Ride the best double-black downhill tracks in Medellín

Medellín, Valle de Aburrá, Antioquia, RAP del Agua y la Montaña, Colombia

Medellín has a downhill scene most visitors never find out about. The tracks sit on the ridges above the city, cut and still maintained by the riders who use them, and they're steep, fast and unforgiving. This is a shuttle day on three of them.

There's no lift here, no signage, no trail ratings painted on posts. Calling it a **downhill bike park in Medellín** is shorthand for what it really is: community-built tracks, a truck, a confident guide and a driver who takes you back to the top. If instead of gap jumps and drops you prefer epic single track downhill, check our other downhill option.

The three tracks

Morning is spent on **DH Meseta Santa Elena** and **DH Pan de Azúcar**, which share a shuttle road. Fifty minutes up, twenty minutes down. We ride each once, then you pick which to lap, and if the pace is good we fit a third run in before lunch.

The afternoon belongs to **Tres Cruces**: 2 km with 370 m of drop and jumps the whole way down. It's roughly a third the length of the morning tracks, so the laps come quickly: fifteen minutes up, five minutes down. Five laps is normal. It hosted the III National Cup Shimano MTB in 2013 and it's where the local scene does most of its riding.

We ride Tres Cruces after lunch for a reason. It's clay, and unrideable wet, so it gets the afternoon once any overnight rain has dried off.

Where the money goes

These trails exist because local riders build and maintain them, on their own time, with their own tools. A percentage of every booking goes directly to them. You're riding someone's weekend labour, and it's worth knowing that while you're up there.

Looking for a less extreme option? Our tours on hardtails or on dual suspension ebikes in Arví Park offer trail riding with lower risk factor.

Tour Facts

Group Size:
7

Language:
English, Spanish

Duration:
8

Tour Type:
continuous

Tour Itinerary

8:00 AM : Pick-up at your accommodation

We collect you anywhere in Medellín's metropolitan area, load the bikes and head for the hills. No long drive on this tour, the tracks are on the city's doorstep.

Duration
1 Hour

9:00 AM : Gear up, first shuttle

Bike sizing, suspension setup, full-face and pads on. Then 50 minutes up the shuttle road that serves both morning tracks.

9:45 AM : Meseta Santa Elena

First run of the day, roughly 20 minutes of descending. Your guide rides ahead so you can follow lines.

Duration
75 Minutes

11:00 AM : Pan de Azúcar

Second track, same shuttle road. After this you choose which of the two to lap, and if you're riding quickly we get a third run in.

Duration
2 Hours

1:00 PM : Traditional Colombian lunch

A proper meal before the afternoon, which is the harder half of the day.

2:00 PM : Tres Cruces, on repeat

Fifteen up, five down, again and again. Five laps is typical. Fast riders often beat the truck to the bottom, which leaves time to drink, eat and adjust setup while it comes down.

Duration
2 Hours

5:00 PM : Drop-off

Back to your accommodation. Longer days happen when riders want more laps.

Duration
1 Hour