This route will take you West of Montrose from downtown. Uses heavily traveled highway for a short distance (Main St, W Main St, HWY 90) that does have adequate shoulders. Is a fairly flat route with a steep ascent on La Salle Rd if riding counter clockwise. The route is mostly on 2 lane country roads. There will be limited shoulders on most but light traffic. Hazards to watch for would be loose gravel and varied paved surfaces. Total length of the loop is 13.6 miles. This is the same route used in the Black Canyon Sprint Triathlon. There are several areas to park near the Visitor’s Center downtown. Montrose Visitor’s Center is located at 107 S Cascade Ave for area info.