

WESTERN SPIRIT

Cycling Adventures



Mt. Hood Singletrack

5 days/4 nights

DAY 1



After we meet in Hood River we have a short shuttle 30 miles south to Bennett Pass on the shoulders of mighty Mount Hood. Once we pack a lunch for the day's ride we'll begin riding a relatively gentle climb up an old two track from the pass. Our goal is the singletrack along Gunsight Ridge, where the views are truly breathtaking. This fun trail twists and turns before bringing us to the high point of the trip at 6,000 feet. The spectacular viewpoint includes the distant dormant volcanoes of Mount Adams and Mount St. Helens over 60 miles away. From here we descend some fast and flowing singletrack down to our camp which sits among stately Douglas and grand firs, hemlocks, and Western red cedars along Eightmile Creek.

TOTAL MILEAGE: 19 miles

DAY 2



Today's ride is all about descents first! This loop starts with five miles of ripping downhill along Fifteen Mile Creek through a mixed forest of fir and Ponderosa pine, open meadows and some really cool hoodoo rock formations. After crossing the creek we begin to climb, and you can relive the awesome downhill in your mind as you work your way back to camp. Because of the challenging nature of today's ride, your guides can help tailor the ride for you. Once we return to camp cold drinks and a delicious meal await.

TOTAL MILEAGE: 10 - 22 miles

DAY 3



We begin again by fueling up with a relaxing and hearty breakfast. Our ride today will be a three part harmony of sorts that brings us on a cloverleaf shaped route of more classic Mount Hood trails. We ride from camp, starting with some gentle climbing to the Five Mile Butte Lookout Tower. This takes us to an amazing descent of banked corners, small water bar jumps and some tight single-track riding. These are the trails that make Mt. Hood one of our all-time favorite riding destinations! Several small creek crossings and some short steep climbs ensure a good night's sleep.

TOTAL MILEAGE: 14 miles

DAY 4



Today we're off to the Surveyor's Ridge Trail, which is, deservedly, one of the most well known and loved mountain bike trails in all of Oregon. It trades the sustained grades of the previous days for a roller coaster of ups and downs and more breathtaking views out across the Hood River Valley. Mid-summer fields of wildflowers brush your handlebars while the aromatics tickle your senses. This ride is one you will be certain to talk about back around the water cooler. Be sure to pack your camera as photo opportunities abound.

TOTAL MILEAGE: 14 - 29 miles

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DAY 5



After four days of wonderful rides in the Mount Hood National Forest we end our trip on a downhill note—2,300 vertical feet of downhill to be exact! That's right folks, we've saved the best for last. The Dog River Trail, (or just "The Dog" in the local vernacular), will leave you with sore forearms and a dusty grin from ear to ear. After a little warm up on a forest service road we'll hit a section of Surveyor's Ridge that we missed yesterday, but once we reach The Dog, check your brakes and hold on tight. After our big descent, we'll enjoy one final lunch together before heading down to Hood River and the real world. Bummer.

TOTAL MILEAGE: 14 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 double track, loose pumice to smooth pine duff, a few miles of pavement.

Overall Rating: Intermediate/Advanced

Technical Difficulty: Mostly moderate to some difficult

Physical Difficulty: Moderate to difficult.

Altitude: 2,500 - 6,000 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. 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 2:00-3:00 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. Take exit #64 toward OR-35 White Salmon/Govt Camp. Before crossing the Columbia River you will see the Best Western sign on your right. You will be able to leave your car at the hotel while on your tour.

Flying into Portland

Airport Code: PDX

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

1) Blue Star provides shuttle service from the Portland airport to Hood River. Call 800-247-2272.

2) Rent a car.

TAXI SERVICE

Gorge Yellow Cab: 541-490-2497

LODGING BEFORE YOUR TRIP

WESTERN SPIRIT

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

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:

Vagabond Lodge

541-386-2992, 877-386-2992

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

- 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

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:

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

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

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 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

