

# WESTERN SPIRIT

Cycling Adventures



## Redwoods National Park Family Trip

5 days/4 nights

### DAY 1



We will begin our adventure with a shuttle to the beginning of our first ride; an out and back along the beautiful Howard Hill Road. While we ride, one of our guides will drop the gear trailer at our camp at Jedediah Smith State Park. They will then drive around and meet us. After lunch we will hike and get an introduction to the giant redwoods. These big trees are called redwood or *Sequoia sempervirens*, a name meaning “ever living”; an appropriate name as these trees can grow to over 350 feet tall and live for up to 2,000 years. The trail takes us in and around trees both living and dead. Those trees lying on the ground really help you understand how big 350 feet really is! Can you imagine one growing in your front yard? After the hike, we will shuttle in the van back to camp.

**TOTAL MILEAGE:** 10 - 18 miles riding, 1 mile hiking

### DAY 2



Today we will get our first glimpse of the vast Pacific Ocean. We head south to the Last Chance section of the Coastal Trail. This was the original north-south road through the area, but it is now closed to cars. Everybody rides this morning as we make our way to a dramatic bluff above the ocean. We will pack our lunch today and stop along the trail. Afterwards we will return to the van to continue our journey south. The second half of today is mostly paved or gravel. Those who are ready for a few more miles will ride the Coastal Drive which continues on the Newton B. Drury Scenic Parkway. Mr. Drury was a former National Park Director and

was extremely influential in saving the redwoods for us to enjoy today. This ride is unsupported and has some steep grades. The van will go back to camp with the kids. Our camp tonight will be at Elk Prairie, our home for the next three nights, giving us a lot of chances to see the elk herd that frequents this area.

**TOTAL MILEAGE:** 4 - 6 miles AM, 15 miles PM

### DAY 3



This morning we will do a ride right from our camp on the Davison and StreeLOW Creek trails. We begin all together for a one mile section of trail through giant trees which takes us south. Then we head west to the beach on a remote, but smooth section of introductory singletrack. Here we find ourselves on a nice section of wider dirt road, which takes us right to the ocean. The views of the ocean are amazing and we will have a chance to take it all in from our lunch spot. After lunch the energetic can continue north along the shore past some amazing waterfalls to a fun section of singletrack. Meanwhile, the kids will have time to explore the beach. We won't be swimming from here as the tides and currents are quite strong, but it is great place to learn about marine life in the various coastal zones. Afterwards the kids will shuttle back to camp to meet those who choose to ride back to camp.

**TOTAL MILEAGE:** 5.5 miles AM, 14 miles PM

### DAY 4

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The Lady Bird Johnson Grove is our first destination for today and we will shuttle in the van to get there. Here we will hike the trail, where we will learn more about the trees and how they were saved when the national park was formed. This is a great close up look at these towering giants. The geography of northwestern California creates the unique conditions which allow these trees to grow. The proximity to the ocean makes the climate very moderate. Rainfall is very high in the winter, up to 80 inches! All these factors combine to make this the most productive and diverse forest in the world. After lunch, the parents will head out to ride Holter Ridge. This long and unsupported ride includes some substantial climbs and a fast steep downhill, not for the faint of heart. The ride will take the parents right back to camp. The kids will shuttle back to camp and then do a ride on another section of the Davison Trail.

**TOTAL MILEAGE:** 3 - 16 miles riding, 1.5 miles hiking

## DAY 5



We take a day off the bikes today and opt for a beautiful coastal walk. We will shuttle north from camp to the section of the Coastal Trail which will take us to Hidden Beach. It is a primarily downhill walk with great views to the beach. This is a beautiful beach which has great giant boulders to climb, tide pools, soft sand and cool drift wood. In the tidepools we may see creatures such as anemones, sea stars, sea cucumbers, crabs and chitons. Once we have all explored the tide pools and marine life of this very special spot, we will continue north to Lagoon Creek for the final lunch of our trip, after which we will do a short 45 minute shuttle back up to Crescent City.

**TOTAL MILEAGE:** 3 miles hiking

## RIDE NOTES

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 dirt roads, smooth singletrack and some pavement.

**Overall Rating:** Introductory

**Technical Difficulty:** Easy to moderate

**Physical Difficulty:** Easy to moderate

**Altitude:** 0 - 500 feet

## Travel Logistics

### MEETING PLACE AND TIME

#### Crescent City, CA

This trip will meet at 9:00 AM PST at Back Country Bicycle, 1331 Northcrest Drive, Crescent City, CA, 707-465-3995. You will need to spend the night before in Crescent City.

### ENDING TIME

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

### SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Back Country Bicycle  
1331 Northcrest Drive  
Crescent City, CA, 95531

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 CRESCENT CITY, CA

#### Driving

Crescent City is located on Highway 101, 15 miles south of the California/Oregon border. It is a 5-6 hour drive from either San Francisco or Portland. There is parking available for your car.

#### Flying into Crescent City, CA

Airport Code: CEC

#### Flying into Medford, OR

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Airport Code: MFR

Approximately 79 miles to the northwest; you would drive over lovely Grants Pass.

## Flying into Eureka, CA

Airport Code: ACV

Approximately 66 miles south on Hwy 101; a beautiful drive along the Pacific Coast.

### LODGING BEFORE YOUR TRIP

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

#### Bay View Inn

800-446-0583, 707-465-2050

#### Best Western Northwoods Inn

800-485-0134, 707-464-9771

#### Quality Inn and Suites

800-424-6423, 707-464-3885

### TAXI SERVICE

**Del Norte Taxi Service:** 707-464-6030

**Comfort Cab:** 707-218-7979

## 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
- cycling socks
- 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)

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C y c l i n g   A d v e n t u r e s

## 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
- bathing suit
- hiking shoes
- sandals
- cheap plastic rain gear (to wear in camp)

## PERSONAL

- sunscreen & lip balm
- medication (epi pen, inhaler)
- towel
- insect repellent
- biodegradable soap
- personal items
- wet-wipes
- cash for tipping guides: your guides work as a team and share all of their gratuities. A tip of 5-15% 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

- flashlight or headlamp (w/ extra batteries)
- sunglasses
- brimmed hat or visor
- 2 large water bottles (provided by WSC)
- riding hydration pack large enough to carry water, lunch, warm layers and rain gear. Many of our guests use the Camelbak Mule.
- day pack (see HOW TO PACK, above)

## OPTIONAL

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

- we recommend that you turn your devices off, but if you cannot, please bring a way to charge them. We recommend a small portable battery charger capable of holding 1-2 charges. Also, putting your phone on airplane mode to save power is recommended.

