


# Sugar Bottom Recreation Area Singletrack Trail System

## Trail Difficulty

- Beginner 
- Intermediate 
- Advanced 

## Trail Info

- Segment Dist. 
- Trail Direction 

-  Information Kiosk
-  Parking
-  Bathroom
-  Drinking Water
-  Shelter
-  Picnic Area

## Trail Etiquette & Rules:

- Do not use closed trails. Rangers will issue citations. Call 319-248-1255 for conditions.
- Do not use muddy trails. Prevent ruts & erosion damage. Volunteers maintain these trails!
- Most trails are directional. Follow signs to avoid collisions.
- Bikers yield to hikers. Allow faster users to pass.

## Safety Tips:

- Wear a helmet, check bike for problems, adjust tire pressure (~30psi).
- Let someone know where you are and when you will return. Take a cell phone with you.
- Child carriers or bike trailers not recommended on trails.
- Dogs must be leashed (park regulation)
- Be aware of Poison Ivy and other hazardous plants.



Are these trails important to you? Consider volunteering with ICORR to keep them awesome. Hundreds of volunteer hours are required each year to maintain these trails and many hands make light work.

Iowa Coalition of Off-Road Riders (ICORR) is a volunteer non-profit organization formed to promote, preserve, and improve mountain bike trail access in Iowa. Visit [www.icorrmto.org](http://www.icorrmto.org) for more info.

**For Trail Conditions Call: 319-248-1255**

