







Manti-La Sal National Forest Mountain Bike Trails

Trail Name	Miles	Kilometers	Trail Difficulty	Rating	MTB Project Ranking		
					System	New Mexico	National
Abajo Loop	14.1	22.7	◆ Difficult	2.5	1	127	3,167
Aspen Flat Trail	5.5	8.9	◆ Difficult	2.0	9	608	19,734
Bulldog Trail	47.9	7.8	■ Intermediate	3.3	4	431	12,447
Chimney Park/ Horse Flat Trail	5.0	8.0	◆ Difficult	2.0	12	630	20,286
Comb Wash Road ¹	5.1	8.1	● Easy / Intermediate	3.0	2	489	13,876
Gooseberry Trail	3.1	5.0	◆ Intermediate / Difficult	2.0	13	631	20,319
Hotel Rock Trail ¹	3.8	6.1	◆ Extreme Difficulty	4.0	1	263	6,969
Lower Indian Creek Trail	6.9	11.1	● Easy / Intermediate	3.0	6	494	13,958
Peavine Corridor Road	11.0	17.8	■ Intermediate	4.0	1	258	6,918
Red Ledges Access Trail	0.8	1.2	■ Intermediate	2.0	17	658	21,251
Red Ledges Trail	5.1	8.2	◆ Difficult	3.0	7	514	14,539
Reservoir Canyon Trail	1.8	2.8	◆ Intermediate / Difficult	2.0	16	647	20,906
Shay Ridge Trail Access	1.7	2.7	■ Intermediate	2.0	18	664	21,408
Shay Ridge Trail	5.1	8.2	◆ Difficult	2.5	8	592	19,234
Vega Creek Trail	9.8	15.8	● Easy / Intermediate	3.0	5	492	13,941
Wagonwheel Trail	3.5	5.6	■ Intermediate	3.0	1	119	2,886
West Wagon Road Trail	1.3	2.1	● Easy / Intermediate	2.0	15	647	20,809

Trail Difficulty Key

-  Easy 5% grade; 2 inch obstacles
-  Intermediate 10% grade; 8 inch obstacles
-  Difficult 15% grade; 15 inch obstacles, occasional harder sections
-  Extreme Difficulty 20% grade, 15+ inch obstacles, many harder sections

Trail Difficulty, Rating, and Ranking based on the MTB Project (www.mtbproject.com)


Land Manager

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Land Manager¹

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MTB Project Trail Comments

-  Please Respect and Protect archaeological sites:
- Stay on trail, help prevent damage.
 - Don't move artifacts, let everyone enjoy the discovery.
 - Stay out of ancient buildings and off walls, they are fragile!
 - Report looting and vandalism (800) 722-3998.

Abajo Loop (Map #17)



- Closed to bicycles and motorcycles October 1 - May 15.

Many people consider this the finest singletrack ride in the Abajos: it has a bit of everything from deep, dark pine forests, aspen glades, meadows, rock gardens, and views of the entire area, including distant mountain ranges and desert canyons nearly 8,000 feet below.

From the huge parking lot with amazing views, head east on the road just a couple hundred yards to Road 5113/0172. Start a steep climb and grind up until you reach the Spring Creek Trail (159) intersection on the right. This trail is quite easy and pleasant for the first half mile as it winds through aspen and pine forest. It breaks out into semi-desert territory and begins to climb for quite a while, and some folks will have to hike-a-bike, though the only excuse is lung capacity! Enjoy some nice high views before heading back into forest for a technical, rocky section. Though the trail doesn't climb or descend much here, it will take some time to navigate the rocks. You'll eventually hit the Robertson Pasture Trail, where you take a right.

Robertson Pasture Trail has got to be one of the finest trails anywhere in North America. You'll start by climbing a mile. For most cyclists, parts will be hike-a-bike. The first 0.7 miles are the hardest. Top out at 10,522 feet and begin an exhilarating cross-country descent. You start out on switchbacks that comprise what amounts to a superb natural flow trail. You zip in and out of alpine meadows and very dark forest areas, going from the landscapes of Crested Butte to British Columbia to California's Lost Coast and back again in just a couple of miles. When not in the forested parts, you have views of and beyond Canyonlands National Park that probably extend more than 100 miles to the north and west.

There are moderately technical rocky parts and moderately steep parts, but an intermediate rider should be OK with a bit of walking. Then, around 9500 feet elevation, you traverse Robertson Pasture, a first-class alpine meadow, on pleasant, mellow singletrack. Still descending, you reach aspen stands around 9000 feet and you feel like you're in Park City, Utah or the Gunnison/Crested Butte area again. Below that, you reach what feels like the best of Southern California, with rocky desert trails and some stiff power climbs (hike-a-bike for some, but short) and beautiful views into a typical mid-elevation Utah valley. Once you hit the bottom, follow a short stretch of road back to the parking area.

Aspen Flat Trail (Map #14)



- Closed to bicycles and motorcycles October 1 - May 15.

Aspen Flat can be accessed from the north or south. The southern trailhead is reached by driving a long ways up FR 079 from N. Creek Rd. (101). This option is probably more suitable for lower clearance vehicles. Higher clearance and 4x4 or AWD is recommended for the northern trailhead. The scenery along this trail is outstanding. Massive aspen groves are bisected by beautiful pastures with stellar views. All of that said, the trail itself isn't the most suited for mountain bikes. The grade is very steep in places and the trail mostly follows the fall line. Also, given its remote and underused nature, expect to find your fair share of downed trees along this trail.

Bulldog Trail
(Map #8)

There is a tangled mass of spaghetti-like trails in this south east corner of Manti La Sal National Forest. The Bull Dog Trail is a good choice for folks looking for a straight-shot descent from the South Peak area to Highway 191 and nearby Devils Canyon Campground.

The Bulldog Trail (also called 504) branches off the 0084 fire road and heads south. The descent is gentle at first, passing through wooded sections and occasional pretty aspen groves. Substantial erosion has gouged some biker-eating troughs in this trail. When not negotiating these tricky spots, the trail becomes more mellow and enjoyable, dropping at a steady gradient. The smoother sections are speedy and it is easy to lapse into a trance-like state as you whip through the dense forest. Although there are fewer turn-offs and confusing trail junctions on this trail than others in this area, towards the bottom you need to be careful to stay on the right track. Some paths dead-end in campsites and others send you into the wrong drainage. A final short climb at the end brings you back to civilization with a bit of a view before the trail terminates at Alkali Pt. Road. Fall colors are pretty here, but be sure to wear orange during hunting season as this area is popular with motorized hunting parties.

Camp Jackson Trail
(Map #9)

Camp Jackson Trail is a winding doubletrack through a variety of terrain. There are a few steep and rocky sections that are a bit of a grind, but overall, this trail is a good option to get out for a ride and see some views. The trail starts off of a well-maintained dirt road (0084) - you can park at a small trailhead about a half mile up the road that has a trail map and pit toilet. Keep an eye open for the trailhead which is marked with a large wooden sign. Watch out for the cattle guard crossing on the initial descent.

The trail heads down a doubletrack through a pine and oak forest, coming past a small meadow on the right-hand side. The doubletrack is smooth and rolling with only a couple potholes to watch out for. After this brief downhill, the trail starts what will be a long and steady (and sometimes annoying) climb. As you ride through the trees on the lower portion of the climb, be sure to glance to your right to see a series of interesting bluffs and rock formations, and to your left to see some views down the canyon. At about 1.5 miles, you'll hit the steepest part of the climb - it is a lung and leg burner straight up a ridgeline, but don't despair, as every bit of elevation you gain will reward you with increasingly impressive views of South Peak to the east and open vistas down to Bear Ears to the southwest. This slope is very rocky and the soil underneath the rocks is slippery clay, so it may come down to a hike-a-bike especially if there has been any recent rain. From the top of this ridge, the climb mellows out, and the trail starts to wind through some scrub oak tunnels and small groves of aspen. There are still a couple of rocky sections, but nothing to really impede you. After all the climbing, you are in for a treat at the end of the ride, as the trail takes a sudden plunge into a beautiful grove of large aspens that are especially gorgeous in the fall. Enjoy this last half mile down through the aspens, before the trail pops out on another dirt road where you can choose to continue your ride or head back the way you came.

**Chimney Park /
Horse Flat Trail**
(Map #4)



- There is no source of water on this ride. Carry plenty of water for each member of your party.
- This is a multi-use trail that is open to pedestrians, mountain bikers, equestrian users, and motorized traffic.
- Conditions change rapidly with weather events and during spring runoff. Check with the Monticello Ranger District for updated information.

Throughout this ride, you'll encounter plenty of intersecting road-traces. As a general rule of thumb, stay on the most traveled route. The area is quite dry and there is little to no shade for the duration.

From the bottom, follow the sandy road as it switchbacks away from South Cottonwood Road (106). As you pass below an early outcropping, a beautiful view briefly opens into the steep, white canyon to the west. Settle in for a steady and moderate climb at the one-mile mark before the trail levels out for a few miles of rolling elevation.

This reprieve ends as the trail rounds a low ridgeline and starts to climb in earnest. The next mile is a sustained, very steep, climb up another ridgeline. The surrounding vegetation does get greener as you gain elevation, and your chances of catching some shade improve as well. During your breaks, or if you end up hike-a-biking, make sure to take a look over your shoulder for a nice vista. The climbing doesn't stop, but it does back off for a short section before making another steep, non-stop climb to the end of the trail where it connects to an unnamed Forest Service Road.

Comb Wash Road (Map #1)

Starting off of Utah 95, this road provides a mellow and peaceful climb. Two wash crossings along the way are usually dry, though if there has been rain, it's possible that you'll encounter a sizable stream with fast-moving water.

Beyond the river crossing, stay right and enjoy pedaling up the road, which follows the side of the rock wall. The road becomes much rougher here, but is never too technical and stays full-width for the entire climb. The views from the final switchback are stunning. Near the summit, the road has been directly cut into the mountain, which gives it a unique feel. The view from the top is a great spot to head back from. Otherwise, the road continues a bit farther to intersect with County Rd 228 and the hiker-only Posey's Trail.

Gooseberry Trail (Map #5)



- There is no source of water on this ride. Carry plenty of water for each member of your party.
- This is a multi-use trail that is open to pedestrians, mountain bikers, equestrian users, and motorized traffic.
- Conditions change rapidly with weather events and during spring runoff. Check with the Monticello Ranger District for updated information.

The Gooseberry Trail (445) connects from the East Gooseberry Road (094) down to the South Cottonwood Road (106) over the course of three miles. The rocky road-trace adds up to a lot of braking due to prolonged steep sections.

From the top, look for the faint road-trace off of East Gooseberry Road (094). The trail heads southeast along a gradual climb through scattered trees. After less than half-a-mile of riding, the trail begins to descend as the grand vista of the adjacent valley comes into view. Soon, the rocky doubletrack comes alongside an eroded slope. At no point does the trail get too close to the edge, but curious riders may want to venture out for a better view. The steeper descent continues over the next few miles and many of the views are once again hidden. Eventually, the grade mellows out near a low meadow, followed by a series of switchbacks. As the trail continues, it turns north and maintains a gradual descent until it connects with South Cottonwood Road (106).

Hotel Rock Trail
(Map #2)

This trail is reached from North Comb Wash Rd, just off Hwy 95. Shortly after a creek crossing on Comb Wash Rd, an obvious dirt road splits off to the left at an unmarked intersection.

Within about a 1/4 mile, the road surface transitions from dirt to ledgy slickrock. If you've ever ridden in Moab (and liked it), you'll love this section of trail. There are tons of steep pitches with big step-up moves to navigate. As you climb, stay left to check out a sweet overlook into Arch Canyon. Retrace your steps slightly, bang a left and continue with the technical slickrock climbing. Somewhere around mile 6.6, the grade lessens significantly and the tread transitions back to mostly dirt. In no time, you'll find yourself at the base of Hotel Rock and its amazing Anasazi ruins. Retrace your steps and enjoy the bombing technical descent back down to the road.

**Lower Indian
Creek Trail**
(Map #18)



- This is a multi-use trail that is open to pedestrians, mountain bikers, equestrian users, and motorized traffic.
- Conditions change rapidly with weather events and during spring runoff. Check with the Monticello Ranger District for updated information.

Lower Indian Creek Trail (021) begins off of FR 104 on a triangular hillside between two drainages. Follow the sandy track down for half-a-mile to a stream-bed crossing near Indian Creek. This steady descent is the steepest of the entire ride. As you follow along the banks of Indian Creek, it soon begins to curve tightly back and fourth through the vegetation that fills the bottom of the canyon. The result is a delightful creek-side scene beneath dappled shade. As you enjoy the sights, notice that the slope of Shay Mountain is much dryer than the opposite slope to your right. Around four miles, the lush vegetation gives way to clumps of sagebrush as the trail heads toward the Manti-La Sal National Forest boundary. The ride continues through BLM land along a road until it reaches State Route 211 near Newspaper Rock State Historic Monument.

**Peavine Corridor
Road**
(Map #3)

Although not amazing singletrack, this is perhaps one of the most unique mountain biking experiences in the country. This road is a non-wilderness cherry stem that is completely surrounded by wilderness. The Peavine Corridor's backdrop is spectacular sheer cliff walls, awe-inspiring arches, and ancient ruins.

This is a road which is open to all motorized and non-motorized users. This route is not regularly maintained and is therefore extremely rough and often washed out. All motorized users of the Peavine Corridor Route need to be aware that the route heading towards the Scorup Cabin is washed out and impassable to vehicles approximately 1.5 miles from the cabin. The last 1.5 miles must be traveled by foot. This route is not in designated wilderness but is surrounded by it on either side. Therefore, traveling off the route by motorized vehicle or mountain bike is illegal. This route also dead-ends in designated wilderness.

**Red Ledges
Access Trail**
(Map #15)



- Closed to bicycles and motorcycles October 1 - May 15.

This trail provides access in either direction. From the east, it descends from the North Creek Road (079) for less than a mile to intersect with the Red Ledges Trail (019) at a craggy corner. It can also be used as a bail-out point if the Red Ledges Trail (019) isn't your cup of tea after all. The trail is short, but can be quite rough in places.

Red Ledges Trail (Map #16)



- Closed to bicycles and motorcycles October 1 - May 15.

The Red Ledges Trail (019) connects Abajo Loop to Aspen Flat Trail (018) and is intersected in the middle by the Red Ledges Access Trail (160). The trail can be traveled in either direction, though it would be a very difficult climb.

From the upper end, the trail descends steeply as it passes in and out of the trees. Just past the half mile mark, the trail begins a steady climb that leap frogs between meadow and forest as it crosses a low ridgeline. There's plenty of opportunity to enjoy the views while ascending along narrow singletrack. Though a few tight spots and a series of drainages will require you to focus on the trail. At the one-mile mark, the trail switches gears and begins to descend over rolling terrain. This ridge of the mountain gets noticeably rockier, including some scree fields. Just after a small clearing, a punchy dip feeds into a tricky root obstacle in a section that is often rutted, so a little hike-a-biking isn't out of the question. Up next, the trail heads toward the valley by means of rocky switchbacks separated by steep segments. The turns can be a bit awkward and things are generally challenging. Roughly half way through this section, the Red Ledges Access Trail (160) makes its appearance. A final series of switchbacks feeds into a more gradual descent along a stream. Pretty soon, the trail reaches its low spot before heading into a climb. The same stream you've been following may be back-flowed here, creating a large muddy bog. A more easily-traveled, user-built go-around avoids the worst of it. The next third of a mile is a very steep calf-killing ascent through thick trees. This heartfelt climb may feel better as a hike-a-bike in sections. Fortunately, the last mile of the trail features a mild pedal up to the intersection with Aspen Flat Trail (018).

Reservoir Canyon Trail (Map #7)



- This is a multi-use trail that is open to pedestrians, mountain bikers, equestrian users, and motorized traffic.
- Conditions change rapidly with weather events and during spring runoff. Check with the Monticello Ranger District for updated information.

Reservoir Canyon Trail (008) climbs out of the canyon from its intersection with the Vega Creek Trail (164). The first half mile is spent gradually winding up through the surrounding bushes before tackling the slope. All of the elevation gain is focused into a series of tightly packed switchbacks that end at the top at Forest Road (096). While you'll earn some nice views along the trail and from the top, the rocky and rutted nature of the trail doesn't make for the most enjoyable ride.

Shay Ridge Trail Access (FS 354) (Map #12)



- Closed to bikes and motorized vehicles Oct 1 - May 15.

FS Road 354 is a steady climb with amazing vistas. It's a rocky, sustained 4WD road. It's quite steep in places, with some short bursts up rocks or through tougher lines along the way, but never too steep to spin up. There are at least two viewpoints with excellent views out to the northwest. The grassy hillsides have an interesting terraced farming look reminiscent of the countryside in Tuscany. It's surprising to find that in Utah!

Shay Ridge Trail (Map #13)



- Closed to bikes and motorized vehicles Oct 1 - May 15.

There are a few options for this trail. The most straightforward is to drive up FS Road 0079, which is generally passable in most vehicles, though somewhat steep in places. You can either park where Aspen Flat Trail (018) comes out (FS Rd 5381) if you're planning to make a loop, or drive up to FS Road 0354. You won't make it up 0354 without a pretty capable 4WD vehicle, so most will park somewhere before the start of that road and start riding. Remember to sign in at the kiosk at the trailhead. After that, you'll be on the main Shay Ridge Trail, a signed OHV trail - not allowed for vehicles larger than a Razor ATV.

Climb up one of the tire treads - it's a lot steeper here, and you'll work hard just to keep forward progress in spots. It's all rideable but quite steep in places with baseball-sized rocks littering the trail. If you can take your eyes off the trail, you'll be rewarded with beautiful views of the Abajos to the right (east) as you climb. Reach the top of the climb as you turn fairly sharply left. Look for a clearing and picnic table on the left where you can hang out for a bit before starting your descent. This is essentially the point of no (easy) return. Descending is fast and steep and climbing back up wouldn't be a whole lot of fun. Completing the loop using Aspen Flat Trail (018) is possible, but also a very long haul with lots of uphill hike-a-bike required on that trail. Continuing on, you'll follow similar tire tracks down through aspens at first. It's beautiful during fall aspen season, and flowing for a short bit, then increasingly rocky until it goes through a super-loose, rocky, sandy section - still rideable, but be careful. It's certainly not purpose-built mountain biking, rather an OHV that you can ride with bikes if you choose. Bottom out at a trailhead/parking area that marks the start of Aspen Flat Trail (018). Retrace your steps or complete the long, hard loop on Aspen Flat.

Vega Creek Trail (Map #6)



- This is a multi-use trail that is open to pedestrians, mountain bikers, equestrian users, and motorized traffic.
- Conditions change rapidly with weather events and during spring runoff. Check with the Monticello Ranger District for updated information.

The trail begins by heading north off of Causeway Road (095) between the Chippean Rocks. A faint road-trace travels between a clearing in the trees for a short distance before it transitions to singletrack at a three-way intersection. Head right into a section of heavy vegetation. The grade soon steepens slightly while the trail closely parallels the stream-bed. The grade once again lessens as the end of the bluff is rounded and Vega Creek proper is reached. A nice grove of ponderosa pine grows on the bluff's western end. From here, the canyon begins to slowly but steadily become more arid. The next few miles of winding singletrack follow along the north bank of Vega Creek. Around 5.25 miles, the confluence of two drainages have created a small wash that is easily navigated. As the trail continues around the bluff, a larger confluence marks the end of Vega Creek where it flows into North Cottonwood Creek. Nearby, a few scattered boulders decorate the landscape from where they've come to rest. Ahead, a small intersection with the Reservoir Canyon Trail (008) appears before a rocky drainage crossing and two steep switchbacks. Eventually, the trail transitions to a dry road-bed that doggedly cuts through several drainages and washes before ending at North Cottonwood Road (192).

Wagonwheel Trail
(Map #10)

From just west of the intersection of FR0087 and FR5247, find the dirt road heading south through a large stand of huge aspens - Wagonwheel Trail (168). This fun, twisting descent through the aspen glade is arguably the best part of the trail. Continue downhill through scrubby meadows and revel in the fall colors if you're lucky enough to time your visit just right. The trail surface doesn't have many roots, but can be covered in large, loose rocks in some sections. There are periodic views of nearby South Peak to the west. About 1/3 of the way along the Wagonwheel Trail (168), you arrive at a junction with the Wagon Wheel To FR0087 spur. Continue on Wagonwheel - straight and downhill to the southwest.

Begin a gentle climb through a more open area that can become quite boggy after a heavy rain. Some dismounting and bike schlepping may be necessary. After a brief traverse along a bench with sweeping eastward views, the trail gradient steepens and soon reaches Verdure Creek. Head up another short incline to reach the start of the West Wagon Road Loop Trail. Continue south on the Wagonwheel Trail passing through thickets teeming with nonchalant deer. The last part of the Wagonwheel Trail (168) threads through a piney plateau with hardly any other ground vegetation. At the junction of FR0084 and FR0085 (near the pit toilet), take a breather, then proceed a few hundred yards west along the main FR0084 road, keeping a sharp eye out for the first signed trail on the left. This will be the Bulldog Trail (5504) (also called 5504) which branches off the 0084 fire road and heads south. The descent is gentle at first, passing through wooded sections and occasional pretty aspen groves. Substantial erosion has gouged some biker-eating troughs in this trail. When not negotiating these tricky spots, the trail becomes more mellow and enjoyable, dropping at a steady gradient. The smoother sections are speedy and it is easy to lapse into a trance-like state as you whip through the dense forest. Although there are fewer turn-offs and confusing trail junctions on this trail than others in this area, towards the bottom you need to be careful to stay on the right track. Some paths dead-end in campsites and others send you into the wrong drainage. A final short climb at the end brings you back to civilization with a bit of a view before the trail terminates at Alkali Pt. Road near the Devil's Canyon Campground.

**West Wagon
Road Loop**
(Map #11)

The West Wagon Road Loop Trail departs from about mid-way along the Wagonwheel Trail (168). Begin by heading northwest on a gentle climb along a bench. The two-track trail surface can be muddy after a rain, but otherwise consists of somewhat loose, rocky patches interspersed with more packed areas. Travel through piney woods and dry, scrubby vegetation.

Soon after a steeper gradient, riders arrive at a "Y" intersection where the "head" of the lollipop starts. Complete the circle in either direction, visiting primitive camp spots, an overgrown overlook, and nice views of a rugged cliff-band to the north. The trail is faint here, so keep your eye out. Upon arrival back at the "Y" intersection, wring some fun from this trail on the descent down the "stem" of the lollipop until it deposits you back at the Wagonwheel Trail (168). Fall colors are pretty here, but be sure to wear orange during hunting season as this area is popular with motorized hunting parties.