

## MULTIPLE USE TRAIL GUIDELINES

Help make outdoor recreation safe and enjoyable for everyone by following the Trails are Common Ground™ User Resources.

Your cooperation will help preserve trails and reduce user conflict.



### BICYCLISTS

Ride on open trails only. Leave no trace. Control your bicycle. Always yield trail. Never scare animals. Plan ahead.



### EQUESTRIANS

Control your horse. Avoid cross-country riding.



### HIKERS

Yield trail to equestrians. Allow equestrians and bicyclists to pass. Don't cut switchbacks.

## ALL USERS

### For Your Safety Please:

Observe Rules & Regulations  
Stay on Designated Trails  
Be Alert & Courteous  
Stay Off Trails When Muddy

Information provided by



Photo by Marshall Wolf



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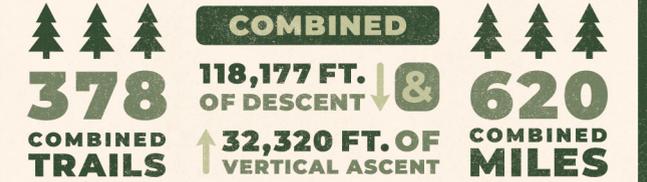


HEART OF THE ROGUE™

# MOUNTAIN BIKE TRAILS

Trailheads near Medford, Oregon

## FROM MEDFORD TO THE MOUNTAINS



WITHIN 50 MILES OF MEDFORD!

The information in this brochure was generated in partnership with the Rogue Valley Mountain Bike Association. RVMBA is one of the primary groups who help to build, maintain, and lobby for the support of the trail systems in the Rogue Valley.



Find out more at [rvmba.org](http://rvmba.org)

Visit the Travel Medford website for a digital version of this map, bike shops and resources, entertainment, lodging, and all the information you need to plan the ultimate mountain biking vacation.



Share your mountain biking adventure.

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[travelmedford.org](http://travelmedford.org)

TRAIL SYSTEMS	# of Trails	Total Miles	Miles from Medford	Descent (ft.)	Vertical (ft.)	▲	●	⬆	⚡	⚡
Applegate Lake	22	89	33	23,474	5,152	✓		✓	✓	
Ashland Watershed	75	99	19	17,799	5,253	✓	✓	✓	✓	✓
Bolt Mountain	11	13	36	2,445	1,243	✓	✓	✓	✓	✓
Brown Mountain	19	52	42	4,872	3,090	✓	✓	✓		
Cathedral Hills	28	15	34	3,980	562		✓	✓	✓	
Dollar Mountain	14	8	31	1,415	792	✓	✓	✓	✓	
Forest Park	41	39	7	8,349	1,696	✓	✓	✓	✓	
Jacksonville Woodlands	29	11	6	1,843	698		✓	✓		
Lost Creek Lake	11	19	33	1,101	186		✓	✓		
Mountain of the Rogue	19	13	20	3,723	1,344		✓	✓	✓	✓
Roxy Ann Peak	18	19	5	3,937	1,360	✓	✓	✓	✓	
Sterling Mine Ditch	25	76	17	12,138	3,078	✓	✓	✓		
Taylor Creek	37	101	50	16,511	3,269	✓	✓	✓	✓	
Wagner Creek	29	66	25	16,590	4,597	✓	✓	✓	✓	

### Trail Difficulty Rating System

- ⬆ Intermediate
- ▲ Access Roads
- Easy
- ⚡ Very Difficult
- ⚡ Extremely Difficult

For specific trail information, visit [trailforks.com](http://trailforks.com)



📍 NUMBER OF TRAILS

This map is intended as a reference guide only and is not to scale.

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