

WESTERN SPIRIT

Cycling Adventures



Backcountry Hot Springs

5 days/4 nights

DAY 1



We begin our tour in lovely Ketchum, Idaho. Our first morning's ride will take us past the ski resort up Warm Springs Road to our first hot springs of the tour. The road has a broad, smooth surfaced grade that climbs gradually through a pretty canyon alongside Warm Springs Creek for 21 miles before a steeper five mile climb brings us to Dollarhide Summit. The views from the summit are outstanding and in the distance one can see the peaks of the Pioneer Mountains, the Boulder Mountains and the Smoky Range. In early summer, yellow and purple lupines carpet the area and the sweet smell of flowers fills the air. A fun nine mile downhill ride takes us to Worswick Hot Springs, our first night's camp. The springs are a delight to soak in and bathers have a choice between several nice pools.

TOTAL MILEAGE: 35 miles

DAY 2



Today we will pass three hot springs while riding along the banks of the Boise River. We will be following the course of Little Smoky Creek to the confluence with the South Fork of the Boise River. Our afternoon ride is a fun cruise down the South Fork of the Boise and tonight we will camp at Baumgartner Hot Springs. These springs were civilized by the CCC in the Roosevelt days and are beautifully maintained by the forest service. A concrete pool 10 x 20 x 3 feet deep has been built to contain the crystal clear hot water. A deep swimming hole at the end of the campground makes for a great

plunge. The surrounding granite boulders, sculpted smooth by the river, are a warm, comfortable place to relax before a dinner under the pines.

TOTAL MILEAGE: 24 miles

DAY 3



This morning we will continue our downhill cruise beside the river for another 11 miles to the small town of Featherville. Here we turn up the Feather River and begin a series of climbs as we head to James Creek Summit. This steep, 3,000 foot climb has great views of the Sawtooth Range. We will pass Rocky Bar, an old mining town now abandoned. Atop the summit, we immediately plunge down along James Creek to the Middle Fork of the Boise River. From here a two mile ride brings us into the town of Atlanta. Situated at the end of the road from Boise, this isolated settlement boasts about 25 full time residents. The town has a small museum full of interesting artifacts from the mining days. Near our camp are three hot springs from which to choose. The Atlanta Hot Springs are nestled underneath a giant stand of old growth Ponderosa Pines. Further down the road are the Chattanooga Hot Springs. Here, a hot waterfall cascades into a sizable pool on the banks of the river. Finally, just below camp on the river bank is an unnamed spring containing several great pools. Here, you can lay on your back in hot water and enjoy a marvelous view of the mountains.

TOTAL MILEAGE: 36 miles

DAY 4



Today we will have a layover day in Atlanta. There are numerous rides in the area that range from technical singletrack to easy dirt roads. One of our favorites goes up the Middle Fork of the Boise drainage to the Sawtooth Wilderness Area boundary. This is a great singletrack on which to practice technique as it contains a variety of easy challenges. This trail parallels the river and leads to some trophy swimming holes. For those wishing for an easy day, the hot springs by camp offer a refreshing and relaxing bypass from strenuous activity. There is also some great hiking nearby in the Sawtooth Wilderness Area.

TOTAL MILEAGE: optional 15 - 35 miles

DAY 5



Today hiking and soaking in Atlanta are on the agenda. At some point we will head over to the airstrip in Atlanta and fly by charter plane to the Hailey Airport. On our flight, we will be able to look down and see most of the week's route. From Hailey, we'll ride 12 miles on the bike path back into Ketchum. This is a nice way to end a great journey.

TOTAL MILEAGE: 12 miles

RIDE NOTES

Itineraries are subject to change due to weather, road conditions, rider safety, and other factors which may affect the logistics of the adventure.

Road Surface: Graded main dirt roads, some single-track options.

Overall Rating: Intermediate

Technical Difficulty: Moderate

Physical Difficulty: Moderate to strenuous with long climbs.

Altitude: 6,000 - 9,000 feet

Travel Logistics

MEETING PLACE AND TIME

Ketchum, ID

This trip will meet at 8:30 AM MST at Sturtevant's of Sun Valley Bike Shop, 340 N. Main Street, Ketchum, Idaho, Phone number: 208-726-4501, You will need to spend the night before in Ketchum. Make sure you eat a big power breakfast to get you ready for your morning climb.

ENDING TIME

We will return to Ketchum between 2:00-3:00 PM on the last day.

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Sturtevant's of Sun Valley Bike Shop
340 N. Main Street
Ketchum ID, 83340
Phone: 208-726-4501

It is critical that you include your name, "Western Spirit Cycling" and tour date on the outside of the box. If you choose this service, you must get this organized through our office.

It is imperative to have your bike finely tuned and cleaned before your tour so you know it is in top running condition.

GETTING TO KETCHUM, ID

Driving

Ketchum is located 77 miles north of Interstate 84 on Highway 75. We have a place to park all the vehicles while on the tour.

Flying into Sun Valley

Airport Code: SUN

Flying into Boise, ID

Airport Code: BOI

From here, there are two options:

- 1) Rent a car and drive to Ketchum, a 2 1/2 hour drive. You will have to park the car while on the

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tour.

2) Take the Sun Valley Express shuttle service. Call 208-622-8267 or 877-622-8267 for times, rates and to book ahead.

Flying into Salt Lake City, UT

Airport Code: SLC

Rent a car and drive to Ketchum, about a 5 hour drive.

TAXI SERVICE

A-1 Taxicab: 208-726-9351

Sun Valley Limo & Taxi: 208-481-2119 (airport shuttles)

LODGING BEFORE YOUR TRIP

Ketchum is a popular summer vacation spot. It is a good idea to book your rooms several months in advance if possible; here are a few recommendations:

Best Western Kentwood Lodge

800-805-1001, 208-726-4114

Bellemont Hotel

800-262-4833, 208-726-5900

The Bellemont is across Main Street from the bike shop where the trip meets.

Tamarack Lodge

800-521-5379, 208-726-3344

Best Western Tyrolean

800-333-7912, 208-726-5336

Lodging in Hailey

Hailey is a cute little town with good restaurants. It is 10 miles south of Sun Valley. Allow 1/2 hour drive time in the morning.

Airport Inn Hailey, ID

208-788-2477

Innidaho.com – Central Reservations for all of Idaho

800-844-3246

Packing for your trip

Be sure to bring everything on this list. We have care-

fully developed this list to ensure your comfort on the tour regardless of the weather. If you are prepared for extreme weather, it is an adventure. If you are not prepared it can be a serious problem.

We recommend the layering system, including a wicking or long underwear layer, an insulating layer and a weather barrier for wind and rain. This list reflects that philosophy. Weather in the mountains can be unpredictable so be sure to bring all the warm clothing and rain gear listed!

HOW TO PACK: When you arrive for your tour, you will be given a dry bag in which to pack your gear for the trip. Smaller bags may fit, but very large duffels will not.

To pack efficiently in a dry bag, we highly recommend you compartmentalize your clothing and gear into separate bags. Stuff sacks, reusable grocery bags, etc. in different colors work great for this (example: cycling gear in blue stuff sack, camp clothes in red stuff sack, etc.).

Your dry bag will ride on the Western Spirit support vehicle and will **not** be accessible during the day.

For this trip, you will need a riding pack and optional day bag:

- Your riding pack may be a hydration pack, but needs to carry 2-3 liters of water, rain gear, other warm clothing, and food for the day. You may be away from camp and the support vehicle all day and need to be self-sufficient.
- A small day bag is optional and may be used to store things you'd rather not ride with, but would like to have access to during the day. This day-pack will remain with the support vehicle and may not be accessible, depending on the day.

WHAT WE PROVIDE:

- ✓ meals, snacks, water, electrolyte drinks, non-alcoholic drinks
- ✓ camp mugs, all kitchen and dining ware
- ✓ 2 large cycling water bottles
- ✓ camp chairs
- ✓ dry bags to pack your gear
- ✓ solar showers

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C y c l i n g A d v e n t u r e s

- ✓ sunscreen & bug spray
- ✓ bike stand and lube
- ✓ guides bring their own tools
- ✓ first aid kit with basic medications

BRINGING OR RENTING

- mountain bike (Our rentals come with flat pedals. You are welcome to bring your own if you prefer.)
- helmet (gratis w/rental bike)
- tent
- sleeping bag
- sleeping pad

CYCLING CLOTHING

- cycling shoes
- 3 - 5 pair cycling shorts
- 3 - 5 cycling shirts
- long sleeve cycling shirt
- long sleeve cotton shirt or solar sleeves
- cycling socks
- windbreaker
- tights or leg warmers
- 2 pair cycling gloves (1 pair full length for warmth)
- rain jacket (Gore-Tex or similar)
- rain pants (Gore-Tex or similar)
- warm layer (lightweight synthetic puffy jacket or long sleeve fleece shirt)
- sunglasses or other eye protection

CAMP CLOTHING

- camp shorts
- shirts
- warm socks
- long underwear, top and bottom (wicking layer, not cotton)
- 2 pair warm long pants
- long sleeve fleece or sweater
- pile or down jacket (insulating layer)
- warm gloves and hat
- brimmed hat or visor
- bathing suit (for solar showers on the trip and at the hotel before/after your trip)
- hiking shoes
- sandals
- cheap PVC rain gear (to wear in camp)

PERSONAL

- toiletries
- medication (daily and emergency)
- towel
- biodegradable soap
- wet-wipes
- flashlight or headlamp (with extra batteries)
- sunglasses
- riding pack: 10-15L gear capacity with 2-3L water storage (Camelbak Mule or Camelbak H.A.W.G. are good choices)
- optional day bag
- stuff sacks or reusable grocery bags (or separate compartments for your dry bag)
- cash for tipping guides: your guides work as a team and share all of their gratuities. A tip of 10-20% of the price of your trip given to either one of your guides when you return to civilization is a great way to say thanks for a job well done.

OPTIONAL

- camera, extra batteries
- binoculars
- alcoholic or any of your favorite beverages (your guides will pack these)
- books or maps
- we encourage you to turn your devices off, but if you cannot, please bring a way to charge them. We recommend a portable USB charger with 1-2 charges. Also, putting your phone on airplane mode to save power is recommended.

