

WESTERN SPIRIT

Cycling Adventures



Black Hills of South Dakota Family Trip

5 days/4 nights

DAY 1



After meeting in Rapid City, we will head to the impressive Mount Rushmore National Monument. This “Shrine of Democracy” presidential memorial was finished in 1941 to symbolize freedom and hope for America. Leaving Mount Rushmore we will head further in to the “hills that are black” as described by the Lakotan words Paha Sapa. Within the rugged rock formations of the Black Hills, there are lovely lakes and reservoirs, canyons and bubbling rivers and creeks. On this trip we will see log flumes, cabins and mines, which are all evidence of the area’s rich mining history. Our ride today will be circumnavigating beautiful Deerfield Lake. Along the way we will pass under tall Ponderosa pines and through small meadows. Tonight we will be at the Dutchman campground with options to dip in the lake or hike along the shore after setting up camp.

TOTAL MILEAGE: 10 miles

DAY 2



Today we head toward the high point of the trip-- 6,100 ft. Once over Slate Prairie, we will ride down to the Mickelson Trail and into Mystic for lunch. In the afternoon our ride takes us through a dense Ponderosa forest on a combination of old doubletrack and technical singletrack. Much of the trail is swooping and smooth with intermittent pitches of steep rocky sections. The Black Hills were created by an uplift of metamorphic and igneous rock. Initially, these underlying rocks were covered by marine sediments, primarily limestone, some 65

million years ago. Since then, erosion has taken away the central part of the limestone forming an elliptical donut. This donut has granite, slate and schist of igneous origin in the center and marine limestone all around it. Evidence of this history is exposed in the sheer schist walls surrounding Slate Creek, where we’ll camp for the night. Before dinner, you may opt for a quick splash in Slate Creek or a hike up through the metamorphic rock formation to visit the old mines.

TOTAL MILEAGE: 18 miles, with shorter options available

DAY 3



We’ll begin our ride this morning by climbing Skull Gulch on a beautiful dirt road, working our way up to the Tiffel Mine, an abandoned gold mine. Many of these trails and roads were created by energetic gold miners in the 1870s. We’ll climb and roll through the Ponderosa forest and eventually join a rolling fire road down Nugget Gulch to arrive in historic Silver City. Our ride continues to Pactola Reservoir where we will be met by a party barge for a cruise around the lake before heading to our camp.

TOTAL MILEAGE: 12 miles, with shorter options available

DAY 4



This morning we will pick up the Centennial Trail at the base of the Pactola Dam and head

WESTERN SPIRIT

Cycling Adventures

south. Starting with a climb on doubletrack and singletrack, we will reach an overlook of the lake and the riding to come. There will be fun downhill single-track before lunch. In the afternoon we will ride through a beautiful grassland and get views of Harney Peak, the highest mountain in the Black Hills. Once at camp there are options to swim, take a hike or do a little more pedaling.

TOTAL MILEAGE: 16 miles, with shorter options available

DAY 5



After our last yummy breakfast, we will warm up with a quick ride back to the Centennial Trail and head south a few miles to the Flume Trail. Here we will hike to see some historic tunnels that are carved right into the rock. Once back at the bikes we will finish up our ride to the south side or Sheridan Lake for a quick swim and lunch. A shuttle will bring us back to town where we will say our good byes.

TOTAL MILEAGE: 5 miles riding, 2 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: Singletrack, doubletrack and some pavement. Packed dirt and loose gravel.

Overall Rating: Intermediate

Technical Difficulty: Moderate

Physical Difficulty: Moderate

Altitude: 4,000 - 6,500 feet

Travel Logistics

MEETING PLACE AND TIME

Rapid City, SD

This tour will begin at 8:00 AM MST at Acme Bicycles, 700 Jackson Blvd., Rapid City, South Dakota, 605-343-9534. We will load up the van and drive into the Black Hills to begin our ride. You will need to spend the night before in Rapid City.

ENDING TIME

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

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Acme Bicycles
700 Jackson Blvd.
Rapid City, SD 57702
605-343-9534

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 RAPID CITY, SD

Driving

Rapid City is located 400 miles (6-7 hours) from Denver, the closest international airport. There is parking available at the bike shop where the trip meets.

Flying into Rapid City

Airport Code: RAP

TAXI SERVICE

Airport Express Shuttle

605-399-9999 or 800-357-9998

Fast Lane Taxi

605-939-8837

WESTERN SPIRIT

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

LODGING BEFORE YOUR TRIP

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

Days Inn West

605-343-6040

This is the closest hotel to the bike shop, about 1/2 mile.

The Rushmore Hotel

605-348-8300

Super 8

605-348-8070, 800-800-8000

Hotel Alex Johnson

605-342-1210, 888-729-0708

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
- 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)

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)

WESTERN SPIRIT

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

- 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 (min. 2L reservoir), 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.

