



The Maah Daah Hey Mountain Biking

LENGTH: 5 Days / 4 Nights

ACCOMMODATIONS: Camping

FITNESS LEVEL: Intermediate

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



In a word: epic. The Maah Daah Hey's ninety-six continuous miles of singletrack traverse North Dakota's rugged badlands and weave through prairie teeming with wildlife. But riders aren't drawn to North Dakota just for the scenery; the Maah Daah Hey offers world-class mountain biking- so remote and unique you'll be amazed you haven't heard more about it!

With many types of terrain, and 100% singletrack, there are plenty of challenges to keep things interesting for even the most experienced riders. North Dakota's winters may be downright cold, but its summers offer a refreshing escape from the heat. With average temperatures in the upper 70s and 80s, the Maah Daah Hey Trail will keep you cool while providing a challenging and beautiful ride. There are also opportunities for close encounters with wildlife including mule deer, coyotes, bison and golden eagles.

If you are looking for the perfect getaway with epic riding, great scenery, and abundant wildlife, our Maah Daah Hey tour can't be beat.

Trip Amenities

We stay at campsites with well water and pit toilets. There are no shower facilities, but solar showers will be available. Cell phone service is very spotty with all the carriers. All meals are prepared by your experienced guides.

Meals

All meals on this trip are prepared by your experienced guides.



Day 1 | CCC Trailhead & New Singletrack

We meet in Medora at Dakota Cyclery and then shuttle for about an hour. At the CCC Trailhead, we have lunch and go through a quick safety orientation before riding a prime-cut section of the Maah Daah Hey. This out-and-back is a great sampling of the Badlands and a perfect warm-up! Then it's into the van for a short shuttle to our camp for the night.

Total Mileage | 20 miles

Terrain | Singletrack, Van Support

Day 2 | Bennett Trail or Cottonwood Trail

Today we will ride the Bennett Trail or the brand new Cottonwood Trail, before joining the Maah Daah Hey Trail at mile marker 75. On our way to lunch we track south through high prairie grasses and wooded draws. When we reach Beicigel Creek Road, we stop to meet the van and enjoy lunch before continuing on to Magpie Campground. There, we spend the evening in good company under a bright blanket of stars, taking in the coyote calls that punctuate the night's stillness.

Total Mileage | 24 miles

Terrain | Singletrack, Van Support

Day 3 | Devil's Pass, Little Missouri River

Don't forget your camera today! As we make our way to Devil's Pass it's hard to believe that this trail was once an old cattle road; nowadays it's a fairly narrow passage for us. We reach a crest and are treated to fantastic views as we peer out across the Little Missouri River Valley. From here we drop down, eventually reaching the foot of the river itself; a quick wade brings us to the other side. Riding on, we meander through shady cottonwoods and climb up to the van and our lunch spot. After the break, eight more rolling miles bring us to our camp near Teddy's own Elkhorn Ranch. Here it is easy to see why Roosevelt was so in love with this land, and so committed to protecting it.

Total Mileage | 20 miles

Terrain | Singletrack, Van Support



Day 4 | Buffalo Gap to Wannagan Creek

Today we enjoy ripping fast descents on buff singletrack mixed with shaded, sustained climbs as the trail winds through juniper and ash trees. We also weave our way through ancient sun-bleached stumps of petrified Cypress trees before descending to our camp near Wannagan Creek.

Total Mileage | 36 miles

Terrain | Singletrack, Van Support

Day 5 | Buffalo Gap & South Unit

A big day of riding awaits us as we finish up our epic adventure in the Badlands! After a delicious breakfast, we will skirt the South Unit of Theodore Roosevelt National Park and link up with the Buffalo Gap Trail. This trail leads us back to "civilization" in the funky wild west town of Medora. We'll finish at the tour with lunch at a local park as we say goodbye to our new found friends.

Total Mileage | 13 miles

Terrain | Singletrack, Van Support

Terrain Notes: This trip includes riding on primitive (rough) singletrack with van support during the rides. It's a true backcountry experience with little contact to civilization. We recommend having some previous singletrack experience and a good camera.



This tour is operated in cooperation with Dakota Cyclery. Dakota Cyclery operates under special use permit from the USDA Forest Service on the Little Missouri National Grassland.



The Basics

State: North Dakota

Duration: 5 days/4 Nights

Type: Camping

Airport: Dickinson, ND

Mileage: 100 Miles

Season: Summer/Fall

Elevation: 2,000–3,000ft

MEETING INFORMATION

Location: Dakota Cyclery

Address: 275 3rd Ave Medora, ND 58645

Time: 09:00am

* We will return to Dakota Cyclery around 2:00pm on the last day.

- Self-inflating ground pad
Bringing or shipping your own gear? [See our shipping policy.](#)

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)

WEATHER

You will be riding and sleeping at elevations under 4,000 ft for this trip. The weather can be mild to hot in the summer, but is often unpredictable.

Please use the following locations when checking the weather online:

Medora, ND



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

- A shuttle service is available from Bismarck to Medora called **Rim Rock Stages** on the "Fargo-Billings Route" Phone: 800-255-7655. Times change often so call for more information. We recommend flying into either Dickinson or Bismark airport.
- Also, Dakota Cyclery (701) 623-4808 can often provide shuttles with advance notice. We suggest you call Dakota Cyclery first.
- We recommend arriving in North Dakota at least 12 hours prior to your departure time in order to have time to rest before the tour.

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

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. Please see our website for cancellation policy.