



## Building Mountain Bike Trails: Sustainable Singletrack

Mary Ann Davies and Lisa Outka-Perkins, Project Leaders

Mountain biking is one of the most popular outdoor recreation activities. It provides a great day out with the family and offers exercise, challenge, and adventure. Not only are more people riding bikes, more people are volunteering to design, build, and maintain mountain bike trails. *Building Mountain Bike Trails: Sustainable Singletrack* (0623-2D01-MTDC) is a 40-minute DVD that covers the basics of building and maintaining mountain bike trails that can be enjoyed by cyclists, hikers, and horse riders.

The Missoula Technology and Development Center produced this DVD with the U.S. Department of Transportation Federal Highway Administration, Recreational Trails Program. The DVD is a companion to the International Mountain Bicycling Association's book, *Trail Solutions: IMBA's Guide to Building Sweet Singletrack*.

Coming soon to your district!



This DVD has eight chapters:

### ***The Most Important Steps***

- Learn how to build relationships and gain permission from land managers for your trail projects.

### ***Trail Design Mistakes***

- Learn how water erodes trails.

### ***Designing Sustainable Trails***

- Learn how to lay out a rolling contour trail using five design elements.
- Learn why climbing turns are better for mountain bike trails.

### ***Let's Get Dirty!***

- Learn how to build a rolling contour trail with a full bench cut.

### ***Armoring***

- Learn how to use rock to reinforce sections of trail.

### ***Creating Challenge***

- Learn how to use natural features to add challenge.

### ***Maintaining Trails***

- Learn how to use knicks and rolling grade dips to improve water drainage on existing trails.

### ***Reclaiming Trails***

- Learn how to properly reclaim old sections of trail.

These techniques can help you design great singletrack trails that are sustainable and that last for years—trails that you can't decide which direction is more fun to ride—trails you come back to over and over again.



## About the Authors

**Mary Ann Davies** received a bachelor's degree in mechanical engineering with a minor in industrial and management engineering from Montana State University. She worked in the Pacific Northwest Region as a facility engineer and as a tramway engineer. Mary Ann has worked in fire management as a crewmember and as a crewboss. She worked 5 years for the Rocky Mountain Research Station with the fire chemistry and fire behavior groups before coming to MTDC in 1999.

**Lisa Outka-Perkins** received her master's degree in sociology with an emphasis in criminology from the University of Montana in 2001. She works for the Missoula Technology and Development Center as a sociologist. Her most recent project has been production of the Forest Service training video series, *Personal Safety in Remote Work Locations*.

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## Library Card

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Summarizes the contents of the 40-minute DVD, *Building Mountain Bike Trails: Sustainable Singletrack* (0623–2D01–MTDC).

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**Electronic copies of MTDC's documents are available on the Internet at:**

<http://www.fs.fed.us/eng/t-d.php>

**Copies of this DVD have been sent to all Forest Service and Bureau of Land Management offices. Additional copies are available at:**

<http://fsweb.mtdc wo.fs.fed.us/search/>

**You can order a copy of this DVD from the FHWA's Recreational Trails Program Web site at:**

<http://www.fhwa.dot.gov/environment/rectrails/trailpub.htm>



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