

Lake Everest Loop

Route 86 east, right onto Springfield Road, right onto Fox Farm Road, then right back onto Route 86 east.

Loop Length: 5.6 miles.

Wilmington—Black Brook

For the best scenery and downhill glides, bike out Bonnieview Ave. approximately 6 miles until it ends, turn right and continue down the long hill towards Black Brook, about 1.5 miles, then turn right again onto Haselton/Black Brook Road. **Total Bike Ride Length:** 14.5 miles

Wilmington-Jay-Upper Jay

Starting at Route 86, make a right onto Springfield Road and bike to Upper Jay, approximately 5 miles. Turn left (north) onto Route 9N to Jay and continue for 4 miles along the East Branch of the Ausable River. Turn left onto Route 86 heading west back to Wilmington. **Total Bike Ride Length:** 14 miles

Jay—Ausable Forks

For a scenic and off-the-beaten path bike ride, start in Jay and cross the river by the Jay Rocks. Bear left onto Stickney Bridge Road for about 7 miles. Cross over bridge and turn right onto Route 9N into Ausable Forks. Make a left to head west on Mill Road then bear left onto Ausable Drive. Make a left onto Route 86 to head back to Jay. **Total Bike Ride Length:** 18.5 miles

Whiteface Mountain Memorial Highway

This is a **difficult** uphill climb and can only be done early in the morning before the toll road opens or in the evening after it closes. The ride is approximately **18.6 miles roundtrip** with an elevation gain of approximately 3,500 feet and an average grade of 8%. The ride back down can be exhilarating but also dangerous due to road conditions. Every year in June the Whiteface Mountain Regional Visitors Bureau holds an uphill foot race and bike race on this road. You can also drive up the road (entrance fee). At the top, you can take a short hike or ride the elevator to the summit for a 360-degree panoramic vista of the Adirondack High Peaks, Vermont and Canada.

Whiteface Mountain Uphill Races



Foot Race: Sunday, June 1, 2008

Bike Race: Saturday, June 14, 2008

Course: Climb 3,500 feet up scenic Whiteface Mountain Veteran's Memorial Highway to the top of New York's 5th highest peak for a 360° panoramic view of the Adirondacks, New England and Montreal. Starting line is at the junction of Routes 86 & 431 in Wilmington. Course length is 7.94687 miles (foot race) and 7.83942 (bike race).

The course is USATF certified.



Foot Race, June 1, 2008

Bike Race, June 14, 2008

For more information call (888) 944-8332
www.whitefacerace.com

BIKEWAYS



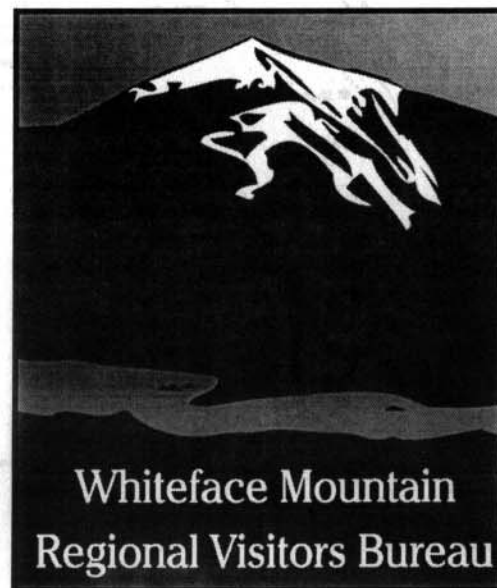
Of the Whiteface Region

Wilmington

Jay

Upper Jay

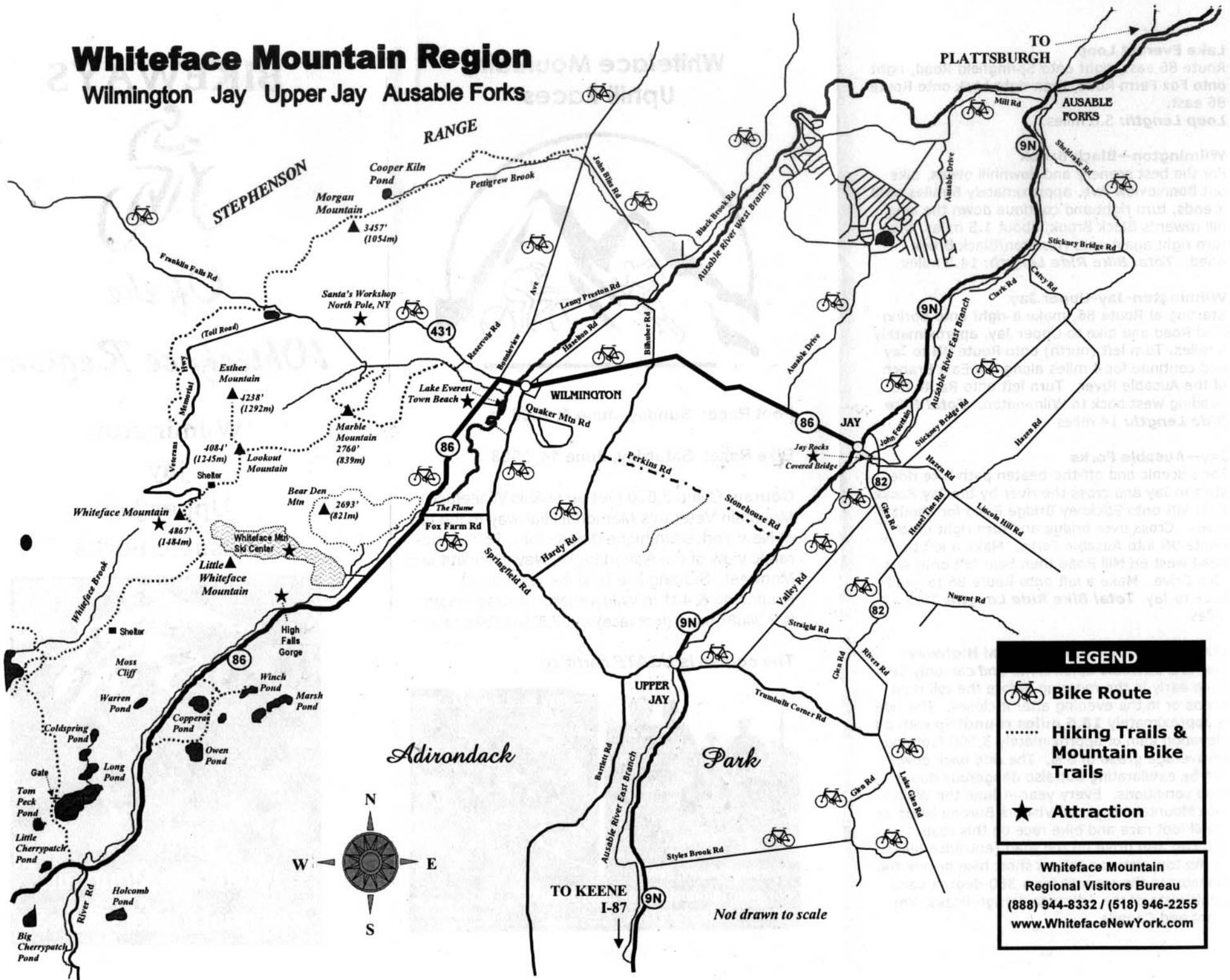
Ausable Forks



Whiteface Mountain
Regional Visitors Bureau

Whiteface Mountain Region

Wilmington Jay Upper Jay Ausable Forks



LEGEND

-  **Bike Route**
-  **Hiking Trails & Mountain Bike Trails**
-  **Attraction**

Whiteface Mountain
 Regional Visitors Bureau
 (888) 944-8332 / (518) 946-2255
www.WhitefaceNewYork.com

Not drawn to scale