

# WESTERN SPIRIT

Cycling Adventures



## The White Rim — East to West

4 days/3 nights

### DAY 1



We will shuttle from our shop in Moab to the Island in the Sky District of Canyonlands National Park where we begin our ride with a dramatic descent of the Shafer Trail switchbacks. This 1,200 foot downhill lasts for three miles and brings us down to the White Rim sandstone layer. Points of interest include: the Colorado River Overlook, Musselman Arch, Little Bridge Canyon (prime Bighorn Sheep habitat) and Lathrop Canyon. The route continues with a downhill trend and then rolls gently to camp. After Lathrop Canyon, we will ride to our camp at Airport Tower and enjoy views of the La Sal and Abajo mountains.

**TOTAL MILEAGE:** 18 miles

### DAY 2



Today, as we approach Monument Basin, we will continue riding around the beautifully eroded canyons of the Colorado Plateau. In this spectacular canyon stands the Totem Pole, a 300 foot tall sandstone pillar. A gentle climb takes us to the foot of Junction Butte, marking the confluence of the Green and Colorado rivers. A 1-1/2 mile side trip to White Crack offers fantastic views of both the Green and Colorado river canyons as well as the Needles District of Canyonlands. Giant free-standing pillars of rock dominate the landscape and exemplify the powerful forces of erosion at work. Continuing on past Junction Butte, we descend to the base of Murphy Hogback, where a steep 400 foot climb brings us to camp. The Hogback is the high point of the trip and from here one can look into the Maze and

Needles districts of Canyonlands and beyond.

**TOTAL MILEAGE:** 27 miles

### DAY 3



We begin the day with a fun but technical descent off the Hogback down to the White Rim layer. Points of interest include Candlestick Tower and Holeman Canyon, where we may take a short hike. Hiking into this canyon is very tricky and requires some interesting moves. The hanging gardens, pools of water and narrow canyon walls make this hike one of our favorites on the White Rim. We will then continue along in a downhill mode along the rim of the sheer canyon to Potato Bottom where the White Rim sandstone layer disappears into the Green River. We'll camp here under the cottonwoods on the bank of the Green River.

**TOTAL MILEAGE:** 21 miles

### DAY 4



A hearty breakfast will get us going for our first climb up Hardscrabble Hill. It's a steep one, and it's about a mile long with intermittent pitches. After topping out, we traverse the Chinle rock layer, where the miners of the 1950s searched for uranium, before dropping back down to river level. Following the course of the Green River, our final morning's ride is an enjoyable cruise along the river bank to Horsethief Bottom. Views of Upheaval Dome, rising 1,500 feet from the trail bring to mind the geologic complexities of the area. There are different schools of thought regarding the

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processes which formed this interesting feature. Some think that a giant meteorite crashed into the earth here and distorted the impacted area. Others say that Upheaval Dome formed due to a slow collapse of the underlying Paradox Salt formation. Our journey ends with a major climb up the Mineral Canyon switchbacks. This strenuous climb is two miles long and gains 800 feet in elevation, bringing us back up to our beginning elevation. After lunch at the viewpoint our shuttle will take us back to Moab.

**TOTAL MILEAGE:** 14 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:** Four wheel drive jeep roads: packed sediment, sand and slickrock.

**Overall Rating:** Introductory/Intermediate

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

**Physical Difficulty:** Moderate.

**Altitude:** 4,000 - 6,000 feet.

## Travel Logistics

### MEETING PLACE AND TIME

#### Moab, UT

This trip will meet at 8:00 AM MST at Western Spirit's headquarters, 478 Mill Creek Drive, Moab, Utah. You will need to spend the night before in Moab.

We will be happy to pick you up at your hotel; please call us Monday - Friday, 9 - 5 to schedule your pick-up. Muffins, scones, fruit and coffee will be served.

### ENDING TIME

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

### GETTING TO MOAB, UT

#### Driving

Moab is located 30 miles south of Interstate 70 on Highway 191. We have a roomy parking area.

#### Flying into Salt Lake City, UT

Airport Code: SLC

From Salt Lake City there are 2 options:

1) Rent a car and drive to Moab, it will take approximately 4 hours. You can park at our shop while you are on your tour.

2) Contact Red Rock Express at 435-260-0595 for door-to-door transportation.

#### Flying into Grand Junction, CO

Airport Code: GJT

From Grand Junction there are 2 options:

1) Rent a car and drive to Moab, it will take approximately 2 hours. You can park at our shop while you are on your tour.

3) Contact Red Rock Express at 435-260-0595 for door-to-door transportation.

#### Flying into Moab

Airport Code: CNY

The airline that offers service into Canyonlands Field Airport:

**UNITED EXPRESS** - Operated by SkyWest  
[www.united.com](http://www.united.com)

Contact Moab Express at 435-260-9289 for shuttles to and from Canyonlands Field Airport.

### LODGING BEFORE YOUR TRIP

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

#### Red Stone Inn

800-772-1972, 435-259-3500

Bike work station with stand, bikes allowed in room.

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**Best Western Canyonlands Inn**  
800-649-5191, 435-259-2300

**Hotel Moab Downtown**  
435-259-7141

**The Gonzo Inn**  
435-259-2515

**Up the Creek Campground**  
435-260-1888  
A fantastic, quiet, walk-in campground close to town.

## TAXI SERVICE

**Moab Taxi:** 435-210-4297  
**259-Taxi:** 435-259-8294

## 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.

## 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:** When you arrive for your tour, you will be given a dry bag in which to pack your gear for the trip. Smaller bags may fit, but very large duffels will not.

To pack efficiently in a dry bag, we highly recommend you compartmentalize your clothing and gear into separate bags. Stuff sacks, reusable grocery bags, etc. in different colors work great for this (example: cycling gear in blue stuff sack, camp clothes in red stuff sack, etc.).

Your dry bag will ride on the Western Spirit support vehicle 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
- ✓ 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

# WESTERN SPIRIT

C y c l i n g   A d v e n t u r e s

## CYCLING CLOTHING

- cycling shoes
- 3 - 4 pair cycling shorts
- 3 - 4 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

- 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.

