Sterling Mine Ditch Trail
Deming-Grub Gulch Loop
14 Miles

(Approximately 5.5 miles on trail, and about 8.5 miles on BLM gravel roads)

Recommended for equestrians, bicyclists, or distance runners.

This 14-mile loop (highlighted in yellow) is perfect for long-distance runners, bicyclists, or equestrians with a fit horse. For equestrians it starts and ends at the Deming Equestrian Parking. Runners and bicyclists can start at Deming, Grub Gulch, or Wolf Gap trailheads (Deming adds about 1/2 mile).

Heading north, this loop will take you along the ditch trail on a level grade 2.5 miles to the base of the Grub Gulch access trail. This climbs 2.7 miles thru Ponderosa pines and mixed forest, oaks and grasslands, chaparral, and back to mature forest. The top of the Grub Gulch access trail comes out on an unimproved BLM road running thru a lovely shaded route to the Grub Gulch trailhead where it intersects BLM road 39-2-26. (Note: across the road from the Grub Gulch Trailhead is the short Hidden Creek Trail. This one mile trail is a loop through old growth forest and is spectacular.)

From there, follow road 38-2-26 south for 2.7 miles, sharp turn right onto 39-2-8 (Armstrong-Deming Rd) for 5.7 miles back to Deming Gulch. This road has spectacular views along several sections and runs through lovely managed mixed conifer forests, and passes the Wolf Gap trailhead as it travels back down to your starting point at Deming Equestrian Parking or Deming TH.