

# WESTERN SPIRIT

Cycling Adventures



## Moab Getaway

4 days/3 nights

### DAY 1



Travel to Grand Junction Colorado to arrive before 3:00pm on Thursday afternoon. We will pick you up at the airport and shuttle right out to our camp at Horse Thief Mesa, our home for the next 3 nights. We will arrive in time for a short shake down ride before cocktail hour and dinner at camp.

will someday become natural arches. This trails travels through several different desert ecosystems, including beautiful sections of slickrock with the towering La Sal mountains looming in the distance. Again we will have lots of options for longer and shorter routes before heading back to camp for our final night under the stars.

**TOTAL MILEAGE:** 8-24 miles

### DAY 2



After some delicious coffee and a serious breakfast, we will head over to Dead Horse State Park and ride the Intrepid Trails. These are fun and swooping trails with some of the best views anywhere in the world—from the Colorado River Overlook to Big Chief Mesa—the photo ops are endless. And so are the options—choose a shorter loop and save time to hike the perimeter of the view point or keep riding and meet the group out at the point. Either way the views really are some of the very best from any mountain bike trail in the world. You can see all the way down into Canyonlands National Park and the famous Thelma and Louise Point—the very spot where those crazy ladies drove their car off the edge of the cliff!

**TOTAL MILEAGE:** 9-25 miles

### DAY 3



Today's ride will take us through the Navajo Loop Trail System—more fun mountain biking on great trails that take us along beautiful cliffs and under hanging gardens in giant alcoves that

### DAY 4



We will get an early start today and head for the Magnificent Seven Trails that take us off the Island in the Sky and back down to civilization. We cruise over to the Great Escape Trail and pop out at the famous Gemini Bridges—from here we continue the descent to our final climb out of the valley. The van will be waiting for us to whisk us into the town of Moab for a bit of lunch, and shopping, before we head back to the Grand Junction Airport to meet flights departing after 3:00pm.

**TOTAL MILEAGE:** 18 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:** Introductory to Intermediate single-track with some doubletrack - packed sediment, sand and slickrock.

**Overall Rating:** Introductory/Intermediate

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C y c l i n g   A d v e n t u r e s

**Technical Difficulty:** Moderate, some steep climbs and rocky sections.

**Physical Difficulty:** Moderate.

**Altitude:** 4,000 - 5,500 feet.

## Best Western Sandman

970-243-4150

## Quality Inn of Grand Junction

970-245-7200, 800-790-2661

All of these hotels offer airport shuttles.

### TAXI SERVICE

**Sunshine Taxi:** 970-245-8294

### 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.

## Travel Logistics

### MEETING PLACE AND TIME

#### Grand Junction Airport

The trip will meet on Thursday, 3:00 pm MST at the Grand Junction Regional Airport (GJT). You will not need to get lodging in Grand Junction. We will shuttle you directly to our weekend campsite.

### ENDING TIME

We will return to the Grand Junction Regional Airport in time for flights departing after 3:00 PM on the last day.

### GETTING TO GRAND JUNCTION, CO

#### Driving

Grand Junction is 250 miles west of Denver and 50 miles east of the Utah/Colorado state line on I-70.

#### Flying into Grand Junction

Airport Code: GJT

### LODGING BEFORE YOUR TRIP

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

#### Clarion Inn

970-243-6790, 888-489-9796

This is where the trip will meet—mention that you are on a Western Spirit trip. They have storage available while you are on your trip.

#### Ramada Inn

970-243-5150, 800-272-6232

## 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:** 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.

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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
- ✓ 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
- ☐ 1 - 2 pair cycling shorts
- ☐ 1 - 2 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)
- ☐ 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

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C y c l i n g   A d v e n t u r e s

- ☐ 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.

