

Bike the Swell Lamar Guymon Memorial Mtn. Bike Festival
April 30 to May 1-2, 2021
ITINERARY

Friday – April 30

1:00 p.m. registration begins at J.W. Powell Museum, Green River, Utah

- * Check in
- * Collect your swag bag – FULL of incredible gifts
- * Get your good-looking festival T-shirt
- * Meet and visit with your welcoming MECCA friends; ask questions; look at maps; etc.
- * Sign up for your Saturday ride
- * Put your name in the jug for the prize drawing for HUGE prizes – including new bikes.
- * Get a bike tune-up from one of Altitude Cycle's expert mechanics.

3:00 p.m. warm up rides to either:

-**Athena Trail** - *just a mile from downtown Green River. A 5.5 mile loop with slope-hugging spots, some up-and-down, and some slickrock. Named after the Athena missile, which was based in this area during the early days of the Cold War. The checkerboard of concrete tent pads along the road to the trailhead are about all that's left of the old missile base.*

Or -**Green River Sculptures** – *10 mile round trip from the museum to the sculptures, airport, and back. Easy road ride with colorful stories about the history of Green River and the “sculptures”*

1:00-6:30 p.m. – *Registration continues. Hang out, at the museum - enjoy some music, play some corn-hole games, or even take your own little bike ride around town. Be sure to check out one of Green River's excellent restaurants for a yummy dinner. Return to the museum lawn for a yummy dessert at 6:30 p.m,*

7:00 p.m. – *Prize drawing and program - lawn of the museum. Those who pre-registered do not need to be present to win – but it's WAY more fun if you can be there!*

Saturday – May 1

8:00-9:30 a.m. - *registration continues at J.W. Powell Museum. A few light snacks will be available, but no full breakfast.*

9:30 a.m. – *Bring your lunch, water, bike, helmet, gloves, spare tubes, sunglasses, sunscreen and energy - line up and convoy out to your choice of one of our four rides.*

- **BEGINNER = Nefertiti** - *Out and back ride on dirt road with gorgeous views of the river and historical cabins, petroglyphs, big-horn sheep, wild flowers all along the way. Drive and park at Swasey's Beach. Up to 9 miles one-way from there, but you can turn back at anytime along the way. Some climbing but can be done even when pulling a cart, or when accompanied by 7 year old kids.*

- **INTERMEDIATE = 1. Three Fingers Canyon** - Convoy out of town about 13 miles and leave I-70 at the base of the reef on a dirt road at milepost 147. This ride is a 17 mile out-and-back dirt-road with an up-close experience with some FABULOUS petroglyphs/Fremont style rock art at the end.
- **INTERMEDIATE = 2. Cliff Dweller's Flat** - Exit 131 off I-70 (about 20 miles away from Green River). Ride approximately 10 miles to loop along a plateau of pinion juniper and sagebrush flats then back to the start. Climbs and dips. Gorgeous scenery. Don't be fooled by the name, there are no cliff dwellings out here. But there is an excellent chance of spotting wild burros.
- **ADVANCED = Three Canyons** - Convoy out of town about 25 miles and begin this Adventure Ride. It is a strenuous but not way technical ride on rolling Navajo Sandstone – slickrock. You can ride the 9 mile short loop or the 15 mile big loop.

5:00 p.m. – After your day on the trail, hit the lawn at the J.W. Powell Museum for more music, corn-hole and maybe even some bike skill contests. Yummy, all-you-can-eat dinner will be catered by Tamarisk Restaurant right there on the lawn – beginning at 5:00 p.m.

Sunday – May 2

8:00-9:30 a.m. - Meet up and hang out with your biking buddies and Amy at the Green River Coffee Company (main street in Green River) for some free coffee & light breakfast treats.

9:30 a.m. - Bring your snacks, water, bike, helmet, gloves, spare tubes, sunglasses, sunscreen and energy - head out to ride on your own. Follow the convoy out to the trailhead of

- **Black Dragon Wash** – Although, some “hard-cores” ride this trail up and back down, it is best done by starting at the top with a shuttle waiting for you at the bottom. YOU WILL NEED TO WORK OUT YOUR OWN SHUTTLE. Really fun down-slope with some technical spots and lots of rugged beauty. It features some of the most interesting Indian rock art on the San Rafael Swell left by ancient Fremont Indians, who inhabited Emery County from about 500 to 1300 AD. There is evidence suggesting that these images were part of an ancient calendar system. The wash is named for a pictograph that resembles a winged dragon. Get to the top of the trail via exit 131 of I-70. The bottom is located just off I-70 at milepost 147.

Then head home with a wonderfully stiff and sore body and a head full of beautiful memories and happy thoughts!