

WESTERN SPIRIT

Cycling Adventures



Crater Lake National Park Road Bike Tour

5 days/4 nights

DAY 1



We will shuttle to our starting point at Fish Lake. Mt. McLoughlin towers above us to the east and we skirt its shoulder while heading north. We ride through lush meadows surrounded by towering forests as we descend to the tiny town of Butte Falls. This terrain gives very few hints of the dramatic volcanic activity which once dominated the region. From Butte Falls we roll up and over Carney Flat and then continue downward into Prospect. We will spend the night at the historic Prospect Hotel, where Teddy Roosevelt, Zane Grey and Jack London all slept when they journeyed to Crater Lake.

TOTAL MILEAGE: 46 miles

DAY 2



Today is the big day. We will earn some serious relaxation on the porch of Crater Lake Lodge, “earn” being the key word. During our ride today we will have a great opportunity to learn about trees of the incredibly diverse forests of Oregon. There are the Western hemlock which have droopy needles and Dr. Seuss like tips. The giant yellow Cedars shed their bark in great strips. And finally there is the mighty Douglas fir, named after one of the most famous naturalists in history, David Douglas. Douglas traveled on foot throughout much of the northwest, logging over 4,000 miles in a single year, while collecting specimens and taking notes. And all you have to do is pedal up about 4,000 feet! For the

next two nights our home will be the Crater Lake Lodge, with great views of the lake.

TOTAL MILEAGE: 38 miles

DAY 3



Today we will be riding the rim of the caldera and hiking down to lake level. We will get an early start and begin by spinning our way on the rolling hills of the Eastern Rim. As we approach the western side of Crater Lake Drive, we are rewarded with breathtaking views of the crystal clear lake and Mount Scott towering above the rim. We'll park our bikes by the van at the Cleetwood Trailhead and hike to the lake. A short 1.1 mile hike will bring us down to the boat dock where we will lunch on the shore and then head out on the boat for a cruise around the glassy lake. The hearty may choose to hop on the bike to finish the loop around the rim. Hors d'oeuvres will await us on the relaxing porch of the Crater Lake Lodge.

TOTAL MILEAGE: 21 - 33 miles

DAY 4



We leave our perch on the rim and head north today. Our last views of the lake will be at the North Junction before we descend into the Pumice Desert. This is where quite a bit of Mt. Mazama ended up when it blew its top way back around 6,300 BC; a very recent event in the grand geologic scheme. We continue to Diamond Lake. Mt. Bailey rises on the western shore of the lake and at over

8,000 feet it is a popular backcountry skiing area in the winter. On the eastern shore stands Mt. Thielsen, a jagged and rocky peak that attracts only the bravest climbers. Our climbing days are primarily behind us as we continue to descend to the banks of the North Umpqua River. This river is designated as Wild and Scenic and you will soon see why. Our goal is the Steamboat Inn where we will stay in beautiful cabins right on the river.

TOTAL MILEAGE: 63 miles

DAY 5



With regret, we leave the Steamboat Inn after a very delicious breakfast and continue west along the Umpqua. Many people consider the Umpqua to be the most beautiful river in America. This area was homesteaded in the early 1900s by Perry and Jesse Wright. It is easy to imagine how they fell in love with the beauty of the place, but it is harder to imagine living here 30 years before the highway was completed. To survive on their ranch they packed everything in on pack trains of horses on narrow trails above the rushing water. We'll have lunch with a view and then load the bikes for our trip back to civilization.

TOTAL MILEAGE: 34 miles

RIDE NOTES

Accommodations may be changed due to availability. Itineraries are subject to change due to weather, road conditions, rider safety and other factors which may affect the logistics of the trip.

Overall Rating: Intermediate/Advanced

Physical Difficulty: Moderate to Advanced

Altitude: 1,100 - 7,800 feet

Travel Logistics

MEETING PLACE AND TIME

Medford, OR

This tour will begin at 8:30 AM PST at Marty's Cycle & Moore, 720 Crater Lake Ave, Medford, Oregon, 541-772-9253. You will need to spend the night before in Medford.

ENDING TIME

We will return to Medford between 4:00-5:00 PM on the last day.

SHIPPING YOUR BIKE

To ship your bike, please send it to:

Marty's Cycle & Moore
720 Crater Lake Ave.
Medford, OR 97504
541-772-9253

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 MEDFORD, OR

Driving

Medford is located near the southern border of Oregon on Interstate 5. There is parking available at the bike shop where the trip meets.

Flying into Medford

Airport Code: MFR

Flying into Portland, OR

Airport Code: PDX

You can rent a car in Portland and park it at the bike shop where the trip meets. It is a beautiful 4-1/2 hour drive.

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Flying into Eugene, OR

Airport Code: EUG

You can rent a car and park it at the bike shop where the trip meets. It's a 2-1/2 hour drive.

TAXI SERVICE

TLC Yellow Cab: 541-772-6288

Valley Cab: 541-772-1818

LODGING BEFORE YOUR TRIP

Medford 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:

Hampton Inn

541-779-0660, 800-426-7866

Shilo Inn

541-770-5151, 800-222-2244

Offers airport shuttles.

Holiday Inn Express

541-732-1400, 800-465-4329

Comfort Inn South

541-772-8000, 800-424-6423

Located downtown. There is a bike path right behind the Comfort Inn that will eventually run the whole way to Ashland, Oregon.

ACCOMMODATIONS DURING YOUR TRIP

Prices are based on double occupancy. If you are traveling alone, we will pair you with another guest. If you prefer your own room, ask about the single supplement and we will accommodate if available.

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.

While this trip is vehicle supported, there will be extended times when you are away from the vehicle. For this trip, you will need to be able to carry some extra clothing while riding. You can either bring a riding pack or carry these items in your jersey.

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 daypack will remain with the support vehicle and will be available periodically throughout the day.

WHAT WE PROVIDE:

- ✓ meals, snacks, water, electrolyte drinks, non-alcoholic drinks
- ✓ 2 large cycling water bottles
- ✓ sunscreen & bug spray
- ✓ bike stand and lube
- ✓ guides bring their own tools
- ✓ first aid kit with basic medications

BRINGING OR RENTING

- road bike:
 - if you're bringing your own bike, make sure to bring a pump, tire levers, spare tubes, and optional CO2 cartridges.
 - if you're renting, we will provide all the above items. Rental bikes have 2 water bottle cages on them. Our rentals come with flat pedals. You are welcome to bring your own shoe-pedal combination if you prefer.
- helmet (gratis w/rental bike)

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CYCLING CLOTHING

- cycling or hiking shoes
- 3 - 5 pair cycling shorts
- 3 - 5 cycling jerseys
- long sleeve jersey
- cycling socks
- windbreaker
- knee warmers/warm tights
- cycling gloves (including warm gloves)
- ear band
- booties
- 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

CASUAL CLOTHING

- casual shorts
- casual long pants
- shirts (long and short sleeve)
- one nice dinner outfit
- socks
- jammies
- pile or fleece jacket
- warm gloves and hat
- hat or visor
- swim suit
- comfortable walking shoes
- sandals

PERSONAL

- toiletries
- medication (daily and emergency)
- sunglasses
- optional riding pack
- 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, however, if you cannot we recommend putting your phone on airplane mode to save power. If you feel that you need to recharge your devices during the day, we recommend a portable USB charger with 1-2 charges
- charger for phone or other devices at hotel

