

WESTERN SPIRIT

Cycling Adventures



Lewis River Singletrack

5 days/4 nights

DAY 1



After packing up in Hood River, we will head to Surveyor's Ridge, one of the most well known mountain bike trails in Oregon. As with most ridge trails, the constant and unpredictable ups and downs are quite exhilarating and challenging. We will meet up with the van for lunch, before heading down the Dog River Trail (called The Dog by locals). This is an amazing descent so check your brakes and hold on tight! We will meet up with the van and shuttle to our Lewis River campsite, our home for the next two nights.

TOTAL MILEAGE: 14 - 16 miles

DAY 2



Today we ride the famous Lewis River Trail through old growth cedars and Douglas fir. It is an almost perfect trail with a beautiful tacky surface through the shade along the bright blue river. There are several short, steep climbs thrown in at regular intervals to keep your heart rate high, but we are in no hurry to leave this wonderful place. The trail flows along the length of fallen trees for what seems like a quarter mile per tree, giving you new appreciation for how tall these giants really are. We zip along flat sections which turn and twist through side drainages, giant ferns and bigleaf maples. This is one of the all-time best mountain bike trails in the US. We finish with a smile and cruise back to our lovely camp.

TOTAL MILEAGE: 22 - 24 miles

DAY 3



Today we'll give our rear ends a little break and embark on a different adventure. After breakfast we'll drive up to the flanks of Mount St. Helens to explore the farthest reaches of a lava tube formed from an eruption 1,900 years ago. Mount St. Helens' Ape Cave Lava Tube is a popular attraction in the Mount St. Helens National Monument and the longest lava tube in the continental United States—it is over two miles in length! This lava tube formed when the surface of a lava flow cooled and hardened, but the molten lava beneath the surface continued to flow. It will take us 2-3 hours to hike Upper Ape Cave and then we will return on an above ground trail. This hike is fairly adventurous as we must climb over approximately 27 boulder piles and scale an 8 foot high lava fall. Everyone will need a headlamp, sturdy shoes or boots, and warm clothing as the cave averages 42 degrees Fahrenheit.

DAY 4



Today we will pack and get an early start since we are headed high up on Mount St. Helens. No camping is allowed on the mountain itself, so we must shuttle to the trailhead. Here we have great views of Lava Canyon. We begin the ride up the forested trail at a very moderate grade. We have five miles to climb and 1,300 feet to gain. The trail travels along the edge of the massive mudflow and we go in and out of the forest on its edge. Several gentle switchbacks bring us up to a forested ridge with views back towards Mount Adams. At last we reach tree line! From here pumice slopes rise up the

snowy peak above us. It is easy to imagine the lava flowing through the deep cuts in the earth which surround us. The views leave no doubt that the climb was worth it, and the awesome flowing descent which follows is the icing on the cake. We'll shuttle to our new campsite at Paradise Creek.

TOTAL MILEAGE: 10 miles

DAY 5



After fueling up and breaking down camp, our final day begins with a shuttle to Oldman Pass Sno-Park. Get ready for a fun day of riding before we say our goodbyes! We start our ride on the Valley Ski Trail which passes through beautiful forests on the fun descent to the Wind River. We climb back up and meet up with McClellan Meadows Trail, which was originally built in 1852 from the George McClellan railroad survey and offers a fun, challenging ride. Then we connect with the Falls Creek Trail which includes two creek crossings, gorgeous ponds, and spectacular waterfalls. After our big descent, we meet up with the shuttle and head back to town.

TOTAL MILEAGE: 10-20 miles

RIDE NOTES

This is a technical singletrack trip. A high level of fitness is necessary and singletrack experience is highly recommended. We will be without vehicle support during all of the 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: Singletrack dirt, gravel, pine needles, double track and some pavement.

Overall Rating: Intermediate/Advanced

Technical Difficulty: Moderate to difficult

Physical Difficulty: Moderate to difficult.

Altitude: 1,300 - 4,500 feet

Travel Logistics

MEETING PLACE AND TIME

Hood River, OR

This tour will begin at 9:00 AM PST at Dirty Fingers Bike Repair, 1235 State Street, Hood River, OR, 97031, (541) 308-0420. The Dirty Fingers Bike Repair will not be open by 9 am, but the Kickstand Cafe, which is next door, will be open and serving breakfast. If you have a personal or rental vehicle, you can park across the street at the Tsurta Park parking lot for the duration of the trip.

You will need to spend the night before in Hood River, which is 60 miles East of Portland, OR.

ENDING TIME

We will return to Hood River between 3:00-4:00 PM on the last day.

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Dirty Fingers Bike Repair
1235 State Street
Hood River, OR 97031

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 HOOD RIVER, OR

Driving

Hood River is located approximately 60 miles east of Portland on Interstate 84. If you're driving, you can park across the street from Dirty Fingers Bike Repair at the Tsurta Park parking lot for the duration of the trip.

WESTERN SPIRIT

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Flying into Portland

Airport Code: PDX

Portland is the closest airport and there are two options from there:

1) AAA Airport Shuttle provides shuttle service from the Portland airport to Hood River. Call 503-544-9949. If you are flying with your bike, please call ahead of time to reserve space for your bike.

2) Rent a car.

TAXI SERVICE

Hood River Taxi: 541-905-8296 or 541-399-9954
Gorge Yellow Cab: 541-490-2497

LODGING BEFORE YOUR TRIP

Hood River is a gateway city to Mt. Hood, and it is very popular during the summer months. It is a good idea to book your rooms several months in advance if possible. Here are a few recommendations:

Sunset Motel

541-386-6332

Hood River Hotel

541-386-1900, 800-386-1859

Oak Street Hotel

541-386-3845

Riverview Lodge

541-386-8719, 800-789-9568

Comfort Inn & Suites

541-308-1000

Best Western Hood River Inn

541-386-2200

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 duffel 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

WESTERN SPIRIT

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

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
- 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

- headlamp (w/ extra batteries)- every person will need this for the lava tube hike**
- 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.

