

WESTERN SPIRIT

Cycling Adventures



Methow Valley Singletrack

5 days/4 nights

DAY 1



After meeting in Wenatchee, we will shuttle into the heart of the Methow Valley to our first camp at Lightning Creek. From here we will ride east on a forest service road for a couple of miles to our first trailhead. Once on the singletrack we will climb up the middle fork of Beaver Creek. It's a steep but fun challenge and the downhill will be worth it. When we reach our high point we'll jump on the Starvation Road and continue on the ridge to a spectacular viewpoint. We'll descend on the Lightning Creek Trail itself. The tricky sections are at the top of the trail, and we are soon flying through the forest all the way back to our camp.

TOTAL MILEAGE: 16 miles

DAY 2



Today we will head for the high country along the Sawtooth Ridge. We will begin with a climb that starts quite gently and becomes more challenging as we near the top. The views are amazing as we work our way up the drainage between Martin Peak and Mount Bigelow on our way to Eagle Lake and Horsehead Pass. After a picnic by the lake (and perhaps a quick dip) we will retrace our route down, down, down to our camp at Foggy Dew.

TOTAL MILEAGE: 16 miles

DAY 3



From the Foggy Dew Trailhead we will begin this classic loop with a gentle morning climb. The trail meanders through the trees and the pace is easy going. It gets a bit steeper, but the trail tread is good and the spinning continues. Then we will arrive in Merchant's Basin, a beautiful alpine paradise where wildflowers abound. You may notice the trail to the top of the ridge—at first it doesn't look too bad as it makes its way diagonally up through the rocky scree, but at some point the going gets rough and most of us will find ourselves pushing a bit before we reach the top. And now for the big reward—one of our all time favorites—a big, swooping alpine descent. The real deal—worth every minute of the climb! You will recall this descent with fondness for the rest of your days!

TOTAL MILEAGE: 21 miles

DAY 4



This morning we will pack up camp and shuttle over to Buck Mountain. Today's ride takes us out of the trees and into the sagebrush, with great views of the Methow Valley. A gentle climb up the road leads to buff, winding, giggle-inducing singletrack and eventually down to Buck Lake where we will have lunch and take another optional lap on the trail before heading to our next camp.

TOTAL MILEAGE: 8 - 16 miles

WESTERN SPIRIT

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

DAY 5



From our camp we will begin with a nice warm-up along the North Creek Road before finding the Twisp River Trailhead and jumping on the singletrack for the rest of the day's journey. The headwaters for the Twisp River are in the North Cascade Mountains and it drains into the Methow River and ultimately the Columbia. The Native Americans called the Methow River Buttlemuleemauch, which means "salmon falls river." The trail begins with some short technical sections as it crosses a dramatic scree slope along the lower shoulder of the mountain. Then we'll finish with some sweet buff single-track. After a final lunch we will reluctantly return to civilization.

TOTAL MILEAGE: 20 miles

RIDE NOTES

This tour contains some very difficult riding on narrow, steep mountain trails. A high level of skill and fitness is required to enjoyably navigate much of the route.

We will be without vehicle support during all of the singletrack sections of the ride and medical help is far away. If you do not consider yourself to be an expert rider and doubt your ability to complete this tour, please call us and we can help you determine whether this trip is appropriate for you.

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, mostly firm pack, some loose pumice, smooth pine duff and rocky sections. Some dirt roads.

Overall Rating: Intermediate/Advanced (2 technical, steep days, 3 intermediate days)

Technical Difficulty: Moderate to difficult. Many steep climbs and rocky sections.

Physical Difficulty: Moderate to difficult.

Altitude: 2,000 - 7,000 feet

Travel Logistics

MEETING PLACE AND TIME

Wenatchee, WA

This tour will begin at 8:00 AM PST at Arlberg Sports, 25 N. Wenatchee Ave, Wenatchee, WA, 509-663-7401. You will need to spend the night before in Wenatchee. It's a good idea to eat a hearty breakfast before meeting at Arlberg Sports.

ENDING TIME

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

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Arlberg Sports
25 N. Wenatchee Ave.
Wenatchee, WA 98801

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 WENATCHEE, WA

Driving

Wenatchee is located in North Central Washington and lies on the western side of the Columbia River at the confluence of the Wenatchee and Columbia rivers. Wenatchee is approximately a 2 1/2 hour drive from Seattle, Olympia and Spokane.

Flying into Wenatchee, WA

Airport Code: KEAT

Flying into Spokane International Airport

Airport Code: GEG

Driving time from Spokane Airport is 2 1/2 - 3 hours

WESTERN SPIRIT

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

TAXI SERVICE

Apple City Taxi: 509-662-2126

LODGING BEFORE YOUR TRIP

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

Coast Wenatchee Center Hotel

509-662-1234, 800-716-6199

Free shuttle service to/from Pangborn Airport

Holiday Inn Express Hotel Wenatchee

509-663-6355, 888-465-4329

La Quinta Inn & Suites

509-664-6565, 800-753-3757

Red Lion Hotel

509-663-0711, 800-733-5466

Free shuttle service to/from Pangborn Airport

Cedars Inn

509-886-8000, 800-358-2074

Marriott Spring Hill Suites

509-667-2775, 888-287-9400

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
- 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)

WESTERN SPIRIT

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

- warm layer (lightweight synthetic puffy jacket or long sleeve fleece shirt)
- sunglasses or other eye protection

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.

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
- 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

