

Grab Your Mountain Bike and Head for Nevada County

By Valerie Moberg



For mountain bikers, Nevada County is a year-round playground with an abundance of trails to explore over a variety of terrain. From lush forests to rivers and lakes, you'll experience hilltop views, sweeping vistas, and trails that range from beginner to advanced. Riders at any experience and fitness level can find trails that are perfect for their abilities.

If you're going to ride a bike in Nevada City, you'll want to know about **Tour of Nevada City**, the local bike shop (<http://www.tourofnevadacity.com/>). Founded in 1969 by two local top ranked bicycles racers, Tour of Nevada City Bicycle Shop is one of the oldest and most respected bicycle shops in Northern California. Located in Nevada City, the shops hosts The Nevada City Classic, the second oldest bicycle race in the country. The shop is open 7 days a week and provides everything from clothing, rentals and repairs, to first-hand information about area trails.

Another great local resource is **Bicyclists of Nevada County** (<http://www.bonc.org>), a group committed to fun rides and improving trails. The group regularly holds group rides, has trail volunteer days, and hosts a forum to help "maintain, improve, and promote education of the community in all aspect of bicycle advocacy, infrastructure, racing, and recreation."

The Internet also has some valuable information including detailed descriptions of trails in the area.

1. **Singletracks**, internet home for mountain biking, (http://www.singletracks.com/california-bike-trails_5.html) has a list of the *Best 100 Mountain Bike Trails in California*. Singletrack members rate the best bike trails by such ranking factors as average trail rating, number of members who have ridden or who want to ride the MTB trail and number of times the trail has been ridden. **Rated among the top twenty are three Nevada City Trails: Old Flume Trail/South Yuba Trail, Meyers**

Trail, and Pfeiffer Trail.

2. At Tour of Nevada City

(<http://www.sierrasoftware.com/MtnBiking/rides/Home.htm?Style=TNC>)

is a list of trails in California, Nevada, and Utah ranked by location, level of difficulty and distance. Twenty-two rides are in the Nevada City Area. Ten are ranked as easy for beginners, six are intermediate, and four are technical. Directions and trail descriptions are provided for each location.

3. The Sierra Nevada Geotourism MapGuide

(<http://www.sierranevadageotourism.org/content/bike-rides-of-nevada-county/sie726096EB5D834BE52>)

is a travel guide to the places most respected and recommended by locals. Several on and off road bike rides of Nevada County are listed on the site.

4. The Nevada City Chamber of Commerce

(http://www.nevadacitychamber.com/play/area_bike.cfm) is another place to go for a list of popular mountain bike trails. The list provides trailhead location, distance, elevation, best season to ride, degree of difficulty and a description.

Whenever and wherever you're mountain biking, while you're having fun, it's always important to play it safe. Be sure to: wear a helmet, wear the right shoes, gloves and clothing, know your fitness level and don't push too hard. And a bit of crucial recon: know where you're going, i.e. have a map of the area, travel with a basic first aid kit, and make sure your bike is in good working order.

Valerie Moberg is the proprietor of the historic Broad Street Inn, and the go-to person for information about Nevada City. Built in 1870, Broad Street Inn is a small, family-owned, eco-friendly green business that prides itself on providing comfortable accommodations at affordable rates. Located in the heart of historic downtown Nevada City, this Victorian inn offers six contemporary rooms and a peaceful garden setting just a short walk from downtown Nevada City's great shops, restaurants, theaters, and wineries. For more information about the Broad Street Inn and the Nevada City area, contact Valerie by phone (530.265.2239) or email (info@broadstreetinn.com) or on the Web: <http://www.broadstreetinn.com>.