

# WESTERN SPIRIT

Cycling Adventures



## The Maze — 5-day trip

5 days/4 nights

### DAY 1



We will begin our tour with a shuttle to the Hans Flat Ranger Station, just outside the Maze District. The Maze is the most remote region of Canyonlands National Park and the scenery is incredible. The Maze itself is a network of intricate canyons that carve their way through the Cedar Mesa sandstone. Our route over the next few days will take us around the rim of the Maze. This part of the country was home to the notorious “Hole in the Wall Gang” and is full of interesting history. We will begin our ride along the mesa top with views of Cleopatra’s Chair, Bagpipe Butte, the Land of Standing Rocks and the Maze itself. Next, we will descend the Flint Trail, an incredible example of early engineering. Blasted into the walls of a box canyon it descends nearly 1,000 feet in two miles, making it an exciting, steep downhill. Continuing on to our camp at the top of the Golden Stairs, we will enjoy views down into the Fins and Ernie’s Country, which is where we will be riding during the next few days.

**TOTAL MILEAGE:** 18 miles

### DAY 2



Today will begin with a ride through Elaterite Basin, which includes some steep, technical downhills. Then we’ll cruise through Big Water Canyon and on to the Maze Overlook where we will camp for the night. Along the way we’ll pass beneath Panorama Point and contour around Horse Canyon. The view from this camp is unsurpassed with the Chocolate Drops, the White Rim, Pete’s Mesa and the Abajo Mountains all around us. This

afternoon, we will hike down into Horse Canyon to see the Harvest Scene pictograph panel. This panel has human figures painted by the Archaic people of the area and is thousands of years old.

**TOTAL MILEAGE:** 12 miles riding, 3 - 4 miles hiking

### DAY 3



From our camp at the Maze Overlook, we’ll begin by riding back towards the Flint Trail. Today we will ride the steep downhills of Elaterite Basin in reverse. Then we’ll swing around beneath Land’s End and ride at the base of the Orange Cliffs until we get to the turnoff to our camp. After a fast descent, we’ll cruise through the Waterhole Flat area to our camp below Teapot Rock. If we are heading to Sunset Pass to camp we will turn up at the Waterhole Flat junction for a late afternoon climb to camp. From either camp we can go on a hike or relax and take in the scenery.

**TOTAL MILEAGE:** 28 miles

### DAY 4



Today’s out and back ride begins with some difficult and challenging technical miles in Teapot Canyon. Riders should use caution and many opt for the “walking the bike” technique in places. As we ride through Red Cove and the Fins, one cannot help but appreciate the incredible scenery. Out to the east lies Ernie’s Country and many amazing sandstone formations. In front of us to the north is the spectacular Land of Standing Rocks. Here Lizard Rock, The Wall, The Plug, Standing Rock

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and Chimney Rock protrude from the ground to create a surreal landscape. After lunch and a bit of exploring we will head back to camp.

**TOTAL MILEAGE:** 28 miles, unsupported

## DAY 5



Our last day of this tour takes us back through Waterhole Flat, underneath Gunsight Butte and on to Lake Powell. Though it is hidden from view, our course parallels the Colorado River as it cuts its way through Cataract Canyon, a favorite whitewater haunt of river rafters. The riding is quite fun and easy as we cruise along a hard packed dirt road, around numerous corners and past many slickrock pour off canyons. Although there are some climbs, the general trend is downhill. After several miles of cruising, the road opens up and enters a broad, open valley before ending just above Lake Powell.

**TOTAL MILEAGE:** 35 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:** Four wheel drive jeep roads: packed sediment, ledges, sand and slickrock.

**Overall Rating:** Moderate/Intermediate

**Technical Difficulty:** Moderate with some difficult, rocky sections.

**Physical Difficulty:** Moderate, some long rides, not many big climbs and one unsupported day.

**Altitude:** 4,000 - 6,000 feet

## Travel Logistics

### MEETING PLACE AND TIME

#### Moab, UT

This trip will meet at 7:00 AM MST at Western Spirit's

headquarters, 478 Mill Creek Drive, Moab, Utah. You will need to spend the night before in Moab. We will be happy to pick you up at your hotel; please call us Monday - Friday, 9 - 5 to schedule your pickup. Muffins, scones, fruit and coffee will be served.

### ENDING TIME

We will return to Moab between 4:30-5:30 PM on the last day.

### GETTING TO MOAB, UT

#### Driving

Moab is located 30 miles south of Interstate 70 on Highway 191. We have a roomy parking area.

#### Flying into Salt Lake City, UT

Airport Code: SLC

From Salt Lake City there are 2 options:

1) Rent a car and drive to Moab, it will take approximately 4 hours. You can park at our shop while you are on your tour.

2) Contact Red Rock Express at 435-260-0595 for door-to-door transportation.

#### Flying into Grand Junction, CO

Airport Code: GJT

From Grand Junction there are 2 options:

1) Rent a car and drive to Moab, it will take approximately 2 hours. You can park at our shop while you are on your tour.

2) Contact Red Rock Express at 435-260-0595 for door-to-door transportation.

#### Flying into Moab

Airport Code: CNY

The airline that offers service into Canyonlands Field Airport:

**UNITED EXPRESS** - Operated by SkyWest  
[www.united.com](http://www.united.com)

Contact Moab Express at 435-260-9289 for shuttles to and from Canyonlands Field Airport.

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## LODGING BEFORE YOUR TRIP

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

### Red Stone Inn

800-772-1972, 435-259-3500

Bike work station with stand, bikes allowed in room.

### Best Western Canyonlands Inn

800-649-5191, 435-259-2300

### Hotel Moab Downtown

435-259-7141

### The Gonzo Inn

435-259-2515

### Up the Creek Campground

435-260-1888

A fantastic, quiet, walk-in campground close to town.

## TAXI SERVICE

**Moab Taxi:** 435-210-4297

**435-259-Taxi:** 435-259-8294

## SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Western Spirit Cycling  
478 Mill Creek Dr.  
Moab, UT 84532

It is critical that you include your name 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 in the mountains can be unpredictable so be sure to bring all the warm clothing and rain gear listed!

**HOW TO PACK:** When you arrive for your tour, you will be given a dry bag in which to pack your gear for the trip. Smaller bags may fit, but very large duffels will not.

To pack efficiently in a dry bag, we highly recommend you compartmentalize your clothing and gear into separate bags. Stuff sacks, reusable grocery bags, etc. in different colors work great for this (example: cycling gear in blue stuff sack, camp clothes in red stuff sack, etc.).

Your dry bag will ride on the Western Spirit support vehicle 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
- ✓ dry bags to pack your gear
- ✓ solar showers
- ✓ sunscreen & bug spray
- ✓ bike stand and lube
- ✓ guides bring their own tools

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

- ✓ 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
- knee & elbow pads - optional
- cycling socks
- 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). This can also be used as a hiking pack for the half-day hike.
- optional day bag
- stuff sacks or reusable grocery bags (or separate compartments for your dry bag)
- cash for tipping guides: your guides work as a 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.

