

PRECAUTIONS

Several dead end spurs branch off the main trail; stay on the well traveled route. The viewpoint at the end has a tremendous dropoff—be alert and cautious. Be sure you have the energy for the 1,100 foot climb; Amasa Back is short, but is not an easy ride. It is not recommended for anyone with a physically limiting medical condition, or for out-of-shape individuals. Know your limits and allow more time than you think you will need.

✓ Always wear a helmet

Most trails are very rocky. Even the best riders can get tired and make mistakes. Helmets can prevent or reduce the severity of head injuries. Medical professionals say that the average cost of treating a major head injury is over a half-million dollars.

✓ Carry lots of drinking water and take high energy food

Take two large bike bottles and a reserve supply in a water bladder or other container. Eating at intervals provides an opportunity to rest and the energy needed to complete the ride.

✓ Check your bike frequently

Riding on Moab trails loosens headsets and puts maximum stress upon frames and components.

✓ Carry and use trail maps

Great trail maps and guidebooks are available at bike shops, the Moab Information Center, bookstores and other locations in town. Check the alignment of the route and key junctions. Moab is surrounded by a maze of deep canyons and towering cliffs. Never try to cut cross-country to shorten a ride.

✓ Be prepared in case of an emergency

Don't venture into remote areas with nothing but a T-shirt and shorts. Carry a windbreaker, sunscreen, sunglasses, map, matches or lighter, pump, patch kit, first-aid kit, a good bike tool kit, extra food, water and clothing. Ride with someone else and stay together in case of problems. Discuss your situation calmly and make a plan to improve it.

✓ Develop basic riding skills on easier trails

Trails like Amasa Back are not suitable places to learn basic riding skills.

✓ Stay found, save money

Grand County has the highest incidence of search and rescues in Utah. The high cost of these operations is normally the responsibility of the rescued party. If you decide that you have lost the trail, do not continue on in hopes of finding your way. Retrace your route back towards the trailhead until you pick up the trail, find someone who knows the area, or return to the trailhead. If you cannot retrace your route, stay put, conserve energy and water, make yourself visible, and await rescue.

✓ Respect the desert

Tread lightly when traveling (don't leave bike tracks off trails) and leave no trace of your camping. Help keep Canyon Country clean by taking your trash home and picking up after the less aware. Protect and conserve scarce water sources for wildlife by not washing your bike or yourself in them. Allow space for wildlife by maintaining your distance, and leave historic sites, rock art, ruins and artifacts untouched for the future.

SPECIAL RULES

Kane Creek is part of the Colorado Riverway Recreation Area, and special rules are enforced to protect its natural and scenic resources:

- ✓ Vehicle and mountain bike use is limited to designated routes.
- ✓ Camping is limited to campgrounds along the Colorado River and lower Kane Creek.
- ✓ No woodcutting or firewood gathering is permitted.

DISCLAIMER

Trail conditions can change rapidly. Signs vanish. Trails deteriorate from weather or use. You are the one responsible for your own safety.

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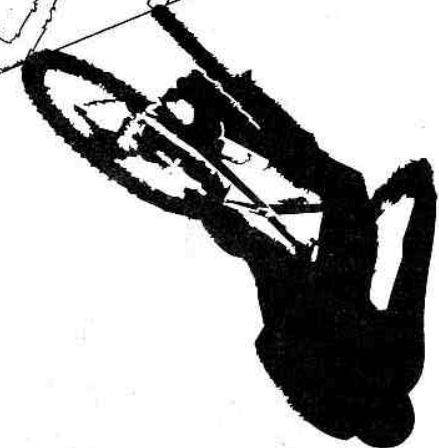
For information about the Moab Bike Patrol, contact the Bureau of Land Management, 82 East Dogwood, Moab, Utah 84532; (435) 259-6111.



Lower Monitor & Merrimac Loop



Purchase of this guide supports Moab Bike Patrol trail management and safety programs.



7.4 mi loop (11.8 km)
Time: 2 hours average
Rated 1: Physically and technically easy

LOWER MONITOR AND MERRIMAC LOOP

The Lower Monitor and Merrimac Loop is a relatively short and easy ride (by Moab standards). The route features views of the Monitor and Merrimac buttes (named after the Civil War ironclads), Determination Towers, and slickrock riding. The trail rates a 1 on a scale of one to four, where 4 is the most difficult. Riders may lengthen the ride by heading up Mill Canyon to Determination Towers and the Monitor and Merrimac buttes.

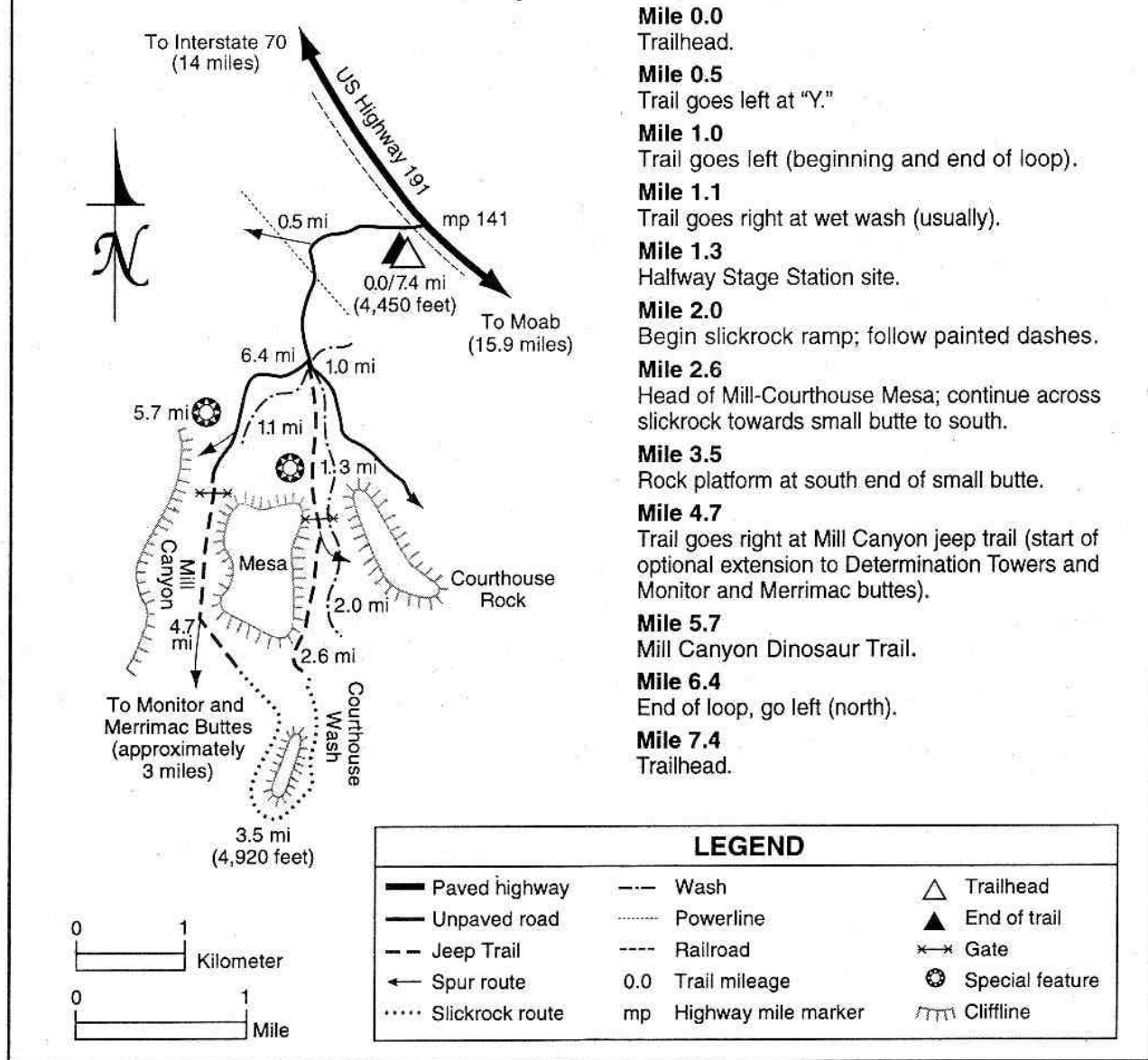
GETTING STARTED

From Moab (Main and Center), drive 15.9 miles north on Highway 191. Just past highway mile marker 141, turn left and cross the railroad track at a crossing just south of a railroad bridge. Drive 0.1 mile to a trailhead bulletin board and park. The normal riding season is March through November, with summer being extremely hot. Avoid this trail after rain or snow as the first few miles of dirt road near the highway will be impassable. Trailhead facilities are limited to the bulletin board and a register box. The Halfway Stage Station and Mill Canyon Dinosaur Trail have simple interpretive signs. A free guide to the Dinosaur Trail may be obtained at the Moab Information Center.

TRAIL DESCRIPTION

From the trailhead near Highway 191, this trail is 7.4 miles round trip. The route gains 470 feet, with much of the gain on gently sloping slickrock. The trail is marked with a few brown flexible posts with directional arrows and painted dashes. From the trailhead, go west for 0.5 mile to a "Y" intersection and go left (south). At 1 mile, go left at the junction with the Mill Canyon jeep trail (this junction is the beginning and end of the loop). Continue southeast for 0.1 mile and then leave the main road and go right (across the usually wet wash) and follow the jeep trail to the Halfway Stage Station historic site. The route then ascends Courthouse Wash's sandy canyon and a long slickrock ramp to a rock platform at the southern base of a small butte just south of Mill-Courthouse Mesa. From the rock platform, the route swoops down northwest across a large slickrock area and then follows a jeep road into Mill Canyon. The route continues north down Mill Canyon, passes the Mill Canyon Dinosaur Trail, and returns to the trailhead. **Be alert for trail markings so as not to get off route.**

Lower Monitor and Merrimac Loop



MILEAGE LOG

- Mile 0.0**
Trailhead.
- Mile 0.5**
Trail goes left at "Y."
- Mile 1.0**
Trail goes left (beginning and end of loop).
- Mile 1.1**
Trail goes right at wet wash (usually).
- Mile 1.3**
Halfway Stage Station site.
- Mile 2.0**
Begin slickrock ramp; follow painted dashes.
- Mile 2.6**
Head of Mill-Courthouse Mesa; continue across slickrock towards small butte to south.
- Mile 3.5**
Rock platform at south end of small butte.
- Mile 4.7**
Trail goes right at Mill Canyon jeep trail (start of optional extension to Determination Towers and Monitor and Merrimac buttes).
- Mile 5.7**
Mill Canyon Dinosaur Trail.
- Mile 6.4**
End of loop, go left (north).
- Mile 7.4**
Trailhead.

LOW IMPACT RIDING

To help maintain this area, please:

✓ Stay on the trail

The gardens of juniper trees, cactus and cryptobiotic soils are easily damaged by bike tracks. The dark, often crusty-looking, cryptobiotic soils are the building blocks of the desert and take years to recover once disturbed. Avoid unnecessary riding

over water-loving riparian vegetation in wet areas like Mill Canyon.

- ✓ **Apply brakes gradually to avoid skidding**
Skidding your tires leaves ugly black marks on rock and can promote trail erosion. Feather your brakes for more control.