

MOUNTAIN BIKING IN SOUTHWEST IDAHO



TRAVEL GUIDE



Click to read our travel guide for more information on these locations.

1 [WILSON CREEK TOUR](#)

2 [SWAN FALLS](#)

3 [POLECAT LOOP](#)

4 [CAMEL'S BACK & HULLS GULCH RESERVE](#)

5 ["AROUND THE MOUNTAIN" TRAIL](#)

6 [BOGUS MOUNTAIN TOUR](#)

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8 [PONDEROSA STATE PARK](#)

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MOUNTAIN BIKING SAFETY, ETIQUETTE & OUTFITTERS

STAYING SAFE

Safety first. Follow these guidelines to have a secure and enjoyable mountain biking experience.

- **Wear a well-fitted helmet.**
- **Wear additional safety gear** like shoes with a hardened toe box, gloves, and pads.
- **Check your bike's drive chain, pedals, brakes, and tires** before you head out.
- **Keep yourself hydrated** throughout the day, especially in hot Idaho summers.
- **Stay in control.** We all feel the need for speed, but it can quickly get out of hand. Always be aware of how and where you can stop.
- **Know your trail.** Research the trail to ensure that you have the correct bike and confidence level for the job. Before you set out, check that day's trail conditions.
- **Take it easy.** The first time you ride a trail, you'll want to take it slow to keep an eye out for unexpected obstacles, drops, and blind corners. If in doubt, walk it out — after you walk a dubious section of trail, you'll be much more prepared to ride it the next time around.
- **Follow the lead of more experienced bikers.** It's a good idea to step off the trail and observe the way that other riders tackle that section if you're feeling uncertain. Don't be afraid to ask for tips — most Idahoans are happy to give a fellow adventurer a hand!
- **Be prepared to crash.** Crashes are bound to happen, but awareness of your environment and skill limitations will make crashes less frequent and less severe.
- **Bring a buddy when heading into remote terrain.** Idaho is much wilder than many visitors expect, and you may find yourself without cell service or easy access to emergency services.
- **Bring a basic first aid kit** and make sure that you or another member of your group knows basic first aid techniques. Know how to reach emergency services if it becomes necessary. Remember, when you prepare for the worst you can expect the best!

TRAIL ETIQUETTE

The [International Mountain Bike Association](#) has six simple “rules of the trail” to follow. Stick to these six and you'll be in good shape!

- 1. Ride on open trails only.** Closed trails and private property are off-limits.
- 2. Leave no trace.** Riding on muddy or soft trails leads to erosion. The environment will suffer, and so will other riders' future enjoyment. Stay on marked, established trails. Always pack out what you pack in.
- 3. Control your bike.** Inattention puts you and your fellow riders at risk. Follow speed limits and recommendations for your trail.
- 4. Yield to others.** Let them know when you're coming up behind, and watch out for corners. Yield to any non-cyclists. Downhill bikers should yield to uphill bikers. Stay friendly and communicative!
- 5. Never scare animals.** You might encounter dogs, mules, horses, or cattle out on Idaho trails, all of which will be startled by sudden movement and noise. Slow down and give them space. Ask the animal's owner the best way to pass.
- 6. Plan ahead.** Proper gear and preparation keep you and other trail users safe.

OUTFITTERS

- [IDAHO MOUNTAIN TOURING](#)
Boise
- [REED CYCLE](#)
Eagle
- [BOGUS BASIN MOUNTAIN BIKE RENTALS](#)
Boise
- [GRAVITY SPORTS](#)
McCall
- [BRUNDAGE MOUNTAIN BIKE RENTAL](#)
McCall

