



## *Rose Valley*

### **Description:**

This out-and-back course gradually climbs (then falls) along the Coweeman River. The ride features good power work and big gear training. Usually we can get a couple of small groups working together. Because its out and back you can turn back before the end for a shorter ride. Otherwise it's "to the end of the road".

### **Ride Statistics:**

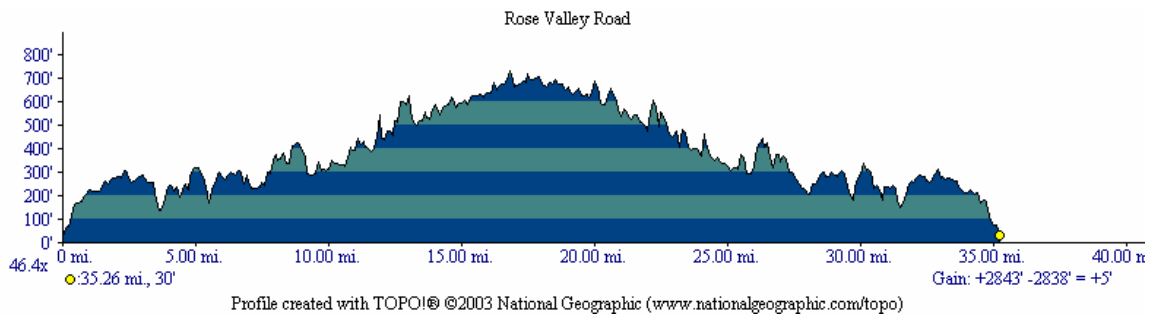
Distance: **35 Miles**

Climbing: **No heavy climbing, but many rollers**

Duration: **Plan 3 Hours with drive time from Longview**

Difficulty\*: **3.5 out of 5 (Moderate)**

**Elevation profile: Note the scale – Not really a climbing route - Average 2.6% grade**



- 1) From Longview: Go Over Allen Street Bridge and Take Right on Bridge Street
- 2) Cross over 1-5 and Right on S. Kelso Drive – South to Old Pacific Highway (99)
- 3) Park in gravel at Rose Valley Road – lots of parking
- 4) Route goes to the END (it really does) of the pavement

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\*Difficulty is based on mileage and climbing and is relative to our other rides.