




ARKANSAS HOT SPRINGS ROAD TOUR ROAD BIKE TOUR

 Road Biking  Hot Springs

 Families with Older Kids
Private Tours and Custom Tours
Solos, Couples & Friends

 Departure: Little Rock, AR

 Tour Offered: May, Jun, Sep

 Departs On: Monday

 Duration: 5 Days

 Lodging: Casual Inns

 Fitness Level: 2-3

 Elevation Range: 0 - 2,000 ft.

Canvassing no less than four superb Arkansas State Parks, including Hot Springs National Park, our five-day stage shades more than 200-miles, predominantly on scenic roads; sweeping through Lake Ouachita, Lake Greeson, DeGray Lake and Lake Hamilton, as well as the Little Missouri wild and scenic river.

At Hot Springs National Park, we interpret and soak up our nation's first federal preserve: established by president Andrew Jackson a full 40-years before Yellowstone became our first national park. At the nearby 100-year old Ohio Club, smart cocktail in the jazz-blues club where Al Jolson and Mae West headlined.

Though the draw has always been the healing, rejuvenating waters—143-degree thermal—trust our gut, Memphis has nothing on Hot Springs. From Stubby's to the iconic McClard's (Bill Clinton's favorite BBQ joint), we come away with a great regional taste served up graciously by the area's famous pitmasters.





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 | Hot Springs Arkansas

Meet in Little Rock, Arkansas' capital. Shuttle 50-miles southwest to equally historic and colorful Hot Springs National Park: the only national park set within a city. Nicknamed "the American spa", Hot Springs is home to some powerhouse personalities in BBQ cuisine, known as pitmasters. Hickory smoke to titanium spokes, the area's also come to be known as the cycling hub of The South, hosting a burgeoning number of bike races and CycloCross events. Our first stage follows the Hot Springs Loop, and over the Clinton Bridge, arcing in and around the 2753-ft Ouachita Mountains. (Stretching from western Arkansas into southeast Oklahoma, the Ouachita's ultimately join the Appalachians.) Plying this razorback route, a state scenic highway, we roll up to a local creamery, savoring small-batch ice cream.

Total Easy Mileage 18	Feet Gain 543
Total Moderate Mileage 41	Feet Gain 1679
Casual Inn The Waters	



DAY 2 | Hot Springs to DeGray

From Hot Springs, the day's stage sweeps towards Delight (pop. 279), hometown of The Rhinestone Cowboy, Glen Campbell; as well as the World Championship Squirrel Cook-off. We'll base in Delight for the evening, but the day's ride continues onto Lake Hamilton: the first of the aforementioned lakes. On State Scenic Route 7, the stage progresses toward 13,800-acre DeGray Lake Resort State Park. Set amidst the densely wooded foothills of the Ouachitas, DeGray is dialed: from golf course to marina, a wonderfully secluded shoreline where the trees finally give way, not to mention a handsome restaurant and lounge. Like a compact version of Lake of the Ozarks, its crystal blue waters provide standout Largemouth bass habitat; while interpretive guides lead floating tours to view Bald eagles.

Total Easy Mileage 31 Miles	Feet Gain 1466
Total Moderate Mileage 58	Feet Gain 2390
Casual Parker Creek Bend Cabins	





DAY 3 | Crater of Diamonds State Park

The day's opening stage leaves Delight for Glenwood (pop. 2100), 30-miles west of Hot Springs. This stage is a gem, in all senses. While the approach to Crater of Diamonds State Park is supremely easygoing, don't be surprised if diamond madness sets in once you enter the 911-acre preserve. The only aboveground mine in the world where a visitor can sift a field for diamonds... and keep what you find. After a good rain, a young lady visiting from Colorado found a 4.64-carat Esperanza diamond. From this field of dreams, our stage wends its way to Daisy State Park. Set in the Ouachitas, 7,000-acre Daisy State Park edges not only Lake Greeson, but also the Little Missouri wild and scenic river. A rocky-bottom mountain river, the Little Missouri flows for 147-miles through narrow, forested canyons. Come spring and summer, this stretch comes to life with float groups and fly fisherman.

Total Easy Mileage | 37 Miles

Feet Gain | 1925

Total Moderate Mileage | 52 Miles

Feet Gain | 2876

Casual Inn | Glenwood Country Club



DAY 4 | Mount Ida and Story

Day Four unfolds at Hot Springs Village. This stage, the longest, if not the prettiest leg passes through Lake Ouachita State Park; east, along the lake's north side. En route, our tight and friendly peloton enters the quaint town of Mount Ida. Gateway to the 1.6-million acre Ouachita National Forest, Mount Ida cuts a cute figure: primarily as a thriving arts colony, and figuratively, as "the quartz crystal capital of the world". After a stop at a local diner, we surge toward the town of Story. The day ends at the Los Lagos Hotel, an all-inclusive 26,000-acre timeshare resort 20-miles from Hot Springs National Park. Decompress with a hike or horseshoe.

Total Easy Mileage | 24 Miles

Feet Gain | 1669

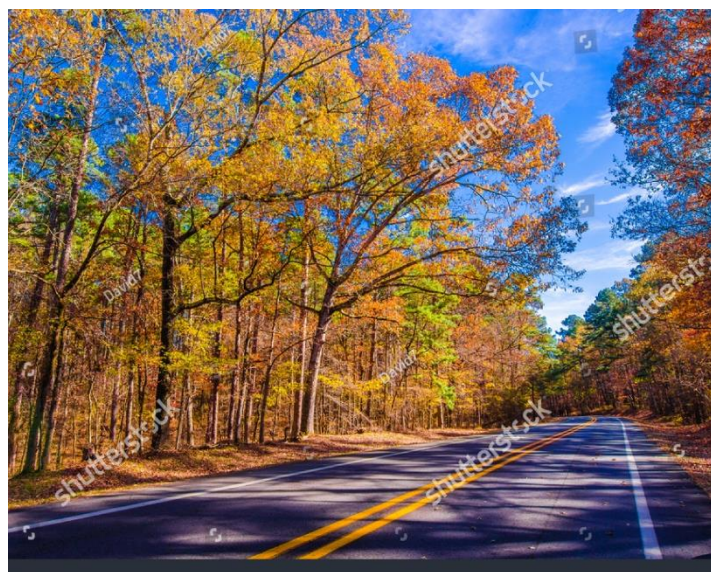
Total Moderate Mileage | 43 Miles

Feet Gain | 2809

Total Seasoned Mileage | 77

Feet Gain | 4358

Casual Inn | Hot Springs Village Inn





DAY 5 | Hot Springs National Park

The day's stage begins at Hot Springs Village; then surges to Hot Springs National Park. Our sure shot view-finding route wraps around the east side of Lake Ouachita, into Mountain Pine, (pop. 770), a 1920s company town built by Dierks Lumber and Coal. (The mill closed and was carted away some 12-years ago.) The day's final stage circles back to Hot Springs National Park.

A wonderful distilling of rich Americana and dazzling Southeast backcountry, our Hot Springs/Four Lakes Road Bike tour represents a superb fit for the cyclist keen for miles, matched by equally big slices of down-home flavor, color, history, and yes... quirks. "Snow cream with your possum pie?"



Total Easy Mileage | 20 Miles
Casual Inn | Ocean Cove Inn

Feet Gain | 954

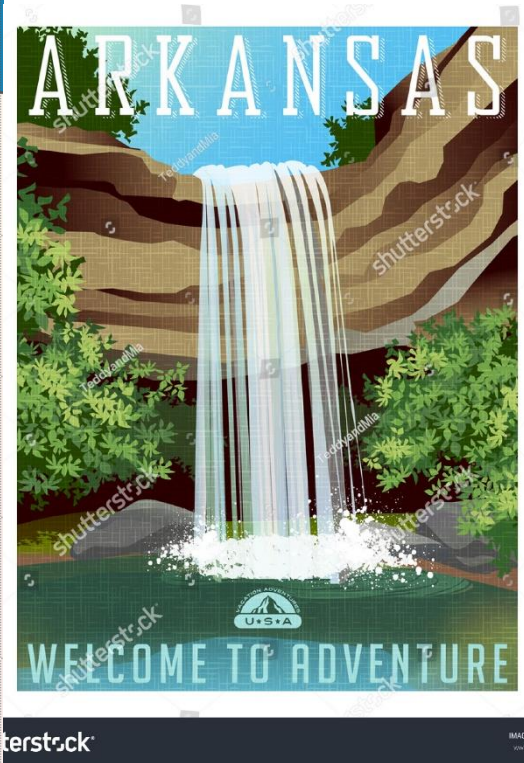


Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking	18.1	543	41	1679		
2	Road Biking	31	1466	57.63	2390		
3	Road Biking	37.3	1925	52	2876		
4	Road Biking	24	1669	43	2809	77	4358
5	Road Biking	20	954				

Road Bike Tour Fitness Levels

Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles	
Easy	1	1-3	1000	10-20	1-5
	2	2-4	2000	20-30	5-8
Moderate	3	3-5	3000	30-45	8-10
	4	4-6	4000	45-75	10-12
Seasoned	5	5-7	5000	75+	12-16+



HOW TO PREPARE

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.

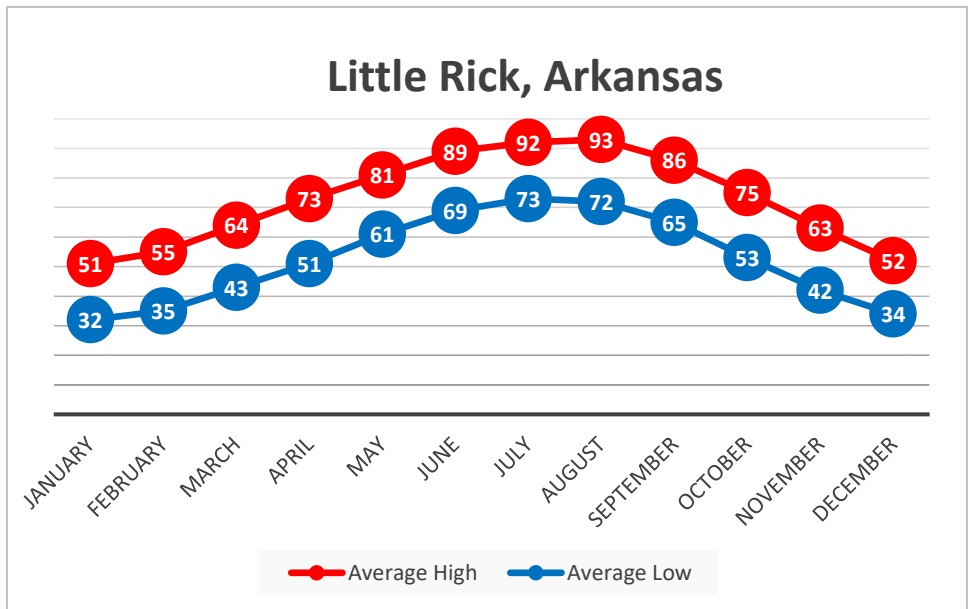


HIKING

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 predictable but given the distance you will cover, be prepared for all types. It is best to be prepared for cold evenings and inclement weather. Please use the following locations when checking the weather online: Hot Springs, Delight and Story, Oregon



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 <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 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.

ACCOMMODATIONS (subject to change)



THE WATERS

340 Central Avenue, Hot Springs, AR 71901

(501) 321-0001

<https://thewatershs.com/>

Nestled in Hot Springs National Park, Arkansas, The Waters is the perfect accommodation for your exploration of everything this beautiful area offers. A multimillion-dollar historic renovation of a revered building on Bathhouse Row has yielded a boutique hotel with vintage details and up-to-date comforts and amenities.



PARKER CREEK BEND CABINS

89 Parker Creek Road, Murfreesboro, AR 71958

(844) 712-2246

<https://parker creek bend cabins.lodgify.com/>

Parker Creek Bend Cabins is located in Murfreesboro. It has free WiFi, barbecue facilities and a restaurant. The vacation home is located on the ground floor and comes with 2 bedrooms, a TV and a fully equipped kitchen that provides guests with a dishwasher, a microwave, a washing machine, a fridge and a stovetop.



GLENWOOD COUNTRY CLUB

584 Highway 70 West, Glenwood, AR 71943

870-356-4422

<http://www.glenwoodcountryclub.com/>

A private bath, small fridge, microwave and coffee machine is included in

each lodge. Towels and bed linens are provided. Glenwood Country Club lodge guests can dine at 19th Green, the on-site restaurant in the Club House. The property also offers a common area with a full kitchen and a seating area with fireplace.



HOT SPRING VILLAGE INN

4429 N St Highway 7, Hot Springs Village, AR 71909

888-922-9601

<http://www.hot Springs Village Inn.net/>

Hot Springs Village Inn has a seasonal outdoor swimming pool, garden, a fitness center and shared lounge in Hot Springs Village. The rooms come with air conditioning, a TV with satellite channels, a microwave, a coffee machine, a bath, a hair dryer and a desk. Featuring a private bathroom, rooms at the motel also feature free WiFi, while certain rooms have a pool view. At Hot Springs Village Inn, rooms include a seating area.

GATEWAY CITY: LITTLE ROCK, ARKANSAS

Little Rock, the capital of Arkansas, is a city on the Arkansas River. It's home to the William J. Clinton Presidential Library and Museum, with exhibits including a replica of the Oval Office and presidential artifacts. In an 1800s Greek Revival building, the Old State House Museum traces Arkansas history. MacArthur Park has a pond, plus the Arkansas Arts Center, known for its large collection of drawings.



LITTLE ROCK AIRPORT

BILL AND HILLARY CLINTON NATIONAL AIRPORT

1 Airport Rd, Little Rock, AR 72202

(501) 372-3439

<http://www.clintonairport.com/>

Bill and Hillary Clinton National Airport, also known as Adams Field, Little Rock Municipal Airport, or, more simply, Clinton National Airport, is a national airport on the east side of Little Rock, Arkansas. It is operated by the Little Rock Municipal Airport Commission



LITTLE ROCK HOTELS



LITTLE ROCK MARRIOTT

3 Statehouse Plaza, Little Rock, AR 72201

(501) 906-4000

<https://www.marriott.com/>



HOLIDAY INN EXPRESS LITTLE ROCK-AIRPORT

3121 Bankhead Dr, Little Rock, AR 72206

(501) 490-4000

<https://www.ihg.com/holidayinnexpress/>

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

IDAHO ROAD BIKE TOUR THE GEM STATE

- Families with Older Kids
Private Tours and Custom Tours
Solos, Couples & Friends
- Departure: Boise, ID
- Tour Offered: Jun, Jul, Aug, Sep
- Departs On: Monday
- Duration: 5 Days, 190-265 Miles
- Lodging: First-Class Camping or Casual Inns
- Fitness Level: 2-4
- Elevation Range: 4,000 - 8,000 ft.

Picture yourself cruising all day, thoroughly gassed but still blissed out by a beautiful road ride that truly took your measure. Before you can kick off your cycling shoes, you're led to a freshly prepared, scrumptious dinner. Beyond that multicourse fare, lay a cascading natural hot spring.



BIG SUR ROAD BIKE TOUR CALIFORNIA COAST SANTA BARBARA TO BIG SUR

- Private Tours and Custom Tours
Solos, Couples & Friends
- Departure: Santa Barbara, CA
- Tour Offered: Mar, Apr, May, Sep, Oct
- Departs On: Sunday
- Duration: 6 Days
- Lodging: Luxury Inns & Restaurants
- Fitness Level: 2-4
- Elevation Range: 0 - 2,000 ft.

The highly influential, early 20th century watercolorist and muralist, Francis McComas defined California's Central Coast Big Sur as "the greatest meeting of land sea."

