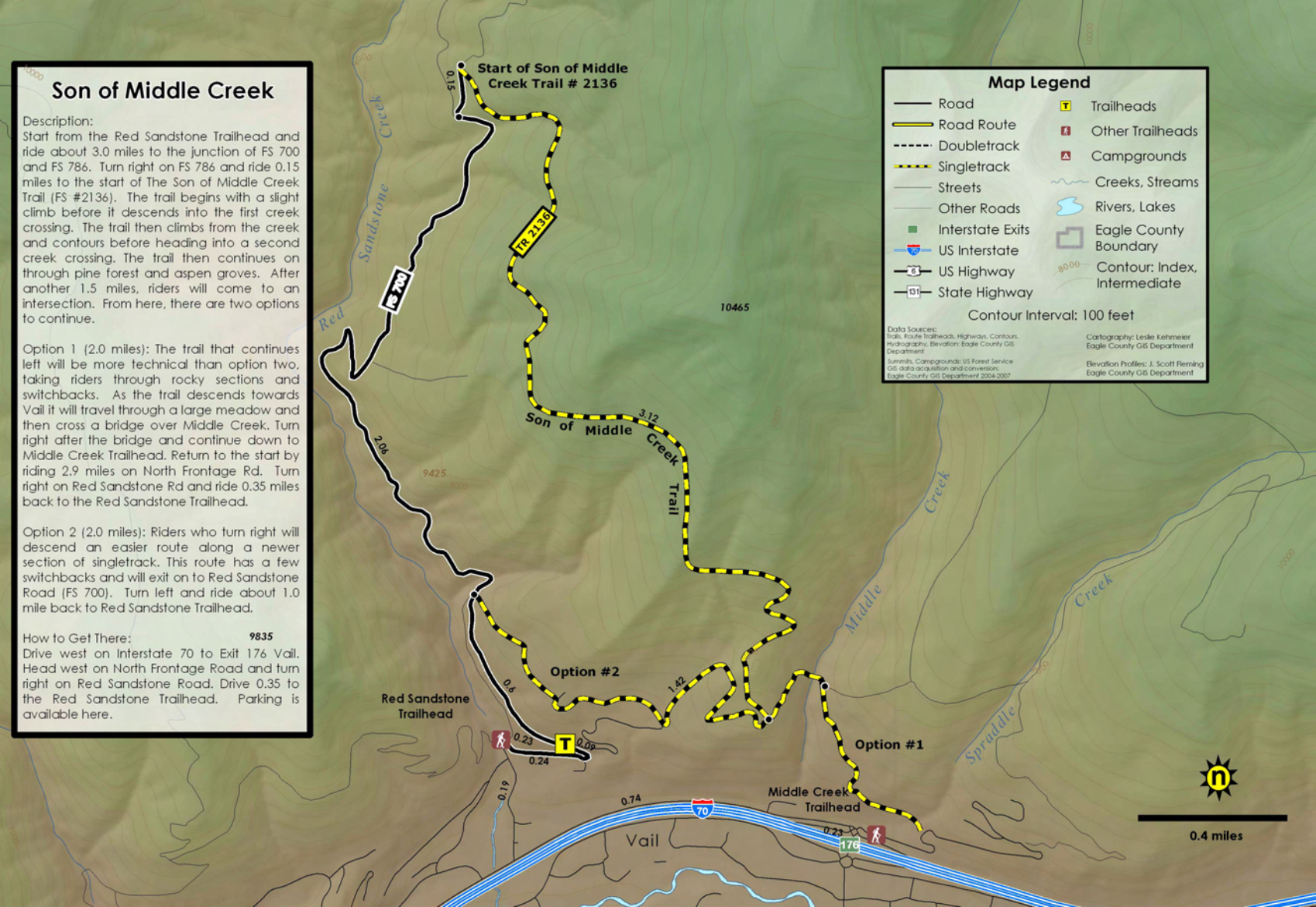
Son of Middle Creek

Description:
Start from the Red Sandstone Trailhead and ride about 3.0 miles to the junction of FS 700 and FS 786. Turn right on FS 786 and ride 0.15 miles to the start of The Son of Middle Creek Trail (FS #2136). The trail begins with a slight climb before it descends into the first creek crossing. The trail then climbs from the creek and contours before heading into a second creek crossing. The trail then continues on through pine forest and aspen groves. After another 1.5 miles, riders will come to an intersection. From here, there are two options to continue.

Option 1 (2.0 miles): The trail that continues left will be more technical than option two, taking riders through rocky sections and switchbacks. As the trail descends towards Vail it will travel through a large meadow and then cross a bridge over Middle Creek. Turn right after the bridge and continue down to Middle Creek Trailhead. Return to the start by riding 2.9 miles on North Frontage Rd. Turn right on Red Sandstone Rd and ride 0.35 miles back to the Red Sandstone Trailhead.

Option 2 (2.0 miles): Riders who turn right will descend an easier route along a newer section of singletrack. This route has a few switchbacks and will exit on to Red Sandstone Road (FS 700). Turn left and ride about 1.0 mile back to Red Sandstone Trailhead.

How to Get There:
Drive west on Interstate 70 to Exit 176 Vail. Head west on North Frontage Road and turn right on Red Sandstone Road. Drive 0.35 to the Red Sandstone Trailhead. Parking is available here.