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com/cyclingeasternoregon/ www.visiteasternoregon.

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Baker City, OR 97814 14701 Country Lane Range Tour & Shuttle Com-Baker County



Baker City Bike Hostel Baker County

\mos.fsedfiob.dqeso[ 1722-227 (148) Joseph, OR 97846 PO Box 756 101 South Main Street Joseph Hardware, Inc. Wallowa County

cles.com/ www.mountainworksbicy-(241) 663-3220 La Grande, 0R 97850 9vA smbbA f0£f Mountain Works Bicycles Union County

Snow-216988651727383/ Flagstaff-Bike-Skatewww.facebook.com/ TT46-622 (142) Baker City, Oregon 2101 Main St, Suite 113

Flagstaff - Bike, Skate, Baker County

necessary supplies for changes in weather or other conditions. self-sufficient: keep your equipment in good repair and carry in which you are riding – and prepare accordingly. Strive to be PLAN AHEAD. Know your equipment, your ability and the area

Give animals enough room and time to adjust to you. unannounced approach, a sudden movement or a loud noise. NEVER SCARE ANIMALS. Animals are easily startled by an make each pass a safe and courteous one.

is clearly signed for one-way or downhill-only traffic. Strive to ing downhill should yield to ones headed uphill, unless the trail the trail is clearly signed for bike-only travel. Bicyclists travelcorners. Bicyclists should yield to all other trail users, unless methods. Try to anticipate other trail users as you ride around know you're coming – a friendly greeting or bell ring are good YIELD TO OTHERS. Do your utmost to let your fellow trail users

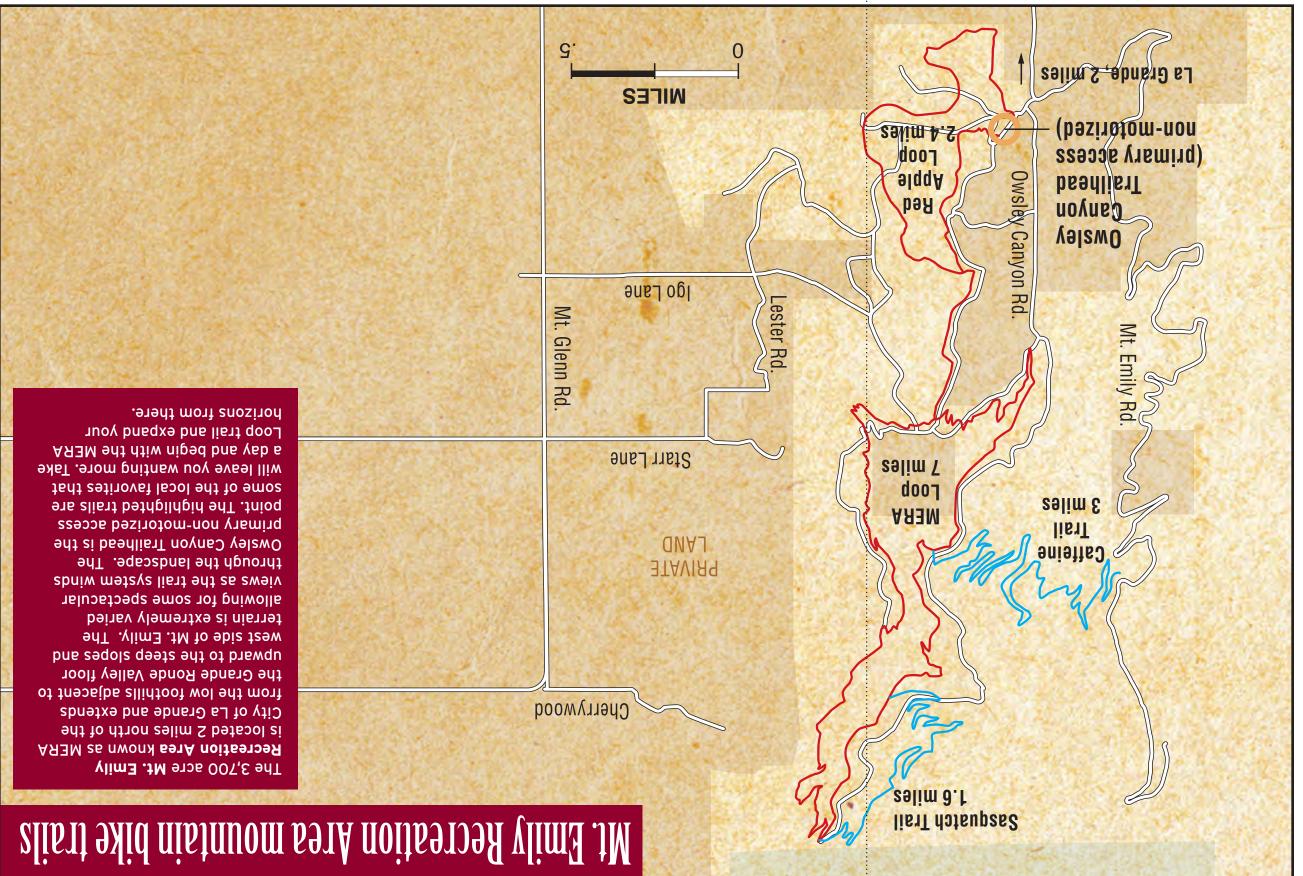
put yourself and others at risk. CONTROL YOUR BICYCLE. Inattention for even a moment could

Don't cut switchbacks. Be sure to pack out at least as much as means staying on existing trails and not creating new ones. When the trail is soft, consider other riding options. This also and muddy trails are more vulnerable to damage than dry ones. LEAVE NO TRACE. Be sensitive to the dirt beneath you. Wet state or federal Wilderness.

Be aware that bicycles are not permitted in areas protected as mits or other authorization as may be required. the status of a trail. Do not trespass on private land. Obtain per- ask a land manager for clarification if you are uncertain about RIDE ON OPEN TRAILS ONLY. Respect trail and road closures conduct on shared-use trails.

"Rules of the Trail" to promote responsible and courteous world. International Mountain Biking Association developed the These guidelines for trail behavior are recognized around the







Travel Oregon, Cycle Oregon, and Eastern Oregon Visitors input and expertise. Map development was funded by Baker County, Union County and Wallowa County for their sociation. We would like to thank the bike trail experts in This map was produced by the Eastern Oregon Visitors As-

surface and finds a home inside the heart. nature. Eastern Oregon's beauty penetrates past the only when life is experienced at a slower pace, closer to world is replaced with a sense of contentment that is found Out here, the need for the instant gratification of the digital

cultural adventures to provide a rich blend of discovery and a 'living' history. An endless array of biking trails pair with quaint rural towns. Our history is not buried in books – it is the voices of our Native American predecessors, and in our heritage and witnessed in the ruts of the Oregon Trail, in slice of authentic Americana, which is embodied in our Things are different here in Eastern Oregon. We are a rare

we invite mindful cyclists to see where the West is still wild. cyclist's desire. Our reverence for this land runs deep, and of terrain offers numerous options and challenges to fit any population hubs that bring ruralites together. The variety centuries, apart from a patchwork of farmland and small half of Oregon. Most of this land hasn't changed in mountain, valley, and canyon land which cover the eastern Cycling is a great way to experience the vast expanses of

those who simply enjoy leisurely rides. al riders, beginner to advanced cyclists, club riders, and L intend to bike in the tri-county area, such as recreationpaths. This map is provided as a guide for all those who guide to designated mountain bike trails and multi-use he Baker, Union, and Wallowa Bicycle Map is a tri-county

The following five safety tips are in no way a comprehensive guide to incident-free mountain biking. Consider them a friendly reminder of the safety standards we all normally apply, yet occasionally ignore.

# 1) BRING MORE WATER THAN YOU NEED

Bringing more water than you anticipate drinking isn't ideal in the weight department, but it's the responsible thing to do. Whether you take a wrong turn while exploring a new trail system, suffer a major bike malfunction and end up lugging your rig all the way home, or spring a leak from your water supply, there are a lot of ways to end up without adequate hydration out on the trails.

A great way to avoid this dilemma is to use a mountain biking hydration pack and water bottle in conjunction. With a 2-liter hydration pack as your main water supply and a water bottle secured to your bike frame in a bottle cage, you can significantly reduce your chances of ending up in a parched predicament.

And if you're riding outside of your normal and trusted crew, it's nice to have some extra water for friends who didn't come as prepared as you. Consider it a karma booster.

## 2) RIDE WITH FRIENDS

A solo ride can be a great way to move at your own pace, work on technique, and catch a little quiet time. That being said, things don't always go as planned out on the trails, and having at least one other person with you provides some reassurance that you won't be left fending for yourself. If you do head out for a solo ride, stick to trails that you know and make sure you're prepared for the potential hiccups you may encounter.

# 3) KNOW YOUR TRAIL ETIQUETTE

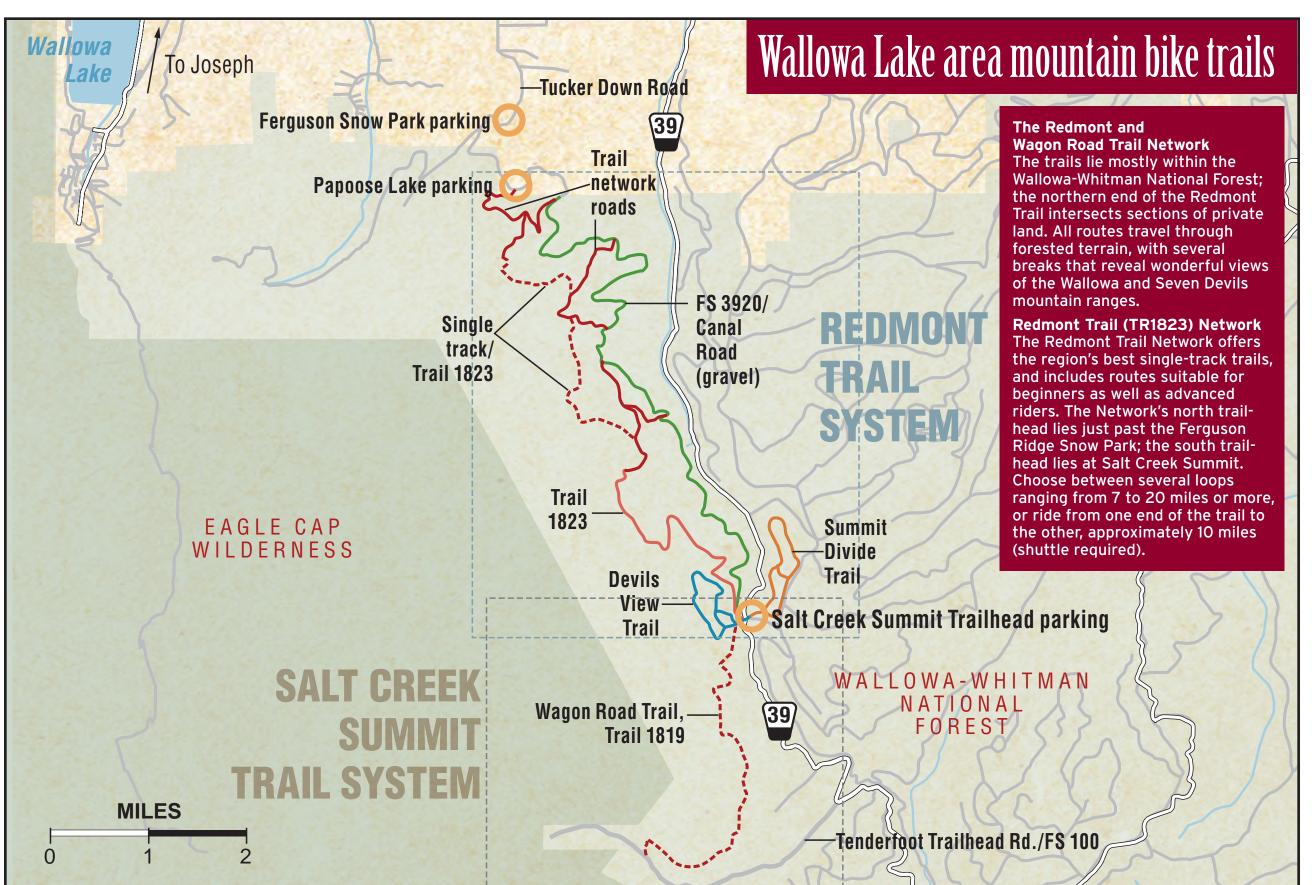
Mountain biking's growing popularity is outpacing trail development, and it's putting a strain on networks all over the country. Making sure that you are well versed in proper trail etiquette ensures that you won't be the cause of any unpleasant bike-on-bike encounters. In high traffic areas, all it takes is one moment of recklessness to cause a serious accident. Be aware that many of the trails and roadways are used by not only motorists, but hikers and horse-back riders. If yo approach these other users, please let them know you are there with a friendly call-out. If you come upon a cattle drive, remember that they have the right-of-way! Simply stop to the side of the roadway, and let the cattle pass. They love to have their picture taken.

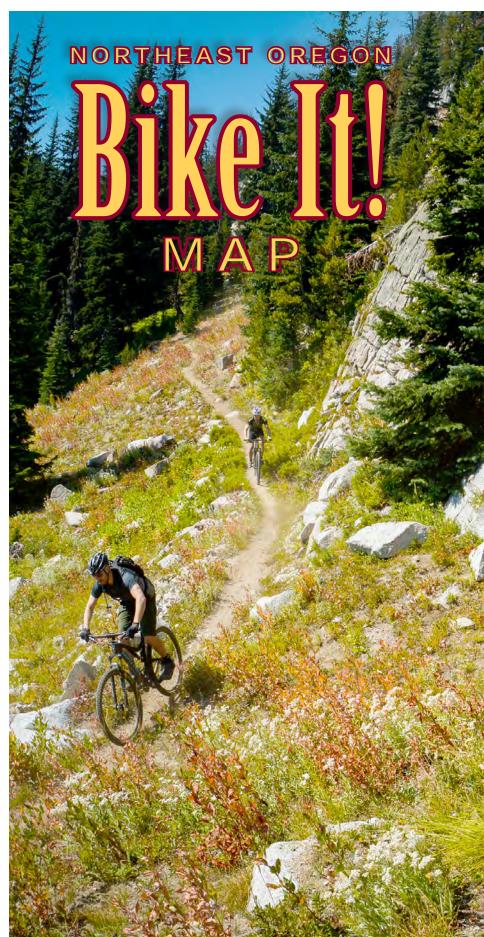
# 4) LEARN THE TRAIL SYSTEM

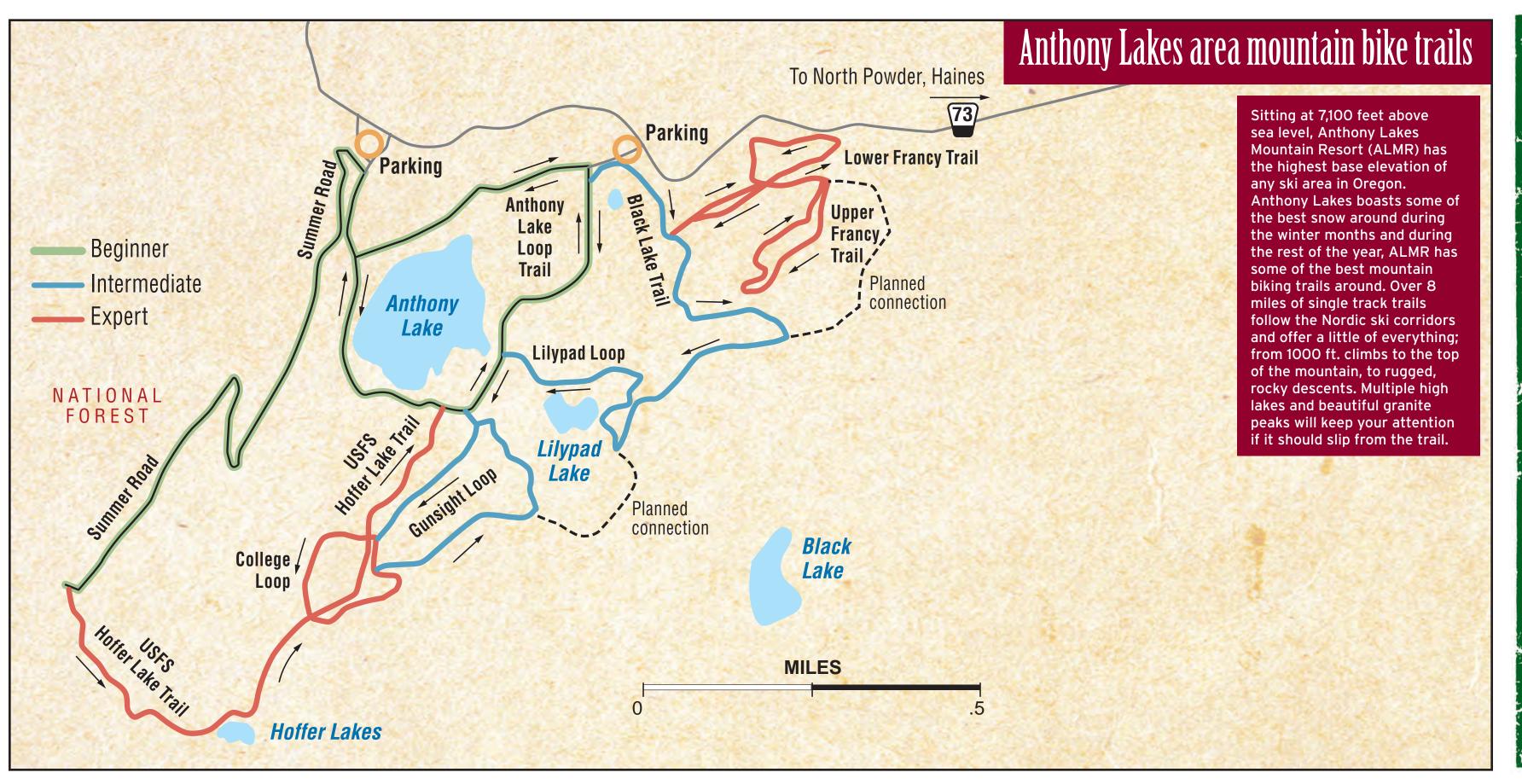
When you're exploring a new area, making sure that you have a solid understanding of the trail network will prevent the lengthy and/or unwanted detours that can leave you in a bind. From uphill-only routes to rowdy downhill courses, trail systems these days feature a wide range of options designed specifically for certain types of riding. Being certain you're on the right trail, and headed in the right direction, will prevent potentially dangerous surprises.

## 5) RIDE PREPARED FOR THE UNEXPECTED

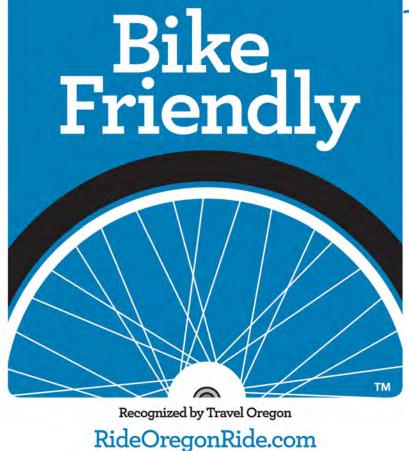
As burly and invincible as they seem at times, mountain bikes are delicate machines. From flat tires and broken chains to loose bolts and broken spokes, there are a lot of ways your bike can break down. Having a proper bike repair kit, and knowing how to use it, is a must for mountain biking. For an excellent article on riding prepared, check out bikeradar.com's Trail Tech: What to pack for long mountain bike rides. Being prepared for the unexpected also entails knowing the weather forecast before heading out on the trails. In mountainous areas, inclement weather can move in quickly and fiercely. If there's a chance of storms, pack proper rain gear and plan your potential bailout routes in advance.











# What is the Bike Friendly Program?

Oregon loves bicyclists. That's why we're the first state in the nation to create a Bike Friendly Business program geared toward travelers. Bike Friendly Businesses are committed to welcoming cyclists, offer amenities riders may need and have officiall been recognized by the state. Find a list of participating businesses here, and don't forget to keep your eye out for the Bike Friendly sign – recognized businesses will showcase the sign prominently, allowing you to easily locate them.

Baker City Bike Hostel, Baker City Baker County Chamber of Commerce and Visitor Bureau, Baker City Baker Truck Corral & Restaurant, Baker City BELLA Main Street Market, Baker City Blue Mountain Outfitters, La Grande Bronze Antler Bed & Breakfast, Joseph Century 21 Eagle Cap Realty, La Grande Diamond A Cowboy, Elgin Eagle Cap Chalets, Joseph Geiser Grand Hotel, Baker City Grande Hot Springs RV Resort, La Grande Historic Union Hotel, Union Historic Union Hotel (RV Park), Union Kneads Bakery, La Grande LG Brewskis, Union M. Crow & Co., Lostine Mad Mary's, Joseph Minam Raft Rentals & Shuttle Services, Wallowa Mountain View Motel & RV Park, Joseph National Historic Oregon Trail Interpretive Center, Baker City Park Place Vacation Rental, Baker City Peterson's Gallery and Chocolatier, Baker City Rimrock Inn, Enterprise Short Term Gallery, Baker City The Book Loft, Enterprise The Little Bagel Shop, Baker City The Mountain Works, La Grande

Austin House Cafe & Country Store, Bates

