

# WESTERN SPIRIT

Cycling Adventures



## Umpqua River Trail

5 days/4 nights

### DAY 1



After a three hour shuttle we begin our trip on the shores of Lemolo Lake at the northern end of the North Umpqua River Trail. Lemolo Lake is remote, with just a few campgrounds and crystal blue water. We'll unload and have a quick lunch before our ride. We will start with a contouring section of trail that is a great warm-up and precursor to the week's ride. The Umpqua is named after the Native Americans who made this area their home. Some think the word Umpqua means satisfied—as we know you will be by the end of this week. The trail is cut into the steep wooded hillsides of the Umpqua River canyon, and while the trail surface itself is not very technical, the challenge is in maintaining good balance to keep your bike on the trail. Today's trail section is cut in the wooded northern slope of the lake snaking between the enormous pines that Oregon is famous for. We'll loop around a lush little stream, which is the very headwaters of the North Umpqua River, and return on the same trail to our beach-side camp on Lemolo Lake.

**TOTAL MILEAGE:** 16 miles

### DAY 2



Today is the big day, more for the name's sake than the mileage. Our trail section today is called Dread and Terror and you'll see right away what they mean. Our favorite forest service ranger deems this section his favorite; it is profound, dramatic and thrilling. The North Umpqua River cuts through a gorge and our trail is etched into the edge.

Though very well constructed and maintained there are some exposed moments. We'll pass Lemolo Falls, a 135 foot horsetail waterfall pouring over a wall of basalt. Here the gorge is so tight and the riding is so mesmerizing that we've had some riders miss the falls completely! Don't let that happen to you. Dread and Terror traverses forested slopes, grassy flats and across steep streambeds and has generally been voted the most technical section of the trip. We pack a lunch to enjoy in the canyon and eventually meet the van for a refreshing beverage. We'll resume riding the North Umpqua River Trail at the hot springs, a spur option off the trail. We ride another few miles to our open meadow camp just up from Toketee Lake. There is a great side trip to the dramatic Toketee Falls for the extra energetic and a handy swimming option right from camp.

**TOTAL MILEAGE:** 17 miles

### DAY 3



From Toketee Lake we go east on the North Umpqua River Trail, the Deer Leap Section. This is impressive trail building at its best with lots of ups and downs through massive hemlocks, cedars and Douglas fir. We contour our way high above the river and get great views of the surrounding valleys. This trail is truly a dream. We'll break for lunch at the Soda Springs Dam where we can see giant schools of Coho and Chinook salmon. In the afternoon we ride the Jesse Wright segment of the trail. Jesse and her husband Perry Wright homesteaded in this area in the early 1900s. Their outdoor lifestyle and dedication to the land of the North

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Umpqua is quite inspiring. We arrive at Horseshoe Bend, our campground on the river, with a true sense of “umpqua” or satisfaction.

**TOTAL MILEAGE:** 18 miles

## DAY 4



We continue on the North Umpqua River Trail back at the Marsters Bridge. This section includes some challenging ups and downs with great views of the river. There are some fun side canyons that we contour through as we follow the river east on the way to the ocean. If you pick a strategic resting spot and have a bit of patience, you will be rewarded with the heroic efforts of a very large salmon hurling itself skyward as it makes its way up river to spawn. Back on the trail, we continue to the Calf Creek Trailhead and the next section of trail. At the Mott Bridge we are going to leave the North Umpqua and head across the river to the Riverview Trail, a great cruise to our camp at Bogus Creek. From camp we have the option in the afternoon to lounge riverside or get back on the bike for a short but spectacular loop to Falls Creek Falls.

**TOTAL MILEAGE:** 14 miles, optional additional 6 miles

## DAY 5



We have saved some of the best trail and the best challenges for today. We will be hitting the trail early to head for the Tioga segment of the trail. This includes 15 miles of rollicking through the forest. The first part is similar to the last few days with a few steeper pitches, both up and down. There is bit of a climb to negotiate Susan’s Creek, but the real killer is Bob’s Butte. The trail heads for a rocky outcrop and some wicked switchbacks before we top out in the trees for a well earned picnic lunch in the forest. For the grand finale we get a ripping descent back down to river level. Huge trees and big patches of vine maple make this twisty turny section a hoot. We finish our ride at a giant swimming hole with a beautiful granite beach. We’ll load up and shuttle back to Medford.

**TOTAL MILEAGE:** 15 miles

## RIDE NOTES

This is a technical singletrack trip. A high level of fitness is necessary and singletrack experience is highly recommended. There will be riding along steep river drainages with exposure to falls on the downhill side.

We will be without vehicle support during all of the singletrack sections of the ride. Itineraries are subject to change due to weather, road conditions, rider safety, and other factors which may affect the logistics of the adventure.

Towards the second half of the trail we are aware that poison oak is common. We provide nylons to cover legs and arms while riding as well as a wash which we ask everyone clean up with post ride. This has been very successful for us over the years in keeping all of our guests itch free. However, if you are particularly sensitive and would like to take extra precaution, please bring tall socks and long sleeve cycling jerseys for the final 3 days of the trip.

**Riding Surface:** Singletrack, mostly firm pack, some loose pumice, smooth pine duff and rocky sections. A few sections of grassy, rocky trail with exposure. Some dirt roads and a few miles of pavement.

**Overall Rating:** Intermediate/Advanced

**Technical Difficulty:** Moderate to difficult

**Physical Difficulty:** Moderate to difficult

**Altitude:** 4,000 - 6,500 feet.

## Travel Logistics

### MEETING PLACE AND TIME

#### Medford, OR

This tour will begin at 8:30 AM PDT at Marty’s Cycle & Moore, 712 Crater Lake Ave., Medford, OR; 541-772-9253. You will need to spend the night before in Medford.

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## ENDING TIME

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

## SHIPPING YOUR BIKE

To ship your bike UPS, send it to:

Marty's Cycle & Moore  
712 Crater Lake Ave.  
Medford, OR, 97504

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 MEDFORD, OR

### Driving

Medford is located near the southern border of Oregon on Interstate 5. There is parking available at the bike shop where the trip meets.

### Flying into Medford

Airport Code: MFR

### Flying into Portland, OR

Airport Code: PDX

You can rent a car in Portland and park it at the bike shop where the trip meets. It is a beautiful 4-1/2 hour drive.

### Flying into Eugene, OR

Airport Code: EUG

You can rent a car and park it at the bike shop where the trip meets. It's a 2-1/2 hour drive.

## LODGING BEFORE YOUR TRIP

Medford 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:

### Hampton Inn

541-779-0660, 800-426-7866

### Shilo Inn

541-770-5151, 800-222-2244

Offers airport shuttles.

### Holiday Inn Express

541-732-1400, 800-465-4329

### Comfort Inn South

541-772-8000, 800-424-6423

Located downtown. There is a bike path right behind the Comfort Inn that will eventually run the whole way to Ashland, Oregon.

## TAXI SERVICE

**Rogue Valley Taxi Cab:** 541-499-6848

**AAA Eco Cab:** 541-228-9001

## 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 duffel 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.

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- 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
- ✓ poison ivy protection (nylons, wash)

## 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
- tall socks (knee socks, soccer socks). Highly recommended for protection from vegetation.
- knee & elbow pads - optional
- tights or leg warmers
- 2 pair cycling gloves (1 pair full length for warmth)
- rain jacket (Gore-Tex or similar)
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- 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
- 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

- 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.