

MOUNTAIN BIKING

Intermediate/advanced mountain bike trail up with climbing and stunning views.

Start at Lost Dog Trailhead and finish at ADERO Scottsdale

- This is a 9.7-mile ride with 2,287 feet of elevation gain with some rocky sections.
- Approximate Duration: 2.5-3 Hours
- Restrooms are available at the trailhead

● **Starting Point** | Lost Dog Trailhead: Valet Drop Off

● **Ending Point** | ADERO Scottsdale Resort: Front Entrance

Begin at Lost Dog trail, stay left at the Ringtail junction.

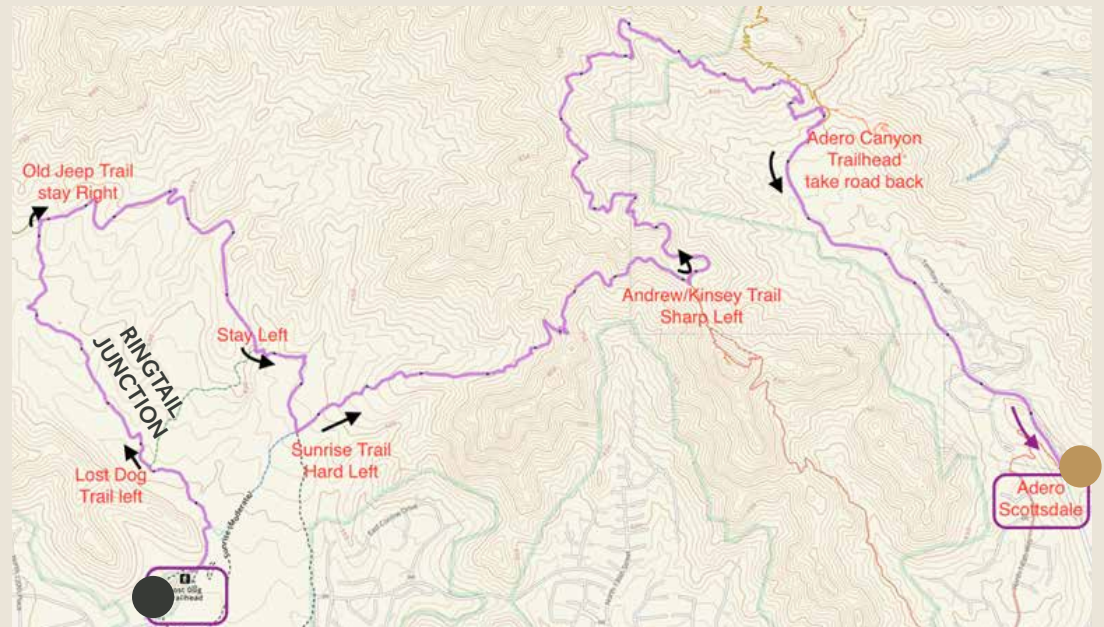
Continue to climb and stay left onto the Old Jeep Trail.

This is a rocky section but stay left at the Ringtail junction until you reach the Sunrise trail, then turn left.

Prepare for a long steep climb through the Sonoran Desert up to the Andrew/Kinsey Trail junction, then take a hard left.

This continues a few miles so take in the views and the trail ends at the ADERO Canyon Trailhead.

From here take the Eagle Ridge Drive down to the ADERO Scottsdale Lobby.



**In the case of an emergency, please dial 911.
If non-urgent help is needed, please contact 480-333-1824.**



BIKING TIPS

Stay on Open Roads

Some roads could be closed temporarily or permanently to protect against damage to our natural resources. The intent of road closures is to balance popular public use with the sustainability of natural resources.

- Closed roads will be posted. Not all bicycle trails are open to off-highway vehicle use.
- Wilderness areas are off-limits to all vehicles, including bicycles.
- Comply with signs and barriers, and leave gates as you found them.
- Respect public and private property by practicing minimum impact cycling.

Protect the Environment

- Stay on trails and roads designated for use. Cutting switchbacks, creating hill climbs and riding in undesignated areas cause erosion, loss of wildlife habitat and other natural resource damage.
- Minimize erosion by staying on trails and not cutting switchbacks.
- Avoid wet, muddy areas as they are more susceptible to erosion
- Do not disturb wildlife.
- Teach new riders trail etiquette—lead by example.
- Don't litter. Pack out more than your share.

Ride Safely, Stay in Control

- The desert is for everyone. Be considerate of hikers and pedestrians.
- Always wear a protective helmet and other gear.
- Ride single file in the middle of the trail to avoid widening the trail.
- Yield right-of-way to other trail users.
- Slow down and use caution when passing others. If necessary, dismount your bicycle on the downhill side and wait for hikers to pass.
- Control your speed at all times and approach turns in anticipation of someone around the bend. Reckless riding and high downhill speeds are not appropriate.

Be Prepared

- Be prepared for sudden changes in weather.
- Don't ride alone. Tell someone where you plan to ride and then stick to your plans. Bring a cell phone in case of emergency.
- Don't take unnecessary chances—help for emergencies may be miles away.
- Make sure you have a first aid kit and other safety gear with you when riding in the desert.