



# Mountain Biking in Alaska

Whether you want a nice easy ride on an old roadbed or a grueling trail up technical switchbacks leading to a spectacular view, Alaska is the place to ride. From hour long rides, to multiple day rides you can find whatever your legs desire. In Anchorage, you can explore the trails at the world renown cross-country ski area, Kincaid Park. The trails range from wide, gentle rolling hills to singletrack and you can spend the better part of a day exploring. To add a few more miles try riding the paved Tony Knowles Coastal Trail to Kincaid. Within Anchorage, the Far North Bicentennial Park and Campbell Tract trails can lead you right up to the gasline trail to Prospect Hights trailhead for more trail opportunities in Chugach State Park. As always, remember to stay on the trail, respect trail closures, and give the right of way to the horses and hikers that you encounter. So grab your water bottle, throw on your helmet and get your legs spinning and enjoy an Alaskan mountain bike adventure.



Alaska DNR, Chugach State Park Trail System

## Before You Ride

### General Rules of the Trail

1. Ride on open trails, respect trail closures
2. Leave no trace
3. Always be in control
4. Yield to hikers and horses
5. Be aware of your surroundings, never surprise a wild animal
6. Plan ahead

### Recommended Essentials

- Helmet
- Bike Lock
- Spare Tube
- Sunglasses
- Padded Shorts
- Spare Cash
- Flashing Light
- First Aid Kit
- Light Jacket
- Water
- Repair Kit
- Tire Pump
- Cell Phone
- Sunscreen
- Food or Snack
- Bell
- Trail Map
- Camera

### Bears

Before going out on trails, get familiar with bear behavior and how you should behave in bear territory. Remember all of Anchorage is bear territory.

- Be aware of your surroundings, don't surprise a bear
- Avoid crowding bears

For more information visit:

<http://alaskacenters.gov/bear-safety.cfm>

### Moose

Moose Safety is just as important as bear safety.

- Always yield the trail to a moose. This may require you to either take a detour through overgrown brush or backtrack.
- An upset moose will charge even under what seems like no provocation.

For more information visit:

<http://alaskacenters.gov/traveling-in-moose-country.cfm>

### Anchorage

The Anchorage area has countless trails throughout the city. In Anchorage, there are over 300 miles of paved and dirt trails to explore by bike. The most popular is the paved, scenic Tony Knowles Coastal Trail, which is a must-do ride. For trail maps of Anchorage visit:

<http://www.trailsofanchorage.com>

or contact Anchorage Municipality, Parks and Recreation at (907) 343-4355.

### Alaska State Parks

Generally state parks do not allow mountain biking on their hiking trails. However, mountain biking is allowed in Chugach State Park, Independence Mine State Historical Park and Chena

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State Recreation Area. Chugach State Park has approximately eight trails great for mountain biking and exploring. For more information on these trails call (907) 269-8400 (Anchorage) or (907) 709-4699 (Fairbanks) visit: <http://dnr.alaska.gov/parks/units/chugach/trails.htm>

Also, for more information on state trails throughout Alaska visit the Alaska State Trails Program website at: <http://dnr.alaska.gov/parks/aktrails/atstrans.htm>

## National Parks and National Wildlife Refuges

National Parks do not allow bicycles on their trails. Bicycles are limited to using roads which are open to motor vehicles. The same is true for National Wildlife Refuges. The only exception is Wrangell-Saint Elias National Park. This park has some trails and roads available for mountain biking.

For more information on these trails call (907) 822-5234 or visit <http://www.nps.gov/wrst/planyourvisit/mountain-biking.htm>

## National Forests

### Chugach National Forest

The Chugach National Forest does allow mountain biking along its trails. The Eastern Kenai Peninsula in the Chugach National Forest is best known for its spectacular recreational opportunities. The peninsula supports hundreds of miles of maintained trails. Many trails, however, are not recommended for biking. The most popular for mountain biking are: Crescent Creek Trail; Devil's Creek Trail; Johnson Pass Trail; Resurrection Pass Trail North

and South; and Russian Lakes Trail. For more information on these trails call (907) 743-9500 or visit: <http://fs.usda.gov/chugach>

## Bureau of Land Management

The Bureau of Land Management manages trails all over Alaska providing stunning scenery and outstanding recreational activities including excellent mountain biking opportunities. The White Mountains National Recreational Area, near Fairbanks, provides fun and challenging trail rides. Also, the Denali Highway offers access to three trails for mountain biking: The Swede Lake Trail; the Osar Lake Trail; and Maclaren River Trail. For more information on these trails call: (907) 474-2200 or visit: [http://www.blm.gov/ak/st/en/prog/recreation/activities/trails/mtn\\_biking.html](http://www.blm.gov/ak/st/en/prog/recreation/activities/trails/mtn_biking.html)

## Helpful Books

Alaska Geographic has a wide variety of helpful books for planning a mountain biking adventure.

Visit [alaskageographic.org](http://alaskageographic.org) or come to the Anchorage Public Lands Information Center's Alaska Geographic Book Store.



## Alaska Geographic

### Featured Books

#### Mountain Bike Alaska: 49 Trails in the 49th State

by Richard Larson

This is a simple trail guide for many of the established trails in southcentral Alaska. This selection offers a diverse trail menu for all skill levels in a variety of settings. An invitation to ride somewhere new and exciting, to experience the Alaska countryside on a mountain bike. Enjoy the wooded waterways, alpine uplands and coastal valleys that are home to a wide variety of flora and fauna.

#### Mountain Bike Anchorage

by Rosemary Austin

Whether you're new to the Anchorage area, visiting for a summer, or a long-time

Alaskan, *Mountain Bike Anchorage* will help you find your way on the local trails. From singletrack to paved greenbelt trails, this pocket-sized guidebook gives detailed descriptions of popular area trails, plus some hidden gems.

### Other Useful Books

Below is a list of some other books that may be of interest to take with or help you plan your next Alaskan mountain biking adventure.

**A Field Guide to Alaskan Wildflowers**  
by Verna E. Pratt

**A Guide to the Birds of Alaska**  
by Robert H. Armstrong

### Wildlife Identification Pocket Guide

**Alaska Wilderness Trails**  
by James Riley and Ted Schachle

**The Denali Roadside Guide**  
by Kim Haecox

**A Serious Guide to Survival and Camping**  
by Richard H. Graves

**First Aid for Backpackers**  
by Lowell J. Thomas and Joy L. Sanderson

**Wheels on Ice: Bicycling in Alaska**  
by Terrence Cole

## Alaska Public Lands Information Centers

These Centers are located in Fairbanks, Anchorage, Tok, and Ketchikan. The centers can help with trip planning or any information you may need to get you started.

For information visit [alaskacenters.gov](http://alaskacenters.gov)

Anchorage: (907) 644-3661

Fairbanks: (907) 459-3730

Tok: (907) 883-5667

Ketchikan: (907) 228-6220

