

RIDE SAFE

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JBP

JÄRVSÖ
BERGSCYKEL
PARK



SAFETY GUIDE

RISK OF INJURY, RIDE WITHIN YOUR LIMITS!

SLAO:s LILLA GRÖNA

VIKTIGT ATT
VETA OM
LIFTBUREN
CYKLING



SVENSKA
BERGSCYKLINGENS
ORGANISATION

Read more: SLAO:s LILLA GRÖNA

All you need to know about lift access biking, put together by the industry organisation.

If you would like to read SLAO:s LILLA GRÖNA, it is available in the rental, in our shop and online:

www.jarvsobergscykelpark.se

THE BIKES AT JBP

We have plenty of fun biking for the whole family here in Järvsö - here are the different bikes that are best suited!



DOWNHILL

More suspension, more stable and made to go downhill. Not recommended outside the bike park. Rent at JBP - www.jarvsobergscykelpark.se

ENDURO

A bike that works great on green and blue trails in JBP. Not recommended to the more advanced trails. Can also be used in the forest outside the bike park.



CROSS COUNTRY (MTB / XC)

Lighter MTB bikes with less suspension works great on the trails built by Cyklajarvso.se - not for downhill in JBP. Rent at Järvsö MTB - www.jarvsomt.se

DIRT / PUMPTRACK

Dirt bikes are best suited in the two pump tracks in Järvsö village - not for downhill in JBP. Rent at Järvsö MTB - www.jarvsomt.se

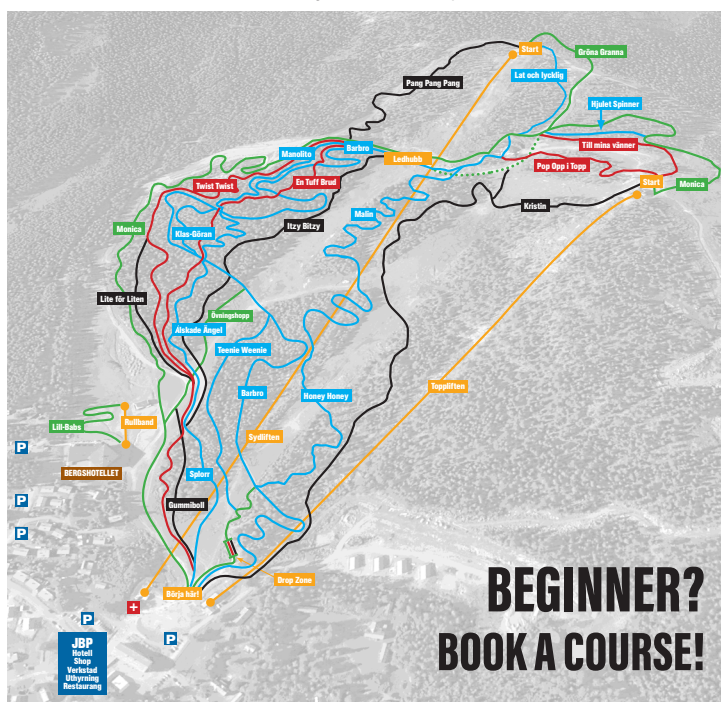
TRAIL GRADES

Bike according to your ability. Here are guidelines for the trail signs!

TRAIL COLOUR	SUITABLE FOR	TRAIL
	Beginner with basic fitness and some trail riding experience. Enduro and downhill bikes.	Low gradient with nice turns and more narrow sections.
	Bikers with cross country experience and medium fitness, that manage all green trails. Enduro and downhill bikes.	Downhill trail with some technical sections, may include rollable jumps and tight corners.
	Skilled bikers with experience of downhill biking, that manage all blue trails. Downhill bike.	Steep narrow trails that includes jumps, rocks and challenging obstacles. Demands speed and air control.
	Only advanced bikers with very good knowledge of downhill biking. Downhill bike.	Trails with very challenging and technical sections. Big jumps, drops, gaps and rock gardens that can not be avoided. High demands on jumping and air control.

TRAIL MAP

The trails in Järvsö Bergscykelpark come in many shapes - the beginner as well as the professional rider can have fun here.



**BEGINNER?
BOOK A COURSE!**

Here are the trails in order of difficulty - start your ride in the easiest green trails. Remember that the condition of the trails can drastically change by weather and wind - and to always check out a trail first!

- LILL-BABS**
Lill-Babs is a beginners track for the youngest bikers.
- MONICA GRÖNA GRANNA**
Two beginner trails for those who bikes for the first time.
- HJULET SPINNER**
An introduction to singletrack, easy trail on rock slabs.
- BARBRO**
Jump track for you that feel at home on the bike. Big rollable jumps and nice corners.
- MALIN**
Singletrack with many corners.
- HONEY HONEY**
A flowy built track with berms, rollers and table tops.

ÄLSKADE ÄNDEL

A fast, tight singletrack with lots of flow.

SPLORR

Fast, tight singletrack with lots of flow through birch forest.

LAT OCH LYCKLIG

An introduction to singletrack, medium advanced on rock slabs.

KLAS-GÖRAN

A wiggly sidetrack among tight trees.

MANOLITO

A world class trail, like a pumptrack among trees with lots of corners down the mountain.

TEENIE WEENIE

Fast singletrack that can be combined with several tracks.

TILL MINA VÄNNER

Singletrack with rocky parts, mostly rock slabs.

EN TUFF BRUD*

Singletrack with drops, rocks, roots and bridges.

TWIST TWIST*

Jump track with jumps, drops, corners and bridges. Drop and jump skills required.

POP OPP I TOPP

Singletrack with challenging sections, mostly rock slabs.

GUMMIBOLL*

Flowy trail with jumps, drops and technical parts.

PANG PANG PANG

Singletrack with challenging sections.

ITZY BITZY*

Singletrack with drops, rocky and rooty sections.

KRISTIN*

Steep track with rock slabs, roots, corners, jumps and drops.

LITE FÖR LITEN*

Big jumps and drops in high speed.

DROPP ZON*

Skills area with three different level of drops. Check out the drops before you try them.

JUMP TRACK

***DROP & JUMP SKILLS REQUIRED - BLACK TRACKS ONLY FOR EXPERTS!**

Järvsö Bergscykel Park

- biking for everyone

Welcome to Järvsö Bike Park - a paradise for bikers - here you will find easy trails for beginners and trails for experts from all over the world!

Our motto is biking for everyone. We have designed the bike park in a way that will make it fun and challenging for everyone who comes to us for downhill biking. Please read this guide and get as much theoretical knowledge as possible before you get out on the trails - we want you to ride safe!

Accidents can happen to anyone and at any time, especially in the first run or when you start to get tired. It is important that you as a rider check your equipment, trails and not least your own ability during the day. We always recommend that you have a few warm up runs and see what condition the trails have this particular day and have a break when you start to feel tired.

Remember that weather and wind quickly can change the conditions of the trails.

To ride the trails carefully several times is a safe way to progress your riding - in this way you can develop your skills without biking above your ability.

THE RIGHT PROTECTION CAN BE THE DIFFERENCE BETWEEN BEING ABLE TO CONTINUE RIDING AFTER A CRASH OR STOP RIDING FOR THE DAY.

03_ CHEST & BACK PROTECTION

Keeps the chest, ribs and back protected from rocks, trees and even the handlebar if you would go over.



01_ FULLFACE HELMET

The helmet protects the most important thing on your body, your head. It protects not only in case of crashes but also trees and branches.

02_ GLASSES & GOGGLES

Protects against dust, dirt, water, insects and mud. They also protect the eyes from branches.

04_ ELBOW PADS

In smaller crashes, the elbow is usually the part that hits the ground first. Protects against cuts and scrapes on one of the most exposed parts of the body.

05_ KNEE PADS

Knees are exposed body part that can take a lot of beating in crashes. Protects against all type of hits without affecting the biking.

06_ SHOES

Bike shoes are more robust than normal shoes and have more grip in the sole, so that you don't slip on the pedals.



SIGNS & WARNINGS

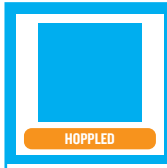
Pay close attention to the bike park's signs and information boards - warning signs are red and yellow and trail signs are colour coded according to the trail gradient.



The sign tells you what trail you are on and what gradient it has.



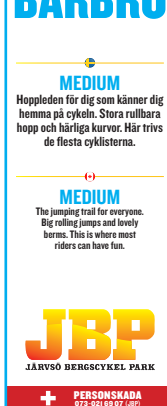
Warning drop - a transition that can't be rolled.



Warning LED 5 - a jump that can't be rolled.



Warning GAP - a jump that can't be rolled.



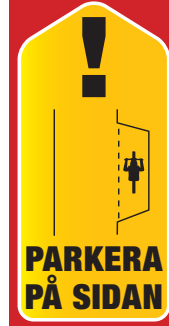
At every trail start there is information about the trail with colour coding. Remember to inspect the trail first!



Don't block the trail - no stopping in hidden turns or after jumps.



Risk of injury - it is important to always ride within your ability!



Ride carefully, slow down and stop at marked places when overtaken.

RULES FOR JBP

We encourage our guests to follow these rules so that everyone has a safe and pleasant experience.

Note that it is the guardian's responsibility for children and young people under 18 years of age.

FULLFACE HELMET IS MANDATORY

To be allowed in the bike park and get up in the lift, a helmet that covers the entire face is required (fullface helmet). We also recommend that you use upper body armour as well as knee and elbow pads.

RIDE AT YOUR OWN RISK

It is the cyclist's own responsibility to choose trail according to their ability and adapt the riding to their own skills. One rider per bike.

NO ACCESS AFTER CLOSING HOURS

When the lift is not running, the area is a working zone and will have staff and vehicles on track. It is then forbidden to bike or visit the bike park.

YOUR RESPONSIBILITY TO KNOW THE RULES

The guest must understand the rules and conditions in "Slao's Lilla Gröna" and understand Järvsö Bike Park's own rules - pay attention to the facility's signs and information boards. In the event of a breach of these rules, the facility has the right to terminate the agreement and withdraw the lift pass.

RESPECT BARRIERS AND PROHIBITION SIGNS

In the event of a breach of these rules, the facility has the right to terminate the agreement and withdraw the lift pass.

ADJUST THE SPEED AND SHOW RESPECT FOR OTHER BIKERS/NATURE

* Hikers and other users may be on trails. * Overtaking other riders are not allowed. Talk to them and ask to pass when they are standing still. * Pay attention to when tracks merge or cross each other. * Adjust the speed according to weather conditions. * Do not stop where the visibility is poor, such as at a crest, after corners or in steeper trails. * Do not litter and only bike on marked trails.

INTOXICATED OR DRUGGED ARE REJECTED

Alcohol and drugs impair the rider's judgment and reaction time, which also exposes other cyclists and staff to danger. It is forbidden to bike under the influence of alcohol or drugs.

LIFT PASSES ARE PERSONAL

People who try to use the lift or stay on the tracks without a personal or valid lift pass are required to pay a fee of SEK 1500.

THE CYCLIST IS RESPONSIBLE FOR HIS/HER OWN EQUIPMENT

It is the cyclist's responsibility to ensure the equipment is in good condition and ensure that the bike does not cause damage to other guests, staff or the facility's equipment.

RIDE SAFE!

PRE-RIDE WARM UP!
RE-RIDE BIKE AGAIN!
FREE-RIDE RIDE SAFE!

START SIMPLE: Work your way up - take a lesson.

MEMORIZE: Learn the track - make a plan!

ALWAYS IN CONTROL: Look, test, ride - be aware of others.

RESPECT: Respect both the trails and other cyclists.

TAKE IT EASY: Ride within your limits - land on your wheels.
If you have that in mind, you are more likely to have a safe and fun experience!

TERMINOLOGY

What do all things we talk about mean?

Here is a small list and explanations of the most common words in downhill.

DOWNHILL

Downhill is lift access biking down built and prepared trails. It can be challenging for riders and it is important to ride within your limits. In downhill we use bikes with full suspension front and back.

XC / CROSS COUNTRY

Biking in the forest with a mountainbike that could be with or without suspension. Remember to show respect for nature and landowners. Follow instructions!

BERM

A built up corner that allows

the rider to keep the speed and decrease the risk of riding off the track.

DROP

A part of the trail (usually a bridge or rock) that "ends". It is usually not possible to roll due to its height and requires an experienced rider.

ROCK GARDEN

A part of the trail that consists of rocks or other similar hard ground.

STEP-DOWN

A jump where the landing is lower than the take off.

STEP-UP

A jump where the landing is higher than the take off.

GAP

A jump that is stripped in the middle, which means that you must jump the whole jump.

WALLRIDE

An almost vertical wall, often built in wood, that you can ride on.

ROLLERS

Small bumps in a row, that you either roll or jump.

RIDE-AROUND

Alternative track to get past a difficult part.