



An epic point to point challenge, from the alpine aspen groves of the Grand Mesa to the desert shores of the Colorado River, the Palisade Plunge is truly a plunge through unique scenery and unbelievable experience. This is not a beginner ride, and even intermediate riders will find it quite difficult. All who choose to drop in will be rewarded with incredible purpose-built singletrack and amazing views of the San Juans, Uncompahgre Plateau, Colorado Monument, and the omnipresent Book Cliffs.

Come experience the thrill of descending over 6000' in 32 miles and then take a dip in the river, grab a tasty beverage in town, or whatever your heart desires among the opportunities provided by the Grand Valley!

BE PREPARED!

- This trail is for experienced riders with excellent judgment
- Start Early! Mid and late day temperatures can be quite warm in the valley below, reaching the high 90's and even 100's. Trail conditions can be EXTREME at these times! Plan ahead with an early start time. That often means beginning to ride by 9 AM
- Heed trail warnings and be prepared to walk your bike when necessary
- Take food and water with you - none is available at the trailheads or on the trail. Even in cool alpine starting temps, temperatures can increase more than 30 degrees and hot weather conditions in the lower elevations mean that you need to pack as much water as possible - Safety First. Take more than you think you'll need.
- Be aware of personal ability, mileage, weather, time of day, appropriate clothing, heat, food, water, and bike condition
- If assistance is needed, call 911 (not local bike shops, shuttle companies, etc)



TRAILHEAD LOCATIONS

- Full Route, ~32 miles, starts at Mesa Top Trailhead
- Partial Route, ~20 miles, starts at Shirttail Point Trailhead
- Partial Route, ~19 miles (includes 2.3 mi climb), drop-off at Wild Rose Picnic Area, trail starts at Lands End Road (Self-shuttle ONLY during peak season)



SHUTTLES

- When self-shuttling, recommended route is I-70/Hwy 65 and approximate time is 1.5 hours each way
- USFS permitted commercial shuttles are available and highly encouraged during peak season
- Visit www.palisadeplunge.com for a list of shuttle providers



SEASONAL CLOSURES

- The Plunge is under seasonal closure every year from Dec 1-May 1
- Winter closures are a CRITICAL tool to mitigate the impacts of recreation on wintering wildlife, and this means no tires on trails during this period!
- Completion of the Winter Wildlife closure each year does not imply that the Plunge trail will be open for use on May 1. Trail opening timing is based upon water/mud/snow conditions that commonly allow access in the mid-May to early-June timeframes. Seek information regarding annual trail opening times
- Weather (water/mud/snow condition) may dictate that the trail will not open until much later in the spring. Seek information regarding official trail opening times



OPEN TO

- Open to non-motorized users, including mountain biking, hiking, trail running, and other non-motorized users
- The trail is open to equestrians only on USFS managed land (parts of Phase II)
- The Plunge is not open to eBikes



FACILITIES

- There is NO WATER and NO FOOD on the trail, at any trailheads, or along the shuttle route
- There is only ONE water crossing on the trail around mile 16 (1.5 miles past Land's End Road) at Whitewater Creek and prior to the hotter and tougher portions of the trail. It is not recommended to use this source without proper water treatment. Use only in case of emergency.
- Restrooms- available at Shirttail Point and Mesa Top trailheads



DOGS

- Please leave all canine companions at home
- The length, heat, exposure, and tread combine to make unsafe conditions for your dog to accompany you on your ride

