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## Grand Teton Adventure

LENGTH: 6 Days / 5 Nights

ACCOMMODATIONS: Camping or All Inns

FITNESS LEVEL: Intermediate

[For up-to-date pricing and dates, please visit our website.](#)



A sharp rise and jagged horizon set the Grand Tetons apart from the rest of the Rocky Mountains. Just forty miles long and ten miles wide, this relatively small section of the Rockies is also the youngest. Unlike other ranges in the Rockies, the Tetons have not been around long enough to have acquired the foothills and softer lines caused by centuries of erosion. Grand Teton National Park and Bridger-Teton National Forest protect this unique geographical feature, which rises to 13,770 feet, and the wildlife, ecology, and recreation opportunities it harbors—such as mountain biking.

Our adventure encompasses three distinct regions around Jackson Hole. On the valley floor, in the "hole" surrounded by mountains, we ride the rolling prairie trails of Antelope Flats. To the east, we loop around through the Red Hills area. From here, we can see the ridgeline of our next ride directly across the valley, high in the Teton Mountains. From Monument Ridge trail, we have great views of the Gros Ventre and Wind River mountain ranges. We also ride past some of the tributaries of the Snake River, where in the valley below, we have an option to raft the rapids. Then we turn to the Flagstaff and Blackrock areas to complete our tour of the best riding in the Grand Tetons region.

### **Trip Amenities and Meals**

All camping on this trip is in campsites with no running water and pit toilets. There are no shower facilities, but solar showers will be available. There is very spotty cell phone service except while in Jackson cell service is good.



## Day 1 | Antelope Flats

After our pick up in Jackson, we will shuttle to our first ride of the tour, Antelope Flats. The fun 12-20 mile ride is nothing shy of spectacular as the Tetons linger just across the Snake River. Most of the route is contained by Grand Teton National Park. Also if time permits we will ride the Shadow Mountain singletrack, which rises up from the valley floor, with more amazing views of the Tetons! Our ride finishes right next to our camp along Gros Venture Camp, where we'll overnight for the next few days.

**Total Mileage |** 12-25 miles

**Camp |** Gros Venture Camp

## Day 2 | Jackson Hole 14-Man White Water Adventure

The coolest thing you'll do all summer! Plunge through 8 miles of rapids at every turn along the Snake River. Legendary rapids like Big Kahuna, Lunch Counter and Cottonwood are waiting to soak you!

Recommended Gear List: Synthetic fabrics that wick away moisture (nylon, polypropylene) are the best for whitewater rafting. Cotton will cling to you and keep you cold. For warmer days, bathing suits and shorts are perfect. For cooler days, wetsuits, booties and fleece are available to rent at check-in. Wear shoes that are strapped and secure on your feet (tevas, keens, chacos or even old tennis shoes). No bare feet and no flip flops! Feel free to bring a towel or dry clothes to change into at the end of the whitewater trip.

This afternoon we will head over to Jackson Hole Resort for an optional tram ride to the top the mountain and some great hiking! Tram ride is optional and at your own expense. (\$35).

**Camp |** Gros Venture Camp



## Day 3 | Shadow Mountain loops

Our Teton Guides will lead us on this 7-mile mountain bike loop that climbs past spectacular views of the Tetons and the Snake River Valley, then descends on singletrack through aspens and pines. Shadow Mountain has one of the best mixes of single track around. The Trail drops about 1400' of elevation over 3 miles, has tight S turns, root drops, and small rock sections, great combination of all!

**Total Mileage | 8 miles**

**Camp | Gros Venture Camp**

**Terrain | Singletrack, No Van Support**

## Day 4 | Rock Climbing with Exum Climbing Guides

This will be an early morning, because we will be spending a full day with the world famous Exum guides. The adventure starts with a shoe and harness fitting we will take a ferry across majestic Jenny Lake. We will then hike up Cascade Canyon located in the heart of the Tetons. This is where we will get to test out our skills on the rock.

**Camp | Gros Venture Camp**

## Day 5 | Yellowstone Road Trip!

This morning after breakfast we will pack a lunch and head to Yellowstone for the day! Our first stop will be the world famous Old Faithful geyser. After that we will head up to Grand Prismatic Spring, as seen on the cover of National Geographic. Then to the Grand Canyon of the Yellowstone, where we will hike down the stairs of the breathtaking Uncle Tom Trail. Our final stop will be at lake hotel, after decompressing in there comfy lounge with stunning view of the lake we will shuttle back to Jackson for dinner.

**Camp | Gros Venture Camp**



## Day 6 | Mountain Biking the Munger Trails

Today we pack up camp and head to the Munger trails for a half day of riding. These are great single track trails 7 miles south of the town of Wilson. There are many different options of linking trails here to make the perfect ride!

After riding we will have one final lunch and then shuttle back to Jackson.

<b>Total Mileage</b>   17 miles
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***Escape Adventures is pleased to work with Teton Mountain Bike Tours while operating on the Bridger Teton National Forest.***

**Trip Cost Includes:** Two guides, all meals starting with lunch on the first day through lunch on the last day, support vehicle, snacks, first-aid, bike maintenance, community gear, and a souvenir shirt.

**Trip Cost Does Not Include:** Airfare to and from our departure point, lodging before or after the tour, personal camping gear, rental bike, or gratuities to Escape Adventures guides. Tips to the guides 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 the guides.

*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 unforeseen reasons that may affect the quality of the trip and/or safety of the participants. Inns are subject to change.*



## The Basics

**State:** Wyoming

**Duration:** 6 days/5 Nights

**Type:** Camping

**Airport:** Jackson, WY

**Mileage:** Miles 50-75

**Season:** Summer

**Elevation:** 6,000–8,200ft

## MEETING INFORMATION

**Location:** The Lodge at Jackson Hole

**Address:** 80 Scott Ln, Jackson, WY 83002

**Time:** 9:00 am

\*Please arrive in Jackson Hole at least 12 hours prior to tour departure to allow for rest and acclimation.

\*We will return to Jackson Hole between 2 pm-4pm on the last day.

## BIKE RENTALS

We offer Santa Cruz and Specialized bikes. Please click for more information.

[Learn more about our rental gear on our website.](#)

## CAMPING RENTALS

- Three-man tent with fly and ground tarp
- 30 degree sleeping bag
- Camp Pillow  
(BYO pillowcase)
- Self-inflating ground pad  
Bringing or shipping your own gear? [See our shipping policy.](#)



## WHAT SETS US APART?

**Our People:** Our guides are the best in the business! Trained personally by the owners, our guides 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, run our facilities with solar and wind power, and we are the world's 1st carbon-neutral outfitter.

**Our Food:** Our guides lovingly prepare meals for 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- including dessert!

## Specific Trip Tips

- Fly directly into Jackson, Wyoming.
- We suggest you arrive in Jackson at least 12 hours prior to your departure time in order to have time to rest before the tour.
- Eating breakfast before meeting the group on Day 1 is advised as lunch will be the first meal provided.

Use our [Pre-Trip Information Center](#) for packing lists, how to prepare, FAQ and more!