

WESTERN SPIRIT

Cycling Adventures



McDowell Mountain Bike Getaway

4 days/3 nights

DAY 1



Ready for a weekend of fun, adventure, and to get away from it all? Arrive at the Phoenix airport in time for the noon shuttle. We will pick you up and whisk you away to our campsite for the weekend. We'll fit everyone to their bikes and get you out on the trail a.s.a.p.! We'll start out riding in the McDowell Mountain Regional Park, which is the site of the famous Cactus Cup races of the 1990s. It continues to be one of the most fun places to ride! It's hard to believe this 20,000 acre park is just outside of Phoenix. The park offers over 40 miles of mountain biking trails so there are plenty of options. After we warm up and test our skills a bit on the trails, we'll head back to camp for a delicious dinner. Kick back and relax with a refreshing beverage and an amazing view of the Sonoran Desert.

TOTAL MILEAGE: 5-12 miles

DAY 2



After fueling up on a yummy breakfast in camp, we'll spend the day riding fun loops at the McDowell Mountain Regional Park. With lots of options to choose from, we can make this day as easy or hard as we like. One of the more famous loops at McDowell is called the Competitive Track. The Long Loop of the track was designed for the average rider but is used by all. The Sport Loop is for intermediate riders and experts. The Technical Loop is for the expert rider. This portion of the track offers swooping turns, very technical descents, rugged terrain, and steep inclines. Each loop offers a variety

of obstacles to test the rider's skills. This competitive track is geared for mountain bikers who want to improve their technique, but for us it will just amount fun, fun, fun! Enjoy riding through the unique Sonoran desert landscape and past towering Saguaro cacti. The views are incredible and the riding brings nothing but smiles! After a full day of getting our "ride on", we head back to camp to chill out, eat another amazing dinner, and enjoy the desert sunset.

TOTAL MILEAGE: 10-24 miles

DAY 3



Wake up in your tent, get some coffee and breakfast, then hit the trails again! Today we head to another area of fun riding that will make you grin--the McDowell Sonoran Preserve. Again, there are many different loops of premier singletrack that we won't run out of options. Trails such as Whiskey Bottle, Chuck Wagon, Branding Iron, or Granite Mountain Loop are on the agenda. Prepare for fun roller-coaster type riding and experience some amazing geologic wonders in this area, such as Pinnacle Peak and Metate Rock. After our memorable day in the beautiful Sonoran Desert, we'll head back to our camp for dinner, stories from the day, and stargazing.

TOTAL MILEAGE: 8-25 miles

DAY 4



Our last day already? We'll eat a delicious breakfast and break down camp. A quick

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morning ride will round out our weekend before we head back to the airport. We'll drop you off at noon for your flights (make sure you leave enough time to go through security). We'll say goodbyes and hope to see you again!

TOTAL MILEAGE: 5-10 miles

RIDE NOTES

We will be without vehicle support during many sections of the ride. Itineraries are subject to change due to weather, road conditions, rider safety, and other factors which may affect the logistics of the adventures.

This area has cacti and occasionally thorns.

Road Surface: Mostly singletrack. Includes packed sediment, some rocky and sandy sections and smooth dirt sections.

Overall Rating: Introductory / Intermediate

Technical Difficulty: Moderate

Physical Difficulty: Moderate

Altitude: 1,000 - 4,000 feet

Travel Logistics

MEETING PLACE AND TIME

Phoenix, AZ

The trip will meet on Thursday, 12:00 pm local time at the Phoenix Sky Harbor International Airport (PHX), Terminal 2. Just look for the big red Western Spirit van! You will not need to get lodging in Phoenix. We will shuttle you directly to our weekend campsite.

ENDING TIME

We will drop you off on Sunday, 12:00 pm local time at the Phoenix Sky Harbor International Airport (PHX). We recommend you get flight departure time allowing for time to get through security.

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

The Velo
828 North 2nd Street
Phoenix, AZ 85004-2016

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.

This area has cacti and occasionally thorns. It is highly recommended that you have tubeless tires or slime tubes on your bike.

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 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

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

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
- ✓ mountain bike (comes with flat pedals; you're welcome to bring your own pedals if you'd prefer)
- ✓ helmet
- ✓ 2 large cycling water bottles
- ✓ tent (2-person tent; 1 tent provided for each person unless we're told otherwise)
- ✓ sleeping bag
- ✓ sleeping pad
- ✓ camp mugs, all kitchen and dining ware
- ✓ camp chairs

- ✓ solar showers
- ✓ sunscreen & bug spray
- ✓ bike stand and lube
- ✓ guides bring their own tools
- ✓ first aid kit with basic medications

CYCLING CLOTHING

- cycling shoes
- 2-3 pair cycling shorts
- 2-3 cycling shirts
- long sleeve cycling shirt
- long sleeve cotton shirt or solar sleeves (highly recommended for protection)
- tall socks (knee socks, soccer socks)—**IMPORTANT** for leg protection from cactus and potential falls)
- 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)
- 1-2 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)
- 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
- 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.