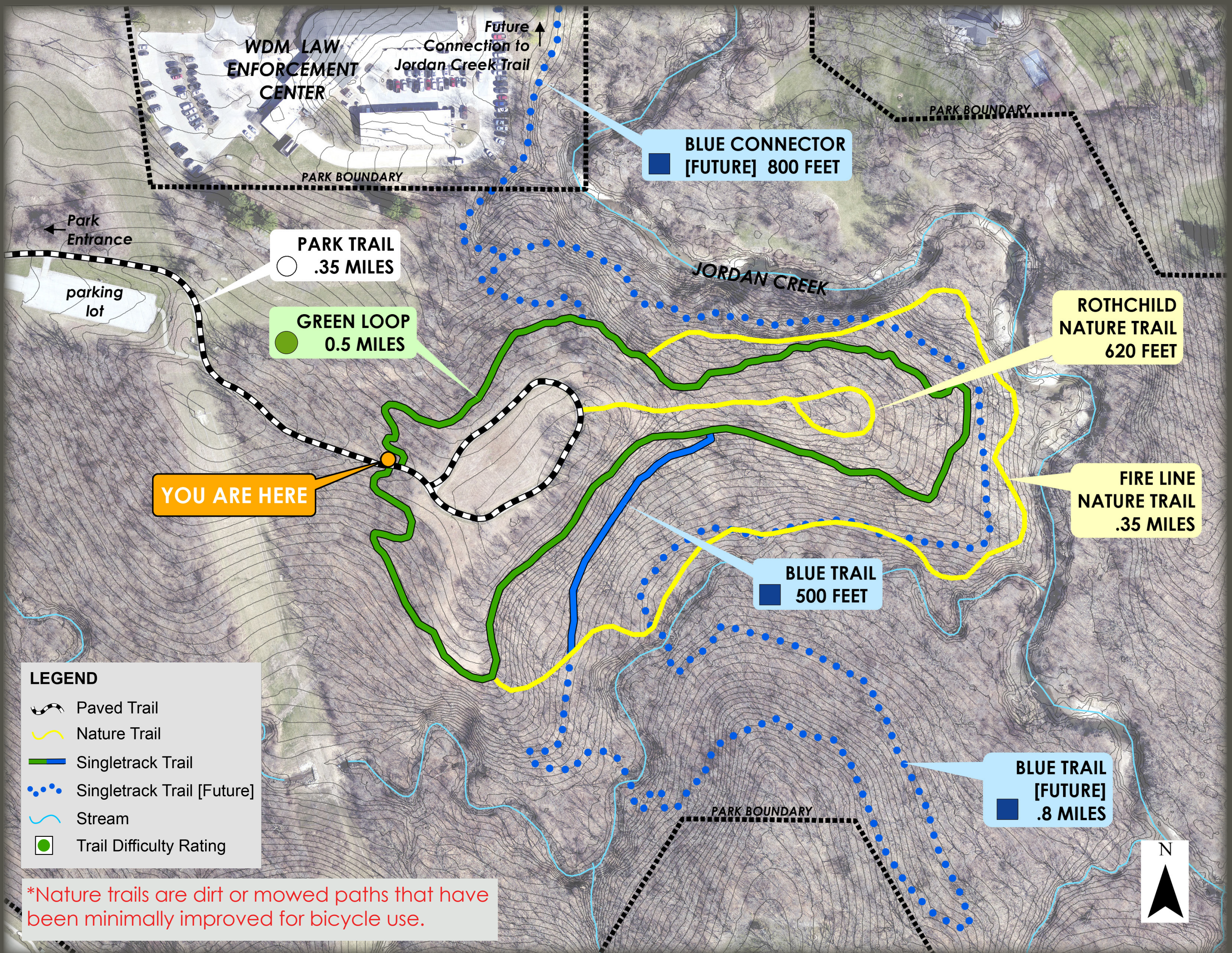


WELCOME TO SOUTHWOODS PARK SINGLETRACK COURSE

350 S 35th Street, West Des Moines



COURSE MAP



map printed in summer 2022

TRAIL DIFFICULTY GUIDELINE FOR BICYCLE USE

SYMBOL	RATING	GENERAL DESCRIPTION	WIDTH	SURFACE	GRADE
○ White	Easy	Fairly flat and wide consisting of a paved or gravel surface. Suitable for users of all levels.	72"+	hardened or paved	Average: Less than 5% Max: 8%
● Green	Less Difficult [Beginner]	May have gentle climbs and avoidable obstacles such as rocks and small drops. Trail relatively wide.	36"+	firm and stable	Average: 5% or less Max: 15%
■ Blue	More Difficult [Intermediate]	Steeper slopes and some unavoidable obstacles such as rocks and medium drops. Trail more narrow.	24"+	mostly stable	Average: 10% or less Max: 15% or greater
◆ Black	Very Difficult [Advanced]	Increasingly steeper slopes on a much narrower trail. Trail surface can be loose with many difficult obstacles.	12"+	widely variable	Average: 15% or less Max: 15% or greater

Source: International Mountain Bicycling Association