**“Braemar Loop” Intervals / practice Option – Meeting Location: Creek Valley**

This narrative and route snapshots outline a bike practice option looping 2 “unofficial” trail sections along with the beloved Gravel Grinder.

A map of a road

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**Start:** Creek Valley and make your way through neighborhood down to Valley View Rd. (Indian Hills Pass-> Left on Indian Hills Rd-> Right onto Cheyenne-> Right onto Valley View.

The loop from Valley View roundabout through the 3 sections and back is a **challenging apprx. 3.25Mi.**

**“Section 1”** Trail starts just West of the roundabout and is .25 Mi of a punchy Up/Down trail ending in a parking lot.

A picture containing map, aerial photography, bird's-eye view, aerial

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A map of a city

Description automatically generated with low confidence

**“Section 2”** Turn left on Braemar Blvd and go about 30 yards and cross into the trail just past the fence. Enter the trail and stay right. This is a flat traverse that loops left along the maintenance buildings.

A map of a golf course

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Follow this trail, taking the sharp left turn as shown on the map below. Trail makes a few turns. Hard to get lost back here as any offshoot section is very short. Ends in an office building parking lot.

A map of a golf course

Description automatically generated with low confidence

**Ride to the Gravel Grinder.** Turn Left out of the office building parking lot and ride along 78th street. Most will want to just ride the sidewalk. Riding along W 78th  is an option as well. It isn’t busy, but the traffic that is there can get moving fast. The sidewalk is not busy.

Follow 78th street past the stoplight, and then turn left into the first parking lot after the light. Ride to the roundabout at the back of the parking lot where the Gravel Grinder starts.

A picture containing map, aerial photography, bird's-eye view, aerial

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**Gravel Grinder** = Challenging .75Mi Up & Down section. Ends on Gleason Rd.

**Ride Back to Valley View Roundabout is about 1 Mile. Turn left on Hilary Rd.**

**Option #2 Back to Creek Valley:** Stay on Gleason and ride all the way back to Creek Valley.

A map of golf course

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