

WESTERN SPIRIT

Cycling Adventures



Centennial Trail - South Dakota

5 days/4 nights

DAY 1



A short shuttle takes us to iconic Mount Rushmore National Monument. Carved out of a solid granite mountainside over fourteen years, Rushmore is a must see for any visit to the Black Hills. After our sightseeing opportunity we begin riding north on the Centennial Trail. A strenuous climb around Samelius Peak rewards us with great views of Black Elk Peak to the south. At 7242' high, it is South Dakota's highest peak! A big descent takes us down to our camp at Sheridan Lake.

TOTAL MILEAGE: 11 miles, 2200' of climbing

DAY 2



As we leave camp with Black Elk Peak behind us, we will climb up through a beautiful grassland with a 360 degree view of the surrounding hills. We'll enjoy our lunch here while taking in the wonderful views. A fun downhill on grassy singletrack will bring us out of the prairie towards a lush section of forest our guides affectionately call the "green tunnel". We'll enjoy this mellow climb up to our camp at Pactola Reservoir, where we can take a well deserved swim.

TOTAL MILEAGE: 16 miles, 2050' of climbing

DAY 3



Today we ride rugged trail through the dark timber, which is where the Black Hills derives its name. Being in the geographic center of the United States, the area is home to birds from all

regions of the US. Stealthy riders are likely to spot numerous bird species, white tail deer and perhaps a coyote. A maze of doubletrack and a couple forest roads bring us into our camp on Boxelder Creek.

TOTAL MILEAGE: 17 miles, 2700' of climbing

DAY 4



We continue to follow the mixed use two-track skirting around the town of Nemo which began as a timber camp in the late 1800s. We'll ride among limestone capped cliffs as and descend to Dalton Lake where we can go for a quick swim. From here the Centennial Trail is mostly single-track through to tomorrow's finish. We continue to wind our way north to our only primitive camp of the trip near Elk Creek.

TOTAL MILEAGE: 21 miles, 3125' of climbing

DAY 5



Today we descend out of the Black Hills, just east of the infamous town of Sturgis. While not devoid of some steep climbs and pedaling, it's a downhill day! Traversing along the northeast edge of the hills give us views out into the wide open plains. We'll also have views of the limestone and shale canyons that form the outer band of the Black Hills. Some flowy singletrack brings us all the way down out of the hills to finish our journey. From here we shuttle back to Rapid City and the bike shop where we started.

TOTAL MILEAGE: 12 miles, 2100' of climbing

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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. Packed dirt and loose gravel.

Overall Rating: Intermediate/Advanced

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 2:00-3:00 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

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

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.

Adoba Eco 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.

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

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
- extra pair of cycling shoes - optional. Just know your feet will get wet!
- 3 - 5 pair cycling shorts
- 3 - 5 cycling shirts
- long sleeve cycling shirt
- long sleeve cotton shirt or solar sleeves.
- knee & elbow pads - optional
- 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
- cash for tipping guides: your guides work as a

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

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.

