



UTAH

THE WHITE RIM TRAIL

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.

But the added value of Canyonlands is its staggering remoteness. The closest light bulb hangs at least 50-miles away. Our returning guests relate that it's this great sense of solitude, along with the fantastic camping opportunities, that brings them back.

A primitive trail framed by blooming cacti below, and snow-capped mountains above, the White Rim Trail descends a series of beguiling slick rock outcrops to its namesake, a unique sandstone pedestal. We spend much of our trip riding this famous off-road route and detour briefly to admire the natural landmarks, the cool Colorado River, and the rock platform vistas.



En route we gain a deeper, more personal appreciation for the native people who called this place home as we experience their beautiful, but harsh, desert home. While enjoying the beauty of the nature that surrounds us, we also appreciate the modern amenities a guided trip provides; with our custom support truck and attentive guides, you'll feel right at home in this remote desert.

Signature switchback trails set against the great Utah outback means a trip you'll savor for years.



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 | Shafer Trailhead to Airport

After a quick safety briefing, our epic ride begins. We follow Shafer Trail's through a series of challenging switchbacks and continue our descent onto the White Rim Plateau, over 1000 feet below our starting point.

Our morning break gives us our first good look at the Colorado River. From here, we have a short ride to Musselman's Arch.

After we set up camp, you have the option of venturing out on a tricky 3.5 mile ride down through Lathrop Canyon to the shores of the Colorado. Then relax and enjoy a well-deserved dinner featuring fresh organic greens and fruits prepared just for you.



Total Mileage | 24 Miles + 7 optional Feet Gain | 1512
Terrain | 100% Jeep Road, 100% Van Support
First-Class Camping | Airport

DAY 2 | Airport to Murphy's Hogback

Awake to a breathtaking scene as the sunrise splashes a stirring glow across the mosaic of rock that surrounds us. Savor hot coffee or tea along with your breakfast to get your day started right. On this morning's ride, you'll experience the vastness of canyon country in peace and quiet, surrounded by rugged sandstone instead of crowded parking lots.

Atop Murphy's Hogback, glorious views reward us for our labors. From here, preview tomorrow morning's ride as you gaze out across Soda Springs Basin, with Candlestick Tower dominating in the distance.



Total Mileage | 29 Miles Feet Gain | 2100
Terrain | 100% Jeep Road, 100% Van Support
First-Class Camping | Murphy's Hogback



DAY 3 | Murphy's Hogback to Hardscrabble

After breakfast we make a long, fun descent off of the Hogback. After a hearty trail lunch, we head into Holeman Slot Canyon. Later, as the road curves around Soda Springs Basin, we have our first sight of the Green River at Turks Head.

We follow the river as it meanders around a series of bottoms and across soft, rolling terrain. After the one big climb of the day, we stop off to visit Anasazi Native American ruins.

After dinner, be sure to take in the beauty of the expansive night sky; you'll rarely find a more enchanting view of the Milky Way than here in the heart of the high desert.

Total Mileage | 25 Miles Feet Gain | 1211
Terrain | 100% Jeep Road, 100% Van Support
First-Class Camping | Hardscrabble



DAY 4 | Hardscrabble to Mineral Bottom

As we continue along the Green River's banks, you'll notice a number of different plants, including cottonwoods and willows. After 10 rolling miles on the road, we have one last, tough climb. We cheer each other on as we make the nearly one-thousand foot climb to Mineral Bottom where our lunch spread is laid out in anticipation of our arrival.

After a leisurely meal and one last photo op, we hop into the van to shuttle back to Moab, saying goodbye to the scenic playground we were lucky enough to call home for four days.

Total Mileage | 13 Miles Feet Gain | 1800
Terrain | Singletrack and Jeep Road, Van Support



Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking			24	1512		
	Optional Ride to the Colorado River			7	935		
2	Mountain Biking			29	2100		
3	Mountain Biking			25	1211		
4	Mountain Biking			13	1800		

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.

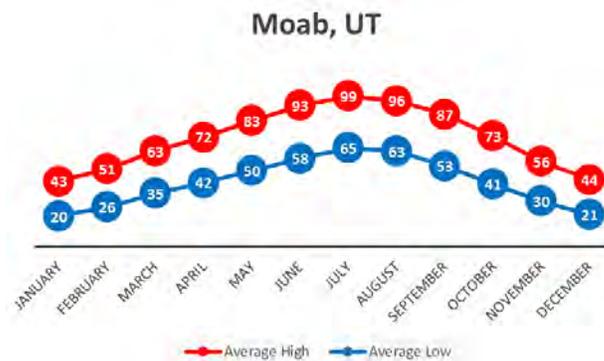


HIKING

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 locations 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

By 5:00 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 TRAIL OF THE ANCIENTS THE NEEDLES AND LOCKHART BASIN

-  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 remains one of the most remote regions left in America.

