



HAMPTON HILLS METRO PARK

MOUNTAIN BIKE AREA

TRAIL MARKERS

WHITE: Beginner

For beginners in good health. Most types of bikes. Trail relatively flat and wide.

GREEN: Moderate

Gentle climbs and descents, with obstacles such as rocks, gravel, bridges and rollers.

BLUE: Intermediate

More challenging, with steep slopes and/or obstacles. Requires off-road riding experience.

BLACK: Advanced

Most difficult. Steep descents, numerous obstacles and elevated features. For experts only.

Ride this Way

Sections may have one-way or two-way traffic.

Caution Ahead

Heads up! Pay close attention.

No Entry

Seriously, you can't continue in this direction!

Exit to Parking

We hope you enjoyed the ride.



- Trailhead
- Beginner Trail
- Moderate Trail
- Intermediate Trail
- Two-way Traffic
- Wetland
- Water
- Park Boundary
- Road/Parking
- Bridge
- Skill Feature optional
- Restrooms accessible
- Open-air Shelter
- Fixit Station

- NO HIKERS
- NO PETS

MTB Trail Updates
[@smpmountainbike](https://twitter.com/smpmountainbike) [bsky.social](https://www.bsky.social/smpmountainbike)

