



UTAH

Canyonlands, Arches, and Moab

MULTI-SPORT ROAD BIKE TOUR

 Road Biking  Hiking  Rock Climbing  Rafting

-  Families with Older Kids
-  Families with Younger Kids
-  Private Tours and Custom Tours
-  Solos, Couples & Friends
-  Departure: Moab, UT
-  Tour Offered: Apr, May, Sep, Oct
-  Departs On: Sunday

-  Duration: 6 Days
-  Lodging: Casual Inns or Luxury Inns & Restaurants
-  Fitness Level: 1-3
-  Technical Level: 1-3
-  Elevation Range: 4,000 - 9,000 ft.

Picture vibrant sandstone walls chiseled by the mighty Colorado River, lit by the evening glow of a desert sunset, and backed by a magnificent range of snow-capped mountains. In the midst of Utah's Canyon Country, Moab's backcountry provides the perfect setting for your multi-sport adventure.

At Arches, we'll hike through a geological wonderland, where natural exhibits of pinnacles, arches, pedestals, and balancing rocks seem to defy the laws of physics. Contrasting colors, textures, and landforms distinguish the many vegetation zones of this canyon country, each offering its own kind of adventure. At Dead Horse Point and Island in the Sky, expansive views of maze-like chasms typify our road biking experience along the acclaimed mesa. Moab's canyon country's vertical landscape challenges us with fantastic introductory canyoneering. And, while the Colorado River's power is present everywhere throughout our adventure, nowhere is it better realized than on our exciting day of river rafting.



Adventure seekers lacking outdoors experience, or family-groups will find this tour a perfect match of package options and tempo. The profusion of rides, coupled to wide variability of terrain makes this trip easy to customize. We can both accommodate and adapt this tour according to group-size; including seasoned riders, families, all the way to riders new to road biking.



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 | Kane Creek Canyon

Meet-up in Moab. Our opening ride parallels the Colorado River in Kane Creek canyon and its rich red canyons. With the river as its companion, Kane Creek follows the deep river canyon, providing a pristine playground for Jeepers, rock climbers hikers, mountain bikers and, of course, road bikers. Rock art from ancient peoples who once roamed on the area decorate the canyon walls. They're not always obvious, so be sure to keep a close eye out.

Total Mileage | 10 Miles Feet Gain | 875
First-Class Camping: Outskirts of Moab
Casual Inn: Big Horn Lodge | Luxury Inn: Sorrel River Ranch



DAY 2 | Arches National Park

Day Two we sweep along the Moab Bike Path adjacent to Arches National Park. Most people think of mountain biking when they think of Moab, but there are now over one hundred miles of paved non-motorized trails through absolutely amazing scenery in the region. Off the bike, we hike the fantastic monolith canyons and arches of Devils Garden and/or Fiery Furnace within Arches National Park. Here you can enjoy the region's otherworldly landscape up close and personal – since you'll be squeezing through it, sliding down it, and hopping across big cracks in it.

Total Mileage | 15.5 Miles Feet Gain | 938
Total Hiking Mileage | Hiking Devils Garden 5 Miles
First-Class Camping: Outskirts of Moab
Casual Inn: Big Horn Lodge | Luxury Inn: Sorrel River Ranch





DAY 3 | Canyonlands National Park

Shuttle to beautiful Dead Horse Point State Park; then a short hike out to brilliant viewpoints onto Canyonlands National Park. Mounting up, we bike back to Moab, propelled by a scrumptious afternoon breeze. As you descend, look to the east for great views of Arches National Park. Three mountain ranges (the Henrys, Abajos and La Sals), dot the rest of the landscape.

Total Mileage | 34 Miles Feet Gain | 1193
First-Class Camping: Outskirts of Moab
Casual Inn: Big Horn Lodge | Luxury Inn: Sorrel River Ranch



DAY 4 | Rock Climbing

A morning ride along Potash Road brings us to Wall Street, and some Moab-style asset moving. Guided not by corporate raiders but professional climbing instructors, we test the red rock walls. We gain a fresh perspective on the spectacular canyon walls we've been admiring from afar as we climb into a safety harness and are introduced to the exciting sport of rock climbing. After an introduction to equipment and terminology, and instruction in knot tying and belaying, we'll begin climbing. After mastering some basic maneuvers, we'll progress to some advanced challenges.

Total Mileage Day 4 | 10 Miles Feet Gain Day 4 | 542
Rock Climbing: Rock Climbing Wall Street
First-Class Camping: Outskirts of Moab
Casual Inn: Big Horn Lodge | Luxury Inn: Sorrel River Ranch





DAY 5 | Colorado River

The first half of the day we go waterborne, rafting the Colorado River. We will provide instruction covering everything from basic paddling techniques to the art of wave surfing. Towering cliffs shoot skyward from this grand river, dwarfing our small craft. We'll savor this fresh new perspective of canyon country as we gaze at riverside monuments and buttes, and maybe even an eagle! The remainder of the afternoon is either given to exploring Moab on foot... or saddling up for a lung-expanding/big joyride into Spanish Valley.

Rafting | Rafting the Colorado River
First-Class Camping: Outskirts of Moab
Casual Inn: Big Horn Lodge | Luxury Inn: Sorrel River Ranch



DAY 6 | River Road Bike Path

The tour de red rock closes with another stunning ride along the Colorado River: from the recently restored Dewey suspension bridge back to Moab. This trail is part of a designated "Watchable Wildlife Area", so be on the lookout for wildlife during your ride. Desert Bighorn Sheep have settled into this valley from their release into Arches National Park, they tend to be in the cliff bands above the river as are Peregrine Falcon. The thick vegetation along the river provides homes for otters and beavers, blue heron. Keep an eye out for Bald Eagles nesting in the Cottonwood trees in the winter.

Total Mileage Day 6 | 33 Miles
Feet Gain Day 6 | 3685



Daily Activities

Day	Activity	Easy		Moderate		Seasoned	
		Miles	Feet Gain	Miles	Feet Gain	Miles	Feet Gain
1	Road Biking	10	875				
2	Road Biking	15.5	938				
	Hiking	Hiking Devils Garden 5 Miles					
3	Road Biking			34	1193		
4	Road Biking	10	542				
	Rock Climbing	Rock Climbing Wall Street					
5	Rafting	Rafting Colorado River					
6	Road Biking			33	3685		



Road Bike Tour Fitness Levels

		Road Cycling			Multi-Sport Activities			
Level	Hours of Activity	Total Elevation Feet Gain	Road Cycling Miles	Hiking Miles	Rock Climbing	Canyoneering	Rafting/Canoeing	
Easy	1	1000	10-20	1-5	Low Angle Large Handholds	Hiking/No Ropes	Relaxed, Slow Moving Water	
	2	2000	20-30	5-8	Level 1 PLUS Small Handholds	Level 1 PLUS Occasional Ropes	Level 1 PLUS Easy Rapids Wide Channels	
Moderate	3	3000	30-45	8-10	Level 2 PLUS Steep Angles	Level 2 PLUS Easy Rapels	Level 2 PLUS Waves, Up to 4' Narrow Channels	
Seasoned	4	4000	45-75	10-12	x	Level 3 PLUS Complex Ropes, Multiple Rapels	Level 3 PLUS Long Rapids	
	5	5000	75+	12-16+	x	x	Level 4 PLUS Spinning, Large Waves	

HOW TO PREPARE

MULTI-SPORT

As an adventurous person, feel free to do whatever you can before the trip. You can leave these specialty sports up to us. Except for biking and hiking, no experience is necessary, just enthusiasm and an open mind ready to try some new adventures. Your level of fitness also affects how much you enjoy your tour. Check your specific itinerary for an idea of your average daily mileage and level of strenuousness, then train appropriately.

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.

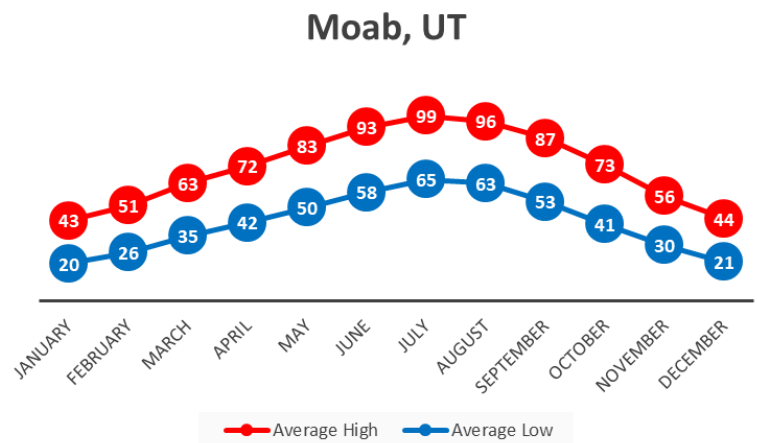


HIKING

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 socks you are bringing on the trip. This will help prevent blisters and sore feet.

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: **Moab, UT**



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 repellent.

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



Big Horn Lodge
550 S Main St, Moab, UT 84532
(435) 259-6171
<https://www.moabbighorn.com/>

Located in the Heart of Canyonlands and just 4 miles from Arches National Park is the Big Horn Lodge, one of Moab's finest lodging accommodations. The Big Horn Lodge features an outdoor heated pool and a great local's favorite, Smitty's Gold Steak Restaurant, located on site.



Sorrel River Ranch Resort and Spa
Mile 17, Utah 128, Moab, UT 84532
(435) 259-4642
<https://www.sorrelriver.com/>

Set amongst the most spectacular scenery near southern Utah's famous arches and red rock mountains, Sorrel River Ranch Resort and Spa elevates the standard of luxury lodging in Moab, Utah, offering 240 acres of wide open ranch land tucked away along the Colorado River. Discover Arches and Canyonlands National Parks adventures, farm-to-table meals, rejuvenating spa services and more at our extraordinary Moab resort-hotel,

FIRST-CLASS CAMPING AT CANYONLANDS, ARCHES, AND MOAB



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



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: GRAND JUNCTION, CO

Grand Junction, situated in Colorado's Western Slope region, is known as the hub of Colorado's wine country. Grand Junction is the Gateway City for our Canyonlands, Arches, and Moab tour as it is the closest city to our Departure City (Moab) with an airport.

GRAND JUNCTION AIRPORT

GRAND JUNCTION REGIONAL AIRPORT

2828 Walker Field Drive

(970) 244-9100

www.gjairport.com

Grand Junction Regional Airport is located three miles northeast of Grand Junction, in Mesa County, Colorado. It is the largest airport in western Colorado and third largest in the state.



GRAND JUNCTION HOTELS



MARRIOTT FAIRFIELD INN & SUITES

225 Main St.

(970) 242-2525

<http://www.marriott.com>



TRAVELODGE

718 Horizon Dr.

(970) 243-5080

www.travelodgegrandjunction.com

Driving from Grand Junction to downtown Moab is just over 100 miles and takes less than two hours. The main thoroughfare, i-17 w to us-191 s, is the quickest and most direct route. Kids will appreciate a pit stop in nearby Fruita, home to the Dinosaur Journey Museum and other fun finds. For those that seek the road less traveled, allocate an additional 15 minutes (one way) and take the picturesque upper Colorado Scenic Byway u-128 w. The views are spectacular (especially during sunrise) and definitely worth the added travel time.

DEPARTURE CITY: MOAB, UTAH

Moab, Utah is a gateway to massive red rock formations in Arches National Park. Southwest, Canyonlands National Park features mesas and buttes carved by the Green and Colorado rivers, plus Native American rock art. Dinosaur tracks can be found at sites like Bull Canyon Overlook and Copper Ridge. In the city, collections at the Museum of Moab include dinosaur bones and archaeological artifacts. For more information, visit www.discovermoab.com.



MEETING AND DEPARTURE INFORMATION

MEETING LOCATION

MOAB CYCLERY

391 S Main St, Moab UT 84532

(800) 559-1978 Or (435) 259-7423

www.moabcyclery.com

DEPARTURE TIME

8:30 AM on the first day of the tour.

RETURN TIME

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



MOAB HOTELS



Big Horn Lodge

550 S Main St, Moab, UT 84532

(435) 259-6171

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



BEST WESTERN PLUS CANYONLANDS INN

16 S Main St

(800) 649-5191 or (435) 259-2300

www.canyonlandsinn.com

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 & GRAND CANYON ROAD BIKE TOUR

- 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.

Bryce Canyon, Zion National Park, and the Grand Canyon, are a trio of nature's finest. 3 national parks, one tour!



ROCKY MOUNTAIN ROAD BIKE TOUR

- Private Tours and Custom Tours
Solos, Couples & Friends
- Departure: Durango, CO
- Tour Offered: Jun, Jul, Aug, Sep
- Departs On: Monday
- Duration: 5 Days
- Lodging: Casual Inns
- Fitness Level: 3-5
- Elevation Range: 6,000 - 11,000 ft.

Breathe the crisp mountain air, as picturesque roads lead you through a sea of Rocky Mountain peaks rising all around you.

