



IDAHO

HOT SPRINGS & SINGLETRACK

MOUNTAIN BIKE TOUR



Mountain Biking



Hot Springs



Private Tours and Custom Tours
Solos, Couples & Friends



Departure: Boise, ID



Tour Offered: Jun, Jul, Aug, Sep



Departs On: Monday



Duration: 5 Days



Lodging: First-Class Camping



Fitness Level: 3-5



Technical Level: 3-5



Elevation Range: 4,000 - 8,000 ft.

Picture yourself cruising into camp, thoroughly gassed but still blissed out by a mountain bike trail that truly took your measure. Before you can kick off your cycling shoes, you're led to a freshly prepared, scrumptious dinner. Beyond that multicourse fare, lay a cascading natural hot spring. Can you handle that truth: five days of fast if transfixing mountain bike rides, bookended by brilliant hot springs and wild rivers make up the deliverables, cut and shaped by the strong-featured Sawtooth Mountains.

The tour begins in the shadows of Greylock Mountain, where we ride through the backcountry of the Boise and Payette rivers, visiting remote natural hot springs along the way. Other highlights include a triad of noteworthy mining towns: Atlanta, Lowman, and Pine. Ride the legendary Deadwood-Julie Creek, a lively off-road challenge for even the most experienced riders. Each day ends at a different natural hot spring, ready to take the dirt off your legs and put a smile on your face. Riders who can handle long days, technical singletrack, and refreshing natural hot springs will love this tour!

This tour is spiced with challenging trails, but finished with warm mountainside upwelling. Mother Nature's healing waters, forever sought by people the world over, await us each night, witnessed only by the starry constellations overhead.





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.

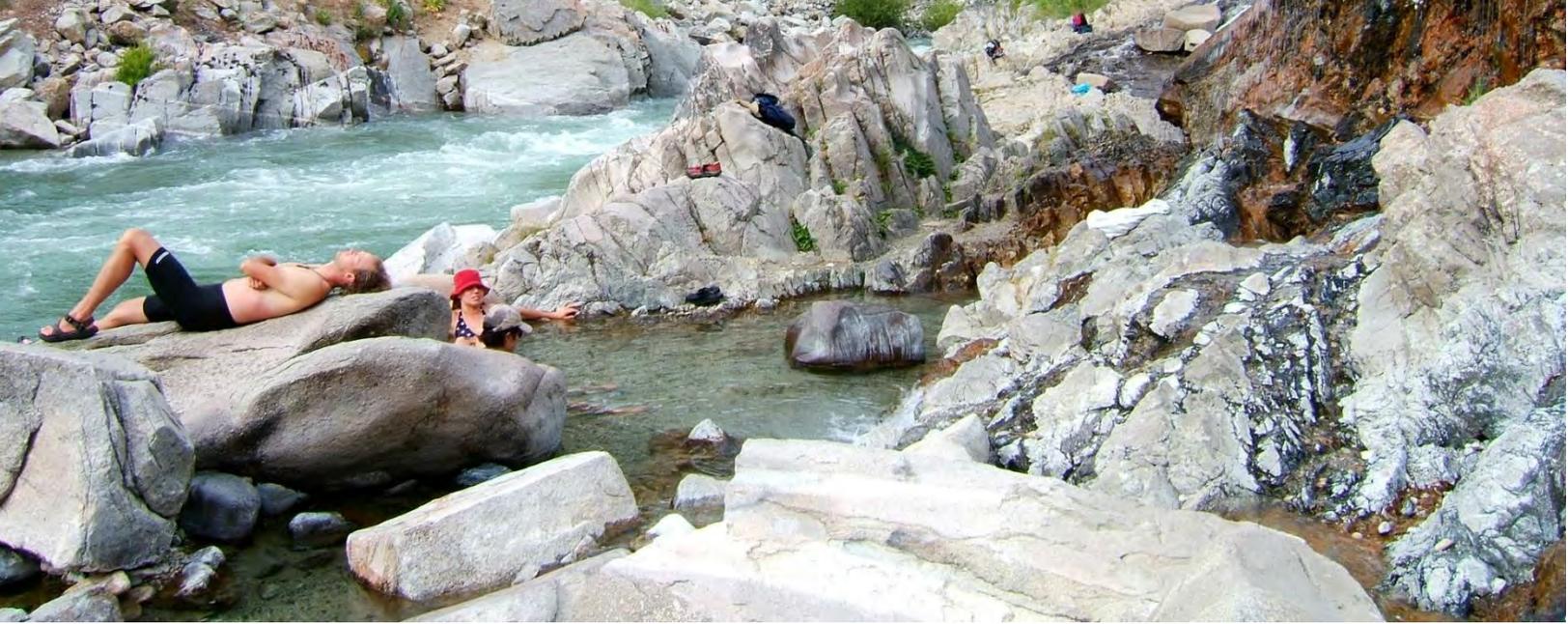
OUR FOOD

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 | The Green Creek Trail

We'll shuttle to our first ride of the tour, Green Creek Trail located in the beautiful Boise National Forest. The Green Creek Trail is a challenging 18-mile ride, climbing over 1,500-ft to 6,400-ft elevation then dropping over 2,600 vertical feet to buff, backcountry singletrack. The ride gives a great eye opener to the trails we will encounter throughout the week. We'll end the ride right at our camp where you can cool off in the South Fork Boise River or relax in Paradise Hot Springs.

Total Moderate Mileage | 13 Miles
Total Seasoned Mileage | 19 Miles
Terrain | Singletrack
First-Class Camping | Elks Flat

Feet Gain | 766
Feet Gain | 1664



DAY 2 | Yuba River Trail

Packing up from camp, a shuttle takes us deep in the Sawtooth Mountains to the Yuba River Trail, which begins at 8,222-ft elevation and ends at 5,400-ft elevation with four tough climbs somewhere in the middle! The remoteness of our ride gives you a great appreciation for our western backcountry. Our ride finishes in the historic mining town of Atlanta (population 20). Our camp has two undisturbed backcountry hot springs that we will enjoy.

Total Moderate Mileage | 17 Miles
Total Seasoned Mileage | 25 Miles
Terrain | Singletrack & Jeep Road, Some Van Support
First-Class Camping | Atlanta

Feet Gain | 1742
Feet Gain | 4819





DAY 3 | Decker Creek, Banner Ridge & Payette

Today we ride from camp through the original historic mining areas of Atlanta. The deserted buildings give one a sense of the real Old West. A hefty 2,200-ft climb awaits us as we make our way back into the Sawtooth Mountains by way of Decker Creek. This ride is challenging both physically and technically but well worth the effort as the scenery is phenomenal!

After our ride down Decker, 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-ft to 4,300-ft 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 Moderate Mileage | 15.4 Miles

Feet Gain | 2222

Total Seasoned Mileage | 25 Miles

Feet Gain | 4284

Terrain | Singletrack & Jeep Road, Some Van Support

First-Class Camping | Pine Flats



DAY 4 | Deadwood Julie Creek Loop

After yesterday's break, it's back to core singletrack. Today's ride is the Deadwood-Julie Creek Loop. We'll start with an uphill that climbs over 3,000-ft for the first 12 miles to the Julie Creek Singletrack. We'll descend 2,500-ft over the next five miles on fast, banked singletrack. The next seven miles are intense as we race down the Deadwood River. We'll go back to camp, eat, soak and unwind.

Total Easy Mileage | 15 Miles

Feet Gain | 1274

Total Seasoned Mileage | 25 Miles

Feet Gain | 4771

Terrain | Singletrack & Jeep Road, No Van Support

First-Class Camping | Pine Flats





DAY 5 | Banner Ridge Cross Country Trails

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 | 10-20 Miles
Terrain | Singletrack

Feet Gain | TBD



Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking			13	766	19	1664
2	Mountain Biking			17	1742	25	4819
3	Mountain Biking			15.4	2222	25	4284
4	Mountain Biking	15	1274			25	4771
5	Mountain Biking			10-20	TBD		

Mountain Bike Tour Technical Levels

Level	Description
Easy	1 Maintained Gravel Roads, Easy Grades
	2 Level 1 PLUS Unmaintained Dirt Roads, Maintained Singletrack Trail
Moderate	3 Level 2 PLUS Moderate Grades, Some Unmaintained Singletrack
Seasoned	4 Level 3 PLUS Rocky Terrain – PLUS Longer, Steeper Ascents & Descents
	5 Level 4 PLUS Some Exposed Sections Of Trail, Some Loose Climbs & Descents



Mountain Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Mountain Bike Miles	Hiking Miles
Easy	1 1-3	700	5-10	1-5
	2 2-4	1200	10-15	5-8
Moderate	3 3-5	1800	15-25	8-10
Seasoned	4 4-6	2200	25-35	10-12
	5 5-7	3000	35-50+	12-16+



HOW TO PREPARE

MOUNTAIN BIKE

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

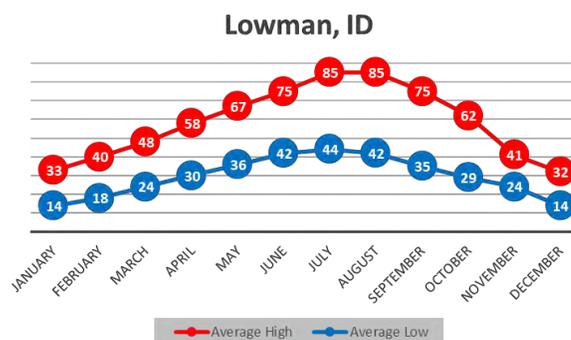
HIKING

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



WEATHER

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

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 19th- century prison cells, gallows and weaponry.



BOISE AIRPORT

BOISE AIRPORT

3201 Airport Way, Suite 1000 Boise, ID 83705

(208) 383-3100

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

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 7:00 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

MT HOOD TO COLUMBIA RIVER GORGE MOUNTAIN BIKE TOUR

-  Families with Older Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Portland, OR
-  Tour Offered: Jun, Jul, Aug, Sep
-  Departs On: Monday
-  Duration: 5 Days
-  Lodging: First-Class Camping
-  Fitness Level: 3-4
-  Technical Level: 2-4
-  Elevation Range: 1,000 - 6,000 ft.

An incredibly diverse succession of terrain, from glacial plains to mountain ridges, rainforests, woodlands to orchard valleys, defines this mountain bike epic.



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. On this tour, you will enjoy hiking and rafting along with refreshing hot springs every night.

