



UTAH

BRYCE AND ZION NATIONAL PARKS

MULTI-SPORT ADVENTURE

 Mountain Biking  Hiking  Rock Climbing  Canyoneering

-  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 and Cabins
-  Fitness Level: 1-3
-  Technical Level: 1-3
-  Elevation Range: 4,000 - 10,000 ft.

As the first mountain bike outfitter to guide tours in Bryce and Zion, we have found a wealth of adventure here. Not only is the mountain biking phenomenal and diverse, so is the terrain, which naturally lends itself to many different types of adventure.

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.

At the historically remote, though internationally acclaimed 229-square mile Zion National Park we marvel at huge sandstone monoliths that lord over 2,000-ft. deep canyons. At Bryce Canyon, most days afford no less than a 90-mile view to Navajo Mountain and the Kaibab Plateau in Northern Arizona. Stargazers will enjoy a 7.3-magnitude night sky; this means you'll be able to see upwards of 7500 stars without a telescope!

In addition to our favorite mountain bike rides, on this trip we offer further exploration of southern Utah's brilliant colors and shapes, by hiking, climbing, and canyoneering among the region's prevalent cliffs, crags, plateaus, and pinnacles.

We mountain bike the moderate trails of Red Canyon and Sunset Cliffs. We hike Bryce Canyon's Inspiration Point and the famous Wall Street. We boulder and rappel deep canyons and chutes on our canyoneering day, and our final activity takes us to the Red Cliffs of St. George where we challenge ourselves with an exciting day of rock climbing.





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

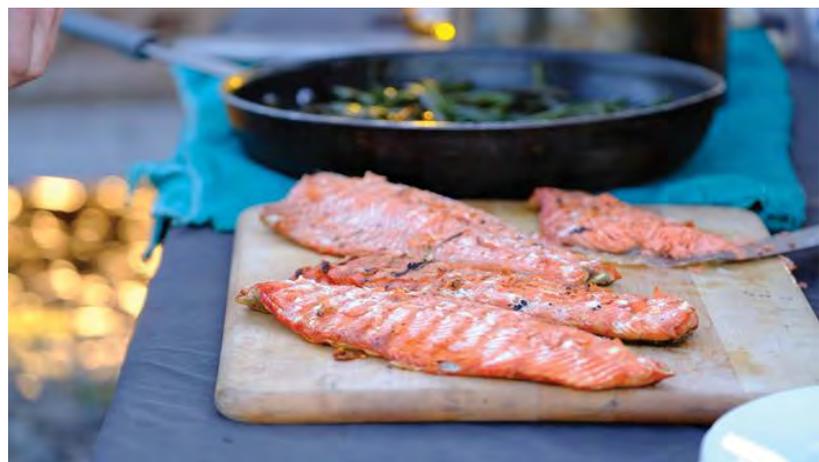
We don't just preach environmental awareness, we live it. We recycle 90% of our waste and run our LEED Platinum facilities with solar and wind power. Additionally, our facilities are net zero energy (we produce more energy than we consume) which makes us the only commercial outfitter in the world who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

Total Easy Mileage | 9 Miles Feet Gain | 775
Total Moderate Mileage | 17 Miles Feet Gain | 1418
First-Class Camping: Red Canyon | Inn: Quality Inn Panguitch
Terrain | Singletrack & Doubletrack, No Van Support



DAY 2 | Exploring Bryce Canyon

Awaken to a beautiful sunrise with light slowly filtering through the canyon into our camp. A short shuttle this morning takes us to Bryce Canyon National Park, named after Ebenezer Bryce, an early rancher who described it as "a helluva place to lose a cow." Your views of Bryce Canyon are dramatic. Enormous rows of ponderosa pine trees cover the color and grandeur of the canyon as you work your way toward the rim. Here the brilliant spires stand high and delicately as far as the eye can see! We'll spend our day exploring popular trails among the famous hoodoo sandstone pillars. Wall Street and Inspiration Point offer some of the best hiking in Utah.

Hiking Mileage | 3.1 Miles Feet Gain | 577
First-Class Camping: Red Canyon | Inn: Quality Inn Panguitch





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 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	Feet Gain 508
Total Seasoned Mileage 47 Miles	Feet Gain 3603
Casual Inn Bumbleberry Inn	
Terrain Singletrack, Doubletrack & Pavement, Some Van Support	





DAY 5 | Canyoneering Near Zion

Canyoneering is a kind of hybrid sport that applies hiking, rock climbing, and even swimming skills to negotiate up, down, and through canyons. Our day of guided canyoneering is filled with fun and excitement as we enter a world of adventure. Not only do we get the opportunity to rappel chutes up to 150ft, climb over and under boulders and logs, you get to do all of this in some of the most spectacular scenery found anywhere. Never canyoneered before? Not to worry, our one day foray into this world of adventure is designed for those with no prior experience. After a strenuous hike up into the Zion Backcountry, we spend the rest of the time rappelling and working our way back down. This is a day of adventure not to be missed.

Canyoneering | Near Zion National Park
Casual Inn | Bumbleberry Inn



DAY 6 | Rock Climbing St. George

This morning we'll head back to St. George for an exciting morning of rock climbing the red cliffs. Under the care of exceptional guides, you begin by learning the basics hands-on, and in just a few minutes you'll be making your way up the rock! Testing our metal on the rock is a great way to end a week of unmatched adventure. After one last lunch together, we bring our journey to an end and shuttle back to St. George and Las Vegas.

Rock Climbing | St. George Red Cliffs



Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking	9	775	17.3	1418		
2	Hiking Inspiration Point And Wall Street	3.1	577				
3	Mountain Biking	20.6	1946	14.4	1378	35	3324
4	Mountain Biking	15	200			47	3603
5	Canyoneering	Canyoneering near Zion National Park					
6	Rock Climbing	Rock Climbing Red Cliffs					

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
	4 Level 3 PLUS Rocky Terrain – PLUS Longer, Steeper Ascents & Descents
Seasoned	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 Biking		Multi-Sport Activities		
			Mountain Bike Miles	Hiking Miles	Rock Climbing	Canyoneering	Rafting/Canoeing
Easy	1	700	5-10	1-5	Low Angle Large Handholds	Hiking/No Ropes	Relaxed, Slow Moving Water
	2	1200	10-15	5-8	Level 1 PLUS Small Handholds	Level 1 PLUS Occasional Ropes	Level 1 PLUS Easy Rapids Wide Channels
Moderate	3	1800	15-25	8-10	Level 2 PLUS Steep Angles	Level 2 PLUS Easy Rapels	Level 2 PLUS Waves, Up to 4' Narrow Channels
	4	2200	25-35	10-12	x	Level 3 PLUS Complex Ropes, Multiple Rapels	Level 3 PLUS Long Rapids
Seasoned	5	3000	35-50+	12-16+	x	x	Level 4 PLUS Spinning, Large Waves

HOW TO PREPARE

MULTI-SPORT

As an adventurous person, feel free to do whatever you can before the trip. You can leave these specialty sports up to you. Except for biking and hiking, no experience is necessary, just enthusiasm and an open mind ready to try some new adventures. Your level of fitness also affects how much you enjoy your tour. Check your specific itinerary for an idea of your average daily mileage and level of strenuousness, then train appropriately.

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.



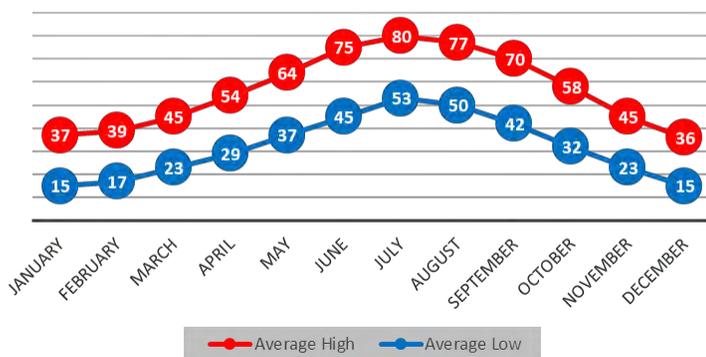
HIKING

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.

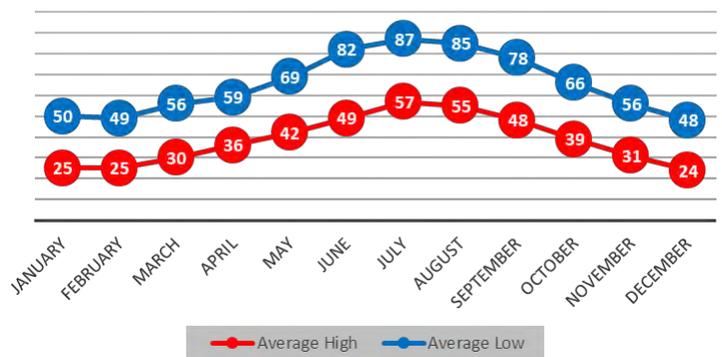
WEATHER

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: **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.



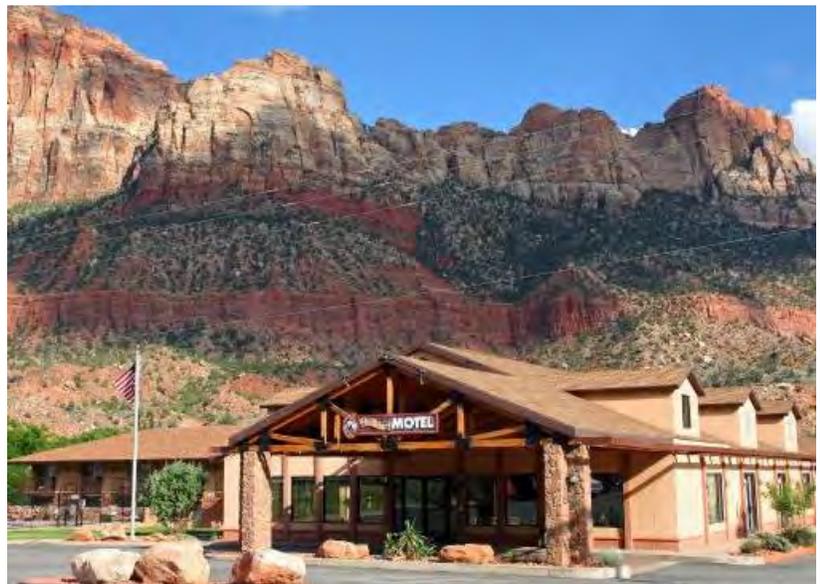
BUMBLEBERRY INN

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.

