

# What is the Tahoe-Pyramid Bikeway?

The Tahoe-Pyramid Bikeway is a vision of following the Truckee River by foot or by bicycle from its source at forested Lake Tahoe to its desert terminus, Pyramid Lake.



## Biking, Walking, and Jogging are great ways to stay active and keep your body healthy

Being active can make you look and feel better now and keep you healthy for the future. By walking, jogging, or biking on the Tahoe-Pyramid Bikeway, you can:

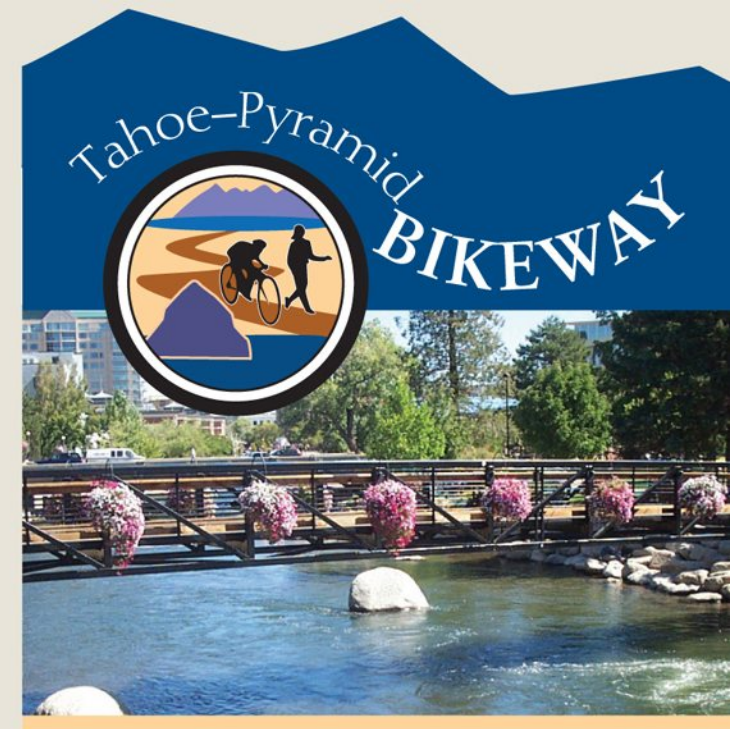
- Control weight
- Reduce stress
- Increase self-esteem
- Strengthen bones, muscles, and joints
- Help lower high blood pressure and cholesterol
- Reduce the risk of diseases like cancer, heart disease, and diabetes to name a few

For more information about staying healthy visit:  
[www.GetHealthyWashoe.com](http://www.GetHealthyWashoe.com)



4790 Caughlin Parkway, #138  
Reno, NV 89519  
(775) 825-9868

[www.tpbikeway.org](http://www.tpbikeway.org)  
[tahoepyramidbike@aol.com](mailto:tahoepyramidbike@aol.com)



## Explore the Tahoe-Pyramid Bikeway from Verdi to Sparks

### RIDEABLE TRAIL SECTIONS

- 1 Tahoe City to Truckee** - 13 miles, paved
- 2 Verdi to Vista Blvd., Sparks** - 20 miles, paved
  - NEW Summer 2013! Bike or walk from Verdi 7 miles up the Truckee River Canyon on a newly opened dirt road
- 3 Wadsworth to Pyramid Lake** - 23 miles, dirt and paved
- 4 Mustang to USA Parkway** - 9 miles, dirt

A trail user's guide published in collaboration with Washoe County Health District

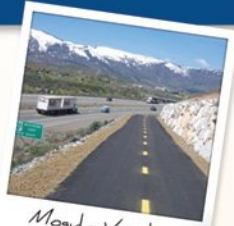
Funding provided by CDC via NACCHO Contract #2010-112904



# Verdi to Sparks

## Most Popular Walking Sections of the Trail

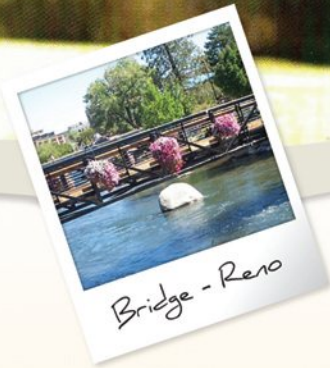
- Idlewild Park - Arlington Ave: 0.7 miles
- Arlington Ave - John Champion Park: 1.4 miles
- Arlington Ave - Glendale Park: 4 miles
- Arlington Ave - East end of river path: 7.9 miles



Mogul - Verdi  
Bike link



This is the most popular road ride in the area. The distance is 12 miles from Verdi to downtown Reno.



Bridge - Reno



Pyramid Lake



## LEGEND

- access point
- water
- restroom
- interstate
- river
- roadway
- paved bike path



Bike Path Reno



The section of the trail from Reno to its end at Vista Blvd in Sparks is on a separate paved path. It's also very gradual - nearly flat.



**Verdi to Sparks** is a level, paved route, consisting mostly of bike lanes on roadways from Verdi to downtown Reno and a designated bike trail east to Vista Blvd in Sparks.

With abundant services in Reno and Sparks, including bike shops, the Tahoe-Pyramid Bikeway is not only easy to access, but convenient as well.