



## Winter 2016 - 17 Newsletter



"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

**Sir Arthur Conan Doyle**



# Why Develop Mountain Biking? - The Business Case for Mountain Biking

The benefits of mountain biking as a tourism product have been enjoyed to some extent by BC communities for over 25 years, since mountain bike-specific trails began to emerge in the 1990s. The benefits are three fold:

## ECONOMIC

One of the most compelling benefits of trails is their ability to provide an economic return to communities by attracting riders from out of town.

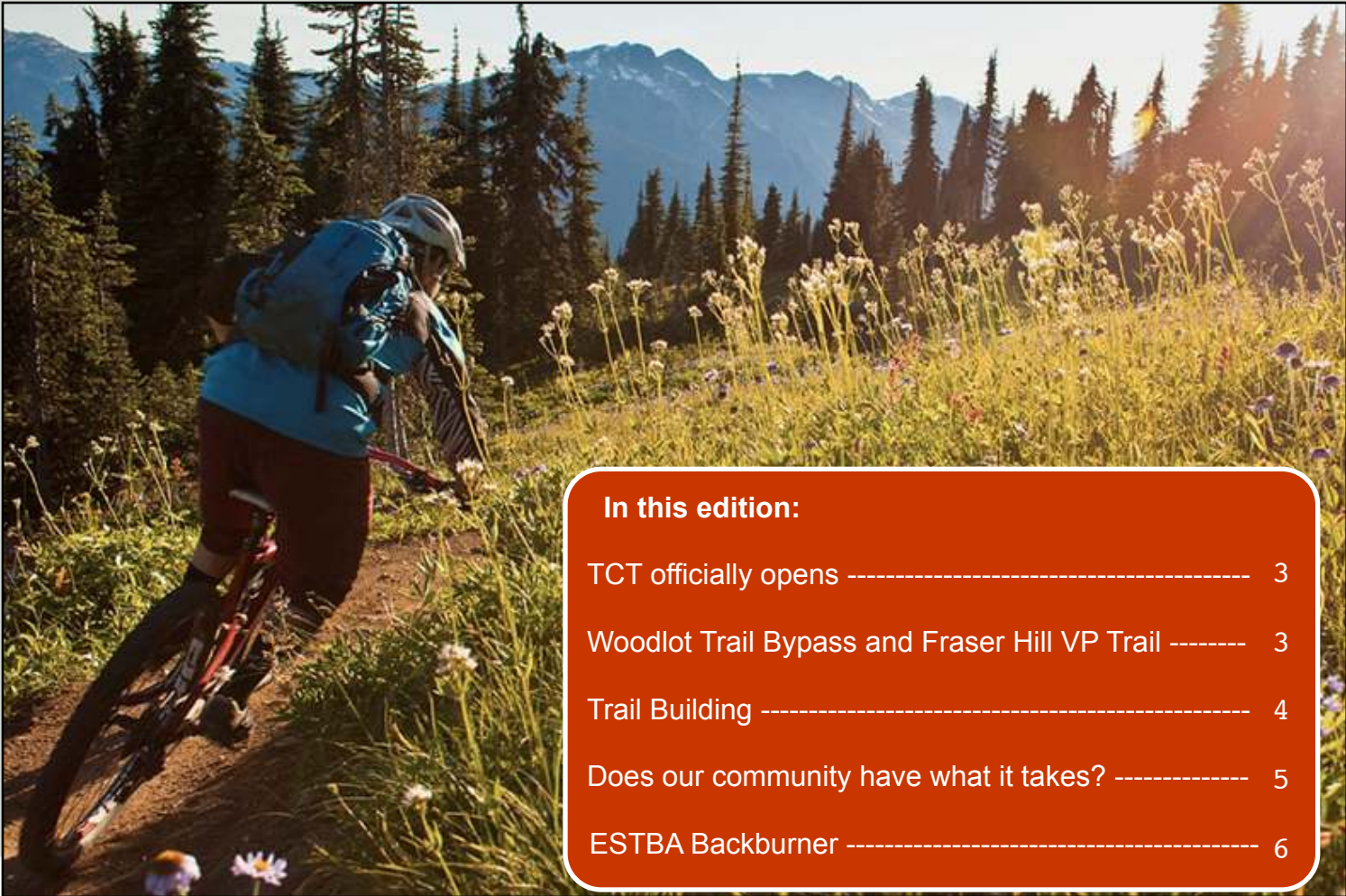
## ENVIRONMENTAL

Active management and planning of trail systems has led to rehabilitation of natural landscapes and a decrease in unauthorized trail construction and use.

## SOCIAL

Engaging youth in biking-related projects and providing opportunities for families to recreate can play a role in promoting a healthy lifestyle.

Last year BC attracted 258,000 mountain bikers who were motivated to visit the province in order to go mountain biking. The East Shore is in a good position to attract a significant number of these people to our trails. Maybe they'd stay a few days? Maybe they'd buy a house here and put their kids in our school?



In this edition:	
TCT officially opens .....	3
Woodlot Trail Bypass and Fraser Hill VP Trail .....	3
Trail Building .....	4
Does our community have what it takes? .....	5
ESTBA Backburner .....	6





## Off Highway TCT Route Officially OPEN!



Photo: Taz Archambault

**Access:** The north trail head at this time can be accessed by the Weasel Creek Forest Service Road (750m south of C Bay). You can either park below on the highway pullout or (in a high clearance vehicle) drive 2 minutes up to the trail head under the power line. From there the trail goes south a few kilometers to Columbia Point where you will find a trail down to the highway. It comes out just north Starbelly Beach. With a Ministry of Highways controlled access permit we have contracted YRB to construct a highway pullout and parking area at the highway. This southern trail head is a fantastic staging area for the off highway trail going north, but also a short viewpoint trail featuring majestic vistas with the Columbia Viewpoint at the top. Great place to stretch your legs on a long drive.

## Woodlot Trail by-pass and Fraser Hill View Point Trail to be completed in the spring 2017





# TRAIL BUILDING



**Become a member!**  
**eastshoretailandbike@gmail.com**  
**Box # 123 Crawford Bay BC**  
**V0B 1S0**  
**web: [www.estba.ca](http://www.estba.ca)**

## Trail Design Consideration

### Tread Width

The average width of the active tread or beaten path of the trail.

### Tread Surface

The material and stability of the tread surface is a determining factor in the difficulty of travel on the trail. Some descriptive terms include: hardened (paved or surfaced), firm, stable, variable, widely variable, loose and unpredictable.

### Trail Grade (maximum and average)

Maximum grade is defined as the steepest section of trail that is more than approximately 10 feet in length and is measured in percent with a clinometer. Average grade is the steepness of the trail over its entire length. Average grade can be calculated by taking the total elevation gain of the trail, divided by the total distance, multiplied by 100 to equal a percent grade.

## Building Sustainable Trails

There are three goals we strive for when designing and building trails:

- 1) limit environmental impacts
- 2) keep maintenance requirements to a minimum
- 3) avoid user conflicts.

### Two Critical Trail Building Tips

#### 1) Avoid the Fall Line

Fall-line trails usually follow the shortest route down a hill - the same path that water flows. The problem with fall-line trails is that they focus water down their length. The speeding water strips the trail of soil, exposing roots, creating gullies, and scarring the environment.

#### 2) Avoid Flat Areas

Flat terrain lures many trail-builders with the initial ease of trail construction. However, if a trail is not located on a slope, there is the potential for the trail to become a collection basin for water. The trail tread must always be slightly higher than the ground on at least one side of it so that water can drain properly.

## Does our community have what it takes?

An important step in the process of promoting our community as a mountain bike destination is determining how the community perceives tourism in general...and mountain biking specifically.

Trails for residents and recreation are one thing, but how do people feel about trails for tourists or about tourists using community trails?

### The vision of the East Shore Trail and Bike Association is to have:

- 1) A collaborative and sustainable process to review and coordinate trail management annually
- 2) Identified and empowered trail interest groups as champions to guide strategic location and selection of new trails as well as their user designation
- 3) An up to date trail inventory and maintenance program on existing trails while aiming to formalize legal status of unmanaged trails
- 4) Support from all stakeholders, including First Nations, Water-User Groups, Woodlot and Private Land Owners for a collaboratively managed trail network



Photo: Bohdan Doval



Recreation Sites  
and Trails BC



Special thanks to  
Geoffroy Tremblay for  
GPS/GIS support as we  
update the East Shores  
trail Inventory.

[www.ponnuki.net](http://www.ponnuki.net)



# The ESTBA Backburner

What new trail and bike ideas are we cooking up for 2017?



Skill Parks provide communities 'free' opportunity to experience bike riding, especially children, in a structured, safe and managed area. They offer gathering points for youth, visitors and members of the community to take part in healthy activity and can provide revenue generation for Parks and Recreation programming.



## **Bike Skills Park:**

**Proposal : Create a Mountain Bike Technical Skills Development Park (Bike Skills Park or BSP)**

**Proponents: East Shore Trail and Bike Association**

This project is being developed for young people (aged 7 - 24) who want to improve their mountain biking skills. It will however be rideable and open to all ages.

The project has wide spread community support, particularly among parents of young children and will be a great asset to the community in the long term.

### **What is it?**

Skill Parks typically include a variety of technical features collected in a park like setting. These features are required for technical mountain bike skill development. The technical features include natural obstacles like rocks and logs, engineered features like ladder bridges, wall rides, pump tracks, teeter totters, log rides and dirt jumps. These features are methodically placed in the park for a fun and managed recreational experience. Skill Parks can come in a variety of shapes and sizes dependent upon the surrounding natural environment. However they share a common theme of making technically challenging mountain biking available to the public of all ages.

These parks focus on accommodating a wide range of abilities and providing opportunities for skill building on progressively difficult challenges.

### **Why is it important?**

- We want to facilitate more youth participating in mountain biking.
- A safe, fun, and easily accessible venue will do just that.



**See you on the trails!**

## Membership Registration Form

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email address: \_\_\_\_\_

Would you like a receipt e-mailed to you? **y / n**

May we keep in touch with you via email? **y / n**

**Annual Membership Fee: \$20.00 Adult / \$5.00 Youth under 19**

**\*Cheques payable to: South Kootenay Lake Community Services Society**



### ESTBA would like to thank the Boswell Hiking Club

Thank you so much for your support in our effort to maintain and celebrate the many trail networks on the East Shore. As many of you are aware, the attraction of quality trails in surrounding regional communities have showed significant, positive effect on health as well as the local economy.

The East Shore Trail and Bike Association has found great support here on the East Shore and throughout the Kootenay region to promote many of our amazing trails. Our outreach efforts have found us in a unique position to set the tone for tourist activities to remain sustainable, attractive, and inclusive to residents and visitors alike.

One of our main priorities at ESTBA is to ensure adequate trail signage for all trail users. With your kind donation we can ensure clear orientation is provided for all existing and new trails in our management area.

Sincerely,

**Sandy Oates**

President

East Shore Trail and Bike Association