

Workout Guide for Bike-O-Vision Wide Screen Journey #3: “Colorado National Monument”

Explanation:

Every chapter starts and ends with beauty shots, panoramas etc. There are also often breaks between the chapters of two to three seconds. Occasionally there are breaks during the rides for a particular point of interest, such as a scenic overlook. Otherwise, its all forward motion.

The time code, just to be clear: 1:30= one minute thirty seconds.

The range of speeds are: fast, average, and slow

The range of elevation gradients are: steep, medium-grade (“medium”), gentle, slight, and flat. “Slight” is used when there is just barely a hill but its perceivable enough to affect speed (and resistance, if uphill).

If there is no indication that the speed or grade has changed, just assume its the same.

There will occasionally be additional notes if the route has something pertinent to adjusting the speed or that may otherwise be distracting- if there is a view-break of more than 10 seconds, for example.

The ending time is when the forward-motion stops, there may be a few more panoramas and beauty shots afterward to end the chapter. Likewise, times listed for the chapter are just the motion.

Colorado National Monument overview: This is one of our favorite rides for consistency and red-rock landscapes. And its quite a workout! Starting at the Northeast entrance, you will be climbing up onto the 6600 foot mesa along Rim Rock Drive, doing switchbacks at a medium to steep incline.

Situated at the edge of the Uncompahgre Uplift, Colorado N.M. is part of the greater Colorado Plateau, which also contains the Grand Canyon, Bryce Canyon, and Arches National Parks. They also all share the heritage of magnificently eroded rocks by eons of wind and water. Sandstone, shale, and other sedimentary rock characteristics influence what shapes the rocks take due to the relentless onslaught of erosion. The harder rock layers, which have greater resistance to erosion, wear away more slowly than surrounding soft layers, resulting in the often unusual formations such as sculpted cliffs, spires, domes and arches.

After crossing the varied-elevation plateau, you’ll be shooting down a long and winding road and then doing a mostly flat section along the Colorado River. Welcome and enjoy!

Chapter 1: East Entrance: (15:15)

Introduction (:40)

Start: slightly uphill, average speed. Location: West of Grand Junction on the western edge of Colorado, near Interstate 70. Headed southwest into the monument.

00:58 gentle up. The next 14 minutes will be a long climb of varying steepness.

01:20 slight up, slows for entrance gate

01:45 resumes slight up

02:00 gentle, quickly increasing to a medium hill

02:45 eases to a gentle up

03:35 medium up, slow speed

04:25 steep up. Animals commonly seen in the park include: desert bighorn sheep, coyotes, mountain lions, canyon wrens, ravens, and collared lizards.

07:00 medium up

07:28 steep

11:00 medium, there are some beautiful views coming up and a long tunnel

12:20 steep

12:50 medium

15:05 This is the top of “The Serpent’s Trail”, which used to be called “The Crookedest Road in the World.

15:28 gentle

15:55 this is where the next chapter seamlessly begins...

Chapter 2: Top of the Plateau: (19:45): This long section gradually goes from a gentle uphill grade to a *relatively* flat section for this and the next two chapters. Relative to the climb to get up here, that is, there are some elevation changes. You'll see plenty of neat overviews as you're really getting into the heart of the national monument here. The speed will average, obviously slower when climbing.

Start: still chugging along up a gentle uphill grade

17:00 flat to very slightly uphill, you're up on the plateau, so it'll be relatively flat for a long way

18:16 to your right: Columbus Canyon

20:48 a brief pull-over to see Red Canyon overlook

21:00 slightly up here, slow. The air is very dry here, as you may imagine.

22:48 gentle up

23:30 slight up to flat

24:21 gentle up

25:22 slight up, then back to gentle as it rounds the curve ahead

26:36 Here comes a pause to take in Ute Canyon

27:00 This rise goes from a gentle to a medium-grade hill.

27:48 slight up

28:40 flat

29:10 slight up

29:40 gentle up

30:00 flat to slight up

30:46 This is the highest elevation on Rim Rock Drive at 6640 feet, after this the way flattens out and alternates with slightly down and flat runs for a while

34:14 The Ute Canyon trailhead is to the right. There will be a stop ahead at Fallen Rock Overlook.

35:10 You made it! This is a rest point and the beginning of the next chapter.

Chapter 3: Fallen Rock: (18:35) This is the best chapter for the views. Again, relatively flat except for one pretty long hill with average to slow speed.

Start: slow to average speed, flat

36:16 slight to gentle uphill

36:57 back to slight up

37:50 flat to slight down to flat

38:46 gentle up

40:15 medium up

40:50 not the top of the hill, but it flattens out to just a gentle up

44:04 not the top yet, but it briefly turns into a slight up, then back to gentle up...

44:20 then medium up

46:00 top of the hill! slight down

47:20 this area is called "highland view, for good reason

49:00 going into more of a gentle down, medium around the curve

49:55 slightly (and gently down on corners) in varying degrees for quite a while ahead

50:38 The formations to the right are called "Squaw Fingers".

51:12 "Artists Point"

53:32 Coming up soon: a view of the "Coke Ovens" which resemble massive, rounded furnaces.

53:55 stops for a look into Monument Canyon, the largest canyon in the park. End of chapter.

Chapter 4: Coke Ovens: (24:20) Actually *this* is the best chapter with the best views!

54:12 on the road again, slight to gentle down, average speed

56:48 another quick stop for Monument Canyon View, with vistas of "Kissing Couple", other rock formations and beyond is the Fruita Valley. Then onward at the same.

1:00:56 To the right is the famous "Independence Monument". You'll be stopping to take in the

- panorama. When it resumes, there is a short slightly uphill section, then more slight down.
- 1:03:07 Another view of Independence Monument to the right.
 - 1:03:36 slightly uphill to flat
 - 1:04:18 slight to gentle down with views of Wedding Canyon.
 - 1:05:55 flat. To the right is the visitor center and the book cliffs.
 - 1:06:04 downhill from here for the next 12 minutes. It starts gently, but its all downhill from here.
 - 1:07:30 gentle down
 - 1:08:48 Behind the town of Fruita you see the Roan Plateau.
 - 1:09:10 Keep your hands on the handlebars, as “you’re not in Kansas anymore”- its a medium grade most of the way down.
 - 1:09:20 Below is the Colorado River Valley.
 - 1:12:10 gentle down
 - 1:12:30 back to medium down, does this kind of remind you of a Disney ride?
 - 1:14:01 On the left, you will notice the aptly-named “Balanced Rock”.
 - 1:14:35 gentle down then soon back to a medium grade
 - 1:18:20 You’re approaching the west (Fruita) entrance stopping point, at an elevation of about 4800 feet above sea level.
 - 1:18:32 end of forward-motion, a pan of the valley & another picture of Balanced Rock.

Chapter 5: Grand Junction to Palisade: (10:00) This is a predominantly flat ride through the agricultural area along canals, country roads and the Colorado River. This region, known as the Grand Valley, is a major producer of cherries, peaches, grapes and other crops. Grand Junction is at the joining of the Colorado and Gunnison Rivers. Its quite a change in scenery from Rim Rock Drive and a good, even cool-down for the journey.

Start: flat, average speed. You’re approximately 10 miles east of Colorado N.M. heading east.

- 1:24:15 There’s a little, gentle to medium downhill section here.
- 1:26:06 You guessed it- flat.
- 1:26:30 Grand Mesa, to the immediate east, is said to be the largest flat-topped mountain in the world. Coming up soon on the left: the Colorado River.
- 1:28:49 We crawl to a stop. If you’d like to review the journey, there’s also a slideshow on the dvd menu with more still-pictures of the area.