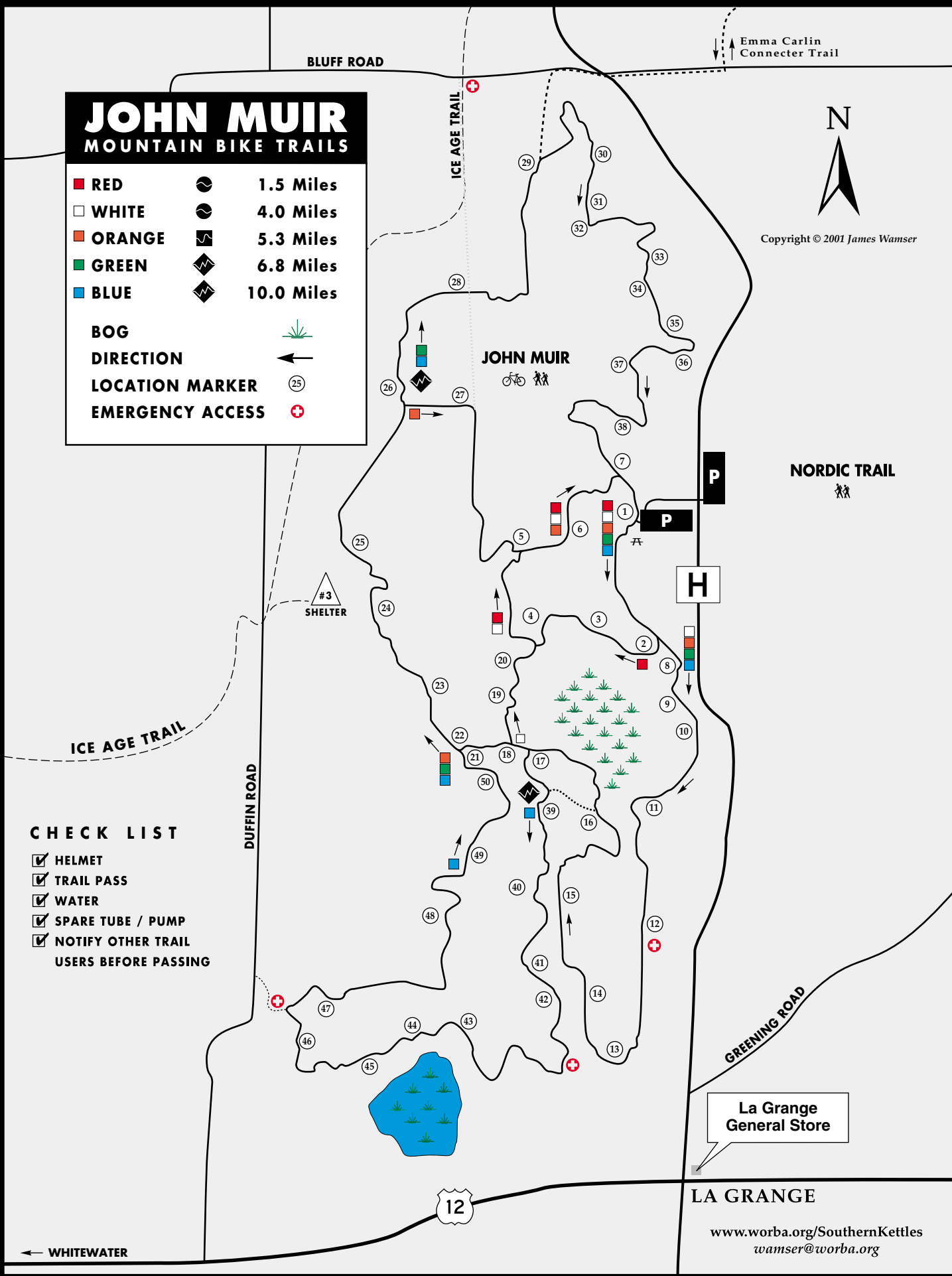


# JOHN MUIR MOUNTAIN BIKE TRAILS

<span style="color: red;">■</span> RED		1.5 Miles
<span style="border: 1px solid black; display: inline-block; width: 10px; height: 10px;"></span> WHITE		4.0 Miles
<span style="color: orange;">■</span> ORANGE		5.3 Miles
<span style="color: green;">■</span> GREEN		6.8 Miles
<span style="color: blue;">■</span> BLUE		10.0 Miles
<b>BOG</b>		
<b>DIRECTION</b>		
<b>LOCATION MARKER</b>		
<b>EMERGENCY ACCESS</b>		



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**NORDIC TRAIL**

- CHECK LIST**
- HELMET
  - TRAIL PASS
  - WATER
  - SPARE TUBE / PUMP
  - NOTIFY OTHER TRAIL USERS BEFORE PASSING

La Grange  
General Store

LA GRANGE

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[wamser@worba.org](mailto:wamser@worba.org)