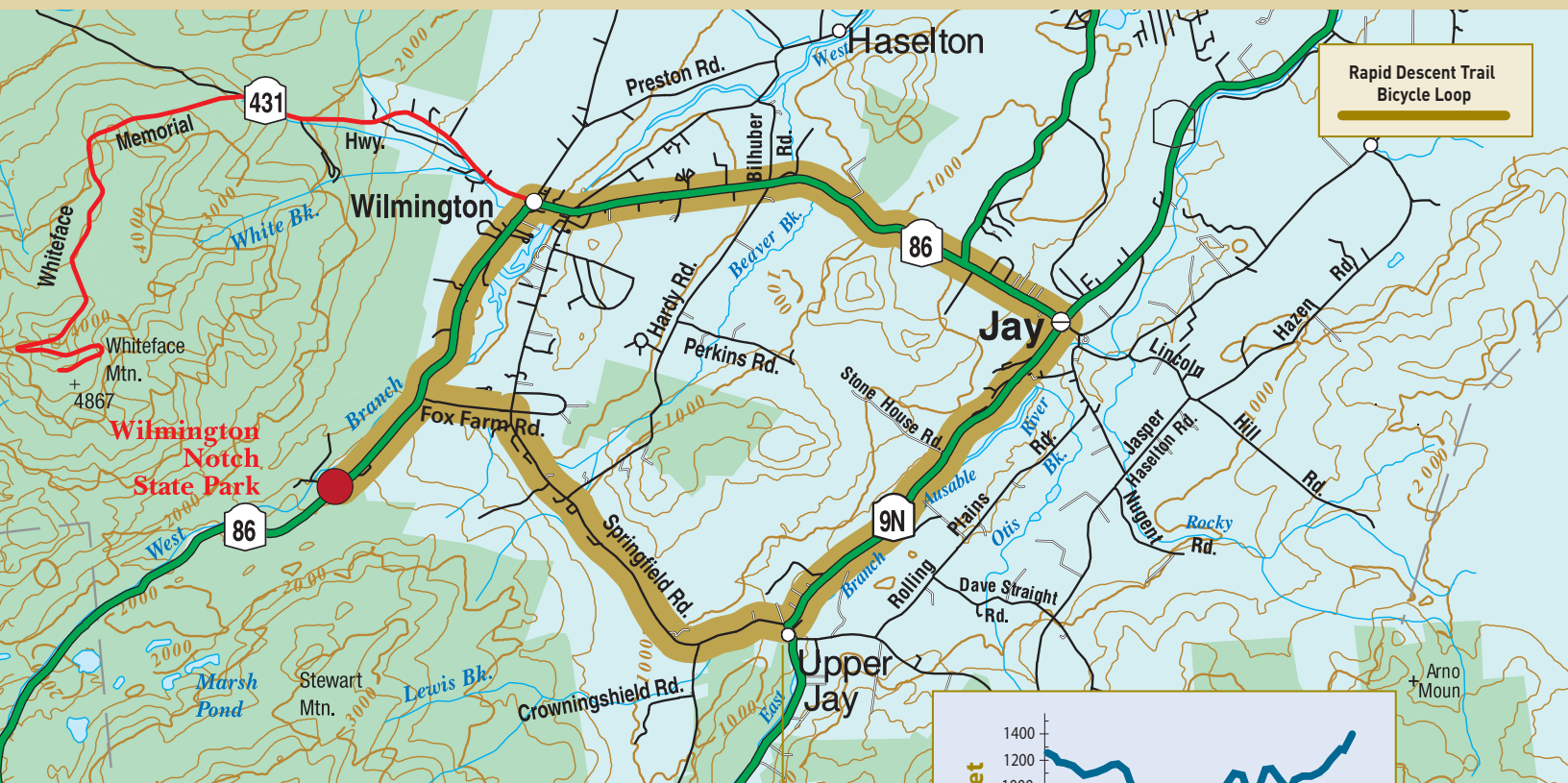


# Rapid Descent Trail Bicycle Loop

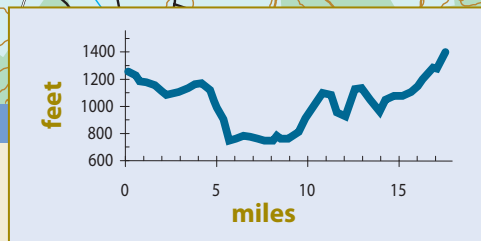
An intermediate 17.5-mile route through Jay and Wilmington, NY.



Voies Cyclables Du Lac Champlain  
Lake Champlain Bikeways



Rapid Descent Trail  
Bicycle Loop



## Start at Whiteface Mountain Ski Center.

- |  |   |
|--|---|
| <p><b>mile</b></p> <p><b>0.0</b></p> <p><b>0.0</b></p> <p><b>1.0</b></p> <p><b>1.8</b></p> <p><b>5.4</b></p> <p><b>9.2</b></p> <p><b>14.3</b></p> <p><b>17.5</b></p> | <p>● Whiteface Mountain Ski Center.</p> <p>L onto Rt. 86.</p> <p>R on Fox Farm Rd.</p> <p>R onto Springfield Rd.</p> <p>Turn L onto Rt. 9N.</p> <p>Jay Village Green. Turn R onto John Fountain Rd. to get to covered bridge. Turn L up Rt. 86 to return to Whiteface Mtn.</p> <p>L remaining on Rt. 86 at intersection with Whiteface Veterans Memorial Highway, and Bonnieview Rd.</p> <p>Turn R across Ausable River to return to Whiteface Mountain Ski Center.</p> |
|--|---|

## When cycling, please follow these guidelines:

1. WEAR A HELMET and cycling gloves.
2. Ride with the flow of traffic.
3. When using travel lanes, follow motor vehicle laws. Obey all traffic signs and signals. Do not cut corners.
4. Use clear hand signals when making turns or stopping.
5. Ride in a straight line at least 3 feet from parked cars or curbs.
6. If you must ride at night, use lights and reflectors.
7. Ride defensively! Be aware of motorists' actions.
8. Be aware of train tracks and other road conditions.
9. Ride single file.
10. Carry items in panniers or a handle-bar pack.

**Disclaimer:** Users assume all risks, inherent and not inherent, in the use of materials recommending routes of the Lake Champlain Bikeways network and all affiliated organizations, and individuals disclaim any and all liability on their part for damages or injuries to persons or property should they occur. Routes are chosen, designated and/or signed because: they are popular, or are preferred, or provide continuous routes to destinations, or are lightly traveled, or are scenic, or have more room for cars and bikes, or possess a combination of these attributes.



Champlain Valley  
National Heritage Partnership



# Rapid Descent Trail Bicycle Loop

## Route Description

This bike loop begins at the base of Whiteface Mountain, a downhill ski area in the heart of the Adirondack Mountains. The trip descends on back roads, to Jay, and then wanders along the AuSable River, with opportunities to enjoy the scenery, picnic or to wade in the cool waters. At the Village green in Jay, you can ride a short distance to the Jay Rapids and covered bridge to soak up the summer sun on the rocks, or swim in the shallow pools.

## Safety Guidelines

Motorists and bicyclists share scenic roads. Use caution on narrow, winding or unpaved roadway. Follow traffic laws and ride safely. Bicycles are vehicles by law and have the right to use public roads. You are responsible for operating your bicycle under all conditions.



ROOST-Lake Champlain Region

## Acknowledgements

This bicycle route was developed through a partnership between Lake Champlain Bikeways and the Champlain Valley National Heritage Partnership. Funding provided by the National Park Service.



## Lake Champlain Bikeways Mission

To promote bicycling throughout the Lake Champlain regions of New York, Vermont and Québec for the purposes of increasing opportunities for bicycle recreation and transportation, improving the quality of life, enhancing the economic vitality, advocating for sustainable communities, encouraging healthy lifestyles and raising public awareness and appreciation of inherent scenic, historic, cultural, natural, and recreational resources throughout the area.

## Lake Champlain Bikeways

Contact Lake Champlain Bikeways at:

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