



UTAH

THE TRAIL OF THE ANCIENTS

MOUNTAIN BIKE TOUR

 Mountain Biking  Hiking

-  Private Tours and Custom Tours
Solos, Couples & Friends
-  Departure: Moab, UT
-  Tour Offered: Apr, May, Sep, Oct
-  Departs On: Sunday

-  Duration: 6 Days
-  Lodging: First-Class Camping
-  Fitness Level: 2-4
-  Technical Level: 2-3
-  Elevation Range: 4,000 - 8,000 ft.

East of the Colorado River, the Needles District of 330,000-acre Canyonlands National Park is named for the rock pinnacles that loom over the Southeast Utah landscape like an enormous succession of sentinels. Novelist-essayist-wilderness advocate Ed Abbey described it as “the most weird, wonderful, magical place on Earth. There is nothing like it anywhere.” The valleys here offer endless views, if not some of the most exceptional sunsets one could imagine. Located over 100-miles from the nearest interstate highway, Needles remains one of the most remote regions left in America.

The Canyonlands region was looked upon as nothing but a wasteland until the mid-1940s. Then our nation’s urgent needs for uranium, vanadium, and petroleum products brought cycles of mining, prospecting and drilling to the area. These activities carved out most of the backcountry road and trail-networks still in use today.

But long before modern times, the Ancestral Puebloans developed a flourishing civilization in these canyons. Located far into the backcountry, vestiges of their society have remained undisturbed for over 800-years. This mountain bike adventure offers a unique POV into the region’s rich, varied history. From Beef Basin we ride past ancient Indian ruins into Ruin Park and The Needles District. From here we hike slot canyons; then mount up again, riding to Elephant Hill. With Indian Springs as our midpoint, we traverse Lockhart Basin: a 50-mile jeep road that follows the gentle sways and contours of the Colorado River. Passing over Chicken Corners, with the sun at our back and a scrumptious afternoon breeze, we descend back to Moab.

G geared to the intermediate rider and athletic beginner, the Trail of the Ancients mostly dirt road and double track route features layered or staggered challenges. Though those landscape features only ramp up in difficulty in relation to your comfort level and skills expanding. Consider this the ideal substitute to the White Rim Trail, but marked by more remote riding, coupled to deeper explorations.





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 | Newspaper Rock to Ruin Park

We head to the Southeast entrance of Canyonlands National Park where we make a stop at the historic Newspaper Rock. Newspaper rock is one of the largest known collections of petroglyphs in the world. From here, a short shuttle takes us to one of the last working ranches in the country, the Dugout Ranch. Recently rescued by the Nature Conservancy, this ranch now provides the foundation for the Canyonlands Research Center, the first facility dedicated to climate change research within the heart of the Colorado Plateau. We ride from the ranch, through Cottonwood Valley, and to our camp which overlooks the Needles District of Canyonlands National Park. Time permitting, there will be an evening hike into the park to see the remote Wedding Ring Arch.



Total Moderate Mileage | 18 Miles
Terrain | Jeep Road, Van Support
First-Class Camping | Big Pocket Overlook

Feet Gain | 2440

DAY 2 | Beef Basin to Ruin Park

We awake to the silence only the remote desert can provide, and of course, to the delicious smells of hot coffee and breakfast only guides can prepare. Today we discover the extreme backcountry as we ride over the foothills of the Abajo Mountains and drop 1,800 feet into Beef Basin to our camp at Ruin Park. As the first major permanent settlers, the Ancestral Puebloans, came to this area about 1,800 years ago. Aptly named, Ruin Park is an archaeologically rich area. The ruins here range from the open Hovenweep style of "The Farm House Ruin" to high cliff dwellings; some extremely hard to find and get up into the ledge systems. If you're up to do more riding, you will have the option to do so or the rest of the day is yours to explore the many ancient secrets of the area.



Total Moderate Mileage | 19 Miles
Total Seasoned Mileage | 31 Miles
Terrain | Jeep Road, Van Support
First-Class Camping | Ruin Park

Feet Gain | 2047

Feet Gain | 2868



DAY 3 | Ruin Park to the Colorado River Overlook

Get ready for an epic ride that takes us from Ruin Park to Chesler Park, located in the Needles District, where we take a break from the bikes and hike the canyons that made the area famous. The adventurous can give it a go on the Joint Trail, a hiking experience that can be found in few other places in the country. The trail follows a long stretch of connecting “joints” and deep, narrow crevices in a massive rock expanse; some passages are only 2-3 feet wide.



Total Moderate Mileage | 32 Miles
Total Seasoned Mileage | 41.4 Miles
Terrain | Jeep Road, 30% Van Support
First-Class Camping | Hamburger Rock

Feet Gain | 1395
Feet Gain | 1695

DAY 4 | Indian Creek to Lockhart Basin

From camp, we make our way back through Indian Creek to the base of the Canyonlands Overlook. Our trail weaves through a wonderland of goblin-style rocks that have cut their way out of the Cutler sandstone and you are able to see the broken monoliths of Windgate Sandstone which look like ancient Egyptian pyramids. We'll have plenty of time today for an 8 mile optional ride to swim in the Colorado River.



Total Mileage | 30 Miles
Terrain | Jeep Road, Van Support
First-Class Camping | Near Lockhart Canyon

Feet Gain | 1505



DAY 5 | Lockhart Basin

The day starts with a climb on eroded jeep track into the beautiful backcountry of Lockhart Basin. As we come around Channel Change Gap, we see our first view of Moab, located up the Colorado River. Our ride climbs and descends through many washes before dropping us down the "Jiffy Lube." After our final descent, we climb for two miles to Chicken Corners, our camp for the night. Looking down to the Colorado River and across the Elephant sandstone to Dead Horse Point, the views from camp are sure to take your breath away!

Total Moderate Mileage | 18.5 Miles
Total Seasoned Mileage | 25 Miles
Terrain | Jeep Road, No Van Support
First-Class Camping | Chicken Corners

Feet Gain | 1420
Feet Gain | 1977



DAY 6 | Hurrah Pass to Moab

After breakfast, we begin our big climb up Hurrah Pass and into the Moab Valley. The climb culminates on top of a beautiful overlook that gives us an impressive view of the Colorado River Canyons we just came from. We finish our journey with a final ride into Moab in the afternoon.

Total Mileage | 23 Miles
Terrain | Jeep Road, Van Support

Feet Gain | 2492



THE IMPORTANT STUFF

Daily Activities

| Day | Activity | Easy | | Moderate | | Seasoned | |
|-----|-----------------|-------|-----------|----------|-----------|----------|-----------|
| | | Miles | Feet Gain | Miles | Feet Gain | Miles | Feet Gain |
| 1 | Mountain Biking | | | 18 | 2440 | | |
| 2 | Mountain Biking | | | 19 | 2047 | 31 | 2868 |
| 3 | Mountain Biking | | | 32 | 1395 | 41.4 | 1695 |
| 4 | Mountain Biking | | | 30 | 1505 | | |
| 5 | Mountain Biking | | | 18.5 | 1420 | 25 | 1977 |
| 6 | Mountain Biking | | | 23 | 2492 | | |

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.

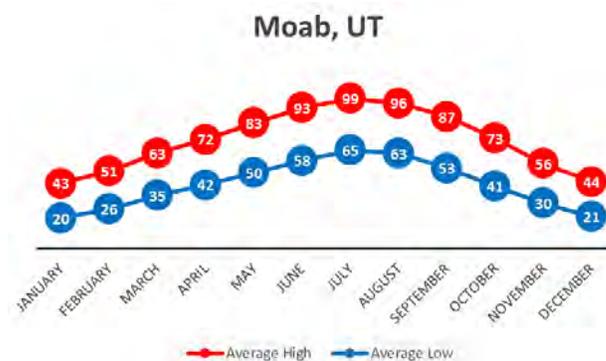


HIKING

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 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 location when checking the weather online: **Moab, UT**



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. 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.

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: GRAND JUNCTION, COLORADO

Grand Junction is a city in Colorado's Western Slope region. From breathtaking red rock scenery and thrilling outdoor adventure, to cultural attractions and farm-to-table dining, Grand Junction is a premier destination on Colorado's Western Slope. The city sits along the Colorado River. It's known as the hub of Colorado's wine country. The Museum of the West displays prehistoric pottery and 19th-century firearms.



GRAND JUNCTION AIRPORT

GRAND JUNCTION REGIONAL AIRPORT

2828 Walker Field Drive

(970) 244-9100

www.gjairport.com

Grand Junction Regional Airport is located three miles northeast of Grand Junction, in Mesa County, Colorado. It is the largest airport in western Colorado and third largest in the state.



GRAND JUNCTION HOTELS



MARRIOTT FAIRFIELD INN & SUITES

225 Main St.

(970) 242-2525

<https://www.marriott.com>



TRAVELODGE

718 Horizon Dr.

(970) 243 -5080

www.travelodgegrandjunction.com

Driving from Grand Junction to Moab is just over 100 miles and takes less than two hours. The main thoroughfare, I-70 W to US-191 S, is the quickest and most direct route. Kids will appreciate a pit stop in nearby Fruita, home to the Dinosaur Journey Museum and other fun finds. For those that seek the road less traveled, allocate an additional 15 minutes (one way) and take the picturesque Upper Colorado Scenic Byway U-128 W. The views are spectacular (especially during sunrise) and definitely worth the added travel time.

DEPARTURE CITY: MOAB, UTAH

Moab, Utah is a gateway to massive red rock formations in Arches National Park. Southwest, Canyonlands National Park features mesas and buttes carved by the Green and Colorado rivers, plus Native American rock art. Dinosaur tracks can be found at sites like Bull Canyon Overlook and Copper Ridge. In the city, collections at the Museum of Moab include dinosaur bones and archaeological artifacts. For more information visit www.discovermoab.com.



MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

MOAB CYCLERY
391 S Main St, Moab UT 84532
(800) 559-1978 or (435) 259-7423
www.moabcyclery.com



DEPARTURE TIME
8:30 AM on the first day of the tour.

RETURN TIME
Between 1:00-3:00 PM on the last day of the tour.

MOAB, UTAH HOTELS



BIG HORN LODGE
550 SOUTH MAIN ST
(800) 325-325-6171 or (435) 259-6171
www.moabbighorn.com



BEST WESTERN PLUS CANYONLANDS INN
16 S Main St
(800) 649-5191 or (435) 259-2300
www.canyonlandsinn.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 MAZE OUR MOST POPULAR TOUR

-  Families with Older Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Moab, UT
-  Tour Offered: Mar, Apr, May, Sep, Oct
-  Duration: 5 Days
-  Lodging: First-Class Camping
-  Fitness Level: 2-3
-  Technical Level: 2-3
-  Elevation Range: 4,000 - 7,000 ft.

Tucked away into the most remote section of wonderfully secluded Canyonlands National Park, The Maze is one of the biggest and best of the last: A rarely traveled, wholly inaccessible wilderness.



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.

