

WESTERN SPIRIT

Cycling Adventures



Yellowstone Road Bike Tour 5 days/4 nights

DAY 1



After meeting in Bozeman we will shuttle south along the Gallatin River to the north boundary of the park. We then head south into West Yellowstone, gateway to the park. Heading east into the park, our next goal is Madison Junction. From the junction we will again head south on our way to Old Faithful Geyser. Along the way, we will pass the Sapphire Pool, the Great Fountain Geyser, and Fountain Paint Pots to mention just a few. We will also see evidence of the 1988 fire. Fire plays an important role in the forest ecology and Lodgepole pines have reforested the burned areas. The riding in this section is rolling and fun. After Old Faithful, we will make our way toward Grant Village, after passing over the Continental Divide twice!

TOTAL MILEAGE: 50 - 60 miles

DAY 2



After a delicious breakfast we may do a little extra riding before we begin our journey to Yellowstone Lake, along the lower loop. As we approach the western edge of the lake we will pass another geyser basin which we can tour. Intense heat from this region indicates an extensive thermal system, that could create a massive hydrothermal steam explosion should lake levels drop just a few feet, reminding us of the dynamic geologic forces at work all around us. A few more miles and we will arrive at our night's destination, the Lake Yellowstone Hotel. Yellowstone Lake is the largest mountain lake in North America. It is over 20 miles long, 14 miles

wide and 390 feet deep at its deepest point, where temperatures rarely rise above 42 degrees. This is amazing since there are countless calderas throughout the park whose temperatures remain high above the boiling point at all times. After we arrive at the hotel in the afternoon, there may be time for an optional out and back ride through the Hayden Valley.

TOTAL MILEAGE: 30 - 65 miles

DAY 3



This morning we'll wake up to views of Yellowstone Lake and the Absaroka Mountains. Today's mileage takes us through the spectacular Hayden Valley. A favorite grazing area for bison, the valley offers endless wildlife viewing opportunities. We'll continue riding along the Yellowstone River all the way to Artist Point where the splendor of the great falls of the Yellowstone is sure to leave us breathless. Now it's time to get off the bikes and stretch our legs... down the three hundred plus steps of Uncle Tom's stairs for an up close view of the falls, certainly worth the effort. After lunch we'll ride up to Canyon Village and then head west to Norris Junction where we have a short shuttle up to Mammoth Hot Springs. From 1886 to 1916 the park was managed by the US Army and the Mammoth Hot Springs Hotel, our home for the night, which still carries the military "barrack" feeling inside the rooms.

TOTAL MILEAGE: 33 miles and 600+ stairs!

DAY 4

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Today we head north for a great ride outside the park. We will shuttle a quick four miles to the north entrance and start riding from the town of Gardiner, which is on the banks of the Yellowstone River. We have just as much of a chance to spot wildlife here as we did in the park, so keep your eyes open for sightings of eagles, elk, deer, coyotes, bears or even wolves. We will continue to have views of the Yellowstone River, with the Gallatin Mountain Range to our west and the Absaroka Range to our east. We will ride to the private resort of Chico Hot Springs where we will have ample opportunity to soak in the natural spring pools and relax. Chico was rated one of the top restaurants in Montana, so dinner will surely be a treat!

TOTAL MILEAGE: 33 miles

DAY 5



We will wake up to a soothing soak in the springs before we fuel up on yet another amazing meal at Chico. Our last day of riding takes us through the beautiful Paradise Valley. Again, we will follow the Absaroka Mountain Range and the Yellowstone River where we will stop to have lunch on the bank before we shuttle back to Bozeman.

TOTAL MILEAGE: 20 miles

RIDE NOTES

Accommodations may be changed due to availability. Itineraries are subject to change due to weather, road conditions, rider safety and other factors which may affect the logistics of the trip.

Overall Rating: Intermediate/Advanced

Physical Difficulty: Moderate

Altitude: 6,000 - 9,000 feet

Travel Logistics

MEETING PLACE AND TIME

Bozeman, MT

The trip will meet at 8:00 AM MST at the Hampton Inn Bozeman, 75 Baxter Lane, Bozeman, Montana, 406-522-8000. You will need to spend the night

before in Bozeman and we recommend the Hampton Inn.

ENDING TIME

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

GETTING TO BOZEMAN, MT

Driving

Interstate 90 runs directly through Bozeman. It is located 3 hours east of Missoula and 2 hours west of Billings. There is parking available at the hotel where the trip meets.

Flying into Bozeman, MT

Airport Code: BZN

Flying into Billings, MT

Airport Code: BIL

Rent a car and drive to Bozeman, a 3 hour drive. You can park the car at the Hampton Inn while on the tour.

TAXI SERVICE

Greater Valley Taxi: 406-587-6303

greatervalleytaxi.com

Airport shuttles and around town service.

LODGING BEFORE YOUR TRIP

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

Hampton Inn Bozeman (This is our recommendation and also where the trip starts and finishes. You can leave your car here while on the trip.)
406-522-8000

Homewood Suites by Hilton Bozeman
406-587-8180

Holiday Inn Bozeman
406-587-4561

Comfort Inn of Bozeman
406-587-2322

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Voss Inn Bed & Breakfast

406-587-0982

ACCOMMODATIONS DURING YOUR TRIP

Prices are based on double occupancy. If you are traveling alone, we will pair you with another guest. If you prefer your own room, ask about the single supplement and we will accommodate if available.

SHIPPING YOUR BIKE

To ship your bike, please send it to:

Bangtail Bicycle Shop
137 East Main Street
Bozeman, MT 59715
406-587-4905

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.

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.

While this trip is vehicle supported, there will be

extended times when you are away from the vehicle. For this trip, you will need to be able to carry some extra clothing while riding. You can either bring a riding pack or carry these items in your jersey.

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 daypack will remain with the support vehicle and will be available periodically throughout the day.

WHAT WE PROVIDE:

- ✓ meals, snacks, water, electrolyte drinks, non-alcoholic drinks
- ✓ 2 large cycling water bottles
- ✓ sunscreen & bug spray
- ✓ bike stand and lube
- ✓ guides bring their own tools
- ✓ first aid kit with basic medications

the day such as rain gear, prescription drugs and sunscreen. While this trip is vehicle supported there will be extended times when you are away from the vehicle. You will need to be able to carry a tube, pump, water and some extra clothing.

BRINGING OR RENTING

- road bike (Our rentals come with flat pedals. You are welcome to bring your own if you prefer.)
- helmet (gratis w/rental bike)

CYCLING CLOTHING

- cycling or hiking shoes
- 3 - 5 pair cycling shorts
- 3 - 5 cycling jerseys
- long sleeve jersey
- cycling socks
- windbreaker
- knee warmers/warm tights
- cycling gloves (including warm gloves)
- ear band
- booties
- 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

CASUAL CLOTHING

- casual shorts
- casual long pants
- shirts (long and short sleeve)
- one nice dinner outfit
- socks
- jammies
- pile or fleece jacket
- warm gloves and hat
- swim suit
- comfortable walking shoes
- sandals

PERSONAL

- sunscreen & lip balm
- medication (epi pen, inhaler)
- personal items and toiletries
- toothbrush/paste
- brush/comb
- cash for souvenirs
- cash for tipping guides: your guides work as a team and share all of their gratuities. A tip of 5-10% 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

- sunglasses
- hat or visor
- 2 large water bottles (provided by WSC)
- riding hydration pack
- day pack (see HOW TO PACK, above)

OPTIONAL

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