



UTAH

BRYCE AND ZION NATIONAL PARKS

MULTI-SPORT ROAD BIKE TOUR

 Road 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, Oct

 Departs On: Sunday

 Duration: 6 Days

 Lodging: First-Class Camping or Casual Inns

 Fitness Level: 1-3

 Technical Level: 1-3

 Elevation Range: 4,000 - 10,000 ft.

As a pioneering outfitter in Bryce and Zion, (50-miles northeast), we've developed a wealth of extraordinarily rich adventure here. Not only is the road biking phenomenal and diverse, so is the terrain. In a sense, a geologic extension or addendum to The Grand Canyon 75-miles to the south, the landforms here lend themselves to a multitude of adventure, if not inspiring place-names: from The Court of The Patriarchs, The Beehives, Mountain of The Sun to The Great White Throne. Welcome to Utah's Color Country.

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.

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 road bike rides, on this trip we range further into southern Utah's brilliant colors and shapes: hiking, climbing, and canyoneering among the region's prevalent cliffs, crags, plateaus, and pinnacles. From cycling the moderately challenging separated bike paths of Red Canyon and Bryce Canyon, we take Vibram soles and approach shoes to Bryce Canyon's more remote draws: Sunset Point, Brian Head's Cascade Falls, and Zion's Narrows. Our canyoneering day takes us boulder and rappelling deep canyons and chutes. Our final activity transits to the Red Cliffs of St. George, the monumental formations of Navajo sandstone. There we chalk it up to a thrilling 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 | Cedar Breaks to Panguitch and Red Canyon

After meeting in St. George, we travel as a group to Brian Head Mountain and Cedar Breaks National Monument for a light lunch, introductions, and a pre-trip meeting. Our adventure begins as we descend from Cedar Breaks National Monument to Panguitch Lake. The road is smooth and gentle, descending 2,885 feet over 20 miles. If you're camping, we'll spend the night by the lake, which sits in a ponderosa and juniper forest dappled with ancient lava beds and rolling meadows. For guests on our Inns tour we will continue a beautiful 1500-foot descent into Panguitch town to our lodging for the night.



Total Easy Mileage 15 Miles	Feet Gain 384	Total Moderate Mileage 33 Miles	Feet Gain 961
Total Moderate Mileage 24 Miles	Feet Gain 975	Total Seasoned Mileage 41 Miles	Feet Gain 1679
First-Class Camping Panguitch Lake		Casual Inn Quality Inn Panguitch Lake	

DAY 2 | Red Canyon to Bryce Canyon

Energize with a delicious breakfast and get ready for a beautiful 1500-foot descent into Panguitch town. This is where the tour really starts to unfold as we make our way into beautiful Red Canyon! The road gently climbs up through the canyon amongst red spires and hoodoos on a dedicated bicycle path. The path is completely separated from the road allowing you to look around and stop at will.



As we crest Red Canyon, a flat ride through The Pines leads us into Bryce Canyon National Park. Once in Bryce, we will have a few hours to explore some of Utah's best hiking on the famous Wall Street hike.

Total Moderate Mileage 29 Miles	Feet Gain 1847	Total Moderate Mileage 20 Miles	Feet Gain 1788
Hiking Mileage 3.1 Miles	Feet Gain 577	Hiking Mileage 3.1 Miles	Feet Gain 577
First-Class Camping Red Canyon		Casual Inn Quality Inn Panguitch Lake	



DAY 3 | Red Canyon to Duck Creek

Today we cycle the back roads through the Dixie National Forest on our way to Duck Creek Village with optional ride along the shores of Navajo Lake. Navajo Lake's beautiful roadway is lightly traveled allowing you to relax and pedal at your own pace. The lake also offers opportunities to go boating, fishing, and swimming. This is simply a great day within the beauty of Dixie National Forest.

Total Moderate Mileage | 32 Miles

Feet Gain | 2814

Total Seasoned Mileage | 51 Miles

Feet Gain | 4377

First-Class Camping: Te-ah | Inn: Duck Creek Village Inn



DAY 4 | Duck Creek to Zion National Park

From Duck Creek ride back roads to Zion National Park! Pedal south until you encounter Mt. Carmel Junction, a colorful town full of recreational pursuits. Once a homesteading destination, Mt. Carmel Junction has resorts, museums, and other man-made roadside attractions, but the slot canyons and glazed, jagged cliffs will urge you to pause and take a breather amongst the outdoor beauty. Resume the journey west into Zion National Park, with Checkerboard Mesa perhaps the most intriguing sight of the day. Checkerboard Mesa is a cone-shaped sandstone hill that's unusual among this serrated horizon of spiky hills, protruding cliffs, and hoodoos. After taking in that wonder, continue your trip down the amazing switchbacks to Zion Canyon toward Springdale. There are plenty of satisfying hiking trails nearby, quaint mercantiles, and small eateries, so take in the local color before an incredible night's sleep.

Total Easy Mileage | 10.5 Miles

Feet Gain | 652

Total Moderate Mileage | 24 Miles

Feet Gain | 1902

Total Seasoned Mileage | 36 Miles

Feet Gain | 2850

Casual Inn | Bumbleberry Inn





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	Road Biking Camping Trip to Panguitch Lake	15	384	24	975		
	Road Biking Inns Trip to Red Canyon SR12			33	961	41	1679
2	Road Biking Camp Trip			29	1847		
	Road Biking Inns Trip			20	1788		
	Hiking Wall Street	3.1	577				
3	Road Biking			32	2814	51	4377
4	Road Biking	10.5	652	24	1902	36	2850
5	Road Biking	19	800				
	Canyoneering	Canyoneering Near Zion					
6	Rock Climbing	Rock Climbing Red Cliffs					

Road Bike Tour Fitness Levels

		Road Cycling			Multi-Sport Activities			
Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles	Rock Climbing	Canyoneering	Rafting/Canoeing	
Easy	1	1000	10-20	1-5	Low Angle Large Handholds	Hiking/No Ropes	Relaxed, Slow Moving Water	
	2	2000	20-30	5-8	Level 1 PLUS Small Handholds	Level 1 PLUS Occasional Ropes	Level 1 PLUS Easy Rapids Wide Channels	
Moderate	3	3000	30-45	8-10	Level 2 PLUS Steep Angles	Level 2 PLUS Easy Rapels	Level 2 PLUS Waves, Up to 4' Narrow Channels	
Seasoned	4	4000	45-75	10-12	x	Level 3 PLUS Complex Ropes, Multiple Rapels	Level 3 PLUS Long Rapids	
	5	5000	75+	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 us. 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.

ROAD 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.



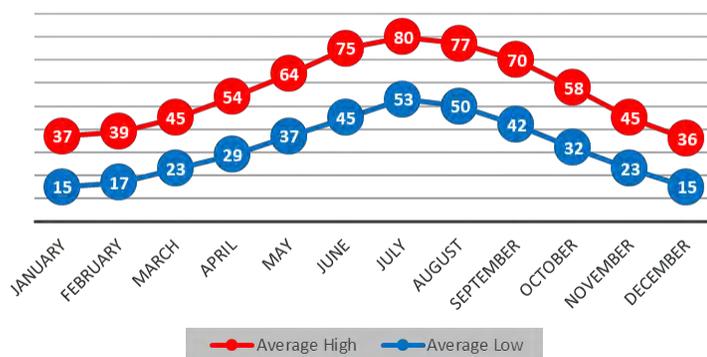
HIKING

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.

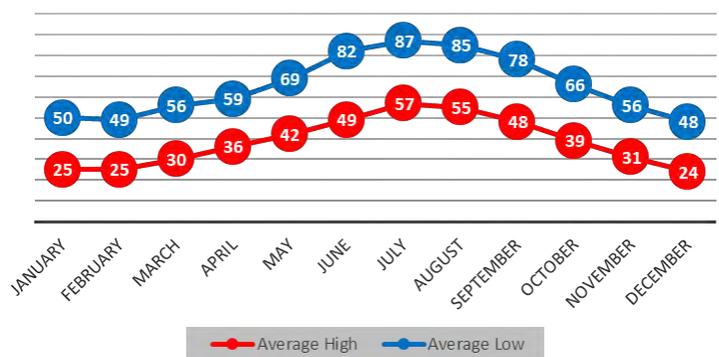
WEATHER

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/

BICYCLES AND GEAR

Make your trip as comfortable as possible on the body, as simple as possible for traveling, and hassle free on tour. By choosing to rent a bike from us, we will fit you with the newest, highest quality gear in the industry. Escape Adventures provides only high-end bicycles. All of our bikes are equipped with carbon fiber frames and disc brakes designed for a smooth, comfortable ride.

Specialized Roubaix Disc



Specialized has perfected the road bike. Ride confidently and comfortably for longer distances.

Specialized Sirrus



Our most popular bike for moderate road bike tours is the proven Sirrus. This bike is suited for a wide range of cyclists.

Specialized Como eBike



For those of you who have wanted to join a bike tour but feared your fitness would hold you or the group back, fear no more.

Co-Motion Periscope Tandem



Our tandem is ideal for getting you and your partner or child out together, Tandem is available on request at an additional charge.

Specialized Allez 24"



The Allez Junior is specifically designed for younger riders looking to keep up (or pass) Mom and Dad. The Allez gives all the performance they need to go fast!

Specialized Hotrock 20" & 24"



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

BIKE GEAR

Garmin Edge Explore GPS

All of our road bike trips include a Garmin GPS device to help you navigate through each day safely and smoothly. You'll know how far, fast, and high you've ridden on the flats or climbs or on your way through each day. Simply turn it on and start riding. No paper maps needed!



Be Seen, Be Safe

When you are on the road in the daytime, it is important to us to make sure you are seen from all directions. We offer the best daytime lighting by our partner NiteRider. Each road bike is equipped with a LUMINA MICRO 550 AND SABRE 80 COMBO with a Lumen Output: 550 and Run Time: 1:30 – 20:00 hrs.



TRIP COST INCLUDES

All meals starting with lunch on the first day through lunch on the last day, Specialized road bike rental, 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

GRAND TETONS MULTI-SPORT ROAD BIKE TOUR

- Families with Older Kids
- Families with Younger Kids
- Private Tours and Custom Tours
- Solos, Couples & Friends
- Departure: Jackson, WY
- Tour Offered: Jun, Jul, Aug, Sep
- Departs On: Sunday
- Duration: 6 Days
- Lodging: First-Class Camping or Casual & Luxury Inns & Restaurants
- Fitness Level: 2-3
- Technical Level: 2-4
- Elevation Range: 6,000 - 9,000 ft.

The Tetons are not merely rocks; they are a fountain of energy. This unmatched, multi-sport adventure focuses on the very best outdoor adventures the Tetons offer.



CANYONLANDS, ARCHES & MOAB MULTI-SPORT ROAD BIKE TOUR

- Families with Older Kids
- Families with Younger Kids
- Private Tours and Custom Tours
- Solos, Couples & Friends
- Departure: Moab, UT
- Tour Offered: Apr, May, Sep, Oct
- Departs On: Sunday
- Duration: 6 Days
- Lodging: Casual Inns or Luxury Inns & Restaurants
- Fitness Level: 1-3
- Technical Level: 1-3
- Elevation Range: 4,000 - 9,000 ft.

In the midst of Utah's Canyon Country, Moab's backcountry provides the perfect setting for your multi-sport adventure. Picture vibrant sandstone walls chiseled by the mighty Colorado River, lit by the evening glow of a desert sunset, and backed by a magnificent range of snow-capped mountains.

