

# McDowell Competitive Track

Caution: This TRACK is for high speeds, challenging one's skills, and racing. Use TRAILS elsewhere in the park for leisurely traveling.



Long Loop

Technical Loop

Sport Loop

Connector

Parking

Information Kiosk

Restrooms

Water

Pump Track

Distances on map are for selected segments between junctions (●), or junction and parking lot.

## SPORT

1. Double Dip
2. T-Burner
3. Clay Pit

## Experts Only

## TECHNICAL

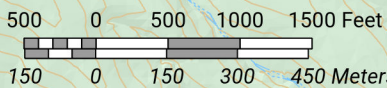
4. The Ledge
5. T-Bone Ridge
6. The Chunnel
7. Dan's Delight
8. The Bowl

## LONG

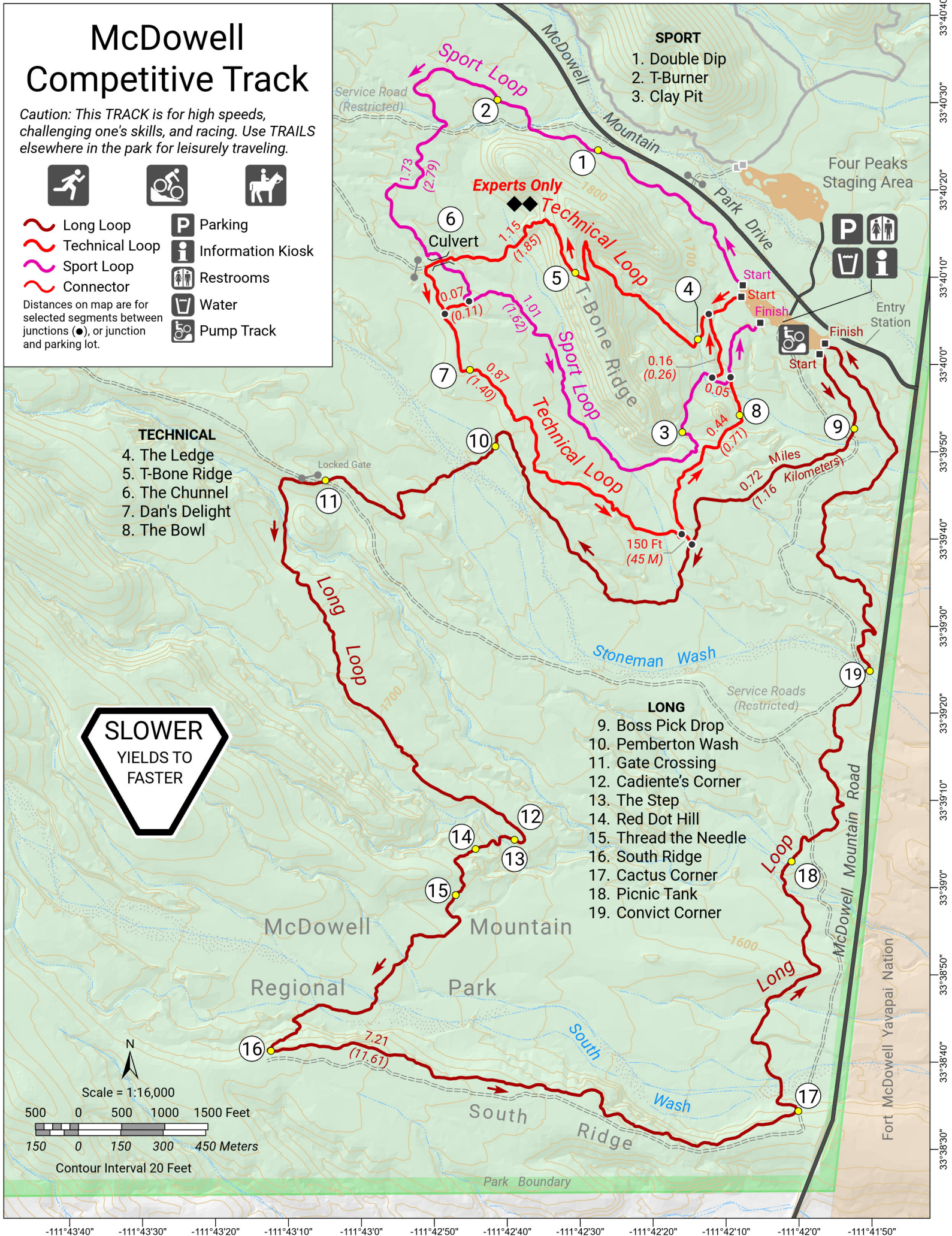
9. Boss Pick Drop
10. Pemberton Wash
11. Gate Crossing
12. Cadiente's Corner
13. The Step
14. Red Dot Hill
15. Thread the Needle
16. South Ridge
17. Cactus Corner
18. Picnic Tank
19. Convict Corner

**SLOWER**  
YIELDS TO  
**FASTER**

Scale = 1:16,000



Contour Interval 20 Feet





# McDowell Mountain Competitive Track

## McDowell Mountain Regional Park



Cross-country runners  
Joggers



Fast bicyclists  
Technical riders



Trotting, galloping equestrians  
Endurance riders

### CAUTIONS

- Track is for high speeds, challenging one's skills, and racing.
- Use trails (see separate map) for leisurely traveling.
- Even though speed is permitted, this track has challenges.
- Pre-ride or run the course at a reasonable speed first.
- The Technical Loop is the most difficult. It is for experts only.

### Use of the Track

- The track varies from 2 to 10 feet wide. Use the whole cleared width for your own tread and for passing.
- The track is designed and maintained for skilled users. Please do not "improve" or sanitize it. Do not shortcut. Mud, rocks, sharp curves, etc. are the challenge
- Is open daily for individuals and informal groups, except during special events. For event information contact the park office of the course.

### Track Etiquette and Safety

- Slower users yield to faster users.
- Call out before passing.
- Stay on the designated track.
- Travel in the one-way direction as marked.
- Take extra water and allow yourself extra time. A sprained ankle, bent rim, or thrown shoe will delay you.
- Track closes at sunset.
- It is strongly recommended that mountain bikers wear helmets and other protective gear.

Physical Address:  
McDowell Mountain Regional Park  
16300 McDowell Mountain Park Dr.  
Fountain Hills, AZ 85268

Mailing Address:  
McDowell Mountain Regional Park  
PO Box 18415  
Fountain Hills, AZ 85269-8415

Telephone: (602) 506-2930 #3  
E-mail: [MaricopaCountyParks@maricopa.gov](mailto:MaricopaCountyParks@maricopa.gov)

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### The McDowell Competitive Track

- Consists of 3 loops with 3 connectors.
- Total tread length is 13.7 miles (22.1 kilometers).
- Has a large parking area, water, restrooms with showers, and a bike wash rack.
- Camping is available nearby. Contact the park office for reservations and fee information.

### The Long and Sport Loops

- Long Loop is 7.9 miles (12.8 kilometers) long.
- Sport Loop is 3.0 miles (4.8 kilometers) long.

### The Technical Loop

- Requires a high level of skill.
- Is the most difficult of the 3 loops.
- Is 2.7 miles (4.4 kilometers) long.

### The Pump Track

- It is a series of low key dirt berms, rollers and banked turns that increase a cyclist's bike handling ability to the point of being able to circle the pump track without pedaling simply by shifting their weight as they descend the rollers.



Interactive Trail Map



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