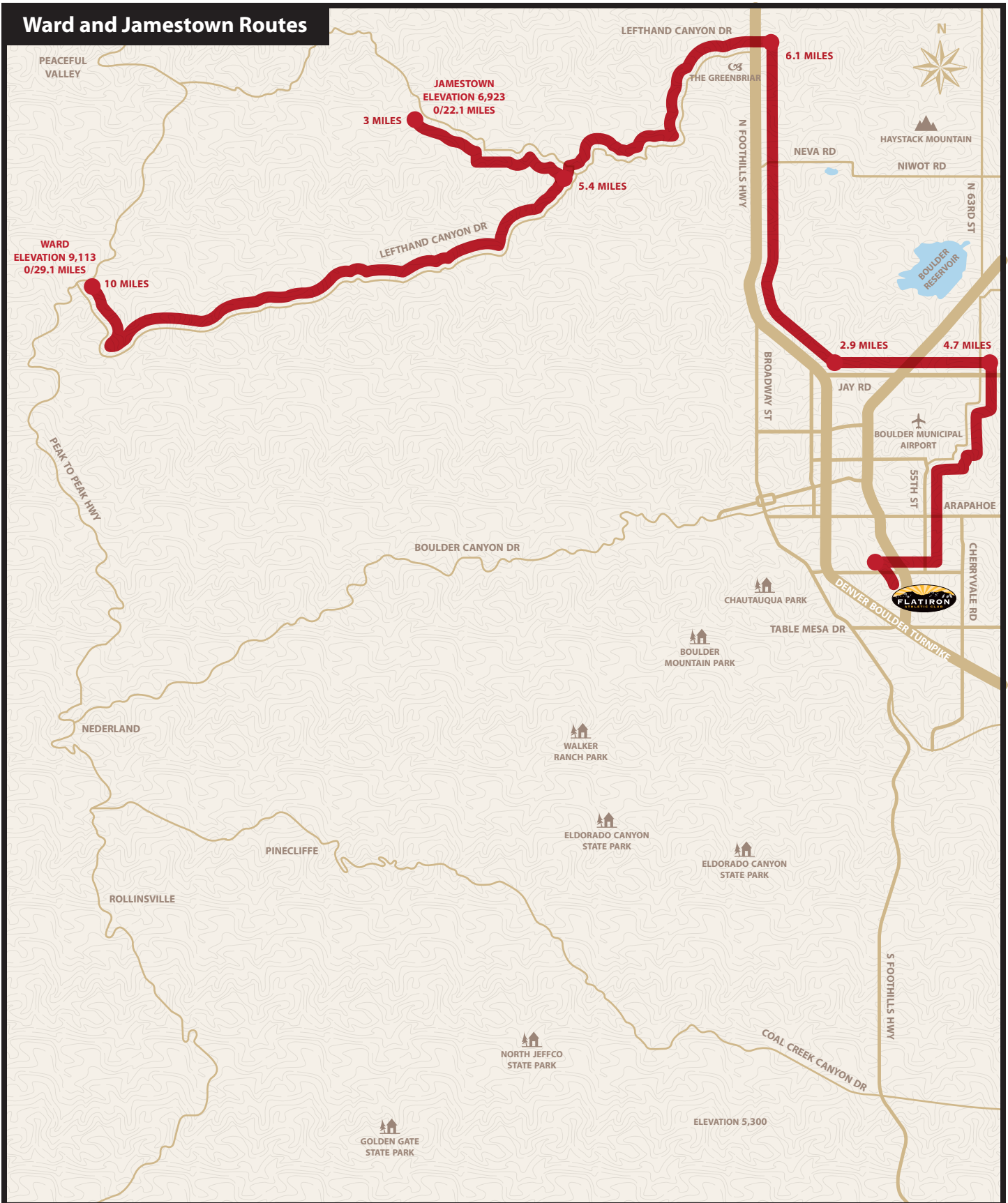


Ward and Jamestown Routes



This is why we live in Colorado, right? The scenic beauty in and out of Lefthand Canyon and James Canyon make this one of the most enjoyable routes in the United States. From our front door to that cool little general store in Ward is a 3,800 feet vertical ascent. You'll feel most of it the last couple of miles heading into town. Round trip is 58.2 miles. Jamestown is a bit more relaxing with 1,600 feet of vertical gain over 44.2 miles. Jamestown also has a cool little general store, and this one serves pancakes!

505 Thunderbird Drive • Boulder, Colorado 80303 • (303) 499-6590 • flatironathleticclub.com