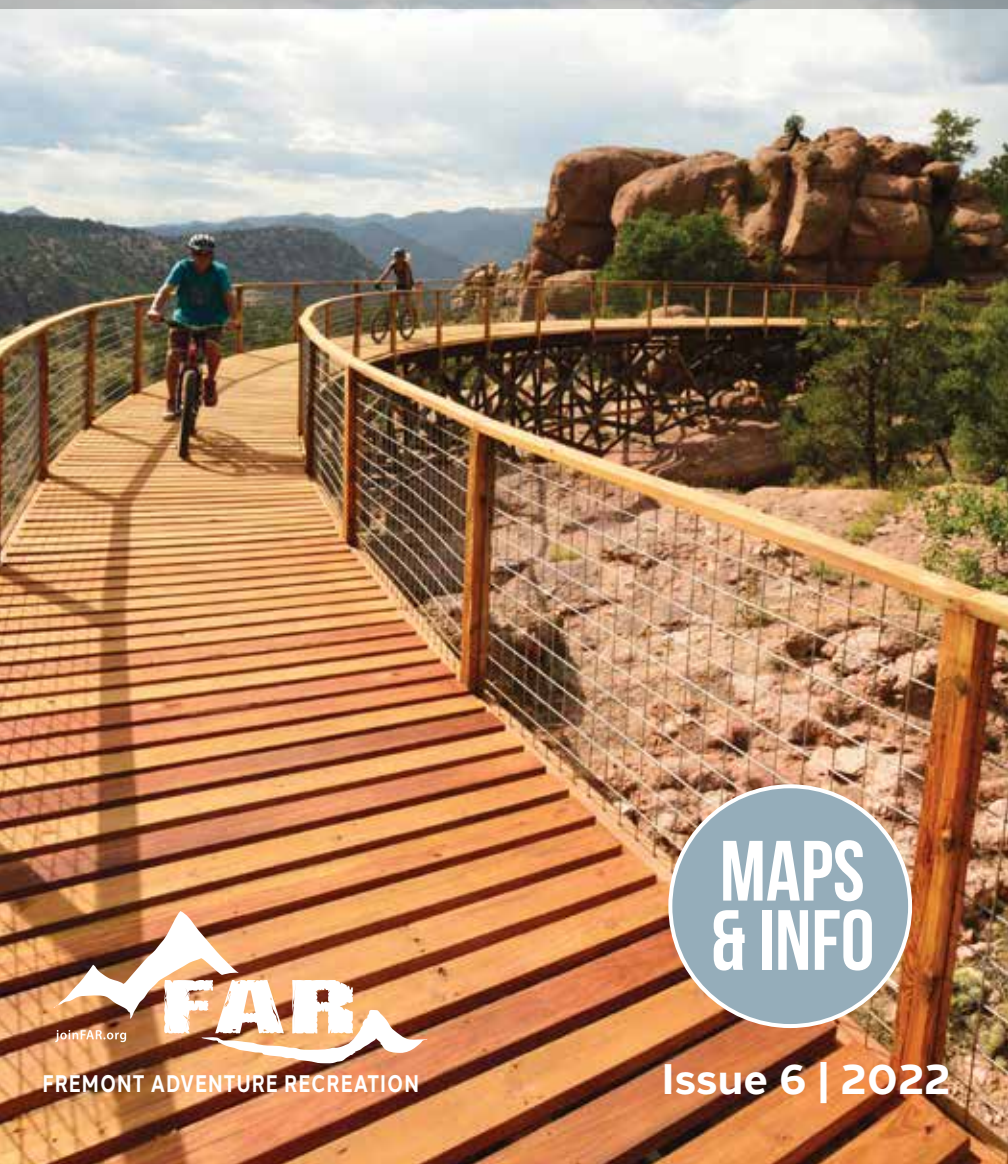


RECREATION & TRAIL GUIDE

ROYAL GORGE REGION



MAPS
& INFO



joinFAR.org

FREMONT ADVENTURE RECREATION

Issue 6 | 2022

TABLE OF CONTENTS

BIKING, HIKING, & RUNNING

Trail Etiquette9
 Arkansas River Trail.....10
 Tunnel Drive12
 Royal Gorge Park14
 Hogbacks Open Space16
 Smooth Criminal / The Yard.....18
 South Cañon Trails20
 Temple Canyon Park22
 Oil Well Flats.....24
 Red Canyon Park.....26
 Newlin Creek / Florence Mtn. Park .28
 Phantom Canyon / Shelf Rd.....30
 Red Canyon Road Ride.....32
 Temple Canyon Cross Ride.....34
 Hardscrabble Loop36

ROCK CLIMBING

Shelf Road.....38
 North Cañon Climbing39
 South Cañon Climbing42

BOATING & FISHING

Boating Etiquette.....45
 Pinnacle Rock to Centennial Park46
 Centennial Park to Mackenzie48

 Cañon City Parks.....50
 Camping52

FAMILY FUN & ACTIVITIES

Family-Friendly Adventures54
 Fossil Discovery56
 Best Hikes / Bikes with Kids58
 Trails Checklist60
 Safety First / Fire Bans64
 Regional Geology.....64
 Downtown Cañon City66
 Downtown Florence68
 Where to Go from Here.....70

 Sponsors.....74
 Local Resources81



Photo by Vicki Meier

INTRODUCTION

Welcome to Cañon City and the Royal Gorge Region, a place we’re proud to call home. From hiking to biking, river running to running on trails, outdoor recreation is becoming increasingly popular as people seek out authentic experiences and a connection with nature. Especially during times of uncertainty and adversity, access to trails, parks, and open spaces offer respite and space to breathe.

Embracing outdoor recreation and its positive impact on our community, Fremont Adventure Recreation (FAR) was launched in 2010 with a mission to promote a culture of community and healthy living through human-powered outdoor recreation in the Royal Gorge Region. Our non-profit organization remains dedicated to developing outdoor recreation opportunities, supporting adventure and community events, and building relationships through recreation. FAR is here to stay.

Our community thrives through its dynamic people, adventurous spirit, innovative schools, and historic charm. We are proud to play a part in the development of our community and recognize that none of our efforts would be possible without collaboration with land managers and government entities, partnerships with local businesses, and the strong hearts of our many volunteers. For this we are incredibly thankful.

We’re excited you picked up our new adventure guide. From easy to expert, there’s outdoor fun for everyone. Peruse the pages and use it as a catalyst for exploration and innumerable memories. Please check out FAR’s website (joinFAR.org) for more information, events, and volunteer opportunities. Or “like” us on Facebook for updates. Get out and go FAR!



Brian Vanlwarden
Director
 Fremont Adventure Recreation



The FAR Adventure Guide is funded in part by a generous matching grant provided by Fremont County Tourism Council and the Colorado Tourism Office.



THIS ACTIVITY IS SUPPORTED BY FUNDING FROM THE COLORADO TOURISM OFFICE, A STATE AGENCY.

Copyright © 2022 Fremont Adventure Recreation, Issue 6
 ALL RIGHTS RESERVED. No part of this booklet may be reproduced or transmitted in any form by any means, electronic or mechanical, including photocopying and recording, or by any information storage and retrieval system, except as may be expressly permitted by the 1976 Copyright Act or in writing from the publisher. Requests for permission should be addressed to Fremont Adventure Recreation, 455 Greenhorn Dr., Cañon City, CO 81212.

Maps: Brian LeDoux
Design and layout: Ashlee Sack
Printing: Publication Printers, Denver

Cover photo: Ashlee Sack
Back cover photo: The Yard Skill Park

Fremont Adventure Recreation is a non-profit organization dedicated to promoting and creating outdoor recreation opportunities in Fremont County. For more information on its mission or how you can help, please visit www.joinFAR.org or contact coordinator@joinFAR.org.

Fremont Adventure Recreation assumes no liability for injuries or accidents that occur while engaging in activities that are outlined in this pamphlet. Participants should act in accordance with their abilities and knowledge of the activities described.



WELCOME TO THE ROYAL GORGE REGION



Tunnel Drive, circa 1940 / Royal Gorge Regional Museum & History Center

The year 2022 marks Cañon City's 150th Anniversary, a celebration that has adopted the tagline 'The Adventure Continues'. It is an apt declaration given the long history of outdoor recreation and adventure in the community.

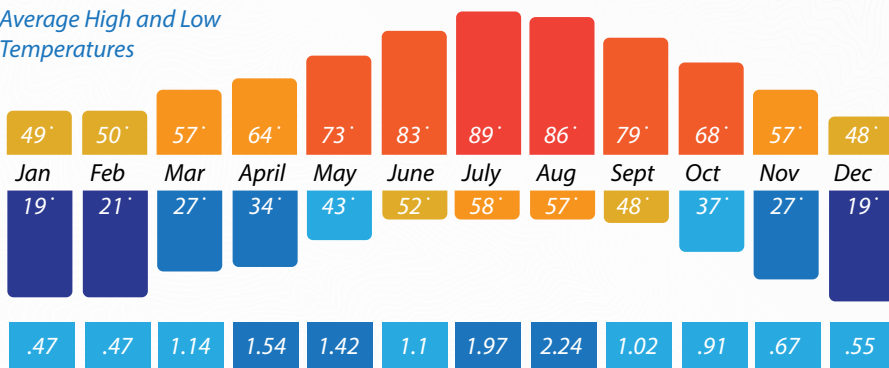
Here you'll find a rich with history - of Ute, Cheyenne, and Jicarilla Apache tribes, early mining, recreation, trading, exploration, geology, paleontology, and more. Visit the Royal Gorge Museum and History Center for a glimpse into the region's agriculture, mining, and tourism history. Today, you'll discover a thriving community, and one of Colorado's longest historic downtown districts.

Just up Highway 115, the town of Florence is known as Colorado's "Antique Capital" and provide hours of entertainment and shopping. Enjoy the Royal Gorge Region!

AVERAGE LOCAL WEATHER

Cañon City is located in the "Banana Belt" of Colorado. Our unique geography, nestled in a canyon at the base of the Wet Mountains and Sangre de Cristo Ranges at the foot of the eastern Colorado plains, allows us to enjoy more warm, sunny, precipitation-free days than many of our neighboring areas.

Average High and Low Temperatures



Average Precipitation (Inches)



Data courtesy of U.S. Climate Data / www.usclimatedata.com

FREMONT ADVENTURE RECREATION

Fremont Adventure Recreation was formed in 2010 to provide, support, and encourage outdoor recreation opportunities. Our mission is to promote a culture of community and healthy living through human-powered outdoor recreation in the Royal Gorge Region. To that end, we host events, provide social activities, and facilitate trail building and maintenance in Fremont County.



CORE VALUES

Community: We commit to enhancing the quality of life for the citizens of the Royal Gorge Region through the creation and celebration of human-powered outdoor recreation adventures.

Culture: We commit to a welcoming attitude that values all relationships, fearless dedication, while having fun along the way.

Stewardship: We commit to responsible access as well as preserving recreation opportunities for future generations.

BOARD MEMBERS

| | | | |
|-----------------|--------------------------|-------------------|-------------------------|
| Brian Vanwarden | Megan Numsen | Shawn Weatherhill | Vicki Meier |
| Adam Hartman | Joan Sindler | Leticia Buswell | Jon Banker |
| Brian LeDoux | Coordinator: Ashlee Sack | | Coordinator@joinFAR.org |

MEMBERSHIP

Join FAR as a member and enjoy perks like swag, e-newsletters, social events, and discounts. See joinFAR.org for more information on how you can be a member!



We'd love to see your adventures in the [#RoyalGorgeRegion](#). Connect with us on social media to keep up with trail updates, activities, special events, FAR news, and inspiration.



/FremontAdventureRecreation
Keep up with FAR and community events. See joinFAR.org to sign up for our newsletter.



fremont_adventure_recreation
[#joinFAR](#) [#canoncitycolorado](#)
[#royalgorgeregion](#) [#ridecanoncity](#)
[#royalgorgeparktrails](#) [#canoncity](#)



@joinFAR
Follow us on Twitter for reminders and updates on events.

RECREATION EVENTS IN THE ROYAL GORGE REGION

CARE FOR COLORADO LEAVE NO TRACE SEVEN PRINCIPLES



JANUARY

FAR New Year's Resolution Run

MARCH

SoCo Runners Spring Runoff - Pueblo
Run through Time Marathon - Salida

MAY

Blossom Festival / Royal Gorge Rodeo
FAR runBlossom 5K/Half-marathon
Royal Gorge RIO River Clean Up
FAR DinoRific 1K
FAR Kids to Parks Day
FAR Women's Mountain Bike Session
Colorado Public Lands Day
ZIA Rides Royal Gorge 6 & 12

JULY

Fourth of July Fireworks
Royal Gorge Whitewater Festival
Fremont County Fair
FAR Bi-Annual Trash Pickup

SEPTEMBER

FAR Point Alta Vista Trail 5K
Florence Pioneer Days
National Public Lands Day
FAR 'We Are All Made of Stars' Gala
Harvest Festival at the Abbey Winery

Salida Bike Fest - Salida

NOVEMBER

CCRD Turkey Trot 5K and Turkey
Bowl Flag Football Tournament
FAR #OptOutside Meetup
SoCo Runners Temple Canyon Predict

FEBRUARY

FAR Snow Queen Frosty February 5K

APRIL

FAR Membership Drive and Social
CCRD Clean Up Green Up

JUNE

Hardscrabble Mtn. Trail Run
FAR Summer Social

FIBArk - Salida

AUGUST

FAR Group Ride at the Royal Gorge Bridge

OCTOBER

Rim to Rim Royal Gorge Races
www.rimtorimroyalgorge.com
FAR Royal 50 Mountain Bike Races
FAR Bi-Annual Trash Pickup
FAR Point Alta Vista Trail Half-Marathon

DECEMBER

Cañon City Parade of Lights
SoCo Runners Rock Canyon Half Marathon

KNOW BEFORE YOU GO

- Our state and federal agencies manage 42 percent of Colorado's majestic landscape, and our cities and counties maintain even more. Learn about and respect the spaces we all share.
- Stay back from the pack. Find your way to less-visited and off-peak destinations to minimize your connection with special places.
- Bring along reusable water bottles or hot drink tumblers to limit waste and stay hydrated in our dry climate.

STICK TO TRAILS

- With 39,000 marked trails and 13,000 designated campsites, there's no need to venture beyond. By sticking to these areas and camping at least 200 feet from lakes, river, and streams, you're helping natural areas stay natural.
- Even though shortcuts can be tempting, please don't take them. A few extra strides on the path will protect plants and the homes of the true locals.

LEAVE IT AS YOU FIND IT

- Leave plants, rocks, and historical items as you find them so others experience the joy of discovery.
- Any of our 750 different species of wildflowers will live forever in a photo. Snap away, but only with a camera.
- Colorado is beautiful all on its own. Building structures or campsites on public land isn't cool. Keep it pristine for everyone to enjoy.
- Treat all living things with respect. Carving or hacking plants and trees may kill or disfigure them.

KEEP WILDLIFE WILD

- Colorado is home to tens of thousands of furry, scaly and feathered creatures. To keep them - and you - safe, don't approach them.
- It is not adorable to feed wild animals. You could alter natural behaviors, exposing them to predators or even euthanasia.
- Keep your furry buddies leashed when enjoying dog-friendly trails, and pack out their waste. All the way to a trashcan.

TRASH THE TRASH

- Pack it in, pack it out. Or pick it up to leave a place better than you found it. Put litter, even crumbs, peels, and cores in your nearest waste/recycling bin.
- Wash yourself, your dog or whatever else needs cleaning at least 200 feet from waterways, and use biodegradable soap. A bubble bath is no treat for fish.
- If you have to poo, walk at least 70 steps from trails, water, and people. Dig a cat hole 6 inches deep, do your thing in the hole, cover it and pack our your TP. Or, use a wag bag (a disposable bag found in most outdoor stores) so you can pack out your waste.

BE CAREFUL WITH FIRE

- Colorado's low humidity has perks, but can create dry, dangerous conditions. Keep campfires small and manageable to avoid sparking wildfires.
- When putting out a fire, water it until you can handle the embers. Never let a fire burn unattended.
- Use care when smoking in Colorado's dry climate. Always put cigarettes out completely, and don't leave your butts behind.
- Always check for local fire restrictions.

SHARE OUR TRAILS & PARKS

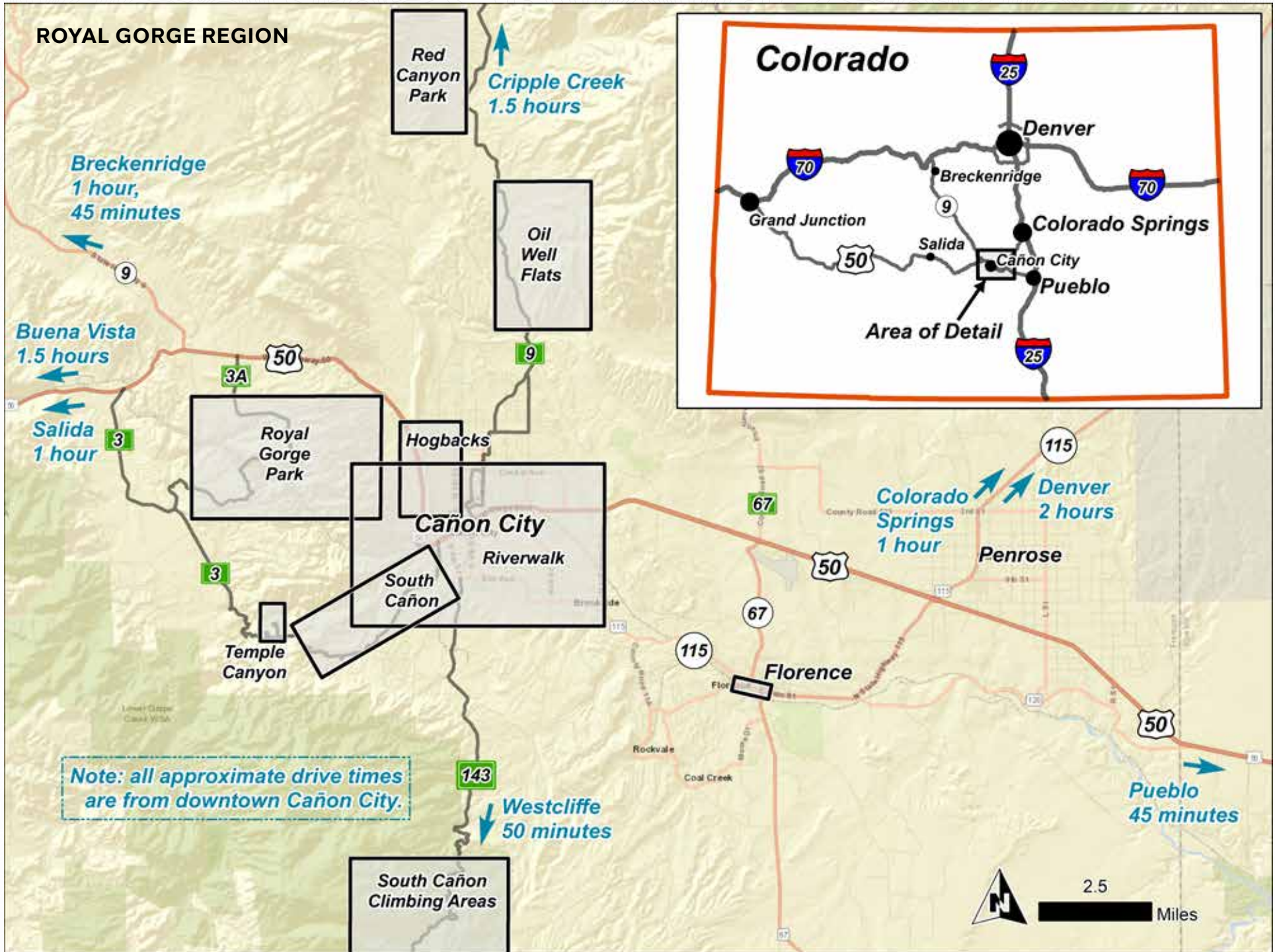
- Chances are you're not out in nature to people watch, so try out the lesser-known paths and sites.
- Silence your cell phone before stepping into nature, and speak softly without using the speaker function.
- Be considerate when passing others on the trails and yield to the uphill hiker and biker - they need the momentum.
- Listen to nature. Keep your voice and music soft so all can enjoy the peace of Colorado.



Dates subject to changes; please check joinFAR.org for updated information. For a complete list of events in the Royal Gorge Region, please visit: www.royalgorgetravel.com

The above are a selection from the Leave No Trace Seven Principles. @Leave No Trace: www.LNT.org.

ROYAL GORGE REGION



BIKING, HIKING, & RUNNING



Stay on designated trails. Please stay on designated trails. Please comply with posted trail closings and revegetation signage. Do NOT trespass on private property.

Yield to and be mindful of others on the trail, including hikers, bikers, and equestrian riders. Use a bell or call out to let others know that you are near. Please dismount and wait on the side of the trail for equestrians to pass; do not assume that they see you and simply ride by.

Leave wildlife alone. If you encounter wildlife, please remember these lands are theirs, too.

Be prepared. Always know your own abilities, limitations, and equipment. You should be able to fix your equipment, provide basic first aid, and navigate trail systems.



E-BIKES IN FREMONT COUNTY *

E-BIKES ALLOWED:

City / County / State roads: open to approved motorized use.

Seep Springs (BLM): open to motorized use.

Tanner/Stultz/Bear/Lions (USFS): open to motorized use.

Penrose Commons (BLM): open to motorized use.

Texas Creek (BLM): open to motorized use.

The Bank (BLM): some routes open to motorized use.

Oil Well Flats (BLM): Roads are open to motorized use.

E-BIKES NOT ALLOWED:

Riverwalk / Tunnel Drive (City/CCRD): no motors, including any class of e-bike.

Hogbacks (City): no motors, including any class of e-bike.

Royal Gorge Park (City): no motors, including any class of e-bike.

Oil Well Flats (BLM): singletrack trails are non-motorized, including any class of e-bike.

South Cañon (BLM/CCRD/City): no motors, including any class of e-bike.

** Current as of publication. Please check local regulations before heading out on trails.*



Colorado Trail Explorer
Colorado's Official Trail Map



Utilizing a trail app, like COTREX, is a great way to plan an appropriate route and track your progress.

COTREX is free to download and use, and no account is necessary.

Download maps for offline use when you don't have an internet connection.

Choose your user type to show trails for your desired activity.

Find it here: <https://trails.colorado.gov/>

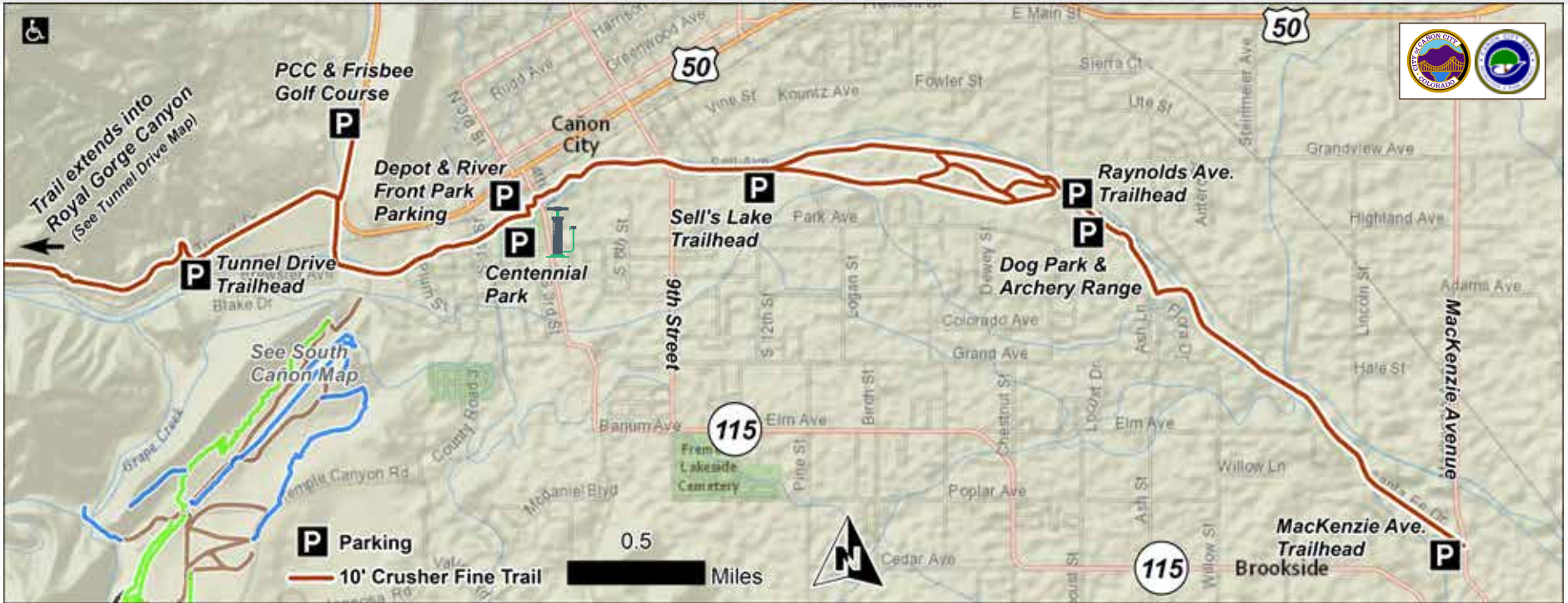
ESSENTIALS

1. Appropriate footwear
2. Map / compass
3. Extra food / water
5. Knife
6. Sunscreen/sunglasses
7. First-aid kit
8. Extra clothing layers
9. Trail map

Additional items for biking:

10. Patch kit
11. Spare tube(s)
12. Handheld pump
13. Bike multi-tool
14. Bike bell

ARKANSAS RIVERWALK TRAIL



The Riverwalk Trail runs through some of the most scenic and historic parts of Cañon City. Along the 7-mile stretch of the trail, you'll track the river's course through the city, passing historic properties, open farmland, and cottonwood groves. The trail is a mostly flat, wide, maintained trail that is open during all seasons. A system of fitness stations has recently been added to the trail and are located near the Sell's Lake trailhead.

TRAIL INFORMATION

Start: You can begin your walk along the Riverwalk Trail at a number of points. Popular parking areas are Centennial Park, Sell's Lake (off 9th Street), MacKenzie Avenue Trailhead, and Tunnel Drive.

Distance: Total distance = 7.5 miles one-way

Elevation gain: 200 feet total

Fitness effort: Mild

Difficulty: Novice

Terrain: The trail is mostly flat and graded natural surface with crusher fines and occasional paved sections.

Seasons: January-December

Trail users: This trail is used by hikers, bikers, walkers, bird watchers, strollers, and runners. Horses are not allowed on most of the trail.

Dog friendly: Yes. Keep your dog on a leash, bring waste bags, and clean up after your pet. There is a dog park located just east of Reynolds bridge.

Note: At high water (late May-June), the trail may be closed at 9th Street.

The Riverwalk is a crusher-fine trail, which means it dries out faster than most trails after rain or snow.

BETA TIP



GETTING THERE

To begin at the furthest trailhead west on the trail, take Highway 50 west. Take a left turn (west) onto Tunnel Drive. Go about one mile to the Tunnel Drive Trailhead. You can travel west or east on the trail from this point.

To begin at the Sell's Lake Trailhead, from Highway 50 in Cañon City, take 9th Street south. Take a left (east) onto Sell Avenue and park at the trailhead. Both the river and bluff trail will intersect at Reynolds Avenue, where you can continue east or loop back to the Sell's Lake Trailhead.

TUNNEL DRIVE / ROYAL CASCADE

This section of the Arkansas Riverwalk offers stunning views. Pass through historic tunnels (built for the city's water delivery system in the late 1800s), and view the historic Denver & Rio Grande Railroad. You may also catch a glimpse of river runners as they make their way from the Royal Gorge. Keep your eyes open for Colorado's state mammal: the bighorn sheep, but please keep your distance and respect wildlife.



TRAIL INFORMATION

Start: Begin your walk or ride at the trailhead, located off of Tunnel Drive.

Distances: Tunnel Drive: 1.92 miles from trailhead to end. For beginner / intermediate recreation, use as out-and-back. Royal Cascade: 3.6 miles

Elevation gain: Tunnel Drive: 120 ft. ; Royal Cascade: +/-1,800 ft.

Fitness effort: Mild to Extremely Strenuous

Difficulty: Novice to Expert

Terrain: Tunnel Drive: dirt road, Royal Cascade: steep natural surface singletrack

Seasons: All (use caution after rain / snow)

Trail users: Hikers, bikers. Tunnel Drive is a great trail for strollers, but use caution

when biking with young riders. There is a steep drop-off on one side of the trail. Royal Cascade is a black diamond trail suitable only for those with a high fitness level and advanced skills due to exposure, steep terrain, and numerous switchbacks.

Dog friendly: Yes. Keep your dog on a leash, bring waste bags, and remove pet waste.

Notes: This trail can be hot in the summer months. Be sure to bring water. Due to potential rock falls, avoid this area after a freeze-thaw cycle of weather (when it has been very cold and then warm), or after heavy rains.

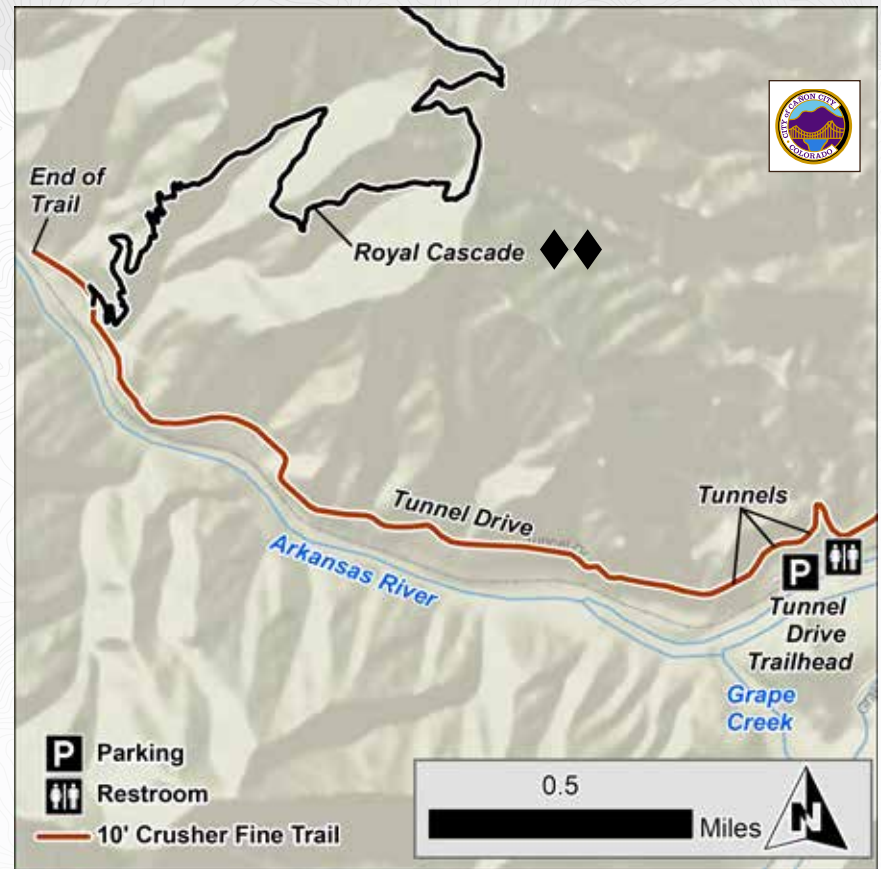
GETTING THERE

From Hwy. 50, turn west onto Tunnel Drive. The road dead-ends at the trailhead. Royal Cascade begins at mile 1.7 on Tunnel Drive and connects to Summit Trail at the Royal Gorge.



The Fremont Peak connection trail is subject to seasonal closures for hunting and to protect ewes and lambs during lambing. Please respect and adhere to these hours:

June-July - CLOSED / September-October - open 9-5 / OPEN all other times



Royal Cascade connects to the Royal Gorge Trails, but is a steep trail with points of exposure, rock features, and numerous switchbacks. Know your abilities!

BETA TIP



ROYAL GORGE PARK

If you're looking for a trail run, bike, or hike that will offer awe-inspiring views, this is it. Outdoor enthusiasts will find that the trails offer stunning views and plentiful options. The Royal Gorge Park Trails are funded in part by the 1% for Trails initiative.



Photo: Brian Vanwarden

TRAIL INFORMATION

Start: Begin your ride/hike at one of several parking areas.

Elevation gain: +/- 600 feet

Fitness effort: Mild to difficult

Difficulty: Novice to advanced

Terrain: Natural surface singletrack

Trail users: Hikers, bikers, walkers

Seasons: Best in spring, summer, and fall.

Dog friendly: Yes. Keep all dogs on a leash and watch for cacti along the trail. Bring waste bags and clean up after your pet.

Distance: 21 miles

SUGGESTED ROUTES

Beginner Route: CR 3A Parking Lot > The Maze > S'Mores > Canyon Rim > Twisted Cistern | **Distance:** 5 mi. | **Elevation:** ~540 ft. | **Approximate time:** 45 mins.

Intermediate Route: CR 3A Parking Lot > The Maze > S'Mores > Cañon Vista > FAR Out > Canyon Rim > Overlook Loop > Twisted Cistern | **Distance:** 9 mi. | **Elevation:** ~1,160 ft. | **Approximate time:** 1.5 hrs.

Advanced Route: Royal Gorge Ranch & Resort Trailhead > Point Alta Vista Trail > One Track Mind > Made in the Shade > Twisted Cistern > Overlook Loop > Rock Hardy > Overlook Loop > Canyon Rim > FAR Out > Cañon Vista > S'Mores > Dreamweaver > Made in the Shade > One Track Mind | **Distance:** 20 mi. | **Elevation:** ~2,696 | **Approximate time:** 2.5 hours



Point Alta Vista and trestles can be accessed via One Track Mind (difficult) and the Point Alta Vista Trail via the Royal Gorge Ranch & Resort (easy).

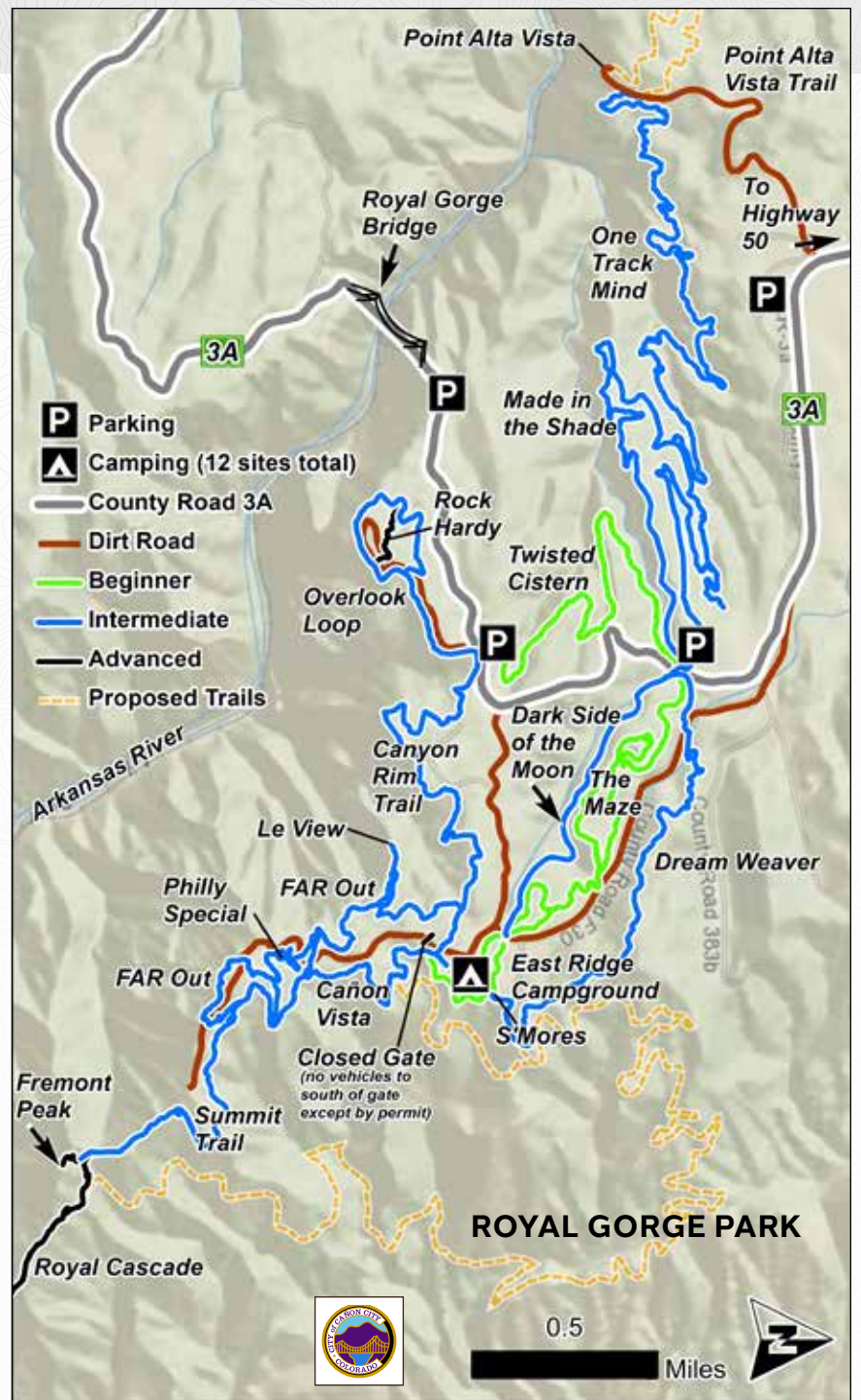
BETA TIP

GETTING THERE

From downtown, head west on US Highway 50. At the turnoff for the Royal Gorge Bridge, turn left (south) and follow County Road 3A until you reach your desired trailhead. For Point Alta Visa, park at the parking lot just .5 miles from Hwy 50 on the right.



The Fremont Peak connection trail is subject to seasonal closures for hunting and to protect ewes and lambs during lambing. Please respect and adhere to these hours:
June-July - CLOSED / September-October - open 9-5 / OPEN all other times



HOGBACKS OPEN SPACE

The Hogbacks is Cañon City's in-town geologic wonder. Your experience here will treat you to the beautiful Dakota Formation, which stretches from Mexico to Canada. Within all of the layers of the Dakota formation lie significant fossil resources, including a record of Colorado's past as an inland sea! Please note the singletrack trails in the Hogbacks are composed of clay soils; please stay off when wet. Not only will the wet clay stick to your boots and bike tires, but your tracks will ruin the trails! Enjoy the crusher fine trails, Greenhorn and Old Skyline Drive, during and after precipitation events.



Dakota Ridge / Photo courtesy of @ScienceCedes / @ConserVAnTion

TRAIL INFORMATION

Start: Trailheads at Floral Ave., Greenway Dr., Washington St., or High St.

Elevation gain: Varies

Fitness effort: Mild to moderate

Difficulty: Novice to advanced

Terrain: Wide path to natural surface singletrack

Seasons: All (except when muddy)

Trail users: Hikers, bikers, walkers, and cars (traveling one-way) on the paved portions of Skyline Drive

Dog friendly: Yes. Keep your dog on a leash, bring waste bags, and clean up after your pet. Leash law is enforced. This area often has wildlife.

Distance: ~ 2 miles one way, south to north

Greenhorn: Less than two miles one-way, this wider crusher-fine trail connects with others in the area to broaden your experience. It's family-friendly and great for beginners.

Old Skyline Drive: Also a wide crusher fine trail, historic Old Skyline Drive connects low and high points in the open space.

Graneros: A fun beginner's trail, Graneros is flowy as it winds along the flank of the Dakota Ridge formation in the Hogbacks.

Dakota Ridge: Definitely for the more advanced cyclist, hiker, or trail runner, this trail travels atop the crest of the Dakota Ridge formation. On the north end, the trail descends from the ridge on very steep bedrock.

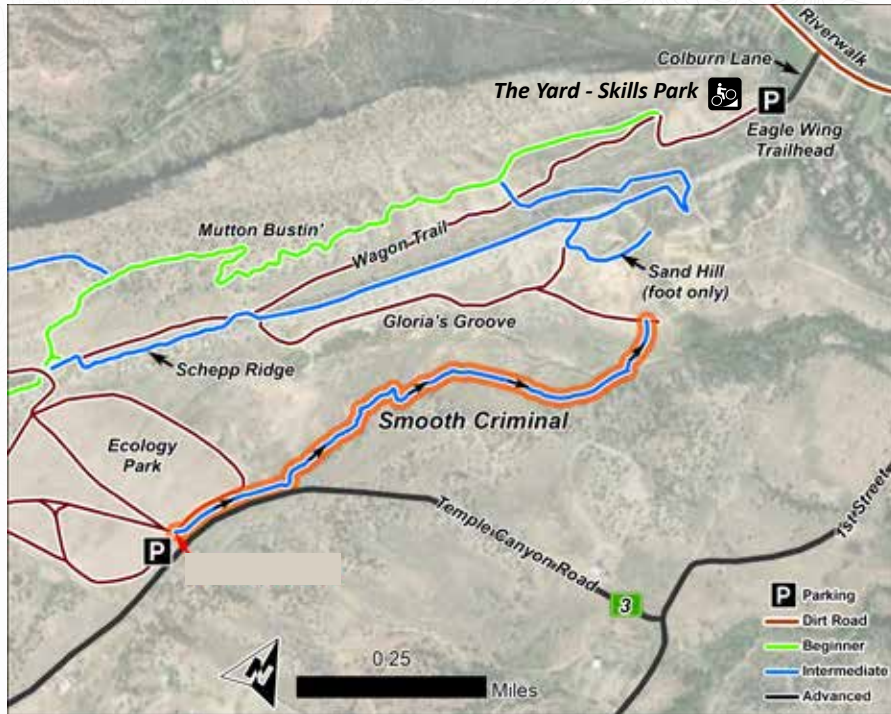
GETTING THERE

From Main Street in Cañon City, head north on 5th Street for about .5 mile until you reach Floral Avenue. Take a left (west) uphill and through the sowback formation. Parking will be on your left (south) side of the road. (*This is where Skyline Drive descends into town.)



SMOOTH CRIMINAL FLOW TRAIL

THE YARD MTB SKILLS PARK



Smooth Criminal is a purpose-built, DOWNHILL mountain bike flow trail. It is designed to encourage speed and also to aid in skills progression for jumping.

SUGGESTED ROUTES

Beginner Route: Ecology Park > Coyote > Smooth Criminal > Schepp Ridge > Ecology Park | **Distance:** 2 mi. loop | **Elevation:** 150 ft. | **Approximate time:** 20 mins.

TRAIL INFORMATION

Start: Ecology Park or Eagle Wing
Elevation gain: 150 ft.
Fitness effort: Mild to moderate
Difficulty: Intermediate to advanced
Terrain: Natural surface singletrack

Seasons: All seasons.
Trail users: Mountain bikers ONLY
Dog friendly: No. Adjacent Ecology Park is a perfect place to enjoy a walk with your pet.



The Yard is a mountain bike skills park designed to encourage skills development for beginning and intermediate riders. Please adhere to all rules and ride safely! It is directional - so be aware of the two downhill lines and one uphill return trail. (Shown above is Smooth Criminal.)

TRAIL INFORMATION

Start: Eagle Wing Trailhead
Fitness effort: Mild to moderate
Difficulty: Intermediate to advanced
Terrain: Natural surface singletrack and fabricated features

Seasons: All seasons.
Trail users: Mountain bikers ONLY
Dog friendly: No. Adjacent Ecology Park is a perfect place to enjoy a walk with your pet.

GETTING THERE

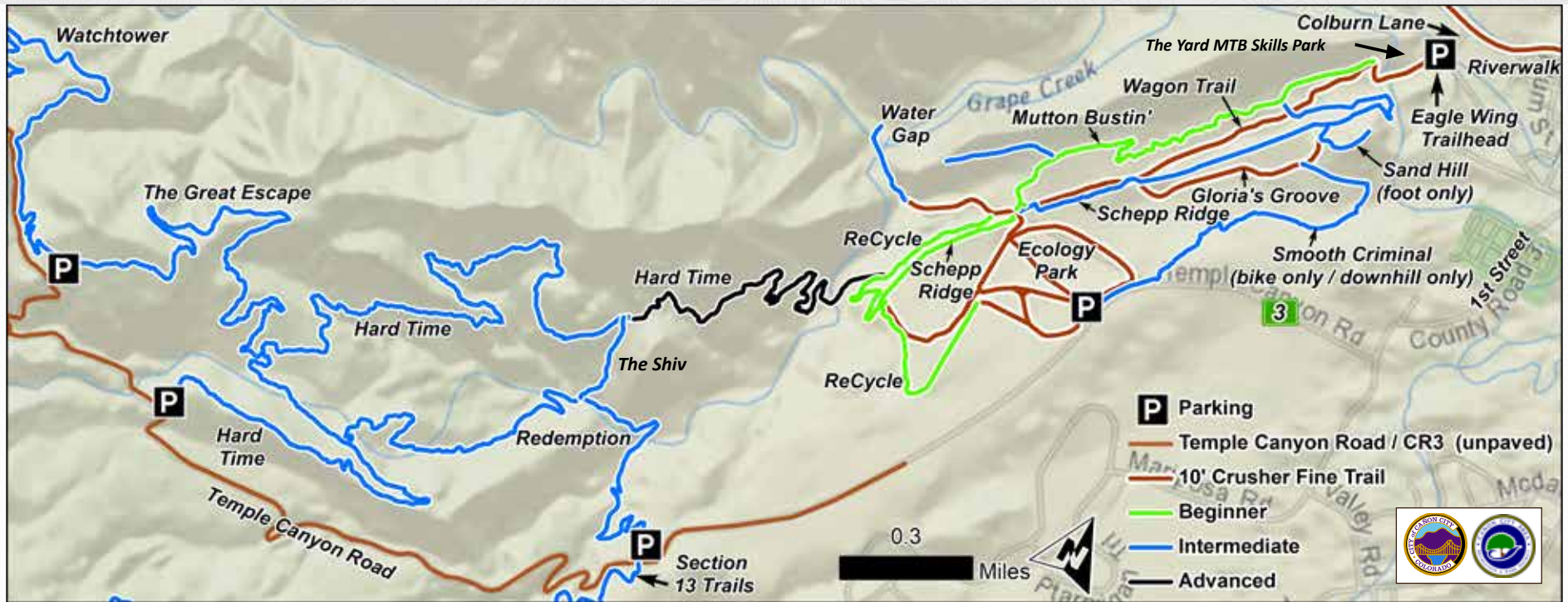
Eagle Wing Trailhead: From downtown, turn south onto 1st Street, then west on Riverside Drive. Turn left (south) on Colburn Lane. The parking area will be on your right. Note that this trailhead is only open from dawn to dusk.

Ecology Park Trailhead: From downtown, turn right (south) onto 1st Street. Follow 1st Street to a Y in the road, where you will bear right (west) onto County Road 3. Trailhead in about 1 mile on right.



Ride at your own comfort and ability level! Practice the pre-ride, re-ride, free-ride technique of becoming familiar with trail features and speed.
 DO NOT RIDE BACK UPHILL. Use Gloria's Groove to return to the parking area.

SOUTH CAÑON TRAILS



Discover flowy, easier trails close to town, or try to master the technical climb of Hard Time to the incredible views of Watchtower. Ride laps on Smooth Criminal or head to The Yard MTB skills Park to work on bike skills. Remember to ride at your ability and comfort level only.

SUGGESTED ROUTES

Beginner Route: Eagle Wing Trailhead > Wagon Trail > Mutton Bustin' | **Distance:** 2.4 mi. **Elevation:** 275 ft. | **Approximate time:** 20 mins.

Intermediate Route: Eagle Wing TH > Mutton Bustin' > Schepp Ridge > Piñon > Recycle > Water Gap > Schepp Ridge > Mutton Bustin' | **Distance:** 5 mi. | **Elevation:** ~500 ft. **Approx. time:** 45 mins.

Advanced Route: Eagle Wing Trailhead > Mutton Bustin' > Schepp Ridge > Recycle > Temple Canyon Road > Redemption > Great Escape > Hard Time > Recycle > Mutton Bustin' | **Distance:** 14.5 mi. | **Elevation:** 1,950 ft. | **Approximate time:** 1.5 hrs.

TRAIL INFORMATION

Start: Ecology Park or Eagle Wing
Elevation gain: Varies
Fitness effort: Mild to strenuous
Difficulty: Novice to advanced
Terrain: Natural surface singletrack
Seasons: All seasons.

Trail users: Hikers, bikers, equestrians
Dog friendly: Yes. Be courteous of others and keep your dog on a leash, bring waste bags, and clean up after your pet. This is a popular trail for dog owners and picking up/ disposing of waste is important.



GETTING THERE

Eagle Wing Trailhead: From downtown, turn south onto 1st Street, then west on Riverside Drive. Turn left (south) on Colburn Lane. The parking area will be on your right. Note that this trailhead is only open from dawn to dusk.

Ecology Park Trailhead: From downtown, turn right (south) onto 1st Street. Follow 1st Street to a Y in the road, where you will bear right (west) onto County Road 3. Trailhead in about 1 mile on right.

TEMPLE CANYON PARK

Temple Canyon is the ancestral land of the Utes. Dubbed 'The Temple' by later explorers and tourists, the site (along with hundreds of surrounding acres) was acquired as a city park in 1912, after the forced removal of the Utes to reservations in Southern Colorado and Utah. The rock alcove was formed by continual seepage of water into small fissures in the rock. The hike itself begins by parking at the campsite indicated on the map. For a longer hike with more historical detrius and more than half a dozen creek crossings, you can park further up Temple Canyon Road at the restrooms just before the bridge.



TRAIL INFORMATION

Start: Begin your hike at the parking lot off County Road 3.

Elevation gain: 300 foot descent from parking lot to Grape Creek, 50 foot ascent from the creek to the Temple

Fitness effort: Moderate to strenuous

Difficulty: Intermediate to advanced

Terrain: Steep switchbacks to flat creekside singletrack

Seasons: Best in early spring, summer, fall

Trail users: Hikers

Dog friendly: While you are welcome to bring dogs on this trail, please be advised that there is a great deal of cactus and also

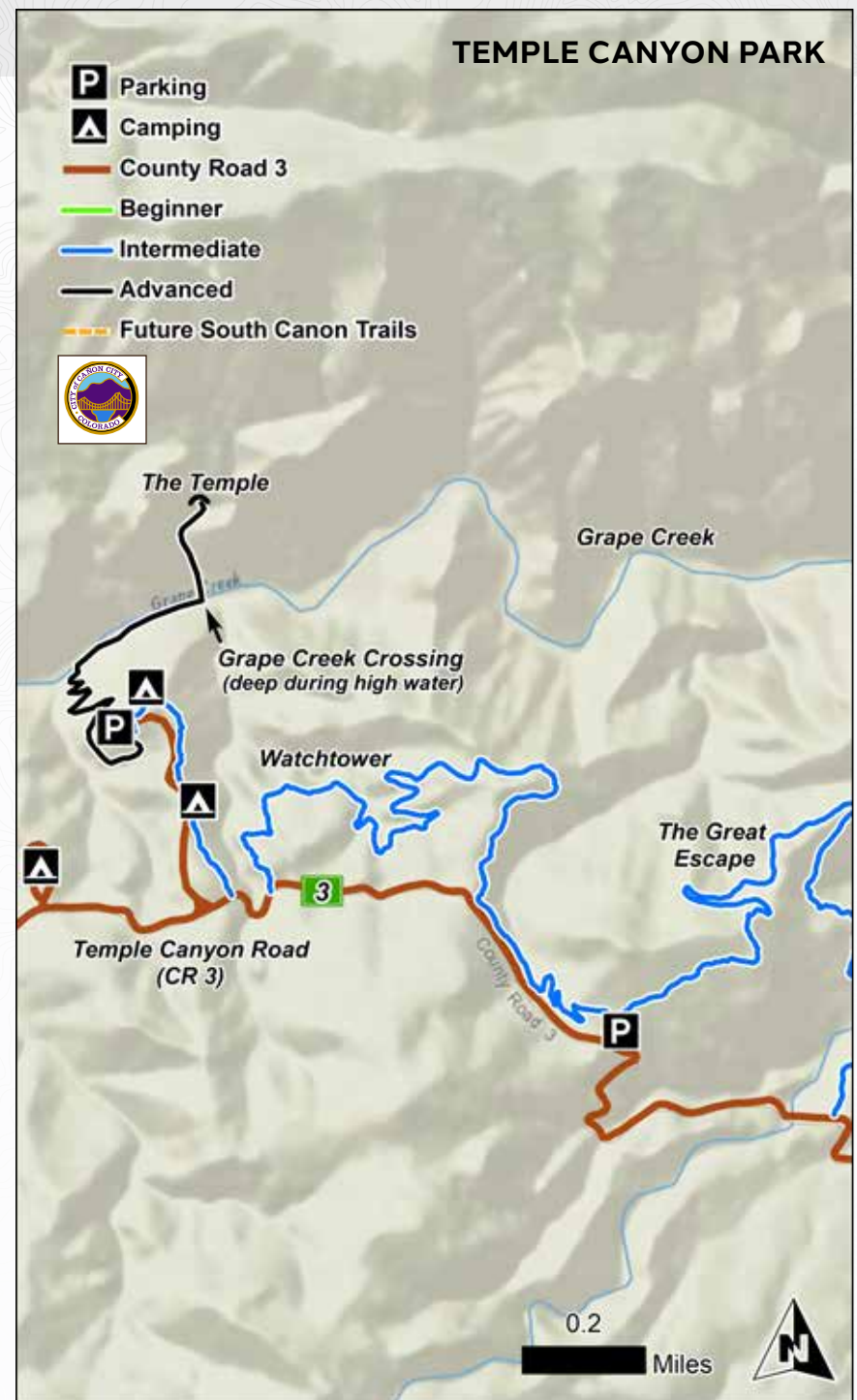
the potential for snakes. Be cautious! Keep your dog on a leash, bring waste bags, and clean up after your pet.

Distance: .6 miles or 1.25 miles one-way (depending on which trailhead you use)

Note: The longer version of this trail is inadvisable during higher water flows as there are no bridges across the creek. Please check stream flows before attempting creek crossings. In late summer or early spring, flows are usually low enough to cross safely. Also, be aware of tall grasses that can hide snakes and spiders.

GETTING THERE

From downtown, take 1st Street south for approximately 1 mile, and take a right (west) onto Temple Canyon Road (CR3). Continue on this road for an additional 5.1 miles. You'll see a turnoff on your right (north); take this and follow it to the terminus (about 1/2 a mile). You will see the trailhead past the restrooms. For a longer hike, do not take the turnoff, but continue an additional 1.25 miles to the bridge. This hike will require you to cross the creek at various locations, some of them not well-marked.



OIL WELL FLATS

Oil Well Flats utilizes some dirt roads, but consists mostly of singletrack trails. Cruise through junipers and piñons as you ascend toward Fire Canyon and Unconformity, areas that were altered in 1988 as a wildfire scorched the area.



TRAIL INFORMATION

Elevation gain: 800 feet from the first parking area to the high point - Island in the Sky

Fitness effort: Medium to strenuous

Difficulty: Novice to advanced

Terrain: Rocky; natural surface singletrack

Seasons: Best during spring and fall; rideable in winter when dry; summer will be hot

Trail users: Hikers, bikers, equestrians

Dog friendly: Be courteous of others and

keep your dog on a leash, bring waste bags, and clean up after your pet.

Distance: ~12 miles total for a round trip on the singletrack (double up or ride in reverse)

Note: Hikers tend to prefer the two upper parking lots to access the higher terrain. Horse trailer parking is available in the second lot.

Please be aware that Oil Well Flats is home to some grazing, and plan accordingly. This area is closed to motorized vehicles during muddy conditions. Respect all trail / gate closures to help maintain the integrity of the trails. Check the BLM or FAR website for updates on conditions and closures. Expect and be courteous to equestrians.

SUGGESTED ROUTES

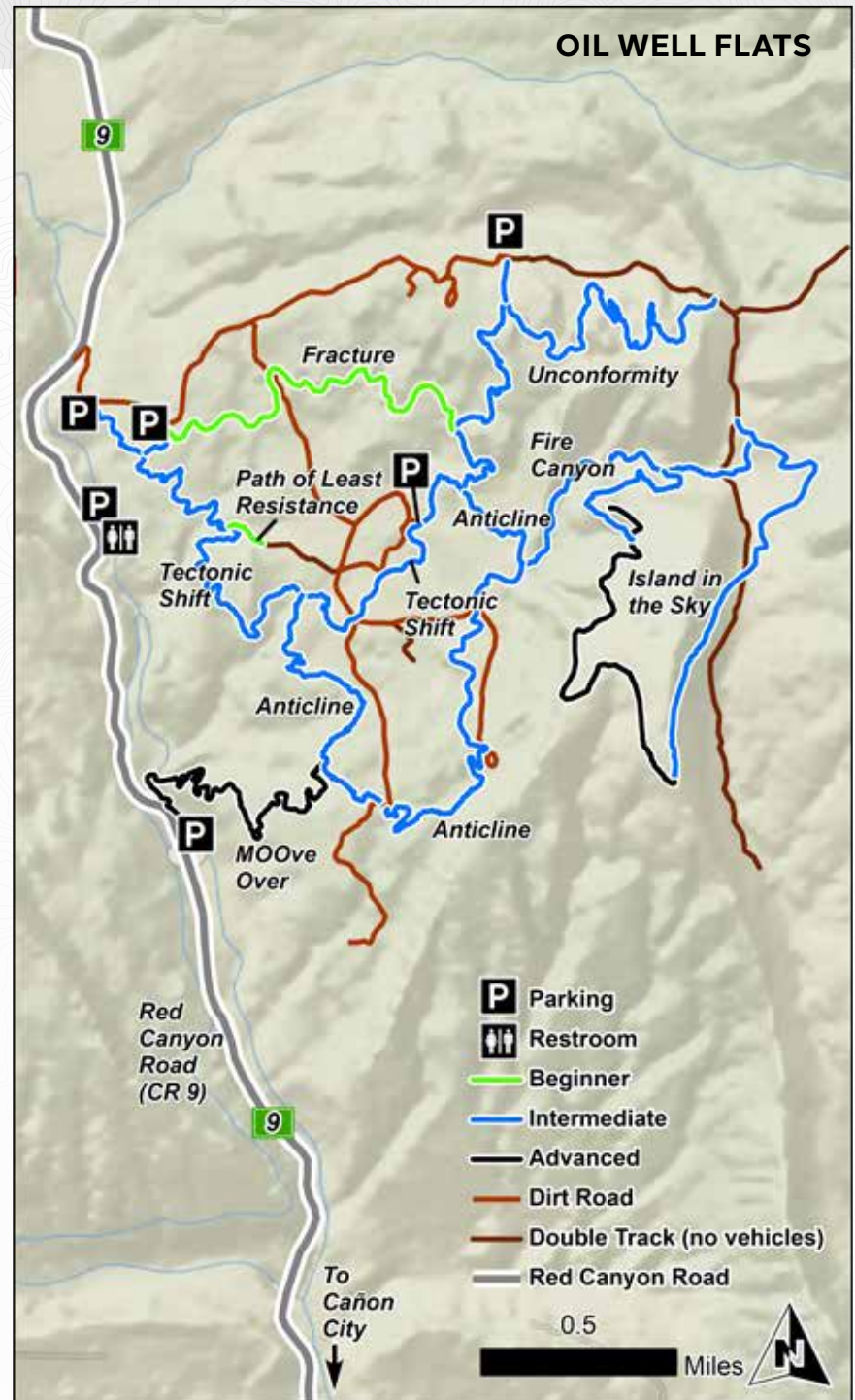
Beginner Route: 1st Parking Lot > Tectonic Shift > Fracture out-and-back | **Distance:** 4 mi. | **Elevation:** 430 ft. | **Approximate time:** 25 mins.

Intermediate Route: 1st Parking Lot > Fracture > Tectonic Shift > Anticline > Tectonic Shift | **Distance:** 6.5 mi. | **Elevation:** 730 ft. | **Approximate time:** 1 hr.

Advanced Route: MOOve Over > Anticline > Fire Canyon > Island in the Sky > Unconformity > Fracture > Tectonic Shift > Anticline > MOOve Over | **Distance:** 14.5 mi. | **Elevation:** 2,100 ft. | **Approximate time:** 2 hours

GETTING THERE

From downtown or Hwy 40, turn left (north) onto 15th Street and continue for .9 miles. Turn right (east) on Central Ave. and continue for 1 mile. Turn left (north) onto Field Ave. and continue for 2.2 miles. Continue north at intersection with Red Canyon Rd. for 3.7 miles. Turn right (east) on dirt road and continue to parking lots.



RED CANYON PARK

At Red Canyon Park you can explore 600 acres beautiful red rock from the Fountain Formation. Formed 290-296 million years ago, this rock was created by a series of braided streams carrying material eroded off of the Ancestral Rocky Mountains. Operated by the City of Cañon City, the secluded Red Canyon Park is a locals' favorite. Here you can feel free to explore on the trail or off—a true adventure.



TRAIL INFORMATION

Start: Various parking lots and camp areas
Elevation Gain: Varies
Fitness effort: Mild to moderate
Difficulty: Novice to intermediate
Terrain: Natural surface
Seasons: Year-round
Trail users: Hikers, picnickers, walkers
 (While bicycles are allowed in the area,

bicyclists may find that they wish to stick to the road for now due to the current lack of bicycle-appropriate trail and wayfinding.)
Dog friendly: Yes. Keep your dog on a leash, bring waste bags, clean up after your pet.
Distance: Varies

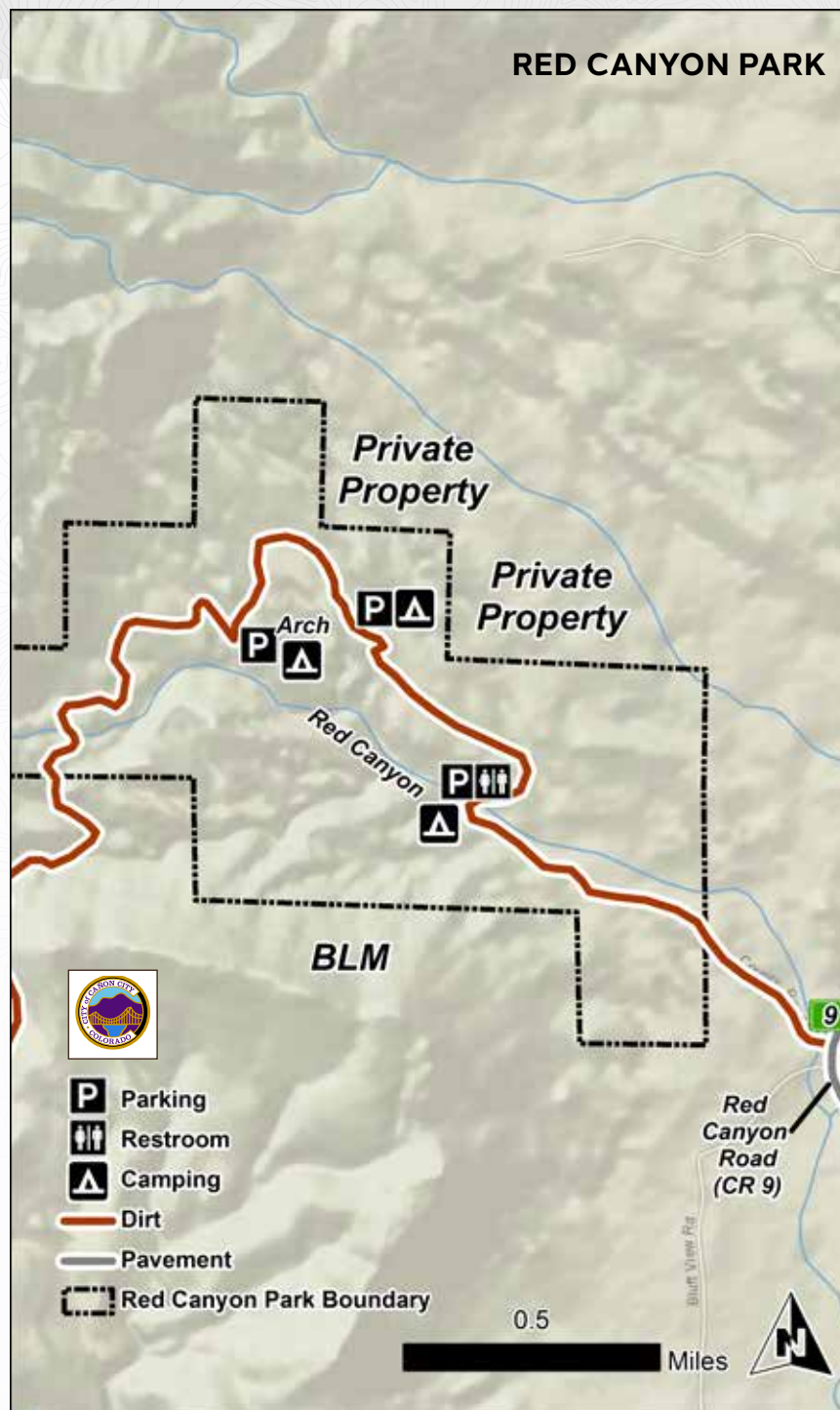
Red Canyon Hike: (Park at the first parking area, about a mile from Red Canyon Road, CR 29.) As you head into the main wash (dry creek bed) area, you'll notice right away how the rocks tower above, creating a small canyon-like experience. Explore the wash for as long—or as little—as you want! Please be safe and know your limits.

The Arch: (From Red Canyon Road, follow the park's road approximately 1.5 miles until you reach a notable pull-off on your right. Park here.) From this parking area, hike in an west south-west direction until you find the arch.

Red Canyon Adventure: You are allowed to explore across the entire Red Canyon Park area on or off trail; however, please be respectful and pay attention to the map so as to not trespass on neighboring private land.

GETTING THERE

From Highway 50, head north on 15th Street and continue for .9 miles. Turn right (east) on Central Avenue and continue for 1.0 miles. Turn left (north) onto Field Avenue and continue for 2.2 miles. At the Y, travel north on Red Canyon Road for approximately 7 miles. Red Canyon Park will be on your left. Take care after a snow or rain storm; roads can have deep ruts at times.



NEWLIN CREEK / FLORENCE MTN. PARK

Nestled in the Wet Mountains south of Florence, Florence Mountain Park is an easily-accessible escape from the high mountain desert. Just a few minutes from downtown, the park features pine forests and granite outcroppings. The local favorite is Newlin Creek trail. This winding trail follows Newlin Creek and is relatively easy for the first .75 miles. Make the creek bridge a destination for families with small children. For others, travel 3 miles to reach the alpine meadow where remnants of the Herrick Sawmill, built in 1887, now lie abandoned.

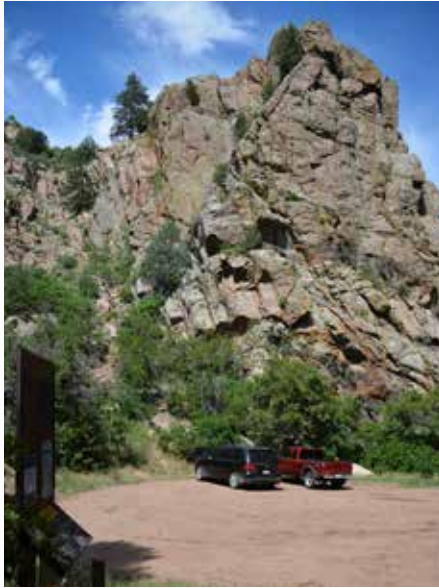
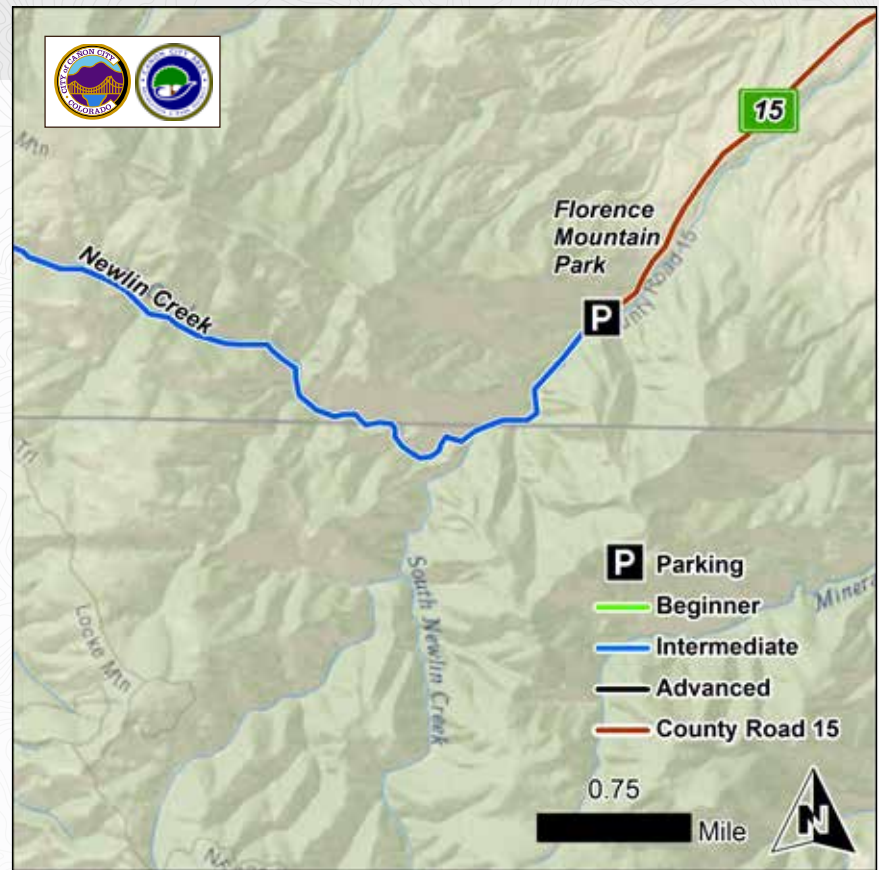


Photo courtesy of Mark Peacock



Photo courtesy of Kristan Lepik



HIKING

ROCK CLIMBING

TRAIL INFORMATION

Start: Newlin Creek Trailhead
Distance: Total distance = ~ 6 miles
Elevation gain: 1,735 feet
Fitness effort: Mild to moderate
Difficulty: Novice to intermediate
Terrain: The trail is singletrack with some creek crossings
Seasons: Year-round with some snow and ice after heavy snow. Be aware of high stream flows in the spring.
Trail users: Hikers and rock climbers

Dog friendly: Yes. Keep your dog on a leash, bring waste bags, and clean up after your pet. Leash law is enforced. This area often has wildlife.
Note: No open fires are permitted in the Park. Fire pans or designated receptacles must be utilized. Please be aware that if a red-flag warning is in effect, the park may be closed. Overnight camping is not permitted except by license agreement.



The park features a rustic log amphitheater. Follow signs for Newlin Creek and turn L at the sign for 'Amphitheater'. This space may be reserved for events. Contact Florence City Hall at 719-784-4848.



GETTING THERE

From Florence and Highway 115, turn south onto CO-69. Follow this road for 4.3 miles, then veer right onto County Road 15. Keep right for another 2.5 miles until you see the sign for Florence Mountain Park. Continue past the groundskeeper's cabin for .9 miles until you reach the trailhead.

PHANTOM CANYON / SHELF ROAD

This scenic and challenging ride offers cyclists the opportunity to traverse some of Fremont County's historic roads, linking the quaint gold mining towns of Cripple Creek and Victor with Phantom Canyon Road, part of the Gold Belt Byway.



Photo courtesy of Rodeo Adventure Labs

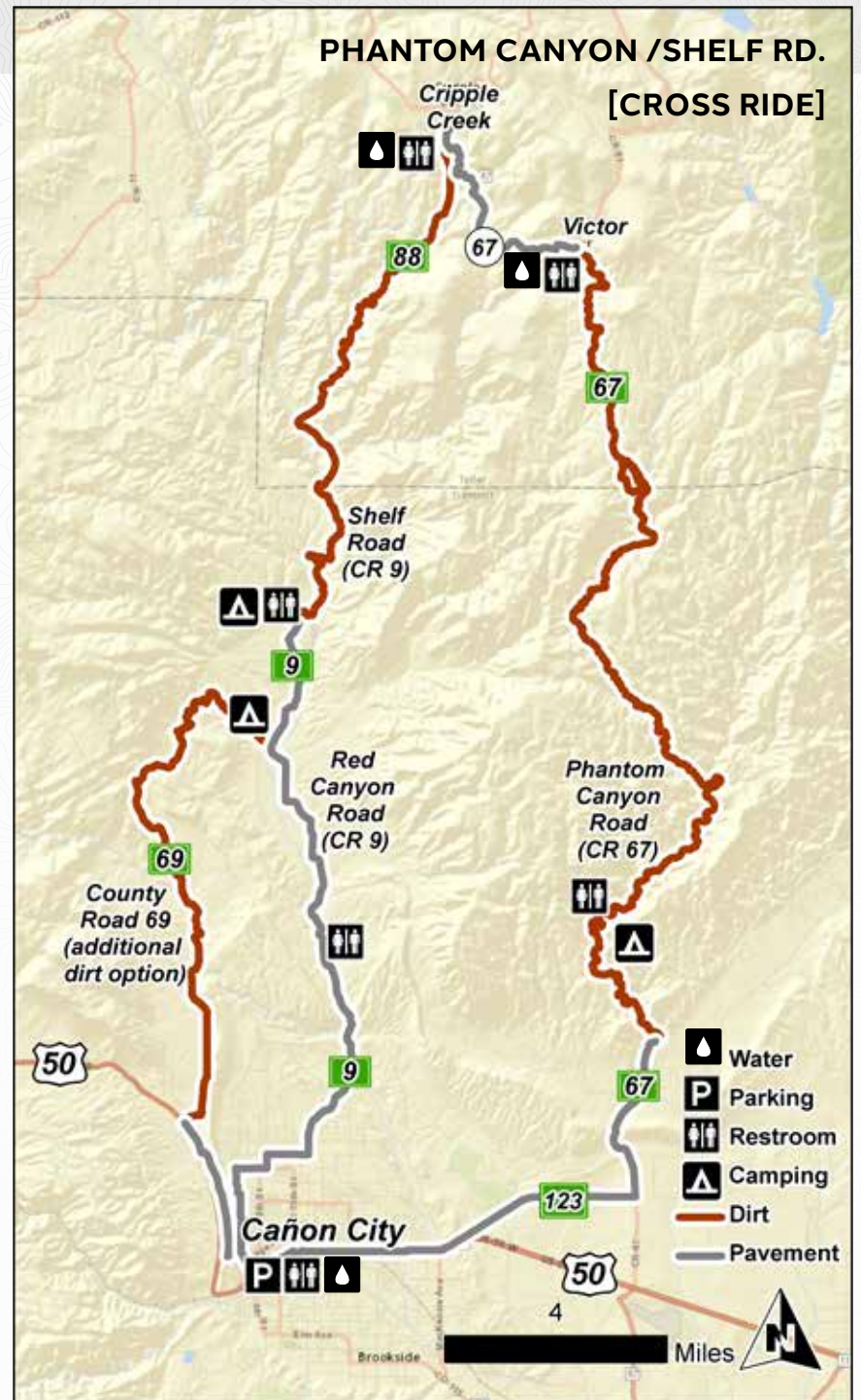
ROUTE INFORMATION

| | |
|--|---|
| Start: Downtown Cañon City | Terrain: Dirt and pavement |
| Elevation gain: +/- 7,940 feet | Seasons: Year-round, check road conditions in winter |
| Fitness effort: Moderate to strenuous | Distance: 68 miles |
| Difficulty: Intermediate | |

Head east on Hwy. 50, then east on County Road 123. At the intersection of CR 123 and CR 67, turn north on Phantom Canyon Road. The first three miles are paved, but then you'll be treated to an incredible dirt road journey up through Phantom Canyon, gaining elevation all the way. The climbing is mostly gradual, but at times kicks up to a more challenging pitch. The views of the canyon, the creek, or back to the west toward the Sangre de Cristo Mountain Range are stunning, and traffic is nominal. At times the road is tight, and is typically in washboard condition. If you ride this route counter-clockwise, however, neither are significant issues. *Please note that this entire route can obviously be ridden in a clockwise direction, but the washboard descent on Phantom Canyon is more difficult.

Higher in elevation, you'll roll through conifers and ranches into the old mining community of Victor. You are now in the high country, and the wide open expanse is exceptional. At Victor, grab Highway 67 for a quick, paved jaunt to Cripple Creek. Be mindful that Highway 67 sees both tourist and commercial mining traffic. The views are great, but stay focused on the road.

At Cripple Creek, you'll have reached the ride's high point, at well over 9,000 feet in elevation. From this point you'll travel back to the south via the legendary Shelf Road (CR 9). The dirt descent is both steep and sometimes a bit dicey, depending on road conditions. The road is narrow, so be mindful of traffic and steep exposure. You'll be treated to a beautiful 14 miles of dirt road. Once County Road 9 turns back to pavement, you simply cruise back into Cañon City on the section of the Red Canyon Road described on pages 32-33.



RED CANYON ROAD RIDE

A local favorite, this out-and-back ride travels from town and takes riders to the outskirts of Cañon City, where you'll pass the iconic Red Canyon Park along with ranches, open space, and rustling cottonwood trees along Fourmile Creek. The road sees minimal traffic, but take extra care due to winding roads and gravel on the pavement in some places.



Photo: Adam Hartman

ROUTE INFORMATION

Start: Begin downtown Cañon City and head north on 5th Street
Elevation gain/loss: +/- 2,400 feet
Fitness effort: Mild to moderate

Difficulty: Intermediate
Terrain: Paved road
Seasons: Year-round
Distance: ~ 30 Miles, out-and-back

After working your way through town, you'll pass the sawmill and leave the city behind you. It's virtually impossible to get lost from this point, as the ride simply follows Red Canyon Road (CR 9) the whole distance. It's easy to set your pace to "cruise" and enjoy the scenery.

At mile 11.5 (at a 90 degree turn in the road) you'll see the historic one-room Garden Park Schoolhouse that was in use from 1895 until 1961. It has recently been listed on the Colorado Register of Historic Properties.

At mile 12.3 is the entrance to Red Canyon Park, a fun hiking area reminiscent of Garden of the Gods. See pages 26-27 for more information.

GETTING THERE

From downtown, head north on 5th St. and make your way toward Red Canyon Road.



ROAD/CROSS CYCLING

TEMPLE CANYON ROAD CROSS-RIDE

Temple Canyon Road offers rolling terrain on gravel and paved road, with incredible views and the option to descend on singletrack. Surrounded by both BLM and City of Cañon City lands, this scenic, low-trafficked out and back ride can be increased in length by varying your start or turnaround, depending on time and effort commitment.



ROUTE INFORMATION

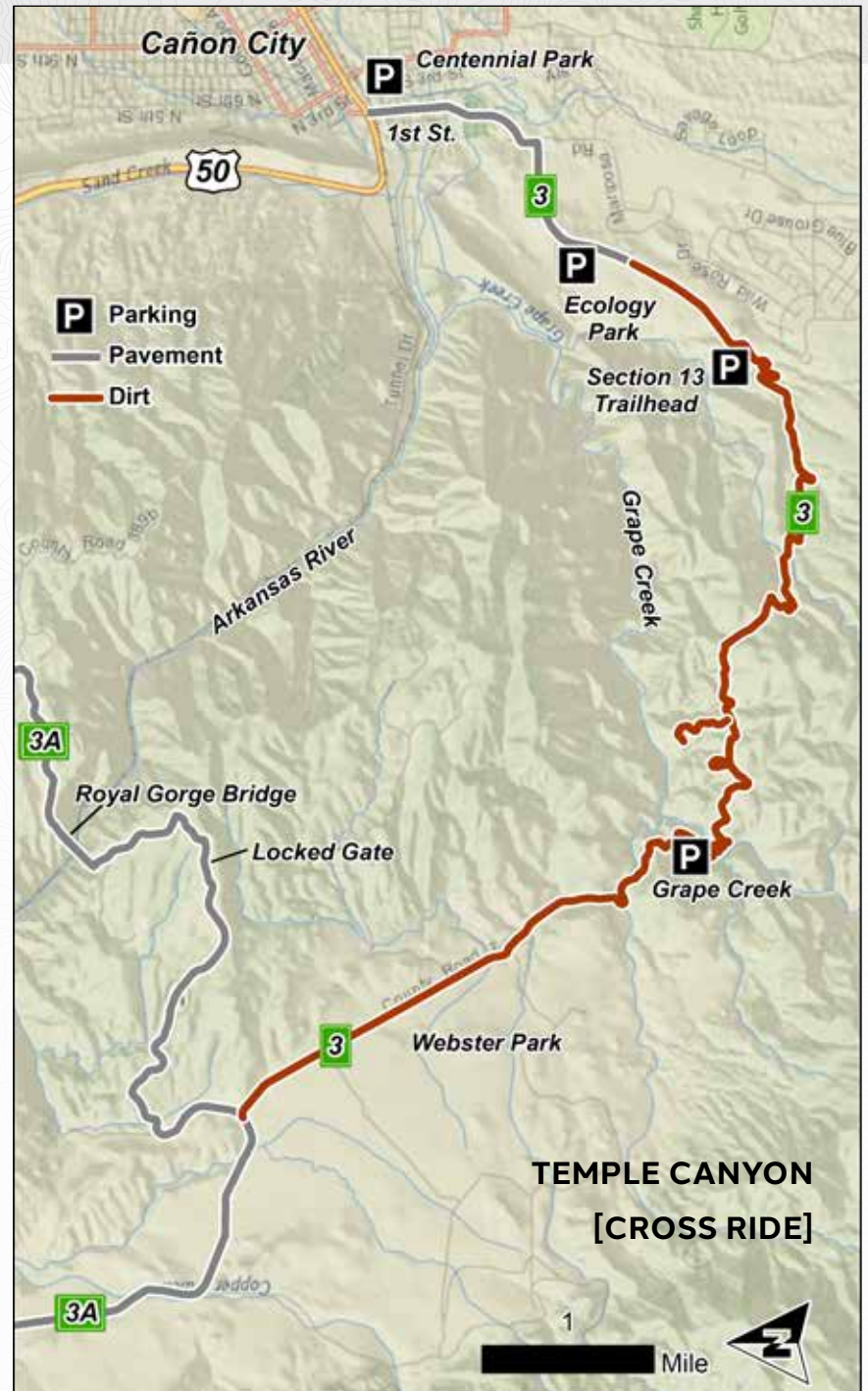
Start: Begin at the Ecology Park parking lot
Elevation gain/loss: +/- 1,400 feet
Fitness effort: Moderate
Difficulty: Intermediate

Terrain: Paved and dirt road
Seasons: Year-round
Distance: 18-23 miles round-trip

Starting at the Ecology Park at an elevation of 5,607 feet, head south on Temple Canyon Road passing an old auto salvage yard. A gentle climb of just over a mile will bring you to Section 13 and Redemption trailhead. Continue past the trailhead as you descend and climb short sections of the Temple Canyon. At 2.9 miles you will pass the Hard Time trailhead and drop slightly before climbing the last .6 miles to the top of the canyon. Upon reaching the top the road drops for a nice descent. At 5 miles you pass an old quarry and, shortly after, a series of seven turns and switchbacks with the road passing a vault toilet and a bridge crossing Grape Creek. Continue pedaling as the road gradually climbs where at mile 7 you will enter Webster Park. In another 2.3 miles you will meet the paved County road 3A, the utility road for the Royal Gorge Bridge. Total mileage at 9.3 with 1,493 ft of ascent and 1,010 ft of descent. If you crave more mileage, the Royal Gorge Bridge & Park's south gate is 2.3 miles away, but you will have to endure a short 13% grade and climb 500 feet to reach it. Note that while paved the narrow road has deteriorated over the last several years and has pot holes and loose pavement. It may have utility truck traffic accessing the South Entrance and you must stop and turn around at the gate. To access the Royal Gorge Park and Bridge you must use the north entrance off of Highway 50 CR3A. Bicycle traffic is welcome from the north entrance with paid admission.

GETTING THERE

From downtown, head south on 1st street for 1 mile. Then turn right onto Temple Canyon Rd. and park in the Ecology Park parking lot on the right.



ROAD/CROSS CYCLING

HARDSCRABBLE LOOP

Though only 95 miles, this scenic loop is the locals' century test piece. You certainly won't feel shorted, however, as multiple steep grade sections will leave your legs burning. Luckily, the scenery and views are well worth the effort.



Historic Beckwith Ranch / CO-69 / Westcliffe

TRAIL INFORMATION

Start: Begin downtown
Elevation gain/loss: +/- 6,375 feet
Fitness effort: Strenuous
Difficulty: Intermediate

Terrain: Paved road
Seasons: Year-round
Distance: ~ 95 mile loop

The Strava segment starts at Highway 50 and 9th Street in the heart of Cañon City. Head south on 9th Street/Highway 115. After a warm up climb you will wander your way south east about 8 miles to Florence. At the traffic light on the far east end of Main Street (the 3rd traffic light), turn right (south) onto Highway 67. A steady rolling incline section makes its way about 12 miles south to the hamlet of Wetmore. At the "T" intersection turn right (west) onto Highway 96. Enjoy the next several of miles of relatively low incline climbing, because it's about to get real. Before too long you will realize that you are now climbing "Hardscrabble." Channel your inner "cannibal" because Hardscrabble is a soul sucker. The "end" of the climb is McKenzie Junction. Stay right here on Highway 96 and keep climbing, though not as steeply, for another 10 miles.

The view of the Sange De Cristo mountain range as you approach the summit is amazing. After cresting out at just over 9,000 feet you will cruise into the small town of Silver Cliff, followed shortly by Westcliffe. You are now at the halfway mark (a little short of ½ the mileage, a little past ½ the time) and there are a couple of convenience stores to stock up at.

After a quick refueling, head west through town to the Highway 69 intersection. Turn right (north) and roll out of town, headed generally downhill now to the north. After about 15 miles the downhill will get serious as you plummet into Texas Creek at the Highway 50 intersection (hours for the local convenience store vary). Turn right (east) on Highway 50 and head back toward Cañon City. Save energy for the climb up the back side of 8 Mile Hill (at mile 85), you're going to need it. Following the last 2.5 mile climb, it is generally flat across the top of 8 Mile and then all downhill back into Cañon City to complete the loop.

GETTING THERE

From downtown, head south on 9th Street (also known as Highway 115) toward Florence.



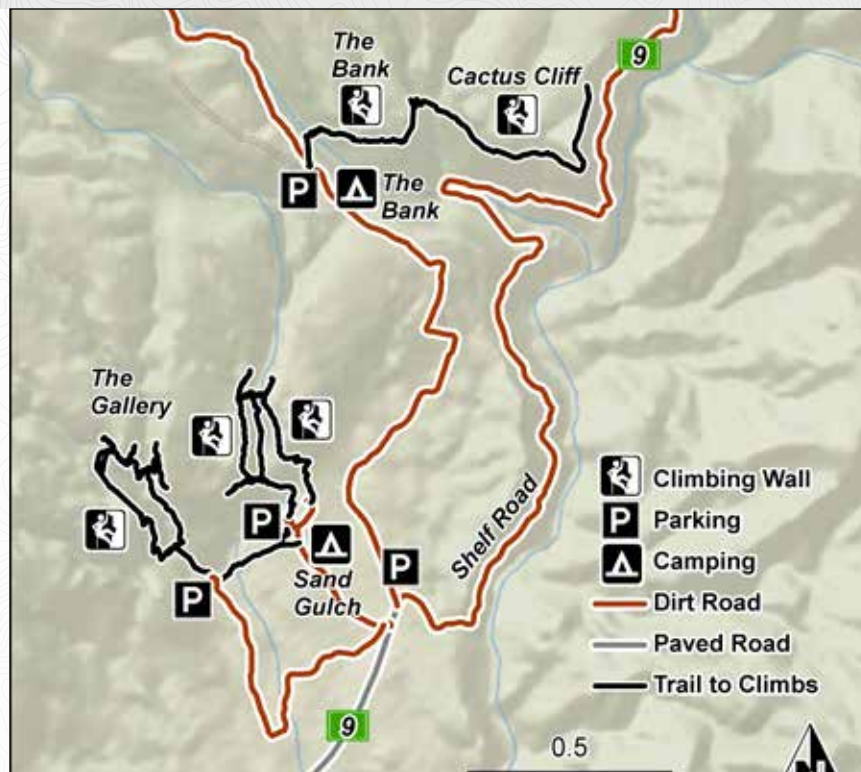
ROAD/CROSS CYCLING

ROCK CLIMBING



Climber: Biyaya Laemmel
Photo: Jerad Friedrichs

NORTH CAÑON CLIMBING



HIKING

ROCK CLIMBING

SHELF ROAD

One of Colorado's largest sport climbing destinations, Shelf Road offers a multitude of stellar rock climbs on some fascinating Limestone cliffs. Shelf is great any time of year. With so many cliff options you can find ample sun or shade climbs at any of the major climbing areas. All areas have an approach of at least a 1/4 mile or more, so wear good hiking shoes. Also, due to higher temperatures in the summer, always bring a little more water than you think you will need. Watch out for rattlesnakes in the summer and always wear a helmet because even though many of the climbs get a lot of use and have been cleaned, loose rock exists.

Equipment suggestions: 14 quickdraws, a small amount of supplemental trad gear and a 60 meter rope should give you a chance at the majority of the climbs at Shelf Road, although a few pure trad lines exist. You will find climbs ranging from 5.5 to 5.13 in difficulty here, but it is predominately a 5.10-5.11 climbing area.

SUGGESTED CLIMBS

Crynoids Corner: 5.7 | Cactus Cliff
First Blood: 5.8 | The Gallery
Lumina Crack: 5.9 | Darkside

Facing page: Number 1 Super Guy,
5.11a, The Banks

FURTHER READING / GUIDES

Green, Stewart M. Rock Climbing Colorado, 2010.
D'Antonio, Bob. Shelf Road Climbing, 2010.
Robertson, Bob and Carrie. Back Side of the Bank: Lighter Side of Shelf, 2014.

centura St. Thomas More Hospital

presents:



JANUARY 1ST

Join us on New Year's Day for the first race of the year! Walk, jog, or run a 5K or 10K course in beautiful Cañon City. Awards for non-traditional categories given!

ANNUAL



ONE BIG HAPPY LITTLE BANK



FIRST SATURDAY IN MAY
CENTENNIAL PARK, CAÑON CITY, COLORADO

PROUDLY SPONSORED BY:



IN PARTNERSHIP WITH:



runBlossom.org | facebook.com/runblossom



MOUNTAIN BIKE RACES
CAÑON CITY | COLORADO

WWW.ROYAL50.COM

RIDE THE ROYAL GORGE PARK TRAILS AND ENJOY A POST-RIDE FESTIVAL AT THE ROYAL GORGE RANCH & RESORT



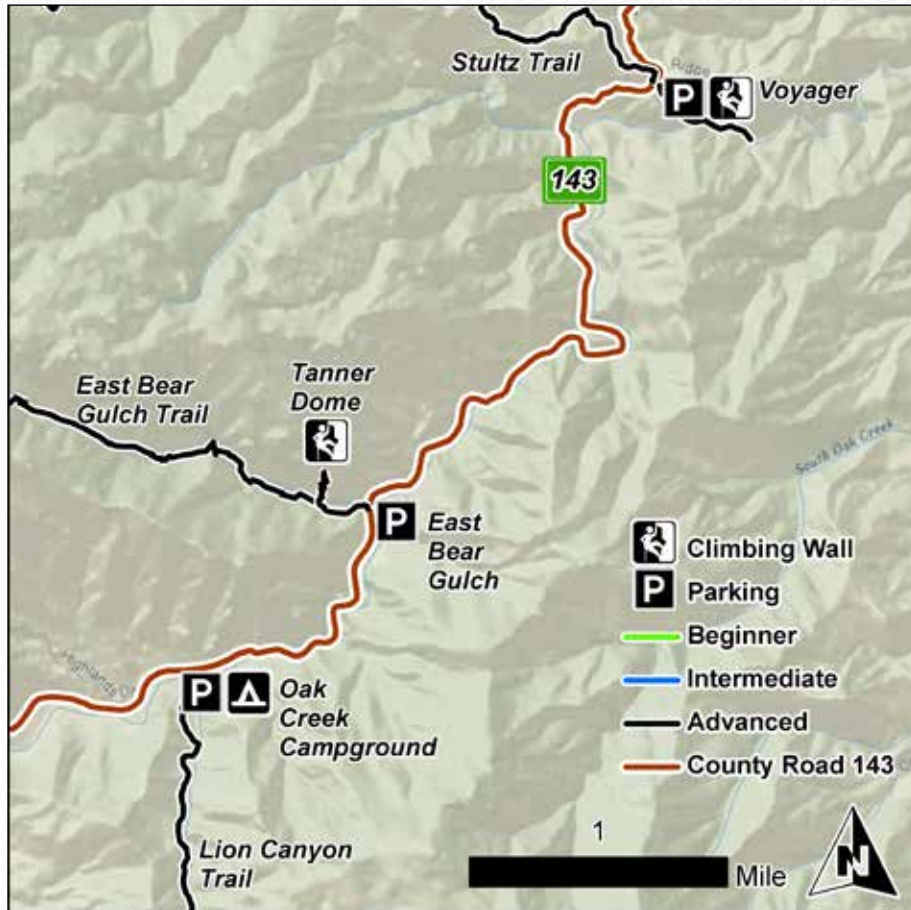
RUN FOR A REASON!

Run through the scenic foothills surrounding the Royal Gorge Bridge & Park, including the famed Royal Gorge Bridge - 1,000 feet above the Arkansas River. Proceeds benefit Starpoint Services.



RIMTORIMROYALGORGE.COM

SOUTH CAÑON CLIMBING



VOYAGER

This little Southern Colorado gem sits off to the east side of Oak Creek Grade Road (County Rd. 143). With a nice creek, trails, and well-bolted sport lines, this area is worth a look. Bring a 70-meter rope, 14 quickdraws, and some supplemental trad gear for mixed climbs!

ROCK CLIMBING ETIQUETTE

1. Know the area.
2. Practice "Leave No Trace" principles.
3. Keep your noise level to a minimum.
4. Be considerate of other climbers.
5. Be patient.
6. Respect others' space.
7. Be respectful of the environment.
8. Be safe.

TANNER DOME CRAGS

Approximately 11 miles south of Cañon City, Tanner Dome and adjacent crags are located on the west side of the scenic Oak Creek Grade. With over 80 routes on incredible granite, Tanner Dome is a wonderful area offering single and multi-pitch climbing to suit expert and beginner climbers' sport-climbing urges. Climbs range from 40 to over 200 feet. A 70 meter rope and 14 quickdraws will get you up the majority of the climbs and enable you to link some two-pitch climbs into one long granite cruise! Some beautiful mixed and trad lines also exist at the Tanner Dome area, so if you're willing to drag the trad rack up the hill, you'll be rewarded with some four-star routes to play on.

Make sure you wear your sturdy hiking boots for the rugged and steep access trail. Be sure to wear your helmet at the crag! Even some solid granite rock faces have areas of rockfall. Due to the remote location, it is best to bring enough food and water to keep your group happy, and to enjoy this forested wonderland in the Wet Mountain range.

Please Note: The cliffs are closed to climbing April 1 - Aug. 1 for Peregrine Falcon habitat. Please respect the birds and find another climb location during this time.

SUGGESTED CLIMBS

Tanner Classic: 5.7
Landscape Architect: 5.8
Amp Right: 5.9

FURTHER READING / GUIDES

Green, Stewart M. Rock Climbing Colorado, 2010.
Mountain Project: Tanner Dome. mountainproject.com/v/tanner-dome/105746629

NEWLIN CREEK (SEE MAP ON PAGE 29)

Tucked in to the Wet Mountains behind the quaint little town of Florence, Newlin Creek offers a wonderful alpine setting with some intriguing granite boulders and spires peaking out from behind the dense forest. Not much has been written about this area yet but it has some good stone if you go hunting around with some gear and a sense of adventure. A 70 meter rope, 14 quickdraws, and a small trad rack for the mixed routes is a recipe for a good time! There are also a few nice boulder problems in the area for bouldering. Be aware of equestrian riders in the area. This spot is best enjoyed during the warmer months as it holds snow well in the valley during winter months, but be careful of snakes when it gets warmer.

FURTHER READING / GUIDES

Breustle, Ben. 2003. The Ripper: Climbing in Colorado's Wet Mountains. Sharp End Publishing.
Mountain Project: Newlin Creek. mountainproject.com/v/newlin-creek/105744415

Robertson, Bob and Carrie. "The Sunny Side of Voyager", 2013.



BOATING & FISHING

- If you need to scout a rapid, portage, or pull over for any reason, please be respectful of private property. (The railroad in both Bighorn Sheep Canyon and The Royal Gorge is private property. Do not use the tracks for scouting or access.)
- Always maintain a safe distance between boats. If you are a single boat and need to run with another group, always ask and alert them of your plans.
- Only pass other boats in calm sections of the river, not in rapids.
- Please pack out all trash, including food and human waste.
- Please check for fire bans before making campfires. Always use a fire pan.
- Park only in designated parking areas along the river, and always pay the applicable fees.
- Be courteous to anglers and fishermen. Lower your noise level and paddling as you pass.
- Take special care of the riparian environment: Do not bother wildlife or tread on plants.
- When inflating and deflating your rafts, please be considerate of other boaters: Do not block access points to the river or high-traffic loading/unloading zones.

RIVER FLOWS

The United States Geological Survey (USGS) monitors water flows on the Arkansas River. You can access their site and check conditions April through September. Please note that rapids change significantly as water flows increase and decrease throughout the year, and because the Arkansas is a low-volume river, even rainfall can affect the flow.

Check for updated flow reports at: <http://waterdata.usgs.gov/co/nwis/rt>
Click on the 'Colorado Statewide Streamflow Real-Time Table' link and scroll down to the Arkansas Headwaters info. The Parkdale gauge is located just above the Royal Gorge.

Whitewater rafting, kayaking, and floating are not recommended without proper training, equipment, and experience. Always wear appropriate flotation devices and check water conditions before putting on the river.

COLORADO LAW REQUIRES

- All occupants of inner tubes, air mattresses, and similar devices to wear a U.S. Coast Guard approved type I, III or V PFD (personal flotation device), i.e. a "life jacket".
- All persons under the age of 13 swimming in the Arkansas River within the AHRA must wear a U.S Coast Guard approved type I, III or V PFD.
- All boats must be labeled with the owner's name and address. In addition, please add your phone number.

ADDITIONAL INFORMATION

AHRA's Website: cpw.state.co.us/placestogo/parks/ArkansasHeadwatersRecreationArea

Staub, Frank. The Upper Arkansas River: Rapids, History & Nature - Mile by Mile. Fulcrum Publishing, (1988.)

*Boater: Derrick Donnell
Photo by: Danyll Donnell*

PINNACLE ROCK TO CENTENNIAL PARK



Photo courtesy of Tenille Lenard

RIVER FEATURES

Seasons: Higher water occurs in May-June. Water levels significantly decrease in late summer and slow to ~350 cfs by fall. Always check stream flows (available on the AHRA website) before rafting any section.
Distance: ~20 miles

Note: Mornings and late afternoons are the best time to raft this stunning 20-mile stretch. Most outfitters put on around 8:30-9:00 a.m., but the busiest time is midday. Go early or late to beat the crowds, especially during summer weekends.

This stretch of river is one of the most exhilarating and popular whitewater runs in Colorado. It includes both Bighorn Sheep Canyon (class II-III) and the Royal Gorge (class III-IV).

- Pinnacle Rock:** A common put-in for Bighorn Sheep Canyon
- Three Rocks:** An impressive class III-IV rapid that should be scouted at higher flows.
- Five Points:** Wave to folks on the viewing deck! There are also restrooms and camping at this location, accessible from Highway 50.
- Spikebuck:** At higher water flows, avoid the large rock in the center of the river and the curling standing wave just after it. Spikebuck rock is left of center toward the bottom.
- Parkdale:** This is a great spot to eat lunch at the picnic tables. Restrooms located here.
- Sunshine Falls:** A difficult class IV rapid that bears scouting (via river right).
- Narrows:** Pass under the Bridge and Hanging Bridge; watch for rebar on river left.
- Boateater:** This fun rapid features a large rock/hole in the middle of the river.
- Pipeline:** Noted for the water delivery pipeline up above, this rapid signals the end of the notable rapids in the Gorge. Enjoy the float out!
- Centennial Park:** Take out on river-right, or on river-left for the River Station Boat Ramp.

GETTING THERE

Access Pinnacle Rock River Access by traveling ~21 miles on Highway 50 west toward Salida. Turn right into the parking lot. Visit the kiosk to pay all applicable fees.



This stretch of river will take you mostly across Class II waters. From Centennial Park, you'll float through some of Cañon City's Whitewater Kayak and Recreation Park's river features and under the historic Black Bridge. Keep your eyes peeled for wildlife such as deer, falcons, egrets, and perhaps even a river otter or beaver.

RIVER FEATURES

- Centennial Park Boat Ramp:** Park your car and get on the river.
- Centennial Park Play / Surf Waves:** Watch for a nice play wave. Can be big at higher flows. Timid boaters can try to sneak the wave just right of center.
- River Front Park:** Another boat ramp option to put in or take out (river-left).
- Black Bridge:** A second play wave is located just upstream of Black Bridge. Please give yourself plenty of room to navigate around the bridge pier.
- 9th Street Wave Train:** Located river-right, just follow the fun waves!
- A Nice Float:** for the remainder of the trip. Watch for wood in the river, since high waters will often snag large cottonwood logs.
- Raynolds Bridge and Take-Out:** The river braids into two channels near the bridge. Be sure to give yourself plenty of room near the bridge piers! *Be aware that the take-out comes fast immediately after the bridge on river-right.
- Diversion Structure:** Stay to river left and avoid rocks and rebar as part of a ditch diversion.
- MacKenzie Avenue Take-Out:** This newer takeout is immediately after the bridge on river right.



Lower-flow float through Centennial Park



River surfing at the play / surf wave

Remember that even this section of river requires a certified PFD (life jacket) if you are floating in ANY kind of raft or boat. Borrow one at the loaner station at either play wave. Please remember to return them!

BETA TIP

BOATING/FISHING

CAÑON CITY PARKS

Cañon City has a number of parks that are suitable for both children and pets. Please enjoy all parks responsibly and pick up any waste (including pet waste). Parks with river access are accessible via the road and the Riverwalk Trail.

| | | SPORTS FIELD | PICNIC AREA | PLAYGROUND | RESTROOMS | POTABLE WATER | RIVER ACCESS |
|----|--|--------------|-------------|------------|-----------|---------------|--------------|
| 1 | Denver & Rio Grande Park | | ● | | | | |
| 2 | River Front Park | | ● | ● | ● | ● | ● |
| 3 | Veterans Park | | ● | | ● | ● | |
| 4 | Centennial Park / Whitewater Park / Tennis Ct. | ● | ● | ● | ● | ● | ● |
| 5 | John Griffin Regional Park | | ● | | ● | | ● |
| 6 | Rouse Park | ● | ● | ● | ● | ● | |
| 7 | Dog Park and Archery Range | | ● | | | | ● |
| 8 | Magdalene Park | | ● | | | | |
| 9 | Margaret Park | | ● | ● | | ● | |
| 10 | Icabone Swimming Pool | | ● | | ● | ● | |
| 11 | Rudd Park / Tennis Courts | | ● | ● | ● | ● | |
| 12 | Harrison Park | ● | ● | ● | ● | ● | |
| 13 | Mountain View Park and Skate Park | ● | ● | ● | ● | ● | |
| 14 | Greydene Park | | ● | | | ● | |



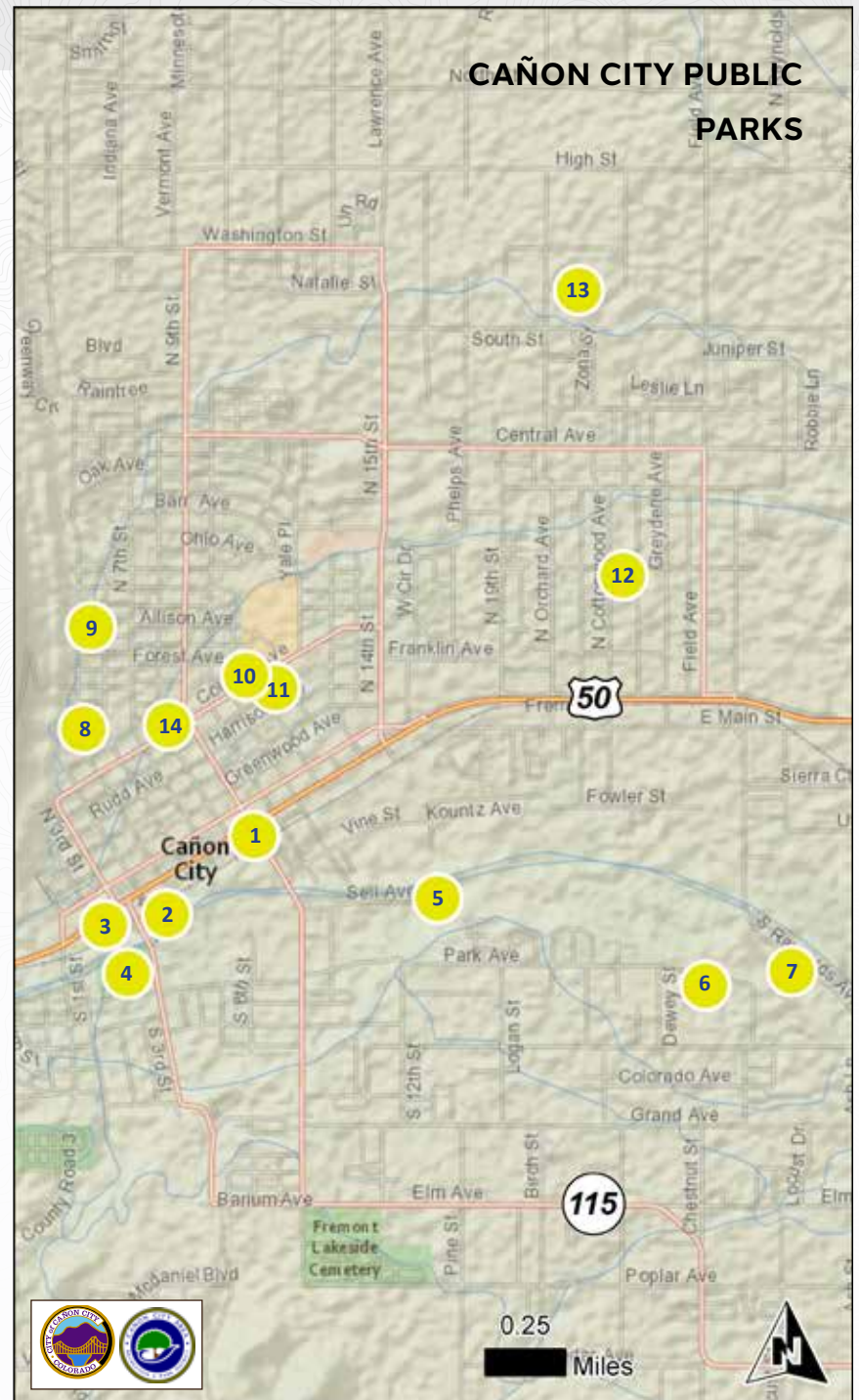
Splash pad at Centennial Park



Play structures at Centennial Park



Whitewater Kayak and Recreation Park at Centennial Park



CAMPING

PRIMITIVE CAMPING

Spring, summer, and fall in the Banana Belt of Colorado are perfect for camping. See page 2 for average temperatures throughout the seasons.

| | # OF SITES | PICNIC TABLES | FIRE RINGS | VAULT TOILETS | POTABLE WATER | TRAIL ACCESS | RIVER ACCESS | PRICE |
|-------------------------|--|---------------|------------|---------------|---------------|--------------|--------------|--------|
| East Ridge Campground | 20 | ● | ● | ● | | ● | | \$20 |
| Temple Canyon Park | 8 | ● | ● | ● | | ● | | - |
| Red Canyon Park | 5 | ● | ● | ● | | ● | | - |
| The Bank and Sand Gulch | 31 | ● | ● | ● | | ● | | \$7-14 |
| Oak Creek | 12 | ● | ● | | | ● | | - |
| Five Points | 20 | ● | ● | ● | | | ● | \$18 |
| Phantom Canyon Road | (Where space available. No amenities.) | | | | | | | - |

CAMPING GUIDELINES



Please note: Dispersed camping does NOT mean that all open space is camping space. PLEASE preserve delicate plants and limit erosion by camping ONLY in approved, designated spots.

- Build fires in approved fire pits.
- Pay all appropriate fees.
- Dispose of trash in or pack it out.
- Pitch tents only in approved areas.
- Be aware of wildlife: keep your campsite free of food and waste.

COMMERCIAL CAMPING / RV SITES

From dispersed tent sites to luxury glamping tents and cabins, the Royal Gorge Region has something for every itinerary.

| | # RV SITES | # CAMP SITES | WI-FI | PLAYGROUND | POOL | POTABLE WATER | CABINS | PRICE |
|--|------------|--------------|-------|------------|------|---------------|--------|-------|
| Mountain View RV Resort mountainviewrvresort.net | 40 | 0 | ● | ● | | ● | ● | \$\$ |
| The Farmhouse RV farmhouseroyalgorge.com | 89 | 37 | | ● | ● | ● | ● | \$ |
| Royal Gorge KOA - 1% for Trails koa.com/campgrounds/royal-gorge | 80 | 20 | ● | ● | ● | ● | ● | \$ |
| Royal View Campground royalviewcampground.com | 50 | 12 | ● | | ● | ● | ● | \$\$ |



FAMILY FUN & ACTIVITIES

SUGGESTED ITINERARIES

The Royal Gorge region has a wealth of activities and local businesses to make your trip memorable. Please check the back of this guide to identify businesses that contribute to FAR and local trailbuilding efforts.

FAMILY ITINERARY

DAY 1

MORNING

- Stroll / bike along Tunnel Drive
- Play at Centennial Park splash pad and playground

LUNCH / AFTERNOON

- Take the train into the Royal Gorge
- Grab an ice cream cone
- Walk along Main Street

DINNER / EVENING

- Dinner in downtown Cañon City, or grab take-out and head to a local park
- Drive over Skyline Drive to see real dinosaur tracks
- Take a sunset hike in the Hogbacks
- Relax at your hotel or campsite

DAY 2

MORNING

- Raft Bighorn Sheep Canyon or Upper Bighorn Sheep Canyon (Family-class)

LUNCH / AFTERNOON

- Lunch on 8-Mile Hill
- Visit a dinosaur or history museum (with dinosaur bones)

DINNER / EVENING

- Dinner in downtown Cañon City
- Walk along the Riverwalk Trail
- Search royalgorgeregion.com for live music or festivals in the area

ADVENTURE ITINERARY

DAY 1

MORNING

- Grab a bagel breakfast in town
- Morning bike / hike at Oil Well Flats or South Cañon Trails

LUNCH / AFTERNOON

- Lunch in downtown Cañon City
- Stroll Main Street
- Stop in for a pint of Colorado brew

DINNER / EVENING

- Camp at a campground near the Royal Gorge
- Evening hike along the Royal Gorge Park trails
- Dine at the Royal Gorge Bridge
- Relax in your hammock

DAY 2

MORNING

- Morning zipline tour or raft the Royal Gorge (Adventure-class)

LUNCH / AFTERNOON

- Lunch on 8-Mile Hill
- Afternoon bike ride or hike at the Royal Gorge Park trails

DINNER / EVENING

- Dinner in downtown Cañon City
- Wine tasting at a local winery
- Search royalgorgeregion.com for live music or festivals in the area

Riders: Lilliana, Rosalie, and Anthony Johnson

FOSSIL DISCOVERY

Please remember fossils are often not available for collecting unless you have permission by the landowner/land manager. These fossils are rare and cannot be replaced. If you find something or notice questionable activities, please report them to the respective land manager.

MARSH / CLEVELAND QUARRY

Located in the BLM's Garden Park Fossil Area NNL (National Natural Landmark), Marsh Quarry has a .25-mile trail from the parking lot. Hike up to an overlook to see where Allosaurus, Ceratasaurus, Diplodocus, and Stegosaurus were first found in the late 1800s by local Marshall Felch. Cleveland Quarry area includes picnic tables and a vault toilet located along Fourmile Creek. Here in the 1950s, the Cleveland Museum of Natural History excavated "Happy the Haplocanthosaurus", which is still on display there today. For more information, visit: www.handsontheland.org/garden-park/ or www.gardenparkdinosaurs.com.

SKYLINE DRIVE

Right along the crest of City of Cañon City's famous and fun Skyline Drive lies a clear trackway of Ankylosaur footprint casts within the Dakota Hogback formation. Visible from the road, imagine traveling along the coastline of the ancient Western Interior Seaway 90 million years ago with this dinosaur! (See pages 14-15 for more information.)

HOGBACKS OPEN SPACE AREA

At the Floral Trailhead as well as where the Greenhorn Trail meets Old Skyline Drive, two interpretive kiosks illustrate the area's geologic, fossil, and paleontological past. The Bridge Creek Trail, located near the Floral Ave. Trailhead, has additional kiosks.

ROYAL GORGE MUSEUM AND HISTORY CENTER

The Royal Gorge Regional Museum & History Center: The history center has great geological and paleontological displays. Exhibits highlight the scientists who've worked on the fossils in our area. See museum details and hours on page 81.

ROYAL GORGE DINOSAUR EXPERIENCE

Check out world-class interactive displays, real dinosaur fossils, dino fossil casts, animatronic dinosaurs, and more. Guided tours are available in the exhibit hall, and the ropes courses are fun too! Located at 44895 West Hwy 50 atop 8-Mile hill. Visit dinoxp.com or call 800-209-0062 for more information and updated admission.

INDIAN SPRINGS TRACE FOSSIL NNL

(\$10 per person) This NNL is the best Ordovician trace fossil site in North America. See Fremont County's oldest fossils – from about 450 million years ago! Contact: Carly Thorson at the Indian Springs Campground (719-429-2206) for a tour of this protected fossil site.

PUEBLO COMMUNITY COLLEGE

You'll find the Crossroads Through Time Heritage Park in front of the college. Take a .4-mile Geology Time Trail that introduces and explains both local and global geology and paleontology events.



5
MILES

HOGBACKS OPEN SPACE - GREENHORN

Start at the Floral Avenue trailhead and head out on Greenhorn. In just about .25 mile, you'll find some great interpretive kiosks with information about local geology and geography.

1.5
MILES

RED CANYON PARK

A locals' favorite, the park will treat you to an unexpected red rock adventure! Explore the area as you wish. (Safely, please!) Many visitors enjoy walking up the main wash of Red Canyon or playing on the rocks. Check out the map on pages 24-25.

2
MILES

ROYAL GORGE PARK - TRESTLE TRAIL

This incredible trail starts at the public parking lot near the entrance to the Royal Gorge Ranch & Resort. Follow the signs to Point Alta Vista and trestles. Please stay on the trail and respect private property owners. Enjoy the view!

2
MILES

MARSH QUARRY

Park at the pullout on Red Canyon Road for this fun, moderate hike. Check out where the infamous Bone Wars took place, and look for fossils along the way. Reach the overlook (watch little ones) and read more at the kiosk. Play in Four Mile creek across the street afterwards.

1.5
MILES

SOUTH CAÑON - WATER GAP TO GRAPE CREEK

Start at the Ecology Park parking area and hike down the big hill to the Water Gap trail. Follow the dry creek bed to Grape Creek, where you'll find shade, rocks, and water nearly year-round to play in.

2
MILES

SOUTH CAÑON TRAILS - SAND HILL

From the Eagle Wing trailhead, head up Wagon Mound to Schepp Ridge and then to the Sand Hill trail. It's a moderate hike with a steep climb just at the end. The views are wonderful!

1.5
MILES

ROYAL GORGE PARK TRAILS - OVERLOOK LOOP

Start at the Canyon Rim trailhead on County Road 3A. Cross the road and take a right at the trail to head out to Overlook Loop. Watch for cactus, but enjoy a relatively mild hike with absolutely stunning views of the Royal Gorge and the Bridge. At Rock Hardy, hike upward to cut off some mileage.

Summers can be hot, and you may want a shadier excursion in July and August.

**BETA
TIP**

1
MILE

RIVERWALIK - EASY RIDE

Slightly older kids may enjoy this ride along the river, through three historic tunnels. There is a steep dropoff on one side, but the trail is wide and there are no technical elements. Tackle the big hill at the beginning and it's flat all the way to the end and back.

2
MILES

RIVERWALK - TUNNEL DRIVE

Start at Centennial Park and ride up to the Tunnel Drive trailhead. Going back to the park, it's an easy downhill grade. Ride the other direction to pass murals painted by kids, the train depot, and underneath a few bridges.

2.5
MILES

SOUTH CAÑON - MUTTON BUSTIN'

Begin at Eagle Wing trailhead for a nice easy ride up. You can take Wagon Trail for a straight shot up, and then take Mutton Bustin' down for a smooth, flowy, non-technical ride. As riders become more experienced, you can also incorporate Schepp Ridge and Recycle into the loop. Head to The Yard bike park for a few laps on the features, too!

3.5
MILES

HOGBACKS - GREENHORN TO GRANEROS

Begin at Floral Avenue trailhead and take Greenhorn to the end, where it meets up with Graneros. Peddaling the rolling hills of the Hogbacks is a great workout, but it's smooth and flowy all the way back on singletrack to the trailhead.

3.2
MILES

OIL WELL FLATS - FRACTURE

From the first parking lot, head out on Fracture for a family-friendly ride. You will encounter some rocks and mild technical spots, so make sure kids are ready to handle those elements.



TRAILS CHECKLIST

WHICH TRAIL TO TAKE?

Each trail in the Royal Gorge Region offers something new and different - whether it's an opportunity to explore historic quarries, view the Arkansas River from 1,000 feet above, practice your mountain bike skills, or enjoy a quiet moment high above the river valley.

HOGBACKS OPEN SPACE

- Greenhorn 1.7 mi ●
- Graneros 1.8 mi ●
- Old Skyline Drive 0.5 mi ■
- Dakota Ridge 1.4 mi ◆

ROYAL GORGE TRAILS

- S'Mores 0.7 mi ●
- The Maze 1.6 mi ●
- Dream Weaver 1.8 mi ■
- Darkside of the Moon 1.1 mi ■
- LeView 0.1 mi ■
- FAR Out 1.8 mi ■
- Canyon Rim 1.6 mi ■
- Cañon Vista 0.7 mi ■
- Summit Trail 1.2 mi ■
- Overlook Loop 1.2 mi ■
- Rock Hardy 0.2 mi ◆
- Twisted Cistern 1.6 mi ●
- Made in the Shade 3.3 mi ■
- One Track Mind 3.0 mi ◆
- Fremont Peak 2.5 mi ◆■
- Royal Cascade 3.6 mi ◆◆

SOUTH CAÑON TRAILS

- Sand Hill (foot only) 0.1 mi ■
- Schepp Ridge 1.3 mi ■
- Mutton Bustin' 1.2 mi ●
- Smooth Criminal (bike only) 1.2 mi ■
- Water Gap (foot only) 0.2 mi ■
- ReCycle 1.1 mi ●
- Redemption 1.7 mi ■
- Hard Time 3.1 mi ◆
- The Shiv 0.2 mi ■
- Rerdemption 1.7 mi ■
- The Great Escape 1.8 mi ■
- Watchtower 2.5 mi ■
- LAMBA Chops 1.8 mi ■
- Hotshots 2.1 mi ■

OIL WELL FLATS

- Fracture 1.7 mi ●
- Tectonic Shift 2.2 mi ■
- Path of Least Resistance 0.3 mi ●
- Anticline 2.9 mi ■
- Unconformity 2.5 mi ■
- Fire Canyon 0.9 mi ■
- Island in the Sky 3.0 mi ◆
- MOOve Over 1.4 mi ◆

Use the chart below to help you discover which system will offer you the appropriate skill level and amenities. Always read the complete trail descriptions (within this guide). Note: Weather can also effect trail, creek, and road conditions.

| | EASY HIKING / BIKING | ADVANCED HIKING / BIKING | AMAZING VIEWS | INTERPRETIVE MARKERS | STROLLER / WHEELCHAIR ACC. | WATER (FOR PLAYING IN) | RESTROOMS | LESS THAN 10-MINUTE DRIVE | ROUGH ACCESS ROAD | HISTORICAL SIGNIFICANCE |
|-------------------------|----------------------|--------------------------|---------------|----------------------|----------------------------|------------------------|-----------|---------------------------|-------------------|-------------------------|
| Arkansas Riverwalk | ● | | | ● | ● | ● | ● | ● | | ● |
| Tunnel Drive | ● | | ● | | ● | | ● | ● | | ● |
| Hogbacks Open Space | ● | ● | ● | ● | ● | | | ● | | ● |
| South Cañon Trails | ● | ● | ● | | | ● | | ● | | ● |
| Ecology Park | ● | | | | ● | ● | | ● | | ● |
| Section 13 | | ● | ● | | | | | ● | | |
| Temple Canyon Park | | ● | ● | | | ● | ● | | ● | ● |
| Oil Well Flats | | ● | ● | | | | | | ● | ● |
| Red Canyon Park | ● | ● | ● | | | | ● | | ● | ● |
| Royal Gorge Park Trails | ● | ● | ● | | | | ● | | | ● |
| Newlin Creek | | ● | ● | | | | | | ● | ● |
| Pathfinder Park | ● | | | | ● | ● | ● | ● | | |



Use a trail app like COTREX or Trailforks to help you discover where trailheads are and how difficult each trail is. Plan your trip accordingly.



SUPPORT SEARCH AND RESCUE TEAMS

Fremont Search & Rescue is a volunteer organization dedicated to providing emergency aid to all who may need it. They give freely of their own time and money to acquire skills and conduct rescue operations. Please help them by:



1. Carrying the '10 Essentials' on all excursions
2. Being aware of your abilities and staying safe
3. Checking conditions and weather before you head out

You can support the work of Fremont SAR and other groups by purchasing a Colorado Outdoor Recreation Search and Rescue (CORSAR) card. For just \$3 per year or \$12 for five years, you can contribute to the Search and Rescue Fund, which reimburses teams for costs incurred in search and rescues activities across the State of Colorado.



The CORSAR card is not insurance and does not reimburse individuals nor does it pay for medical transport. <https://dola.colorado.gov/sar>



OBSERVE ALL FIRE BANS

It is important to note that fire bans may change depending on the governing agency of the land you're camping on. Know if you are on City, County, BLM, or USFS land when you camp.

STAGE 1 RESTRICTIONS

Campfires must be in a developed site (such as a campground or picnic area) in a permanent fire pit. No charcoal grills.



Fire Bans for Individual Counties in Colorado

<https://www.colorado.gov/pacific/dfpc/fire-restriction-information>

Bureau of Land Management (BLM) Rocky Mountain Region Fire Ban Information

<https://www.blm.gov/programs/public-safety-and-fire/fire-and-aviation/regional-information/colorado/rocky-mountain-district>

United States Forest Service (USFS) Rocky Mountain Region Fire Ban Information

<https://www.fs.usda.gov/detail/r2/recreation/?cid=stelprdb5370444>

STAGE 2 /3 RESTRICTIONS / RED FLAG DAY

NO WOOD OR CHARCOAL BURNING FIRES.

Exception: Stoves or grills that use liquid or gas and include a shut-off valve.



Each and every ride, run, or hike offers an opportunity to be a trail steward. You can help keep trails free of debris, clear of rocks, and free from long-term damage by assisting in the following areas. Thank you for maintaining our public trails and parks!

TRAIL CARE



Everyone can be a trail monitor and / or contribute to everyday trail maintenance.

- If you see branches, weeds, or loose rocks on the trail, stop to throw them aside.
- Do not engage in unauthorized trail modifications, including removing or altering features.
- Extensive trail issues can be reported to: trails@joinFAR.org.
- Stick to the established trails and avoid creating harmful 'social trails'.

MONITOR CONDITIONS



After rain or snow storms, trails need time to dry out. Leaving footprints, hoofprints, or tire tracks on trails creates places where water and mud collect, leading to longer-term damage and poor surface conditions.

- Check joinFAR.org/trails for updates.
- Don't use muddy trails.
- Adhere to all trail use guidelines.

PACK OUT ALL TRASH AND WASTE

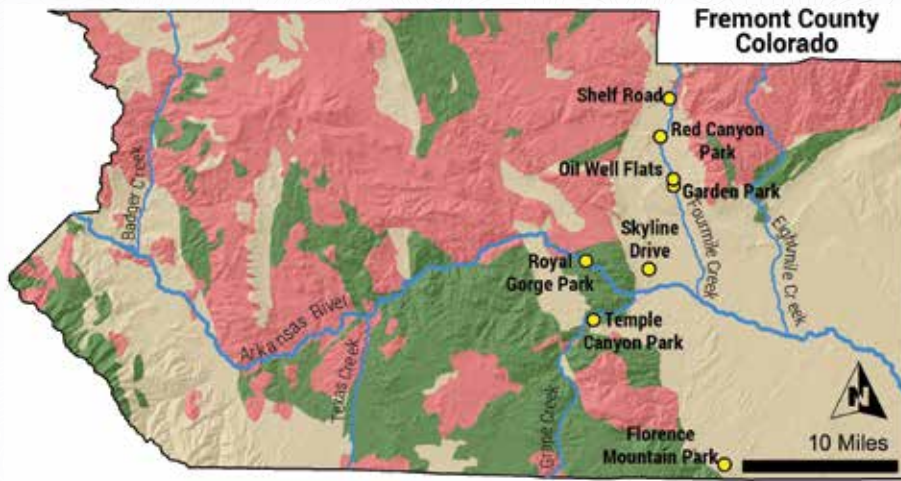


PACK IT IN, PACK IT OUT.

Please remember that waste of any kind - pet and human - is a blight on our trails. Use waste bags and dispose of waste in proper receptacles (not on the side of trails, please).

Plan to use restrooms before you head out to hike or bike. For emergencies, please carry (and use) a waste disposal bag or bury your waste at least 6" deep.

The geologic story of Fremont County and most of Colorado begins 1.7 billion years ago. The oldest rocks, visible in some places in Fremont County, are metamorphic rocks created during the formation of long-gone mountain ranges. With their characteristic wavy black, pink, and white appearance, they give the walls of the Royal Gorge their iconic look. These rocks were then uplifted to create the Ancestral Rocky Mountains 300 million years ago. As the mountains eroded, the pebbles, cobbles, and sands created the Fountain Formation, the picturesque rocks that make up Red Canyon Park. About 155 million years ago, the famed dinosaurs of Garden Park roamed the floodplains of a Jurassic forest. During the Cretaceous Period, sea levels rose and the Western Interior Seaway flooded the central United States. The footprints along Skyline Drive represent Ankylosaurs walking along the shore of this sea and the Hogbacks Open Space shows signs of marine life as the water became deeper. Near the end of the Cretaceous, the sea receded as the present day Rocky Mountains rose. This uplift bent and broke the rock layers of the Front Range, exposing the layers of history for geologists to study.



Map outlining the most common types of rock in Fremont County.

TYPES OF ROCKS



Igneous rocks are formed either deep inside the Earth as magma slowly cools or when magma is ejected from a volcano and cools very quickly. Granite can be found all over the Royal Gorge region.

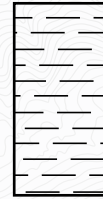


Metamorphic rocks are formed when other rocks have been heated and squeezed so much that they turn into a new type of rock. You can find examples of this at the Royal Gorge Park, where entire portions of the canyon walls have stripes or 'striations.'

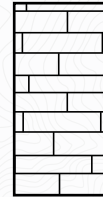


Sedimentary rocks are created when broken bits of other rocks, like sand, are pressed together until they become solid. This is where fossils are often found! There are some great examples of sandstone on Old Skyline Drive in the Hogbacks.

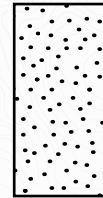
Geologists call the chart below a "stratigraphic column." It shows the different layers of rock, also known as the stratigraphy, in a specific area. In Cañon City, mountain building has bent these layers, exposing them in different places.



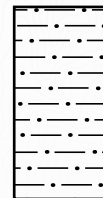
Shale is made up of many thin layers of tiny pieces of mud and clay. The thin layers and small grains mean that it formed in a deep lake or ocean, far from shore.



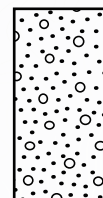
Limestone creates large cliffs because it is very resistant to erosion. These cliffs were once deep in the ocean; if you look closely, you may find fossilized shells and corals.



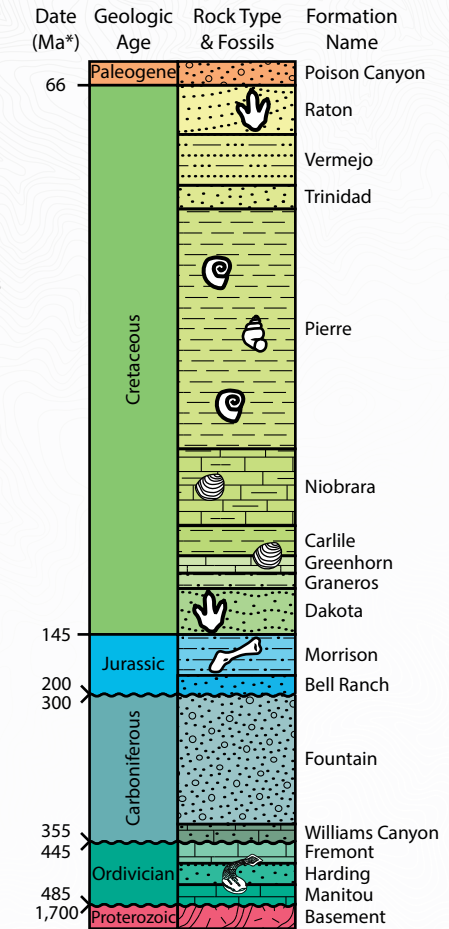
Sandstone is easy to identify because it looks and feels sandy. Most sandstones start as either beaches or riverbeds.



Mudstone is very similar to sandstone but the grains are much smaller. When a stream floods, it spreads mud across its floodplains.



Conglomerate is a mix of many different sizes of sand, pebbles, and gravel. In order to move large pebbles and gravel, you need a strong river.



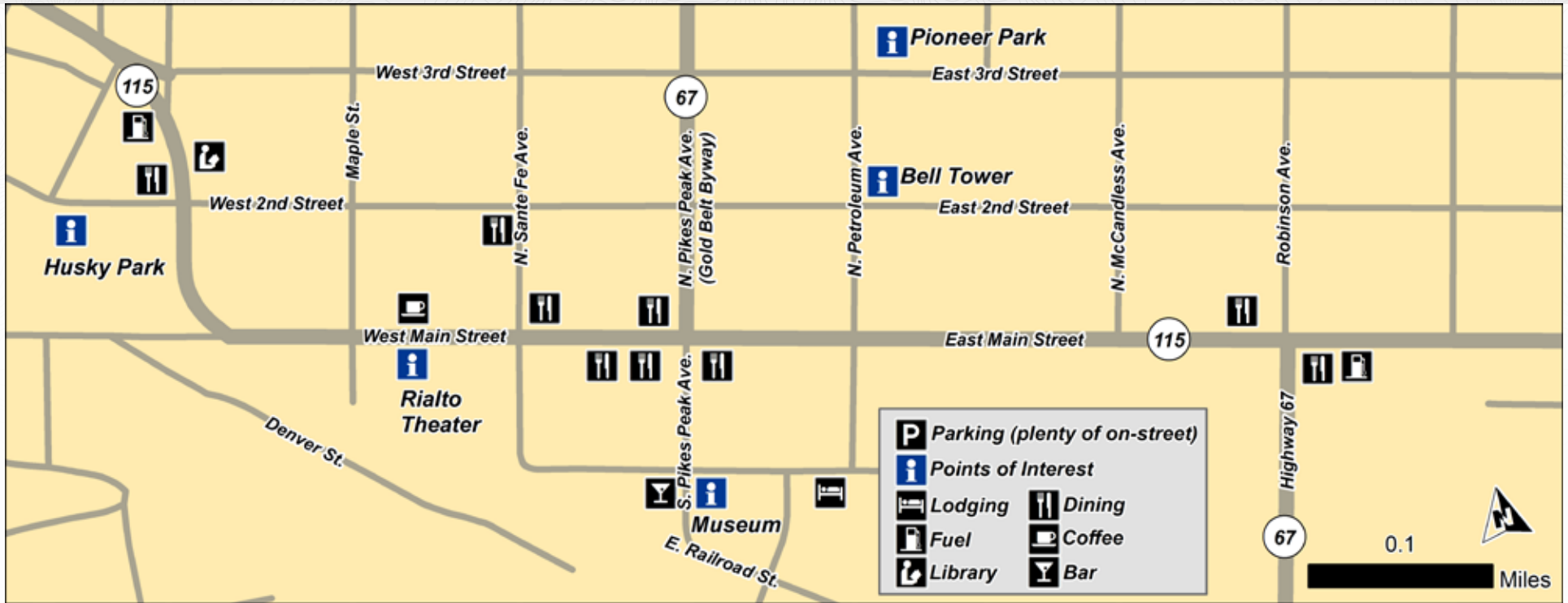
*Ma stands for Mega-annums, or millions of years; Chart is not to scale; Source: Evanoff 1996



Gneiss (pronounced 'nice') is a metamorphic rock; an existing rock was buried so deep that very high temperature and pressure nearly melted it, creating wavy patterns.



DOWNTOWN FLORENCE



Historic and quaint Florence is the ‘Antique Capital of Colorado’, and it delivers on its promise. Remnants of the town’s rich mining history are evident at every corner: You’ll find century-old buildings, murals, and scenic winding back roads. In the lively downtown area, you can spend hours browsing the unique and varied shops, including art galleries, antique stores, and restaurants. Check <http://www.florencecoloradochamber.com/> for a calendar of events.

The Florence Farmers’ Market is held every Thursday from 8:00 am - 1:00 pm, June through October in Pioneer Park. Enjoy local produce, handmade goods, and free entertainment!

Pathfinder Park is located between Cañon City and the town of Florence on Hwy. 115. It offers a relaxing path that runs adjacent to the Arkansas River, a pavilion, sports fields, a playground, a fishing pond, and restroom facilities.



The Florence Merchants Car Show



Pathfinder Park

DOWNTOWN CAÑON CITY



Before or after you head for the great outdoors, consider checking out downtown Cañon City. Historic Main Street, parks, and the Arkansas River all come together here. You'll have the opportunity to discover shops, public art displays, and eateries to suit a wide array of tastes. First Fridays on Main Street are sure to delight you and your family. With art gallery receptions and live music during the summer months, there's something for everyone!

Centennial Park is just a short walk from downtown, and is the site of many spring / summer events, such as car shows, the annual Blossom Festival in May, the Royal Gorge Whitewater Festival in July, and more!

The Cañon City Farmers' Market is held every Tuesday from 8:00 am - 1:00 pm, June through October. Shop for local produce, products, and handcrafted goods!

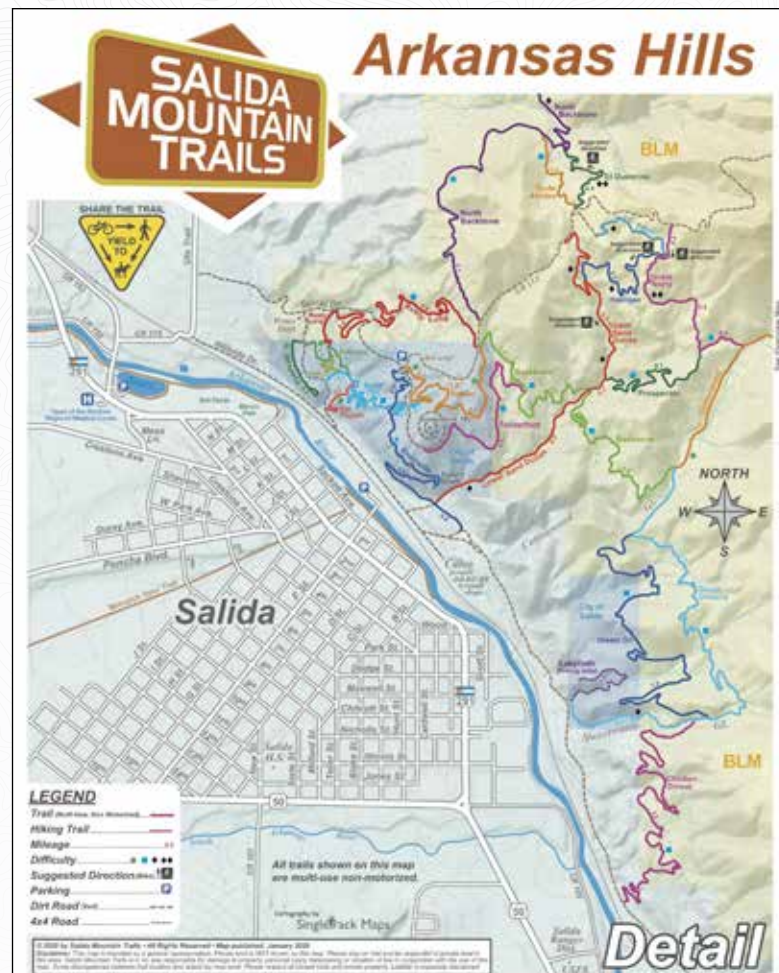




WHERE TO GO FROM HERE

SALIDA (1 HR. DRIVE)

Follow the river to beautiful Salida, just 1.25 hours from the Royal Gorge Region. You'll find ample opportunities to bike, hike, fish, and boat in this artistic mountain town. Enjoy trails that leave directly from downtown, or head out to Methodist Mountain for additional fun.



Salida Mountain Trails is an all volunteer organization committed to building and maintaining sustainable, non-motorized, multi-user trails on public lands adjoining the city of Salida. We also have a core commitment to maintain and sustain all the trails around Salida – those we have built as well as those that have already been established.

salidamountaintrails.org

Photo by Scott Anderson

Photo by Scott Anderson

BUENA VISTA (1.5 HR. DRIVE)

Located upstream along the Arkansas River, Buena Vista offers a wealth of trail systems, sub-alpine hiking and biking, and glorious views of the Collegiate Peaks. Stop downtown to peruse their quaint downtown business district and also the new pump track.



Photo by Scott Anderson

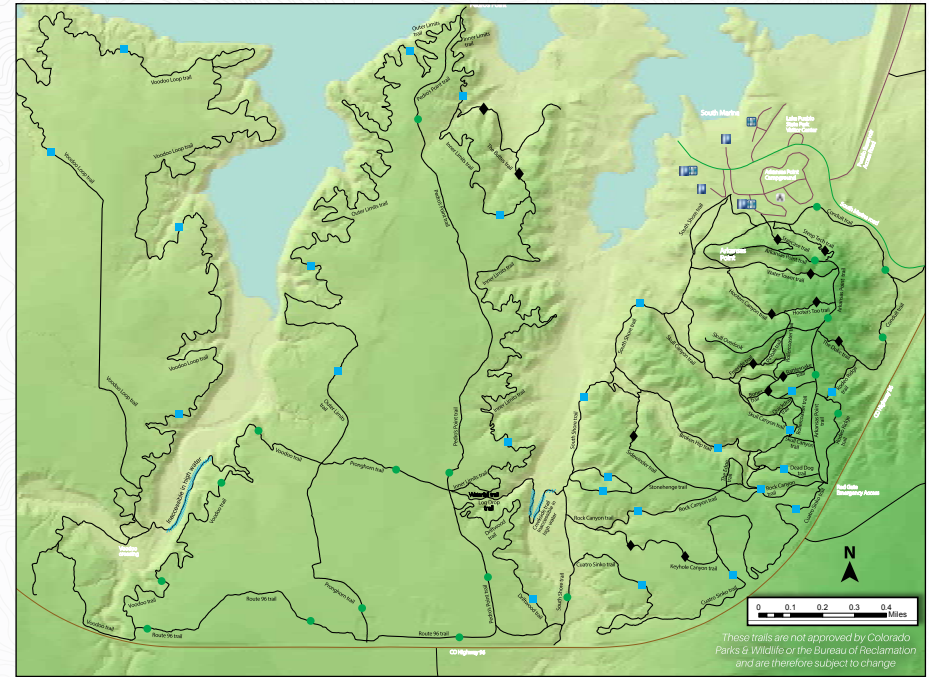
The Buena Vista Singletrack Coalition is a non-profit trail advocacy organization committed to collaborating with agencies, businesses, and locals in order to build, maintain, and steward sustainable trails for muscle-powered users. We promote responsible recreational trail use in the greater Buena Vista, Colorado area.



bvsingletrack.com

PUEBLO (45 MIN. DRIVE)

Lake Pueblo Trails will take you high above the buttes surrounding the reservoir and into several challenging side canyons. With camping and boating options nearby, the trail system is a fantastic option all year, but especially during shoulders seasons.



Southern Colorado Trail Builders is a volunteer-run 501(c)(3) nonprofit. Your donations support trail advocacy, maps, maintenance, education and outreach. Donate or volunteer today.



lakepueblotrails.org

MARATHON LEVEL CONTRIBUTORS



THE WINERY AT HOLY CROSS ABBEY
3011 East US Hwy. 50 | (719) 276-5191 | abbeywinery.com
The winery's historic and scenic setting will make your wine-tasting experience one to never forget! Come in for a tasting, or pick up a gift for someone special.



LEDoux & GORITY, CERTIFIED PUBLIC ACCOUNTANTS
303 N. 7th St., Suite 201 | (719) 275-1649 | ledouxandgority.com
An affordable, experienced, and friendly full-service firm for business owners, executives, and independent professionals!



PIZZA MADNESS
509 Main St. | (719) 276-3088 | mypizzamadness.com
Go where the locals go for delicious pizza, salads, subs, and more! Beer on tap and a fun family atmosphere, too! Kids will enjoy playing arcade games.



AUSTIN AUTOMOTIVE
2625 E. Main St. | (719) 275-5055 | austinautomotive.com
There is no better place for honest, dependable, quality automotive service for your vehicle. Stop in for diagnostics, maintenance, and more!



REAMS PALACE DRUG
601 Main St. | (719) 275-3375 | reamspalacedrug.com
Conveniently located downtown, Reams Palace Drug, Inc. has been serving the Royal Gorge Region since 1880. They offer prescriptions and delivery.



WHITewater BAR & GRILL
45045 West US Hwy. 50 | (719) 275-7238 | royalgorgerafting.net
Delicious food and a fun, casual atmosphere round out this local favorite. Dine just minutes from the famous Royal Gorge Bridge and Royal Gorge Trails.



ROYAL GORGE RAFTING
45045 West US Hwy. 50 | (719) 275-7238 | royalgorgerafting.net
Whitewater at its best! Raft the Royal Gorge or Bighorn Sheep Canyon with RGR and see some world-class rapids! Trips range from mild to wild.



ROYAL GORGE ZIPLINE TOURS
302 Royal Gorge Blvd. | (719) 275-9477 | royalgorgeziplinetours.com
Add more adrenaline to your vacation by booking a thrilling zipline tour through the beautiful Arkansas River Valley. Suitable for all skill levels.



THE BEAN PEDALER
412 Main Street | (719) 285-8169 | thebeanpedaler.com
Craft coffee, cool atmosphere, and delightful baristas make this the go-to spot for adventurers. Now serving food and beer. The perfect post ride or hike location.



ROYAL GORGE KOA
559 County Rd. 3A | (719) 275-6116 | royalgorgekoa.com
Spend a night under the stars in the shadow of the Wet Mountains at the Royal Gorge KOA. The campground features the Fun Country Amusement Park.



ROYAL GORGE BRIDGE & PARK
4218 County Rd. 3A | (888) 333-5597 | royalgorgebridge.com
Experience 360° of jaw-dropping rides and miles of natural Colorado beauty. Enjoy North America's highest bridge, or experience the NEW Via Ferrata.



ECHO CANYON RIVER EXPEDITIONS
45000 West US Hwy. 50 | (800) 755-3246 | raftecho.com
Since 1978 Echo Canyon has offered half-, full- and multi-day whitewater rafting. They feature packages, convenient luxury accommodations, and dining.



GATZKE HOMES AT HOMESMART PREFERRED REALTY
501 Royal Gorge Blvd. #1 | (719) 458-9559 | GatzkeHomes.com
Real estate sales and marketing services in Cañon City, Florence, Penrose, Pueblo West, and the Royal Gorge Region. Explore the best Colorado has to offer!



ROYAL GORGE ROUTE RAILROAD
1 block south of Hwy 50 & 3rd St. | (719) 276-4000 | royalgorgeroute.com
Experience America's most spectacular rail journey with great service, delicious food, and incredible scenery. First Class, Coach, Club, and Vista Dome services.



COMING HOME WITH CARLA BRADDY REALTY
729 Main St. | (719) 792-1111 | ComingHomeRealtyPros.com
Mission: To kindly match people to their perfect properties by authentically listening and learning from clients while offering skills, knowledge, and positivity.



ROYAL GORGE REGION
(800) 704-6743 | royalgorgeregion.com
Visit the Royal Gorge Region - where you can ditch the ordinary and explore the extraordinary! Your adventure starts here.



CAÑON CITY BREWS & BIKES
224 Main St. | (719) 275-2472 | canoncitybrewsandbikes.com
Combines quality bike rental with Colorado brews, outside seating area, and convenient downtown location. This is a go-to spot for cyclists, hikers, and locals.



ROYAL GORGE RANCH & RESORT
1 Buckskin Joe Pkwy. | (303) 419-6782 | royalgorgeranchandresort.com
Ride out. Climb on. Hike in. Enjoy. The Royal Gorge Ranch & Resort is 800 acres composed of open space, trails, luxury home lots, and marketplace space.

MARATHON LEVEL CONTRIBUTORS CONT.



CAÑON CITY MUGS

1520 Royal Gorge Blvd. , Suite A | (719) 276-5348 | canoncitymugs.com

With a full-service restaurant, sports bar, espresso cafe, and outdoor patio, MUGS is a local favorite. Stop in for a coffee to go or stay to watch the game.



DESERT REEF HOT SPRINGS

1194 CR 110, Florence | (719) 784-6134 | desertreefhotspring.com

Enjoy mountain views and a hot, natural soaking pool just minutes from downtown Florence. Newly renovated with multiple pools and lodging options.



3 ROCKS ENGINEERING

425 Main St., Suite 19 | (719) 430-5333 | 3rocksenineering.com

Providing local civil engineering expertise to our neighbors by creating custom solutions for the community we care for.



EXIT ELEVATION REALTY

622 MAIN ST. | (719) 275-8622 | exitelevationrealty.com

A member of 5 different MLS providers, Exit covers a range of properties. Listings are cross-posted for maximum exposure. Ready to serve your real estate needs!



BIG CAT PLUMBING

128 E. Main Street, Florence | (719) 285-7759 | bigcatplumbing.com

Proud to live and work in Cañon City and surrounding areas, Big Cat Plumbing has over 19 years of experience. Fast, reliable, and guaranteed service!

HALF-MARATHON CONTRIBUTORS



ROYAL GORGE VACATION RENTALS | (719) 285-8169 | royalgorgerafting.net

Enjoy affordable, luxurious vacation rentals, starting at \$499. Four convenient and scenic locations offer accomodation alongside world-class adventure.



FOURMILE VETERINARY CLINIC | 401 Lincoln Ave. | (719) 275-6318 | fourmilevet.com

Your pets (large and small) deserve the best care. Trust them to Fourmile - serving Fremont County for 40 years!



ROCKY MOUNTAIN CHILDREN'S DISCOVERY CENTER | 710 S. 8th St. | (719) 275-3318

rmcdckids.com | RMCDC provides a nurturing, stimulating, and safe environment for all children from six weeks through twelve years of age. Open since 1995.



PRIMARY RESIDENTIAL MORTGAGE, INC. | (719) 687-1511 | primeres.com/dsymes

PRMI offers a variety of home loans, and local loan officer Denise Symes has the experience to provide you with a tailored mortgage solution to fit your homebuying needs.



CAÑON CITY FITNESS | 701 S. 9th St. | (719) 369-3427 | canonfitness.com

Join the community fitness center that will help you be the best version of yourself! Start your fitness goals with a skilled trainer and a supportive community.



THE HIVE IN DOWNTOWN CAÑON CITY: A COWORKING COMMUNITY

729 Main St. | (719) 792-1234 | TheHiveCanonCity.com

Cañon City's cutting-edge coworking space for digital nomads and entrepreneurs.



RC FREMONT, LLC and C2 PROPERTIES | (719) 429-8079 | info.rcfremont@gmail.com

Exceptionally clean and well-maintained long term (12 month lease) rental properties. Most are single family homes, duplex/4plex units are two bedroom, one bath.



AXIAL BIKES | (719) 339-6746 | axialbikes.com

Axial: Relating to an axis, something revolutionary or pivotal. Custom bikes built in Cañon City, Colorado. Transform the way you see riding a bike - ride an Axial.



ROYAL GORGE DINOSAUR EXPERIENCE | 44895 W. US Hwy. 50 | (719) 275-2726

dinoxp.com | With a dinosaur wild walk, ropes course, paleo lab, kid's exhibit, theater, gift shop, and kid's dig, you'll find something for every dino lover at the DinoXP!



ALISE | Courageously Authentic Body Care | 402 Valley Rd, Suite H | (719) 285-8795

AliseBodyCare.com | Live an active and "feel good" lifestyle with 100% natural, unprocessed body care products. Made in Cañon City by Not The Same.



COLORADO HEALING ACRES | 4498 Bear Paw Dr., Florence | (719) 784-9696

coloradohealingacres.com | Our Pet Product Line has been formulated to ensure quality. Seed to Sale, Non-GMO, Pesticide Free, CO-Grown Hemp, 3rd Party Tested.



FREMONT360 | P.O. Box 1762 | (719) 345-8812 | fremont360.com

Find Fremont360 on Facebook and on the web for recent community events and information. Subscribe to their newsletter for coupons, information, and updates.



CAÑON SIGNATURE MORTGAGE | 715 Main St. | (719) 275-2999

CanonSignatureMortgage.com | Dave and Lynda Lambert offer USDA Financing, VA loans, FHA loans, and conventional loans. Stop in and say hello!



GLENN MARTIN APERTURES | (719) 231-4611 | glennmartinapertures.com

Beautiful images and wall prints of Colorado and the West.



TEAM SHEPHERD AT HOMESMART PREFERRED REALTY | 1202 Royal Gorge Blvd.

(719) 371-7020 | movetocanon.com | Team Shepherd has you covered in Colorado! Jeff and Melissa would love to show you all that Cañon City has to offer.



FURRY PAWS DAYCARE (PETS). | (719) 371-1563 | Facebook: Furry Paws Daycare

Enjoy your stay or vacation knowing that your pet is well cared for! Indoor / outdoor runs with play areas. Pets can also enjoy a bath and nail treatment for just \$10!

PAUSE ON 6TH (VACATION RENTAL) | airbnb.com/h/pausea

Centrally located and newly outfitted! This inviting home is a perfect space to pause and unwind in downtown Cañon City. Only 3 blocks from Main Street.



SOCO NUTRITION | 729 Main St. at The Hive | 719-301-6543 | soconutrition.com
Registered Dietitian Nutritionist Anna Payne is dedicated to improving the quality of life of Southern Colorado. Focus on healthy food, not diets or fads.



GREAT ESCAPE VACATION RENTAL | airbnb.com/h/thegreatescapecanoncity
Cozy up after a full day of exploring the beautiful Royal Gorge area in this updated home located downtown and close to the railroad, downtown, shopping, and trails.

10K CONTRIBUTORS



FRONTIER FEEDS | 3275 East US Hwy. 50 | (719) 275-7557
Give your pet the best products at great prices! Quality feeds and supplies with knowledgeable and friendly service.



FOUR MILE REALTY | 105 S. 9th St. | (719) 345-4111 | fourmilerealty.com
Dedicated to providing you with professional, superior real estate services in Fremont County and surrounding areas.

OVEJA NEGRA | 144 B Old Stage Rd., Salida | (719) 293-1407
ovejanegrabikepacking.com | Top-shelf bikepacking bags designed, manufactured, and sold in Salida, CO. Creative, funky, fun, and functional products for all ages.

5K CONTRIBUTORS



ZIA RIDES ROYAL GORGE 6 & 12 | ziarides.com
Community, adventure, friendly competition, and fun! Join ZIA for their annual Royal Gorge 6 & 12 mountain bike race held at the Royal Gorge Trails in May.



ARAVAIPA | aravaiparunning.com
The Royal Gorge Groove features scenic views along the rim of the Royal Gorge, 900 feet above the Arkansas River. Join their running or mountain biking events in April.

BETA TIP

Supporting businesses listed in this guide supports Fremont Adventure Recreation! Look for the 1% for Trails or Round Up for Trails logo to contribute directly to trail construction and maintenance.



DAILY RECORD | 1202 Royal Gorge Blvd. | (719) 275-7565 | canoncitydailyrecord.com
Keep up with the latest news, events, and information and the Royal Gorge Region.



STITCHSHOP CLOTHING | 115 E. Main St. | (719) 372-1006 | stitchshop.mystrikingly.com
Fremont County's local clothing, gift, and sticker printing shop!



GENERATION WILD | generationwild.com
Kids grow better outside, and Generation Wild is dedicated to immersing kids in nature.



FORMULARY 55 | formulary55.com
Makers of modern botanicals for bath, body, and home.



RODEO ADVENTURE LABS | (303) 477-4136 | rodeo-labs.com/
Beautifully crafted, Colorado-made bikes for every kind of adventure.

TERRA FIRMA TRAILS | (719) 275-7565 | terrafirmatrails.com
Member of the Professional Trailbuilder's Association.



GROUND2AIR PRODUCTIONS | (719) 371-1440 | ground2airproductions.com
From the ground to sky, Ground2Air Productions produces high-quality images and video.



Colorado ARES (Amateur Radio Emergency Services) | coloradoares.org/
Serving Colorado's people and communities by assisting with communication services.



BEEL PHOTOGRAPHY | (719) 269-1459 | beelphoto.com
Fine art portraits that will stand the test of time as beautiful and treasured memories.



ENCHANTED PLANNER | enchantedplanner.com
Party, wedding, and event coordination by the 'Fairy Godmother' of event planning.



TOUCH OF LOVE FLORIST | (719) 275-0617 | touchoflovefloristandgifts.com
Custom flower arrangements for any occasion. Gifts and unique decor, too!



ROYAL GORGE RIO | royalgorgerio.com
Committed to impacting our community via river education, safety, and conservation.

Thank you to the following people for assisting with or contributing to the Adventure Guide:

- | | | |
|-------------------------|--------------------------|------------------|
| Brian LeDoux | Mercedes Siegle-Gaither | Lilliana Johnson |
| Tenille Lenard | Shawn Weatherill | Rosalie Johnson |
| Linda Skinner | Biyaya Laemmel | Anthony Johnson |
| Mike "millz" Millard | Jerad Friedrichs | Danyll Donnell |
| Vicki Meier and Tillman | Bryan Jordan | Derrick Donnell |
| Andrew Smith | Justin and Ian Ensinger | Adam Davidson |
| Melissa Smeins | Scott and Nancy Anderson | Genevive Walker |
| Mark Peacock | Michelle Johnson | |





The Royal Gorge Region already has a series of great hiking, biking, and walking trails. Increasingly, Cañon City's residents and out-of-town visitors are exhibiting a greater interest in outdoor recreation. Visitors to the area bring much-needed business to local restaurants, hotels, and attractions. We would like to harness everyone's spending power to create a cooperative relationship - customer dollars create great trails, and great trails bring everyone back for more!

Businesses around the region elect to add a 1% donation onto their customer's bill. Contributions are then distributed directly to FAR. All monies collected from these 1% donations are collectively used to fund trails and outdoor recreation in the Royal Gorge Region. Our 1% For Trails initiative funds all things trails and outdoor recreation: matching funds for grants, grant writing, trail building, trail design, and more. Concurrently, FAR will continue to contribute to local efforts to market to and encourage users of singletrack trails to visit our beautiful city!

Due to the generous 1% support since late April 2015, here's some of what we've spent our 1% funds on so far:

- Additional trails in the South Cañon Trail System, including Watchtower
- Rock work on the Dakota Ridge trail in the Hogbacks;
- 1.6 miles of trail in Oil Well Flats;
- Over 20 miles of trail in the Royal Gorge Park;
- Addition of the flow trail - Smooth Criminal - the the Ecology Park / South Cañon Trails

If you are a business owner and are interested in becoming a participant in FAR's 1% for Trails Initiative, please contact Coordinator@joinFAR.org. We'll give you promotional materials, help you set up the program at your business, and promote your business on our website and printed materials.



Trail work above the Royal Gorge / Photo (and rad trail) by Steve Thomas and Terra Firma Trails

MEDICAL

St. Thomas More Hospital
1338 Phay Avenue, Cañon City
(719) 285-2000

In an emergency situation, please dial 911.

Centura Health Urgent Care Cañon City
3245 E. Hwy. 50, Suite E, Cañon City
(719) 285-2888
Monday-Friday, 8 a.m.-7 p.m.
Saturday-Sunday, 8 a.m.-3 p.m.

SAFETY

Cañon City Police Department
161 Justice Center Road, Cañon City, CO
(719) 276-5600
Monday-Friday, 8 a.m. - 5 p.m.

Fremont County Sheriff's Office
100 Justice Center Rd., Cañon City
(719) 276-5555
Monday-Friday, 7:30 a.m.-4:00 p.m.
(Closed from 12:30 p.m.-1:00 p.m.)
Friday, 7:30 a.m.-1:00 p.m.

VISITOR INFO / RESOURCES

Royal Gorge Region Chamber Alliance
424 Main St., Cañon City, CO
(719) 275-2331
Monday-Friday, 8 a.m. - 5 p.m.
<http://www.canoncity.com/>

Cañon City Farmers' Market
Veterans Park
Tuesdays, 8:00 a.m. - 1:00 p.m.

Florence Farmers' Market
Pioneer Park
Thursdays, 8:00 a.m. - 1:00 p.m.

Visitor Cabin at Veteran's Park
200 US Hwy 50, Cañon City, CO
May and late Sept., Sat./Sun. 8 a.m. - 5p.m.
May 15-Sept 15., Mon.-Fri., 8 a.m. - 5 p.m.
FREE WiFi

Royal Gorge History Museum
612 Royal Gorge Blvd, (Hwy 50), Cañon City
Wednesday-Saturday, 10 a.m. - 4 p.m.
(719) 269-9036

Furry Paws Daycare (Pets)
115 N. Diamond Ave.
(719) 371-1563

Cañon City Public Library
516 Macon Avenue, Cañon City, CO
(719) 269-9020
Monday-Saturday, 10 a.m.-6 p.m.
FREE WiFi

Cañonland Hikers and Walkers
(719) 276-0974
Facebook: Canonland Hikers and Walkers

LAND MANAGEMENT

Arkansas Headwaters Recreation Area
307 Sackett Avenue, Salida, CO
(719) 539-7289

Bureau of Land Management
Royal Gorge Field Office
3028 East Main St., Cañon City
(719) 269-8599

City of Cañon City Parks
221 Griffin Avenue, Cañon City, CO
(719) 269-9028

Cañon City Area Recreation District
575 Ash Street, Cañon City, CO
(719) 275-1578
Monday-Friday, 8 a.m. - 5 p.m.



FREMONT ADVENTURE RECREATION IS DEDICATED
TO TRAIL ADVOCACY, HEALTHY LIVING, AND FUN IN
THE ROYAL GORGE REGION.



DONATE TO FAR

