

WESTERN SPIRIT

Cycling Adventures



Hiawatha Rail Trail Family Trip

5 days/4 nights

DAY 1



After meeting at the bike shop in Coeur d'Alene, we will shuttle east to the border of Idaho and Montana to the Route of the Hiawatha Trail. From the East Portal Trailhead, we will plunge into the two mile long Taft Tunnel—lights will be provided! We will emerge at the West Portal to be greeted by stunning views in all directions. From here we continue through several shorter tunnels and over many rustic trestles. Along the way we will learn about the tenacious miners who built this incredible railroad bed and the unique history of the Milwaukee Road Railway. Camp tonight will be on the banks of a creek—perfect for an afternoon dip or a great departure point for some extra credit afternoon miles.

TOTAL MILEAGE: 12 -20 miles

DAY 2



This morning we will ride from camp along the North Fork of the St. Joe River practicing our mountain biking skills on an old railroad bed that has been converted to a trail. We will follow this trail, just as the trains did in the early 1900s to the historic railroad town of Avery, a town that serviced the Milwaukee Road Railway and survived the Great Fire of 1910. We will eat lunch at a quaint railroad museum and continue on the old railroad bed following the St. Joe River. After our ride we will shuttle to Heyburn State Park where we will set up camp next to Lake Coeur d'Alene. This deep blue lake is 25 miles long with 135 miles of shoreline and an average depth of 120 feet! More options are available, including an

extra ride or swimming in the lake.

TOTAL MILEAGE: 21 miles, longer options available

DAY 3



Today we will work on our singletrack riding! Your guides will conduct a mountain bike clinic in the morning to prepare you for an easy and fun introduction to singletrack mountain biking along the lake. After our short singletrack ride we will take a break from the bikes and go on a nature walk to discover the unique riparian biodiversity of the area. It is common to see a Great Blue Heron with wingspans reaching up to 6 feet! Also keep a look out for osprey, otters and even moose. After the hike we will jump back on our bikes and ride to camp. Again this afternoon we have options—swimming, biking a trail or lounging on the dock.

TOTAL MILEAGE: 3 - 14 miles riding, 1 - 3 miles hiking

DAY 4



Today we will jump on the Trail of the Coeur d'Alenes, another rail to trail that was converted to a bike path. It crosses a dramatic bridge over Lake Coeur d'Alene which takes us right into Harrison, a small town which boasts a population of 203 people. In Harrison there is a playground, a swimming hole and an ice cream parlor! There will be an afternoon ride option but you can always choose to lie on the sandy beach. We will camp close by to the lake. What could be better!

TOTAL MILEAGE: 7 miles, longer options available

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DAY 5



On our final day we will depart from Harrison and continue north on the Trail of the Coeur d'Alenes. The trail goes through pristine wetlands that are home to many different forms of wildlife, just keep your eyes trained. Today you can crank out the miles on the paved path. We will end at the Cataldo Mission State Park where you will get to visit the oldest building in Idaho! We will then shuttle back to Coeur d'Alene and say our good-byes.

TOTAL MILEAGE: 15 - 20 miles

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: Mostly pavement, also smooth dirt, some singletrack and gravel. You will need a mountain bike for this tour.

Overall Rating: Introductory/Intermediate

Technical Difficulty: Easy to moderate

Physical Difficulty: Easy to moderate

Altitude: 2,100 - 5,000 feet

Travel Logistics

MEETING PLACE AND TIME

Coeur d'Alene, ID

This tour will begin at 8:30 AM MST at Vertical Earth Bike Shop, Main St. Coeur d'Alene, Idaho, 208-667-5503. You will need to spend the night before in Coeur d'Alene.

ENDING TIME

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

GETTING TO COUER D'ALENE, ID

Driving

Coeur d'Alene Idaho is 31 miles from Spokane, WA on Interstate 90.

Flying

Airport Code: GEG

Most major airlines fly into Spokane. We recommend Payless Airport Shuttle to get from Spokane to Coeur d'Alene. Call 208-762-7433 or 888-870-7433 to make your reservation and set up your pick-up times. You can utilize the taxi services in Coeur d'Alene to get to the bike shop in the morning so it is not necessary to rent a car.

TAXI SERVICE

Taxi by Hall: 208-664-2424

Coeur d'Alene Cab: 208-667-9000

LODGING BEFORE YOUR TRIP

It is a good idea to book your rooms in advance; here are a few recommendations:

Days Inn Coeur d'Alene

208-667-8668, 800-225-3297

Hampton Inn

208-769-7900

Holiday Inn Express & Suites

208-667-3100, 888-465-4329

Motel 6 Coeur d'Alene

208-664-6600, 800-466-8356

The Coeur d'Alene Resort

208-765-4000, 800-688-5253

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Vertical Earth
1323 East Sherman Ave.
Coeur d'Alene, ID 83814

It is critical that you include your name, "Western Spirit Cycling" and tour date on the outside of the

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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 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
- 3 - 5 pair cycling shorts
- 3 - 5 cycling shirts
- long sleeve cycling shirt
- long sleeve cotton shirt or solar sleeves
- 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)

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
- bathing suit
- hiking shoes
- sandals
- cheap plastic rain gear (to wear in camp)

PERSONAL

- sunscreen & lip balm
- medication (epi pen, inhaler)
- towel

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

- insect repellent
- biodegradable soap
- personal items
- wet-wipes
- cash for tipping guides: your guides work as a team and share all of their gratuities. A tip of 5-15% 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

- flashlight or headlamp (w/ extra batteries)
- sunglasses
- brimmed 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
- solar charger for your mobile phone/digital devices (we recommend that you turn them off, but if you cannot, please bring a way to power them).

