

WESTERN SPIRIT

Cycling Adventures



Sun Valley Singletrack

5 days/4 nights

DAY 1



This morning we'll ride right from the bike shop and head a few miles east of town on the bike path where we'll pick up the Corral Creek Singletrack. One of the best warmup rides in the area, this out and back is the perfect shakedown ride before heading deeper into the backcountry. After some short quick climbs and wonderfully smooth singletrack we'll swing back through town for some lunch at the local park. Next, we'll pick up our lift tickets so we can take the chairlift to the top of Bald Mountain where we'll enjoy the 360-degree panorama of Idaho's majestic mountains. Then clip in and hold on for a 10 mile world class singletrack descent with 3,400' net loss! The Warm Springs Trail was built with mountain biking in mind, a beautifully laid out trail that contours around the mountain and is filled with fast corners, jumps and great views. From the bottom, it is 11 miles up an easy dirt road to our camp for the night on the banks of Warm Springs Creek. Frenchman's Hot Springs is just down the road from camp so we'll be able to return to this spring for a relaxing soak.

TOTAL MILEAGE: 31 miles

DAY 2



Today, we'll enjoy a fantastic lollipop loop from camp, the Red Warrior Trail. We begin with a short warm-up ride on a dirt road before we enter the singletrack. Our ride takes us up Red Warrior drainage, crossing the creek uncountable times. We reach the divide between Red Warrior

and Lodgepole Gulch. This saddle is a perfect place to enjoy a trailside lunch and views of the Pioneer, Smoky and Boulder mountains. Atop the mountain, singletracks head off in all directions through lovely stands of aspen and Douglas Fir, open meadows and toward hidden drainages. We'll loop down Lodgepole Gulch, swooping through towering stands of pine, to Mahoney Creek where we'll traverse lupine filled meadows back up to the saddle. From here, Red Warrior will feel like a new trail, descending fun switchbacks, twisty sections and lots of rollers. At the end of the ride, it's a perfect time to hop in the hot springs; then we'll head back to camp.

TOTAL MILEAGE: 18 miles

DAY 3



From camp it is a nice six mile cruise up the Warm Springs Road to our trailhead at the South Fork of Warm Springs. Here, we enter the backcountry on a beautiful trail that climbs up through the forest to Poison Flats. From this beautiful meadow there are incredible views of the surrounding mountains. The last bit of the climb up to the flats is a fairly brutal pitch. Although it's not technical, it is aerobically demanding as the pitches are steep and long. But here's the good news: from the top, it is mostly downhill to our camp at Deer Creek. Once we begin our descent from Poison Flats, the trail becomes more technical as it follows the banks of Deer Creek. Several challenging, rocky sections gradually give way to a long, smooth section that will bring us to our support vehicle and camp. Camp is in a secluded forest area on the banks of the creek.

TOTAL MILEAGE: 17 miles

WESTERN SPIRIT

Cycling Adventures

DAY 4



For today's ride, we'll leave from camp and head down the road to Wolftone Creek to begin a gradual ascent on an old doubletrack road before hitting the singletrack. The trail parallels the creek alternating between lush forest and wildflower meadows before climbing up onto the ridge. From the apex of our ride, the views are awesome. To the south lies the prairie country of Southern Idaho and to the north lies the rugged backcountry of the Sawtooth and Boulder mountains. To the east are the jagged peaks of the Pioneers and to the west are Buttercup Mountain and the high peaks of the Smoky Dome area. From lunch we follow the south side of the ridge before turning north and beginning a fantastic descent along Curran Creek. This trail winds through meadows before plunging into the forest and alongside the creek bed, and then deposits us onto the Deer Creek Trail. This is a world class descent. We'll end up back at our camp where we'll spend a second night.

TOTAL MILEAGE: 18 miles

DAY 5



Our last day in this mountain paradise begins with a climb up the north fork of Deer Creek to a fun switchback climb up Howard's Trail to a ridge overlooking Greenhorn Gulch. Once again the views are fantastic. The descent from the top down to the trailhead just might be the finest yet. This trail has fun, smooth singletrack, gentle grades, lots of rollers and nicely banked turns. From here, it's an easy 12 mile cruise along dirt roads and a paved bike path back into Ketchum for lunch and the journey's end.

TOTAL MILEAGE: 18 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. There will be riding along steep mountain ridges with exposure to falls on the downhill side.

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 on coarse granitic soil, pine duff and some clay.

Overall Rating: Advanced

Technical Difficulty: Moderate to difficult, many obstacles and tricky sections

Physical Difficulty: Difficult, high elevations, steep climbs, long unsupported sections.

Altitude: 6,000 - 9,000 feet

Travel Logistics

MEETING PLACE AND TIME

Ketchum, ID

This trip will meet at 8:30 AM MST at Sturtevants of Sun Valley Bike Shop, 340 N. Main Street, Ketchum, Idaho, Phone number: 208-726-4501, You will need to spend the night before in Ketchum. Make sure you eat a big power breakfast to get you ready for your morning climb.

ENDING TIME

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

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Sturtevants of Sun Valley Bike Shop
340 N. Main Street
Ketchum ID, 83340
Phone: 208-726-4501

It is critical that you include your name, "Western

WESTERN SPIRIT

Cycling Adventures

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 KETCHUM, ID

Driving

Ketchum is located 77 miles north of Interstate 84 on Highway 75. We have a place to park all the vehicles while on the tour.

Flying into Sun Valley

Airport Code: SUN

Flying into Boise, ID

Airport Code: BOI

From here, there are two options:

1) Rent a car and drive to Ketchum, a 2 1/2 hour drive. You will have to park the car while on the tour.

2) Take the Sun Valley Express shuttle service. Call 208-622-8267 or 877-622-8267 for times, rates and to book ahead.

Flying into Salt Lake City, UT

Airport Code: SLC

Rent a car and drive to Ketchum, about a 5 hour drive.

TAXI SERVICE

A-1 Taxicab: 208-726-9351

Sun Valley Limo & Taxi: 208-481-2119 (airport shuttles)

LODGING BEFORE YOUR TRIP

Ketchum is a popular summer vacation spot. It is a good idea to book your rooms several months in advance if possible; here are a few recommendations:

Best Western Kentwood Lodge

800-805-1001, 208-726-4114

Bellemont Hotel

800-262-4833, 208-726-5900

The Bellemont is across Main Street from the bike

shop where the trip meets.

Tamarack Lodge

800-521-5379, 208-726-3344

Best Western Tyrolean

800-333-7912, 208-726-5336

Lodging in Hailey

Hailey is a cute little town with good restaurants. It is 10 miles south of Sun Valley. Allow 1/2 hour drive time in the morning.

Airport Inn Hailey, ID

208-788-2477

Innidaho.com – Central Reservations for all of Idaho

800-844-3246

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 in the mountains can be unpredictable so be sure to bring all the warm clothing and rain gear listed!

HOW TO PACK: When you arrive for your tour, you will be given a dry bag in which to pack your gear for the trip. Smaller bags may fit, but very large duffels will not.

To pack efficiently in a dry bag, we highly recommend you compartmentalize your clothing and gear into separate bags. Stuff sacks, reusable grocery bags, etc. in different colors work great for this (example: cycling gear in blue stuff sack, camp clothes in red stuff sack, etc.).

Your dry bag will ride on the Western Spirit support

WESTERN SPIRIT

Cycling Adventures

vehicle 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
- ✓ dry bags to pack your gear
- ✓ 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
- 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)
- warm layer (lightweight synthetic puffy jacket or long sleeve fleece shirt)
- sunglasses or other eye protection

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
- stuff sacks or reusable grocery bags (or separate compartments for your dry 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

WESTERN SPIRIT

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

- camera, extra batteries
- binoculars
- alcoholic or any of your favorite 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 portable USB charger with 1-2 charges. Also, putting your phone on airplane mode to save power is recommended. if you cannot, please bring a way to power them).

