

WESTERN SPIRIT

Cycling Adventures



Brian Head Singletrack

5 days/4 nights

DAY 1



After meeting up in St. George, we will shuttle up to the high country to access extraordinary singletrack! After fueling up with a hearty lunch, we ride to the Thunder Mountain Trailhead where the singletrack winds in and out of orange limestone ridges covered in Bristlecone and Ponderosa pines. We top out with a spectacular view from Thunder Mountain which looks down on our descent! The trail carries us along knife edge ridges and through wild hoodoos. We'll ride to camp along the Red Canyon Bicycle Trail. From camp we will have the option to head out to the Losee Canyon Trail for more!

TOTAL MILEAGE: 15 miles AM, 15 miles PM

DAY 2



After a delicious breakfast we'll break camp and head for Strawberry Point and the start of the Virgin River Rim Trail (a truly exceptional trail)! This is a high point and the colorful pink rock of the rim forms sheer cliff faces that are often several hundred feet tall. The trail is fairly wide with challenging climbs and swooping descents, including a brilliant route along the rim. The trail surface is fairly smooth on the climbing portions and tends to be rockier on the ridgeline sections. After a few miles we we'll wind up at Cascade Falls, an interesting geological phenomenon. Water from Navajo Lake runs underground in a lava tube before spilling out of the cliff face and forming the headwaters of the Virgin River. This river is responsible for carving the deep canyons of Zion. We'll have lunch, a little siesta, and then head out for

more. A strenuous climb along the rim returns us to the ridgeline and will place us atop the spectacularly eroded pink cliffs. A bit more riding will bring us to our camp for the next two nights at Navajo Lake.

TOTAL MILEAGE: 21 miles

DAY 3



From our camp we will head back out on the Virgin River Rim Trail for another great day. We will ride through thick forests of Douglas fir and aspen meadows on rolling singletrack. We will be riding through prime turkey and deer habitat and our chances of encountering wildlife are very good. This section of trail is cut into the slopes of the Virgin River headwaters and contains many ups and downs, but the general trend is a contour. Upon reaching the Deer Haven Trailhead, we will shuttle back to Navajo Lake. Once at camp, we can either take a dip in the lake, or head out on the five star Navajo Lake Loop that cruises through the lava field which formed the lake several thousand years ago. The perfect ending for a perfect day!

TOTAL MILEAGE: 13 miles AM, 10 miles PM

DAY 4



After a hearty breakfast we'll load up and shuttle to the Brian Head resort area. The peak's elevation is 11,307 feet and from the summit we will enjoy views in all directions, including Bryce Canyon and Zion national parks and Cedar Breaks National Monument. The trail traverses the

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ridge before we drop into the aspen and pine forest for a singletrack ride of a lifetime. The trail is technical with rocky sections, some loose gravel and tight switchbacks. Time to pay attention and enjoy! In the afternoon, our shuttle vehicle will take us up to Brian Head Peak again for more downhill singletrack riding on the Lowder Ponds Trail. The afternoon's ride is less technical than the morning's ride but still has some steep descents. The trail crosses a dry creek bed, alternating patches of forest and meadow and a small stream before heading south into the woods. The trail winds by small lakes, traverses several meadows and drops steeply into the forested west side of Sidney Valley. We'll meet the dirt road here and climb two miles on the Sidney Valley Road to our high alpine camp above 10,000 feet.

TOTAL MILEAGE: 12 miles AM, 8 miles PM

DAY 5



Today is the singletrack grand finale! After breakfast (and coffee!) and breaking down camp, we ride right from camp to the Right Fork of Bunker Creek Trail. As you start the gradual descent into Bunker Creek, look for the outstanding views of the desert landscape down below. Dropping into the drainage is where the fun begins. It's an incredible singletrack descent (3,000 feet!) through the trees with a small stream crossing along the way. Be on your toes--there are a few steep and rocky sections that will test all of us. Near the bottom, the trail changes to two track, but it's fast and fun. We'll finish near Panguitch Lake, load up the bikes, and shuttle to the rim of Cedar Breaks National Monument for more beauty overload. We'll take a short walk to enjoy the amazing views and then have a yummy lunch, sharing stories from the week. We'll shuttle back to St. George and say our goodbyes. Hope to see you again!

TOTAL MILEAGE: 9 miles

RIDE NOTES

This is a technical singletrack trip at elevations between 7,000 and 11,000 feet. A high level of fitness

and singletrack experience are necessary. We will be without vehicle support during all singletrack sections of the ride.

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: Variable, mostly singletrack, some doubletrack and dirt roads, a few miles of pavement.

Overall Rating: Advanced

Technical Difficulty: Difficult

Physical Difficulty: Moderate to difficult.

Altitude: 7,000 - 11,000 feet

Travel Logistics

MEETING PLACE AND TIME

St. George, UT

This tour will begin at 7:30 AM MST at the Desert Garden Inn, 1450 South Hilton Drive, St. George, Utah, 435-688-7477. After loading up we will drive to the start of the ride, near Brian Head Peak. You will need to spend the night in St. George because none of the shuttle services from Las Vegas or Salt Lake run early enough. See more details in "Lodging Before Your Trip".

ENDING TIME

We will return to St. George between 3:00-4:00 PM on the last day. You will have time to catch a shuttle back to Las Vegas, but not to Salt Lake.

GETTING TO ST. GEORGE, UT

Driving

St. George is located 120 miles north of Las Vegas on Interstate 15. If you need to leave a car behind while you are on your trip, there is parking available at the hotel where we will be meeting.

Flying into St. George (WILL BE CLOSED FOR UPDATING 5/29/19 to 9/26/19)

Airport Code: SGU

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The airport is far from town. Be sure to book your taxi ahead of time.

Flying into Las Vegas, NV

Airport Code: LAS

There are two options for getting from Las Vegas to St. George:

1) Take a shuttle with St. George Express. When you reserve, it is very important that you tell them the following things:

1. You're a Western Spirit guest staying at the Desert Garden Inn, where you will need to be dropped off and picked up,
2. If you are flying with your bike, you will need to reserve a spot on the shuttle for your bike, which will need to be boxed up. There is a surcharge each way.

Shuttles depart from the Las Vegas Airport and St. George eight times daily. Keep in mind that St. George is one hour ahead of Las Vegas. Call 435-652-1100 or visit <http://www.stgeorgeexpress.com/> for times and to make a reservation.

2) Rent a car in Las Vegas and park it at the hotel.

Flying into Salt Lake City, UT

Airport Code: SLC

There are two options for getting from Salt Lake City to St. George:

1) Take a shuttle with St. George Express; shuttle time is about 5 hours. When you reserve, it is very important that you tell them the following things:

1. You're a Western Spirit guest staying at the Desert Garden Inn, where you will need to be dropped off and picked up,
2. If you are flying with your bike, you will need to reserve a spot on the shuttle for your bike, which will need to be boxed up. There is a surcharge each way.

Call 435-652-1100 or visit stgeorgeexpress1@gmail.com for times and to make a reservation.

2) Rent a car in Salt Lake; it is a 5 hour drive.

LODGING BEFORE YOUR TRIP

Western Spirit has partnered with Desert Garden Inn to provide cyclist accommodations and support. The rooms are over-sized, bike friendly, with walk out sliding doors to the parking lot. This is also where the trip starts and finishes.

Even better, the Desert Garden Inn is offering Western Spirit guests the best rates we know of: \$85 Sunday-Thursday and \$109 Friday-Saturday for double occupancy (2 queen beds per room). Just pick up the phone, call them directly at 877-688-7177, They can book your room reservations and also help you out with any special request you might have.

It will be hard to find a better room rate online for this quality and you'll be supporting this local business.

Desert Garden Inn (formerly Crystal Inn)

1450 South Hilton Drive
St. George, UT 84770
435-688-7477 or 877-688-7177

Bonus: you can leave your car at Desert Garden Inn while you're on the trip.

It is a good idea to book your rooms in advance.

TAXI SERVICE

Quality Cab: 435-656-5222

Taxi USA: 435-656-1500

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Red Rock Bicycle
446 W. 100 South
St George, UT 84770
435-674-3185

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.

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

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

Packing for your trip

Be sure to bring everything on this list. We have carefully 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 can be unpredictable so be sure to bring all the warm clothing and rain gear listed!

HOW TO PACK: The bulk of your gear and clothing will ride in the Western Spirit support vehicle (preferably in a large duffle bag) 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
- ✓ solar showers
- ✓ 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.
- knee & elbow pads - optional
- 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

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

- 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
- 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.

