

WESTERN SPIRIT

Cycling Adventures



Bears Ears Bike Trip

5 days/4 nights

DAY 1



To begin our journey back in time to learn about the amazing places where the Ancestral Puebloans lived, we will visit the Edge of the Cedars Museum in Blanding, Utah. The artifacts there are truly incredible and make it possible to imagine life in this beautiful region 1000 years ago. From the museum we will head to the Butler Wash Ruins, for the short hike to the perfect views of this ruin. After lunch, we will continue on to the Mule Canyon ruins and hike to the House on Fire ruin. We then ride up towards the Bears Ears and camp in the forest.

TOTAL MILEAGE: 8 miles riding, 5 miles hiking

DAY 2



Today, we will ride down to one of the most fascinating Ancestral Puebloan ruins in southern Utah. The descent is somewhat technical and riders should use caution. We're sure you'll agree that it is well worth the trip. A six mile ride and a primitive canyon hike takes us to a spectacular view of the ruins, precariously placed on a ledge 200 feet up the cliff wall. We'll enjoy a packed lunch before we start our hike back. After one last view of these impressive dwellings we will hike back and begin the strenuous climb up the hill. Most of the climb is rideable, but there are a few short steep rocky pitches. We will then head to our camp near Hammond Canyon where we may opt for a little extra riding.

TOTAL MILEAGE: 12 miles riding, 3 miles hiking

DAY 3



From our camp at Hammond Canyon, we continue along Elk Ridge to our scenic spot of the day called "The Notch". Bordering the Dark Canyon Wilderness Area to the west and Cottonwood Wash to the east, The Notch displays the geologic complexities of this high plateau country. The uplifted Abajo Mountains, the red rock wonderland of the Needles and the broken canyon country in between all signifies millions of years of geologic activity. From The Notch, we roll along the ridge past Duck Lake (usually just a meadow by mid-summer!) and the Gooseberry Ranger Station to our lunch spot at Sejo Flat. After lunch, we will ride past the Reef of Rocks on the way to our camp at Chippean Rocks.

TOTAL MILEAGE: 24 miles

DAY 4



From our camp at Chippean Rocks, we will ride into the heart of the Abajo Mountains. This is a big day! Points of interest include Maverick Point Overlook, the Skull and Crossbones Summit and The Causeway. The roller coaster like ride threads an intricate line through spectacular canyon country before breaking out directly beneath the high peaks. At The Causeway the width of the road is all that separates two opposing and deeply cut canyons. There's a lot of climbing today as we experience this terrain, but each effort is rewarded with a flowing downhill. This entire area was home to the Ancestral Puebloans and hidden ruins are perched high above the canyon floor in natural alcoves. We'll end our day at yet another

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

lovely camp in the ponderosas.

TOTAL MILEAGE: 17 miles

DAY 5



After our last breakfast, get ready for our mostly downhill ride!! We will be paralleling Johnson Creek as we descend all the way to Blanding. Leaving the ponderosas behind, we will start to see the familiar pinyon and juniper trees of the high desert. After a quick visit to the Blanding Visitor Center, we will head back to Moab where we will have one last yummy lunch.

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: Dirt roads. Hard packed sediment and clay. Some sandy sections.

Overall Rating: Introductory

Technical Difficulty: Easy to moderate.

Physical Difficulty: Moderate, some strenuous climbing.

Altitude: 4,000 - 10,000 feet

Travel Logistics

MEETING PLACE AND TIME

Moab, UT

This trip will meet at 7:30 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 pickup. Muffins, scones, fruit and coffee will be served.

ENDING TIME

We will return to Moab between 3:00-4:00 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.

2) 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

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.

Best Western Canyonlands Inn

800-649-5191, 435-259-2300

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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

435-259-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: 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
- ✓ 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

CYCLING CLOTHING

- cycling shoes
- 3 - 5 pair cycling shorts
- 3 - 5 cycling shirts
- long sleeve cycling shirt

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

- long sleeve cotton shirt or solar sleeves
- 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.