



*Welcome to the mountain bike trail system at Sprain Ridge Park in Yonkers, where cyclists can enjoy a day of fresh air and exercise in a wooded and natural environment.*

Sprain Ridge Park is a large land preserve with a variety of landscapes, ranging from heavily wooded areas to large and impressive rock outcroppings. The park was previously owned by the Boyce

Thompson Institute, a botanical research center, and as a result, contains many unusual and exotic woodland plants.

The five miles of mountain bike trails at Sprain Ridge offer challenges to cyclists at every level of ability and are a great complement to the park's other recreational facilities, which include a swimming pool, playground and picnic areas. The trails wind their way through 278 acres of varied terrain that offers challenges for beginner, intermediate and advanced cyclists.

The beginner trail provides cyclists with challenging curves but a relatively level topography. The intermediate and advanced trails provide experienced cyclists with more of a challenge with trails of increasing grades and challenging topography.

There are picnic areas available near all three parking lots and a snack bar is open in season near the swimming pool area.

Remember, people judge all cyclists by your actions, so please act courteously and responsibly. Do not build new trails or stunts. Have a good time and enjoy your ride.

For more information call (914) 864-PARK.

## SPRAIN RIDGE CYCLIST RESPONSIBILITY CODE

### **ALWAYS WEAR A HELMET AND KEEP YOUR BICYCLE IN GOOD CONDITION.**

Many bicycle shops offer bicycle inspections.

### **CONTROL YOUR SPEED AT ALL TIMES.**

Approach turns in anticipation of someone coming around the bend.

### **SLOW DOWN AND PASS WITH CARE.**

Always pass on the left, and let your fellow bikers know you are passing with a greeting or a bell.

### **STAY ON DESIGNATED TRAILS.**

Do not create new trails. Respect the native vegetation and do not trample low-growing plants.

### **DO NOT DISTURB WILDLIFE.**

Keep noise to a minimum and yield the right-of-way to animals that may happen onto the trail. Remember, they were there first, and you're traveling through their turf.

### **MINIMIZE YOUR IMPACT.**

Avoid excessive braking and short-cutting switch-backs, which contribute to trail erosion. Be environmentally aware.

### **PLEASE DO NOT LITTER.**

Have pride in your park, and take all litter out of the park with you.

### **RESPECT PUBLIC AND PRIVATE PROPERTY.**

Observe trail markings and "No Trespassing" signs.

### **KNOW PARK RULES.**

Always check with the park office for current trail status and park regulations.

### **PLAN AHEAD.**

Each ride should be determined by your ability, equipment, terrain and weather conditions. Remember, weather and trail conditions change continuously, and you should familiarize yourself with the trail map before riding.

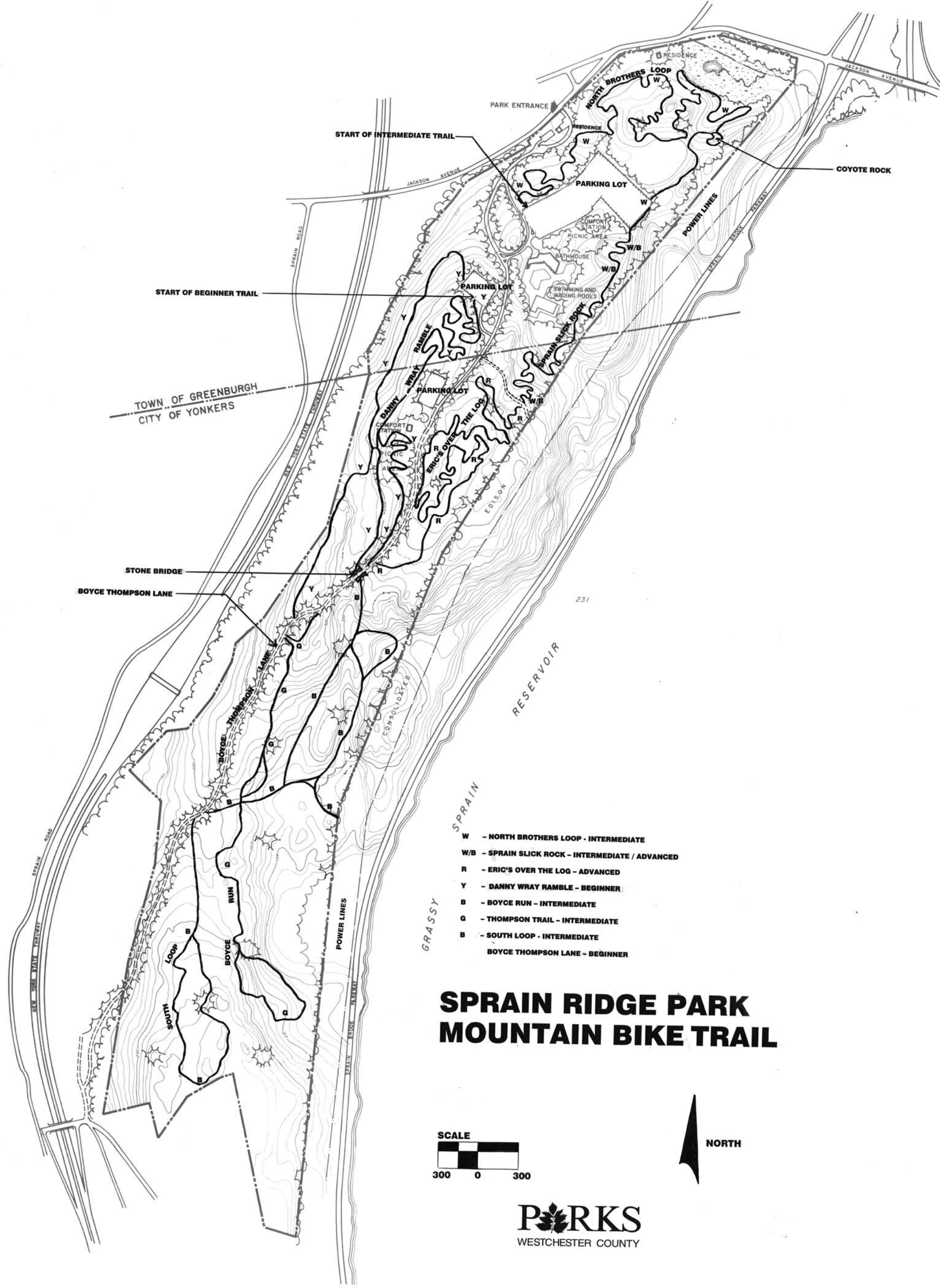
### **NEVER RIDE ALONE.**

Ride with a friend and leave word with someone on where you plan to go, your route of travel and your anticipated time of return.

### **OBEY PARK RULES.**

Anyone failing to obey park rules will be removed from the park.

\* This Code is based on the NORBA Cyclists Code and is used by permission of National Off Road Bicycle Association and the International Mountain Bicycling Association.



STONE BRIDGE  
BOYCE THOMPSON LANE

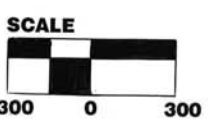
START OF BEGINNER TRAIL

START OF INTERMEDIATE TRAIL

TOWN OF GREENBURGH  
CITY OF YONKERS

- SPRAIN  
GRASSY
- W - NORTH BROTHERS LOOP - INTERMEDIATE
  - W/B - SPRAIN SLICK ROCK - INTERMEDIATE / ADVANCED
  - R - ERIC'S OVER THE LOG - ADVANCED
  - Y - DANNY WRAY RAMBLE - BEGINNER
  - B - BOYCE RUN - INTERMEDIATE
  - G - THOMPSON TRAIL - INTERMEDIATE
  - S - SOUTH LOOP - INTERMEDIATE
  - BOYCE THOMPSON LANE - BEGINNER

# SPRAIN RIDGE PARK MOUNTAIN BIKE TRAIL



Westchester  
gov.com

Andrew J. Spano, Westchester County Executive  
County Board of Legislators

Department of Parks, Recreation  
& Conservation



*Sprain  
Ridge  
Park*  
MOUNTAIN  
BIKE TRAIL

**PARKS** Joseph A. Stout,  
Commissioner  
WESTCHESTER COUNTY

**PARKS**  
WESTCHESTER COUNTY

Westchester County Department of Parks,  
Recreation and Conservation  
25 Moore Avenue  
Mount Kisco, New York 10549

## **DIRECTIONS**

Take Sprain Brook Parkway to Jackson Avenue exit. Go west on Jackson Avenue for approximately one mile. The entrance to the park is on the left.

## **MORE INFORMATION**

More information on other bicycle trails and on Westchester County's other parks is available by calling (914) 864-7000 or by visiting the Westchester County website at [www.westchestergov.com](http://www.westchestergov.com).

For Police Emergency call:

Westchester County Police - (914) 941-4400

Yonkers Police - (914) 377-7900

Greenburgh Police - (914) 682-5372