

UTAH

Salt Lake City Area:

Jordan River Parkway Trail System. The river is about 55 miles long, has probably about 25 - 30 miles of trail along it, with about 75% of that paved. Major advantage is that these trails are flat. The sections are discontinuous though. Good sections are: (going North upstream to South downstream) from Thanksgiving Point (near Lehi , UT) North to Jordan River Narrows, Midvale from 7600 S. to 6400 S. Murray from 6400 S. to 5400 S. Murray from 5400 S. to 4800 S. South Salt Lake 3300 S. to 2100 S. Some of these segments are continuous or will be in the near future

A second flat trail is from 2200 West and North Temple, west to the International Center (West of Salt Lake International Airport). There are a few places where you have to leave the paved trail and ski short segments of paved road.

Non flat skis in Salt Lake are mostly in canyons, so are all uphill one way and all downhill the next. Often feature steeper sections, so plan on speed reducers, walking down or a shuttle. Asphalt in various stages of decay, and sand and gravel hazards (don't say I didn't warn you!). Some of the better choices are:

Big Mountain Road to Affleck Park or beyond if you want a steep long hill workout with bicycles and motorcycles and boat trailers hurtling past you. (This one is best done early AM if at all).

Emmigration Canyon - has a bike lane and some sections of new asphalt (and some older sections of chip seal)

Mill Creek Canyon - Very narrow, but the upper canyon is closed to cars until mid-June. When the snow melts you have it all to yourself.

Park City Area

Chalk Creek Canyon Road: This route starts in Coalville, Utah which is about twenty or so miles East of Park City. Goes gradually up a large canyon, with steeper "steps" every now and then. The road turns to dirt after about 15 -20 miles. Very little traffic, except for the oil field tankers. (there is an oil and gas field at the top of the road). The country is very open and there aren't any tight corners, so generally you can see the trucks coming. -C.C

Old Ranch Road Loop- Used to be pretty good, and mostly rolling with a few steeper (but skiable) hills. Traffic has increased, and it's hard to say what a hard winter has done to the roads, but worth checking out. One of the stomping grounds of ski teamers. -C.C.