



Support the Trails!  
Join the NSMBA  
[www.nsmba.bc.ca](http://www.nsmba.bc.ca)

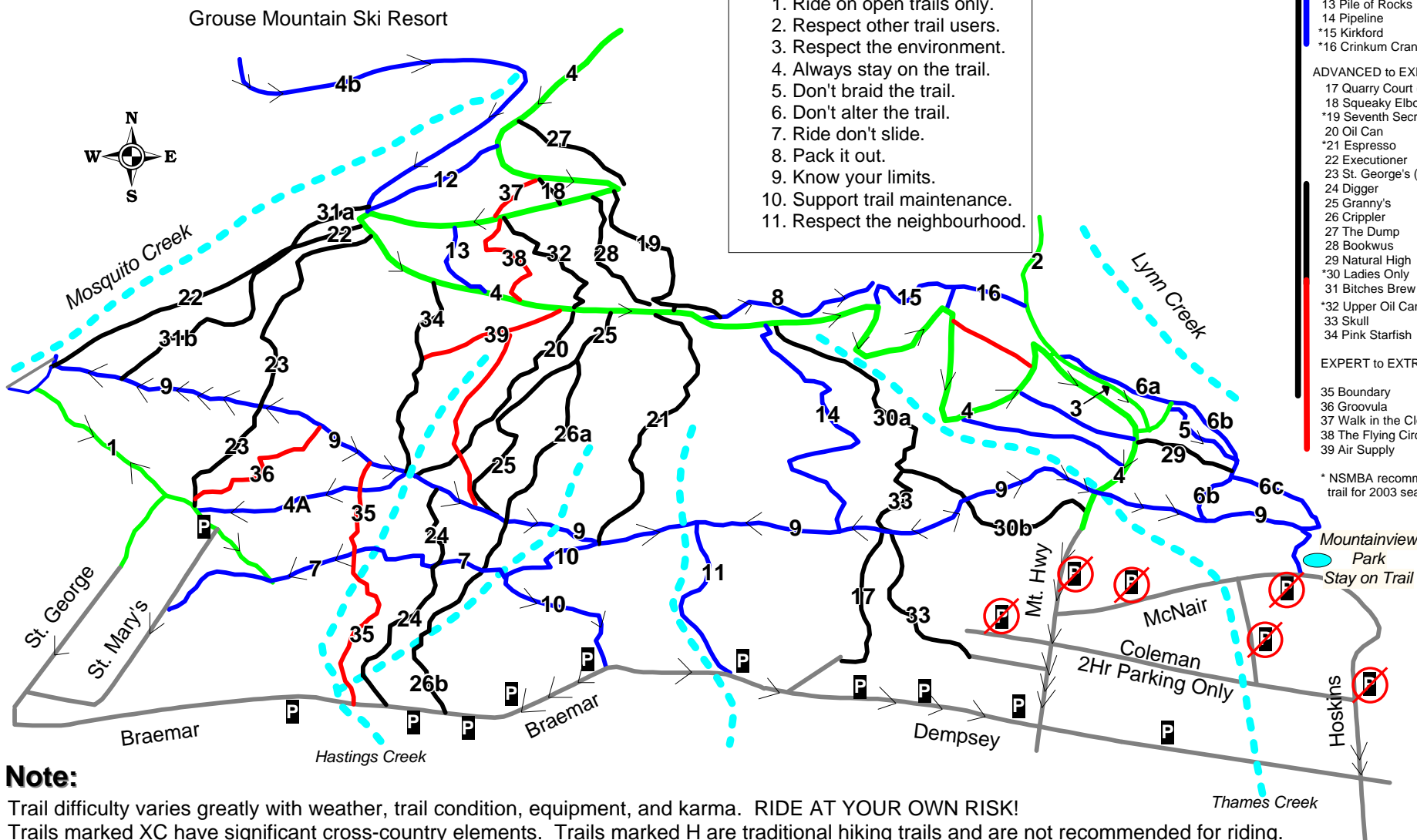
# MOUNT FROMME

## North Vancouver, BC

### TRAIL ETIQUETTE

1. Ride on open trails only.
2. Respect other trail users.
3. Respect the environment.
4. Always stay on the trail.
5. Don't braid the trail.
6. Don't alter the trail.
7. Ride don't slide.
8. Pack it out.
9. Know your limits.
10. Support trail maintenance.
11. Respect the neighbourhood.

- BEGINNER TRAILS**
- \*1 Powerline Trail (XC)
  - \*2 Cedar Trail (XC)
  - \*3 Roadside Attraction (XC)
  - \*4 Mountain Highway (XC)
  - \*4A Abelard Canyon Climb (XC)
- INTERMEDIATE to ADVANCED**
- 5 King of the Shore (XC)
  - \*6 Griffen (Upper and Lower)
  - \*7 St. Mary's Trail (XC)
  - \*8 Leopard (XC)
  - 9 Baden Powell (XC)
  - \*10 Dempsey Trail (XC)
  - 11 Kilmer Trail
  - 12 Per Gynt (H)
  - 13 Pile of Rocks
  - 14 Pipeline
  - \*15 Kirkford
  - \*16 Crinkum Crankum
- ADVANCED to EXPERT**
- 17 Quarry Court (H)
  - 18 Squeaky Elbow
  - \*19 Seventh Secret
  - 20 Oil Can
  - \*21 Espresso
  - 22 Executioner
  - 23 St. George's (H)
  - 24 Digger
  - 25 Granny's
  - 26 Crippler
  - 27 The Dump
  - 28 Bookwus
  - 29 Natural High
  - \*30 Ladies Only
  - 31 Bitches Brew
  - \*32 Upper Oil Can
  - 33 Skull
  - 34 Pink Starfish
- EXPERT to EXTREME**
- 35 Boundary
  - 36 Groovula
  - 37 Walk in the Clouds
  - 38 The Flying Circus
  - 39 Air Supply
- \* NSMBA recommended trail for 2003 season



### Note:

Trail difficulty varies greatly with weather, trail condition, equipment, and karma. **RIDE AT YOUR OWN RISK!**  
Trails marked XC have significant cross-country elements. Trails marked H are traditional hiking trails and are not recommended for riding.

<, > arrows indicate direction of down slope on cross-country trails and access roads for guidance and planning your ride.

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