

Jay Cooke State Park

Fat Bike Trails



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Fat Bike Information

Fat biking safety and weather conditions

Fat biking safety tips:

- There are inherent risks to fat biking, ride at your own risk
- Test the fit and function of your equipment before each ride
- Always wear a helmet and appropriate safety gear
- Wear bright colored clothing so others can see you
- Obey all rules and signs and ride open trails only
- Ride with a friend to promote fun and safety
- Always yield the trail and let others know you are coming
- Be aware of your surroundings and other trail users
- Ride to your ability and be in control at all times, remembering that the faster you ride, the greater your risks, so always keep your speed at a level that will allow full control
- Do not ride wet or soft trails
- Parents should use extreme caution when allowing children to ride.

Be aware of winter conditions:

- Overcast skies causing "flat light" and white-out blizzards can make it hard to see the trail. In white-out conditions, there are no shadows, horizon or clouds, and all depth perception and orientation may be lost. Riding during this weather is not recommended.
- Additionally, "flat light" can obscure features and terrain. Visual references are important for safe riding. Please go slow and use caution in these conditions.
- There is no such thing as "safe ice," and ice seldom freezes uniformly. The terrain can greatly change with icy conditions, and the ice may not be uniform. Please use extreme caution.

Other fat biking resources

- International Mountain Biking Association(IMBA) - imba.com/
 - Fat bike best practices - imba.com/resources/land-protection/fat-bikes
- Minnesota Off-Road Cyclists (MORC) partners with the Twin Cities metro area park providers on a variety of winter fat biking opportunities morcmtnb.org/
- Cyclists of Gitchee Gumee Shores (COGGS) partners with park providers in the Duluth area on winter fat biking opportunities - wp.coggs.com/