine with a ride around Jimmys Roundtop or the Old Coach Road Trail. Its pretty much all doubletrack with a lot of water. Fun, rocky descents though.

Location:There are three main options when going to this trail:

(A) Begins about 50m down Old Coach Road Estates Road(head down Route 333 towards Peggy's Cove, you'll see a driving range on your left, turn right down the road opposite to this) A small golf course is down here as well. You can see the green farther down the trail.

(B) Look for a trail that heads into the woods just across from Exhibition Park. Follow this trail until just past the bog (you will know when you are in the bog) where you will see a dirt road on your left. Take this trail out past the houses. Watch for another trail on your right before you come out to the paved road. This trail will take you to (A) above.

(C) Bike Through Beechville and watch on your left for Greenhead Road (it will be on your right, just past the Post Office). Take this road and watch at the top of the road for a trail which will take to Highway 103. Directly across you will see a gate with a road running behind it. This is the start of the trail. Be careful crossing the highway. This is a pretty wet trail at the best of times. I'd suggest going in the winter or late summer/fall. A landfill (dump) is a recent addition to the trail. There is also a former farm back there with graves in the middle of nowhere dating back to 1849. Probably makes for a great Halloween ride.

POCKWOCK LAKE TRAILS

Map #4



Location: Drive down Hammonds Plains Road until you come to Pockwock Road, turn down this road and drive to the very end. There should be a locked but decrepit fence directly in front of you and a house to your right. A path goes around the gate to the left (A).

Time/Distance: 20km, 1-2 hours. If the gate is locked, do not go around it(My lawyer told me to put this here)

What to expect: A little used dirt road.

Description and Comments:

Basically a dirt road you could drive your car down if you wanted to. A lot of trails connected to it are worth exploring, just don't get lost. Points (B) and (C) are alternative exit/entry points. (C) is located at the Mt Uniacke exit on Highway 101 and (B) is a small trail around the bigger gate about 100m behind you. Its actually better if you head up this way and do the ride counter clockwise, you get to enjoy some really screaming descents. Don't go right up to the gate, at the start of the road heading up to it you should see a trail going into the woods on your right. Take this up and around the gate. The gate is there to keep people with cars and ATV's out, not cyclists so don't worry about it. When you come around to the big white building at the top of the paved climb look to your right for a gated dirt road. Take this and follow it all the way around Pockwock Lake. Another place to start is at the end of the Sackville Powerlines trail where it comes out behind Atlantic Playland. Experiment, explore, and have fun. **Due to recent world events this area of land is under constant surveillance. Do not linger around the Water Filtration Plant located at the top of the paved road or around the pumping facility. Before Sept 11th the doors were unlocked and myself and other riding buddies could go in and refresh our Camelbaks with freshly treated ice cold water. This is no longer the case. The person on duty inside the Water Filtration Plant will call the police. Bike past it and keep on going. Better yet, take a 'long cut' around it by using some of Pockwock Lake Road.**

TELSAT AKA Club Road

Map #3



Location: 40 minute bike ride from the Armdale Rotary. Head up Herring Cove Road and turn right at the lights that take you onto "Old Sambro Road"(The Spryfield fire department is at this intersection). Follow this road down and around and head through the next set of lights until you arrive at a Four-Way Stop. Turn right. Follow this road past the Irving and into Harrietsfield. Eventually you see a dirt road on your right with a street sign naming it 'Club Road'. Turn down this road. You should see some very large satellite dishes. The trail starts at the end of this road. Its a point to point that ends at Stephen Murphy Drive.

Time/Distance: 50km, 2.5-4 hours.

What to expect: A little bit of everything and a lot of water. Very rutted out and rocky.

Description and Comments:

I usually only ride this trail during the winter months after we have received enough snow to fill in all of the rocks and holes in this trail. It really is a lot of fun then. I have ridden it in the summer and wished that I hadn't. In the winter it can be a lot of fun to do this ride and connect with the hospital hill trails as well. To do this, first make sure that the lakes are safe to ride on and that you have studded tires. With those two things taken care of you are ready to venture out. Now, 2/3rds of the way through (if heading north to south) you should come at a point between two lakes(A1). When you have, back up a few meters and look on your left for a trail heading west. This will take you through some amazing trail cut by some snowmobilers/atv'ers. They have many long ladder bridges which are a blast to ride. When you arrive at a 'T' intersection(B1) turn right and enjoy a fast ice downhill. Just watch out for the river at the bottom. You might want to look at Map #4 now. Travel across the frozen lake to the far southwest corner of Ragged Lake. You will find a trail there. You will probably just have to follow the snowmobile tracks. When you leave the lake and enter the woods you want to turn right and be heading north. Eventually you will arrive at Lake Frederick. Hop on the lake and travel to its north east corner. There you will find a trail that takes you up to (B1). Turn left and find your way back to (A1) where you can decide if you want to take the long way back(the way you came) or the short way (right and out to Steven Murphy Drive). If you are in doubt about the safety of the lakes or unsure which way to go, ask a snowmobiler. Everytime I've been back there during the winter months I've encountered at least a dozen of them Happy exploring.

Note: this 'Club Road' is not connected with the 'Club Road' off of St.Margarets Bay Road. Not directly anyway

MARTOCK BACKLANDS - PANUKE LAKE

Map #7



Location: End of Panuke Road head to Windsor like you would any other time. Take Exit 5 off of Highway 101. Turn left and then turn left again where you would normally turn right to head for Martock. Drive along until you come to Panuke Road on your right. Follow this road until you arrive at a dead end(a lake, to be exact). Park here. Before the dead end there is a trail heading down into the woods on your right. It follows along the lake(you'll be going south) past cottages and camps. If this describes what you are seeing you've found the trail and are heading the right direction.

Time/Distance: 20km

What to expect: cool doubletrack, singletrack, water, mud, grassy descents, and one loooooong kicking descent at the end.

Description and Comments:

First off, the "loooooong kicking descent" is not the access road at Martock Ski Hill. This entire trail goes around the hill at Martock and doesn't even get near the ski hill. The descent at the end is probably 3 or 4 times longer than the access road descent at Martock.

Follow the trail south along the lake. Eventually it turns uphill and heads into the woods. There will be a few trails tempting you but for the most part the way to go is pretty obvious. After a couple stream crossings and a bit more singletrack you will arrive at a T intersection. Turn right. You'll know you have made the right decision when you are going through a lot of muck and water. I haven't had a chance to explore what happens if you turn left. I'm hoping its dryer. Right, so all you have to do is follow this trail until you come out to a large clearcut with a road on the other side of it. Don't worry, you can bike to the road, it isn't very far and the clearcut looks more like a country parking lot. Anyway, follow the road and eventually you'll hit the fastest dirt descent you'll encounter around here. When you come out at the bottom turn right and head past Ski Martock up to Three Mile Plains and then around to Panuke Road again. Yes, it's a pretty long ride around so if you wanted you could always turn around and head back the way you came. Or, you could always ride at Ski Martock:

BLOMIDON PENINSULA TRAILS (AKA CAPE SPLIT)

Map #8



Location: Take Highway 101 to Wolfville. Turn off at Exit 11 (Wolfville) and follow the signs to Blomidon Provincial Park. The trail starts at the day use parking lot. During the part of the year that the park is open you can drive all the way up the paved road and park at the top of the hill. Most of the trail is marked with paint on the trees. To get to Trail (B), Cape Split, follow the signs to the Lookoff and keep going past it until you arrive at the end of Route 358.

What to expect: Everything from groomed gravel paths to dangerous rocky descents. The Cape Split Trail is a well used hiking biking trail that seems to be getting wider.

Time/Distance: (A) Blomidon Provincial Park: 13km,45-90 minutes (B) Cape Split 13km, 45-90minutes

Description and Comments:

Its next to impossible to get lost on either of these trails. Cape Split is a basic in/out trail that is pretty obvious and the Provincial Park trail has "you are here" signs at almost every corner. I'd stay away from it during the summer when its full of campers, its at its best in the fall anyway. It is possible to connect the two trails for one long mega-ride but you have to know the area to be able to do this.

Porter's Lake Trail

Map # 9



Location: Mira Road, Porters Lake. Take Highway 107 out of Dartmouth. At Exit 19(Porters Lake) turn off of the highway and follow the signs to Porters Lake. When you arrive at the road going through Porters Lake(Route 7) turn left. Very shortly Mira Road will appear on your right. Take this road until you come to a dead end. The start of the trail is to the far right of the boulders at the bridge with the "10 tonnes" sign by it.

Time/Distance: 50km, 2.5-4 hours.

What to expect: A little bit of everything and a lot of water.

Description and Comments:

I will describe the one big loop here but feel free to explore a lot of it on your own. I suggest heading up to the left instead of the right for exploring, seems like there is more that way for some reason. Anyway, for the big 50km ride...

(A) The start/finish point at the boulders. Cross the bridge and follow the trail.

(B) After a bit of a climb you will come to a series of forks in the trail, all of them but one crosses the river. Yes, you must cross the river to continue.

(C) Follow the trail up along the brook until you arrive at a large open area.

(D) Go straight through to the left hand side of the clearing, you should be able to find your way through to a solid dirt road. Follow this road north, you will cross three wooden bridges along the way.

(E) There is a gate to your right here, the road continues north and the trail heads west. Follow the trail until you arrive at a paved road.

(F) Turn left at the paved road and follow it past the golf course.

(G) Just past the second corner in the airfield's fencing turn left and follow the dirt road south, you should be biking past all sorts of garbage (abandoned sofas etc.)

(H) All of this portion of the trail is wet, it is also full of too many side trails. Be especially careful at POINT(I) where taking the wrong turn can lead to many other side trails. Once you are to the point where you are biking along West Brook(if all went well it will be on your left) you are in the clear. Follow it southeast to your starting point.

Because this area is very popular with ATV users it is very difficult to give a detailed description of the route to go. Chances are you'll be fine, but to be sure, don't try to do the big loop unless you start out early in the day, have tools, and a good supply of food and water. A color topo map would be a good idea. I'm not trying to scare people but this ride is an adventure. Have fun you crazy adventurers!

Wentworth Trails

Map #10



Location:Wentworth Hostel Take the TransCanadaHighway towards New Brunswick. When you drive by Ski Wentworth you're almost there. Turn left onto Valley Road(a Provincial Park is located right at the corner). After about 1km down the road turn left onto Station Road. About 800m up Station Road you should see the Hostel on your right(big white house) The trail starts behind the hostel on the other side of the train tracks. If you need help, someone at the Hostel can point you in the right direction. Stop in at Hub Cycle in Truro and say 'Hi' to Bruce and his Wife and ask to be hooked up with some local riders. He'll be glad to do help you find the real sweet spots in the area.

Time/Distance: countless loops and trails abound, but the main route that most people stick to is 12km and takes 45-90 minutes.

What to expect: long climbs and rocking descents Not very technical. Great for beginners. Little mud or water to be dealt with.

Description and Comments:

One of the best trail systems around. The best way to follow the trail is to cross the tracks and enter the trail at the far end of the field/open area. Most of the trail is marked but it is probably best to stay on the "Main Trail" until you become more familiar with it all. The "Look-Off Loop" is a nice early diversion though. Consider staying at the Hostel for a weekend of fun and biking. You need more than one day to enjoy it all, and if you're driving from Halifax you should make it worth your while. Site Bicycle Nova Scotia Race Series events for over 15 years!

There is also some major stuff in the works across the road at Ski Wentworth. Connor Scallion has put together an awesome DH run and he's always coming up with some new crazy crap for us to throw ourselves down. This is the site of the 2003 Provincial DH Championships so be sure to find out about it and check it out. Keep in mind that its private land and that you should only be there when you have permission.

FIGHT TRAIL

Map #13



Location: Off of Williams Lake Road in Spryfield. From the Armdale Rotary Head up towards Spryfield (Take the Herring Cove Road exit from the Rotary). At the Pizza Hut at the lights you turn left and follow Purcells Cove Road. Take your time. You have a big climb ahead of yourself. Just past the Dingle's Frog Pond you'll come across William's Lake Road on your right. Turn onto it and follow it almost all the way across and watch for Colpitt Lake Road on your left. Turn down this road. Follow it around to the left and then around to the right. Stay to your right. At the end of the road where the trail is there is a path which is blocked by some boulders.

A This is the start of the trail.

Time/Distance: 1-3 Hours, about 8km

What to Expect: Rough, technical singletrack, some bridges and ladders, open rock

Description and Comments:

Follow this trail all the way down to the where the river is running out of Colpitt Lake B. This involves some trial and error as there are a few party pit trails here and there. Essentially, stay to your left all the way down. If you come out to a party pit right on the lake and there is a river running INTO Colpitt lake on your RIGHT you took a wrong turn. You do not have to backtrack if you don't want to though. There a trail to your left that will take you to where you want to be. It isn't very rideable but will do in a pinch. Okay, you're at the spot where the river is running out of Colpitt Lake and flowing down to your left. Cross the river and head up to your right. The trail follows all of the way around Colpitt Lake.

Stay on this trail. This section is known as Fight Trail. It lasts until you come out at Purcells Cove Road. Just before you reach the end of Colpitt Lake you will see a trail heading up to your left C. This is a near impossible trail to ride but a good shortcut if you've ripped your derailleur off and want to get out somewhat faster. At the 'ruins' head east(left) but be warned: you will be coming out in someone's backyard so please don't head out this way unless you absolutely have to.

You've made it to a huge bridge 6ft off the ground. Just on the other side of the bridge is a steep rock that drops straight down on the other side. To the left of this is a drop and roll called Randicide. When you are standing on top of the rock and facing down the trail (with the bridge behind you) look to your right. There should be a rough trail showing through the brush D. This is the start of Gord's Gold. A very technical but fun trail, bring your Beast Gear or other suitable body armour and be prepared for serious drops and bridgework. When you eventually get to Flat Lake E hang a right up the 'rocky road' and follow the tape and trail. This is some serious fun in this section. Eventually it will take you back to the 'party pit' mentioned above. If you've had enough turn left when you reach the lake and head out to the trail head. If not, turn around and ride Gord's Gold backwards and then hang a right at Randicide. Follow the trail down to Purcells Pond. Just after you ride past the Pond you will have the option of heading left F, which will take you out, or right, which will take you out after you have ridden some sweet singletrack. In both cases you eventually come to an intersection where you can turn left or right. In both cases, turning left will take you out to Purcell's Cove Road. When you reach the pavement turn left and head on home. It isn't very far, honest.

Trivia: Colpitt Lake is actually Coal Pit Lake. Thanks to Beast Gear Gord for Gord's Gold. The Armoian Group is going to put 250 homes in here over the next 20 years so enjoy it while you can, folks. Halifax City Council overlooked its own by-laws to let this happen, next time you see Mayor Peter Kelly, tell him to get bent (substitute with other words of your choice if you wish).

WHOPPER DROPPER

Map #15



Location: Behind Burger King/Value Village at Bayers Lake Industrial Park Between the Value Village Parking Lot and the Value Max building is a gravel road heading uphill to the woods. The trail is right there. Park at the Value Village, don't be lazy and park right at the trailhead, it is only going to encourage hikers and look at what happened to Wrandees. You can also get to the trail by taking the entrance to Dan's Disaster from Rainnes Mill Road off of the Beechville/Timberlea Road.

Time/Distance: 8km consisting of one loop and returning to the start point, 45-120minutes depending on ability

What to expect: Smooth/open trail consisting of huge stretches of open rock with a technical singletrack loop as an option

Description and Comments: This is a great trail for the beginner due to the smoothness and grippiness of the trail. The first bit is very easy and provides lots of traction. Its like biking on 10 grit sandpaper. And for the more advanced rider it is superfast. Most beginners do the first bit and follow the powerlines until the hard stuff and then turn around. Which is ok. But, when you're looking for more, check out the section known as "Bustin' Out", named for the guy who built this amazing twisty and turny bit of singletrack. Its like Wrandees used to be. Its a lot of fun and its all rideable. If you can't ride it all the first time, don't despair, with practice you'll be able to ace it. Fast mountain bikers can ride everything, in and out, in 45 minutes or less.

How do I find my way around? Granted, the map doesn't do the trail a lot of justice so bare with me. Head in and watch carefully as you go from one rock section to the next. Its usually pretty obvious where the trail picks up. Shortly after the *Whopper Drop* (a small 4-5 foot drop that gets a lot of attention) you'll come to a survey line in the woods. This is some real good singletrack which I'm sure you'll enjoy. Eventually you come out at some powerlines. Once at the powerlines turn right and follow them for 1km or so. You'll arrive at a point where you can turn left or keep going straight along the powerlines. Keep going straight. Turning left will take you out to Rainnes Mill Road. Before the powerlines turn right (as part of the now defunct trail *Dan's Disaster*) watch on your right for a trail heading straight into the woods. There is only one so you should be able to find it. Take this trail and it will eventually take you back to the original survey line that took you to the powerlines.

WRANDEES

Map #14



(AKA Long Lake Provincial Park)

Location: Beginning of St.Margarets Bay Road(Route 3), see comments

Time/Distance: about 20km of trails, about 3 hours to ride everything

What to expect: All singletrack, all the time. The way God intended it.

Description and Comments:

Probably one of the most well known/most biked trail systems in the Halifax Area. The beauty about this trail system is that it was all designed and built with mountain biking in mind. It was designed and built by mountain bikers, for mountain bikers. All of it.

Work on the trail began in 1994. Sure, some hikers may dispute that and say that they've been going there for the past 20 years, but the trails they're hiking on were built within the past 5 or so. Enjoy it. Some other thoughts: it doesn't get as crowded with cyclists as it did in the heyday of mountain biking, so if you find the other trails a little crowded, head on to wrandeess. The hikers aren't so bad as they used to be either, and they normally stick to the pipeline section that starts right at the parking lot. The trails on the other side of the bridge at the switchback are the best place to ride as they haven't seen as much hiker/biker traffic. Going in through Cowie Hill or Quick Exit is your best bet. During the winter months you can count on some snowshoers to pack the main trails down so don't be afraid of hitting it up when all of the other trails systems are full of snow.

There are a number of ways to get into the trail system:

1. Head up St.Margarets Bay Road away from the Armdale Rotary. Just past the "Welcome to Halifax" sign on your left there is a parking lot. A stream can be seen from the parking lot. On the other side of that stream is an entrance to the trail.
2. Watch on the left side of St.Margarets Bay Road for a green gate(about 100m before the "Welcome to Halifax" sign. The gate is probably a rust color now. To the left of this "gate" is a trail. About 100m in take a right and you're on "Rose Garden".
3. Travel south on Northwest Arm Drive. When you see Hail Pond on your left watch on your right for a trail going into the woods. This is known as "Quick Exit". Check out the streetlights. Each pole is numbered. Quick Exit is located to the left of Pole #901.
4. Keep travelling south on Northwest Arm Drive to the third set of lights(located at the end of the Cowie Hill Connector Road). Look for a gap in the guardrail for a trail heading into the woods. Go in this way for extra riding fun.

There are no 'easy' trails here. Some are easier than others but they all require skill. They are pretty short so your best bet is to get familiar with the trails in Rose Garden and get them nailed before you head for the other stuff. As a rule of thumb, the farther back you go the more difficult the trails become.

All of trails interconnect and yes, there is a method to the madness, you just haven't figured it out yet.

Please don't litter or give the hikers a hard time. They have as much right to be there as we do, even if a few of them are pricks.

If you can't ride something, and chances are good that you won't, don't ride around it. Dismount and carry your bike. The trail was meant to be difficult and just because you can't ride something doesn't mean that someone else can't.

Don't break branches or pull up rocks either. Thank you.

How did some of those trails get their wacky names?

Rose Garden: Some lady used to sell roses at the parking lot.

Heckler: The first person to ride it(Terry T.), did it on a Santa Cruz Heckler. The line 'heckles' you as you ride by it

Tracy's ACL Corner: My wife, Tracy, blew out her ACL on this section. Now she has a fancy expensive knee brace.

D'oh Loop. Named for Homer J Simpson. You'll say D'oh a lot on this section.

Where's My Burrito? Somewhat obscure Simpson's reference. Do you know which episode? E-Mail me at at289@chebucto.ns.ca

Warranty Claim. I ruined a Kona Kula on this section of trail. Probably not the only bike to be ruined in there.

Who's your Daddy? No comment Money Shot: No Comment Blood, Sweat, and Beers: sounds neat

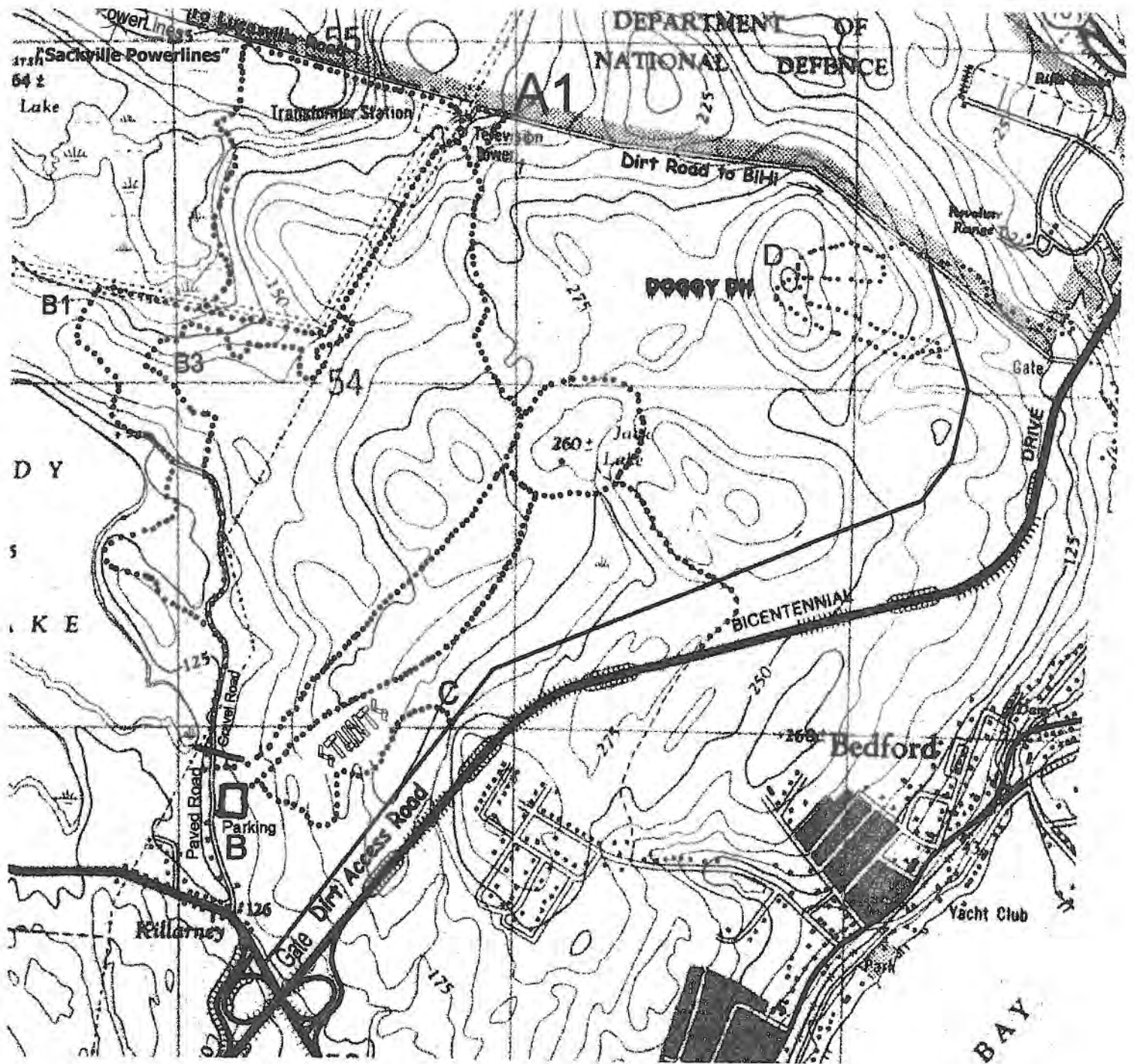
Salad Bar: you make salads for 10 years and see how it affects your psyche

Wailing Wall: Local riding Mark Webster broke his collarbone here. Did he ever wail. (it's the drop at the bridge switchback)

Kwickeemart/Single Mothers. This trail takes you out to Spyfield.

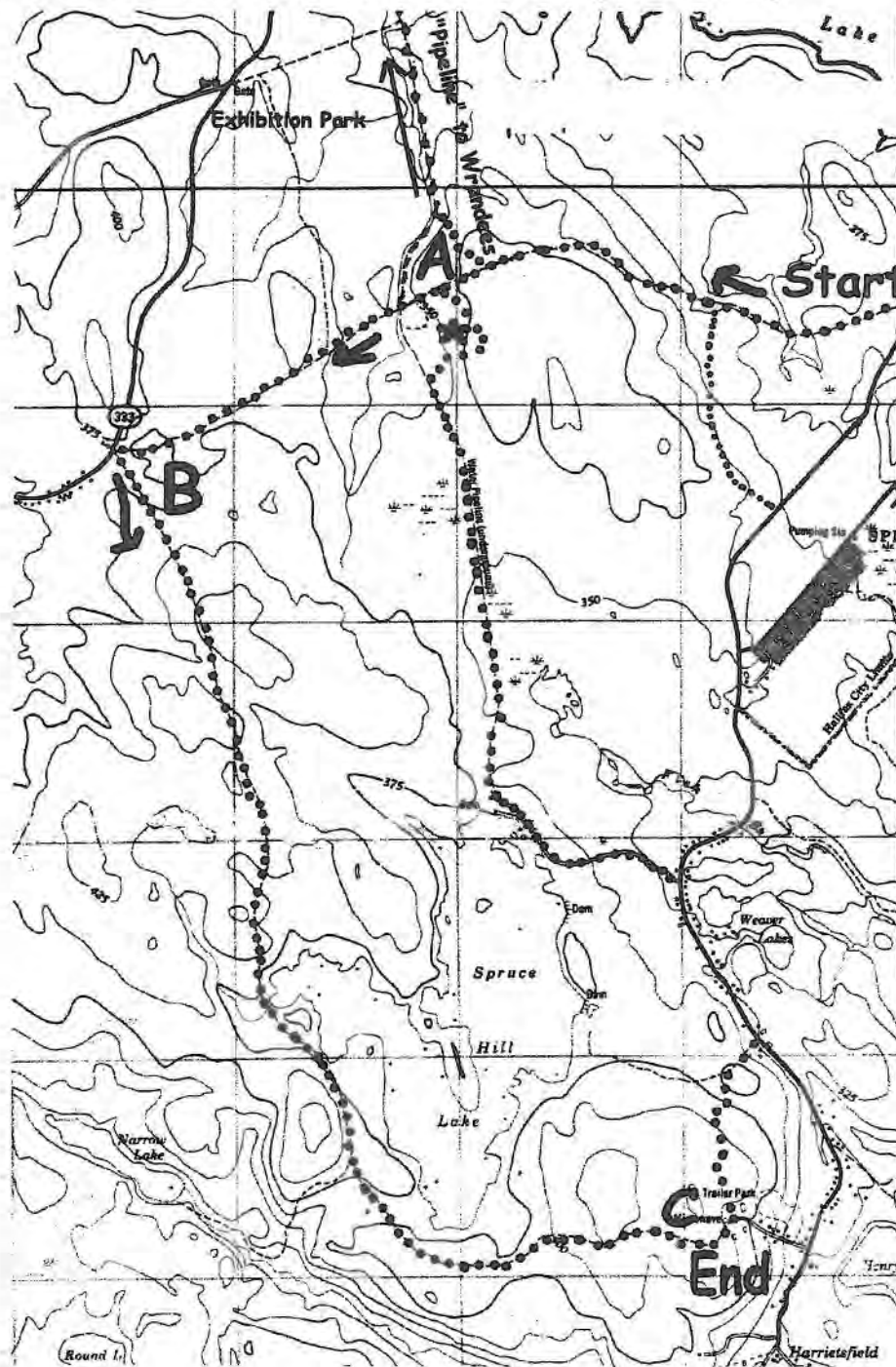
Wrandeess TT The Wrandeess TT is a newly established "Race of Truth". We wanted a set route that was easy to follow and covered as wide a variety of terrain as possible. Having an established route that everyone agrees on is a great way to gauge your performance against those of your friends. Start at the Cowie Hill Entrance and end at the 'Welcome to Halifax Sign' at the end of Roller Coaster. It measures about 6km. The fastest time so far is 21:57 and the average is around 35-40 minutes. There are a few twists and turns that you probably won't be able to figure out on the map provided but give it a whirl. I think my fastest time was around 24 minutes.

MAP # 1 JACKS LAKE, DOGGY DH, SACKVILLE POWERLINES



The "Sackville Powerlines" is not shown in its entirety. You can see a portion of it at the top left hand portion of this map.

MAP # 2 BEHIND EXHIBITION PARK TRAIL (AREA 51)



BEHIND EXHIBITION PARK TRAIL(AREA 51)



Location: 20 minute bike ride from the Armdale Rotary. Head up Herring Cove Road and turn right at the lights that take you onto "Old Sambro Road"(The Spryfield fire department is at this intersection). Follow this road down and around and head through the next set of lights until you arrive at a Four-Way Stop. Turn right. At the first sharp left turn in the road you will see a gate to your right/just in front of you. This is the start of the trail.

Time/Distance: 13km, 1-2 hours

What to expect: water and mud. Some swamp. Pretty easy(and fun) singletrack when its dry, which isn't often.

Description and comments:

Very wet and muddy in the Spring. Unless it is a very dry summer I wouldn't even bother until August or early fall. Waterholes can be axle deep or worse.

(A) is a very wet trail/river which will take you down to Wrandees

(B) is the turnaround point on the St.Margarets Bay Road

(C) is a fireguard for the trailer park(a wide clearing). Follow it around to the left and eventually you'll come out at the trailer park, which is on the Old Sambro Road.

MAP #3 TELSAT, HOSPITAL HILL, AND SOME OF AREA 51



MAP #4 POCKWOCK



#5 JIMMY'S ROUNDTOP (WEST)



JIMMY'S ROUNDTOP



Location: Head west out of Halifax on Highway 103. Take the Hubley Exit (#4) and turn left at the end of the off-ramp. Follow this road for about 4km until you arrive at Recardo's Pizza. Turn left and follow the signs to Three Brooks Subdivision. Don't go to the subdivision though. Stay on the paved road until you come to a dead-end. The trail begins on the other side of the small steel bridge.

Time/Distance: 25km, 1.5-2.5 hours, but I have heard of someone taking their mom there for a ride and it took 6 hours! Yikes...

What to expect: fast fireroad, some singletrack.

Description and comments:

Cross the small bridge and follow the trail until you come to a well made gravel road. Keep going straight up this road. About 200m further up you will see a smaller trail branching off to the right off the dirt road (A). Now you have to decide which way you want to go. The best way is counter clockwise which is what I'll describe here. If you just want an easy out and back ride, turn left and follow the dirt road until you want to turn around.

For the full meal deal turn right. This is a fast and fun section of doubletrack. It can be wet at times so expect to get wet. Eventually it becomes a fireroad again (B), or maybe even a housing development by this time. Keep going straight down. When the road veers to the right stay on the trail to the left. As you approach Coolen's Hill while riding along the river watch on your left for a trail heading down to an old bridge which crosses the river. If you come out at a paved road, turn around and backtrack 100-200 metres and watch on your right for the trail heading down and crossing the river. After you cross the river turn right and head up the hill. The trail will take you through a clear-cut be careful nothing gets snagged in your derailleur. Cross through the clearcut and turn left when you come to a piece of doubletrack. Follow this trail until you come to a "T" intersection (D). Turning left will eventually take you to where you originally turned right onto the Singletrack near the beginning of your ride. For even more fun, especially if you biked out to the trail, keep going straight. This will take you on what is known as the Old Coach Road trail, which comes out in Goodwood on the St. Margarets Bay Road. The Jimmy's Roundtop loop used to be used as part of the BNS Mountain Bike Series. The start/finish line would be on the other side of the bridge. Senior Sport would do 1 lap, Experts would do 2. Times have changed.

MAY #6 JIMMY'S ROUNDTOP (EAST) – OLD COACH ROAD/OTTER LAKE



OLD ST MARGARETS BAY ROAD TRAIL/OLD COACH ROAD



Location: Head down St. Margarets Bay Road (Route 333) towards Peggy's Cove (past Exhibition Park etc). When you see a Golf Driving Range on your left turn right down the gravel road called Coach Road. (Map #6, point A) About 100m down you will see a trail heading off to the left. This trail will take you across to Seabright on St. Margarets Bay or up to Lakeside/Timberlea, your choice.

Time/Distance: about 25km, 2-3 hours depending on what side trails you take.

What to expect: Water and rocks, some mud. Did I mention water?

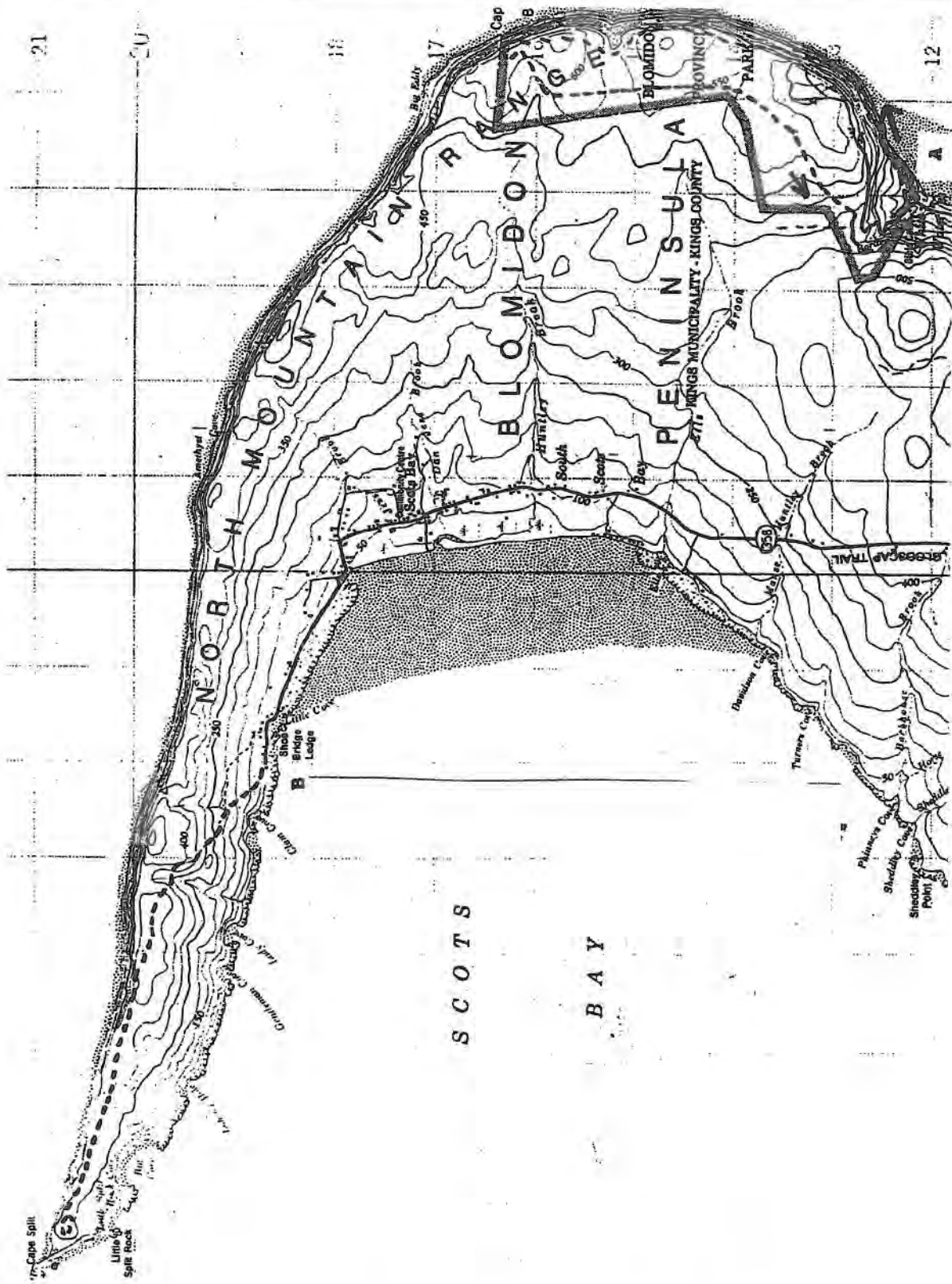
This is a good ride to do if you have a lot of time on your hands and want to do some exploring. It's great because there are a number of loops you can do so you're able to keep it short or make it a 3+ hour epic ride. A lot of the riding is not overly technical but does get what the old-timers would call "gnarly", fast bermed corners and flat open fireroad abound. Don't forget to check out Greenhead road mentioned below. Avoid riding during the Spring/Early Summer or after heavy rains. The best time is during the middle of a summer drought. There are a lot of water holes. So many that at first you'll walk around them and carry your bike, later on you'll curse it and just ride right up through the centre through water past your hubs. Hey, if you want an adventure this is it. Bring food.

Try out different entry/exit points. Otter Lake and Jimmy's Roundtop are part of this. Know your limits though. Don't be at the end of your ride at Seabright with your car parked at Old Coach Road. **And don't drink the water. A few years ago some PCB's were found to be leaking north of the trail. Camelbak it.**

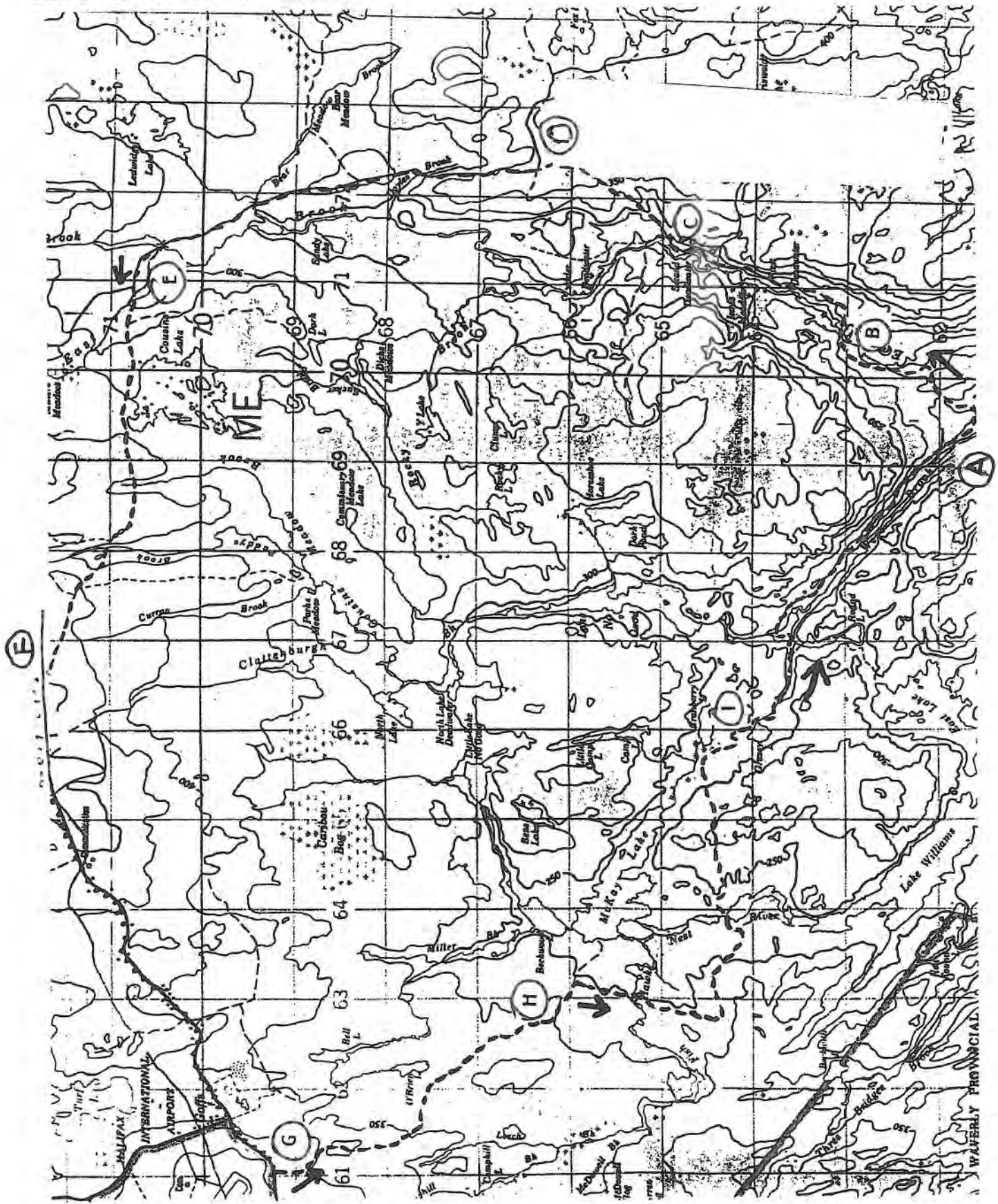
MAP #7 PANUKE LAKE TO MARTOCK



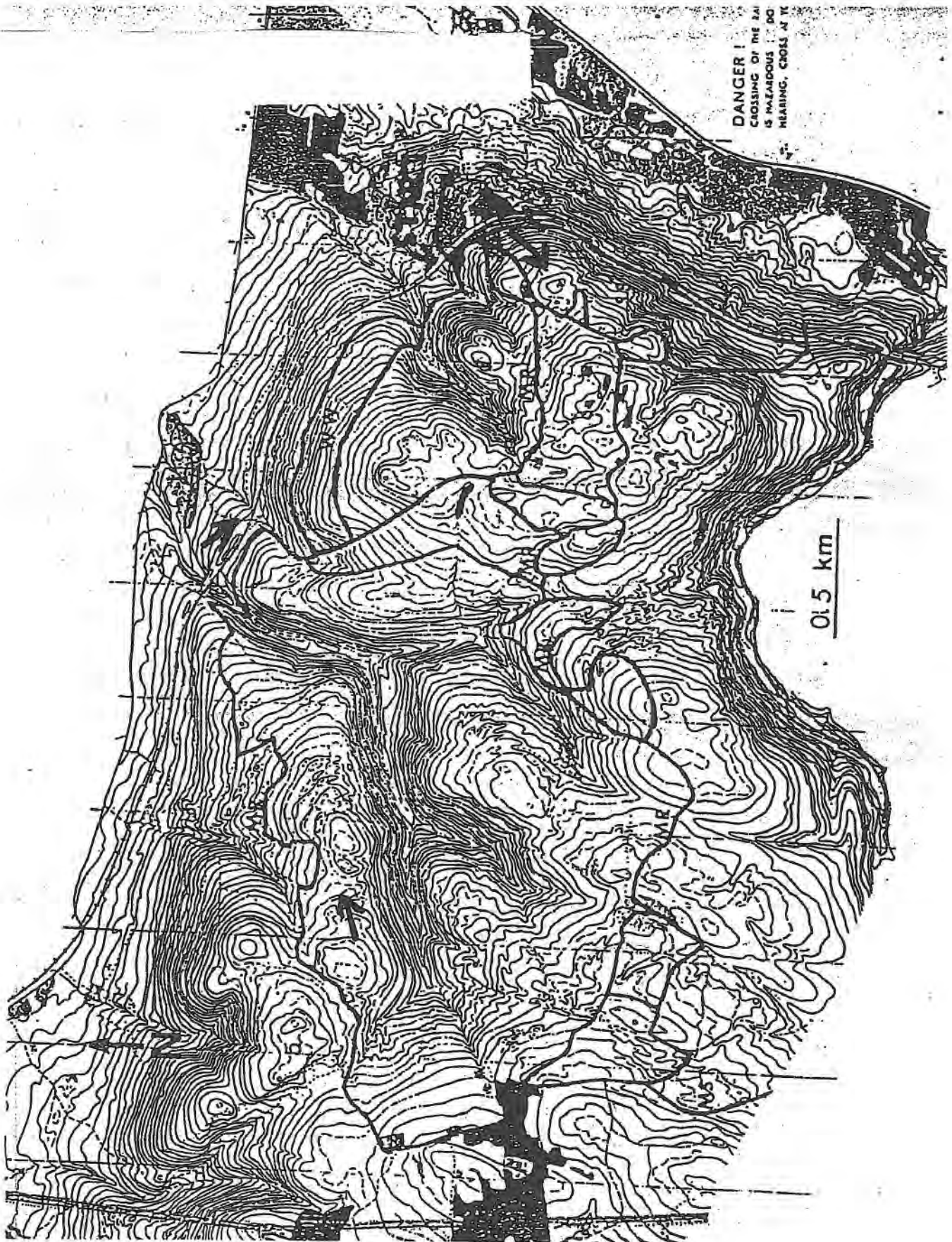
MAP #8 BLOMIDON/CAPE SPLIT



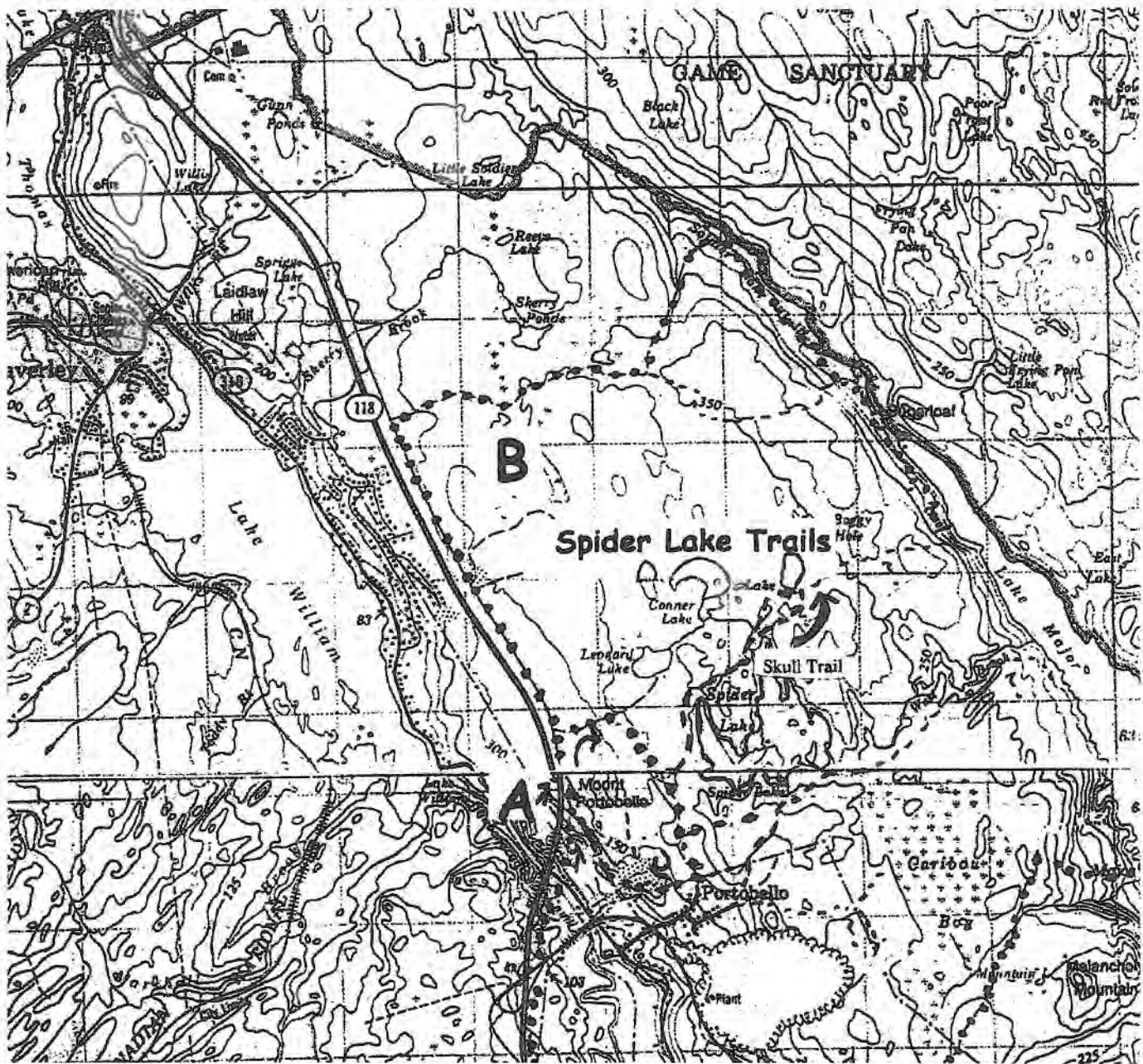
MAP #9 PORTERS LAKE



MAP #10 WENTWORTH



MAP #11 SPIDER LAKE/SKULL TRAIL



Spider Lake Trails



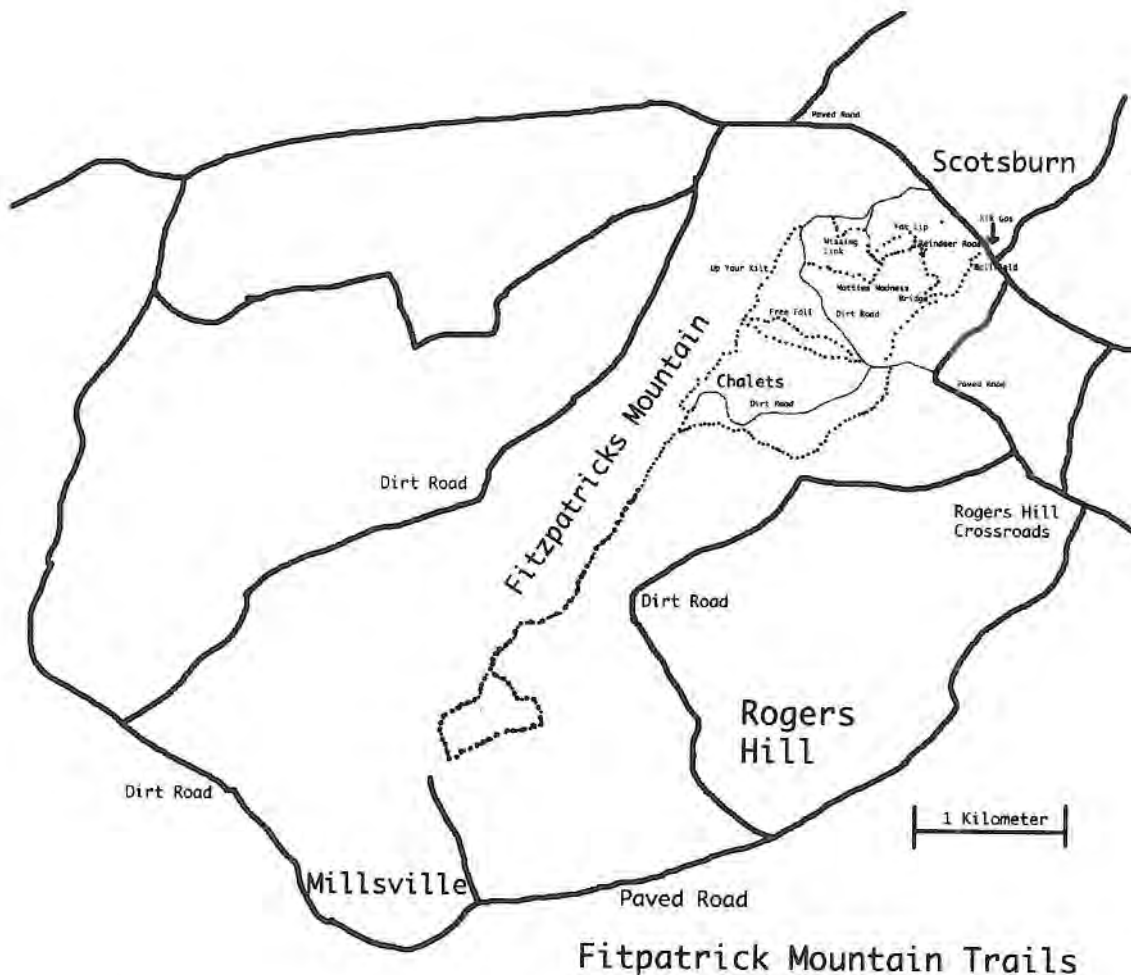
Location: Any of the trails that show up running off of the gravel road that runs parallel to Highway 118. The best way to find that is head north up Route 318 until you reach the bus stop under Highway 118. On the right before the bridge going over Route 318 is a gravel road heading north. Follow this for about 1.5km until a trail can be seen on your right, follow this to many other intersecting and adventure-filled trails.

Time/Distance: unlimited? The actual Spider Lake loop is pretty short, about 5km, but there are many other trails that you can find and explore on your own. For help, stop in at the Cyclsmith at Woodlawn Mall and ask when they have a group ride going on.

What to expect: Water, technical terrain, fun stuff.

Trail (A) is the "Spider Lake" Loop Trail and (B) is a good ride back to Lake. The stuff known as "Skull Trail" is the new hot place to ride in Dartmouth.

MAP #12 FITZPATRICK MOUNTAIN



Fitzpatrick Mountain

Map #14 BNS 

Location: Scotsburn, Nova Scotia. Scotsburn is a little out of the way town that provides Nova Scotian's with the cream for their coffee and milk for their cereal in the morning. It can be a little hard to figure out how to get to it your first time out but after that it will be a breeze, and its more than worth it.

From Truro/Halifax/New Brunswick head towards Cape Breton on the TransCanada Highway(104). Leave the TCH(104) at Exit 19 Salt Springs and head north on HWY 4 to Central West River. When you reach HWY 376 continue to travel north on it until you reach HWY 256. Turn left and follow HWY 256 until you reach the village of Scotsburn. In Scotsburn there is a parking lot sandwiched between an XTR gas station(no relation to Shimano) and an elementary school. Park there. The trailhead is located on the right hand side of the ballfield. There will be a sign there telling you where you are. An alternate way in is to go to the left of the ballfield and follow a doubletrack trail up to the dirt road, or you can join back onto the aforementioned singletrack to the right of the ballfield. Going this way helps you avoid an overly used section of singletrack that is showing some wear and tear.

Time/Distance: anywhere from a 5km loop to a 20km out and back, depending on what you're up for.

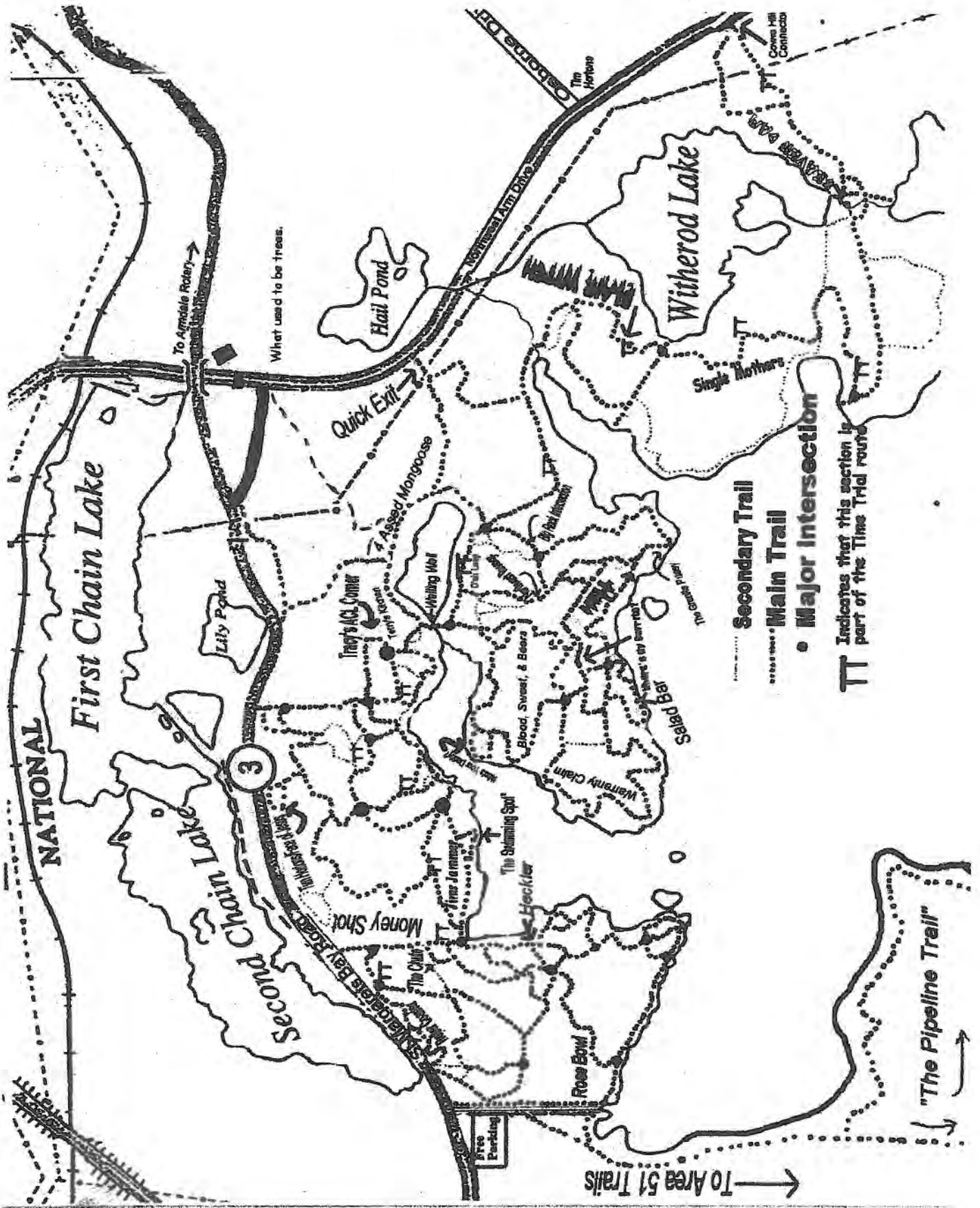
What to Expect: lots of climbing and descending. It seems like you're always either going up or down. The majority of the climbing is pretty gradual so you have plenty of time to get warmed up. There are dirt roads that you can climb if you aren't into climbing singletrack, though the singletrack is a good ride up. Its up to you.

Description and Comments: This trail system was originally a hiking trail consisting of one trail going up Fitzpatrick Mountain and over to Millville. Recently a school based mountain biking club consisting of kids of all ages have developed some amazing singletrack off of the main trail. SpokeNS is a great club of kids from grades 5 and up that have developed an extensive network of trails under the supervision of their mountain biking teacher and their parents. As a lot of the trail is loamy, please avoid riding there when it is wet. Definately avoid it during the Spring months. But, during the summer it is worth a trip. If you want to make a weekend of it you can stay at the Stonehame Chalets (<http://stonehamechalets.com/>) which are located in the centre of the trail system, halfway up and the hill(they also have chalets at the very top with an amazing view).

MAP #13 FIGHT TRAIL

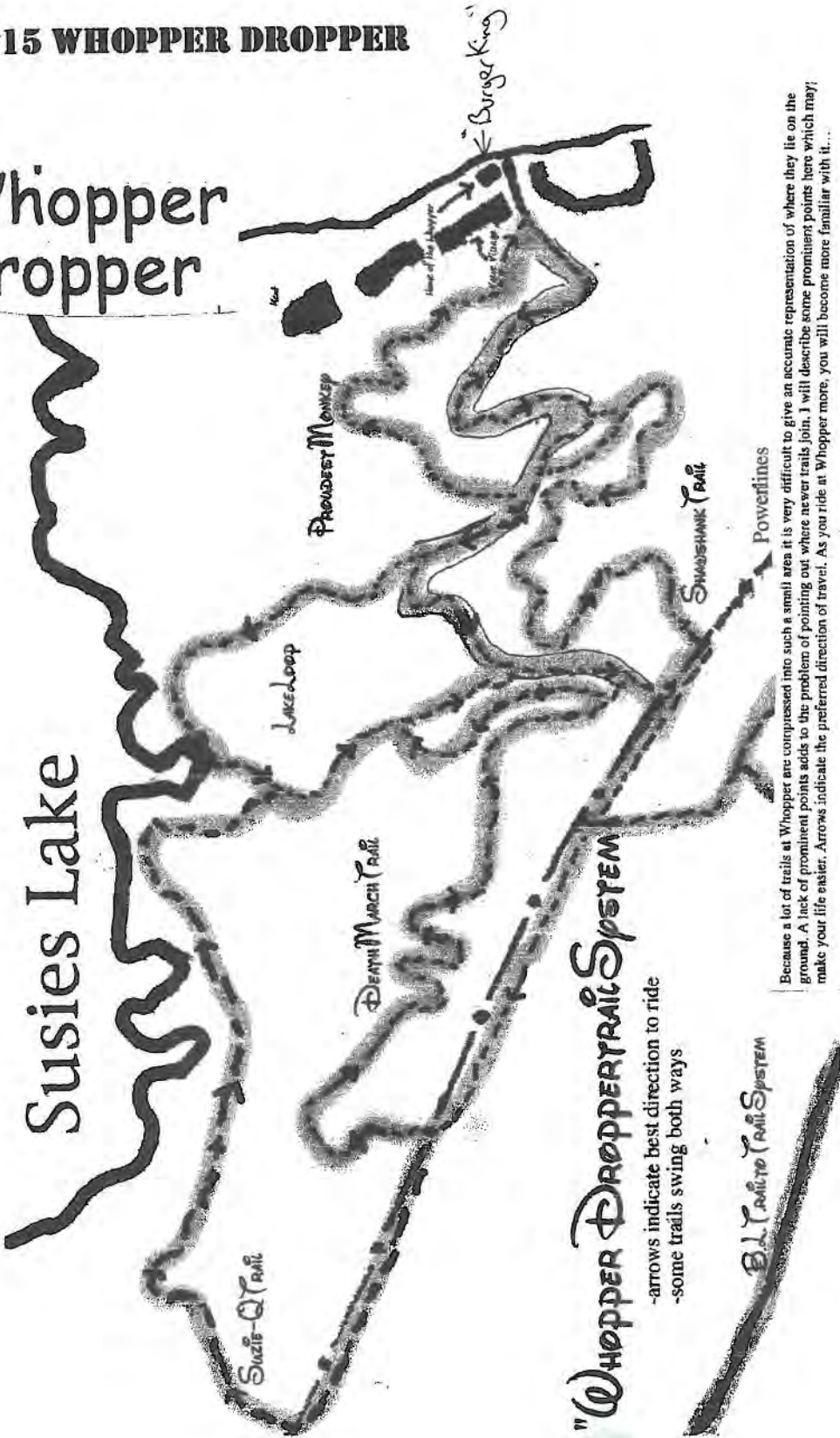


MAP #14 WRANDEES



MAP #15 WHOPPER DROPPER

Whopper Dropper



Because a lot of trails at Whopper are compressed into such a small area it is very difficult to give an accurate representation of where they lie on the ground. A lack of prominent points adds to the problem of pointing out where newer trails join. I will describe some prominent points here which may make your life easier. Arrows indicate the preferred direction of travel. As you ride at Whopper more, you will become more familiar with it...

- A) A big rocky open area consisting of a few small ledge drops. The new trail can be found at the very opposite end of it amongst the bushes
- B) Graveligger starts up and behind a 3 ft ledge drop that a lot of people stop and practice their wheelie drops on
- C) Is a little off of the trail, as you are rounding a turn on some open rock it is directly in front of you. It is becoming more obvious with use.
- D) Is the highest point you climb to on the powertines. There is a ledge drop there that everyone stops and rides off of. If you look into the woodland directly behind the powertines you should see a small trail snaking into the woods. This is a stunt loop with 'skinnies' and 'hucks' A.K.A. a 'freeride trail'!

-arrows indicate best direction to ride
-some trails swing both ways

B.L. Trail to Trail System