

# Local Mountain Biking

**Important Cycling Tips:** 1. Always wear a helmet! 2. Bring lots of water (at least 2 bottles per person)  
3. Bring energy snacks, like granola bars, energy bars, dried fruit, etc.  
4. Wear appropriate clothes; you'll be getting hot while biking (bring along a swim suit!) 5. Have fun!!!

## Sticks & Stones Area

From Route 16 in North Conway, follow Artist Falls Road and take a right on Thompson Road to the Pudding Pond trailhead near the powerlines. Follow double-track a short ways to an info kiosk. NEMBA's pump track is located across the powerlines to the left (east) of the kiosk, look for the "Wheeled Vehicles Prohibited" and Pump Track signs. Just right of the kiosk is the start of Sticks & Stones, a short fun loop full of technical features that are easily bypassed if desired. The usual direction is to bear right at the two intersections but it rides well both ways. The Pudding Pond Loop is nearby (intersection is near the biggest stone plank, hard to miss) and has 250 or more of bog bridges. The water level is often very high but when it's a little drier it is well worth doing.

## Sidehill Trail

From the kiosk, look left across the powerlines. There are two obvious openings; the right one leads to our pump track. The left trail goes to Peaked & Middle Mountains, climb to where the trails split and look for a trail sign with right arrow and bike logo. This is the Sidehill Trail and leads to a maze of fine single-track that goes south to Redstone quarry and beyond. Lots of good riding and you can't really get lost, as the network parallels the powerlines. Head downhill at any point and you'll hit the powerlines, which you can follow north back to Thompson Road.

## Whitaker Woods

Whitaker Woods is located adjacent to the John Fuller elementary school on Pine Street in North Conway. It is mostly double-track and offers easy riding as well as a surprising amount of climbing and descending. You can park at the Whitaker Meeting House, which is the first right north of the traffic light at the junction of Rt 16 and River Road/Pine Street. Some parking is also available at John Fuller School during non-school hours.

Connection to The Memorial Hospital's DeMark Fitness Trail and Conway's Shedd Woods, which has a very nice NEMBA-built trail leading to the First Bridge swimming area on the Saco River is also possible. Beware of poison ivy in Shedd Woods!

