




## South Dakota The Centennial Trail MOUNTAIN BIKE TOUR

### Mountain Biking

 Private Tours and Custom Tours  
Solos, Couples & Friends

 Departure: Rapid City, SD

 Tour Offered: May, Jun, Jul, Aug, Sep, Oct

 Departs On: Sunday

 Duration: 5 Days

 Lodging: First-Class Camping

 Fitness Level: 4-5

 Technical Level: 4-5

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

Marking the 100th anniversary of statehood, 1889 to 1989, the 111-mile Centennial Trail represents the diversity of South Dakota. Traversing ponderosa-pine forests, pastures, and open grasslands, the trail passes by several lakes and numerous stream crossings. Exposure is negligible and the trail is almost entirely graded for stock, but there is plenty of climbing.

Rolling hills, open grasslands and low mountains with elevations up to 5,800 feet. Predominantly ponderosa-pine forest with birch, oak, aspen, and other species, and semiarid grasslands. The trail regularly crosses creeks and passes several lakes.

Expect a rich experience, from the iconic Mount Rushmore to herds of wild buffalo and frequent views of rugged landscapes beyond the 100th meridian. Though traveling through forests for much of its length, this is no green tunnel.

The trail is remarkably uncrowded. If solitude in the wilderness is your thing, the CET is an excellent choice. You can expect to see bighorn sheep, mountain goats, elk, whitetail and mule deer, turkey, raptors—bald and golden eagles, hawks, falcons and vultures, and plenty of cattle.

The Forest Service, Bureau of Land Management, National Park Service, and South Dakota Department of Game, Fish and Parks have combined their efforts to develop this Trail for you to enjoy.



# 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 | Mount Rushmore National Monument

This trip starts on a true high note! Feelings of reverence and patriotism will surely take over as we enjoy Mount Rushmore National Memorial. It is an impressive feat of art and engineering set in one of the most beautiful parts of our nation.

We begin the ride at the Samelius Trailhead, one of the most scenic sections of the Centennial Trail. The first half of the ride may challenge the climbing legs as we make our way to the top of Samelius peak. The effort is worth the excellent views of Black Elk Peak and the southern hills. As you descend the peak, Sheridan lake, our camp for the night, can be seen. This quiet spot is a welcome place to cool off and swim after a strenuous day.



Total MTB Mileage | 11 Miles  
Terrain | Mix of singletrack and doubletrack  
Camp | Sheridan Lake North  
Feet Gain | 2200

## DAY 2 | Pactola Reservoir

Today's ride will take us on a rolling adventure through the grasslands and prairies that make the Black Hills iconic. One thing we won't see much of today is ... other people. Abandoned doubletrack and twisting singletrack will open up to big sky views as we make our way to Pactola Reservoir. It is the largest and deepest reservoir in the Black Hills National Forest, boasting 14 miles of shoreline, and it's our home for the night!

What was once a thriving and semi-lawless town is now a popular outdoor South Dakota destination. Now, the mining town of Pactola sits at the bottom of the reservoir and is an interesting destination for scuba divers.

We won't be scuba diving, but a swim does await you after a long day in the saddle!



Total MTB Mileage | 16 miles  
Terrain | Mix of singletrack and doubletrack  
Camp | Pactola Reservoir  
Feet Gain | 2050



## DAY 3 | Boxelder Creek

Today's section of the Centennial Trail consists of mostly weathered double tracks and forest roads, taking us deep into the Black Hills. The name "Black Hills" is a translation of the Lakota Pahá Sápa. The hills are so called because of their dark appearance from a distance, as they are covered in evergreen trees. In addition, there are about 370 miles of trout fishery streams in the Black Hills. The Centennial Trail crosses a number of these streams.

Tonight's camp is at Boxelder Forks, a quiet getaway near the Centennial Trailhead. Rinse off in the stream and enjoy a secluded spot well off the grid.

Total MTB Mileage | 17 miles

Feet Gain | 2700

Terrain: Doubletrack and forest roads.

Camp | Boxelder Forks



## DAY 4 | Nemo and Elk Creek

Wake up to a hot cup of coffee and a camp breakfast you'll write home about. Leaving Boxelder Creek we wander along the rim rocks overlooking the Vanocker Canyon. A mix of rustic double track, forest roads and singletrack deliver great views and take us to Dalton Lake.

We'll enjoy a delicious lunch near Dalton Lake and, if you're lucky, a dip in the refreshing water! An overall descent on singletrack delivers us to camp after a great day in the saddle.

Total MTB Mileage | 21 miles

Feet Gain | 3145

Terrain: Doubletrack, forest roads., and singletrack

Camp | Elk Creek





## DAY 5 | Sturgis

Today's section of trail delivers a memorable amount of singletrack, flowing from the dark timber of the Black Hills into the vast big sky blues of the plain. Believe it or not, our final destination of Sturgis is not just known for Motorcycles. It is known to locals as a mountain bike mecca as well.

Hopefully, you've seen it all by Day 5 of this trip, rollercoaster sections, rugged climbs with loose rock, difficult descents, stream crossings, tight switchbacks, and some smooth portions of low prairie singletrack as well ones that wind quickly through beautiful pine trees.

After lunch, a shuttle back to Rapid City will close out our trip.

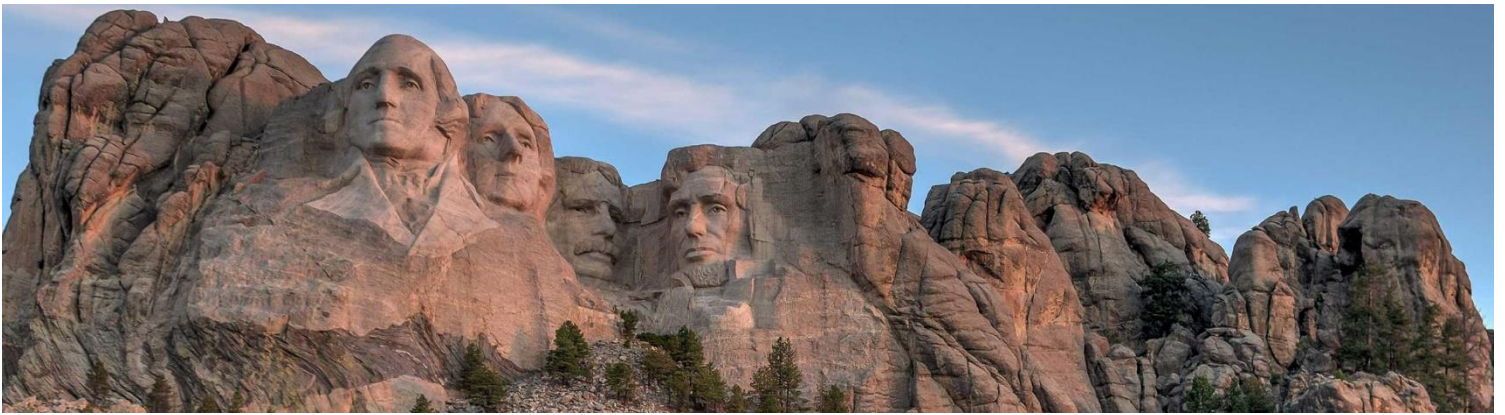


Mountain Bike: 12 miles  
Terrain: singletrack  
Feet gain | 2100



## Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Mountain Biking					11	2200
2	Mountain Biking					16	2050
3	Mountain Biking					17	2700
4	Mountain Biking					21	3145
5	Mountain Biking					12	2100



## Mountain Bike Tour Fitness Levels



		Mountain Biking			Multi-Sport Activities			
Level	Hours of Activity	Total Elevation Feet Gain	Mountain Bike Miles	Hiking Miles	Rock Climbing	Canyoneering	Rafting/Canoeing	
Easy	1	700	5-10	1-5	Low Angle Large Handholds	Hiking/No Ropes	Relaxed, Slow Moving Water	
	2	1200	10-15	5-8	Level 1 PLUS Small Handholds	Level 1 PLUS Occasional Ropes	Level 1 PLUS Easy Rapids Wide Channels	
Moderate	3	1800	15-25	8-10	Level 2 PLUS Steep Angles	Level 2 PLUS Easy Rapels	Level 2 PLUS Waves, Up to 4' Narrow Channels	
Seasoned	4	2200	25-35	10-12	x	Level 3 PLUS Complex Ropes, Multiple Rapels	Level 3 PLUS Long Rapids	
	5	3000	35-50+	12-16+	x	x	Level 4 PLUS Spinning, Large Waves	

# HOW TO PREPARE

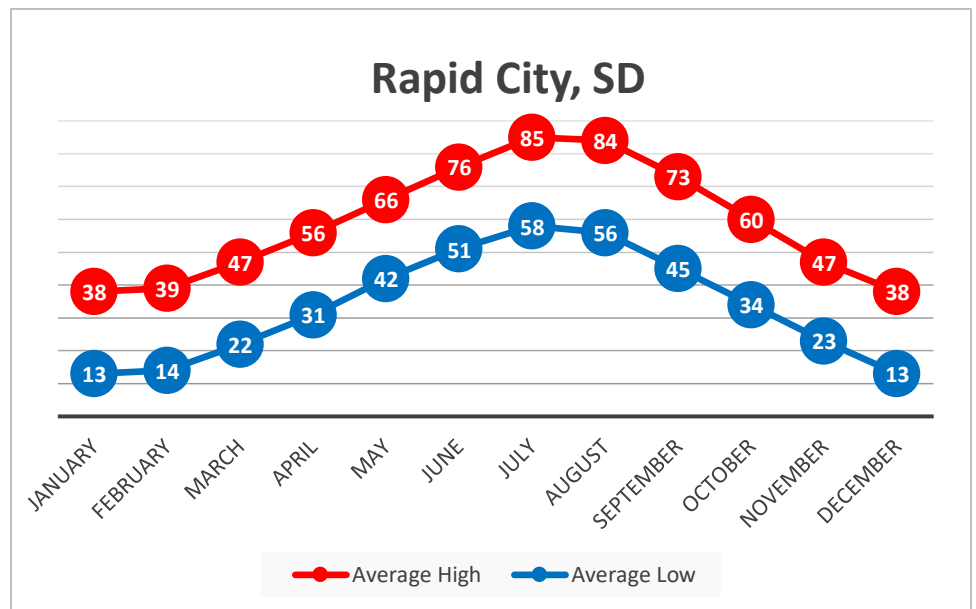
## MOUNTAIN BIKE

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.



## 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: **Rapid City, SD**



## 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 repellant.

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 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 pumtracks 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, 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 meals on our camping trips. On inns tours our Trip Leaders prepare all of your picnic style lunches and breakfasts and dinners are served in the best local restaurants.



## TRIP AMENITIES

First-class campers will enjoy well-maintained public campgrounds. Inns on this tour are chosen for comfort, scenery, and proximity to our activities. 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. Accommodations 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 - \$100 per camp kit (items are also available a-la-carte)**



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.

# DEPARTURE CITY: RAPID CITY, SD

Rapid City (Lakota: Mni Lúzahāŋ Othúŋwahe; "Swift Water City") is the second most populous city in South Dakota and the county seat of Pennington County. Named after Rapid Creek, where the settlement developed, it is in the western part of the state, located on the eastern slope of the Black Hills mountain range. Known as the "Gateway to the Black Hills" due to its location and the "City of Presidents" because of the life-size bronze president statues located downtown, Rapid City is split by a low mountain ridge that divides the western and eastern parts of the city.



## MEETING AND DEPARTURE INFORMATION

### MEETING LOCATION

Hotel Alex Johnson Rapid City  
Curio Collection by Hilton  
523 6th St, Rapid City, SD 57701  
(605) 342-1210  
<https://www.alexjohnson.com/>

DEPARTURE TIME  
7:00 AM on the first day of the tour.  
RETURN TIME  
Around 5:00 PM on the last day of the tour



## RAPID CITY HOTELS



Hotel Alex Johnson Rapid City  
Curio Collection by Hilton  
523 6th St, Rapid City, SD 57701 (605) 342-1210



Fairfield Inn & Suites by Marriott Rapid City  
1314 N Elk Vale Rd, Rapid City, SD 57703  
(605) 718-9600

# 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 MULTI-SPORT BIKE, HIKE, & CLIMB

Mountain Biking 
 Hiking 
 Rock Climbing 
 Canyoneering

- Families with Older Kids
- Families with Younger Kids
- Private Tours and Custom Tours
- Solos, Couples & Friends
- Departure: St. George, UT
- Tour Offered: May, Jun, Jul, Aug, Sep
- Departs On: Sunday
- Duration: 6 Days
- Lodging: First-Class Camping or Casual Inns and Cabins
- Fitness Level: 1-3
- Technical Level: 1-3
- Elevation Range: 4,000 - 10,000 ft.

From mountain biking the moderately challenging trails of Red Canyon and Sunset Cliffs, we take to Bryce Canyon's more remote draws: Sunset Point, Brian Head's Cascade Falls, and Zion's Narrows. Our canyoneering day takes us boulder and rappelling deep canyons and chutes.



### IDAHO HOT SPRINGS MULTI-SPORT RAFT, HIKE & BIKE

Mountain Biking 
 Hiking 
 Rafting 
 Hot Springs

- 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

