

BIKING



BIKE & SKATE PATHS

North & West Shores

Tahoe City to Dollar Point: 2.5 miles mostly level with a half-mile climb up Dollar Hill. Access to Tahoe State Park, Burton Creek State Park, Skylandia Park, Pomin Park, Lake Forest Beach, Lake Forest Boat Ramp and campground; fishing, picnicking, playgrounds, and athletic fields. Public parking at 64 Acres, Commons Beach and Jackpine. TART

West Shore: 11 miles to Sugar Pine Point State Park from Tahoe City. Mostly separate from the highway, the trail includes a few miles of highway shoulder and 2 miles of residential streets. Terrain is varied with a few steep sections. Public parking at 64 Acres. TART.

Truckee River Canyon: 4.5 miles from the Tahoe City wye to Alpine Meadows Road and continues to Olympic Valley. The trail is scenic, separate from the highway, and is mostly flat terrain with a few short, gentle grades with trout fishing, river rafting and picnicking along the way. Connects with Squaw Valley Road or continue to Truckee. Public parking at 64 Acres and Squaw Valley Park at Squaw Valley Road. TART

Olympic Valley

A 2-mile trail runs beside Squaw Valley Road to the ski area from the Squaw Valley condos to Victoria Road, with views of the meadow and surrounding peaks. Public parking at Squaw Valley Park or Village at Squaw. TART.

Tahoe Vista

Bike trail from the parking lot at North Tahoe Regional Park (up National Ave.) through the woods to Pinedrop Street, then to Hwy 267.

Incline Village

Lakeshore Boulevard: 3 miles connects to Highway 28 at each end. TART.

Village Boulevard: 3.7 miles along Hwy 28 from west to east end of Incline Village. TART

Truckee

Truckee Legacy Trail: 1.8-mile stretch from Truckee River Regional Park to River View Sports Park.

MOUNTAIN BIKING

Northstar-at-Tahoe

Mountain bike lift tickets are \$42 for 13 and older, \$27 for ages 8 to 12; afternoon ticket at 2 p.m. is \$29 adults, and \$15 kids. Two-of-three-day tickets are available for \$79 for adults, \$49 for kids. Beginner packages including lift tickets & rental bike \$29-\$49. Season passes available. Downhill Mountain Bike Race Series and Thursday Night Cross-Country Race Series open to everyone.

(530) 562-2268, www.northstaratahое.com or www.tahoemountainbiking.ning.com.

Squaw Valley USA

Mountain biking returns to Squaw Valley USA with downhill trails with freeride elements and cross-country trails. Rentals available. Accessed by Cable Car, \$22-\$39. (530) 583-6985 or www.squaw.com

MOUNTAIN BIKE TRAILS

Mount Rose

Ophir Creek Trail to Rock Lake: 6.8 mi. N. of Hwy 28 on Mt. Rose Hwy. **Easy. 8 miles.**

Truckee

Emigrant Trail: North of Truckee on Hwy 89, pass Prosser Creek Bridge on right (if you reach Hobart Mills Road, you've gone too far). Follows Prosser Creek to Stampede. **Easy/Moderate. 22 miles.**

Alpine Meadows

Western States (Three Bridges) Trail-Tahoe City Loop: East side of Hwy. 89 at south end of Midway Bridge (between Alpine Meadows & Squaw Valley). **Difficult. 11.6 miles.**

North Shore

Nordic Center Mid-Mountain Ride: 3 miles east of Tahoe City, turn north on Fabian Way, right on Village Road, left at Country Club Drive, to Tahoe Cross-Country Ski Area (Highland Community Center). **Moderate. 12 miles.**

North Tahoe Regional Park: Tahoe Vista, up National Avenue to the Regional Park, far end of parking lot. **Easy.**

Martis Peak: North Hwy 28 from Kings Beach to Brockway Summit, turn onto Martis Peak Road. Go 1 mile and turn left, staying on the road until you reach a five-point intersection. The trail crests atop a ridge. To reach the lookout, turn left at the crest. **Moderate/Strenuous. 8 miles.**

West Shore

General Creek Loop: 10 mi south of Tahoe City on Hwy 89 at south end of General Creek Campground parking lot, Sugar Pine Point State Park. Dogs not allowed. **Easy. 6 miles.**

Ward Creek Canyon Loop: 3 miles south of Tahoe City on Hwy 89, turn on Pineland Drive and turn left on Twin Peaks Road, then bear right and follow the signs to Ward Canyon. About a mile down the road, park at intersection with Forest Service Road 15N62. **Moderate. 12 miles.**

East Shore

Marlette Lake/Flume Trail: At Spooner Lake State Park, follow signs to Marlette Lake/Flume Trail. Follow fire road to Marlette Lake, then turn left and follow around lake to where Flume Trail begins. Leads to Hidden Beach on Hwy 28 in Incline Village. **Intermediate. 5 miles Marlette, 13.2 miles Flume Trail.**

Genoa Peak: Take Hwy 50 toward South Lake Tahoe, turn left on Hwy 207 at Kingsbury Grade, then left on North Benjamin Road, which turns into Andria Drive. Continue to the end of the pavement and park. Take Genoa Peak Road 14N32 and follow the ridgelines. **Moderate. 8-12 miles.**

BMX

The BMX track is located at River View Sports Park in Truckee. Practice is on Tuesdays 5 to 6:30 p.m. and Thursdays 5 p.m. until dark. Free. Wear helmet, pants and long-sleeves. Races are Tuesdays 6:30 p.m. to dark. \$10 plus ABA membership. (530) 582-7720.

TART = accessible by public bus. Schedule available at Visitor's Centers or at www.laketahoetransit.com.