

### General Information

Vail offers many outdoor activities. Although known for its winter sports, it provides for outdoor fun year-round. People from all over the world visit Vail to enjoy hiking, cycling, golfing, tennis, fishing, canoeing, kayaking, sailing, or just simply relaxing.

For the cycling enthusiasts Vail offers some great riding and most of it is on safe bike paths thanks to interconnecting network of paved bicycle paths with [Summit County](#) (see [Summit County Bicycle Rides](#) for more rides connecting to Vail via the Vail Pass Bicycle Path). For the mountain bike enthusiasts there is plenty of mountain bike trails, many of which reach mountain summits approaching 14,000 feet in elevation. With its expansive valley and great mountain roads, you are certain to find the terrain to fit your cycling needs when you are in Vail.

Total # of Rides Listed: 2\*

\*See [Summit Cnty.](#) for more rides

Family Rides: 1\*

Road Rides: 1

MTB Trails: N/A

Bike Path Rides: 2

 Loop Rides: 0

 Out & Back Rides: 2



### When to Visit

The best time to cycle in or around Vail is from late spring through early autumn, when mountains temperatures are warmer and more comfortable. High summer season is June, July, and August.

### Climate and Weather

Vail's 40 degree latitude provides pleasant, average daily temperatures throughout the year. Because of its low humidity, the temperatures feel comfortable between late May and early September.

Vail receives over 19 inches of precipitation each year, consisting of both rain and melted snow. Normally, there is very little moisture during July and August, and so these are the best months to visit for summer activities. The average temperatures during cycling season are (Fahrenheit/Celsius): 59/15 in May, 69/20.5 in June, 75/24 in July, 73/23 in August, 67/19.5 in September, and 57/14 in October.

### How to Get There

If you are traveling by air, you will likely arrive at DIA (Denver International Airport). From DIA, your best transportation option is a rental car, taxi, or shuttle bus to Vail.

Vail is located off Interstate 70 approximately 95 miles west of Denver about 1 hour and 45 minutes drive from Denver International Airport. If you are traveling westbound, take the second Vail exit off I-70 (Exit #176), turn left at the end of the exit ramp, then go under I-70, through the roundabout, and exit it onto Frontage Road heading east. The Vail Village parking garage will be ½ mile on your right; there you will also find the tourist office to help you with your accommodation needs.

If you are driving eastbound, take the Vail exit ramp off I-70 (Exit #176), turn right at the end of the ramp onto a roundabout and exit it onto Frontage Road heading east. The Vail Village parking garage will be ½ mile on your right.

### Accommodations

Vail has plenty of world class accommodations, ranging from fancy (and really fancy) hotels and B&Bs to small, functional establishments. However, it is recommended you make reservations ahead, especially if you are traveling from out of state and/or during high season (June – August).

### The Roads

Although most cycling routes around Vail and [Summit County](#) are over recreational multi-use paths, you will also encounter rides that travel over county roads. The surface of Vail and [Summit County](#) roads is generally very good; however, due to extreme temperature changes between seasons, roads take a lot of abuse, and as a result, you may find occasional road hazard in form of cracked pavement, pothole, gravel or sand.

Paved bike paths are usually open by late April, although the Vail Pass Bicycle Path may not open until late May, and occasionally some sections may be temporarily affected by late spring snow. Most paved bike paths will be covered by snow by mid to late-October.

### What You Need To Know

Cycling in Vail, Colorado can be demanding on your body, especially if you are not used to cycling in altitude. Most terrain is above 8,000 ft /2,400 m and some rides and mountain bike trails may take you over 12,000 ft/3,658 m high passes. If you are

unaccustomed to altitude, it is recommended that you acclimate for few days before attempting some of the more demanding rides.

Keep in mind that mountain weather can change rapidly. A warm and sunny morning can quickly change into torrential thunderstorm or even a snowstorm. Beware of lightning, especially if you find yourself riding above timberline (best if you set out to ride early in the morning as most thunderstorms in the mountains occur in early afternoon). 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.

Wear proper UV protection for skin, lips, and eyes. Due to its high altitude, Vail has an especially high UV index.

If you are riding backcountry MTB trails during Colorado’s hunting season (mid-September through October), make yourself visible by wearing bright colors and stick to popular trails that travel through open spaces.

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Mountain bike trails are rarely open before the end of May, and you should not expect to ride trails above 10,500 feet before the end of June, and above 11,500 before the end of July.

Road Rides (1-11 of 11) Family Rides

Road Rides

Vail - Vail Pass

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



Rides listed below are in Summit County. They are accessible via the Vail Pass Bicycle Path (heading east from Vail) or by car from I-70. See [Summit County Bicycle Rides](#) for driving directions.

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

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



[Summit County: Summit County Loop](#)

47 miles/75.5 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: Breckenridge Loop](#)

34.5 miles/55.2 km



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

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



[Summit County: Swan Mountain Loop](#)

33 miles/52.8 km



[Summit County Bikepath: Frisco - Montezuma Rd Loop](#)

36.3 mi/58.1 km



[Summit County: Lake Dillon Loop](#)

19.3 miles/30.8 km



[Summit County: Montezuma Rd](#)

19 mi/30.4 km (Out & Back Total: 38 mi/60.8 km)



Road Rides Family Rides (1-1 of 1)

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