

General Information

With over 300 sunny days per year, dry climate, beautiful mountain scenery, plenty of mountain roads, paved bike paths, and mountain bike trails to explore, it is no wonder that Colorado is regarded as one of the premier cycling centers of North America. [Less...](#)

Total # of Rides Listed: 7

[Bike Path Rides](#): 7

[MTB Trails](#): 0

[Loop Rides](#): 0

[Out & Back Rides](#): 7



When to Visit

The best time to visit Colorado for cycling activity is in spring and early autumn, when temperatures in lower elevation are more comfortable. Summer, except in the mountains, can get very hot and dry and frequently—very windy. The best time to cycle in the mountains is from late June through mid September.

How to Get There

If you are traveling by air, you will most likely arrive at DIA (Denver International Airport). From the airport your best transportation option is a rental car or your bike. Public transportation (bus) is available; however, you should check schedules posted at the airport, since busses may not run at all hours.

You can find accommodations close to the airport, especially if you have traveled a long distance and may need to acclimate to the Mile-High air before taking off on your cycling adventure. Most of the hotels will provide shuttle-van transportation from/to DIA.

If you are traveling by car and plan to stay at one location from which you will engage in your cycling activities, check our [DESTINATION RIDES](#) cycling pages for local routes.

Climate and Weather

Colorado's climate is quite arid, except for its spring season when it rains more frequently. In late spring and during the summer, daily afternoon thunderstorms are very common and therefore you should plan your riding activities accordingly. Generally, most Coloradoans ride in the early morning hours to avoid getting caught in a downpour or a thunderstorm.

Although cyclists in Colorado enjoy over 300 sunny days per year, weather conditions can change abruptly (especially in the mountains); therefore, it is essential you plan ahead and pack appropriate gear. Additionally, it is always wise to check the weather forecast before setting out on a long ride. With frequent afternoon mountain thunderstorms and sudden temperature drops, hypothermia can become a critical issue very fast.

Cycling in Colorado can be demanding on your body, especially if you are not used to altitude. Most Colorado rides will begin at altitudes of 5,000 ft/1,524 m and will take you up to 7,000 ft/2,134 m, some will include high mountain passes at almost 12,000 ft/3,658 m and few rides, such as the Out&Back ride to the top of Mt. Evans, will take you to altitude over 14,200 ft/4,328 m. Therefore, if you are arriving from outside of Colorado and are not used to altitude, it is recommended you acclimate for few days before attempting some of the more demanding rides.

Cyclists in Colorado get plenty of exposure to sun, therefore, proper UV protection for skin, lips, and eyes is strongly recommended.

The Roads

Roads in Colorado are generally cyclist-friendly. Most Colorado motorists, with some exceptions, are tolerant of cyclists. Of course, it is always recommended you ride defensively and obey all traffic rules.

The surfaces of Colorado roads are generally good. Unfortunately, due to extreme temperature changes between seasons they take a lot of abuse and as a result, especially on mountain roads, you may find occasional road hazard in form of cracked pavement, pothole, gravel or sand.

Paved shoulders on rural roads and in the mountains are minimal or non-existent. Some Colorado roads have rumble strips (grooves ground into the pavement to alert swerving drivers) which can be very dangerous for a cyclist. Additionally, on rural roads you may encounter cattle guards, which should be crossed with utmost care and as perpendicularly as possible.

Colorado Family Rides (1-7 of 7)

The Rides

Denver - South Metro Area: [Wildlife Experience](#)

21 mi/34 km (Out & Back Total: 42 mi/68 km)



Summit County Bikepath: [Frisco - Copper Mnt](#)

7.1 mi/11.4 km (Out & Back Total: 14.2 mi/22.8 km)



Summit County Bikepath: [Frisco - Dillon - Keystone](#)

12.6 mi/20.2 km (Out & Back Total: 25.3 mi/40.4 km)



Summit County Bikepath: [Frisco - Breckenridge](#)

10.2 mi/16.3 km (Out & Back Total: 20.4 mi/32.6 km)



Summit County Bikepath: [Vail Pass \(East Side\)](#)

11.6 miles/18.5 km (Out & Back Total: 23.1 mi/37 km)



Vail - Vail Pass

19.3 mi/30.8 km (Out & Back Total: 38.6 mi/61.7 km)



Glenwood Springs: [Glenwood Springs Canyon Bikepath](#)

15.8 mi/25.3 km (Out & Back Total: 31.6 mi/50.6 km)

