Utah has been blessed with a diversity of single-track and off-road adventure unequalled anywhere in the world. All you need is a love for beautiful scenery and invigorating outdoor activity to enjoy Utah on wheels. With terrain ranging from easy to extreme, there are scenic rides in every area of the state accessible to riders of every age and ability.

- Moab’s Slickrock Trail is arguably the most popular mountain bike trail in the world at over 100,000 visitors per year.
- Brian Head resort was voted "one of the best, unique and most unusual mountain bike vacation resorts" by Mountain Bike Action Magazine

If you ride, you’ve already heard of Moab. Like a scene from the Holy Land, riders are rewarded with slickrock mesas, deep gorges and canyons, wind-carved arches and narrow bridges that seem to come from nowhere. The land of standing rock, or toom’pin wunear Tuweap in Navajo, is famous for its slickrock formations where massive beds of sandstone have been carved into mazes, pillars, plateaus and canyons. Maybe you're looking for mountain trails within 10 minutes of Salt Lake City and the Wasatch Front. Utah’s population hub of two million inhabitants also plays host to much of the best mountain biking in the state, but the opportunities extend far beyond the calf-burning mountain climbs of the adjacent Wasatch and Uinta mountain ranges.

This piece outlines some of the top trails in the state (with some editorial license taken). But for more information and detailed trail maps, browse the site below and plot your mountain biking excursions in Utah!

Northern Utah Mountainlands

- Abion Basin trail, 13 miles out-and-back, is perfect for intermediate bikers.
- Brian Head resort was voted "one of the best, unique and most unusual mountain bike vacation resorts" by Mountain Bike Action Magazine
- The Wasatch Crest trail highlights the Great Western Trail’s midsection and is well suited for scenic rides.
- The Wasatch Front is famed. Beginning in the foothills of Bountiful, within minutes the nearby suburban Salt Lake jungle is transformed into a tranquil backcountry ecosystem. From selected locations, there are good views of the Great Salt Lake and the metropolitan valley far below. And to top it off, the constantly turning single-track trail is one of finest in the Wasatch Front. Between these two areas, more than 100,000 visitors per year choose to conquer Moab's Slickrock Trail, which is arguably the most popular mountain bike trail in the world at over 100,000 visitors per year.

**Wasatch Front**

**Emigration Canyon** is a locals’ favorite. The canyon’s moderate eight-mile grade, scenic attractions, historical significance, and convenient location next to Salt Lake City make it perfect for a casual day tour or a routine training ride.

**Jordan River Parkway trail** is an eight-mile trail along the Jordan River and is best suited for "solid" intermediate riders. If you're looking for something more mellow, then wander along the nearby Logan River Trail. This wide dirt and gravel path lures bicyclist, runners, and nature walkers. The route is 29 miles of public trail and connects all three Park City resort areas.

**Old Ephraim’s Grave Trail** is a 20-mile loop rolling through the northern Wasatch Range hinterlands, following dirt roads, jeep roads, and a touch of singletrack. Although you won't be scaling entire mountains, total vertical gain approaches 3,000 feet, so this route is best suited for "solid" intermediate riders. If you're looking for something more mellow, then wander along the nearby Logan River Trail. This wide dirt and gravel path lures bicyclist, runners, and pedestrians to mingle with the diverse ecosystem of the Logan River.

**Wasahtch Crest** trail is an eight-mile trail along the Wasatch Range’s Mid-Section and is well suited for scenic rides. From selected locations, there are good views of the Great Salt Lake and the metropolitan valley far below. And to top it off, the constantly turning single-track trail is one of finest in the Wasatch Front. Between these two areas, more than 100,000 visitors per year choose to conquer Moab's Slickrock Trail, which is arguably the most popular mountain bike trail in the world at over 100,000 visitors per year.
Central Utah High Plateaus

Harvey Trestle begins near the Holiday Inn on Westwood Blvd. off the North Price/Exit 241 of US 40. This route explores the terrain to the west of Price and passes sandstone spires, towering cliffs, and deep gorges, as well as petroglyphs, waterfalls, and a massive railroad bridge. The area’s history is rich in mining and is near the route upon which Butch Cassidy made his getaway after robbing the Castle Gate Mine in 1897. This is a 28 mile loop which is classified as an advanced trail.

Keniworth Loop Trail begins in Price and turns around to the town of Keniworth, home to one of the area’s first coal mines. The quaint coal mining town is situated in a picturesque setting on the lower slopes of the Book Cliffs. Fourteen miles at an Intermediate level, the loop begins and ends in downtown Price and traverses city streets and 4WD dirt roads.

Mytoye Mountain Trail combines singletrack trails, jeep tracks, and paved roads on a 29-mile loop around this aquatic jewel of central Utah. Except for a few steep hills and one wild and technical descent, the loop caters to intermediate bikers. Embark from Fish Lake Resort—one of the west’s great hand-cast log lodges—and follow the Lakeshore Centennial Trail throughraping aspens huddled against the lake’s edge.

Southern Utah Canyon Country

Arches National Park The 22-mile-long paved scenic drive can be accessed at points along the way to shorten the ride. Enjoy scenes reminiscent of a surrealistic adventure through the stage of a popular Saturday morning cartoon as you witness balanced rocks, sandstone arches and redrock pillars.

Bryce Canyon Area Cycle the 17-mile main paved road in the park, or explore Dave’s Hollow, Casto Canyon or Skunk & Badger trails in the vicinity for the fantastic redrock hoodoos unique to this area.

Canyonlands National Park Famous for its mountain biking terrain, Canyonlands offers many days of pedaling through a sunburnt strata with amazing views of canyons, buttes and pinnacle-filled basins.

Castle Valley Ridge 39 miles from Price, Utah, is an Advanced Rider, 19 mile loop trail which is steep in places. Along the way there are outstanding views of the valleys 3,000 feet below, as well as the Book Cliffs and the San Rafael Swell to the east.

Capitol Reef National Park Four designated roads throughout the park allow visitors to experience the splashes of colors via bike.

Gemini Bridges 85 miles north of Moab, is a massive rock span that has been cleaved down the center into two parallel bridges. But what makes this loop so unique is that the trail dumps you on their flat tops, where you peer over the edge into the 250-foot void of Bull Canyon.

Gooseberry Mesa About three miles west of Zion National Park, Canyonlands offers many days of pedaling through a sunburnt strata with amazing views of canyons, buttes and pinnacle-filled basins.

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Green Valley Trail Located just west of St. George, this ride is one big BMX course loaded with thrills and potential spills on a roller coaster of dirt. The six-mile trail begins with a stifi, one-mile climb up the north rim of the Gap, a narrow canyon enclosed by sheer sandstone walls. From this high point, the rusty remnants of Snow Canyon State Park can be seen floating on the northern skyline, and the lush-tone towers of Zion National Park rise in the distant east.

Hurrah Pass Perfect for first time visitors to the Moab area and for families with children, you’ll welcome the straightforwardness of good dirt roads and moderate hills. At 20 miles round trip, the final three-mile climb to the pass is the only challenging stretch.

Poison Spider Mesa Trail Next to Slickrock Bike Trail, Poison Spider Mesa should be at the top of any Moab biker’s must-ride list. With eye-popping views, generous slickrock to be crossed, and one gnarly descent on the infamous Portal Trail, Poison Spider is a “no holds barred” kind of ride. The loop version is about 14 miles and is reserved for advanced bikers, based on the dicey Portal Trail descent. The out-and-back option is about 12 miles and well suited for intermediates.

Right Fork Bunker Creek Trail begins at a dizzying elevation of 11,307 feet atop Brian Head Peak and ends 14 miles later at Panguitch Lake, after a 3,000-foot descent. Most of the route follows singletrack, first along a breezy ridge then down a thickly wooded, creek-fed valley. The last few miles follow a jeep road loaded with whoop-de-doos that can kick up the rear tire of an unsuspecting biker. This ride requires a vehicle shuttle between Brian Head Peak and Panguitch Lake; otherwise, you’ll face over 10 miles of paved roads and 3,000 feet of climbing.

Slickrock Bike Trail The trail that made Moab the center of the mountain biking universe needs no introduction. First developed by motorcyclists in 1969, this trail boasts over 100,000 visitors per year and treats cyclists to 12 miles of petrified sand dunes and fantastic formations. With a surface more closely resembling coarse sandpaper, the trail grips tires allowing for extreme vertical climbs.

Powell Point Located 23 miles northeast of Bryce Canyon National Park via UT 22, the four-mile ride to Powell Point in Grand Staircase-Escalante National Monument is every bit as enjoyable as the staggering view gained from the turnaround. The initial doubletrack rolls through damp, muffled forests across the Table Cliff’s broad, 10,000-foot summit. In the distance, the down-cutting temperamen of the Escalante River and its tributaries are revealed in the chaotic and deeply furrowed canyons of Box-Death Hollow Wilderness. The Point (actually a giant peninsular table cliff plateau) resembles the bow of an ocean liner crashing through a sea of white, pink, and salmon hued breakers.

Twisted Forest evokes childhood fairy tales of foreboding woodlands where spell-bound country folk spent eternity. Twisting is because the forest harbors large communities of bristlecone pines, which are believed to be the oldest living organisms on earth. The 12-mile ride (out-and-back) is ideal for novice bikers and follows hard-packed dirt roads throughout. Stronger riders can tack on a few extra miles to reach High Mountain and a magnificent overlook of Cedar Breaks National Monument.

Zion National Park Pedal the scenic drive up Zion Canyon beneath the forest harbors large communities of bristlecone pines, which are believed to be the oldest living organisms on earth. The 12-mile ride (out-and-back) is ideal for novice bikers and follows hard-packed dirt roads throughout. Stronger riders can tack on a few extra miles to reach High Mountain and a magnificent overlook of Cedar Breaks National Monument.

Mountain Biking Utah’s Wasatch Front, Gregg Bromka

Mountain Biking Park City & Beyond, Gregg Bromka