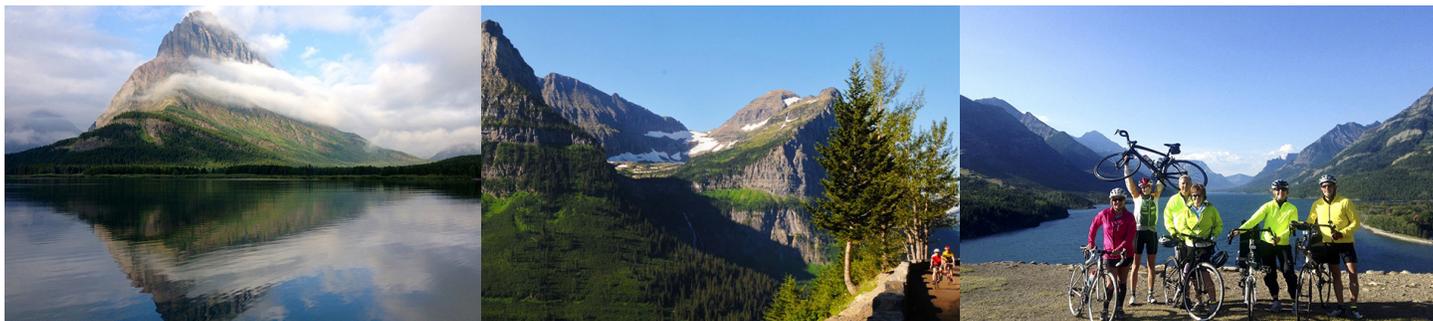


# WESTERN SPIRIT

C y c l i n g   A d v e n t u r e s



## Glacier National Park Road Bike Tour 5 days/4 nights

### DAY 1



We begin with a half hour shuttle out of the Whitefish Valley towards the peaks looming to the north. We start in the village of Apgar and begin with a great warm up ride on the Camas Creek Road. The fire of 2006 covered much of this area, and the resulting views give us a peek at what is in store for us the rest of the week—majestic peaks towering above glacial cirques in almost every direction! We will do a short hike to learn more about fire and its role in forest life before having lunch on the western edge of the park. We then return to Apgar, where we will have a moment to explore the visitor center and enjoy Lake McDonald. The red and green pebbles of Apgar Beach were carried by the glaciers from sedimentary rocks 40 miles up the valley. In the afternoon we finish with a short ten mile cruise along the shores of this magical lake to the Lake McDonald Lodge the first of the historic park lodges we will enjoy this week. We will have appetizers on the porch before dinner at the lodge.

**TOTAL MILEAGE:** 32 miles

### DAY 2



Today is big! We must begin our ascent of the Going to the Sun Road early in the morning, as the road on the west side of Logan Pass closes to cyclists at 11 AM. Our early start in warm clothes gives us the advantage of significantly less traffic and much better potential for wildlife sightings. The views today are so awe inspiring you will hardly notice you are climbing 3000 feet to the pass! From a distance, the road is a faint cut right into the Garden

Wall. The giant arête was formed 1 million years ago by ancient glaciers. We will ride right by the Weeping Wall as we make our way to the Continental Divide at the top of the pass. Once arriving at Logan Pass, we will check out the visitor center, before heading down to our lunch at Sun Point. A short hike here gives us a great view of St Mary Lake and its ring of spectacular peaks. From here we will shuttle up to the fantastically situated Prince of Wales Hotel with its incredible views of Waterton Lake and Mount Alderson.

**TOTAL MILEAGE:** 40 miles

### DAY 3



After breakfast, while enjoying one of the best views on the planet, we will pedal out of the Waterton Valley on our way to Many Glacier. The morning's ride finds us in the shadow of Chief Mountain, where the native Blackfeet Indians had may a vision quest. Our rolling route brings us to lunch just outside the park's eastern border. From here we drop down into Lake Sherburne Valley. Our hotel tonight is situated right on Swiftcurrent Lake and from the back porch both mountain goats and bear can often be seen. The sunset from this spot is quite impossible to forget!

**TOTAL MILEAGE:** 52 miles

### DAY 4



As we leave our cozy lodging, we will ride to the tiny town of Babb. Along the way, we may see some bears out enjoying the morning. From Babb, we will ride south along the eastern

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border of the park. This will bring us along the shores of Lower Saint Mary Lake. We go up and over the shoulder of Divide Mountain and every corner brings another spectacular view. After a delicious picnic lunch, we begin the rolling descent to East Glacier, where yet another beautiful historic hotel awaits us. The lobby at the Glacier Park Lodge is lined with 40 foot tall Douglas fir pillars and is quite dramatic.

**TOTAL MILEAGE:** 67 miles

## DAY 5



Our last day begins with a short backtrack up to the Two Medicine turn off. This lovely valley was a home for the native Blackfeet. After visiting the lake, we will stop for a quick hike to Running Eagle Falls. This unique waterfall changes its course as the water level drops and is named for a Blackfoot woman who was a warrior and led raids on the enemy. Our cruise back into East Glacier is a great way to finish our voyage. After a picnic on the beautiful grounds of the hotel, we will shuttle back to Whitefish.

**TOTAL MILEAGE:** 26 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 to advanced.

**Altitude:** 4,500 - 6,800 feet

## Travel Logistics

### MEETING PLACE AND TIME

#### Whitefish, MT

This trip will meet at 9:30 AM MST at Best Western Rocky Mountain Lodge 6510 Hwy 93 S, Whitefish, Montana, 406-862-2569. You will need to spend the night before in Whitefish.

### ENDING TIME

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

### SHIPPING YOUR BIKE

To ship your bike, please contact Western Spirit for the name of the shop. 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 WHITEFISH, MT

#### Driving

Whitefish is 15 miles north of Kalispell on Hwy 13.

#### Flying into Kalispell, MT

Airport Code: FCA

To get to Whitefish, MT you actually fly into Kalispell, MT and either take Flathead-Glacier Transport or use the airport shuttle if you are staying at the Best Western Rocky Mountain Lodge (you need to call them in advance to have them meet your flight).

### TAXI SERVICE

#### Flathead-Glacier Transport: 406-892-3390

This is the best taxi company we have found in the area. Please call them at least one day in advance to make a reservation.

### LODGING BEFORE YOUR TRIP

Whitefish 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:

#### Best Western Rocky Mountain Lodge

406-862-2569

This is where the trip meets. They have an airport shuttle, just call them in advance to set this up.

#### Big Mountain Lodge

406-862-4020

#### Grouse Mountain Lodge

406-862-3000

# WESTERN SPIRIT

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## 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.

## 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 in the mountains can be unpredictable so be sure to bring all the warm clothing and rain gear listed! **You will need to bring your passport for this trip.**

**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

## 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
- tights/knee warmers
- cycling gloves (including warm gloves)
- 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

- passport
- 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.

# WESTERN SPIRIT

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## 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

