

# Capitol View Park MTB Trails Frankfort, Ky.

About 8 miles of (mostly singletrack) trails.

The lowest points along the trail near the river are at about 495 feet above sea level. The highest point is at about 745 feet above sea level.

Some sections of trail have names; others don't. Named sections are shown in "quotation marks."

-  = 2012 BGSB race course (course runs clockwise this year)
-  = Trail
-  = Fence
-  = Abandoned RR bed
-  = Doubletrack



Be smart:  
Wear a 

The "Mt. Verney Trails" on top of the hill are named in memory of Duane Verini (1958-2006). Duane, or "Verney" as some called him, was a great cyclist and spent many hours building and improving the trails here at Capitol View Park.

Disclaimer: This map is not drawn to scale nor does it meet any particular standards for accuracy or precision. Trail conditions, safety, and rideability may change depending on weather and other random variables. The inclusion of a trail on this map in no way guarantees that it can be safely ridden. Ride at your own risk, use your own judgment, and wear a helmet.