

WESTERN SPIRIT

Cycling Adventures



Telluride to Moab

6 days/5 nights

DAY 1



This great ride begins in historic Telluride, after our three hour shuttle from Moab. Our route takes us directly underneath the dramatic Mount Sneffels Wilderness Area and offers outstanding views of the snow capped San Juan Mountains. In the early summer the wildflowers are incredible. In the fall, the golden hue of aspen and scrub oak add a nice touch to the spectacular mountain scenery. This afternoon, we will climb up towards Last Dollar Pass, which is just over 10,500 feet. This is a tough long climb but the awesome scenery will keep you going. Our camp is situated just over the top of the pass and we're sure that you'll understand why this is one of our favorites.

TOTAL MILEAGE: 14 miles

ELEVATION GAIN: 2,400 feet

DAY 2



Our second day begins with a fun descent down the backside to Hastings Mesa and Route 62 which we will follow for two to three miles before heading back to the dirt. On this 2,200 foot downhill, we will descend through beautiful meadows filled with lush stands of aspen trees. A few rollers and a great creek crossing keep the fun level high. After our long descent, we begin a gradual climb up to the Uncompahgre Plateau which we will follow for the next few days. Views off to the south of the plateau lend a proper perspective to this amazing area. From the mesas, we can see the valleys far below us and the snow capped peaks above us. The plant life changes as dramatically as do our views.

Tonight our camp will be in the aspens at 9,000 feet.

TOTAL MILEAGE: 39 miles

ELEVATION GAIN: 3,100 feet

DAY 3



Our ride today takes us along the top of the Uncompahgre Plateau. From Windy Point, views of the La Sal Mountains are spectacular. Here the red rock desert country joins the mountains in an impressive geological display. The sediments that were laid down millions of years ago were warped upwards when the mountains rose from beneath the surface. The resultant landscape provides an interesting contrast of high snow capped peaks and arid desert. We can see the route that we will be following on our way to the La Sals. Yet the steep climb up John Brown Canyon remains deceptively hidden.

TOTAL MILEAGE: 52 miles

ELEVATION GAIN: 2,800 feet

DAY 4



Today we will roll along the plateau through pine forests before we begin a great descent through a beautiful canyon. The vegetation in this canyon is quite diverse and changes dramatically as we lose elevation. After this descent we will then climb a thousand feet before we arrive at our lunch spot in the ponderosas. A short hike from the lunch spot will take us to a point overlooking Unaweep Canyon where we can see the next leg of our ride, a 3000 foot descent to the Delores River. After riding

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through the small town of Gateway, we will head to our campsite along the river. The serenity of this campsite will make for a relaxing evening.

TOTAL MILEAGE: 30 miles

ELEVATION GAIN: 1,900 feet

DAY 5



This morning eat a big breakfast to be fueled for our difficult ride into the La Sal Mountains. The climb up John Brown Canyon is a strenuous one, however soon after beginning the climb great views of the mountains appear. In the afternoon, we reach Fisher Mesa where we will camp high above the Colorado River at 8,300 feet. Here on the mesa top our view encompasses both the mountains and the desert. There are few places in the world where such a perspective is possible.

TOTAL MILEAGE: 25 miles

ELEVATION GAIN: 5,000 feet

DAY 6



If you like to ride downhill, you will love today's ride. We will descend a total of 5,700 vertical feet and 31 miles into the Moab Valley. We will begin our ride on the north side of the La Sal Mountains and work our way around to the central range, high above the Moab Valley. But first we start with a quick tour of the evidence of life here about 80 million years ago. Hidden in the scrub oak at an elevation of 7,500 feet are dinosaur track impressions in the rock. They're about twice the size of anyone's Sidis! While still pondering this amazing site we'll hop on our bikes for a ripping 1,700 foot descent toward Castle Valley. We will get on the La Sal Mountain Loop Road (paved) and climb about seven miles up to Bald Mesa. In the afternoon, we ride a great 26 mile, 4,000 foot descent into the Moab Valley.

TOTAL MILEAGE: 35 miles

ELEVATION GAIN: 1,800 feet

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: Hard packed clay, loose gravel. Mostly dirt road route, no singletrack. Some loose, rocky sections. Some pavement.

Overall Rating: Intermediate/Advanced

Technical Difficulty: Moderate

Physical Difficulty: Difficult. Steep climbs, long days and high elevations make this ride a challenging one.

Altitude: 4,000 - 10,500 feet

Travel Logistics

MEETING PLACE AND TIME

Moab, UT

This trip will meet at 7:00 AM MST at Western Spirit's headquarters, 478 Mill Creek Drive, Moab, Utah. You will need to spend the night before in Moab. We will be happy to pick you up at your hotel; please call us Monday - Friday, 9 - 5 to schedule your pickup. Muffins, scones, fruit and coffee will be served.

ENDING TIME

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

GETTING TO MOAB, UT

Driving

Moab is located 30 miles south of Interstate 70 on Highway 191. We have a roomy parking area.

Flying into Salt Lake City, UT

Airport Code: SLC

From Salt Lake City there are 3 options:

1) Rent a car and drive to Moab, it will take approximately 4 hours. You can park at our shop while you are on your tour.

2) Contact Moab Luxury Coach at 435-940-4212

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to make a reservation. They have a limited schedule, so please contact them to get rates and days they drive.

3) Contact Red Rock Express at 435-260-0595 for door-to-door transportation.

Flying into Grand Junction, CO

Airport Code: GJT

From Grand Junction there are 2 options:

1) Rent a car and drive to Moab, it will take approximately 2 hours. You can park at our shop while you are on your tour.

2) Contact Moab Luxury Coach at 435-940-4212 to get rates and days they drive.

3) Contact Red Rock Express at 435-260-0595 for door-to-door transportation.

Flying into Moab

Airport Code: CNY

The airline that offers service into Canyonlands Field Airport:

UNITED EXPRESS - Operated by SkyWest
www.united.com

LODGING BEFORE YOUR TRIP

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

Red Stone Inn

800-772-1972, 435-259-3500

Bike work station with stand, bikes allowed in room.

Best Western Canyonlands Inn

800-649-5191, 435-259-2300

Hotel Moab Downtown

435-259-7141

Cali Cochitta B&B

435-259-4961

The Gonzo Inn

435-259-2515

Up the Creek Campground

435-260-1888

A fantastic, quiet, walk-in campground close to town.

TAXI SERVICE

Moab Taxi: 435-210-4297

435-259-Taxi: 435-259-8294

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Western Spirit Cycling
478 Mill Creek Dr.
Moab, UT 84532

It is critical that you include your name 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.

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:

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cycling gear in blue stuff sack, camp clothes in red stuff sack, etc.).

Your dry bag will ride on the Western Spirit support 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

- 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.

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

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 airplane mode to save power is recommended.

