

WESTERN SPIRIT


Cycling Adventures



Bears Ears Family 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 a bit of lunch, we will continue on to the Mule Canyon ruins and hike to the House on Fire ruin. After that we will head up into the forest to our camp in the pinyons and junipers. We then shuttle everyone up towards the Bears Ears and camp on the forest.

TOTAL MILEAGE: 8 - 15 miles riding, 2 mile hiking


DAY 2

 Our ride this morning begins with a gradual climb up to the Bears Ears. These prominent landmarks are visible from much of southern Utah and reach an elevation of just over 9,000 feet. From here, we descend to the aspen and Ponderosa Pine forests of Elk Ridge and some smooth easy riding. Elk Ridge is a narrow tabletop plateau, cut sharply on either side by spectacular red rock canyons. From here one can see the peaks of five major mountain ranges, the colorful and strangely eroded canyons of the Dark Canyon Wilderness Area and the Needles District of Canyonlands National Park. A picnic lunch at Arch Canyon Overlook offers excellent views of this archaeologically rich canyon and the

Grand Gulch Primitive Area. Easy cruising on smooth dirt roads makes up the afternoon and takes us to our camp for the next two nights at Hammond Canyon Overlook. Numerous side roads offer intriguing possibilities and fun riding for the extra energetic.

TOTAL MILEAGE: 12 miles riding

DAY 3

 Today, we will ride down to one of the most fascinating Ancestral Puebloans ruins in southern Utah. The journey takes the better part of the day, so we will pack a picnic lunch to bring along. We'll cross the plateau on dirt roads through an area that burned in 2002, an interesting opportunity to observe natural revegetation. At the top of the canyon, we'll leave the bikes and start our hike. The hike down the road gives us a chance to take in the view all the way to New Mexico and to see the canyon we are destined for. A primitive trail takes us to an amazing view of the ruins, precariously placed on a ledge 200 feet up the cliff wall. We'll enjoy our packed lunch before we start back. After one last view of these impressive dwellings we will hike back up the hill and rejoin our bikes for the ride back to camp. A shuttle ride back to camp is an option for the little ones, or tired big ones. Once back at camp, there are more riding and hiking options for those who wish.

TOTAL MILEAGE: 10 miles riding, 5 miles hiking

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DAY 4



From our camp at Hammond Canyon, we continue along Elk Ridge to our high point 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 signify 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 camp at Sego Flat. This is some of the best mule deer and elk habitat in the state and we may see large herds near camp.

TOTAL MILEAGE: 17 miles riding

DAY 5



Our last morning begins with a gentle climb up along Horse Mountain before we start our long downhill ride towards Salt Creek Mesa. We will descend over 3,000 feet from our alpine environment down into the desert landscape with incredible views around every corner. Some rolling climbs will bring us to our lunch spot near Cathedral Butte, with far reaching views into Canyonlands National Park. After lunch there is the option to ride a bit more before loading up to shuttle back to Moab. A quick stop at Newspaper Rock shows us one of the more famous rock art panels in the Southwest.

TOTAL MILEAGE: 15 - 30 miles riding

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, optional strenuous climbing for the adults.

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.

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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

Ramada Inn

435-259-7141

The Gonzo Inn

800-791-4044, 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 insure 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
- ✓ 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

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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
- ☐ 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)

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 souvenirs

- ☐ 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)
- ☐ hydration pack large enough to carry extra water, lunch, warm layers and rain gear
- ☐ day pack (see HOW TO PACK, above)

OPTIONAL

- ☐ camera, extra batteries
- ☐ binoculars
- ☐ alcoholic 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.