

### **What is a Pump Track?**

A pump track is a short circular trail, designed as a loop or series of joined loops ridden by both BMX and mountain bike riders. These trails have a series of roller jumps and banked corners, and may include small jumps and other obstacles. Riders compress (“pump”) their bikes into and out of each roller and turn so that their momentum carries them around the trail without the need for pedalling. These trails are generally suitable for beginner riders, and become harder as they are ridden faster- hence their equal appeal to more advanced riders. Pump tracks are an ideal public mountain bike facility as they suit all skill levels and are very economical to build.



Above: Example of a Pump Track under construction (Photo: Dirt Art)