Mount 7 Trails

"Home of the Famous Psychosis Race"

Map Legend
- Easiest
- Intermediate
- Advanced
- Expert
- Paragliding
- Parking
- Hiking Trail
- Mt. 7 FSR
- Bridge or Stunt

Mt. 7 Trails

1. Summit
To the left of Dead Dog at the monument. Classic single track traverse. Two "Y" drops on to Mt. 7 FSR @ 6.5k. Drop into B12, or hit road to 5k to traverse to easier part of B12 or stay on road to 5k or 3k.

2. True Value
Fast loop, great descent. Starts at 3k and ends with Tailgate and Snake Hill.

3. 5 KM
Another 2k of great fun up from True Value. Some easier options at the hairier sections. Great views of the Columbia Valley at trail head.

4. 10 KM
Fast and sweet. Straight ahead for Erich's or right onto Summit Trail to B12 and beyond...

5. Erich's
Nice technical single track. Well built and safe bridge crossing.

6. Bris
Branches off Erich's. Steep and fun.

7. Moonshine
Fast single track with jumps. Wicked climb at the end to the ridge.

8. Skid Marks
Fast ridge run. Watch for boulders, steep and very steeped! Awesome views, but keep your eyes on the trail if you’re coming down!

9. B-12
Steep, fast, and narrow. Some smaller stunts. Slippy when wet. Watch the clay surfaces. Great views of the Kicking Horse Canyon. Big bridge crossing. Ends with Kamikaze down to the municipal campground.

10. Kamikaze
Steep ride in to campground.

11. Dead Dog
Very steep off launch site. Start point of the "Mt. 7 Psychosis" DH Race. Fast and furious. Head down Skid Marks for major steeps or Summit for tamer trails.

12. Jeep Road
Original road to launch. Wide. Rideable up or down. Watch for ATVs.

13. Rotary
Winding and nicely graded wide trail. Watch for pedestrians!

14. Woodlot Ride
Nicely rideable alternative to the road. Can ride both ways. Respect the Woodlot and stay on trail.

15. 6 KM
Short connector between road.

Road Maintenance Fee
Please donate $5 per rider per day or buy a yearly Golden Cycling Club membership. All proceeds go towards road and trail maintenance.

The Mount 7 trails are largely a down hill system with lots of steeps. Most trails are one-way only. Trails #12 and #15 can be ridden both ways. #12 can be challenging. Respect private and Woodlot lands by staying on the trails!