



# 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 tour showcases the magnificent Sawtooth Mountain Range, in Idaho's lower midsection. You want to talk American Exceptionalism, this national recreation area, comprised of The Boise, Sawtooth and Challis National Forests—largest set aside in the continental United States—borders a vast, textbook wilderness marked by a staggering 587,000-acres of road-less area. In terms of reference points, you're one and a half hours north of Boise: the Stanley Basin, a chunk of the Idaho Batholith, plus the physically striking Sawtooths to the east represents our ingress, or gateway to all manner of outstanding adventure pursuits.



High in the 2,612,703-acre Boise National Forest, beholding a 50-mile horizon, we submerge ourselves for the next six days. Think quick descents on nimble, do-it-all mountain bikes; rolling high ridges, navigating the forests that feed broad grasslands. Below the trail loom some of the best trout fishing holes in The West. The regulars we might meet: Bull Moose, bear, deer and elk. This high-country blends hiking with mountain biking, whitewater rafting with glorious soaks in the area's abundant natural hot springs! Speaking to the latter, some are signed. While only tall columns of steam give others away. Mineral-suffused, the hot springs we drop into are clean, delightfully secluded, all at various depths if not degrees. Put another way: You might have a cozy two-seater with a sandy bottom all to yourself; or we'll share warm, connected earthen pools fed by multiple waterfalls. Seriously, it doesn't get any better. Our days will unfold at anywhere from 4,400-feet to 8,000 feet. Likewise, each night's campsite differs just as widely. One day we rest and recline in backcountry style, surrounded by tall, sloping grasslands. The next finds us around a fantastic campfire, beneath owls and shooting stars, swept up in the sway of endless coniferous forest: from Ponderosa, Lodgepole and Whitebark pine to Western larch, Douglas fir and Englemann spruce. The ambient then transitions to a soothing-constant churn when the shore above a whitewater river becomes our home for a night. Each day's stunning beauty, sights and sounds, complements and perfects the next.



# THE ESCAPE ADVENTURES EXPERIENCE

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

## OUR PEOPLE

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

## OUR COMMITMENT

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

## OUR FOOD

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

## OUR SUPPORT VEHICLES

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





## DAY 1 | Rocky Bar to Atlanta

From Boise we shuttle to our first stop of the tour - Rocky Bar. The countryside here is unsurpassed in its beauty and ruggedness. Our ride is a fun, 3000 foot, non-technical descent on fire roads to the Boise River. Once at the river, we'll ride a short few miles to our camp just outside the historic mining town of Atlanta. Once at camp, take advantage of the two natural hot springs nearby, or get in more riding with an optional singletrack ride that leaves right from our camp.

Total Mileage | 8.8 Miles  
Terrain | Singletrack  
First-Class Camping | Atlanta

Feet Gain | 431



## DAY 2 | Hiking Decker Creek

A hike from our campsite takes us up into the beautiful big country along the Decker Creek. You'll be inspired by the scenery and quietude of central Idaho. After lunch we take our time touring through the historic mining town of Atlanta. The deserted buildings give us a sense of the real Old West. We'll spend the evening with a relaxing and well-deserved hot spring swim.

Hiking Mileage | 9.3 Miles  
Terrain | Smooth dirt and rocky sections  
First-Class Camping | Atlanta

Feet Gain | 803





## DAY 3 | Banner Ridge Kirkham Hot Springs

Today we pack up camp and shuttle even higher into the Boise National Forest to the Banner Ridge Sno-park. After lunch on Banner Ridge we'll descend from 7,100' feet to 4,300' feet finishing at our favorite hot spring of the week. We'll spend a few hours here soaking our legs and jumping in and out of the roaring Payette River.



Total Easy Mileage | 16 Miles  
Total Moderate Mileage | 31 Miles  
Terrain | Singletrack  
First-Class Camping | Pine Flats

Feet Gain | 463  
Feet Gain | 1730

## DAY 4 | Rafting Payette River

Get wet and wild as you plummet thirteen miles down one of the West's most magnificent river corridors. The steep drops, towering canyon walls, and clear water make this the legendary crown jewel of continuous Class IV rapids. The Canyon features continuous class III and IV rapids some of which include Oxbow, Gateway, Blackadar, Lone Pine, Little Falls, and Surprise. The successful negotiation of these rapids requires energetic paddling and teamwork under the direction of our most experienced guides. After a few miles, we will disembark to portage Big Falls (an unrunnable 40-ft. waterfall) and admire its beauty and power. A gourmet riverside lunch will be prepared and served by your guides so you can relax and re-fuel at midday.



Rafting | Payette River  
First-Class Camping | Pine Flats



## DAY 5 | Hiking Deadwood or Red Mountain Trails

We have two options for today's hike (which depends on abilities and weather). Deadwood is a refreshing hike along the banks of Deadwood River. Very easy hiking and minimal elevation gains which works well with kids.

The other option is Red Mountain trail along beautiful Clear Creek, which we will cross a number of times. The trail takes us straight up through an open douglas fir forest to the top of Red Mountain. From the top, we have magnificent views of a number of remote lakes and enjoy the peacefulness of the area. Although the trail is steep and exposed at times, we are often rewarded by amazing views of the Sawtooth Range and beautiful wildflowers. Trip Leaders will choose the hike based on the group's skill and weather.

Total Hiking Mileage | 13.6 Miles  
Terrain | Smooth dirt  
First-Class Camping | Pine Flats

Feet Gain | 1676



## DAY 6 | Banner Ridge Sno-Park

We shuttle back to Banner Ridge and utilize the cross country ski trails for a fast and fun ride over the peaks. The tree lined trails of Banner Ridge open up with big views of Steel Mountain, the Sawtooths, and Sunset and Pilot peaks to the west, providing a very scenic backdrop for our last day of riding. We'll have lunch at one of the trailheads and shuttle back to Boise.

Total Mileage | 15.3 Miles  
Terrain | Singletrack

Feet Gain | 1274



# THE IMPORTANT STUFF

## Daily Activities

| Day | Activity  | Easy  |           | Moderate |           | Seasoned |           |
|-----|---|-------|-----------|----------|-----------|----------|-----------|
|     |   | Miles | Feet Gain | Miles    | Feet Gain | Miles    | Feet Gain |
| 1   | Mountain Biking   | 8.8   | 431       |          |           |          |           |
| 2   | Hiking  |       |           | 9.3      | 803       |          |           |
|     | Decker Creek  |       |           |          |           |          |           |
| 3   | Mountain Biking   | 16    | 463       | 31       | 1730      |          |           |
| 4   | Rafting   |       |           |          |           |          |           |
| 5   | Hiking  |       |           | 13.6     | 1676      |          |           |
|     | Hiking along Deadwood River can be cut shorter at any time. |       |           |          |           |          |           |
| 6   | Mountain Biking   | 15.3  | 1274      |          |           |          |           |



## 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 | Mountain Biking           |                     |              | Multi-Sport Activities |                              |   |  |
|----------|-------------------|---------------------------|---------------------|--------------|------------------------|------------------------------|---|--|
|          |                   | Total Elevation Feet Gain | Mountain Bike Miles | Hiking Miles | Rock Climbing          | Canyoneering                 | Rafting/Canoeing                            |  |
| Easy     | 1                 | 1-3                       | 700                 | 5-10         | 1-5                    | Low Angle Large Handholds    | Hiking/No Ropes                             | Relaxed, Slow Moving Water                   |
|          | 2                 | 2-4                       | 1200                | 10-15        | 5-8                    | Level 1 PLUS Small Handholds | Level 1 PLUS Occasional Ropes               | Level 1 PLUS Easy Rapids Wide Channels       |
| Moderate | 3                 | 3-5                       | 1800                | 15-25        | 8-10                   | Level 2 PLUS Steep Angles    | Level 2 PLUS Easy Rapels                    | Level 2 PLUS Waves, Up to 4' Narrow Channels |
| Seasoned | 4                 | 4-6                       | 2200                | 25-35        | 10-12                  | x                            | Level 3 PLUS Complex Ropes, Multiple Rapels | Level 3 PLUS Long Rapids                     |
|          | 5                 | 5-7                       | 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 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.

## MOUNTAIN BIKE

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

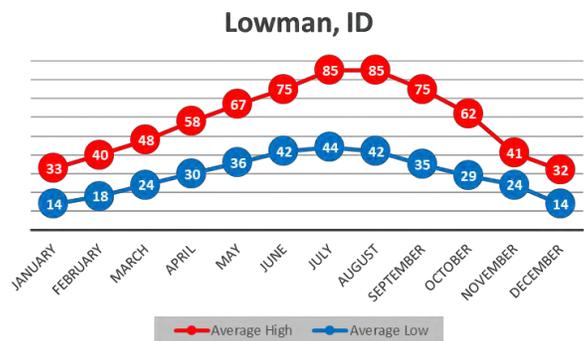


## HIKING

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

## WEATHER

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



## PACKING

Luggage is limited to one small soft-shelled suitcase or medium/large sized duffel bag (no heavier than 40 pounds). Please ensure your luggage container is water 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/](http://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.

## 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.

- 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.



## 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.

## 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. Expect three delicious meals a day consisting entirely of freshly prepared foods. These include fresh organic fruits and vegetables as well as meats.

## TRIP AMENITIES

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



## KEEPING YOU UP TO DATE

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

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

## FIRST-CLASS CAMPING IN IDAHO BACKCOUNTRY



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

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

### CAMPING GEAR RENTALS



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

# GATEWAY CITY: BOISE, IDAHO

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



## BOISE AIRPORT

### BOISE AIRPORT

3201 Airport Way, Suite 1000 Boise, ID 83705

(208) 383-3100

[www.iflyboise.com](http://www.iflyboise.com)

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



## BOISE HOTELS

### HOLIDAY INN BOISE AIRPORT

2970 West Elder St, Boise, ID 83705

(208) 344-7444

<https://holidayinnboiseairport.com>

### THE GROVE HOTEL

245 S Capitol Blvd, Boise, ID 83702

(208) 333-8000

[www.grovehotelboise.com](http://www.grovehotelboise.com)

## MEETING AND DEPARTURE INFORMATION

### MEETING LOCATION

#### SPRINGHILL SUITES BY MARRIOTT

424 E Parkcenter Blvd, Boise, ID 83706

(208) 342-1044

<http://springhillsuites.marriott.com/>

### DEPARTURE TIME

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

### RETURN TIME

By 3:00 PM on the last day of the tour.



## CANCELLATION POLICY

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

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

## TRAVEL INSURANCE

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

## TRANSFER POLICY

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

## TOUR CONFIRMATION

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

## TRAVEL PLANS

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



## SIMILAR TRIPS FROM ESCAPE ADVENTURES

### THE MAZE & CATARACT CANYON MULTI-SPORT ADVENTURE

-  Families with Older Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Moab, UT
-  Tour Offered: Apr, May, Sep
-  Duration: 6 Days
-  Lodging: First-Class Camping
-  Fitness Level: 2-3
-  Technical Level: 2-3
-  Elevation Range: 3,000 - 7,000 ft.

This tour combines the awesome sights and riding of the Maze, with a unique backcountry rafting expedition. On the second half of our Maze tour, we head out on the Colorado River. The trip concludes at beautiful Lake Powell.



### HIGH LAKES MULTI-SPORT ADVENTURE

-  Families with Older Kids
-  Families with Younger Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Bend, OR
-  Tour Offered: Jun, Jul, Aug, Sep
-  Departs On: Sunday
-  Duration: 6 Days
-  Lodging: First-Class Camping or Casual Inns
-  Fitness Level: 2-3
-  Technical Level: 2-3
-  Elevation Range: 3,000 - 7,000 ft.

Our adventure stages from the base of Mount Bachelor: just outside the city of Bend, Oregon. This tour combines rafting, climbing and hiking in the beautiful Deschutes National Forest.

