



IDAHO

HOT SPRINGS *INTRO*

MOUNTAIN BIKE TOUR



- 👤 Families with Older Kids
- 👤 Families with Younger Kids
- 👤 Private Tours and Custom Tours
- 👤 Solos, Couples & Friends
- 📅 Departure: Boise, ID
- 📅 Tour Offered: Jul, Aug, Sep
- 📅 Departs On: Monday

- ⌚ Duration: 5 Days
- 🛏️ Lodging: First-Class Camping
- ❤️ Fitness Level: 1-3
- 🚴 Technical Level: 1-2
- ↑ Elevation Range: 4,000 - 8,000 ft.

Picture yourself cruising into camp, thoroughly gassed but still blissed out by a mountain bike trail that truly took your measure. Before you can kick off your cycling shoes, you're led to a freshly prepared, scrumptious dinner. Beyond that multicourse fare, lay a cascading natural hot spring. Can you handle that truth: five days of fast if transfixing mountain bike rides, bookended by brilliant hot springs and wild rivers make up the deliverables, cut and shaped by the strong-featured Sawtooth Mountains.

The tour begins in the shadows of Greylock Mountain, where we ride through the backcountry of the Boise and Payette rivers, visiting remote natural hot springs along the way. Other highlights include a triad of noteworthy mining towns: Atlanta, Lowman, and Pine. Each day ends at a different natural hot spring, ready to take the dirt off your legs and put a smile on your face.

This tour merges kinder-gentler riding with soothing hot spring soaks. We've taken the best scenery, historic sights, and terrain from our classic Hot Springs tour, and made it accessible for beginning and intermediate riders. We take advantage of Idaho's extensive network of jeep road and doubletrack so that van support can be available for riders to customize their rides. Mother Nature's healing waters, forever sought by people the world over, await us each night, witnessed only by the starry constellations overhead.





THE ESCAPE ADVENTURES EXPERIENCE

For over 25 years, the hallmark of an Escape Adventures tour is personalized, hands-on service, before, during, and after each trip.

OUR PEOPLE

Our Trip Leaders are the best in the business. Trained personally by the owners, our WFR certified Leaders understand the areas you ride and the safety of the group.

OUR COMMITMENT

We don't just preach environmental awareness, we live it. We recycle 90% of our waste and run our LEED Platinum facilities with solar and wind power. Additionally, our facilities are net zero energy (we produce more energy than we consume) which makes us the only commercial outfitter in the world who is net positive energy.

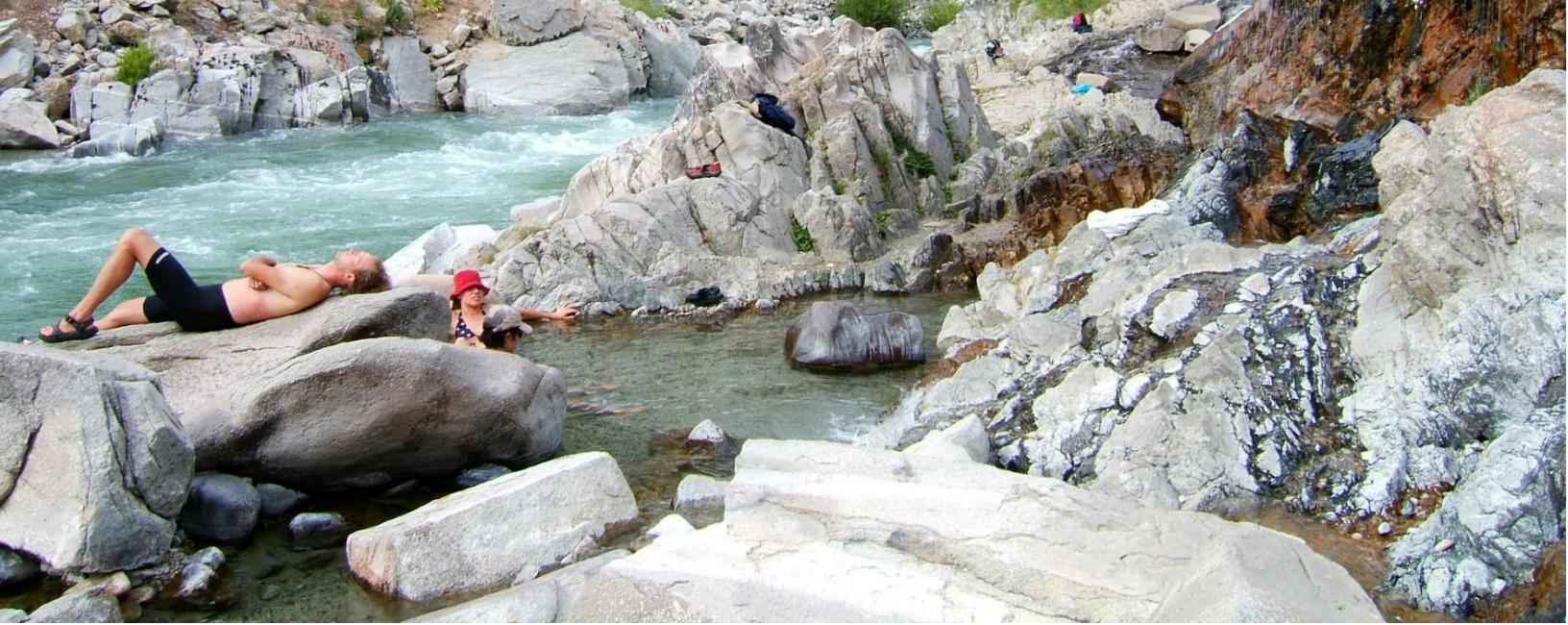
OUR FOOD

Our Leaders prepare meals on the trip with an emphasis on fresh, local and organic foods, ensuring you have the fuel you need to ride, and a delicious, meal at the same time.

OUR SUPPORT VEHICLES

We provide a support van and trailer for every 9 guests on all of our trips so you can count on us to be there when you need us.





DAY 1 | Rocky Bar to Atlanta

From Boise we shuttle to Rocky Bar, where we have lunch. After checking out the remnants of a jail and saloon that remain in this ghost town, we head out on our ride. We follow an old dirt road that passes between Steel Mountain and Bald Mountain as it makes a gradual 7 mile climb, followed by a 7 mile descent. Then one last short climb brings us to the historic town of Atlanta. We stop by the old jailhouse and check out some historic photos of the town's past, from its 1860s gold mining boom to the tourism trade of the 1950s. A historic log home displays what life was like for pioneers in the Idaho frontier. A short 1 mile ride brings us to camp for the evening, just in time for a great home-cooked dinner.

Total Mileage | 8.8 Miles

Feet Gain | 431

Terrain | Jeep Road, 100% Van Support

First-Class Camping | Atlanta



DAY 2 | Atlanta to Granite Creek Hot Springs

After a nutritious, hearty breakfast, we start our day with a scenic hike deep into the Sawtooth Wilderness where Greylock Mountain towers over the scene and there are surprises around every corner.

Once back at camp we hop on our bikes and descend the majority of our ride, on an old dirt road, from Atlanta to Granite Creek Hot Springs. We ride parallel to the Middle Fork Boise River, a popular fishing destination for rainbow trout. We take in the sights of rising ponderosa pine and Douglas-fir winding our way through the Sawtooth Wilderness floor. We shuttle to Lowman to settle into camp for the night and soak our legs in one of the many hot springs we'll enjoy this week.

Total Mileage | 19.6 Miles

Feet Gain | 584

Total Hiking Mileage | 5.2 Miles

Feet Gain | 383

Terrain | Jeep Road, 100% Van Support

First-Class Camping | Pine Flats





DAY 3 | Deadwood River

Following a tasty breakfast, we head out for our biggest climbing day of the week. We depart from camp on this out and back route following the Deadwood River Road, riding along the Deadwood River, which flows through the Boise National Forest. Because this route is an out and back it can be tailored to all fitness levels and be made easier by turning around at any time and heading back to camp. Once back at camp, take a soak in the hot springs nearby, relax, eat and take in the beautiful scenery surrounding us.

Total Moderate Mileage | 18 Miles

Terrain | Jeep Road, 100% Van Support

First-Class Camping | Pine Flats

Feet Gain | 2100



DAY 4 | Banner Ridge & Kirkham Hot Springs

After a delicious breakfast at camp, we head to Banner Ridge for some fun singletrack. We check out some neat self-sufficient yurts before riding the Cougar and Alpine Trails - great introductory singletrack through the forest. A fun 2,400ft downhill ride brings us to the highway, and a mile jaunt on the road takes us to the famous Kirkham Hot Springs. At this popular spot the springs drop in over rocks and boulders, creating majestic steaming waterfalls. Of course, there are also plenty of soaking pools and an icy river for jumping in! After we've had our fill of exploring and relaxing at the springs, we shuttle back to camp at Pine Flats. Be sure to take a moment to cherish the starry sky and crisp mountain air on our last night in the forest.

Total Easy Mileage | 15 Miles

Terrain | Singletrack & Jeep Road, No Van Support

First-Class Camping | Pine Flats

Feet Gain | 1274





DAY 5 | Pilot Peak to Idaho City

This morning we'll pack up camp for the last time and say goodbye to the Payette River and Lowman. A short shuttle takes us back up to Banner Ridge to try out our new singletrack skills. We spend the morning exploring the many miles of interconnecting trails across the ridge, stopping at many scenic views along the way. We have one last delicious lunch before hopping in our shuttle and heading back to Boise. As a special treat, convince your trip leaders to top off a great week with a stop in Idaho City for ice cream! In addition to delicious deserts, Idaho City offers quaint shops and lovingly preserved historic buildings from Idaho's bonanza days.

Total Mileage | 16.5 Miles
Terrain | Singletrack

Feet Gain | 405



THE IMPORTANT STUFF

Daily Activities

| Day | Activity | Easy | | Moderate | | Seasoned | |
|-----|--|-------|-----------|----------|-----------|----------|-----------|
| | | Miles | Feet Gain | Miles | Feet Gain | Miles | Feet Gain |
| 1 | Mountain Biking | 8.8 | 431 | | | | |
| 2 | Mountain Biking | 19.6 | 584 | | | | |
| | Hiking | 5.2 | 383 | | | | |
| 3 | Mountain Biking | | | 18 | 2100 | | |
| | Day 3 can be made as easy as needed as this ride is an out and back. | | | | | | |
| 4 | Mountain Biking | 15 | 1274 | | | | |
| 5 | Mountain Biking | 16.5 | 405 | | | | |



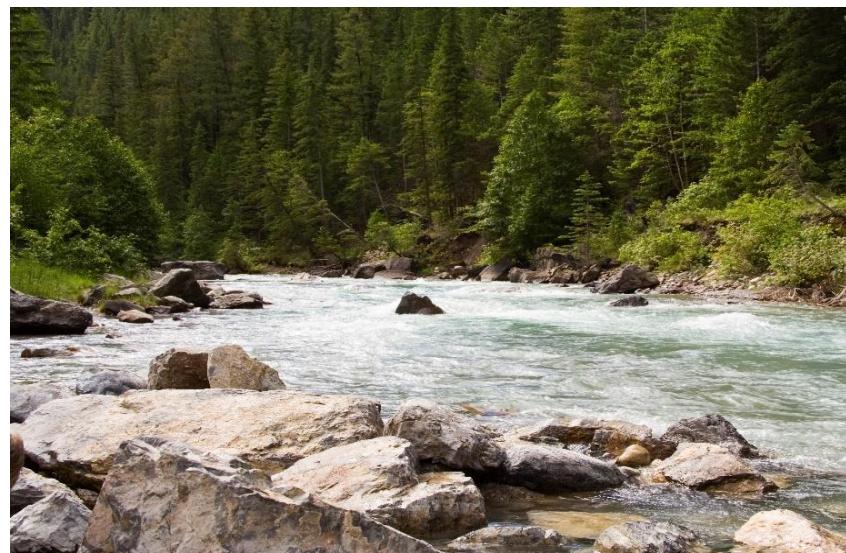
Mountain Bike Tour Technical Levels

| Level | | Description |
|-------|---|---|
| Easy | 1 | Maintained Gravel Roads, Easy Grades |
| | 2 | Level 1 PLUS Unmaintained Dirt Roads, Maintained Singletrack Trail |
| | 3 | Level 2 PLUS Moderate Grades, Some Unmaintained Singletrack |
| | 4 | Level 3 PLUS Rocky Terrain – PLUS Longer, Steeper Ascents & Descents |
| | 5 | Level 4 PLUS Some Exposed Sections Of Trail, Some Loose Climbs & Descents |



Mountain Bike Tour Fitness Levels

| Level | | Hours of Activity | Total Elevation Foot Gain | Mountain Bike Miles | Hiking Miles |
|-------|---|-------------------|------------------------------|------------------------|-----------------|
| Easy | 1 | 1-3 | 700 | 5-10 | 1-5 |
| | 2 | 2-4 | 1200 | 10-15 | 5-8 |
| | 3 | 3-5 | 1800 | 15-25 | 8-10 |
| | 4 | 4-6 | 2200 | 25-35 | 10-12 |
| | 5 | 5-7 | 3000 | 35-50+ | 12-16+ |



HOW TO PREPARE

MOUNTAIN BIKE

For optimal physical preparation, we recommend that you ride at least several hours per week during the month preceding the tour. During the tour you will be on your bike every day, and we can assure you that an unprepared bottom is a sore one! If you can't ride your bike, or don't own one, take a spin class at your local gym a few times a week.

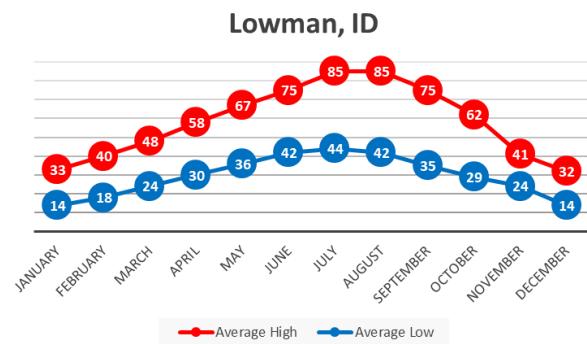
HIKING

To prepare for the tour, we recommend that you hike, jog or run at least several hours per week during the month preceding the tour. Walk/run in the shoes and sock you are bringing on the trip. This will help prevent blisters and sore feet.



WEATHER

You will be riding and sleeping at elevations over 4,000 ft. for this trip. Weather predictions in this area are often unreliable due to the elevation, so it is best to be prepared for cold evenings and inclement weather. Please use the following locations when checking the weather online: **Lowman, ID**



PACKING

Luggage is limited to one small soft-shelled suitcase or medium/large sized duffel bag (no heavier than 40 pounds). Please ensure your luggage container is water repellent. We also suggest bringing a hydration daypack or small backpack for valuables.

A complete list of what we consider essentials for every trip, as well as items that can be rented from Escape Adventures, is available at www.escapeadventures.com/packing-lists/

BICYCLE RENTALS

Escape Adventures rents quality bicycles. We will fit you with a high quality, durable and safe ride. Our chosen bike is equipped with an aluminum frame designed for a smooth, comfortable ride. Our mountain bikes are full-suspension, lightweight, equipped with a dropper post and adjustable. Availability of bikes are specific to your destination and should be confirmed in your itinerary. For more information call 800-596-2953.

- All bicycle rentals are equipped with flat pedals and a complimentary water bottle.
- Helmet and clipless pedals are available upon request and are included in the rental.
- Please specify your individual needs when confirming your reservation.

Specialized Stumpjumper – 29er



Santa Cruz Tallboy – 29er



Santa Cruz 5010 – 27.5



The new Stumpjumper is the ultimate trail bike. It's supple over small bumps, yet it possesses a firm mid-stroke and exceptional bottom-out support.

The Tallboy muddles the line between XC and trail. The Tallboy climbs almost as well as an XC bike, but shows its true colors when the trail turns downward.

An agile trail whip that turns on a dime and loves to pop and play. Turning trails into pumptracks the 5010 begs to spend as much time above the ground as on it.

Cannondale MTB Tandem



Our tandem is ideal for getting you and your partner or child out together. Tandem is available on request at an additional charge. Grab a partner and enjoy the ride!

Specialized Hotrock 20" & 24"



Escape Adventures is one of the only tour companies to provide a specific selection of kid's bikes for touring. Your child will feel confident on the Hotrock.

TRIP COST INCLUDES

All meals starting with lunch on the first day through lunch on the last day, support vehicles, snacks, first-aid, bike maintenance, community gear, and a custom sublimated Limited Edition Jersey.



escape adventures
MOUNTAIN, ROAD AND MULTI-SPORT TOURING

TRIP COST DOES NOT INCLUDE

Airfare to and from departure point, lodging before or after the tour, personal camping gear (if applicable), or gratuities to Escape Adventures Trip Leaders. Tips to the Trip Leaders are given at your discretion and based on the quality of your experience. We suggest 10-20% of your trip cost to be divided between all Trip Leaders.

MEALS

Our Trip Leaders prepare all of your meals on our camping trips. Expect three delicious meals a day consisting entirely of freshly prepared foods. These include fresh organic fruits and vegetables as well as meats.



TRIP AMENITIES

First-class campers will enjoy well-maintained public campgrounds. There is very little phone service in this area.

KEEPING YOU UP TO DATE

We are always seeking opportunities to enhance this itinerary. We'll notify you of any changes prior to departure; other changes may be communicated on the trip by your Trip Leaders.

This is a general itinerary and may vary. Escape Adventures reserves the right to make changes due to weather, local conditions, government intervention, or any other unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Inns are subject to change.

FIRST-CLASS CAMPING IN IDAHO BACKCOUNTRY



There is nothing better than rolling into camp to fresh made chips and salsa, homemade guacamole and Dutch oven enchiladas. Then making your way to the inviting campfire, sharing your favorite anecdote or image from the day's activities while marshmallows roast. Enjoy a small-batch local beer before retiring to your tent where inside a sturdy raised cot, fluffy sleeping bag, and a plush full size pillow await.

We choose well-maintained public campgrounds with scenic vistas. The majority feature indoor facilities and showers. However, in more remote backcountry camping scenarios, we'll provide portable toilets and private solar showers.

CAMPING GEAR RENTALS - \$100 per camp kit (items also available a-la-cart)



Camping gear may be rented or you may bring your own. Our camp gear package includes a three-man tent with ground tarp, sleeping bag, bag liner, full size pillow, raised cot and self-inflating ground pad.

GATEWAY CITY: BOISE, IDAHO

Boise is the capital city of Idaho. The Boise River Greenbelt is a series of tree-dotted trails and parks hugging the water's edge. In an art deco building, downtown's Boise Art Museum has contemporary works and an outdoor sculpture garden. The grand, sandstone Idaho State Capitol Building is nearby. The Old Idaho Penitentiary contains 19th- century prison cells, gallows and weaponry.



BOISE AIRPORT

BOISE AIRPORT

3201 Airport Way, Suite 1000 Boise, ID 83705
(208) 383-3100
www.iflyboise.com

Boise Airport is a joint civil-military airport three miles south of Boise in Ada County, Idaho. It is by far the busiest airport in the state of Idaho, serving more passengers than all other Idaho airports combined.



BOISE HOTELS

HOLIDAY INN BOISE AIRPORT
2970 West Elder St, Boise, ID 83705
(208) 344-7444
[https://holidayinnboiseairport.com](http://holidayinnboiseairport.com)

THE GROVE HOTEL
245 S Capitol Blvd, Boise, ID 83702
(208) 333-8000
www.grovehotelboise.com

MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

SPRINGHILL SUITES BY MARRIOTT
424 E Parkcenter Blvd, Boise, ID 83706
(208) 342-1044
<http://springhillsuites.marriott.com/>

DEPARTURE TIME

8:00 AM on the first day of the tour.

RETURN TIME

By 7:00 PM on the last day of the tour.



CANCELLATION POLICY

In order to keep our tours affordable and provide proper notice to our lodging partners, we must adhere to this timeline, no exceptions. After our refund deadline has passed we cannot provide a refund for any reason, including circumstances beyond your control such as weather-related travel delays, family emergency, or injury. There is also no partial refund if you arrive late to your tour, or depart early. Insurance agencies however, offer a full or partial refund in many circumstances if you purchase travel insurance to cover your tour. Payment in full is due 60 days prior to trip departure.

| IF YOU CANCEL YOUR TRIP | YOU WILL RECEIVE |
|--|--|
| Up until 60 days prior to trip departure | 100% of what you have paid minus a \$200 processing fee per person |
| 59-45 days prior to trip departure | 50% of what you have paid minus a \$200 processing fee per person |
| 45-30 days prior to trip departure | 15% of what you have paid minus a \$200 processing fee per person |
| 29-0 days prior trip departure | No Refund |

TRAVEL INSURANCE

We strongly encourage you to purchase travel insurance to protect against extenuating circumstances such as illness and injury—believe us, they do come up! We have a special arrangement with TravelGuard insurance so that you may purchase reasonably-priced travel insurance at the same time you place your tour reservation. For a detailed description of the TravelGuard policy we offer, visit our website or call 866-385-4839 and ask about product 007715.

TRANSFER POLICY

If you would like to change to a different tour or departure date after signing up, we will be happy to transfer you on a space available basis up until 60 days prior to your tour. Please provide your transfer request in writing - email is sufficient. Please note, a \$25 transfer fee will be deducted from your previous payments for each transfer, and if you later choose to cancel your tour, the cancellation deadlines will apply to the date of the originally scheduled tour.

TOUR CONFIRMATION

Escape confirms tours 60 days prior to tour departure; prior to this time, tours may be cancelled due to low enrollment. After your tour is confirmed, it will not be cancelled for low-enrollment, but in rare cases may be cancelled due to weather, government intervention, unsafe trail conditions, or any other reason that would affect the quality of the scheduled tour or the safety of its participants. If we are forced to cancel your tour, we will provide a 100% refund and work to add you to another trip that works for you.

TRAVEL PLANS

We advise you to avoid non-refundable flights and other travel arrangements and are not responsible for the costs of such arrangement in the event your tour is cancelled. The travel insurance offered in conjunction with our tours covers the cost of your tour but does not cover additional costs such as travel to and from your tour departure location, and hotel stays prior to or following your tour. Please consider purchasing additional insurance coverage.



SIMILAR TRIPS FROM ESCAPE ADVENTURES

BRYCE & ZION INTRO MOUNTAIN BIKE TOUR

- 👶 Families with Older Kids
- 👶 Families with Younger Kids
- 💡 Private Tours and Custom Tours
- 👤 Solos, Couples & Friends
- 📍 Departure: St. George, UT
- 📅 Tour Offered: May, Jun, Jul, Aug, Sep
- 📅 Departs On: Sunday
- ⌚ Duration: 6 Days
- 🏨 Lodging: First-Class Camping or Casual Inns
- ❤️ Fitness Level: 2-3
- 🚲 Technical Level: 1-2
- ⬆️ Elevation Range: 4,000 - 10,000 ft.

Soaring red stone spires and ancient citadels of rich Navajo sandstone give way to haunting hoodoos and curving arches of rock, a geologist's and adventurer's dream come true. Welcome to Utah's Color Country.



IDAHO BACKCOUNTRY HOT SPRINGS MULTI-SPORT ADVENTURE

- 👶 Families with Older Kids
- 👶 Families with Younger Kids
- 💡 Private Tours and Custom Tours
- 👤 Solos, Couples & Friends
- 📍 Departure: Boise, ID
- 📅 Tour Offered: Jun, Jul, Aug
- 📅 Departs On: Sunday
- ⌚ Duration: 6 Days
- 🏨 Lodging: First-Class Camping
- ❤️ Fitness Level: 1-3
- 🚲 Technical Level: 1-2
- ⬆️ Elevation Range: 4,000 - 8,000 ft.

Our Backcountry Hot Springs Multi-Sport Adventure showcases the magnificent Sawtooth Mountain Range, in Idaho's lower midsection. On this tour, you will enjoy hiking and rafting along with refreshing hot springs every night.

