



escape adventures®

Road Biking Sun Valley and the Sawtooth Ranges

The Basics

State: Idaho
Mileage: 217-283 Miles
Duration: 5 days/4 Nights
Season: Summer
Type: Camping or Inns
Elevation: 2,700-8,734
Airport: Boise, Idaho



Meeting Information

Location: SpringHill Suites Boise Park Center
Address: 424 E Parkcenter Blvd, Boise ID 83706, 208-342-1044
Time: 8am

* We will return to Boise around 4:00pm on the last day.

* A single supplement is available for solo travelers on this trip who do not wish to share a room: \$395

Bike Rentals

We offer 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) COT
- Sleeping pad

Bringing or shipping your own gear? [See our shipping policy.](#)

The Sawtooth Mountains were one of Ernest Hemingway's favorite places, and it is easy to see why. With backcountry as rugged as it is beautiful, you too will fall in love with this enchanting region.

Beginning in Boise, we ride alongside the Arrow Rock Lake and the Boise River. Cycling upriver, we ascend into the Sawtooth Mountain Range. Don't let the harsh name fool you, these jagged peaks in fact harbor the most delicate of jewel-like lakes and natural hot springs dot the landscape, punctuating the forests and rivers with their bubbling energy.

Once home to early trappers and explorers, the Sawtooth Mountains have a rich history. From old boomtowns like Idaho City to modern tourist towns like Sun Valley, we cycle right through Idaho's fascinating heritage.

While our days are spent cycling through the Sawtooth Mountains and their unique communities, our evenings are spent relaxing in and around some of the state's best natural hot springs and lakes!

Trip Amenities and Meals

Cell phone service is spotty, but pay phones are available in town.

Camping Tour: We'll camp in scenic primitive campgrounds with no running water. You can however take advantage of waterside locations and rinse off in the refreshing springs. Solar showers may also be available. All meals will be prepared by your experienced guides.

Inns Tour: Inns on this trip are chosen for comfort, scenery, and proximity to our activities. All meals are in local restaurants with the exception of day 2. Day 2 dinner and breakfast and all picnic lunches will be prepared by your experienced guides.



Daily Itinerary

Specific Trip Tips

- We recommend that you fly directly into Boise, ID.
- We also suggest arriving at your meeting location 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 is advised

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!

Offset Your Airfare

We've got your trip covered, but use our online [Carbon Calculator](#) to offset your travel to and from the trip

Day 1 | Arrow Rock to Idaho City

We begin this tour with a ride right out of our meeting spot! We will cruise through scenic Boise on the bike path to the Lucky Peak Reservoir. We then start a gradual climb to our destination for the day, Idaho City. Idaho City is a classic boomtown, born almost overnight as prospectors rushed into the area followed the discovery of gold in the Boise Basin. At its height, the city was home to more than 250 businesses. While the pace here today is far less frantic, the boomtown flavor still remains.

Total Mileage | 40 miles

Inn | Inn The Pines

Camp | Idaho City

Total ascent | 3219 ft

Day 2 | Idaho City to Lowman

As we leave Idaho City, we gradually climb for 13 miles (2,500 feet) to Banner Ridge. The views from Banner Ridge are nothing short of phenomenal! The Sawtooth Mountains unfold as far as the eye can see.

After our climb, we make a long winding descent into Lowman (population 20). Perched on the shore of the Payette River, Lowman boasts some of our favorite backcountry hot springs!

Total Mileage | 33-99 miles

Inn | Southfork Lodge

Camp | Kirkham Hot Springs

Total ascent | 4321 ft

Day 3 | Lowman to Stanley, Red Fish Lake

Our ride continues through the beautiful Idaho mountains en-route to Red Fish Lake in Stanley. We'll have a consistent 30-mile climb to Banner Summit (7,056 feet). This climb is challenging, but rewarding, as we roll into Stanley.

Stanley is located in the middle of one of the most stunning and rugged wilderness areas in the West, The Sawtooth National Recreation Area (SNRA). The SNRA, home to the spectacular Sawtooth Mountains (also known as "America's Alps"), and contains over 40 peaks over 10,000 feet, 300 high mountain lakes and some of the country's best whitewater rafting on the Salmon, Snake and Payette Rivers. It also hosts our personal favorite mountain destination - Red Fish Lake - a five-mile long glacial lake in the lap of the Sawtooth Mountains. Depending on time we can take a short shuttle to a local hot spring!

Total Mileage | 58 miles

Inn | Red Fish Lake Lodge

Camp | Red Fish Lake Campground

Total ascent | 4225 ft

Day 4 | Stanley to Sun Valley

Our ride today climbs from Red Fish Lake to Galena Summit (8,795 feet), and then on down into Sun Valley. This obviously challenging ride is known for its spectacular scenery and access to the Idaho backcountry. Once we summit, it is a 30 mile *downhill* ride into Sun Valley, Idaho. Sun Valley has been a popular vacation destination since 1935, and our inns guests will have the chance to sample town hospitality during our overnight stay. Our camping guests will enjoy one more night of wilderness 4 miles north of town.

Total Mileage | 60 miles

Inn | Sun Valley Inn

Total ascent | 3055ft

Camp | 4 miles north of Sun Valley

Day 5 | Sun Valley to Hailey

Enjoy the morning in Sun Valley checking out the sights and attractions before embarking on a scenic bike path ride around Sun Valley and into Hailey. Our ride continues through Hailey and on to the beautiful Silver Creek Preserve where we'll have lunch and conclude our tour. After lunch we will shuttle back to Boise.

Total Mileage | 26 miles

Total ascent | 23 ft



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

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souvenir shirt. Gratuities to local restaurants, hotels, transportation, and additional activities mentioned on this itinerary are paid by Escape Adventures. If you engage in an activity that is not part of this trip as outlined, then you are responsible for tipping.

Trip Cost Does Not Include: Airfare to and from our departure point, lodging before or after the tour, personal camping gear, rental bike, activities on layover days 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.