





UTAH/ARIZONA BRYCE, ZION, GRAND CANYON ROAD BIKE TOUR

 Road Biking  Hiking

 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.

We've combined our three most popular destinations, Bryce Canyon, Zion National Park, and the Grand Canyon, for a trio of nature's finest!

From southern Utah's Brian Head Peak, we descend off the mountain through a speedy blur of aspen and pine to Red Canyon of the Dixie National Forest. Here, we ride a bicycle path lined with oversized sandstone figures--a curious token preview of a bigger scene that lies ahead. At Bryce Canyon National Park, our road through the forest opens abruptly to the brim of a giant basin filled to capacity with stone-silent gatherings of human-like hoodoos!

We take a moment to hike down through its channels of bizarre form and color. En route to the Grand Canyon, we ride through ponderosa forests and deer meadows to the North Rim, where anticipation meets its match at the highest edge of the greatest gorge in the world! A brief hike down the canyon wall manifests the canyon's grand scale and magnitude. Cycling back over the Kaibab Plateau, we descend more than 5,000 feet into Zion National Park, for a grand finale ride into the stunning sanctuary of the Three Patriarchs, Angel's Landing, and the Great White Throne!





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 | Brian Head to Red Canyon

After meeting in St. George, we'll travel as a group to Brian Head Mountain and Cedar Breaks National Monument for a light lunch, introductions, and a pre-trip meeting. Our adventure begins as we descend from Cedar Breaks National Monument to Panguitch Lake. The road is smooth and gentle, descending 2,885 feet over 20 miles. The lake is situated in a ponderosa and juniper forest dappled with ancient lava beds and rolling meadows. Campers will be staying at Red Canyon.



Total Moderate Mileage 39 Miles	Feet Gain 1264
First-Class Camping Red Canyon	
Casual Inn Quality Inn Bryce Canyon	

DAY 2 | Red Canyon and Bryce Canyon

This is where the tour starts to unfold as we make way into beautiful Red Canyon! The road gently climbs up through the canyon amongst red spires and hoodoos on a newly created bicycle path. The path is completely separated from the road allowing you to look around and stop at will. As we crest Red Canyon, a flat ride through The Pines leads us into Bryce Canyon National Park. Once in Bryce, we will have a few hours to explore some of the area's most popular trails. These trails include Navajo Loop, Wall Street, and the Rim Trail – some of Utah's best hiking!



Total Easy Mileage 19 Miles	Feet Gain 1638
Total Moderate Mileage 38	Feet Gain 2026
Total Seasoned Mileage 71 Miles	Feet Gain 5833
Hiking Wall Street Bryce Canyon	
First-Class Camping Red Canyon	
Inn Quality Inn Bryce Canyon	



DAY 3 | Bryce Canyon to Coral Pink Sand Dunes

Today we will descend back out of Bryce Canyon through Red Canyon and on to Coral Pink Sand Dunes. This beautiful road ride takes us through peaceful high country along the Sevier River Valley. We will pass the small towns of Hatch, Long Valley, and Mt. Carmel Junction. From Mt. Carmel Junction, one long climb takes us to the turn off for Coral Pink, a true highlight of our camping trip. (Note: Our Bryce, Zion, Grand Canyon National Park camping trip is the only tour to visit the Sand Dunes at Coral Pink.)

Total Easy Mileage 18 Miles	Feet Gain 1216
Total Moderate Mileage 40 Miles	Feet Gain 1518
Total Seasoned Mileage 61	Feet Gain 2679
First-Class Camping Coral Pink Sand Dunes	
Casual Inn Quality Inn Kanab	



DAY 4 | Coral Pink Sand Dunes to the Grand Canyon

Awaken to the smell of fresh-brewed coffee and a hearty breakfast! Leaving the dunes behind us, we'll descend to Kanab. Once we reach the start of our climb up the Kaibab plateau, you will have an option to ride 35 miles to the top or take our shuttle. We will then meet at Jacob Lake. From here the Grand Canyon awaits. We will be in the depths of the forest riding smooth rolling meadows for the rest of the day. The forest is rich in alpine vegetation and wildlife. Don't forget to keep an eye out for the Kaibab squirrel – a unique species found only on the North Rim of the Grand Canyon! Our ride along the plateau concludes directly on the North Rim where we will be staying for the next two nights.

Total Easy Mileage 26 Miles	Feet Gain 1913
Total Moderate Mileage 55 Miles	Feet Gain 4030
Total Seasonal Mileage 80 Miles	Feet Gain 6306
First-Class Camping Grand Canyon National Park	
Casual Inn Grand Canyon Lodge	





DAY 5 | Grand Canyon National Park

Relax – you deserve it! Today you have a free day to explore some of the most spectacular hikes in the world. Only one out of ten of the canyon’s visitors experience the tranquility of the North Rim, making it the ideal spot to explore the canyon. In addition, have an optional ride to Point Imperial which adds 45 miles to your trip – but well worth it!

Total Moderate Mileage | 22 Miles Feet Gain | 2160
Total Seasoned Mileage | 55 Miles Feet Gain | 4939
Casual Inn | Grand Canyon Lodge
First-Class Camping | Grand Canyon National Park



DAY 6 | Grand Canyon National Park to Zion National Park

If you have always wanted to do a century, then today is your day! From the North Rim we will descend more than 3000 feet off the Kaibab Plateau on a spectacular 121-mile ride to Zion National Park! In Zion, we will descend another 3000 feet through the deep canyon walls (with one shuttle through a mile-long tunnel) and down to Springdale. The town of Springdale is a historic Utah town fed solely on visitors to Zion. Small shops, restaurants, and an I-Max theatre constitute our evening activities. Because of our late finish on this day, dinner will be on your own tonight.

Total Easy Mileage | 25 Miles Feet Gain | 1837
Total Moderate Mileage | 43 Miles Feet Gain | 3315
Total Seasoned Mileage | 122 Feet Gain | 6318
Casual Inn | Grand Canyon Lodge
First-Class Camping | Bumbleberry Inn





DAY 7 | Zion National Park

We have one last half-day to soak up Zion's multi-hued cliffs and massive stone monoliths. Today we venture off on Zion's trademark trail, the Zion Narrows. Walking along and through the river, we take in unparalleled views of Angels Landing and the enormous cliffs that make Zion, well, Zion! After a delicious lunch we'll shuttle back to St. George arriving around 3:00 p.m. For those taking our shuttle, we'll arrive in Las Vegas around 5:00 p.m. PST.

Total Mileage | 1-3 Miles Hiking or 19 Mile Ride Feet Gain | 800



THE IMPORTANT STUFF

Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking			39	1264		
2	Road Biking	19	1638	38	2026	71	5833
	Hiking	Hike Wall Street Bryce Canyon					
3	Road Biking	18	1216	40	1518	61	2679
4	Road Biking	26	1913	55	4030	80	6306
5	Road Biking			22	2160	55	4939
	Hiking	Hike Kaibab Trail 1-10 Miles					
6	Road Biking	25	1837	43	3315	122	6318
7	Road Biking	19	800				
	Hiking	Hiking Angels Landing or Narrows					

Road Bike Tour Fitness Levels

	Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Mles	Hiking Mles
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
Seasoned	4	4-6	4000	45-75	10-12
	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.

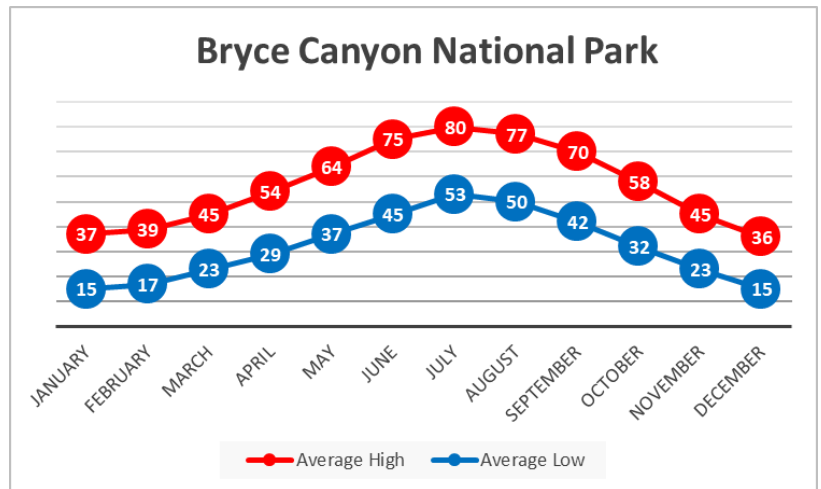


HIKING

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

You will be riding and sleeping at elevations over 4,000 ft. for this trip. Weather predictions in this area are often unreliable due to the elevation, so it is best to be prepared for cold evenings and inclement weather. Please use the following locations when checking the weather online: Panquitch, UT, Bryce Canyon National Park, Kanab, UT and Zion National Park



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 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)

QUALITY INN BRYCE CANYON

3800 South, US-89, Panguitch, UT 84759

(435) 676-8770

<https://www.choicehotels.com/utah/panguitch/quality-inn-hotels/ut173?source=gyxt>

Charming guest rooms and deluxe suites. Amenities include a restaurant, free Wi-Fi, tour planning and business center.



QUALITY INN KANAB

815 East, US-89, Kanab, UT 84741

(800) 438-2929

<https://www.choicehotels.com/utah/kanab/quality-inn-hotels/ut109?source=gyxt>

Our hotel in southern Utah is in the "Grand Circle" and surrounded by many of the area's top attractions like Best Friends Animal Sanctuary, the Grand Staircase-Escalante National Monument and Coral Pink Sand Dunes State Park.



GRAND CANYON LODGE – NORTH RIM

AZ-67, North Rim, AZ 86052

(877) 386-4383

https://www.grandcanyonforever.com/?utm_source=local&utm_campaign=gmb&utm_medium=organic

One of the top picks in Duck Creek Village. Includes on-site parking, made to order breakfast, clean rooms, and free Wi-Fi. Other amenities include an outdoor fireplace area, paved parking, and outdoor barbeque facilities.



BUMBLEBERRY INN

97 Bumbleberry Ln, Springdale, UT 84767

Phone: (435) 772-3224

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

Amenities include air-conditioned rooms, hair dryer, mini-refrigerator, coffee maker, microwave and flat screen TV in every room, as well as an outdoor pool and hot tub.



FIRST-CLASS CAMPING AT BRYCE, ZION, AND THE GRAND CANYON



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 also available a-la-cart)



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.

GATEWAY CITY: LAS VEGAS, NEVADA

Las Vegas is the 28th-most populated city in the United States. Vegas is an internationally renowned major resort city, known primarily for its gambling, shopping, fine dining, entertainment, and nightlife. It is a top three destination in the United States for business conventions and a global leader in the hospitality industry, claiming more AAA Five Diamond hotels than any other city in the world. Today, Las Vegas annually ranks as one of the world's most visited tourist destinations.



MCCARRAN INTERNATIONAL AIRPORT



MCCARRAN INTERNATIONAL AIRPORT
5757 Wayne Newton Blvd, Las Vegas, NV 89119
(702) 261-5211

www.mccarran.com

LAS is conveniently located close to the popular strip area. McCarran International Airport is the eighth-busiest airport in North America.

ESCAPE ADVENTURES SHUTTLE

Take our shuttle from Las Vegas to St. George and get to know your Trip Leaders and fellow tour companions. Call for pricing.

MEETING LOCATION

ELEMENT HOTEL
10555 Discovery Dr, Las Vegas, NV 89135
(702) 589-2000
www.elementhotels.com

DEPARTURE TIME
7:00AM on the first day of the tour.

RETURN TIME
By 6:00 PM on the last day of the tour.



LAS VEGAS HOTELS



RED ROCK RESORT
11011 W. CHARLESTON BLVD.
(702) 797-7777

www.redrock.sclv.com



BELLAGIO
3600 Las Vegas BLVD S.
(888) 987-6667

www.bellagio.com

DEPARTURE CITY: ST. GEORGE, UTAH

St. George is a city in southwestern Utah. Nearby Snow Canyon State Park offers trails, dunes and red sandstone cliffs. Sand Hollow State Park features a large reservoir. Stately 19th-century buildings such as the Pioneer Courthouse and Brigham Young Winter Home dot downtown. The St. George Art Museum houses historical photos and work by regional artists. Zion National Park, with canyons and streams, lies northeast.



METING AND DEPARTURE INFORMATION

MEETING LOCATION

The Desert Garden Inn
1450 South Hilton Dr, St. George, UT 84770
(435) 688-7477
<https://www.wyndhamhotels.com/trademark/st-george-utah/desert-garden-inn-a-trademark->

DEPARTURE TIME

10:30 AM on the first day of the tour.

RETURN TIME

Around 3:00 PM on the last day of the tour.



ST. GEORGE, UTAH HOTELS



BEST WESTERN PLUS ABBEY INN
1129 South Bluff Street
(800) 780-7234 or (435) 652-1234
www.bestwestern.com



COURTYARD BY MARRIOTT
185 South 1470 East
(888) 867-7457 or (435) 986-0555
www.marriott.com/sgucy

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

ARIZONA ROAD BIKE TOUR TUCSON & SAGUARO NATIONAL PARK

Road Biking

- Private Tours and Custom Tours
Solos, Couples & Friends
- Departure: Tucson, AZ
- Tour Offered: Feb, Mar, Apr, Sep, Oct
- Departs On: Monday
- Duration: 5 Days
- Lodging: Luxury Inns & Restaurants
- Fitness Level: 3-4
- Elevation Range: 2,000 - 8,000 ft.

As one travel journalist put it, "Tucson is a dream landscape for a cyclist worth his or her electrolytes."



GRAND TETONS & YELLOWSTONE ROAD BIKE TOUR GRAND TETON & YELLOWSTONE NATIONAL PARK

Road Biking Hiking

- Families with Older Kids
Private Tours and Custom Tours
Solos, Couples & Friends
- Departure: Idaho Falls, ID
- Tour Offered: Jun, Jul, Aug, Sep
- Departs On: Sunday
- Duration: 6 Days
- Lodging: First-Class Camping or Casual & Luxury Inns & Restaurants
- Fitness Level: 2-4
- Elevation Range: 5,000 - 9,000 ft.

Jackson Hole and Yellowstone. It is the striking visage of the Grand Tetons—named by a 19th-century French fur trapper, no less—that sets it apart from the rest of the Rocky Mountains.

