

## HeartCycle Bicycle Touring Club Central Colorado Rockies

- Dates:** Orientation meeting Wednesday, July 9, 2025. Riding Thursday, July 10 – Wednesday, July 16, with departure on Thursday, July 17, 2025 (lodging last night included).
- Leaders:** Scott MacCormack and Guy Kelley; **SAGs:** Martha MacCormack and Deb Raudins
- Miles:** 360 miles with up to 21,000 feet of elevation gain
- Rating:** Intermediate-Advanced
- Riders:** 24
- Price:** \$2,160 (double occupancy). Deposit \$500 at registration. Balance due by April 9, 2025. Single supplement \$3,240.
- Cancellation:** [Standard cancellation policy](#)

***Travel insurance is strongly recommended.***

### OVERVIEW

This tour will be in the heart of the Colorado Rocky Mountains through Summit, Grand, Eagle, Garfield, and Lake Counties—home to world-renowned ski resorts and historic mining towns.

Our tour starts with shorter distances and smaller climbs and builds each day, giving us time to acclimate to the altitude. Generally, the climbs are steady and typically do not get much over 7%. The first 3 nights are in the scenic small town of Frisco, Colorado, nestled alongside Lake Dillon, surrounded by pine trees where we can breathe in the fresh mountain air. We bike from Frisco to our second small town of Eagle, Colorado, 30 miles west of Vail. We will spend our day off in Eagle resting our legs and lungs, before biking to No Name, at the west end of Glenwood Canyon. Then we head back to Frisco for our final 2 nights and a truly epic ride up and



Rian Houston photo

over Fremont Pass to the highest incorporated city in the U.S., Leadville, Colorado, topping out at just over 10,000 ft. Detailed route maps, cue sheets and RWGPS files will be provided in advance to tour participants.

You can fly into Denver International Airport and take a shuttle from the airport to our start city, Frisco, Colorado. Shuttle times vary between stops but range about 2 hours or so. The 75-mile drive from Denver on a typical Wednesday takes about 90 minutes.

## ITINERARY

### Day 0: Wednesday, July 9, 2025

*Early arrivals warmup ride: 23 miles, 555 feet of elevation gain*

*Orientation meeting*

The bike path around Lake Dillon will introduce us to the route for three of our rides. Today's altitude ranges from 9,000 to 9,500 ft. If you would like to skip the ride and get a little upper body workout, kayaks are available for rental on Lake Dillon, a short walk from the hotel. After dinner, we will have our orientation meeting.



Lake Dillon kayak



Frisco, Colorado

### Day 1: Thursday, July 10

*37.8 miles, 2622 feet of elevation gain*

Our first day of riding will take us along the dammed northern edge of Lake Dillon in an easterly direction up to Keystone Mountain's ski area. We will bike alongside the Snake River, one of the prettiest stretches of bike path. For those ready for more climbing, we will continue to our turnaround point in the



small town of Montezuma, elevation 10,300 ft, then back to Keystone. From there, we return to Frisco via Swan Mountain, a hilly ride above the south shore of Lake Dillon, descending back to the shore of the lake and our hotel.

### **Day 2: Friday, July 11**

*47.5 miles, 2755 feet of elevation gain*

We follow yesterday's route along the dam, then zigzag down the northeast side of the dam, dropping into the town of Silverthorne. We pedal north along bike paths and the wide, bikeable shoulder of Highway 9 to Ute Pass Road, where we head east to the trailhead for our stop, before turning around for the trip back.



### **Day 3: Saturday, July 12**

*59.6 miles, 2180 feet of elevation gain*

Today, we head west to our second small town, Eagle, Colorado. We will bike a path alongside Tenmile Creek and cycle by two ski areas—Copper Mountain and Vail—topping out at 10,666 ft as we crest Vail Pass. From the top of Vail Pass, it's downhill, nearly 4,000 ft over the next 33 miles along the Eagle River on our way to our hotel for the next 2 nights.



Beaver Dams, Tenmile Creek



Copper Mountain



Vail

## Day 4: Sunday, July 13

### *Rest Day*

Today is a much-needed day off for most of us! Plenty to do in the area includes a possible trip to Glenwood Springs for time in one of the fabulous hot spring pools. We will also have our group dinner giving us a chance to share our adventures so far.



Eagle River



Bike path to our hotel in Eagle

## Day 5: Monday, July 14

*63 miles, 2336 feet of elevation gain*

This is an out-and-back ride to the little hamlet of No Name (elevation 5,870 ft), on the banks of the mighty Colorado River, at the west end of rugged and spectacular Glenwood Canyon.



Bike path along the Colorado River in Glenwood Canyon

## Day 6: Tuesday, July 15

*59.5 miles, 4683 feet of elevation gain*

First, a long (~46 mi) tough (~4200 ft of elevation gain) climb to the top of Vail Pass, then a scenic drop along Tenmile Creek, past Copper Mountain back to our hotel in Frisco. I'm sure we will all sleep well tonight! We'll need it for the epic ride that awaits us on our final day of the tour tomorrow.

### **Day 7: Wednesday, July 16**

*72 miles, 4683 feet of elevation gain*

We head back out the Tenmile Creek path again toward Copper Mountain, but instead turn south for our climb up Fremont Pass topping out at 11,319 feet! We are definitely not in Kansas as we pass the Climax Mine where molybdenum is mined near the top of the pass. We ride down to Leadville for an 11.6-mile loop on the Mineral Belt Trail, which showcases the unique mining heritage of the district. Then back to the hotel for our last night.



Fremont Pass



Climax Mine at Fremont Pass

### **Day 8: Thursday, July 17**

Depart to home after breakfast.

#### **For more information contact:**

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