

TRAIL NAME	LOCTION	DESCRIPTION
The Family Trail *Purple*	Trail entrance located on the east side of Hampton Valley Road, opposite Rainbow Lake, (which is on west side of Hampton Valley Road).	This trail features three loops. Each loop introduces new riders to modest climbs, rolling terrain and minimal rocky features. It is designed as an introductory trail. The trail can be ridden in both directions and has one entrance, located on Hampton Valley Road.
The Beginner-Intermediate Trail *Green*	To access this trail, cross the earthen dam at Rainbow Lake and turn left after a short climb.	This enjoyable trail crosses streams, presents short and long climbs and offers challenge lines beside the main line of the trail. It does feature modest rocky sections. The downhill sections have rolling features and modest technical challenges.
The Intermediate Trail *Yellow*	To access this trail, cross the earthen dam at Rainbow Lake and turn right after a short climb. An alternate access point to this trail is located on the west side of Hampton Valley Road. This access is located north (downhill) of Rainbow Lake. It sits just <i>uphill</i> from the access to the Advanced Trail. It also sits immediately across Hampton Valley Road from the entrance to the Connector Trail	This challenging trail features long, technical (rocky) climbs, rolling downhill sections and one stream crossing. Challenge features are located alongside the trail to engage riders. This trail is comprised of two distinct loops and can be accessed near Rainbow Lake and further north (downhill) on Hampton Valley Road.
The Advanced Trail *Red*	Access to this trail is located on the west side of Hampton Valley Road. This access is located north (downhill) of Rainbow Lake. It sits just <i>downhill</i> from the access to the Advanced Trail. It also sits immediately across Hampton Valley Road from the entrance to the Connector Trail	This very challenging trail features long, steep climbs, technical terrain and rugged challenge features. It requires the most skill and fitness to ride.
The Connector Trail *Orange*	This trail can be accessed from Hampton Valley Road, Crystal Fountain Road and from Annandale Road	This linear trail brings riders from the mountain to within a one mile road ride of downtown, historic Emmitsburg. Long, technical climbs alternate with fun, flow sections and a session site names "The Vortex."

Comprehensive trail maps are available at [www.MTBPROJECT.com](http://www.MTBPROJECT.com).

Type "Emmitsburg Multi User Trail" into the search box to access interactive and 3-D maps.

The trails are very challenging, and great fun.

Always wear a helmet when riding and provision appropriately.

Trails are open seven days a week from late spring through mid-September.

Trails are open Sundays only, mid-September through February, due to hunting.

Trails will also be closed during the spring turkey season.

Specific hunting dates change annually. Check <http://dnr2.maryland.gov> for updates.

Emmitsburg's historic downtown is less than one mile from the Annandale Road trail head.

Both national chains and locally owned and operated shops and restaurants look forward to meeting your needs. Emmitsburg's *Sleep Inn* provides a bike wash stand on site for guests.

Many cultural and historical sites also await you in Emmitsburg.