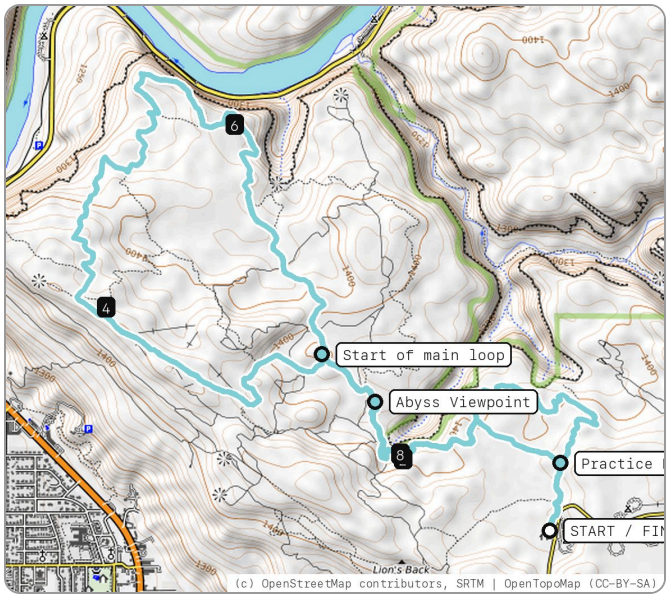
RIDE 72 · MOAB, UTAH · ADVANCED ·

Sticky Icky

The Slickrock Practice Loop as the warm-up, then the main loop over the Navajo sandstone and back.

Heads up: Recent rain (0.11 in in 48 hrs). If your tires leave ruts, turn around and save it for another day.

⚠ **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.



9.6	1,391	4,780
MILES	FT CLIMB	FT HIGH POINT
1:30	**High**	
EST. MOVING	CHUNK (99.4%)	

singletrack 99% · dirt road 1% · pavement 0%



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/sticky-icky/

GETTING THERE

Park at Slickrock Bike Trail Trailhead

Sand Flats Rd, just past the Sand Flats entrance station, Moab, UT 84532

- Sand Flats Recreation Area fee (Grand County): $5 a day per vehicle or $2 a day per bike rider. Federal and state passes are not accepted. Pay at the entrance station.
- Start and finish are the same spot. Follow the cue sheet and the arrows on the map.

CUE SHEET

0.0	Slickrock SINGLETRACK via Practice Loop junction	0.3 mi
0.3	Slickrock Practice Loop SINGLETRACK	1.2 mi
1.5	Slickrock SINGLETRACK via Start of main loop · Abyss Viewpoint	8.1 mi
9.6	Back at Slickrock Bike Trail Trailhead	

KNOW BEFORE YOU GO

- Follow the white dashes painted on the rock. Yellow dashes mark narrow ledges and drop-offs; slow right down there.
- Ridden in the direction of the Grand County mileage log: right onto the Practice Loop at the first junction, left at the start of the main loop.
- Shared with dirt bikes. Locals take 2 to 2.5 hours for the main loop and most people take 3 to 4 (Grand County).
- Heat stroke has claimed riders here. Start early, carry more water than seems sane, and skip it on hot afternoons. Check your brakes first.

RIDE SMART

- **Water:** plan on about 1.5 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 "Sticky Icky ride, parked at Slickrock Bike Trail Trailhead, 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.