



**ROLLING THUNDER**

## **Desert Vista Mountain Bike Team (DV MTB) Ride Library**

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## Introduction

This is a listing of various rides or sections of the trail we will do as a team. We can combine these together or we can do multiple laps of the same course for any specific workout objectives. Each ride has a link to the Strava Segment that was created for it, so you can use the link to zoom in for further details or download the Segment to your GPS device. These are provided as a communication tool for our team to better coordinate and share ride ideas that we use as a team.

## Rating Scale

As applied to riders on the DV MTB Team



Beginner

Easy, fairly flat, smooth trails. Good for a warm up, or developing riders on the team. Good for multiple lap rides.



Intermediate

Some climbing & descending, loose trails. Good for multiple lap rides. Suited to riders with solid skills and riding experience with the team.



Expert

Significant climbing & descending, loose trails. Challenging for multiple lap rides. Suited to riders with significant experience and solid fitness.

# Beginner Trails



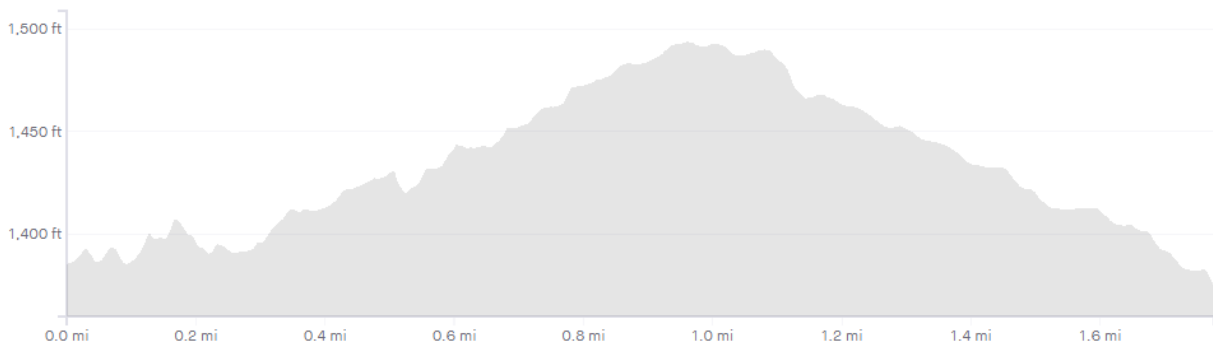
Beginner

## Warpaint Loop (CW)

Link: <https://www.strava.com/segments/2334481>

Closest Starting Point: War Paint

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	2,231 Attempts By 490 People
1.77mi	-0.1%	1,375ft	1,494ft	119ft	



**Notes:** Welcome to the base trail loop we do nearly every ride. This can be a warm up loop, some extra credit, or just a chill cool down. Every rider starts on this one and works up with variations.

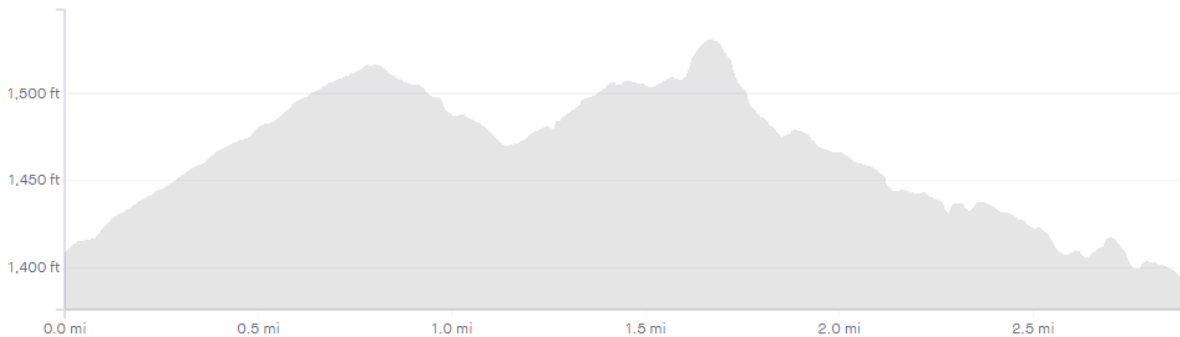
# DV MTB: WarPaint & Short Canyon Loop

Link: <https://www.strava.com/segments/29124138>



Closest Starting Point: War Paint

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	35 Attempts By 26 People
2.89mi	-0.1%	1,393ft	1,531ft	138ft	



**Notes:** Easy loop staying on WarPaint, adding in the easy section of the Guadalupe Perimeter Trail, cutting off before the big hills. Connecting with Desert Classic and back to War Paint. Can be ridden in either direction.

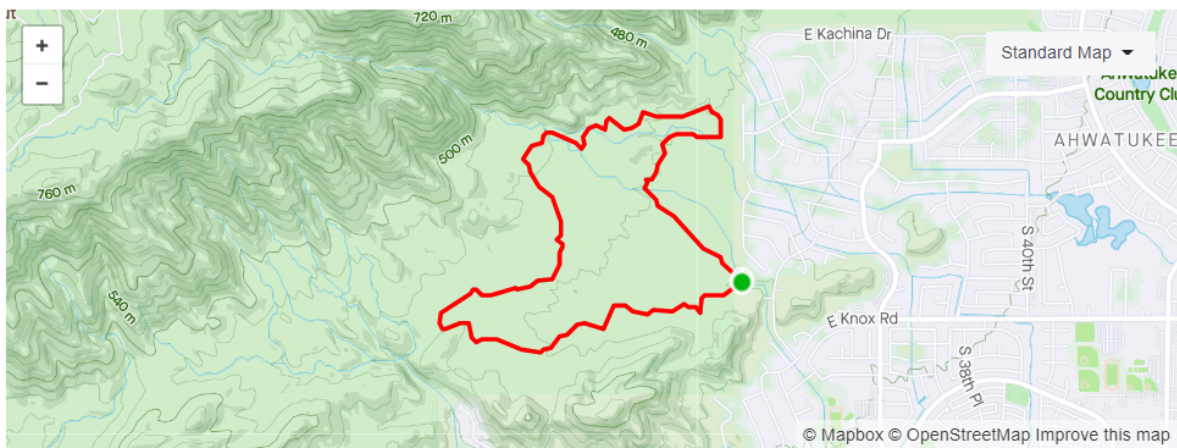
# DV MTB: WarPaint, Short Canyon, Secret, WarPaint



Link: <https://www.strava.com/segments/29280549>

Closest Starting Point: War Paint

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	20 Attempts By 17 People
4.07mi	0.0%	1,275ft	1,413ft	138ft	



**Notes:** Looking for a bit of a longer loop with some added challenges? Add on the Secret Trail to the base loop. Secret adds a bit more “excitement” with some fun washes, a mini rock drop and some flowy, twisty turns. Can be ridden in either direction for some variety. Good for multiple lap rides with several sections to lift the pace.

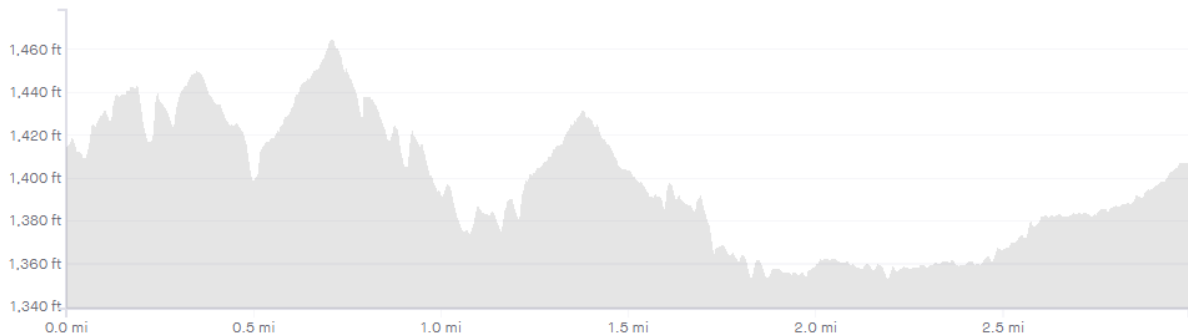
# Bronco Flats Loop

Link: <https://www.strava.com/segments/4456963>



Closest Starting Point: Water Tanks

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	9,377 Attempts By 931 People
2.99mi	0.0%	1,353ft	1,465ft	112ft	



**Notes:** A good mix of fun washes, some small climbs, and some rocky sections, this loop provides a bit for everyone. The flats are really flat and speedy. The upper part will keep you on your toes. This is a great loop for multiple laps and can be ridden in either direction.

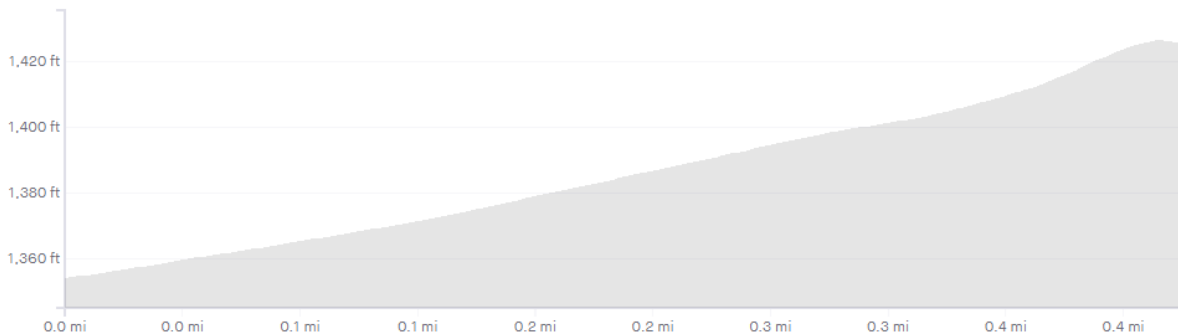
# DV MTB: Shad's Pain Cave



Link: <https://www.strava.com/segments/29316049>

Closest Starting Point: Water Tanks

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	5,716 Attempts By 608 People
0.47mi	2.8%	1,354ft	1,427ft	73ft	



**Notes:** This smooth steady climb is a great spot for hill repeats, simulated race Starts and some creative interval work.

# Intermediate Rides

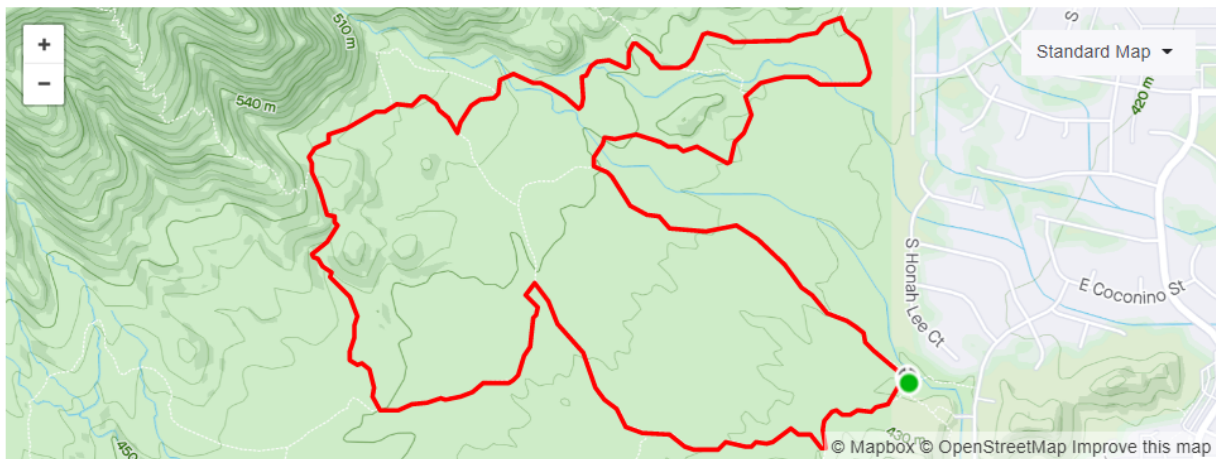


## DV MTB: Time Trial

Link: <https://www.strava.com/segments/21754951>

Closest Starting Point: War Paint

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	245 Attempts By 96 People
4.44mi	0.0%	1,339ft	1,562ft	224ft	



**Notes:** This has become the benchmark ride for the team. Ridden in either direction, it features the climb up Corona Loma, Secret Trail and War Paint. As riders build fitness and skills, this can be used for multi lap rides. New riders will spend time building up to this full loop and experienced riders will always be challenged on this one.



# DV MTB: WP, Short Canyon, Corona, Secret, WP #2

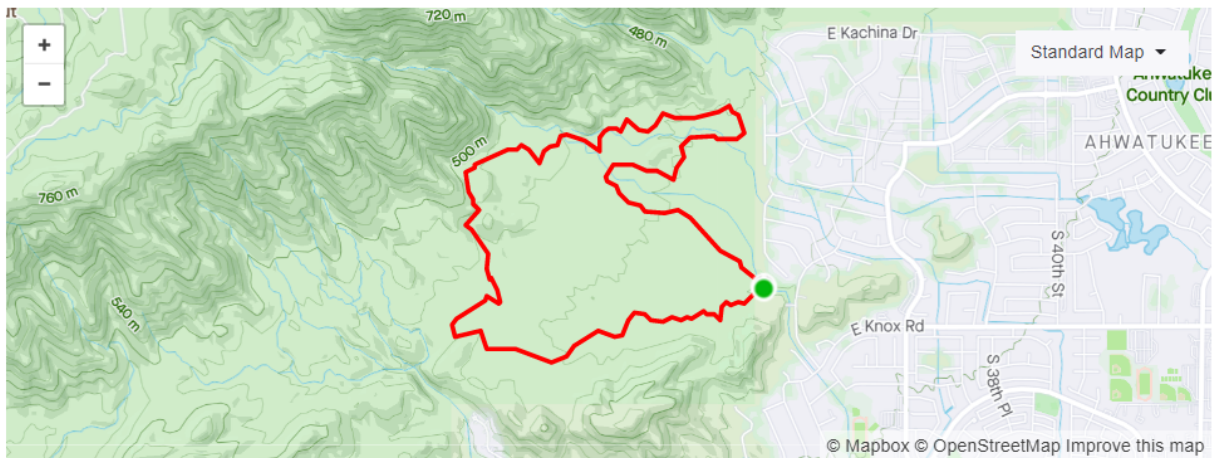


( DV MTB: Time Trial w/Short Canyon)

Link: <https://www.strava.com/segments/29316640>

Closest Starting Point: War Paint

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	9 Attempts By 7 People
4.58mi	0.0%	1,382ft	1,607ft	225ft	



**Notes:** This is the same Time Trial loop, but with the addition of the Short Canyon section to add a bit more climbing and distance. It can be ridden in either direction but is a great loop for a good ride. Don't take the short cut off Desert Classic or you will miss the official loop!

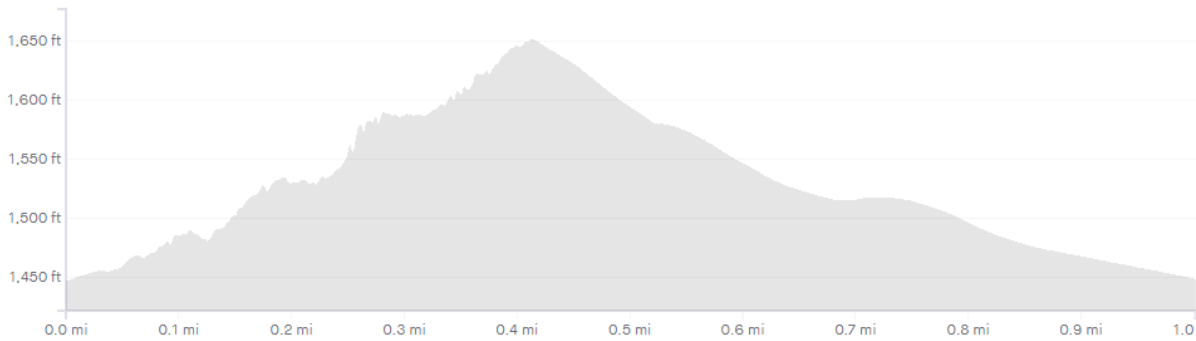
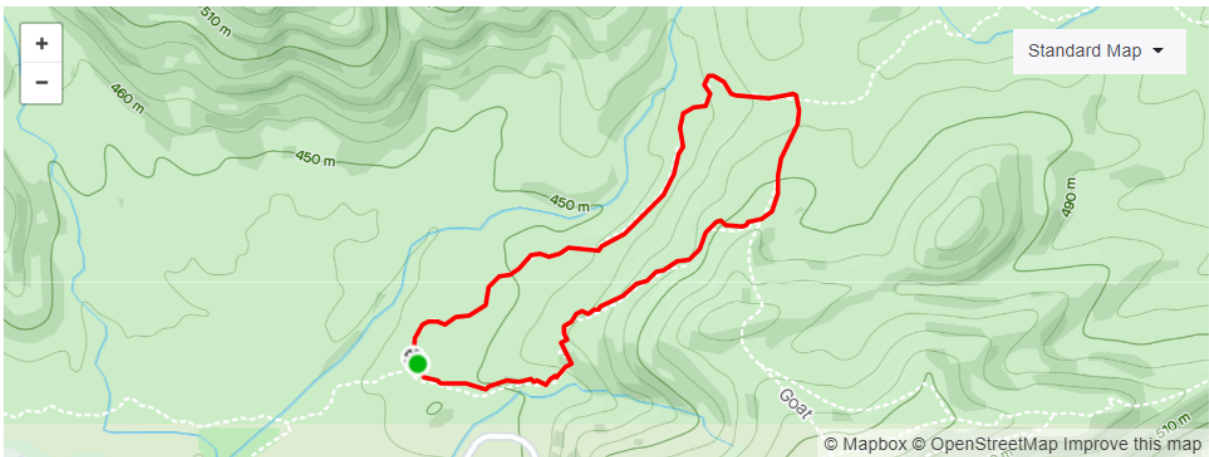
# DV MTB: Farmyard short track

Link: <https://www.strava.com/segments/29316069>



Closest Starting Point: Altadena

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	53 Attempts By 35 People
1.00mi	0.0%	1,448ft	1,651ft	204ft	



**Notes:** This short loop will get your heart racing and your legs burning. This is designed as a repeat loop to build pacing skills, balancing out short steep climb and some recovery descents. Mixed bag of trail conditions provide a mental challenge to maintain focus.

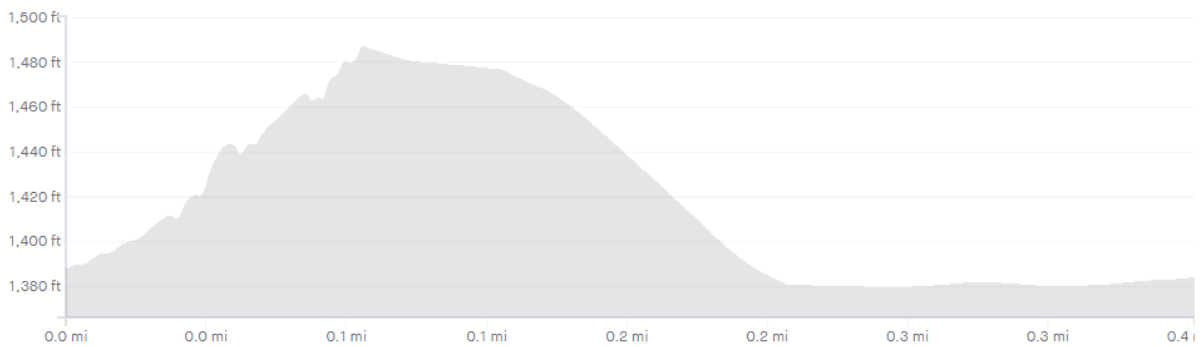
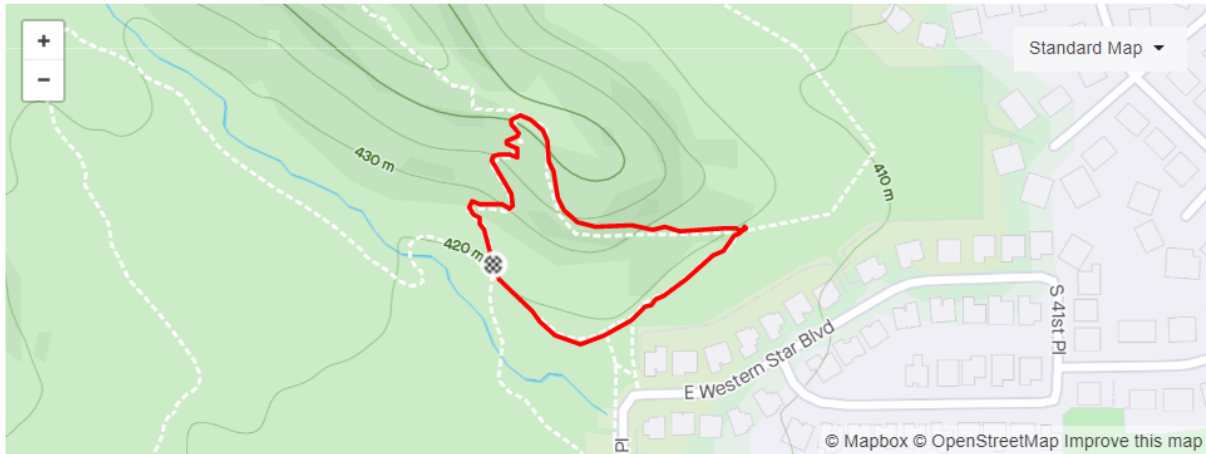
# DV MTB: Road to nowhere

Link: <https://www.strava.com/segments/29316038>



Closest Starting Point: Water Tanks

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	243 Attempts By 156 People
0.40mi	-0.2%	1,380ft	1,487ft	108ft	



**Notes:** A steep, technical climb.

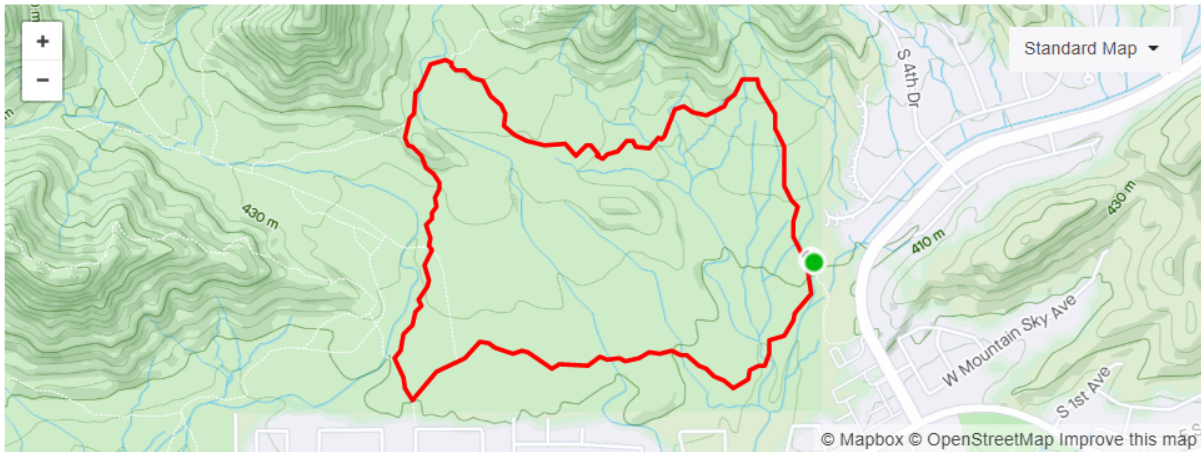
# DV MTB: Cholla Flats loop

Link: <https://www.strava.com/segments/29394162>



Closest Starting Point: Altadena

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	143 Attempts By 64 People
2.61mi	0.0%	1,279ft	1,444ft	165ft	



**Notes:** This fun loop can be ridden in either direction and has two very distinct halves. The lower section is smooth, fast and flowy. The upper section is rough, rocky and loose. Combined this makes a good loop for a good ride. You will have to access this via 5th Ave, so take care when riding up and down 5th Ave, if you are starting from Altadena. Trail can also be accessed from the Pyramid Parking Lot near 17th Ave and Chandler.

# Expert Rides

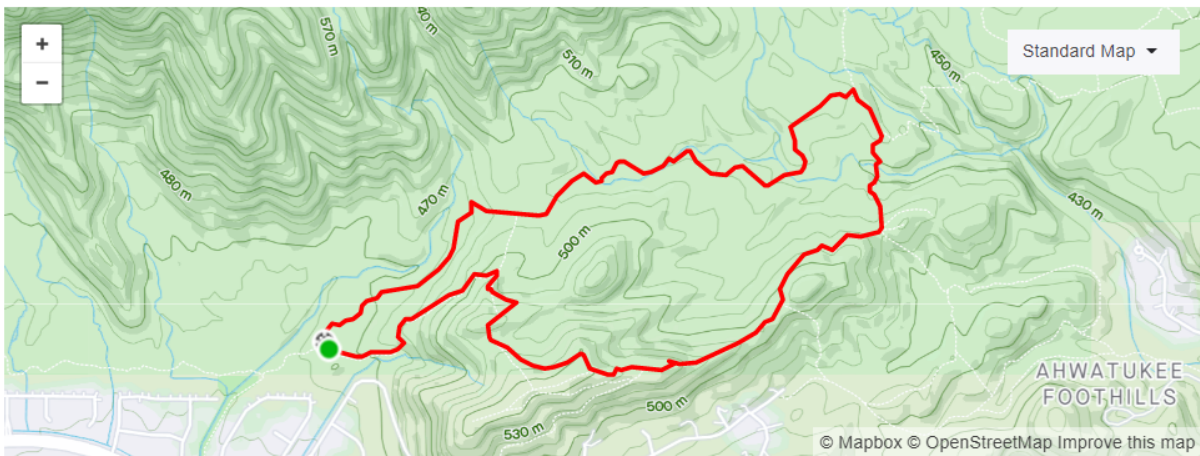


## DV MTB: Farmyard Full Track

Link: <https://www.strava.com/segments/29052952>

Closest Starting Point: Altadena

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	35 Attempts By 29 People
2.89mi	-0.1%	1,439ft	1,760ft	321ft	



**Notes:** This ride is not for the faint of heart. This is climbing Heli Pad via the Chicken Trail and descending the full Heli Pad trail. Climbing back up to Desert Classic and riding back to the start of Chicken Trail. This has rocky, steep and loose sections nearly all of the ride. There is not much flat or smooth on this one. Could be done in reverse, but the climb up Chicken Trail is significantly easier, as well as other sections of the trail.

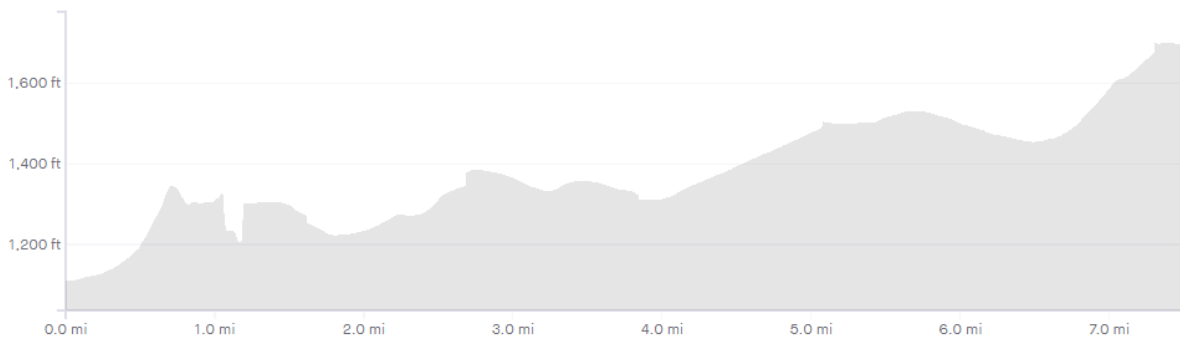
# DV MTB: Climb to the Sun

Link: <https://www.strava.com/segments/25664495>



Closest Starting Point: Altadena

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	102 Attempts By 30 People
7.50mi	1.5%	1,110ft	1,703ft	593ft	



**Notes:** This is a long one, with a steady dose of climbing. Starting at the end of Chandler, climb up Finnes Climb, Telluride, High Road, 5th Ave, thru Telegraph and finally up Chicken Trail. This ride has sections on the road so be cautious of traffic. It goes thru the Telegraph Parking Lot so lots of hikers, etc. This is a one way trip, so planning is needed. It can be modified by taking the Low Road, avoiding Telegraph or skipping Chicken, but as prescribed (Rx), this is a tough one!



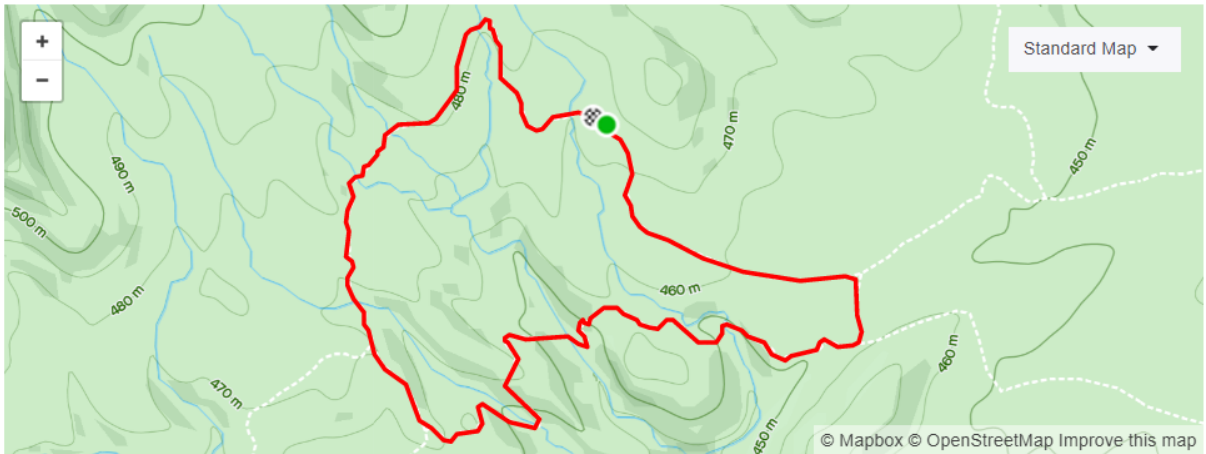
# DV MTB: GoldiChops and the 3 ditches

Link: <https://www.strava.com/segments/29323578>



Closest Starting Point: War Paint

Distance	Avg Grade	Lowest Elev	Highest Elev	Elev Difference	34 Attempts By 14 People
1.54mi	0.0%	1,442ft	1,577ft	135ft	



**Notes:** This is a tough one! Steep ups and downs, twisty tight corners and some loose rocks. This makes for one tough loop guaranteed to get your legs burning. Not a lot of flats on this one.