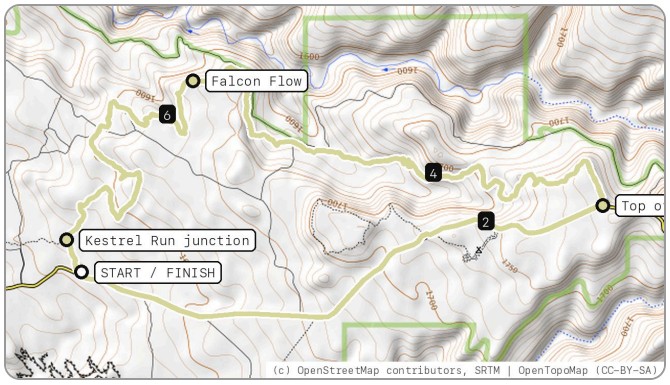
RIDE 97 · MOAB, UTAH · INTERMEDIATE ·

Falcon Punch

Grind up Sand Flats Road, then let Falcon Flow carry you five-plus miles of rolling desert singletrack back to the car.

Good to ride today. High 54°F, dry trail.

⚠ **Not yet ridden by us.** This line was routed from OpenStreetMap trail data and hasn't been ridden end to end yet. Trail access and direction can change: check posted signs and the land manager before you ride.



8.1	1,178	5,869
MILES	FT CLIMB	FT HIGH POINT
1:15	**High**	
EST. MOVING	CHUNK (67%)	

singletrack 67% · dirt road 32% · pavement 1%



Get the GPS file

Scan with a friend's phone, or tap below. Then open it in your ride app.

https://bsqrd-designs.com/dirt/falcon-punch/

GETTING THERE

Park at Falcon Flow Trailhead (Sand Flats)

Sand Flats Road, Sand Flats Recreation Area, east of Moab, UT 84532

- Sand Flats charges a day-use fee at the entrance station (Grand County and BLM partnership). Federal and state park passes are not valid there except the Access Pass.
- Start and finish are the same spot. Follow the cue sheet and the arrows on the map.

CUE SHEET

0.0	Sand Flats Road DIRT ROAD	2.6 mi
2.7	Falcon Flow SINGLETRACK via Top of Falcon Flow · Kestrel Run junction	5.5 mi
8.1	Back at Falcon Flow Trailhead (Sand Flats)	

KNOW BEFORE YOU GO

- Falcon Flow is a directional trail ridden east to west, and Grand County warns against riding it uphill: limited sight lines and fast downhill sections. Climb the road, descend the trail.
- Sand Flats Road is a shared county road with cars and Jeeps. Ride single file.
- Kestrel Run branches off about a quarter mile before the lot and is two-way; stay on Falcon Flow to finish here.
- No shade. Carry all your water, and skip it when the trail is muddy.

RIDE SMART

- **Water:** plan on about 1 L for this ride. There's none on the trail.
- **Signal is spotty.** Tell someone your route and your time back.
- **Emergency:** call 911 and say "Falcon Punch ride, parked at Falcon Flow Trailhead (Sand Flats), Moab, Utah", plus the coordinates from Locate me.
- **Wildlife:** give horses, burros and anything with horns room, and never feed them.
- **Stay on trail.** Desert crust and mountain soil take decades to heal.