



# MONTANA

## GOING TO THE SUN

### MULTI-SPORT ROAD BIKE TOUR

 Road Biking  Hiking  Rafting

 Private Tours and Custom Tours  
Solos, Couples & Friends

 Departure: Whitefish, MT

 Tour Offered: Jun, Jul, Aug, Sep

 Departs On: Sunday

 Duration: 6 Days

 Lodging: Casual Inns

 Fitness Level: 2-3

 Elevation Range: 3,000 - 6,000 ft.

It's Big Sky meets six days of big smiles on our epic Glacier National Park/Going to the Sun Road Bike trip.

Basing from Montana's 1583-sq. mile Glacier National Park, characterized by no less than 375 historic properties plus six historic landmarks, we cycle into some of North America's most breathtaking landscapes. Moreover, at each stop, each slow pass, we interpret, or receive wisdom about what's known as The Crown of the Continent ecosystem.

In the most reductive sense, there's a same as it ever was quality to Glacier National Park. Nearly all of the plants and animals that existed during the era of European exploration are still present, largely preserved in the park, adjoining wilderness and tribal homelands. To these wonderfully affirming realities, add rejuvenating attributes. By virtue of the fact no dense population centers exist near, or impact Glacier NP, coupled to the scarcity of upwind industry, water and air quality here are exemplary, among the best in North America.

From background to foreground, we ride incredibly picturesque cycling routes: from the shoreline of lakes shaped and fed by 10,000-year old retreating glaciers ago. Only to see new life reasserting itself where wildfires altered the landscape.

Once off the bike, take an invigorating dip in high-alpine lake waters. Or immerse your inner geologist in the park's 1.4 billion-year old stromatolite rocks.





# 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 | Ride the Apgar Range

Our six day epic kicks off with an hour-long shuttle, from the resort town of Whitefish. The day's first stage commences from 6651-ft Apgar Mountain, on Glacier's western edge. We route past 6593-ft Huckleberry Mountain, in the Apgar range: thickly forested home to elk, mule and whitetail deer, mountain lion, Grizzly and Black bear. Beneath soaring peaks, sculpted by glacial retreat, we arrive at the humble visitor center. On the next ten-mile stage we sweep up valley, paralleling the shores of Lake McDonald: an alpine stunner, fed by fading glaciers and snowfields. At the Lake McDonald Lodge Park Inn, a rustic Swiss style resort built in 1913 we close out a fulsome first day.

Total Easy Mileage | 15 Miles  
Total Moderate Mileage | 24 Miles  
Casual Inn | Lake McDonald Lodge

Feet Gain | 766  
Feet Gain | 1484



## DAY 2 | Going-to-the-Sun Road

Day 2, a turn of the century engineering feat, Going-to-the-Sun Road consistently places amongst America's top-ten most scenic roads. No wonder some stretches of this roughhewn, east-west stretching thoroughfare took ten years to complete, given the distinct if not powerful landscapes Going to The Sun traverses: no less than 48-miles of waterfalls, broad alpine valleys, magnificent forests and sharply serrated mountain peaks. Climbing to Logan Pass, we gain 3000-feet on a roadbed so accommodating to our Kevlar skins it seems manicured. At the eastern terminus of Going-to-the-Sun Road, we roll into a humble village of 50 full-time residents, truly a wide spot on US-89. Nonetheless, at the park's edge we marvel at the striking presentation that is the Saint Mary Visitor Center. All smart, sharp, modernist lines that conform to the vividly vertical landscape, the Saint Mary's structure is arguably the most architecturally imaginative welcome mat in the US Park Service.

Total Easy Mileage | 18.8 Miles  
Total Moderate Mileage | 23 Miles  
Total Seasoned Mileage | 40 Miles  
Casual Inn | St. Mary Village Lodge & Resort

Feet Gain | 661  
Feet Gain | 2638  
Feet Gain | 5445





## DAY 3 | Hiking Cataract Creek

Take a 20-mile shuttle from Saint Mary to Many Glacier Inn, which edges Swiftcurrent Lake. No less than the jewels of Glacier National Park, these alpine lakes—at 4878-ft altitude—represent wilderness paradise. Where water, big-charismatic wildlife and even bigger backcountry mountains merge, we indulge in hikes along Cataract Creek. Later, the day’s ride options include the spectacular Chief Mountain Highway, ascending to the Chiefton Overlook.



Total Easy Mileage | 19 Miles  
Total Moderate Mileage | 39 Miles  
Hiking | 2+ Hours  
Casual Inn | St. Mary Village Lodge & Resort

Feet Gain | 717  
Feet Gain | 1882

## DAY 4 | Ride East Glacier

Today we view bears rising above close-in meadows, more reclusive Bighorn sheep on hillsides, Golden and Bald eagles riding a thermal—or admiring our kit—on high. Our ride shoots south, plying the eastern border of Glacier. Set against spectacular meadows, we sojourn briefly at Two Medicine Valley, at the park’s southeast: a Matterhorn evoking mountain called Rising Wolf, 9518-ft. lording over Two Medicine Lake. A stunning descent to East Glacier is palpable for its spirit, the quintessence or essence that fills the space between terra firma and the universe above. Not only rich Grizzly habitat, but wolf, coyote, Black bear, moose, and elk are routinely seen from the road’s lookouts. Overnight at Glacier Park Lodge: magnificently framed by 40-foot tall Douglas firs.

Total Easy Mileage | 12.8 Miles  
Total Moderate Mileage | 32  
Casual Inn | Glacier Park Lodge

Feet Gain | 1144  
Feet Gain | 3364





## DAY 5 | Biking Glacier and Whitefish

Our first stage sweeps from East Glacier to West Glacier, with a shuttle to Whitefish. Our ride parallels the southern border of Glacier, threaded through a stunning canyon carved by the Flathead Wild and Scenic River. Broken by multiple picnic stops, our route courses through the rolling ancestral lands of the Blackfeet tribe. We close just as we opened: with a shuttle back to equally welcoming, if well-adorned Whitefish. We stay overnight at Grouse Mountain Lodge in downtown Whitefish. Think elegant meals meets come-as-you-are high country pub amidst a modern ski chalet setting.

Total Easy Mileage | 16 Miles  
Total Moderate Mileage | 36 Miles  
Total Seasoned Mileage | 56 Miles  
Casual Inn | Grouse Mountain Lodge

Feet Gain | 1669  
Feet Gain | 2743  
Feet Gain | 4030



## DAY 6 | Rafting the Flathead River

To begin our closeout day, loosening the legs we indulge in a short, vigorous spin along Whitefish Lake. Next, swapping pedals for paddles, we throttle back to a full immersion in the Flathead River, emerald waters churning beneath dense, riverside forests. Our Crown of the Continent tour wraps in fluid fashion, rafting the Middle Fork of the Flathead River.

Total Easy Mileage | 20 Miles  
Rafting | 4 Hours

Feet Gain | 993



## Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking	15	766	24	1484		
2	Road Biking	18.8	661	23	2638	40	5445
3	Road Biking	19	717	39	1882		
	Hiking	2 Hours +					
4	Road Biking	12.8	1144	32	3364		
5	Road Biking	16	1669	36	2743	56	4030
6	Road Biking	20	993				
	Rafting	4 Hours					

## Road Bike Tour Fitness Levels

		Road Cycling			Multi-Sport Activities			
Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles	Rock Climbing	Canyoneering	Rafting/Canoeing	
Easy	1	1-3	1000	10-20	1-5	Low Angle Large Handholds	Hiking/No Ropes	Relaxed, Slow Moving Water
	2	2-4	2000	20-30	5-8	Level 1 PLUS Small Handholds	Level 1 PLUS Occasional Ropes	Level 1 PLUS Easy Rapids Wide Channels
Moderate	3	3-5	3000	30-45	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	4000	45-75	10-12	x	Level 3 PLUS Complex Ropes, Multiple Rapels	Level 3 PLUS Long Rapids
	5	5-7	5000	75+	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.



## ROAD BIKE

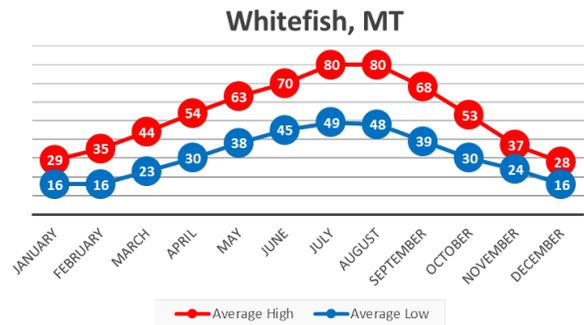
For optimal physical preparation, we recommend that you ride at least several hours per week during the month preceding the tour. During the tour you will be on your bike every day, and we can assure you that an unprepared bottom is a sore one! If you can't ride your bike, or don't own one, take a spin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

Weather predictions in this area are often unreliable due to the elevation, so it is best to be prepared for cold nights and inclement weather. Please use the following locations when checking the weather online: **WHITEFISH, MT**



## PACKING

Luggage is limited to one small soft-shelled suitcase or medium/large sized duffel bag (no heavier than 40 pounds). We also suggest bringing one daypack or small backpack for valuables. Please ensure your luggage container is water repellent.

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/)

# 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.

## 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.

## 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 Allez 24"



The Allez Junior is specifically designed for younger riders looking to keep up (or pass) Mom and Dad. The Allez gives all the performance they need to go fast!

## Specialized Hotrock 20" & 24"



Escape Adventures is one of the only tour companies to provide a specific selectin of kid's bikes for touring. Your child will feel confident on the Hotrock.

# 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 picnic style lunches and breakfasts and dinners are served in the best local restaurants.



## TRIP AMENITIES

Inns on this tour are chosen for comfort, scenery, and proximity to our activities.

## 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.



## LAKE MCDONALD LODGE

288 Lake McDonald Lodge Loop, West Glacier, MT 59936  
(855) 733-4522

<https://www.glacernationalparklodges.com/lodging/lake-mcdonald-lodge/>

Built in 1913, this historic lodge has a picturesque location on the eastern shore of beautiful Lake McDonald. This location presents visitors with Russell's Fireside Dining Room, Jammer Joe's Grill and Pizzeria, Lucke's Lounge, Creekside Reading Room, Red Bus tours, boat cruises, horseback rides, evening ranger programs and numerous other activities.



## GLACIER PARK LODGE

499 Mt-49, East Glacier Park, MT 59434  
(406) 892-2525

<https://www.glacierparkcollection.com/lodging/glacier-park-lodge/>

Glacier Park Lodge was the first hotel built by the Great Northern Railway. Inside the historic hotel, douglas fir logs tower over the lobby, a fire crackles in the stone fireplace and guests gather to share stories of the day's adventures. Instead of television, you'll find beautiful mountain views and instead of air conditioning you'll breathe fresh Montana mountain air.



## ST. MARY VILLAGE LODGE & RESORT

3 Going-To-The-Sun-Road, St Mary, MT 59417  
(406) 892-2525

<https://www.glacierparkcollection.com/lodging/st-mary-village/>

At St. Mary, the Great Plains of Montana stretch to the east and the mountains of Glacier National Park scrape the sky to the west – this is one of the most dramatic backdrops of all Glacier National Park hotels. The perfect hub for activities, all types of travelers will enjoy the lodge's prime location on the Going-to-the-Sun Road.



## GROUSE MOUNTAIN LODGE

2 Fairway Dr, Whitefish, Mt 59937  
(406) 832-3000

<https://www.glacierparkcollection.com/lodging/grouse-mountain-lodge/>

At Grouse Mountain Lodge, we pair spectacular mountain views and the unique charm of whitefish with friendly service and modern lodge accommodations. After a day of exploring Glacier National Park, return to a cozy lobby and comfortable rooms that'll make you feel right at home.

# GATEWAY CITY: KALISPELL, MONTANA

Kalispell is a city in northwest Montana. It's a gateway to vast Glacier National Park, with its peaks, alpine trails and wildlife like grizzly bears. Downtown's restored 1800s buildings include the Conrad Mansion, now a museum with period furnishings. Hockaday Museum of Art focuses on Montana artists. South of the city, Flathead Lake offers beaches and forested Wild Horse Island, home to horses and bighorn sheep.



## GLACIER PARK INTERNATIONAL AIRPORT

### GLACIER PARK INTERNATIONAL AIRPORT

4170 US-2, Kalispell, MT 59901

(406) 257-5994

<https://iflyglacier.com/>

Glacier Park International Airport is in Flathead County, Montana, six miles northeast of Kalispell. The airport is owned and operated by the Flathead Municipal Airport Authority, a public agency created by the county in 1974.



## KALISPELL HOTELS



### RED LION HOTEL KALISPELL

20 Main St Ste 150, Kalispell, MT 59901

(406) 751-5050

<https://www.redlion.com>



### HILTON GARDEN INN KALISPELL

11840 Highway, U.S. 93 S, Kalispell, MT 59901

(406) 756-4500

<https://www.hilton.com/en/hilton-garden-inn/>

## DEPARTURE CITY: WHITEFISH, MONTANA

Whitefish is a resort town in the Rocky Mountains of northwest Montana. It's a gateway to the jagged peaks, lakes and glacier-carved valleys of Glacier National Park. Ski and mountain-bike trails wind downhill at Whitefish Mountain Resort, just outside town. On Whitefish Lake, sandy City Beach and Whitefish Lake State Park have boat launches and picnic areas. Downtown, shops and eateries line Central Avenue.



### MEETING AND DEPARTURE INFORMATION

#### MEETING LOCATION

GROUSE MOUNTAIN LODGE  
2 Fairway Dr, Whitefish, Mt 59937  
(406) 832-3000

<https://www.glacierparkcollection.com>

#### DEPARTURE TIME

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

#### RETURN TIME

By 5:00 PM on the last day of the tour.



### WHITEFISH, MONTANA HOTELS



GROUSE MOUNTAIN LODGE  
2 Fairway Dr, Whitefish, Mt 59937  
(406) 832-3000

<https://www.glacierparkcollection.com>



BEST WESTERN ROCKY MOUNTAIN LODGE  
6510 US-93, Whitefish, MT 59937  
(406) 862-2569

<https://www.bestwestern.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.

