

# WESTERN SPIRIT

Cycling Adventures



## Escalante Road Tour

5 days/4 nights

### DAY 1



We begin by shuttling up to Cedar Breaks National Monument. Here we are high on the Colorado Plateau with incredible views of the Cedar Breaks amphitheater. The formation runs for three miles and is over 2000 feet deep. This area is home of the bristlecone pine, some of which are over 1,600 years old. From here we will drop down to Panguitch Lake for lunch. Our afternoon ride takes us on the bike path along beautiful Red Canyon and the fabulous Hoodoo Formations of Bryce Canyon National Park, our home for the night.

**TOTAL MILEAGE:** 53 miles

### DAY 2



After a hearty breakfast, we will begin our journey to Boulder, Utah and the fabulous Boulder Mountain Lodge. We will head east away from the park through Kodachrome Basin. The geology of this area will continue to amaze you as the colors and styles of the rock seem to change along the route. We will ride through Escalante and around the canyons of the Escalante River and up to an amazing hogback. Here the road traverses a narrow ridgeline with dramatic views off both sides. You simply have to stop a few times along this section to take it all in. Dinner tonight will be at the world famous Hell's Backbone Grill, where our friends Blake and Jenn make the most amazing meals from all local ingredients.

**TOTAL MILEAGE:** 73 miles (shuttling available)

### DAY 3



Today we will do an out and back ride on the famous Burr Trail through Long Canyon. This road started out as a trail, developed by John Burr back in the late 1800s. He was a cattle rancher and created this trail to move his cattle between his summer and winter ranges. The red Wingate Sandstone rises straight up on both sides of the road as you drop off the plateau. The road turns to dirt after 35 miles, so we can either ride back to the lodge or do some shuttling if legs are tired from yesterday. Ultimately the road continues all the way to Bullfrog, passing through Capitol Reef National Park and the Waterpocket Fold. Another wonderful night (and dinner!) at the lodge awaits.

**TOTAL MILEAGE:** 35 - 70 miles

### DAY 4



Today we begin with a good long climb away from the desert and on to the shoulder of Boulder Mountain. The road twists and turns as we leave the pinion pine and juniper of the high desert and reach the alpine slopes. Views from the top include the Henry Mountains, the last range in North America to be explored and current home of a small herd of buffalo. The aspen trees will be spectacular as we crest the summit and begin the descent back down to the town of Torrey. Once in Torrey we'll head east to Capitol Reef National Park where the road hugs the bends of the Fremont River. After checking out the visitor center we'll return to Torrey. We will dine at the Café Diablo, another one of our

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absolute favorites.

**TOTAL MILEAGE:** 38 miles, optional 20 miles

## DAY 5



Our last day will begin with a short shuttle to a lovely ride in Fishlake National Forest.

An enjoyable climb will bring us back up into the aspens. Riding along this uncrowded road is a great time to reflect on each day's ride. Passing through the colorful aspens we will continue around Fish Lake before we end the trip with a perfect descent. After one last lunch, we will head back to St. George.

**TOTAL MILEAGE:** 30 - 35 miles

## TRIP 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 to Advanced

**Altitude:** 5000 - 9500 feet

## Travel Logistics

### MEETING PLACE AND TIME

#### St. George, UT

This tour will begin at 7:30 AM MST at the Desert Garden Inn, 1450 South Hilton Drive, St. George, Utah, 435-688-7477. You will need to spend the night in St. George because none of the shuttle services from Las Vegas or Salt Lake run early enough. See more details in "Lodging Before Your Trip".

### ENDING TIME

We will return to St. George between 4:00-5:00 PM on the last day. You will have time to catch a shuttle back to Las Vegas, but not to Salt Lake.

### GETTING TO ST. GEORGE, UT

#### Driving

St. George is located 120 miles north of Las Vegas on Interstate 15. If you need to leave a car behind while you are on your trip, there is parking available at the hotel where we will be meeting.

#### Flying into St. George (WILL BE CLOSED FOR UPDATING 5/29/19 to 9/26/19)

Airport Code: SGU

The airport is far from town. Be sure to book your taxi ahead of time.

#### Flying into Las Vegas, NV

Airport Code: LAS

There are two options for getting from Las Vegas to St. George:

1) Take a shuttle with St. George Express. When you reserve, it is very important that you tell them the following things:

1. You're a Western Spirit guest staying at the Crystal Inn, where you will need to be dropped off and picked up,
2. If you are flying with your bike, you will need to reserve a spot on the shuttle for your bike, which will need to be boxed up. There is a surcharge each way.

Shuttles depart from the Las Vegas Airport and St. George eight times daily. Keep in mind that St. George is one hour ahead of Las Vegas. Call 435-652-1100 or visit [stgeorgeexpress1@gmail.com](mailto:stgeorgeexpress1@gmail.com) for times and to make a reservation.

2) Rent a car in Las Vegas and park it at the hotel.

#### Flying into Salt Lake City, UT

Airport Code: SLC

There are two options for getting from Salt Lake City to St. George:

1) Take a shuttle with St. George Express; shuttle time is about 5 hours. When you reserve, it is very important that you tell them the following things:

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1. You're a Western Spirit guest staying at the Desert Garden Inn, where you will need to be dropped off and picked up,
2. If you are flying with your bike, you will need to reserve a spot on the shuttle for your bike, which will need to be boxed up. There is a surcharge each way.

Call 435-652-1100 or visit <http://www.stgeorge-express.com/> for times and to make a reservation.

2) Rent a car in Salt Lake; it is a 5 hour drive.

## TAXI SERVICE

**Quality Cab:** 435-656-5222

**Taxi USA:** 435-656-1500

## LODGING BEFORE YOUR TRIP

Western Spirit has partnered with Desert Garden Inn to provide cyclist accommodations and support. The rooms are over-sized, bike friendly, with walk out sliding doors to the parking lot. This is also where the trip starts and finishes.

Even better, the Desert Garden Inn is offering Western Spirit guests the best rates we know of: \$75+ tax Sunday-Saturday for double occupancy (2 queen beds per room). Just pick up the phone, call them directly at 877-688-7177, They can book your room reservations and also help you out with any special request you might have.

It will be hard to find a better room rate online for this quality and you'll be supporting this local business.

### **Desert Garden Inn (formerly Crystal Inn)**

1450 South Hilton Drive

St. George, UT 84770

435-688-7477 or 877-688-7177

Bonus: you can leave your car at Desert Garden Inn while you're on the trip.

It is a good idea to book your rooms in advance.

## 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

If you are shipping your bike, send it to:

Red Rock Bicycle  
446 West 100 South  
St George, UT 84770  
435-674-3185

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 insure 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, and road cycling can be chilly, 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

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C y c l i n g   A d v e n t u r e s

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

## 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)

## 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
- 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.