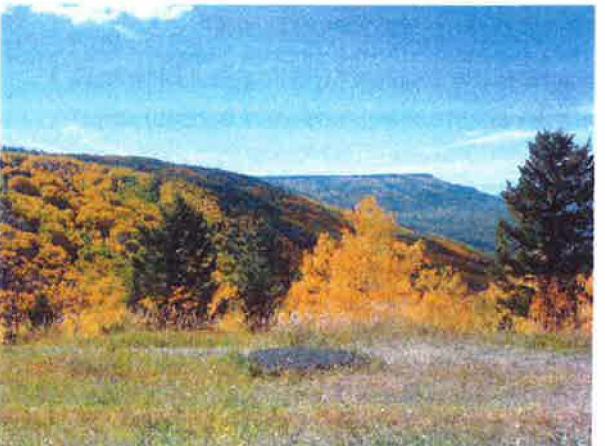


The West Bench Trail - This singletrack, horseback and hiking trail starts at Hwy 65 near Mesa Lakes Resort. Trailhead parking is a large pullout with a restroom facility located next to Jumbo Reservoir. There is no water at the trailhead.

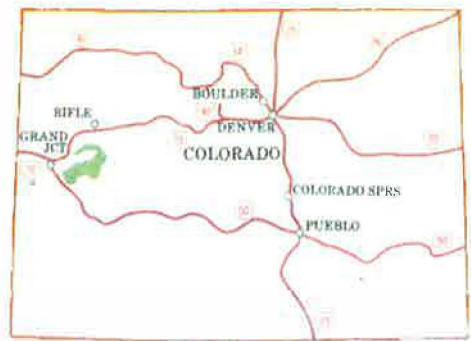


The trail works its way around several lakes, a campground, across several dams and near several cabins before becoming a singletrack trail. The West Bench Trail is an out-and-back trail that is rated easy to moderate. The trail runs through meadows, aspen and pine forests. There are some boulder fields and stream crossings with rocks and exposed roots. The trail ends at private property at the Forest Service boundary. The trail is 5.95 miles each direction.



USING "LEAVE NO TRACE TECHNIQUES" HELPS PROTECT THE LAND

- Ride on dry ground. Even knobby bike tires will damage the environment.
- Control your speed to avoid skids.
- Avoid forming ruts. When it is safe, ride out of the obvious line.
- On slopes, shift your weight to the back of the bike to avoid spinning out.
- If you must ride through wet or muddy spots, dismount and carry your bike whenever possible. If the muddy area is too large to walk through, slow down to avoid skidding or spinning out. Ride directly over water bars or carry your bike over them.
- Ride switchbacks, do not shortcut them.
- Practice common courtesy when meeting other bikers. Bikers should yield to hikers and horseback riders -slow down or come to a stop.
- Pack out anything you pack in.
- Travel with a companion and leave word at home. Please take all personal safety precautions.



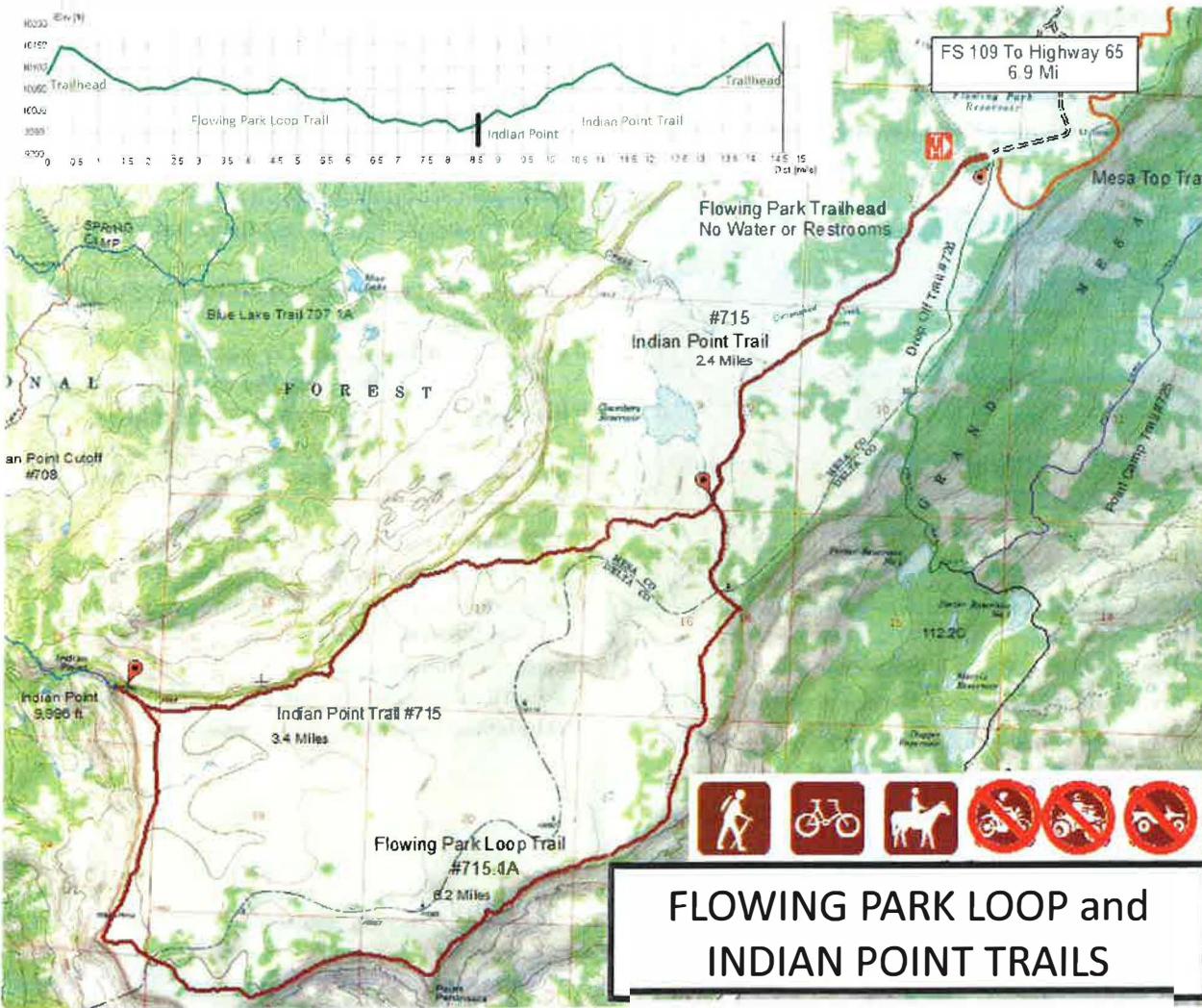
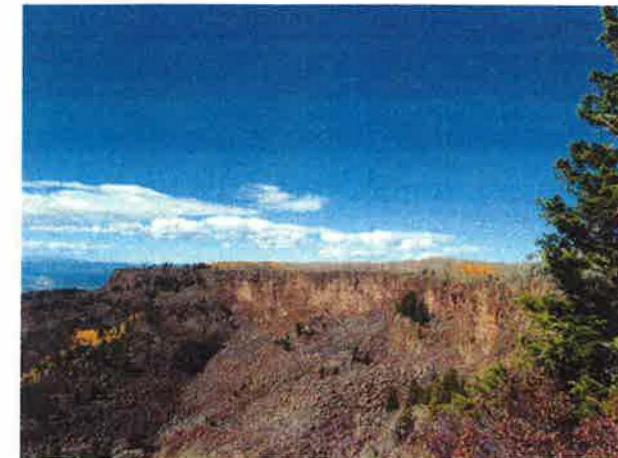
The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. (Not all prohibited bases apply to all programs) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audio tape, etc.) should contact USDA's TARGET Center at 202-720-2600 (Voice and TDD).

Grand Valley Ranger District
(970) 242-8211

Revised 10/2015

The Mesa Top Trail - One trailhead is located at the Mesa Top parking area near Hwy 65. The second trailhead is shared with Flowing Park Loop Trail and Indian Point Trail and is described on the reverse side. Restrooms are available at the Mesa Top trailhead, however no water is available at either trailhead. Mesa Top Trail is 6.9 miles and can be ridden either direction. Mesa Top to Flowing Park is mostly descending and Flowing Park to Mesa Top mostly ascending, however the overall change in elevation is fairly gradual. The trail will bring you close to the edge of the mesa in several areas. These areas have beautiful vista's with significant drops to the valley below.

Colorado's Grand Mesa Mountain Bike Trails



Trip planning: Bring water. There is no water at the trailhead and no reliable water sources along the trails

Expect varied weather conditions.

Equipment suggestions for mountain bikers. A full suspension bike is recommended. BRING an EXTRA TUBE and TIRE for each bike.

Starting Elevation at Flowing Park Reservoir trailhead = 10,124 Feet.

High point = 10,184 Feet.

Low point = 9944 Feet.

Total elevation gain = 1563 Feet.

Total elevation loss = 1562 Feet

Overall Length = 14.5 Miles

Trail #715 from Flowing Park Reservoir to the intersection of #715 and 715.1A = 2.4 Miles

#715 and 715.1A Intersection to Indian Point via Flowing Park Loop Trail #715.1A = 6.3 Miles

#715 and 715.1A Intersection to Indian Point via Indian Point Trail #715 = 3.4 Miles.

Indian Point elevation = 9,996 Feet

FLOWING PARK LOOP and INDIAN POINT TRAILS

To get to the trailhead take Hwy 65 up to the top of the Grand Mesa to where it intersects with FS 100, also known as Lands End Road. Turn South on FS 100. After 1.4 miles turn left (East) onto an unmarked dirt road. This is Flowing Park road or FS 109. Travel 5.5 miles to the trailhead parking area at Flowing Park Reservoir. There are no restrooms or water at this trail head.
The trails are rated moderate to difficult, with the trails starting easy and getting more and more difficult as you get closer to the end of the mesa top where the amount of vegetation decreases and the

volcanic rock becomes more exposed.
You can ride the Indian Point Trail and Flowing Park Loop trails as an out-and-back or as a loop incorporating trails 715 and 715.1A. The trail starts as a gravel road that is closed to motor vehicles. It turns to two track after about one mile and single track after two miles. At 2.4 miles you will come to the junction of 715 and 715.1a.
The trails run through lush meadows, aspen groves, heavily timbered areas and rocky areas where the volcanic past of the Grand Mesa becomes apparent.

Indian Point Trail #715
Flowing Park Loop Trail #715A
Mesa Top Trail #714
West Bench Trail #501

For info contact:
GRAND MESA VISITOR CENTER
(970) 856-4153
Grand Valley Ranger District
(970) 242-8211
<http://www.fs.usda.gov/main/gmug/home>