

WESTERN SPIRIT

Cycling Adventures



Moab Road Camp

5 days/4 nights

DAY 1



We start the Moab Road Camp by riding next to the Colorado River, on Scenic Road 279 (the Potash Road). This is the perfect warm up for the week. We'll pass underneath the towering 300 foot cliffs of the famous Wall Street climbing area and view some of the most accessible Indian art in Moab—right from our bikes. This is the only relatively flat ride we'll have all week, but certainly one of the most beautiful you'll find anywhere.

TOTAL MILEAGE: 42 miles

DAY 2



Today we will ride Scenic Road 313 out to Deadhorse State Park. This out-and-back classic is one that many pro cyclists claim as one of their favorite rides in the country. We head right out of town on Moab's newest gift to cyclists—our 8-mile long Moab Canyon bike path. This will take us past Arches National Park and right to 313 where we will continue our climb up to the park's famous overlook. The ride back home is certainly easier, but no less exhilarating!

TOTAL MILEAGE: 70 miles

ELEVATION GAIN: 2,500 feet

DAY 3



Today's spectacular route along the Colorado River is part of the Upper Colorado River Scenic Byway. As we ride the "River Road"

the first section parallels the Colorado River within a narrow section of the gorge, providing breathtaking views of the surrounding red sandstone cliffs. After 13 miles the gorge will widen and we will ride past Castle and Professor valleys, both stunning drainages of the Colorado. Next up is one of the grandest views in the West, the red rock spires of the Fisher Towers set against the often snow covered peaks of the La Sal Mountains. After leaving the valley, the canyon narrows again as we approach the site of historic Dewey Bridge. After a delicious lunch on the banks of the river, we'll head back downriver towards Moab.

TOTAL MILEAGE: 60 miles

DAY 4



Today's ride is top Ten In the World. That's the word on the street from enthusiasts who have travelled the better part of their adult lives looking for rides like the La Sal Mountain Loop Road. It's not a secret anymore, but we're pretty darn proud of it. A modern day classic that will test your limits and deliver the goods. Ride from the desert to the mountains and back again. Bring your "A" game for this one.

TOTAL MILEAGE: 65 - 100 miles

ELEVATION GAIN: 6,000 - 8,000 feet

DAY 5



Our final day will be our little "lunchtime" ride that shows you Moab's not-so-trav-

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elled routes as we figure eight up Spanish Valley, past Ken's Lake and continue up to the quaint Pack Creek Ranch which borders the Manti-La Sal National Forest. While we only climb about 1,000 feet in the 10 miles to the lake, we gain an additional 1,500 feet in the remaining 6 miles to the turnaround. The cruise back down passes many agricultural areas, where a few farmers are still hanging onto their family businesses—horses, cows and even lamas are not uncommon to see on a few private ranches. Whether you coast back into town or sprint for the town line, it's a perfect way to cap off an incredible week of riding here in Grand County.

TOTAL MILEAGE: 37 miles
ELEVATION GAIN: 2,500 feet

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: 4,000 - 8,400 feet

Travel Logistics

MEETING PLACE AND TIME

Grand Junction, CO

This tour will begin at 8:00 AM MST at the Clarion Inn, 755 Horizon Dr, Grand Junction, CO (970) 243 6790. You will need to spend the night before in Grand Junction.

ENDING TIME

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

SHIPPING YOUR BIKE

To ship your bike, please send it to:

Western Spirit Cycling
478 Mill Creek Dr.
Moab, UT 84532
435-259-8732

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.

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 Interstate 70.

Flying into Grand Junction

Airport Code: GJT

TAXI SERVICE

Sunshine Taxi: 970-245-8294

LODGING BEFORE YOUR TRIP

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

Clarion Inn

888-489-9796, 970-243-6790

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

800-272-6232, 970-243-5150

Best Western Sandman

970-243-4150

Quality Inn of Grand Junction

800-790-2661, 970-245-7200

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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 refer 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 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.

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
- knee warmers/warm tights
- cycling gloves (including warm gloves)
- ear band
- 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

- 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.

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

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