

WESTERN SPIRIT

Cycling Adventures



Mount Rainier National Park Road Tour

5 days/4 nights

DAY 1



After meeting in Hood River, we will shuttle north to the Mount St. Helens Visitor Center. Here we will learn how these giant volcanoes

formed and what is most likely to happen next! An earthquake triggered the 1980 eruption of Mount St. Helens. The subsequent collapse of the north flank caused the largest landslide-debris avalanche ever. After lunch we will depart for our afternoon ride along Riffe Lake as we make our way up, down, and up again to the western slope of Mount Rainier and the tiny town of Ashford. Here we will stay at the famous Whittaker's Bunkhouse, where many a Rainier ascent was staged. We'll go out for a great dinner just up the road before hitting the hay in preparation for tomorrow's big ride.

TOTAL MILEAGE: 45 miles

DAY 2



Today's ride is truly stunning as we work our way up the western slope of Mount Rainier.

We'll take a rest stop at the Longmire Museum before we continue on our way to the Nisqually Glacier. Many of the glaciers on Mount Rainier were advancing until 1850. Since then, they have both advanced and retreated, with the most recent trend being a slow retreat. After a break at the top we will begin a descent with incredible views of the Tatoosh Peaks looming all around us. Eventually we find ourselves surrounded by the old growth forests which make up the eastern slope of the national park. We will have lunch at the Grove of the Patriarchs where a

short hike brings a new appreciation for these giant trees. From here we continue down into the town of Packwood.

TOTAL MILEAGE: 63 miles

DAY 3



We begin with a ride through the Cowlitz River Valley before we head south through Gifford Pinchot National Forest on our way to Mount Adams. Pinchot was the first chief of the US Forest Service and we have him to thank for these public lands. We climb on this peaceful forest service road, which has almost no traffic. The only bad news is that the pavement ends just before we get to Takhlakh Lake, so we will jump in the van because the reflection of Mount Adams in the lake at its base is worth the trip. From here we head down, down, down into the valley of the White Salmon River to our home for the night in the tiny town of Trout Lake.

TOTAL MILEAGE: 55 miles

DAY 4



You'll want a hearty breakfast today since we will be riding almost 50 miles before lunch. It's a big morning, and we're going to have some incredibly beautiful and fun riding. We'll be cruising along quiet country roads through lovely pastoral settings of open farm country and tiny towns with wonderful vintage post offices. Our perspective of the volcanoes will be quite different today as Mount Adams towers majestically over the landscape. You'll really

WESTERN SPIRIT

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

understand why the Native Americans in this area revered this volcano. After a full morning ride we'll have lunch in the quaint town of White Salmon. We'll then shuttle over the bridge into Hood River and park the van at the historic Hood River Hotel where we will spend the night. There is still more scenic riding to be had on the historic Columbia River Highway. Although this road is closed to cars, it's easy to imagine driving your Model T through the impressive masonry worked into the stone tunnels and guardrails. There are awesome views of the river and it's hard to believe it can be that blue. This is a short out and back, but it's so lovely that folks often ride it twice! Our rooms should be ready by now and we'll settle into the historic hotel for the night.

TOTAL MILEAGE: 49 miles AM, 12 miles PM (optional)

DAY 5



We wake up in Hood River with several choices for the morning, beginning with what type of fruit you would like on your waffle! In fact this morning's theme is fruit as we will be riding the famous Hood River Fruit Loop, past orchards, farm stands and country stores where you can find everything from ripe peaches to blackberry jam to pear brandy. The van will be following us to pick up any purchases. The whole loop is 35 miles, but we ride it as an out and back so that we can stay on the back country roads. Besides being known for its luscious fruit, Hood River has recently been designated as the wind surfing capital of the world. Perhaps we'll view some "board heads" at play along the waterfront while we have lunch. Afterwards, we will load up in the van and shuttle back to town.

TOTAL MILEAGE: 35 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. Low gears and at least 23cc tires are recommended for this trip. Although there is a lot of climbing, super lightweight tires are not appropriate.

Overall Rating: Intermediate/Advanced

Physical Difficulty: Moderate to difficult.

Altitude: 150 - 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, (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 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. 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.

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
541-386-6322

Hood River Hotel
541-386-1900, 800-386-1859

Oak Street Hotel
541-386-3845

Holiday Inn Express
541-308-1000

Best Western Hood River Inn
541-386-2200

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 (Our rentals come with flat pedals.)

WESTERN SPIRIT

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

- You are welcome to bring your own if you prefer.)
- helmet (gratis w/rental bike)

- 2 large water bottles (provided by WSC)
- riding hydration pack
- day pack (see HOW TO PACK, above)

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)

OPTIONAL

- camera, extra batteries
- binoculars
- alcoholic beverages (your guides will pack these)
- books or maps

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
- swim suit
- comfortable walking shoes
- sandals

PERSONAL

- sunscreen & lip balm
- medication (epi pen, inhaler)
- personal items and toiletries
- toothbrush/paste
- brush/comb
- cash for souvenirs
- cash for tipping guides: your guides work as a team and share all of their gratuities. A tip of 5-10% 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.

GEAR

- sunglasses
- hat or visor

