

SADDLE UP

ONE OF THE NATION'S TOP BIKING TRAILS, JUST 40 MINUTES AWAY



You can feel it staring at you from the corner of the room. Judging you. Mocking you. Calling you a fatty.

Don't hide behind the weather anymore — dust off your mountain bike and get that a\$\$ in gear. **Palos Hills, one of the best biking trails in the country, is just a short drive away.**

With **32 miles of tough singletrack and meandering widetrack amidst rolling hills, forested canyons and steep ravines**, there's something for every type of biker.

For an easier ride, we recommend the northern section of the forest preserve, where you'll cruise past families near lakes and grillers in picnic areas.

For those good enough to be watched (and blood-tested) by the USADA, **try the 3 Ravines trail with log jumps, 25 to 30 foot drops and steep climbs** with quick speed changes.

It's also fun just to **explore random trails and get lost in this scenic spot** amidst wildlife, glacier ponds and horseback riding.

Either way, it'll finally shut up that pesky mountain bike of yours.

Cook County Forest Preserve/Palos Division

9800 S. 104th Ave., Palos Hills (800) 870-3666

fpdcc.com

Parking: Pulaski Woods Lot

Trailhead: Mountain Bike Staging Area, Grove 2

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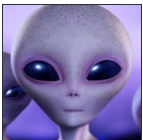
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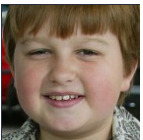
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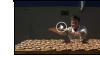
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