

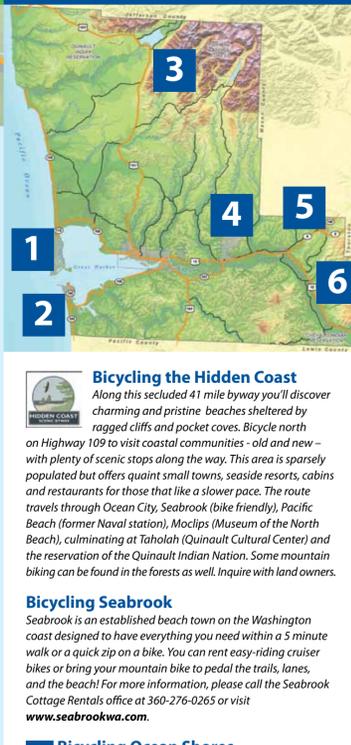
1 Ocean Shores Bike Routes



2 Westport, Grayland Bike Routes



3 Lake Quinault area bike routes & NE Grays Harbor bike routes



Bicycling the Hidden Coast
Along this secluded 41 mile byway you'll discover charming and pristine beaches sheltered by rugged cliffs and pocket coves. Bicycle north with plenty of scenic stops along the way. This area is sparsely populated but offers quaint small towns, seaside resorts, cabins and restaurants for those that like a slower pace. The route travels through Ocean City, Seabrook (bike friendly), Pacific Beach (former Naval station), Moclips (Museum of the North Beach), culminating at Taholah (Quinault Cultural Center) and the reservation of the Quinault Indian Nation. Some mountain biking can be found in the forests as well. Inquire with land owners.

Bicycling Seabrook
Seabrook is an established beach town on the Washington coast designed to have everything you need within a 5 minute walk or a quick zip on a bike. You can rent easy-riding cruiser bikes or bring your mountain bike to pedal the trails, lanes, and the beach! For more information, please call the Seabrook Cottage Rentals office at 360-276-0265 or visit www.seabrookwa.com.

Bicycling Ocean Shores
Riding your bike in this beach town is all about flat roads (lots of them!), sand and salt water. There are some wonderful loops to pedal on the back roads of Ocean Shores. Don't miss a stop at the jetty (far southern tip of the peninsula). Other sites of interest you could ride to include Damon Point State Park, the Coastal Interpretive Center and the Weatherway - Ocean Shores' own piece of rain forest! If your bike tires are FAT, pedal in the hard packed sand on the beach (closer to the water). It's a really fun experience that everyone on a bike should try at least once! Bike rentals are available.

Bicycling Westport
Westport has a top rated biking loop that includes the town center (fishing docks area), the viewing tower (northern tip of the peninsula), the Westport Dune trail (concrete walking/biking path), and the Westport Lighthouse. It's a classic! Take the family, you are in for a treat. Be sure to watch the surfers catching waves at Westhaven State Park. If your bike tires are FAT, pedal in the hard packed sand on the beach (closer to the water). It's a really fun experience! www.westportwa.com

Bicycling Grayland
Some of our favorite places for family friendly bike riding are the Westport Dune Trail, the Aberdeen Chehalis River trail, and Seabrook area pathways. In the Montesano area we like the Preachers Slough Trail (gravel but flat - former railroad grade), and Friend's Landing. And lastly in Elma, Vance Creek Park is a great place for younger kids to ride around the lake on the paved trail.



For the Traveling Bicyclist
Lodging
Cyclists can choose between hotels, vacation rentals, a hostel, or bed and breakfasts. Reservations are highly recommended in the summer months. Most towns along Highway 12 have hotel/motel accommodations. A hostel is in Elma. Bed & Breakfasts and hotels are in Aberdeen. Vacation rental and resort accommodations are along the beaches, at Seabrook, and at Lake Quinault. For more information see www.VisitGraysHarbor.com

Camping
Many campgrounds are equipped with "Hiker-Biker" sites. They provide a place to set up a tent away from the conventional campsites, yet are still close to showers and rest room facilities. NOTE: Campgrounds may display a "Campground Full" sign when the conventional sites are all occupied; please inquire with the attendant as to availability of Hiker-Biker sites. For additional information on state park campgrounds: www.parks.wa.gov

Transit Buses available
All of the Grays Harbor Transit buses are equipped with double bike racks for transporting bikes. Buses can be boarded in towns as marked by the Bus station symbol. Stops upon request are available on many roads throughout the county. See www.ghttransit.com for complete schedules and information.

Amenities
Groceries, food and lodging are found in most communities. Free Wifi is available at Timberland Regional Libraries, there are 8 locations in Grays Harbor www.trl.org. You will find public restrooms at most parks and libraries.



Be a safe bicycle rider. Follow these simple rules.

Always wear a helmet while riding. Helmets required in the City of Aberdeen. Be courteous. Audibly alert pedestrians as you approach. Yield to pedestrians in the crosswalk, on sidewalks, pathways and trails.

Choose the best way to turn left: • LIKE a CAR - scan behind, yield, signal and when safe, move into the left lane and turn left. • LIKE a PEDESTRIAN - dismount and walk your bike across the intersection in the crosswalk.

RCW 46.61.755 states: Traffic laws apply to persons riding bicycles. Obey all traffic signals, signs and laws. Ride in the same direction as traffic.

Signal before turns & lane changes. Check behind & ahead before turning. Yield to vehicles with the right of way.

Ride defensively. Be aware of other vehicles. It is unsafe for bicyclists to pass motor vehicles on the right. If faster than a vehicle, take the lane in front of them where the driver can see the bicyclist. CAUTION: Always watch for cars or trucks stopping or turning.

3 Mountain Biking NE Grays Harbor

West Fork Humptulips River Trail
The trail follows the remote and picturesque West Fork of the Humptulips River through dense old growth forest and open glades along the river corridor. The Lower West Fork Trail is 9 miles in length with multiple river crossings, attempt to ford only at low water. Single-track trail grades are generally 0-10% with a few grades of up to 20%.

Wynoochee Lake Trail Park near the dam on the south end of the lake. The 13 mile loop will reward your efforts with beautiful lake, old growth forest and waterfall views. Intermediate, single track riding. Attempt river ford at north end of lake only at low water. You may travel two miles farther, past the lake on the north end, for a bridge across the Wynoochee River. On this route you have the option to use logging roads for part of your return to the dam.

Logging Roads Hundreds of miles of gravel logging roads criss-cross the remote hills of Grays Harbor County, US Forest Service lands are open to all, as are State Department of Resources lands. Private timber lands are open in some areas and paid permits required in others. For private lands please consult with the landowners.

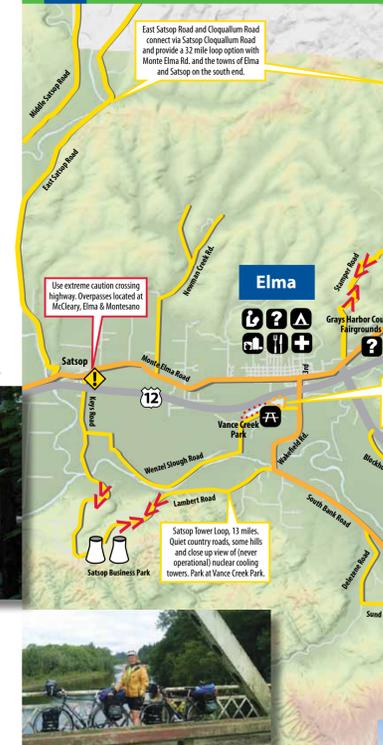
4 Mountain Biking in the Montesano City Forest & Lake Sylvia State Park
The Montesano City Forest is a treasure! This is a working forest, dedicated to providing income through timber to the city of Montesano, while also providing wildlife habitat and areas for recreation. This city is welcoming to mountain bikers, hikers and runners using the trails.

West Fork Trail
West Fork Trail is the flattest trail in this hilly forest. It is suitable for a novice. From the state park parking lot, ride north along the shore of Lake Sylvia, exiting the state park through a gate at the end of the lake. From here on you are in the Montesano City Forest. Continue on trails and logging road along the West Fork Sylvia Creek. After a small hill the way flattens out again. Travel 5 miles through verdant forest surrounding the creek. At mile 5 the trail ends at a logging road. You can turn around and enjoy the trail in the other direction or navigate the logging roads and additional trails for a loop back to Lake Sylvia State Park. More detailed maps are available at www.montesano.us/DocumentCenter/View/394

6 Mountain Biking in Capitol Forest
Capitol Forest, on the far eastern edge of Grays Harbor County, is popular for a wide variety of recreation. Mountain bikers, campers, hikers, hunters, horseback riders, and motorcycle riders all recreate here. Capitol Forest is divided into two parts to prevent conflicts between motorized and non-motorized recreation. Motorized use is only permitted on the northern half of Capitol Forest and horseback riding is limited to the south. Mountain bikers and hikers use both halves of the forest, with some trails for hikers only. Trails are open year round. The network of single track trails is extensive and extends beyond this map into adjacent Thurston County. For a complete and more detailed top map go to www.dnr.wa.gov/Publications/eng_rms_capmpnm_may2.pdf Expect challenging trails, hills, and loads of fun! Watch for log trucks.

Just roll with it!

5 Elma & McCleary area bike routes



5 Bicycling East County Gateway to Grays Harbor
Bike beautiful east Grays Harbor County and experience life at a slower pace. Ride through working agricultural areas, forests, and along winding rivers making their way to the nearby ocean. In east Grays Harbor you will find family friendly biking options, scenic country loops, mountain biking and great places to camp.

(right) Bike races are held in various parts of the county. The Satsop Business Park cooling towers provide a backdrop for one race. The same 13 mile loop route is regularly enjoyed by recreational bicyclists.



6 Capitol Forest Mountain Bike Trails

Capitol Forest trails continue east into Thurston County

Grays Harbor County is the heart of Washington's coast. The county reaches inland to rugged mountains on the southwest portion of the Olympic Peninsula. Temperate rainforest and pristine coastline are among the attractions of this beautiful area.

Nearby counties have bike resources as well. To the east of Grays Harbor is Thurston County: www.trpc.org/179/Thurston-County-Bicycle-Map
To the north and northeast of Grays Harbor are Jefferson & Clallam counties: <http://ptbikes.org/maps/County>
To the south is Pacific & Lewis County: http://www.lewiscountytails.org/index.php?option=com_content&view=article&id=2&Itemid=2



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VisitGraysHarbor.com
1.800.621.9625

Grays Harbor Public Health & Social Services
www.healthyhg.org/connectgraysharbor/

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Additional Contact Information

www.ghog.org/localresources.html
WA State Parks: www.parks.wa.gov
Grays Harbor Fairgrounds: www.gbfairgrounds.com
Timberland Regional Library: www.trl.org
CONNECT Grays Harbor, online bike route maps: www.ghog.org/gis.html
See "CONNECT Grays Harbor" on Facebook
Bike Club: "Bicycle Grays Harbor" on Facebook or BikeGraysHarbor.wordpress.com
LaVogue Bike Shop: 360.532.0887, 623 Simpson Ave, Hoquiam, WA
Traffic counts for Grays Harbor County roads (& all of WA)
www.wsdot.wa.gov/mapsdata/tools/traffictrends
www.warmshowers.org is a free worldwide hospitality exchange for touring cyclists and has host homes in our area.

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