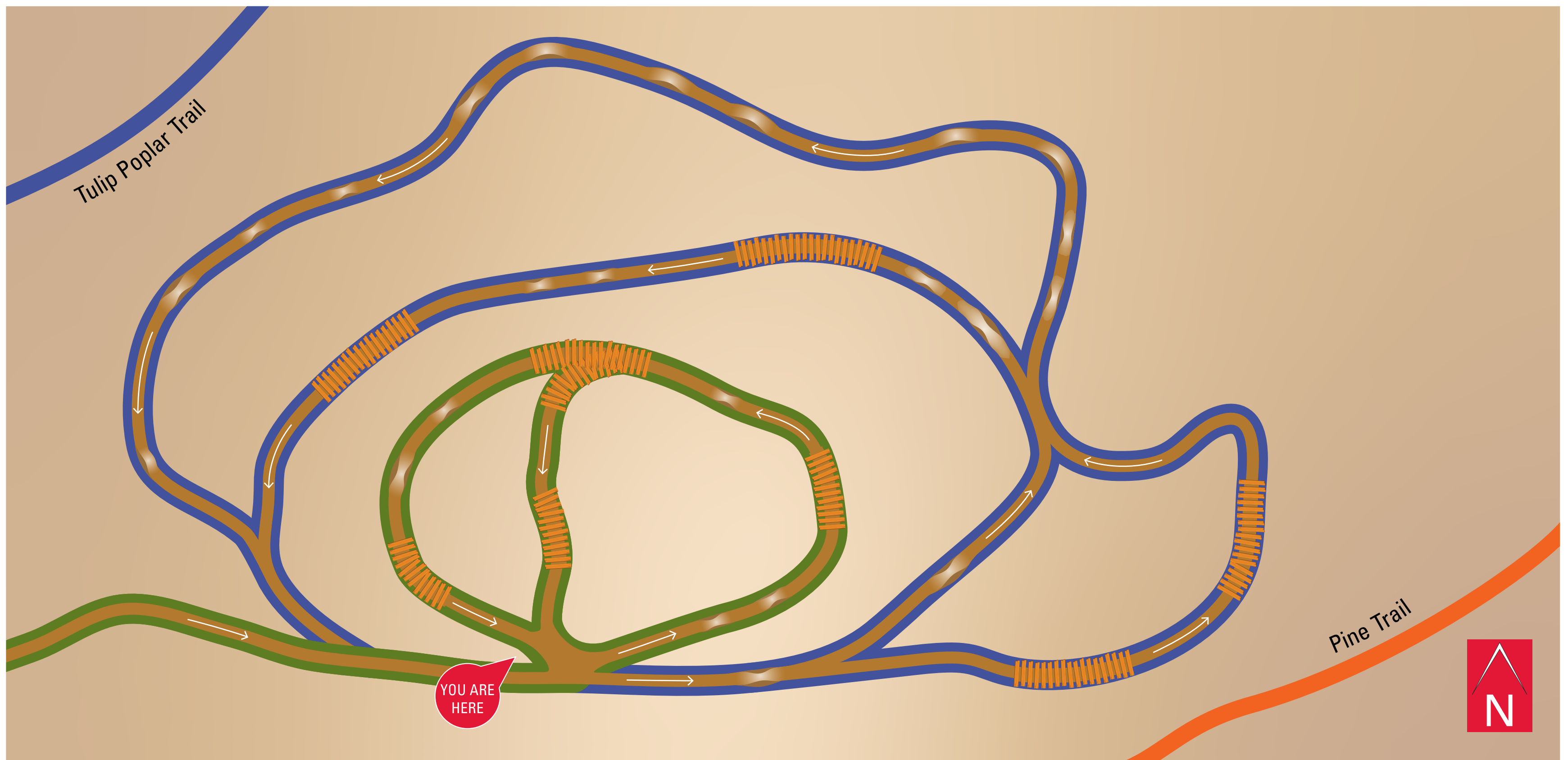


Lake Raleigh Woods

Mountain Bike Skills Area



Legend

 Beginner Skills Loop

 Intermediate Skills Loop

Trail Difficulty

 Beginner

 Intermediate

Skills Area Rules

- Use the skills area at your own risk
- Respect trail signs and closures
- Helmets and appropriate safety gear recommended
- No altering features within the skills area

Skills Area At Lake Raleigh Woods

Welcome to the skills area at Lake Raleigh Woods. This skills area is designated for mountain bikers to aid skill development and provide fun and unique experiences. There are beginner (green) and intermediate (blue) features in the skills area which include a mix of skinnies, rollers and roll downs. All features within the skills area are non-mandatory and should be accessed unidirectionally (starting to the right of the kiosk and riding counterclockwise).

How To Ride A Roller

A trail roller is a continuous structure that is designed to be ridden without pedaling. Speed is created by “pumping” over smooth rollers and through steep berms.

Body Position



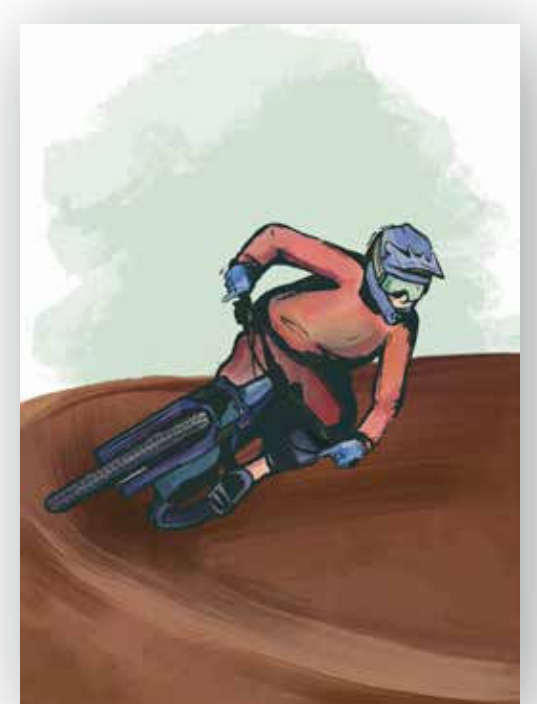
Your weight should be centered between your feet and hands. Keep your head up and look as far forward as you can.

Pumping Rollers



Pull the front of your bike up as you go up the front of the roller. Push down with your hands then your feet as you go down the back side of the roller.

Riding Berms



Look through the exit of the berm. Press your pedals into the berm.

Safety

This area is monitored by the NC State University Police Department. **In case of an emergency dial 911 or 919-515-3000.**

To report down or hazardous trees on and/or along trails, please contact NC State Facilities at 919-515-2991 or facilities_service@ncsu.edu. For trail updates follow @lakeraleighwoods on Instagram.