



UTAH

BRYCE AND ZION

ROAD BIKE TOUR

 Road Biking  Hiking

 Families with Older 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: 2-4

 Elevation Range: 3,000 - 11,000 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. Located where the Southern Wasatch Range meets the Colorado plateau, scientists call this a "super-sequence": a vast series of massive, high altitude islands that rise above the Four Corners region. Welcome to Utah's Color Country.

Nonetheless scientists aren't the only ones carried away by this area. Owing to the largest concentration of parklands in North America, plus vast open views, this is no less than a cyclist's paradise. The infamous separated bike path of Red Canyon and Bryce Canyon, along with the vibrant colors of Snow Canyon, symbolize but a few of this tour's many highlights..

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. One hundred and fifty million years of geologic time is suspended here: the shallow seas and near shore environs of the Mesozoic Era, or Age of the Reptiles, set in the park's gloriously layered sandstone stacks. Enjoy a ride up the quiet Zion Canyon Drive –a road open only to bicycles and shuttles buses. 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 amphitheaters 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. Last but certainly not least is Brian Head. During the dry-season, Utah's highest ski resort transitions into one of the premiere alpine parks anywhere. 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 | St. George

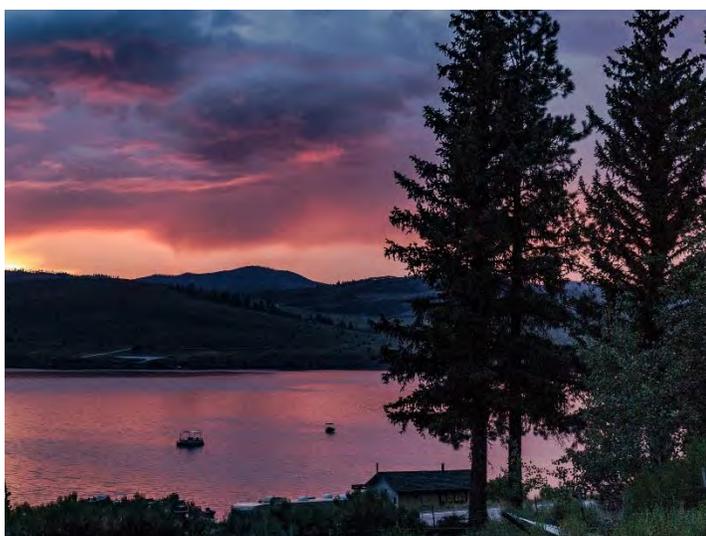
Riding from the beautiful Utah town of St. George, our first day coasts past vibrant Snow Canyon and past Gunlock Reservoir. The scenery is diverse as we transit through the Red Cliffs of St. George, the monumental formations of Navajo sandstone, to prairies dotted with pinion and juniper. There we chalk it up to a thrilling day of scenery and gentle riding before we finish with a shuttle up to Brian Head where we stay the night at 10,500 feet – Utah’s highest ski resort.



Total Moderate Mileage | 28 Miles Feet Gain | 2434
First-Class Camping: Point Supreme | Inn: Cedar Breaks Lodge

DAY 2 | Panguitch Lake

Situated directly next door to Brian Head, Cedar Breaks National Monument is where the ride begins. You’ll enjoy vistas of a massive geologic amphitheater that descends a half-mile deep. Take in the pure, thin air (elevation 10,362 feet at the start), and begin your ride. You’ll be roaming through Dixie National Forest, so named by settlers from the Deep South, who were journeyed through the arid wilderness under the directive of Brigham Young himself. Because the humid, warm air reminded them of their home, these Southern settlers referred to the area as “Dixie.” The name stuck, but Dixie it’s not. Be prepared for interperate climes as you move past aspen and ponderosa as well as pinyon pine and juniper trees - that sometimes lean and bow like ancient worshippers of a lost desert-forest deity. About 15 miles on a gradual descent later, you’ll make your way to Panguitch Lake. Panguitch means “big fish” in Native American Paiute, and it’s still one of the prime fishing destinations in all of Utah. For guests on our Inns tour, stop for a quick breather and snack, we will continue a beautiful 1500 foot descent into Panguitch town to our lodging for the night. Power down and rest up. We’re just getting started.



Total Easy Mileage | 15 Miles Feet Gain | 384
Total Moderate Mileage | 24 Miles Feet Gain | 975
First-Class Camping | Panguitch Lake

Total Moderate Mileage | 33 Miles Feet Gain | 961
Total Seasoned Mileage | 48 Miles Feet Gain | 2277
Casual Inn | Quality Inn Panguitch



DAY 3 | Red and Bryce Canyons

Today you're going to feed your eyes with majestic vistas of some of the most storied canyon lands in the West, so make sure you get an early start to give you time to linger in the warm pockets of Red and Bryce Canyons. Just up the road from our starting point, we join the Canyon Bike Trail, a separated bicycle path that leads to the perfect warm-up for Bryce Canyon. In fact, the brooding red cliffs and gatherings of sturdy pine forest have earned Red Canyon the nickname "Little Bryce." Enjoy a smooth ride to Coyote Hollow, as you pass orange-red walls of limestone and jutting hoodoos that pock the land like ancient sentries. You'll have plenty of elbow room if you want to take a short hike. Back on the bike, and shortly thereafter, you're in Bryce Canyon National Park. You'll be surrounded by earthy, jagged horizons adorned with gleaming orange hoodoos. Choose to ride the new bike path the entire length of the Park or simply spend your time exploring for the rest of the day on foot. We retrace our steps back to the days start.



Total Moderate Mileage | 29 Miles
 Total Seasoned Mileage | 51 Miles
 First-Class Camping | Red Canyon

Feet Gain | 1847
 Feet Gain | 2595

Total Moderate Mileage | 20 Miles
 Total Seasoned Mileage | 40 Miles
 Casual Inn | Quality Inn Panguitch

Feet Gain | 1788
 Feet Gain | 2343

DAY 4 | Red Canyon to Duck Creek

Today we cycle the back roads through the Dixie National Forest on our way to Duck Creek Village with an 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
 Total Seasoned Mileage | 51 Miles
 First-Class Camping: Te-ah | Inn: Duck Creek Village Inn

Feet Gain | 2814
 Feet Gain | 4377



DAY 5 | Duck Creek to Zion National Park

From Duck Creek ride back roads en-route to Zion National Park! Pedal south until you encounter Mr. Carmel Junction, a colorful town full of recreational pursuits. Once a homesteading destination, Mr. 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. Then resume the journey west into Zion National Park, with Checkerboard Mesa perhaps the most intriguing sight of the day. So called for its cross-hatched grid configuration, 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. This warm, friendly town in Zion Canyon will make you feel at home. 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 Seasoned Mileage | 58 Miles
Casual Inn | Bumbleberry Inn

Feet Gain | 2901

DAY 6 | Great White Throne

From your perch in Springdale, either on bike or in a shuttle, make your way along the Virgin River, which winds itself along the walls of Zion Canyon. Pass the oddly spelled Par'us Trail. Soon you will arrive at the Great White Throne. Though it sounds like something out of the Book of Revelations, the Great White Throne is a mountain of white Navajo sandstone that rises to its highest peak of 2,350 ft. on the north face. This is just one of the many attractions along the Virgin River. Nearby is Hidden Canyon, Angel's Landing, and other attractions. Pick your spot and keep your options open. Who wants this trip to end? Following lunch at a beautiful roadside orchard, we shuttle 45 minutes back to St. George.



Total Moderate Mileage | 18 Miles
Hiking | The Narrows or Angels Landing

Feet Gain | 1667

THE IMPORTANT STUFF

Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking			28	2434		
2	Road Biking Camp	15	384	24	975		
	Road Biking Optional ride around Panguitch Lake	9	591				
	Road Biking Inns to Panguitch			33	961	48	2277
3	Road Biking Camp			29	1847	51	2595
	Road Biking Inns			20	1788	40	2343
4	Road Biking			32	2076	51	3483
5	Road Biking					58	2901
6	Biking			18	1667		
	Hiking	Hiking the Narrows or Angels Landing in Zion National Park					

Road Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles
Easy	1	1000	10-20	1-5
	2	2000	20-30	5-8
Moderate	3	3000	30-45	8-10
Seasoned	4	4000	45-75	10-12
	5	5000	75+	12-16+



HOW TO PREPARE

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.



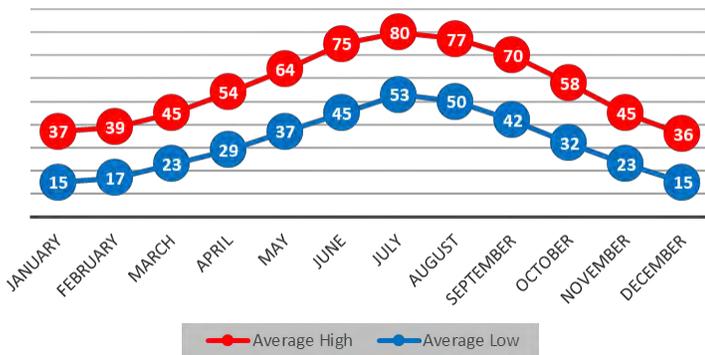
HIKING

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.

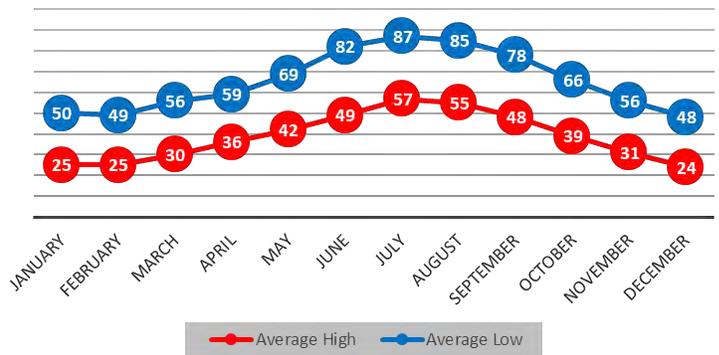
WEATHER

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.

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 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.

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. Accommodations are subject to change.



Cedar Breaks Lodge

223 Hunter Ridge Dr, Brian Head, UT 84719

(435) 677-3000

www.cedarbreakslodge.com

Cedar Breaks Lodge can accommodate your Brian Head adventure, whatever the season. With décor inspired by the stunning vistas that make up its very surroundings, this resort is a naturalist's dream realized.

Amenities include pool, spa, steam and dry sauna.



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

BRYCE, ZION & GRAND CANYON ROAD BIKE TOUR

-  Families with Older Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: St. George, UT
-  Tour Offered: May, Jun, Jul, Aug, Sep
-  Departs On: Sunday
-  Duration: 7 Days
-  Lodging: First-Class Camping or Casual Inns
-  Fitness Level: 3-5
-  Elevation Range: 4,000 - 10,000 ft.

Bryce Canyon, Zion National Park, and the Grand Canyon, are a trio of nature's finest. 3 national parks, one tour!



ROCKY MOUNTAIN ROAD BIKE TOUR

-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Durango, CO
-  Tour Offered: Jun, Jul, Aug, Sep
-  Departs On: Monday
-  Duration: 5 Days
-  Lodging: Casual Inns
-  Fitness Level: 3-5
-  Elevation Range: 6,000 - 11,000 ft.

Breathe the crisp mountain air, as picturesque roads lead you through a sea of Rocky Mountain peaks rising all around you.

