



UTAH

BRYCE AND ZION NATIONAL PARKS *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 & Cabins

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. Located where the Southern Wasatch Range meets the Colorado Plateau, a vast series of massive, high altitude islands that rise above the Four Corners region. Welcome to Utah's Color Country.

Having the largest concentration of parklands in North America, plus fast, narrow trails, this is a mountain biker's paradise. The rides here pack as many scenic attributes as they are fat tire fab. The world famous trails of Cassidy and Casto Canyon, symbolize but a few of this tour's many highlights.

At Bryce Canyon, most days afford no less than a 90-mile view to Navajo Mountain and the Kaibab Plateau, respectfully, in Northern Arizona. Though on especially clear days, the Black Mesas of eastern Arizona and western New Mexico come into view. Despite its name, Bryce is not actually technically a canyon, but rather a series of 14 magnificent amphitheatres 1,000 feet deep, each lined with rock sculptures. Stargazers will enjoy a 7.3-magnitude night sky; this means you'll be able to see upwards of 7500 stars without a telescope! Compare that to the big city norm of maybe a few dozen.

Whether you're forever pacing the front of the pack, or at the back end, a camera deployed to capture the best imagery, our Bryce-Zion tours offer something for everyone.





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

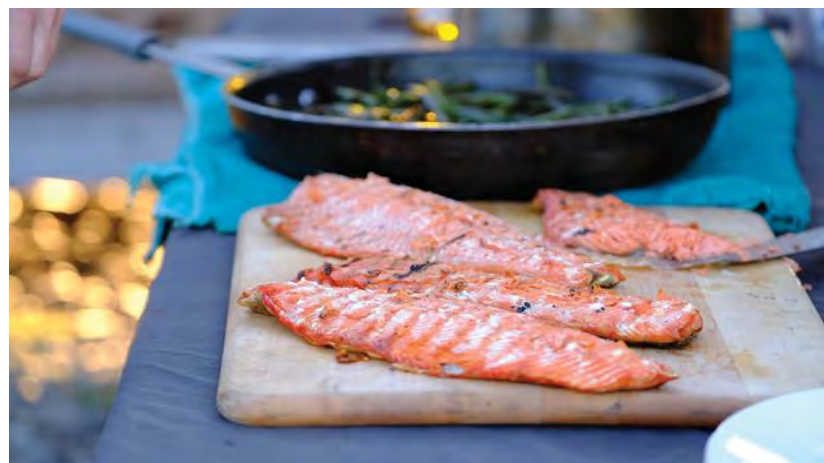
We don't just preach environmental awareness, we live it. We recycle 90% of our waste and run our LEED Platinum facilities with solar and wind power. Additionally, our facilities are net zero energy (we produce more energy than we consume) which makes us the only commercial outfitter in the world who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

After meeting in St. George, we'll travel as a group to Red Canyon for a light lunch, introductions, and a pre-trip meeting. Get ready for some of the best singletrack in Utah--Red Canyon! From Butch Cassidy Draw we'll ride out to the Casto Canyon trailhead, passing views of Slate Mountain and Powell Point. Casto Canyon, crosses a small creek bed up to 44 times, and takes us into the "Land before Time", a dizzying array of hoodoos and pick cliffs.

Total Easy Mileage | 9 Miles Feet Gain | 775
Total Moderate Mileage | 17 Miles Feet Gain | 1446
First-Class Camping: Red Canyon | Inn: Quality Inn Panguitch
Terrain | Singletrack & Doubletrack, No Van Support



DAY 2 | Red Canyon & Bryce Canyon National Park

Awaken to a beautiful sunrise with light slowly filtering through the canyon into our camp. Another short shuttle this morning takes us deep into the backcountry of Bryce Canyon. We'll hop on our bikes for a twisty ride on little used ATV trails all the way to the entrance to Bryce Canyon. We'll enjoy lunch in the park, then spend a few hours exploring popular trails among the famous hoodoo sandstone pillars. Navajo Loop, Wall Street, and the Rim Trail offer some of the best hiking in Utah.

Total Easy Mileage | 8 Miles Feet Gain | 586
Total Moderate Mileage | 25 Miles Feet Gain | 1789
Hiking Mileage | 3.1 Miles Feet Gain | 577
First-Class Camping: Red Canyon | Inn: Quality Inn Panguitch
Terrain | Singletrack & Doubletrack, No Van Support





DAY 3 | Tropic Reservoir to Hatch

Today we'll test all of our skills learned throughout the week as we challenge ourselves with a ride from Tropic Reservoir to the small enclave of Hatch. A long ascent will take us to the top of the sunset cliffs where the views will be well worth the effort. The nice green forest with the speckled red hoodoos through the ride are amazing. After reaching the top we'll take in the beautiful view before we begin our decent to the van and lunch at our Hatch Hut. After being energized by a delicious meal, jump back in the saddle and ride from Hatch to Duck Creek, where you will view mountain meadows and rolling hills covered in beautiful stands of Aspen and conifers such as pine, spruce and fir trees. A variety of wildflowers are in bloom throughout the spring and summer seasons.

Total Easy Mileage 20.6 Miles	Feet Gain 1946
Total Moderate Mileage 14.4 Miles	Feet Gain 1378
Total Seasoned Mileage 35 Miles	Feet Gain 3324
First-Class Camping: Te-ah Campground Inn: Duck Creek Village Inn	
Terrain Doubletrack, Van Support on Easy Mileage	



DAY 4 | Navajo Lake

The sunrise over Navajo Lake provides awesome scenery this morning as you enjoy a delicious breakfast. Today we will ride around Navajo Lake. This aspen-forested singletrack is a fun 10 miles around the scenic shoreline. Depending on what everyone is up for we can take part in a hike or ride the Virgin River Rim trail.

Total Easy Mileage 10.1 Miles	Feet Gain 866
Total Moderate Mileage 15 Miles	Feet Gain 1441
Total Seasoned Mileage 20 Miles	Feet Gain 1946
Hiking Mileage 2 Miles	Feet Gain 102
First-Class Camping: Te-ah Campground Inn: Duck Creek Village	
Terrain Singletrack & Doubletrack, No Van Support	





DAY 5 | Navajo Lake to Zion

Today's ride takes us through the incredible backcountry to Zion National Park. The first 15 miles descends over 3,000 feet, followed by a 15-mile combination of long ups and downs until we meet the paved road into Zion National Park. After a quick shuttle through the mile-long tunnel through the park, a long descent takes us through Zion and into Springdale. We will be staying in a comfortable inn for our last night situated beneath the Zion cliffs.

Total Easy Mileage | 15 Miles
Total Moderate Mileage | 32 Miles
Total Seasoned Mileage | 47 Miles
Casual Inn | Bumbleberry Inn
Terrain | Singletrack, Doubletrack & Pavement, Some Van Support

Feet Gain | 508
Feet Gain | 2510
Feet Gain | 3603



DAY 6 | Zion National Park

We have one last day to soak up Zion's multi-hued cliffs and massive stone monoliths. Today we venture off on Zion's trademark trail, the Zion Narrows. Walking along and through the river, we take in unparalleled views of Angels Landing and the enormous cliffs that make Zion, well, Zion! For the more adventurous, opt to ride into the Zion Canyon on the bike path then hike the Narrows. After lunch we bring our adventures to an end and shuttle back to St. George and Las Vegas.

Total Moderate Mileage | 18 Miles
Total Hiking Mileage | The Narrows
Terrain | Pavement, 100% Van Support

Feet Gain | 800



THE IMPORTANT STUFF

Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking	9	775	17	1446		
2	Mountain Biking	8	586	25	1789		
	Hiking	3.1	577				
3	Mountain Biking	20.6	1946	14.4	1378	35	3324
4	Mountain Biking			15	1441	20	1946
5	Mountain Biking	15	508			39	2813
6	Biking			18	800		
	Hiking	Hiking the Narrows or Angels Landing in Zion National Park					



Mountain Bike Tour Technical Levels

Level		Description
Easy	1	Maintained Gravel Roads, Easy Grades
	2	Level 1 PLUS Unmaintained Dirt Roads, Maintained Singletrack Trail
Moderate	3	Level 2 PLUS Moderate Grades, Some Unmaintained Singletrack
Seasoned	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 Feet Gain	Mountain Bike Miles	Hiking Miles
Easy	1	700	5-10	1-5
	2	1200	10-15	5-8
Moderate	3	1800	15-25	8-10
Seasoned	4	2200	25-35	10-12
	5	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

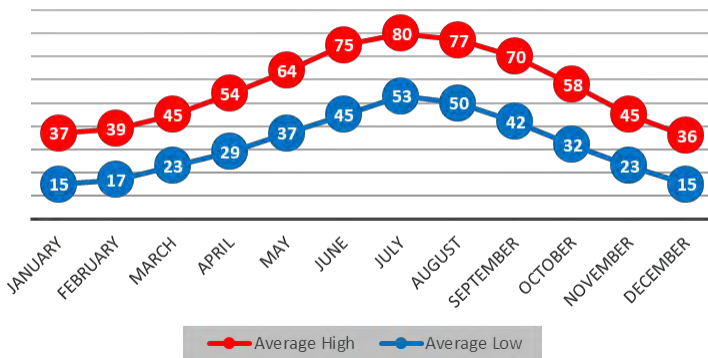
To prepare for the tour, we recommend that you hike, jog or run at least several hours per week during the month preceding the tour. Walk/run in the shoes and sock you are brining on the trip. This will help prevent blisters and sore feet.



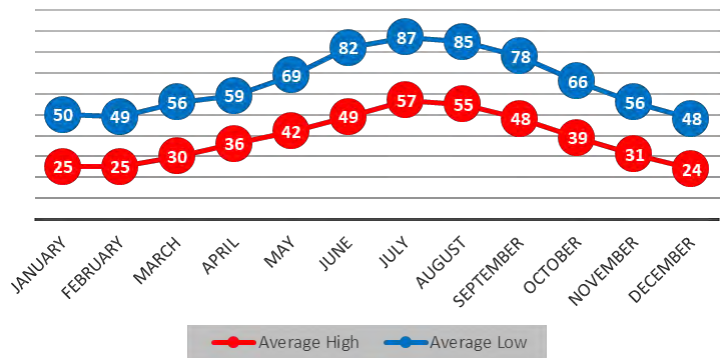
WEATHER

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: Bryce Canyon National Park & Zion National Park

Bryce Canyon National Park



Zion National Park



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 repellant. 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



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.

Santa Cruz Tallboy – 29er



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.

Santa Cruz 5010 – 27.5



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.



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. On inns tours our Trip Leaders prepare all of your picnic style lunches and breakfasts and dinners are served in the best local restaurants.



TRIP AMENITIES

First-class campers will enjoy well-maintained public campgrounds. Inns on this tour are chosen for comfort, scenery, and proximity to our activities. Cell service for this tour is spotty, Verizon is the best service to have for 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.

ACCOMMODATIONS

QUALITY INN PANGUITCH

3800 South, US-89, Panguitch, UT 84759

(435) 676-8770

www.choicehotels.com

Capture the pioneering spirit and rural charm of this town when you stay at our Panguitch hotel. From premium bedding and a refreshing shower to hot breakfast and friendly service, it's a great place to lay your head at night.



DUCK CREEK VILLAGE INN

815 UT-14, Duck Creek Village, UT 84762

(435) 682-2565

www.duckcreekvillageinn.com

Duck Creek Village Inn has front porch seating outside each room, an outdoor fire pit gathering area, barbecue facilities, paved parking and old growth big pines providing shade. Duck Creek Village Inn is located directly across from the Village where the summer crowd bustles, you get the convenience of being in the heart of Duck Creek yet enjoy the birds eye view and hillside privacy.



BUMBLEBERRY INN

97 Bumbleberry Ln, Springdale, UT 84767

(435) 772-3224

www.bumbleberry.com

Just 1 mile from the entrance to Zion National Park, you can use the free shuttle throughout town and into Zion National Park. Bumbleberry Inn offers great amenities such as our in ground hot tub, heated outdoor pool, large grassy property and free high-speed WiFi.



FIRST-CLASS CAMPING



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



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: LAS VEGAS, NEVADA

Las Vegas is the 28th-most populated city in the United States. Vegas is an internationally renowned major resort city, known primarily for its gambling, shopping, fine dining, entertainment, and nightlife. It is a top three destination in the United States for business conventions and a global leader in the hospitality industry, claiming more AAA Five Diamond hotels than any other city in the world. Today, Las Vegas annually ranks as one of the world's most visited tourist destinations.



MCCARRAN INTERNATIONAL AIRPORT



MCCARRAN INTERNATIONAL AIRPORT
5757 Wayne Newton Blvd, Las Vegas, NV 89119
(702) 261-5211

www.mccarran.com

LAS is conveniently located close to the popular strip area. McCarran International Airport is the eighth-busiest airport in North America.

ESCAPE ADVENTURES SHUTTLE

Take our shuttle from Las Vegas to St. George and get to know your Trip Leaders and fellow tour companions. Call for pricing.

MEETING LOCATION

ELEMENT HOTEL
10555 Discovery Dr, Las Vegas, NV 89135
(702) 589-2000
www.elementhotels.com

DEPARTURE TIME
7:00 AM on the first day of the tour.

RETURN TIME
By 5:00 PM on the last day of the tour.



LAS VEGAS HOTELS



RED ROCK RESORT
11011 W. Charleston Blvd, Las Vegas, NV 89135
(702) 797-7777

www.redrock.sclv.com



BELLAGIO
3600 Las Vegas Blvd S, Las Vegas, NV 89109
(702) 693-7111

www.bellagio.com

DEPARTURE CITY: ST. GEORGE, UTAH

St. George is located in the southwestern part of the state on the Arizona border, near the tri-state junction of Utah, Arizona and Nevada. The city is 118 miles (190 km) northeast of Las Vegas and 300 miles (480 km) south-southwest of Salt Lake City on Interstate 15. The St. George area is well known for its natural environment and proximity to several state and national parks.



MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

DESERT GARDEN INN
1450 South Hilton Drive, St. George, UT 84770
(435) 688-7477
www.desertgardeninn.com



DEPARTURE TIME
10:30 AM MST on the first day of the tour.

RETURN TIME
By 4:00 PM MST on the last day of the tour.

ST. GEORGE, UTAH HOTELS



BEST WESTERN PLUS ABBEY INN
1129 South Bluff Street St. George, UT 84770
(435) 652-1234
www.bestwestern.com



COURTYARD BY MARRIOTT
185 South 1470 East Eugene, OR 97401
(435) 986-0555
www.marriott.com

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






THE WHITE RIM MOUNTAIN BIKE TOUR

-  Families with Older Kids
-  Families with Younger Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Moab, UT
-  Tour Offered: Mar, Apr, May, Sep, Oct
-  Duration: 4 Days
-  Lodging: First-Class Camping
-  Fitness Level: 1-3
-  Technical Level: 1-2
-  Elevation Range: 4,000 - 6,000 ft.

Known the world over, Utah's 100-mile White Rim Trail in Canyonlands National Park comes on like a natural rollercoaster, looping in and out of a multi-colored array of spires, arches, buttes, and mesas carved by the Green and Colorado Rivers.



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.

