



WELCOME TO THE NORTHSTAR BIKE PARK

Thanks for riding with us today. Here are a few tips to help get you started:

Northstar California Information and Rules

- While dogs are not allowed on Northstar's Big Springs Express Gondola, Vista Express, and Tahoe Zephyr Express and Highlands cabins, and hiking trails.
- Please hike on designated hiking trails and roads only.
- If you are involved in or witness a collision, you must identify yourself to a Northstar employee. Emergency care is available at the top of Big Springs Express Gondola, Vista Express, and Tahoe Zephyr Express. To summon help, call 530.562.3444.
- Use U.S. Forest Service maps or other topographical maps when bicycling outside the Northstar trail system.
- Please don't walk or ride on the dam at Sawmill Lake reservoir. No swimming allowed in the reservoir.
- Sierra mountain weather can change rapidly. Severe thunderstorms and temperature changes are common. Be prepared for changing conditions.
- The Village at Northstar is a pedestrian friendly resort. Please refrain from riding your bike in The Village. Walk your bike where appropriate.
- WARNING:** These are partial lists only. **RIDE WITH CARE.**

E-Bikes are allowed at Northstar during operating hours, with a valid pass and for downhill riding only while on our trail system.

WILDLIFE Do not litter or feed wildlife. Hikers rarely encounter bears but, if you do, please remain calm and back away slowly. Northstar asks that everyone is cautious and respectful of wildlife.

RESPONSIBILITY CODE
Mountain biking involves risk of serious injury or death. Your knowledge, decisions and actions contribute to your safety and that of others.

ALWAYS:

- STAY IN CONTROL.** You're responsible for avoiding objects and people.
- KNOW YOUR LIMITS.** Ride within your ability. Start small and work your way up.
- PROTECT YOURSELF.** Use an appropriate bike, helmet, and protective equipment.
- INSPECT AND MAINTAIN YOUR EQUIPMENT.** Know your components and their operation prior to riding.
- BE LIFT SMART.** Know how to load, ride, and unload lifts safely. Ask if you need help.
- INSPECT THE TRAILS AND FEATURES.** Conditions change constantly. Plan and adjust your riding accordingly.
- OBEY SIGNS AND WARNINGS.** Stay on marked trails only. Keep off closed trails and features. Ride in the direction indicated.
- BE VISIBLE.** Do not stop where you obstruct a trail, feature, landing or are not visible.
- LOOK AND YIELD TO OTHERS.** Look both ways and yield when entering or crossing a road or trail. When overtaking, use caution and yield to those ahead.
- COOPERATE.** If involved in or witness to an incident, identify yourself to staff.

YOU ASSUME THE RISK
Mountain biking, hiking and other recreational activities involve inherent and other risks of injury and death. Trail conditions constantly vary because of weather changes and biker/hiker use. Variations in terrain, stumps, forest growth, rocks and debris (all of which may be hidden by tall grass or vegetation), lift towers, snowmaking equipment, vehicles, logging equipment and other machinery, and other natural and human-made obstacles and hazards may exist throughout the area. Waterbars are drainage structures designed to reduce erosion and may be found on any trail. Please use care when riding over waterbars.

You must assume the risks of personal injury and death related to participation in recreational activities within this recreation area.

MULTI-USE TRAILS
Be aware that trails and roads on-mountain are used for many purposes during the summer. Mountain bikes, hikers, motorized vehicles, construction equipment and others may be encountered at any time.

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SAFETY INFORMATION

FIRE DANGER Smoking is prohibited on lifts, in The Village, and on the mountain and is only allowed in select designated areas. During times of extreme fire danger all smoking may be prohibited. Report fires immediately via cell or on-mountain emergency phones. Patrol: 530-562-3444

AERIAL DRONES Recreational drone use by any guest or member of the public, for any reason, is not permitted on or over any Vail Resorts property.

SUN PROTECTION With every 3,000' increase in altitude, UV levels rise by 10-12%. We recommend eye protection and sun care products to ensure protection from UV rays.

PROTECT YOUR PURCHASE Your ticket or pass is non-transferable and may not be resold or used by anyone other than the person to whom it was issued. Report lost or stolen passes to resort staff or law enforcement immediately. Resort staff may ask you to show your pass or ticket at any time. Failure to show a valid pass or ticket or engaging in fraudulent behavior of any kind may result in loss of resort privileges or criminal prosecution.

LIGHTNING AND THUNDERSTORMS Afternoon thunderstorms are common in the mountains. Take proper precautions when you see or hear a storm developing: Seek shelter; keep off ridgelines, and stay clear of chairlift houses, lift towers, power lines, open spaces, lone trees and signposts. Lifts may close on occasion, causing delays.

HIGH-ALTITUDE ENVIRONMENT If you live at a lower elevation, you may tire more easily. Take it easy at first, plan short trips until you are acclimated and drink plenty of water. Some visitors may experience symptoms associated with Northstar's high altitude. Symptoms may include headaches, nausea, dizziness, loss of appetite, restless sleep, coughing and difficulty in breathing. If symptoms persist or you have concerns about your health, you should seek medical attention.

ADEQUATE CLOTHING Be aware, mountain weather changes quickly and there is usually at least a 10 degree temperature difference from the bottom to the top of the lifts. Bring a raincoat and consider a sweater or fleece.

LIFT SAFETY Under the law, you cannot board a lift unless you have sufficient physical dexterity, ability and knowledge to negotiate or to use such lift safely or until you have asked for and received information sufficient to enable you to use the lift safely. You may not use a lift when under the influence of drugs or alcohol. Please lower the bar when riding lifts.

WEATHER AND TERRAIN: YOU ASSUME THE RISK of unpredictable weather, as well as rugged, uneven, irregular and slippery conditions.

CONSTRUCTION WARNING You may encounter construction equipment, maintenance vehicles or other heavy machinery at any time. Always be cautious and obey posted signs and warnings.

MOUNTAIN BIKING Helmets are required and sturdy shoes with good tread are recommended at all times. Child carriers or tow-behind bikes are not permitted and all bikes must have two working brakes. All loose clothing, bags or packs should be firmly secured so they do not interfere with the bicycle's moving parts. Mountain bikers must always yield to other non-motorized trail users. Should you encounter hikers on any trail, you must yield the right-of-way. Ride on designated trails only and obey all posted signs and warnings. Failure to do so may result in lift ticket and/or pass revocation.

FREERIDE TERRAIN STOP! READ THIS. FREERIDE SKILLS REQUIRED.

Freeride Terrain may contain jumps, drops, wooden berms and other constructed or natural obstacles.

YOU ARE RESPONSIBLE for familiarizing yourself with the terrain and obeying all instructions, warnings and signs PRIOR to using Freeride Terrain. Freeride Terrain skill requires maintaining control on the ground and in the air. Freeride Terrain has designations for size. Start small and work your way up. Designations are relative to this bike park.

MAKE A PLAN. Every time you use Freeride Terrain, make a plan for each feature you want to use. Your speed, approach and take off will directly affect your maneuver and landing.

LOOK BEFORE YOU LEAP. You are responsible for inspecting Freeride Terrain before initial use and throughout the day. The features vary in size and change constantly due to dirt condition, weather, usage and time of day. Do not use without inspecting. Use a spotter when necessary.

EASY STYLE IT. Always ride in control and within your ability level. Do not attempt Freeride Terrain unless you have the ability and experience to do so safely. You control the degree of difficulty you will encounter in using Freeride Terrain, both on the ground and in the air.

RESPECT GETS RESPECT. Respect Freeride Terrain and others. Wait your turn - only one person on a feature at a time. Always clear the landing area quickly. Respect all signs and do not enter Freeride Terrain when closed.

RIDE SMART

SLOW DOWN BEFORE YOU SPEED UP.
Crashes can happen on your first lap. Ride the trail multiple times to get familiar with the features and equipment you're on so you can confidently push your limits without pushing your threshold.

PRE-RIDE:
Warm up the brain and body and inspect the trail at low speed. Take the time to check your equipment.

RE-RIDE:
Lap the trail a few times and get to know the flow of the features.

FREE-RIDE:
Start small and work your way up to faster speeds and larger features.

TRAILS CHANGE DAILY