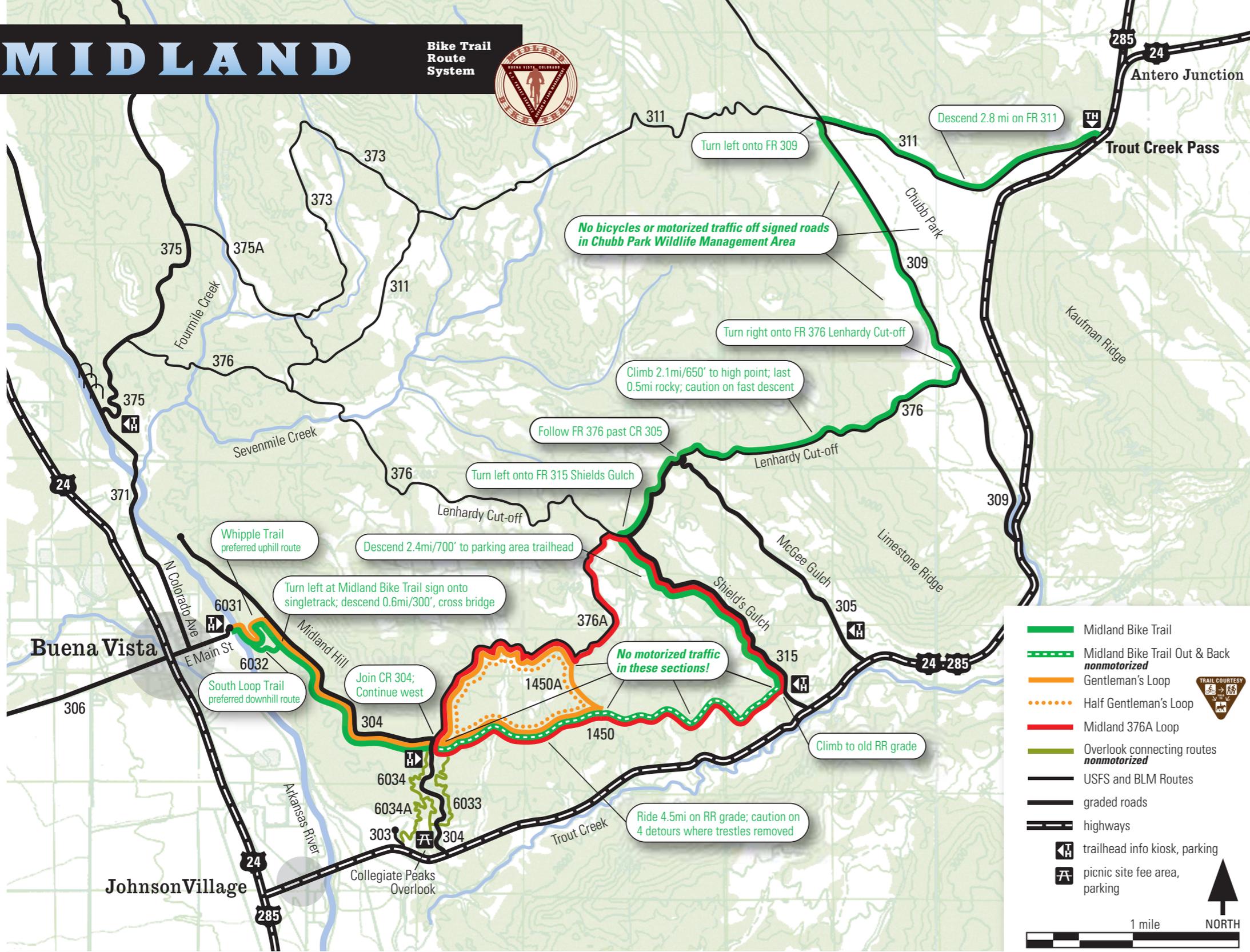


MIDLAND

Bike Trail Route System



Midland Bike Trail Options

Midland Bike Trail Out and Back

9.3mi/860' gain/loss from Shields Gulch or CR 304 Trailheads
 Beginner/Intermediate level
 Moderate fitness required
 2 plus hours

A good choice for a first experience on the Midland. The route follows the gently sloping old Midland RR grade, suited to beginning riders, but there are four short intermediate or advanced detours where old trestles have been removed. The route rises from west to east. If you want to climb first and cruise back, start at CR 304.

The Gentleman's Loop

11.1mi from Buena Vista/1,650' gain/loss
 Intermediate level
 Moderate to High fitness required
 3 hours

A local favorite and the Gold Rush Days burro race route, this starts and finishes at the pedestrian bridge across the Arkansas River in Buena Vista. Cross the bridge and follow the two track Whipple Trail main route (not the steeper singletrack South Loop) up rocky switchbacks that require good fitness to stay in the saddle. When you reach the graded road FR 304, turn right (south). This is the old Midland RR grade and the next several miles are easy. After reaching the CR 304 Trailhead proceed east and enter the nonmotorized section of the Midland Bike Trail FR 1450 (see 'Out and Back' above). Leave the RR grade on FR 1450A, and climb steeply to FR 376A. Turn left (west) and return to CR 304, cruising downhill on a wide infrequently maintained road. Retrace your route back to the Midland Trail sign at the top of the South Loop and descend carefully to the bridge, watching for hikers. For a stronger workout, do this route clockwise.

Half Gentleman's Loop

5.2mi from FR304/750' gain/loss
 Intermediate level
 Moderate fitness required
 1.5 hour

If you have less time, ride just the east end of the Gentleman's Loop. For a stronger workout, do this route clockwise.

Midland 376A Loop

11.5mi/1,500' gain/loss
 Intermediate level
 Moderate to High fitness required
 3 hours

Starting at either CR 304 or Shields Trailhead, this route is similar to the Gentleman's Loop in distance and effort, but spends more time in the beautiful interior of the Fourmile area. The clockwise loop is more strenuous, starting at CR 304 and heading up the steep western end of FR 376A. This ride will end with a cruise westward down the Midland RR grade.

- Midland Bike Trail
- Midland Bike Trail Out & Back *nonmotorized*
- Gentleman's Loop
- Half Gentleman's Loop
- Midland 376A Loop
- Overlook connecting routes *nonmotorized*
- USFS and BLM Routes
- graded roads
- highways
- trailhead info kiosk, parking
- picnic site fee area, parking

1 mile NORTH