

WESTERN SPIRIT

Cycling Adventures



South Rim Grand Canyon Family Trip

5 days/4 nights

DAY 1



We'll begin our journey up to the South Rim with a shuttle from Flagstaff to Tusayan. Our scenic drive will take us into one of the largest continuous Ponderosa pine forests in the world. Here we'll start our ride over 4,000 feet above the Colorado River. The terrain rises gently up to the rim and the riding is fun and easy. Today, we'll pedal up to 20 miles on rolling forest roads through open stands of large trees. Wildlife here is abundant and it is quite common to see wild turkeys, mule deer, elk and coyote during the ride. Tonight we'll camp less than two miles from the rim near the Grandview Fire Tower, where a climb to the top will offer you views above the treetops down into the canyon and beyond.

TOTAL MILEAGE: 20 miles, other options available

DAY 2



After a hearty breakfast we'll set out to enjoy some of the finest riding in Arizona. The morning offers a chance for the family to explore the hidden secrets of the ponderosa forest along the rim together, and hit some awesome single-track on the Coconino Ridge section of the Arizona Trail on the way back home. This trail covers 800 miles from the northern to southern state lines and was completed on December 16, 2011. This South Rim section is especially fun! We'll return to our camp beneath the Grandview Fire Tower tonight and then drive a short shuttle over to Grandview Point after dinner to watch the sunset paint the walls of the

canyon with colors and images you won't soon forget.

TOTAL MILEAGE: 25 miles, other options available

DAY 3



Today we'll ride a variety of trails and forest roads that will lead us to our camp inside Grand Canyon National Park. We'll begin with a fun five mile section of the Arizona Trail that follows the southern boundary of the park. This will bring us to a network of forest roads and bike trails that take a circuitous route into Tusayan. Small ups and downs combined with fun corners and a smooth trail surface make this very enjoyable riding indeed. After a quick stop in Tusayan, you can either ride or get in the van for the cruise to our home for the next two nights at Mather Campground. Inside the park, the opportunities for activities are endless.

TOTAL MILEAGE: 18 - 26 miles, other options available

DAY 4



Today we'll get a chance to explore Grand Canyon National Park on bike and on foot. We'll begin with an easy ride from our camp along the bike path to the top of the Bright Angel Trail. One of the best known trails in the canyon, the winding path takes us back in time as we descend through the rock layers of sandstone, shale, and limestone. The scale of the canyon becomes more and more apparent the farther into it you descend. The

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Bright Angel Trail offers resthouses with shade and water every one and a half miles on the way down. This makes the trail great for the family to see the inside of the canyon without having to carry big packs. After returning to the top of the trail, we'll have a chance to check out a ranger program or two. Our guides will help the kids get their Junior Ranger Badges as they learn about the mysteries of the canyon's geology, history and even tour the canyons vibrant night sky, which is among the darkest and least disturbed in the country. We will return to our camp in Mather Campground to finish off the day with s'mores and stories of what we've learned.

TOTAL MILEAGE: 3 miles riding, 3 - 6 miles hiking

DAY 5



For our last day of the trip, we'll connect with the scenic West Rim Drive, which is a great 16 mile round trip paved road ride. The views while riding are spectacular and stopping at the viewpoints will give you the opportunity to view some of the Grand Canyon's famous viewpoints. Powell Point, The Abyss, and Hermits Rest are all great places to hop off the bike and check out the views. You may opt to visit the El Tovar Hotel or the Kolb Studio, the home and business of the Grand Canyon's pioneering photographers. We will regroup at the van for lunch and then return to Flagstaff where our journey ends.

TOTAL MILEAGE: 10 - 20 miles, other options available

RIDE NOTES

We will be without vehicle support during all of the singletrack sections of the ride, although it will never be too far away. 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: Dirt roads, smooth singletrack and pavement.

Overall Rating: Introductory

Technical Difficulty: Easy

Physical Difficulty: Easy to moderate

Altitude: 6,000 - 7,500 feet

WesternSpirit.com | 478 Mill Creek Drive, Moab, UT 84532 | 800-845-2453

Travel Logistics

MEETING PLACE AND TIME

Flagstaff, AZ

This tour will begin at 8:00 AM MST at Singletrack Bike Shop, 575 Riordan Rd, Flagstaff, Arizona, 928-773-1862. We will load up the van and then drive to Tusayan to begin our ride. You will need to spend the night before in Flagstaff.

ENDING TIME

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

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Singletrack Bike Shop
575 Riordan Road
Flagstaff AZ 86001

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 FLAGSTAFF, AZ

Driving

Flagstaff is located at the intersection of Interstates 40 and 17. There is parking available at the bike shop where the trip meets.

Flying into Flagstaff

Airport Code: FLG

Flying into Phoenix, AZ

Airport Code: PHX

There are two options:

1) Rent a car and park it at the bike shop while on the tour. It is 145 miles from Phoenix, about two hours.

2) Arizona Shuttle runs daily shuttles from Phoenix to Flagstaff. Reserve ahead: arizonashuttle.com, 800-

888-2749.

Flying into Las Vegas, NV

Airport Code: LAS

Rent a car. It is a 250 mile drive, about four hours, from Las Vegas.

TAXI SERVICE

Apex Taxi: 928-779-0000

Friendly Cab: 928-774-4444

LODGING BEFORE YOUR TRIP

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

La Quinta

928-556-8666

This hotel is about one mile from the bike shop where the trip meets.

Aspen Inn B&B

www.flagstaffbedbreakfast.com

888-999-4110, 928-773-0295

Includes full breakfast.

Quality Inn

928-774-8771

Econolodge

928-774-7326

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 duffel 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

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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
- 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)

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
- bathing suit
- hiking shoes
- sandals
- cheap plastic rain gear (to wear in camp)

PERSONAL

- sunscreen & lip balm
- medication (epi pen, inhaler)
- towel
- insect repellent
- biodegradable soap
- personal items
- wet-wipes
- cash for tipping guides: your guides work as a

team and share all of their gratuities. A tip of 5-15% 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.

GEAR

- flashlight or headlamp (w/ extra batteries)
- sunglasses
- brimmed 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
- we recommend that you turn your devices off, but if you cannot, please bring a way to charge them. We recommend a small portable battery charger capable of holding 1-2 charges. Also, putting your phone on airplane mode to save power is recommended.