

---

# Bike Camp

CycleTexas.com Cycling Routes

---

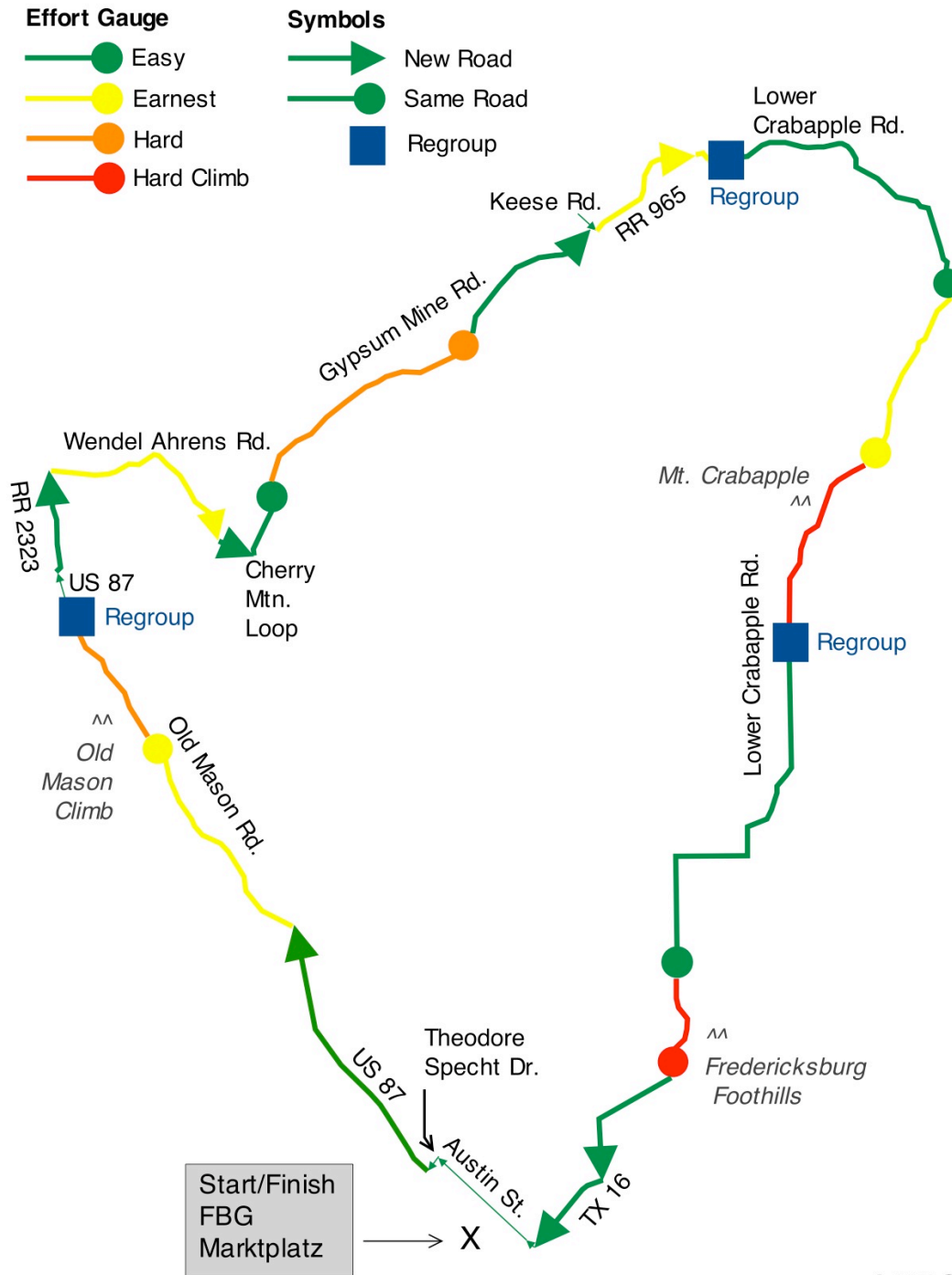
**36** miles

Region: *Cycling Capital of Texas* ☆ *Fredericksburg and the Hill Country*

Catalog: #1019

Author: Gregory L. Kagay

## Route: *Bike Camp*



© 2008 Oxalis, Inc.

### Emergency Numbers:

Police/EMS	803-997-7585
Fire	830-997-8080
Hospital	830-997-4353
FBG Taxi	830-997-8044

**Route Instructions: *Bike Camp***

(in) Dist (miles)	Turn	(at/on to) Road	Total Dist (miles)	Effort
-	Start	Marktplatz	-	
-	Go Straight (WNW)	W. Austin St.	-	Easy
1.2	Turn Left (SW)	Theodore Specht Dr.	1.2	Easy
0.1	Turn Right (WNW)	US 87	1.3	Easy
3.1	Turn Left (NW)	Old Mason Rd.	4.4	Easy
-	Begin	Earnest Pace	4.4	Earnest
3.1	Begin	Hard Pace	7.5	Hard
1.2	Regroup	at US 87	8.7	Regroup
-	Begin	Easy Pace	8.7	Easy
-	Turn Left (NW)	US 87	8.7	Easy
0.1	Turn Right (N)	RR 2323	8.8	Easy
1.1	Turn Right (E)	Wendel-Ahrens Rd.	9.8	Easy
-	Begin	Earnest Pace	9.8	Earnest
2.4	Turn Left (ESE)	Cherry Mtn. Loop	12.2	Easy
-	Begin	Easy Pace	12.2	Easy
0.4	Turn Left (NNE)	Gypsum Mine Rd.	12.6	Easy
0.5	Begin	Hard Pace	13.2	Hard
3.3	Begin	Easy Pace	16.5	Easy
1.5	Turn Right (SE)	Keese Rd.	17.9	Easy
0.0	Turn Left (NE)	RR 965	18.0	Easy
-	Begin	Earnest Pace	18.0	Earnest
1.5	Turn Right (E)	Lower Crabapple Rd.	19.5	Earnest
0.4	Regroup	Crabapple Community	19.8	Regroup
-	Begin	Easy Pace	19.8	Easy
-	Continue (E)	Lower Crabapple Rd.	19.8	Easy
3.6	Begin	Earnest Pace	23.4	Earnest
2.1	Begin	Hard Climb Pace	25.5	Hard Climb
1.4	Regroup	at scenic vista	26.9	Regroup
-	Begin	Easy Pace	26.9	Easy
5.3	Begin	Hard Climb Pace	32.2	Hard Climb
0.6	Begin	Easy Pace	32.9	Easy
1.8	Turn Right (SW)	TX 16	34.7	Easy
1.0	Turn Right (WNW)	Austin St.	35.7	Easy
0.1	Finish	Marktplatz	35.8	Easy

## Ride Summary

Want to amplify the training benefits of your cycling workouts? Spike them with short intervals of increased intensity. *Bike Camp* shows the way:

To facilitate interval workouts, this route delineates sections for increased intensity. Importantly, it also recommends sections for easy-riding recovery. And because it designates *Regroup* points, we believe it is well suited for group rides.

**Only fit cyclists that have completed multiple 35+ mile rides on (at least) flat roads would be obvious candidates to pursue *Bike Camp*.**

Expect easy conversational riding in the *Easy* (green) sections, more-challenging riding in the *Earnest* (yellow) sections, and at-your-own-pace difficult in the *Hard* (orange) and *Hard Climb* (red) sections (see *Effort Gauge* below for explanations). Wait for others at the *Regroup* (blue) spots to compare notes, hear excuses, and otherwise enjoy the social vibe.

## Safety

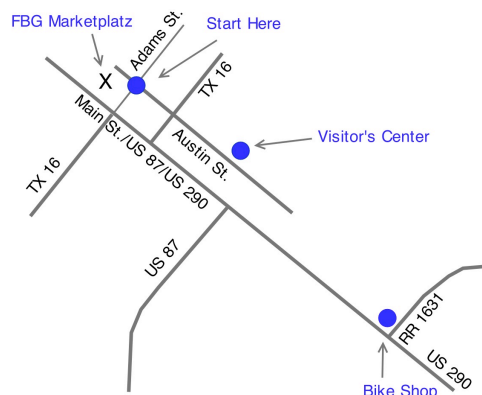
CycleTexas.com, its sponsors, the author, and Oxalis, Inc. assume no responsibilities to users of the routes described and make no warranties regarding the condition of these roads.

Routes presented utilize public roads open to traffic; ride at your own risk and obey all traffic laws.

Climactic conditions may change rapidly. Always wear a helmet and utilize properly maintained equipment. Carry

tools. Carry a cell phone in case of emergency.

## Start/Finish



This route begins at the Marktplatz in downtown Fredericksburg, Texas. Find this main town square located on the North side of Main Street (also HWY 290/ HWY 87) at the intersection of S. TX16. (North of this intersection, S. TX16 becomes N. Adams St.)

When groups meet here, generally they form up at the facility's northeast corner, where W. Austin St. intersects N. Adams St., which is not too far from the **restrooms** and off busy Main St. (Infrequently these restrooms may be closed for festival setup; find alternatives two blocks southeast at Fredericksburg's Visitor's Center).

## Effort Gauge

### Easy (Green)

Akin to slow or steady walking, ride the *Easy* sections at warm-up pace. Yes, we intersperse this degree of ease between

more intense periods because recovery is important. Find conversation comfortable while riding in this zone of intensity.

### **Earnest (Yellow)**

The *Earnest* pace represents the cycling equivalent of jogging; note the importance of riding at your own ability and NOT riding too hard just to stay with others. Abandon easy conversation as heart rates rise in these sections.

### **Hard (Orange)**

Ride the Hard *sections* at or just below your “anaerobic threshold” (the highest pace you could sustain for, say, five or more miles). Expect heavy breathing in these areas and an apparent elevated heart rate. Again, remember to ride your own pace; do not (necessarily) follow the tempo of others.

### **Hard Climb (Red)**

Pushing above your anaerobic threshold on these sustained climbs will likely *increase* your time to the top; we prefer to ride them in the narrow zone separating the orange from the red, which takes practice and discipline. On long climbs, slow and steady often *does* win the race.

## **Points of Interest**

### **Old Mason Rd.**

The old road to Mason makes a favorable alternate to US87. Quiet, very few vehicles, long gradual grade, and pretty.

### **Promised Land Loop**

This complex of rural roads (primarily Wendel Ahrens Road.) offers a little climbing, a little descending, and a lot of fun

twisting and turning.

### **Gypsum Mine**

Maybe not much to look at, but certainly a novelty; the gypsum mine signals a break in the long climb to that point. Anticipate the descent that follows shortly thereafter.

### **Scenery**

The very scenic middle third of this route (particularly on RR965 and on the northern-most reaches of Lower Crabapple Rd. where you find the Crabapple church and the community center) makes for a scenic stop to stretch the legs.

### **More Scenery**

Be sure to take in the spectacular view of the Pedernales River valley from the summit of *Mt. Crabapple*, just before the route descends dramatically (again). The *Fredericksburg Foothills* feature a notable scenic view as well.

## **Hills of Interest**

### **Old Mason**

(Cat. 4)—not a hard climb, but an extended one for sure. The early miles on Old Mason Rd. challenge very little, while the slope grows steeper as you near the top.

### **Mt. Crabapple**

(Cat. 1)—One of the more infamous climbs in the county, it starts at about 25 miles into the route with a stinging convex profile that challenges any strength-to-weight ratio. Beyond that, the climb mellows but continues for about two miles. A

superior view before a mighty descent rewards for the effort to that point.

### Fredericksburg Foothills

(Cat. 3)—Returning to town, beginning at about the 32 mile mark, the route ascends up and over a promontory protecting the city from the North. This notable rise offers great views of suburban Fredericksburg.

## Resources

We strongly advise that you fuel up before departure with a liberal supply of food and water. Also, carry more than sufficient resources with you. During hot weather, we recommend carrying hydration packs.

Willow City features a general store located on RR1323 near the fire station. Also, find a store on RR1323 just east of TX16 (off the explicit Route). These are not open 24/7, so do not rely on them for critical sustenance.

## Responsibility

Ride Friendly, we are cycling ambassadors. Please share the road with motorists. Cyclists and motorists utilize our Hill Country Roads rightfully. Courtesy prevents angry motorists. Ride single file when cars approach from the rear. Large groups should be extra vigilant to "single up" in order to facilitate passing cars. Please politely "educate" rude cycling citizens.

## Obstacles

Many obstacles, familiar and otherwise, dot the roads of the Hill Country. Such features include water crossings, cattle guards, deer, cows, cars, trucks and more. See the "Obstacles" section at CycleTexas.com for strategies related to negotiating some of the unique features of these roads. Also, distances on these roads between commercial food and hydration resources can be vast. We strongly advise that riders fuel up before departure and carry a liberal sustenance inventory.

---

Related Information: <http://www.cycletexas.com>

## CycleTexas.com. Come and Ride It.

We assist cyclists creating self-guided cycling trips in Texas. Visit our website for free, detailed routes, as well as information on lodging, dining, and more.

We also link you to companion road maps developed by the Texas Department of Public Safety. Print these PDF maps along with our routes to reference on your ride.

---