

TRAIL ETIQUETTE

 <p>No Shortcuts Switchbacks are designed to maintain the stability of a trail, cutting them destroys their integrity.</p>	 <p>Rock N Roll Rocks are natural obstacles and part of the off-road experience. Go over them, not around.</p>
 <p>Stay On Course Stream crossings should be made by crossing them directly at 90 degrees and staying on the trail.</p>	 <p>Whoop It Up Go over the whoops (bumps on trails created by constant use). If you want a smooth ride, stay on the highway.</p>
 <p>Stay In Line Riding single file on tight, narrow trails will avoid braiding and trail widening.</p>	 <p>Get Dirty Go straight through mud puddles while maintaining a steady speed. Don't get stuck.</p>
 <p>Be Sensitive Wetlands are important and sensitive areas for wildlife and people. Please avoid them.</p>	 <p>Get Over It The challenge is going over the tree. If the tree is too big go back and contact the land manager.</p>

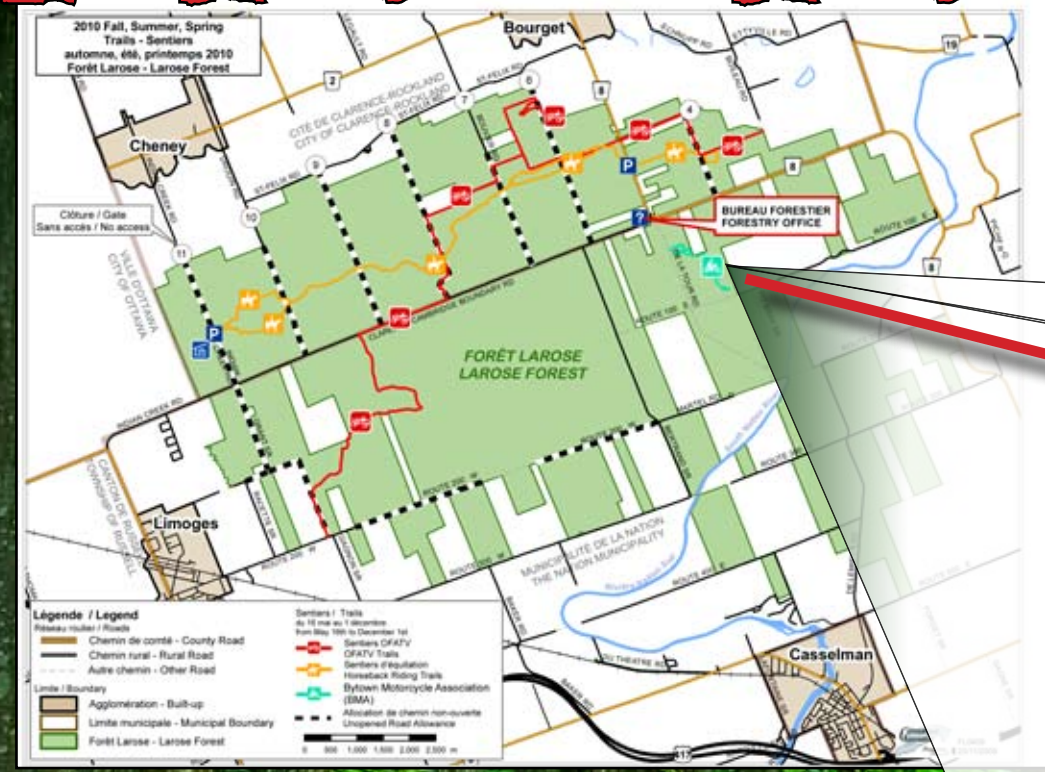
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LAROSE FOREST TRAIL HIGHLIGHTS

The Larose Forest, Ontario Federation of Trail Riders (OFTR) and the Bytown Motorcycle Association (BMA) riding area is contained within approximately 180 acres of reforested pine plantation and natural regrowth. Access to the riding area is directly south of the forest office on the east side of Tower Rd / Chemin de la Tour, with on road parking. The terrain is flat and sandy, with a virgin single track trail that is accessible to all riding levels. Starting in a counter clockwise direction, the trail winds through an open and fast mature pine grove, then zig zags three time in a south-north direction in a mixed forest before coming to an abandoned beaver dam which acts as a crossing to the extreme south end of the riding area. A magnificent pine grove awaits on the south side of the beaver dam, which again allows for faster riding. From here, you travel west along the southern boundary, with the occasional option further into the forest. The trail then turns north at the western edge of the riding area, roughly paralleling Tower Rd retuning to the parking area. To double your ride, simply re-ride in the clockwise direction. You will encounter many small bridges (parallel logs or board walk style) on the trail, and will notice that the trail comes very close together in some areas, allowing bypass or short cut access.

An OFTR membership along with meeting typical licensing and insurance requirements are mandatory for access to this riding area.

LAROSE FOREST



LAROSE FOREST TRAIL MAP

\$3.00



photo: Carollin Lueders



www.OFTR.ca



ABOUT THE OFTR

The Ontario Federation of Trail Riders (OFTR) was incorporated in 1992 with the goal of educating riders and promoting safe and responsible riding.

Our Mandate - To source, create and maintain a trail network in Ontario for safe, family use by off road motorcyclist, as well as any other good intentioned users. To provide a strong voice supported by a substantial membership to represent trail users to ensure, to our best ability, that these trails continue to be available.

For more information visit us on the web at:

www.OFTR.ca




Please see reverse side for detailed trail map.



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LAROSE FOREST



TRAIL MAP



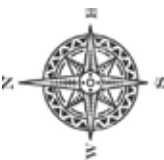
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Map Legend

 **Trail Head**
 **Novice/Intermediate**

See general trail descriptions on reverse side of map.



Off Road Motorcycling is an adventure activity and the rider assumes all risks while using these trails. Levels of difficulty are a general guideline as to the ability needed to use the trail but is no assurance against the natural obstacles and perils of off road trail riding. You will typically encounter rocks, mud, water, fallen trees and other off road hazards on the trails in this area. Ride at your own risk.

