

WESTERN SPIRIT

Cycling Adventures



Sedona Singletrack

5 days/4 nights

DAY 1



Today we'll start off our week in the Broken Arrow and Big Park loop areas and we'll have a few extra options up our sleeves depending on the energy level of the group. It's the definitive introduction to Sedona singletrack—mostly fast and fun! There are a few technical sections to keep you on your toes, but nothing worth worrying about. We're basing our entire week from a fabulous campground right on the banks of spectacular Oak Creek. This place is a real gem with beautiful shade trees, clear swimming holes and lovely forest service amenities.

TOTAL MILEAGE: 8 - 15 miles

DAY 2



With almost too many trail options to list, we have worked hard to squeeze them all in! Our destination today is the beautiful Girdner Canyon Trail. The trail starts out with a challenging descent, then we're in and out of the creek for a bit before climbing back up towards the Cockscomb area. Back here we'll see very few if any other riders and be rewarded with some of Sedona's most fun and flowing trail. The combination of the Aerie, Dawa, Arizona Cypress, OK and Rupp trails will keep us grinning all the way to happy hour back at camp.

TOTAL MILEAGE: 10 - 17 miles

DAY 3



Day three will have us riding in the world class Carroll Canyon area right from our lovely campsite. Today's trails include Old

Post, Rams Head, Herkeham, Ridge and Bandit trails, the Airport Loop and a possible loop on the Baldwin Trail. While the previous two days have hardly been easy, this day steps it up a notch in the technical department and will test our mettle on several of the harder punchy climbs. A swim in Oak Creek back at camp will feel especially good and be just the capper to a full day in the saddle.

TOTAL MILEAGE: 12 - 19 miles

DAY 4



Thursday will start out right from camp again with a nice little warm up on the Thunder Mountain Trail which will lead us onto the Chimney Rock Loop. From there we have a few options before we head up and over to the Jim Thompson Trail. Jim Thompson takes us high up above the valley for some all encompassing views where the lay of the land really starts to make sense. An afternoon option of riding the Huckaby Trail is a nice addition if the creek is not too high and our legs are not too tired. A short ride back to camp will round out another full day of Sedona singletrack. Our last night in camp is usually when we let our hair down a bit and the best campfire stories are shared.

TOTAL MILEAGE: 14 - 18 miles

DAY 5



Our final day in Sedona brings us up the famous Schnebly Hill climb to the top of the Munds Wagon Trail. We'll probably spot a few of Sedona's now famous pink jeeps and possibly a few others enjoying one of the many amazing views,

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before finding our own for a nice lunch spot. The trail had always been a fun one, but some recently completed trail work has really brought the excitement level up another notch! The descent down Munds Wagon is so fun you just might want to do it again - or there's that fabulous brewery right at the bottom of the hill... Either way we'll wrap up our trip with toasts and high fives and many fond memories of the amazing red rock singletrack of Sedona. Don't be surprised if you start looking at the real estate ads after your first visit here—it's pretty easy to fall in love with the place.

TOTAL MILEAGE: 8 - 14 miles

RIDE NOTES

This tour contains some difficult riding on singletrack trails and some jeep roads. 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 adventure.

Road Surface: Mostly singletrack. Includes packed sediment, some rocky and sandy sections, a bit of slickrock, some smooth dirt sections and some asphalt sections.

Overall Rating: Intermediate/Advanced

Technical Difficulty: Advanced—rocky, loose, ledgy and sometimes steep singletrack.

Physical Difficulty: Intermediate—steep climbs, longer days and technical sections.

Altitude: 4,000 - 5,500 feet

Travel Logistics

MEETING PLACE AND TIME

SEDONA, AZ

This tour will begin at 8:30 AM local time at Over The Edge Sports, 1695 W. State Route 89A #1, Sedona, AZ, 928-282-1106. You will need to spend the night before in Sedona. Make sure you eat a big power breakfast to get you ready for your trip!

ENDING TIME

We will return to Over the Edge between 2:00-3:00 PM on the last day.

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Over The Edge Sports
1695 W. State Route 89A
Sedona, AZ 86336

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.

GETTING TO SEDONA, AZ

Driving

Sedona is located 115 miles north of Phoenix off Interstate 17 and 25 miles south of Flagstaff.

Flying into Phoenix, AZ

Airport Code: PHX

From here drive 115 miles to Sedona or get a ride with the Sedona-Phoenix Shuttle Company: 928-282-2066, 800-448-7988.

Flying into Flagstaff, AZ

Airport Code: FLG

From here drive the 25 miles to Sedona or take a shuttle with Arizona Shuttle Service: 928-226-8060, 800-888-2749.

Flying into Las Vegas, NV

Airport Code: LAS

Rent a car and drive 278 miles to Sedona

TAXI SERVICE

Sedona Taxi Bob's: 928-282-1234

Red Rock Transportation: 928-593-9672

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

LODGING BEFORE YOUR TRIP

Sedona is a popular vacation spot. It is a good idea to book your rooms several months in advance if possible; here are a few recommendations:

Sedona Real Inn & Suites

928-282-1414 or 800-353-1239

Best Western Inn of Sedona

800-292-6344 or 928-282-3072

Days Inn of Sedona

877-282-9166, 928-282-9166

Sedona Travel & Central Reservations

800-445-4128, 928-282-1518

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 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. Highly recommended for protection from sun, cactus, and potential falls.
- tall socks (knee socks, soccer socks). Highly recommended for protection from cactus and potential falls.
- knee & elbow pads. Highly recommended for 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

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

- 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
- 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.

