

POINTS OF INTEREST

Rotary Park

Feed the ducks by the pond, enjoy a picnic under the shade of a mature cottonwood tree, or simply enjoy relaxing on the green grass of the park. Restrooms are available.

Altrusa Park

The park features a playground, picnic tables, benches, and modernized all-weather exercise equipment. The northern end of the park includes an edible garden that is planted and managed by the Valley Food Partnership, a local nonprofit organization. The Incredible Edible Garden has been creatively gardened highlighting eight beds, each with its own theme from famous story books, including selections from Ratatouille, Stone Soup, Peter Rabbit, Jack and the Beanstalk, Princes and the Pea, Secret Garden, and Harry Potter.

Plants mature between July and September. Guests are invited to take a snack from the garden to enjoy on the rest of their journey.

For more information about local food, farmers markets, and farm-to-fork restaurants, see ValleyFoodPartnership.org and VisitMontrose.com.

Additional Activities

Montrose is home to some of the best and most diverse terrain, scenery, and activities in western Colorado. A variety of scenic day trips have been designed to enhance your visit to Black Canyon country.

Take your time and explore some of the wonders that make Montrose special. While on your way to or from a summit, consider a few road and mountain bicycling highlights in the vicinity:

- Cerro Summit Recreation Area
- Gunnison Gorge National Conservation Area
- Curecanti National Recreation Area
- Uncompahgre River Recreation Trails
- Black Canyon National Park
- Montrose City Parks

Discover more about these and other attractions and activities by stopping by the Montrose Visitor Center or by taking a trip to VisitMontrose.com.



Enthusiasts enjoy the bike path at Rotary Park as they stop to play during the festivities with the Bicycle Tour of Colorado. Montrose has been the host site for a number of road bicycling events such as Ride the Rockies, Mission to Ride, Bicycle Tour of Colorado, and the USA Pro Cycle Challenge.

Tips For Your Trip

The following few precautions will help ensure a delightful adventure:

- Before beginning your tour, it is a good idea to fill your water bottles and check the weather.
- Ride on the right, never ride against traffic.
- Ride in the right lane, except when passing another vehicle, preparing for a left turn or avoiding hazards.
- Ride on paved shoulders and bike lanes when present and free of hazards.
- Ride no more than two abreast, returning to single-file if riding two abreast would impede the flow of traffic.
- Obey traffic laws, signs, and signals.
- Use hand signals to indicate left or right turns, slowing or stopping.
- Pass other cyclists on the far edge of the lane.
- Stay on designated bike paths. Riding on sidewalks is illegal.
- Cross streets at crosswalks. Bikes must be walked across a crosswalk in the City of Montrose.

Montrose Visitor Center

107 S Cascade Ave
970.497.8558 or
855.497.8558

Get your app!
VisitMontrose.com/mobileapp



GARDEN LOOP BICYCLE TRAIL



RECREATION

Montrose, a bike-friendly family town, is home to a number of off-road and on-road bicycle routes for visitors to enjoy. One favorite town route is the Garden Loop, which begins in Historic Downtown Montrose, winding south through local neighborhoods, town parks, and local gardens to, the Montrose Botanic Gardens.



4.25 MILES ROUND TRIP
45 MINS. TO 1.5 HOURS

From edible desert plants to high alpine blossoms, Montrose Botanic Gardens will educate and inspire all who take the Garden Loop. The gardens, located at 1800 Pavilion Drive, showcase a number of plant species found throughout southwest Colorado. The tailored gardens boast a grand view of the San Juan Mountain Range to the south, completing the reflection of a beautiful southwest landscape.

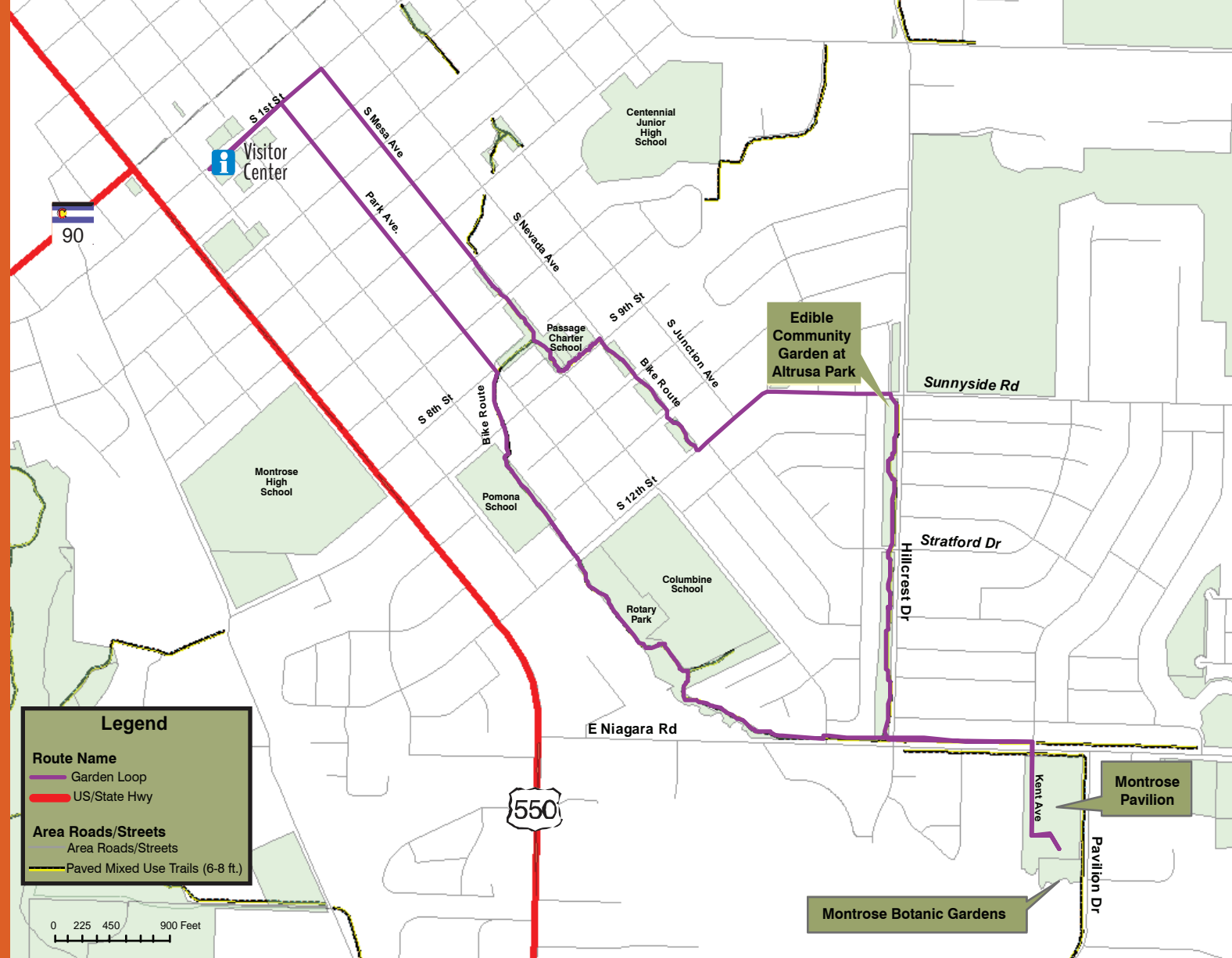
The Garden Loop is a beginner-friendly route consisting of level, paved trails. This itinerary begins at the Visitor Center and has been rated “light” for cardiovascular activity. It will take about 45 minutes to 1.5 hours for those on bike, and hikers should plan 2.5 to 3 hours to complete the loop.



DIRECTIONS

Start on the Montrose Visitor Center patio by enjoying the edible garden, then follow S First St east 0.2 miles to S Park Ave. Turn right.

- Follow the on-road bike lane and turn right onto the trail just south of S 8th St.
- The bike path will skirt by two local schools and travel through Rotary Park.
- Follow the path south for 0.5 miles where you will take a left (east) onto E Niagara Rd. Continue following the bike path along E Niagara Rd for another 0.3 miles to Kent Ave.
- Turn right (south) across Niagara Rd, and ride through the parking lot to the Botanic Gardens located just south of the Montrose Pavilion. Bikes must be parked outside of the gardens either at the bicycle stand at the west end of the sidewalk by the gardens, or bikes can be left at the gate entrance.
- Take an alternate route back to town cruising through Altrusa Park to visit the edible community garden display. To access Altrusa Park upon leaving the Botanic Gardens, take a left onto E Niagara Rd for 0.2 miles.
- Pick up the bike path at the corner of S Hillcrest Dr and E Niagara Rd.
- Follow the path north through the greenbelt at Altrusa Park. The edible gardens are located on the corner of Sunnyside Rd and Hillcrest Dr.
- To return to the Visitor Center, turn left (west) onto Sunnyside Rd, using the bike lane that takes you to the trail on S Nevada Ave.
- Turn right (north) on S Nevada Ave and follow the bike trail to S 9th St.
- Turn left (west) onto S 9th St for 0.2 miles.
- Turn right (north) onto S Mesa Ave.
- Turn left (west) onto S 1st St for three blocks to the Visitor Center on your left.



Health Benefits of Bicycling

As a member of the Healthy Eating and Active Living Campaign (HEAL) and vital partner of LiveWell Montrose Olathe, the City of Montrose and the Office of Business and Tourism support healthy residents and visitors.

Visitor Center Bike Share Program

The bike share program (BSP) was introduced in August of 2014 as an alternative to driving that lets Montrose residents and visitors check out a bike so they can ride around the city to explore and shop. This complimentary program is a convenient and easy transportation option that can be used to run errands, shop, and enjoy the city. By forgoing a car trip, the BSP provides an efficient transportation choice for people to move throughout the city. Riders can feel good about the fact that while improving their personal health, they are also reducing road congestion and parking demand. Stop by or call the Downtown Visitor Center at 970.497.8558 to learn more.

