

WESTERN SPIRIT

Cycling Adventures



Fruita Singletrack

5 days/4 nights

DAY 1



After meeting in Grand Junction we will drive to Fruita and stop in at the famous Over the Edge Sports bike shop, which will get us in the mood for some world class singletrack. Before heading out we'll pack a tasty lunch and then shuttle to Rabbit Valley, the start of our ride and home of an extensive dinosaur dig. A short climb brings us to our first trail which will take us back under the highway to the Zion Curtain Trail. We'll climb steadily on single-track to our lunch spot which has spectacular views of the Colorado River Valley. After lunch, we'll stay on the Zion Curtain skirting the border between Colorado and Utah which will set us up for a big descent! Our sinewy and steep descent brings us to the trail's end where we will pick up the Kokopelli Trail and ride a short, steep climb up to our camp.

TOTAL MILEAGE: 18 miles

DAY 2



A BIG breakfast is in order for today! We'll ride directly from camp on the Overlook Trail which was part of the 1999 IMBA Epic Ride. This trail runs the ridge in a roller coaster of fun all the while offering a panoramic view of the valley below, all the way to the La Sal Mountains, which are near Moab, Utah. After a great lunch near Arches Junction we're off to descend a steep jeep road to the short "sawblade" Connector Trail. The Connector links us to the highly admired Western Rim Trail (marvelled for its flowing ribbon of trail as seen from the classic Kokopelli Trail above). The Western Rim is composed of smooth twisty sections, slickrock and sandstone

ledges, making for a frolic of a desert afternoon. We finish the day on the Kokopelli Trail which leads us up to another lovely camp in Rabbit Valley. Yippee!

TOTAL MILEAGE: 19 large miles

DAY 3



Today we'll ride the famous Kokopelli Trail. This morning's ride offers us a break from the technical side of the trip and the chance to spin our legs out on rolling jeep road through Rabbit Valley to our lunch location high above the Colorado River. After lunch....BREAK'S OVER! We have a gnarly, technical descent down to the Salt Wash Bridge where we cross over Salt Creek. "What goes down, must go up!" This starts our grind up to meet Troy Built Trail, a true Fruita classic! Lots of swooping singletrack, stout climbing and some hike-a-biking connect us to the Lion's and Mary's loops. The riding here is so good that the locals from Moab travel to Grand Junction to ride these very trails! When we hit the Loma Trailhead we'll hop in the van and shuttle through Fruita to our camp out on 18 Road, located at the base of the Bookcliffs.

TOTAL MILEAGE: 21 miles

DAYS 4 & 5



Good morning—it's playtime! Welcome to the Bookcliff Trail System, the true original creation of Fruita mountain bikers. These trails are what changed Fruita from a local secret to a national destination. Fast, twisting and full of surprises, built entirely by and for mountain bikers, all of

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these trails are special! Zippy, smooth and significantly less technical than the previous days of riding, it's too awesome to limit to just one day. So we will be spending two days riding in Fruita's favorite mountain bike playground. We'll hit Joe's Ridge, Kessel, Prime Cut, Zippity, Chutes...and whatever else we can squeeze into our fun filled days.

TOTAL MILEAGE: 20 - 35 miles

RIDE NOTES

This tour contains some difficult riding on technical singletrack trails and some jeep roads. We will be without vehicle support during many 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: Mostly singletrack. Includes packed sediment, some rocky and sandy sections, some smooth dirt sections and some asphalt sections.

Overall Rating: Intermediate/Advanced

Technical Difficulty: Advanced—rocky, loose, ledgy and sometimes steep singletrack.

Physical Difficulty: Intermediate/Advanced— short but steep climbs, longer days and technical sections make this ride a challenging one.

Altitude: 4,000 - 5,600 feet

Travel Logistics

MEETING PLACE AND TIME

Grand Junction, CO

This trip will meet at 7:30 AM MST at the Clarion Inn, 755 Horizon Dr., Grand Junction, Colorado, 970-243-6790. You will need to spend the night before in Grand Junction.

ENDING TIME

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

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Western Spirit Cycling
478 Mill Creek Dr.
Moab, UT 84532

It is critical that you include your name 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 GRAND JUNCTION, CO

Driving

Grand Junction is 250 miles west of Denver and 50 miles east of the Utah/Colorado state line on I-70.

Flying into Grand Junction

Airport Code: GJT

LODGING BEFORE YOUR TRIP

It is a good idea to book your rooms in advance; here are a few recommendations:

Clarion Inn

970-243-6790, 888-489-9796

This is where the trip will meet—mention that you are on a Western Spirit trip. They have storage available while you are on your trip.

Ramada Inn

970-243-5150, 800-272-6232

Best Western Sandman

970-243-4150

Quality Inn of Grand Junction

970-245-7200, 800-790-2661

All of these hotels offer airport shuttles.

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

TAXI SERVICE

Sunshine Taxi: 970-245-8294

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 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

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

- 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
- 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.

