

About mountain biking in Forest Park

Only the following "trails" (dirt roads and firelanes) are open to mountain biking:

- NW Leif Erikson Dr • NW Saltzman Rd
- NW Springville Rd • BPA Rd • NW Newton Rd
- Holman Lane • Firelanes 1, 3, 5, 10, 12, and 15.

All other trails and firelanes are closed to bicycles.

NWTA's Mountain Bike Riding Tips for Forest Park

To help us all enjoy this Portland treasure for many years to come, please follow these riding tips:

1. Ride only where bikes are permitted

If a route is not shown on this map, it is not open to bicycles. Whether it is to protect the environment or for rider safety, a closed trail is off limits for a reason. Riding closed trails is not only illegal, it endangers our future access to the park.

2. Control your speed and show courtesy to other users

Just like a busy highway, a crowded trail means you must move slowly to ensure safety for all trail users. Slow down when approaching other trail users and respectfully make others aware you are approaching. Pass with care and be prepared to stop if necessary. Remember: mountain bikers should yield to hikers and equestrians.



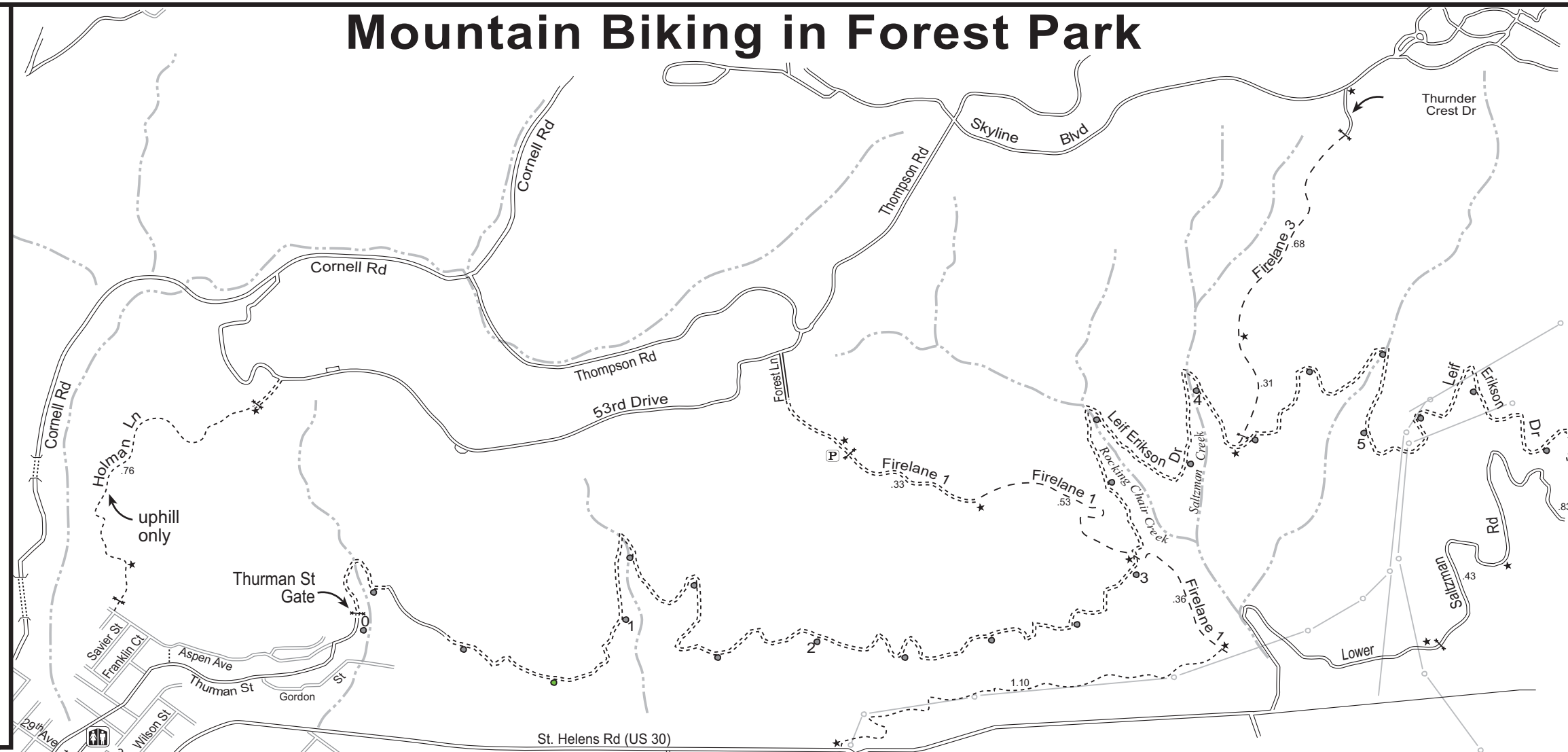
3. Respect the trail, wildlife, and environment

Please don't skid or ride on trails when they are muddy; it causes unnecessary trail widening and erosion, makes more work for those who maintain the trails, and may lead to long-lasting damage. Do not ride off-trail, as this can damage the ecosystem and spread the seeds of invasive plants. Do not widen the trail to avoid obstacles; carry your bike over obstacles if you cannot ride over them.

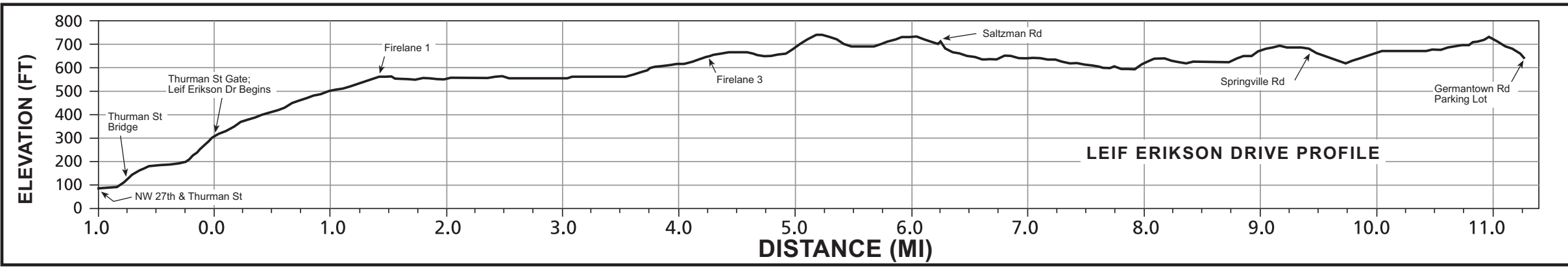
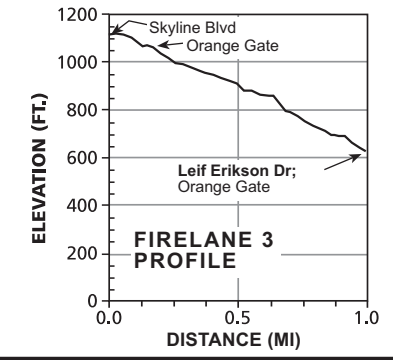
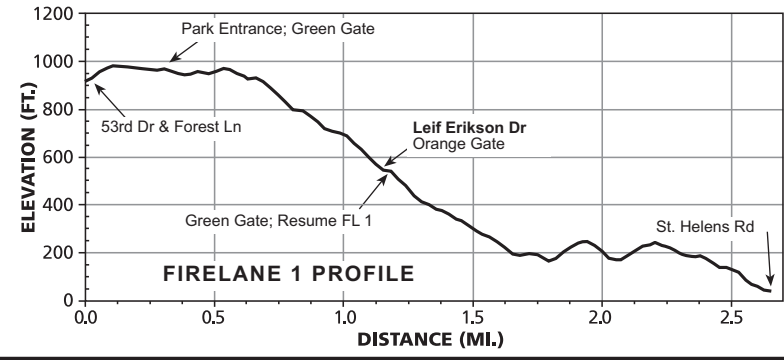
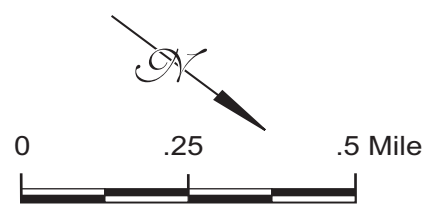
4. Participate only in authorized trail maintenance

Unauthorized or illegal trail work may lead to environmental damage, injury, or even trail closure. Contact NWTA to join work parties, dude.

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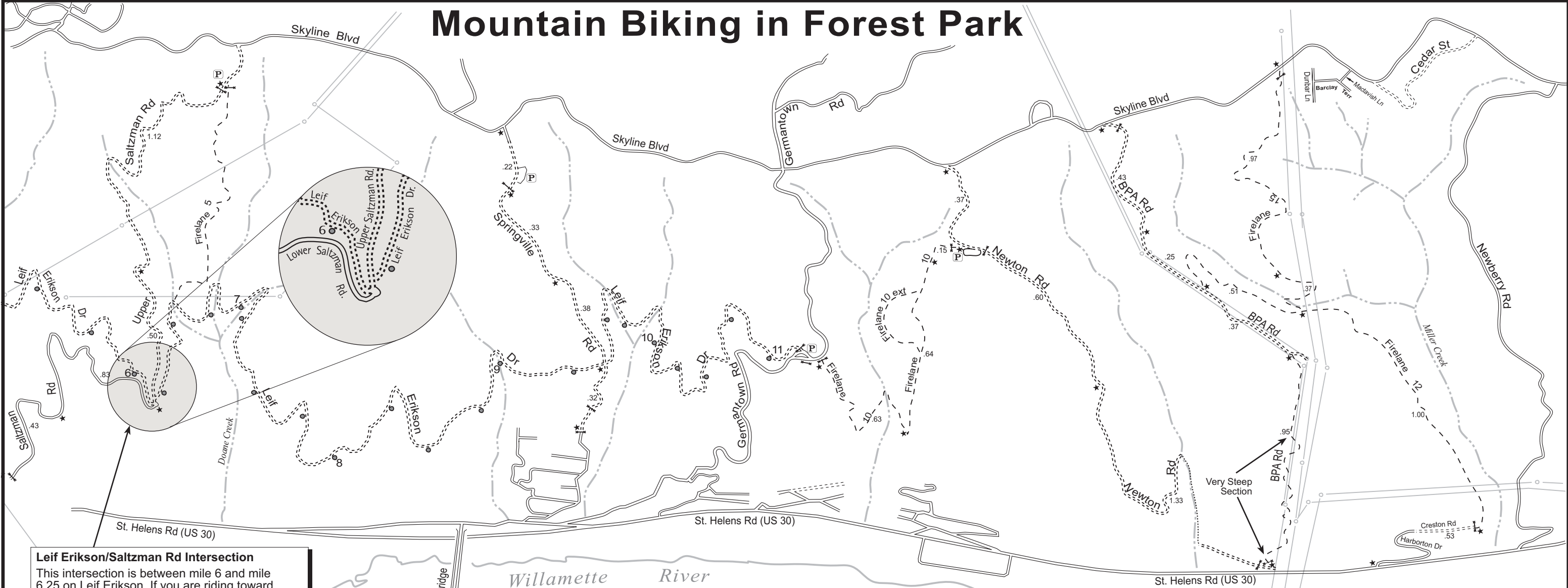
This map is made possible thanks to a grant from the Mazamas Conservation Committee and the work of Northwest Trail Alliance (NWTA) and Forest Park Conservancy.



Leif Erikson Drive
 This 11.2 mile-long dirt road goes from NW Thurman St to Germantown Rd. Every quarter mile is marked on white posts, beginning at the Thurman St entrance.
 Leif Erikson is very popular for hiking, running, and dog-walking. For the safety and enjoyment of everyone, please control your speed and ride defensively with these park users in mind. See PUMP's Forest Park Riding Tips for more information on trail etiquette.

Thurman Street Parking
 If you are driving to Forest Park via Thurman Street, please park below 29th and Thurman to reduce neighborhood congestion.

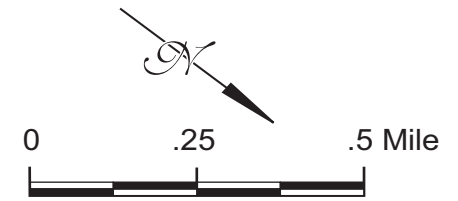
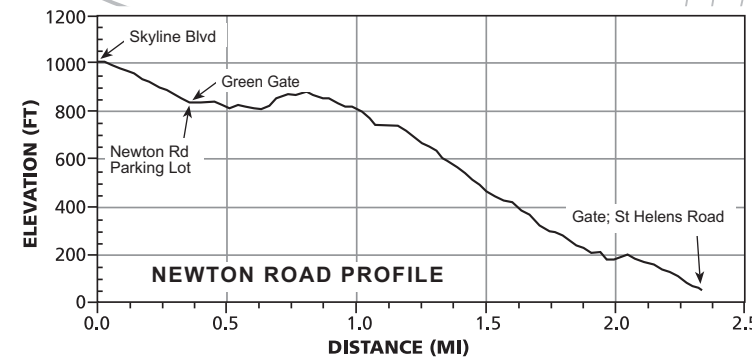
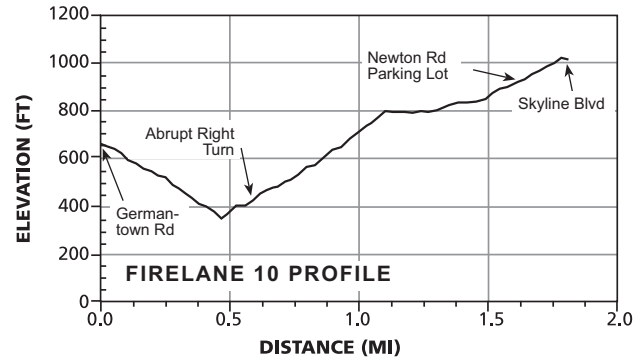
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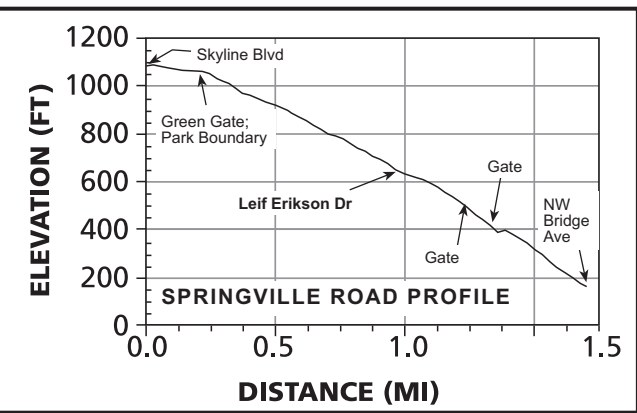
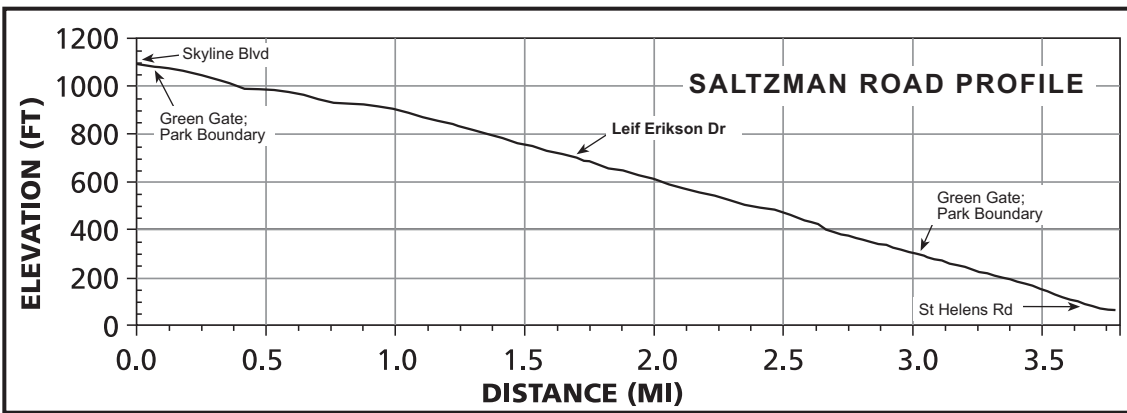
Leif Erikson/Saltzman Rd Intersection

This intersection is between mile 6 and mile 6.25 on Leif Erikson. If you are riding toward Germantown Rd on Leif Erikson and enter this intersection, you will see 3 paths you can take: 2 on your left and 1 on your right.

- The sharp left turn that angles uphill is the entrance to the upper section of Saltzman. It continues uphill for about 2 miles to Skyline Blvd
- The easy left turn that begins with a short, steep descent is the continuation of Leif Erikson. It goes for about 5 miles to Germantown Rd.
- The sharp right turn is the entrance to the lower portion of Saltzman. It makes a 2-mile descent to Hwy 30.



Map design by Jason Clark Cartography.
Map data provided by Phil Pennington.
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Forest Park Facts

- Established 1948
- 5400 acres - the largest forested urban park in the nation
- More than 112 species of birds and 62 species of mammals
- Approximately 30 miles of bikeable terrain

Help care for your park!

Legend

---	Firelane	★ .53	★ Mileage Between Stars
----	Unpaved Road	9	Mileage Marker Post - Leif Erikson Dr
=====	Paved Road	x-x	Locked Gate
- - - - -	Trail	P	Parking
o-o-o-o	Powerline	PR	Public Restroom
- - - - -	Stream		