

Workout Guide for Bike-O-Vision Journey #20: “Santa Fe and Northern New Mexico”

Explanation:

Every chapter usually 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.

Santa Fe and Northern New Mexico overview: We really liked the clouds in New Mexico! Are they always like that? Who knows but it works for this video of the “Land of Enchantment”. We totally see why the area draws so many artists and art-lovers and are pleased to share the scenery with you. Northern New Mexico also offers plenty of cultural, archeological and historical sites that enrich the experience.

The first chapter is fairly easy, an average-paced slightly uphill ride in a terra cotta canyon with those great clouds overhead. Get into the blues soundtrack while passing under feathery cottonwood trees with a wild-west backdrop. It goes on over the next few chapters into generally more challenging hills and some truly beautiful high desert and mountain scenery. Let’s go!

Chapter 1: To Jemez Springs: (12:40) Consider this the warm-up. It follows a breathtakingly colorful route ending at Jemez Springs, the remains of a Spanish Mission. Its a seemingly mostly-flat ride (actually, overall its a climb uphill with a very slight gradient) with some curves and lots to see. You are headed north-northeast on state route 4 northwest of Albuquerque. Bienvenidos, welcome!

Start: slightly uphill to flat, average speed. Location: West of Taos

01:00 slight down to basically flat for a while

02:45 slight up

03:18 slight down

03:40 slight up, slow

04:00 flat, then slightly up in varying degrees

05:15 gentle up for the little hill, then more slightly uphill

06:40 as you start to look over at the creek its going into a flat part

07:00 slight up, then flat- it continues on with this alternating slight uphill and then flat rhythm for the next 5 minutes, 40 seconds so simply adjust to the ever-changing road. The slight downhills are too brief to mention.

12:40 end of motion at some neat old ruins of a Spanish Mission. There is a kiva here (a native american underground ceremonial lodge) you can climb down into on a ladder.

Chapter 2: Bandelier National Monument: (9:40) What you see during the introduction is the destination, a preserve of indian cliff-dwellings in a setting of weirdly eroded rock formations near the Rio Grande. You are about an hour’s drive west of Santa Fe. Incidentally, its near Los Alamos laboratories. The ride consists of the interesting Hwy. 502 and Route 4, headed southwest on the way to Bandelier. It dishes up plenty of hills and curves for your workout, starting with a hearty climb.

Start (13:06): gentle up on Hwy. 502, average speed
13:30 medium up, slows
16:00 gentle, average
16:25 crossfade to rt.4, slight up, average speed
16:50 gentle down, a look at the wind-sculpted rocks
17:30 steepens to medium-grade downhill
18:10 gentle, then slight, then flat
18:30 more strangely hollowed rocks going by on the right, then gentle uphill
19:05 slight up
19:40 gentle up
19:54 crossfade to flat section, occasionally edits are required because of too much sun in the lens, excessive bumps, or acute ugliness of the road-construction variety. Trust us, its the “You don’t want to go there”zone- better to skip to the prettiest stuff.
20:15 slight down
21:10 slight up
21:23 crossfade to medium down
22:28 flat
22:43 slows and ends at the Bandelier National Monument entrance with various views of the Ancestral Pueblo cliff dwellings and the Frijoles Canyon. Its a spectacular place to visit! And now you’ve seen it...

Chapter 3: Artist Road Down to Santa Fe: (5:10) This is a short and simple ride down into and through the cute and clean town of Santa Fe. This is one of the oldest population centers of North America, starting with the indigenous people through the Spanish and Mexican occupations and then as a major overland hub during the pioneering days of early America. Now it has a classy, cosmopolitan ambiance.

Start: (23:02) gentle to slight downhill, average speed. These are the southern foothills of the Sangre de Cristo mountains behind you, as mentioned in the classic Paul Simon song *Hearts and Bones*.
23:55 slight up
24:30 flat
25:16 gentle down
26:03 crossfade to flat, going into town now. Its flat throughout town.
26:02 for your viewing pleasure, we generally don’t stop for signs or traffic lights. You’ll be going by Georgia O’Keeffe and other museums, convention centers, hotels and spas, all built in the adobe fashion.
28:14 end of motion, that pink building is the Scottish Rite Temple.

Chapter 4: The Turquoise Trail: (9:45) The turquoise trail is very flat (yet fast) at first, but eventually gets you to some gentle downhills with beautiful vistas and a medium uphill section that will require some effort. Its one of the many wide-open areas in the video.

Start (28:22) flat, fast speed
29:05 gentle down. That’s San Pedro Mountain in the distance. You’re headed into the Manzano mountain range.
29:36 flat, some unusual rocks coming up on the right
30:20 slight down to flat, only average speed now
31:02 slightly down to flat again.
32:30 a very gradual slight up goes into...
33:05 gentle up, slower
33:26 medium up, slow
33:50 top of this hill, tapers to flat, then slight down, average speed. Mind the passing cars.
34:50 another short flat section over the bridge, then down of course
35:34 crossfade to further up the road, flat, average speed

36:40 crossfade to Cerillos, a semi-ghost town in the middle of nowhere. Flat, slow speed.
37:07 slight up to flat
37:48 slow to a stop with views. They like hanging these cayenne peppers on the porch to keep evil spirits away. Its like spiritual mace.

Salinas Pueblo Missions National Monument: (4:00) A short, two part survey of some old ruins south of Albuquerque.

Start (38:08): slight up to gentle up, slow
38:36 gentle down, average speed
39:21 a very short but medium-grade hill, slow
39:34 flat, views of the first site, Abo Ruins
39:55 crossfade to next location, basically flat and a little bumpy
40:32 a tiny uphill with a couple more of these short up-and-downhills to come.
41:50 gentle down to a pause to take in Quaral Ruins at 42:00

Enchanted Circle Part One: Angel Fire to Eagles Nest: (6:10) A gallop [fast speed] through the high cattle country. Gradually a little uphill with some dips in this first section.

Start (42:19): flat into a slight downhill, fast speed.
43:00 slight up
43:15 it goes on like this with very mild changes in elevation; consider it flat
44:20 slight down
44:40 that's some leftover snow, (its the third week in April). The peaks to your left (west) are 13,161 foot Wheeler Peak and surrounding mountains. Behind them is Taos Ski Valley.
45:20 flat, then a gradual climb to a gentle hill. Don't be surprised by a few passing cars.
46:25 a slight dip, average speed. Coming up on the right is either a church, a bingo hall or both- whatever the case it sure has a great view!
47:13 Another couple dips coming right up, adjust appropriately.
48:30 End of motion.

Enchanted Circle Part Two: Eagles Nest to Red River: (13:45) Up, up and away! Get ready to pump it up, this route takes you over the 9,800 ft. Bobcat Pass with 12,400 foot Baldy Mountain to your right and then 12,700 ft. Gold Hill to your left- (ever heard of a 12,000 ft. "hill"?). This is in the Kit Carson National Forest, Sangre De Cristo Mountains. And by the way, flying down the other side of the pass is where you'll enjoy exhilarating views of colorful earth and snowy peaks.

Start: (48:35) gentle up, average speed
51:25 We're going gradually into a medium grade hill now for the next 2 1/2 minutes ahead.
53:53 After the look to the side, its steep to the summit, slow.
54:30 tapers off to flat before beginning the descent.
54:54 gentle down, picks up speed to fast
58:00 medium down, watch out for rockslides!
1:00:25 The mountain gradually flattens out as you slow down and roll into the quaint ski town of Red River, New Mexico.
1:01:46 If you're interested, those are ski lifts going right down into town. Another time...
1:02:20 pulling over for a break at the ski shop and a gander at the tiny Red "River"(oh well)...

Enchanted Circle Part Two: Red River to Questa: (6:15) Another picturesque leg of this classic loop with average-to-fast, overall downhill but not-as-steep as earlier- a worthy valley to explore!

Start: (1:02:36) gentle down, average speed
1:03:30 slight down to flat
1:04:10 slight down to flat
1:05:00 slows for a tad while a car passes, soon back to slight down for the rest of the way.
1:05:20 back to average speed for the general downhill trend, following the Red River

1:08:40 pulling off to the left for a break, ending the Enchanted Circle section.
1:08:50 end of forward motion
1:08:52 These are pictures of the historic Rio Grande, no forward motion here. This is along the very scenic but more busy Hwy. 68 also known as the "low road to Taos". See below...

The High Road To Taos: (5:40) This follows Rt. 76 and 518 from South to North through small pueblos and silver mining towns under a dramatic sky and typical Southwest hues. This ride consists of fairly evenly spaced rolling hills, great for endurance training.

Start: (1:09:05) flat, average speed

1:09:42 medium grade hill, slow speed with side looks at eroded sandstone plateaus
1:10:12 crest of hill, start down gently, average
1:10:22 slight to gentle up, slow. Hey wow- cows! We always pan for cows.
1:10:50 top o' the hill, slow, then down the other side- you know the routine...
1:10:56 slight up again
1:11:40 gentle up
1:11:52 medium up
1:12:10 gentle up
1:12:30 flat as the truck passes and then picking up speed again, going down
1:13:10 this is beautiful, don't you think?
1:13:40 slight up, gradually slowing
1:14:00 flat, slight down, then slightly up again in rapid succession
1:14:30 gentle up
1:14:40 flat as you crest the hill, stopping in 6 seconds...
1:14:46 end of forward motion

From Taos toward Taos Ski Valley: (7:15) This final chapter affords gorgeous views of the famous skiing mountains, agricultural lands and one funky town enroute. In the native tongue, Taos means "The Place of the Red Willows". Nearby Taos Pueblo was inscribed in 1992 onto the World Heritage list by UNESCO as the "first living world heritage" for it is known to be the oldest continuously inhabited community in the USA. There are at least seven other indian pueblos in the nearby region. Each has its unique style of pottery and other arts and crafts and strive to remain unaffected by the modern world. The town of Taos has its own ambiance as well and is worth a visit. Welcome to The Place of Red Willows, a mostly flat ride to finish your session.

Start: (1:14:56) slow, flat

1:16:15 slight up
1:17:00 flat. See, we told you its a funky town.
1:17:40 crossfade to an alternate path with mountain views, ever-so-slightly uphill
1:19:25 crossfade back to the main road; flat, slow
1:20:30 medium down, average
1:21:10 flat, then slight to gentle down
1:22:00 gentle up
1:22:10 This brings you to the end with a view of the creek and a taste of cayenne.
"Adios, amigos!"

If you liked this ride, you may also enjoy:

Journey #15: Grand Canyon and Sedona Arizona

Journey #16: Zion National Park and Southern Utah

Journey #6: Death Valley and Southern Nevada

Wide Screen Journey #3: Colorado National Monument

Wide Screen Journey #4: Arches and Capitol Reef National Parks

Wide Screen Journey #7: Western Seasons