



Carlington Bike Park Proposal

By David Marchand-Smith, Rebecca
Marchand-Smith and John B. O'Dea

What is OMBA?

The Ottawa Mountain Bike Association is a group of people dedicated to improving access to multi-purpose trails in the Outaouais region.



- Works with land managers and stake-holders
- Communicates with other user groups
- Educates all trail-users on safe & sustainable practices
- Mobilizes volunteers

What do we look like?





What Is a Bike Park?



- A dedicated area for cyclists providing a variety of off-road features such as:
 - Pump-Track
 - Skills Area
 - Dirt jumps
 - Single Track Trails

- **Key points:**

- Increasing range of feature difficulty from beginner to advanced
- Low-consequence learning environment allowing for development of bike handling skills
- Well-designed features so that beginner and more advanced riders can enjoy them

Pump-Track



Pump-Track



Skills Area



Skills Area



Dirt Jumps



Dirt Jumps



Single Track Trails



Single Track Trails



How will it benefit the community?

- Builds a sense of pride & stewardship through participating in construction, maintenance & use
- Non-cyclists have a venue to be outside & be with friends
- Helps reduce misuse of the park (partying, fires, littering, commercial development, etc)
- Provides a free, easy-access venue for outdoor activity
- Provides a venue for local programming (such as camps and lessons) for both kids and adults

Who else benefits?

- **Benefits to cyclists/riders**
 - Compact setting allows bike-sharing between riders
 - Fosters closeness within the cycling community
 - Engages youths (and others!) to try other disciplines of cycling
- **Benefits to the city**
 - Provides designated use for under-utilized land
 - Enables increased engagement with a growing interest-group
- **Benefits to local businesses**
 - Venue for “Demo Days” or bike maintenance workshops
 - Tourism-related businesses benefit from people drawn to the area

Why Carlington Park?

- It is a centrally-located green space accessible by public transit.
- It is located close to other public recreational facilities that also provide youth programming.
- The area is big enough for a complete bike park without interfering with other uses (i.e. community gardens, dog walking, sliding...)
- The terrain is ideal for this type of development.

Building the bike park

- OMBA will manage the design, construction and maintenance of the park.
- Features will be developed in phases over several years based on public interest and available resources.
- The pump-track and skills area will be prioritized as they appeal to the greatest number of users.



Carlington Park

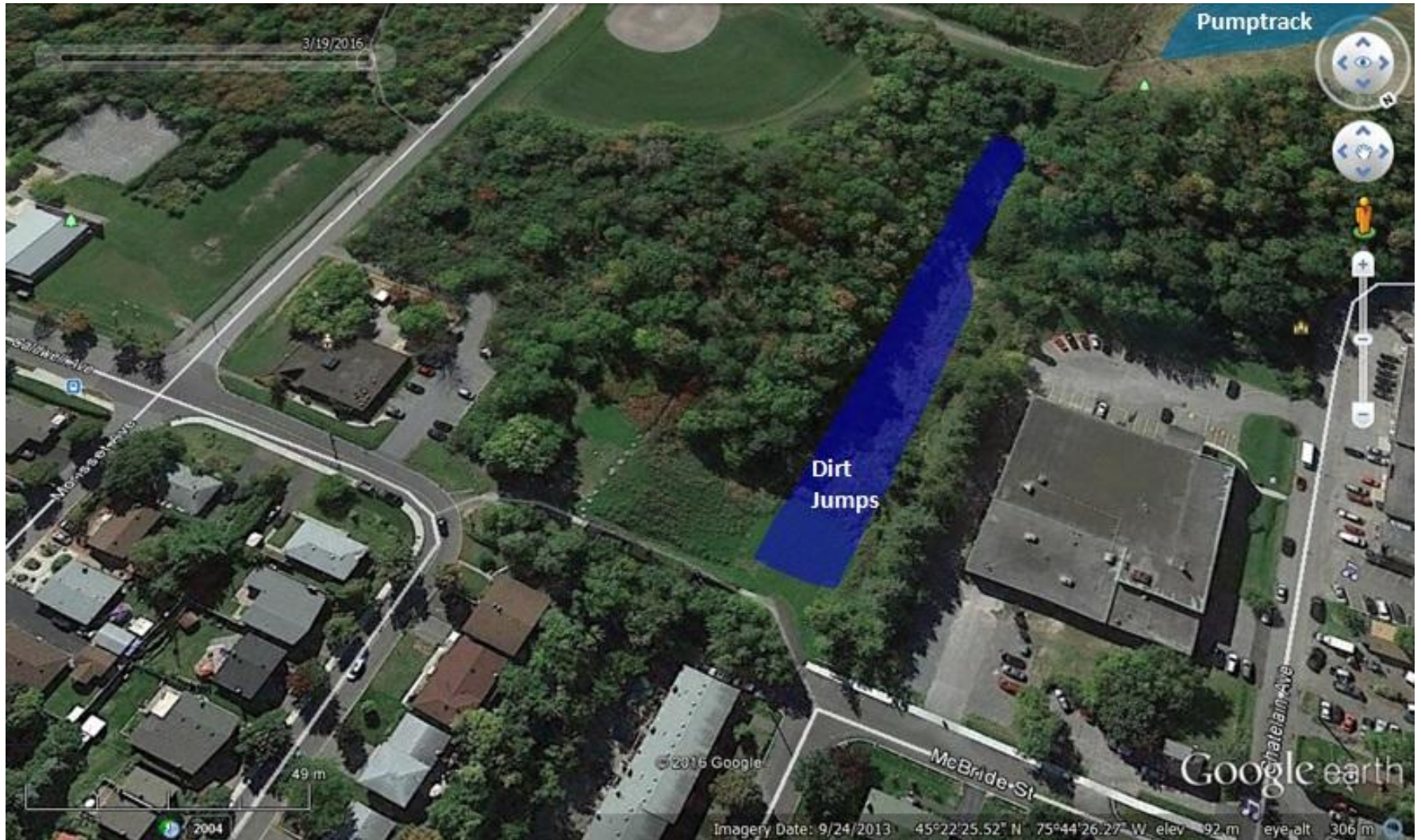


Phase 1: Pump-Track and Skills Area



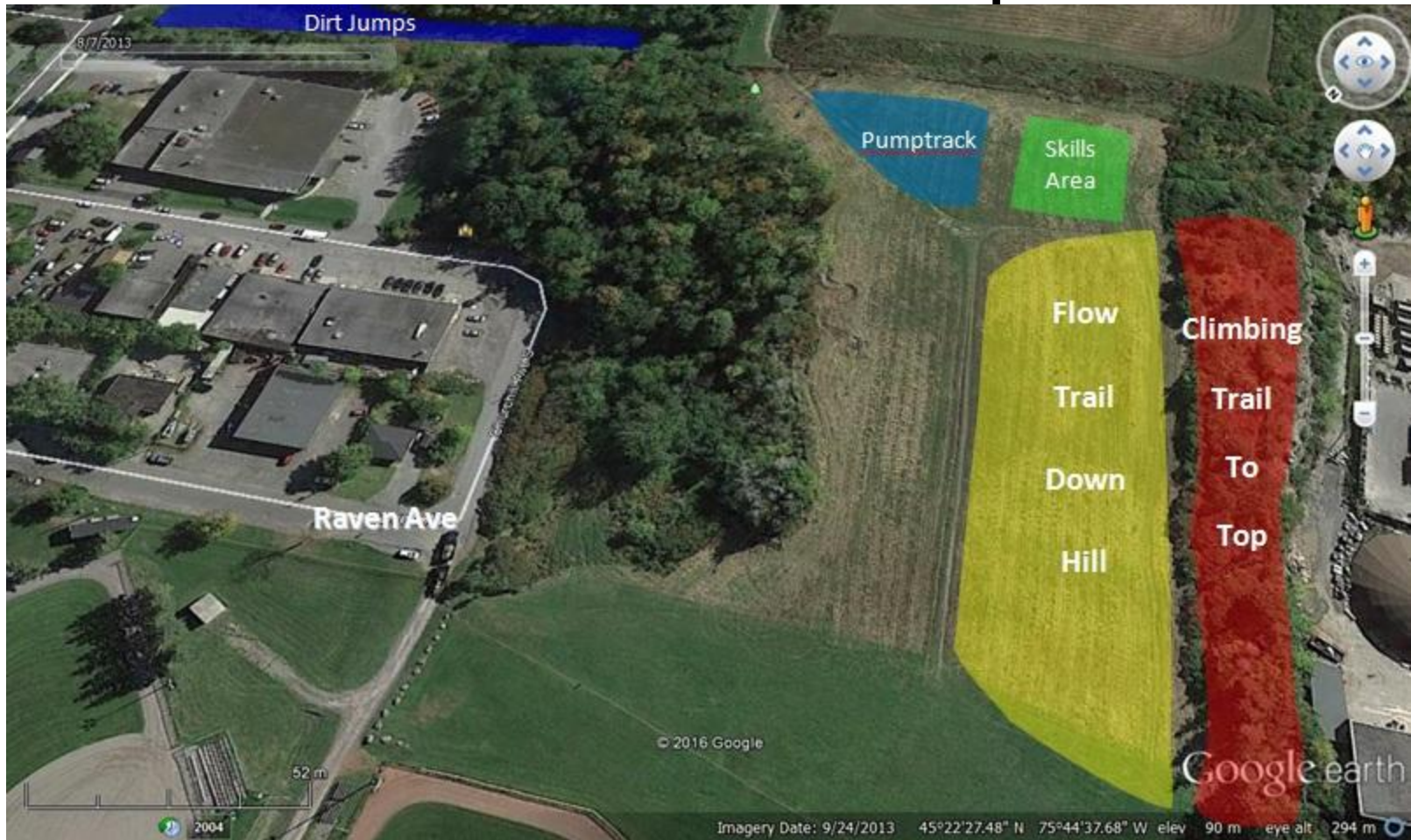
- Plateau at the top of the main slope
- Will leave plenty of space surrounding and in between so as to not interfere with dog walking , sliding, etc
- Volunteer labour for construction

Phase 2: Dirt Jumps



- Secondary slope (leading down to corner of McBride & Lepage)
- Beginner to advanced options
- Volunteer labour for construction

Phase 3: Trail Development



- Main slope and old ski-lift line
- Flow trail down main slope will not interfere with sliding in winter when covered in snow
- Trail design to prevent erosion
- Volunteer labour for construction

Phase 4: Trail Development (continued)

- Wooded areas north of Morisset Avenue and between water reservoir and quarry (no planned development on NCC land)
- Designed and constructed using sustainable, environmentally protective trail-building practices to preserve natural environment (International Mountain Biking Association trail-building standards)
- Third-party environmental assessments to ensure preservation of native species and natural habitats.
- Sanctioned trail-building reduces occurrence of unsafe and unsustainable rogue trail proliferation.

Mountain biking is a growing sport that offers many health and social benefits. The creation of this bike park in a centrally-located area would ensure a fun, healthy, easy-access activity for a broad spectrum of people.

