

WESTERN SPIRIT

Cycling Adventures



Grand Canyon — North Rim

5 days/4 nights

DAY 1



After our meeting in St. George, we will shuttle to the Kaibab National Forest, about three hours. Our ride begins south of Jacob Lake where we will start out with a good warm up on forest service roads. The van will meet us in a beautiful meadow along the way for lunch. After lunch we will pick up the Arizona Trail for an afternoon of fine single-track riding. This trail covers 800 miles from the northern to southern state lines and was completed on December 16, 2011. This section winds up and down through the Ponderosa Pine forest, finally popping out right along the East Rim Viewpoint. From this point, we will get a dramatic view of the upper sedimentary rock layers of the canyon: the Kaibab and Toroweap limestones, Coconino Sandstone, Hermit Shale, the Supai Group and Redwall Limestone. These layers are exposed because of millions of years of erosion. Our camp for tonight and tomorrow night includes a natural terrace which is a great sunset viewing spot.

TOTAL MILEAGE: 16 miles

DAY 2



Today we will do an out and back ride from camp on the Arizona Trail. After a short warm up on the dirt road, we pick up the fun single-track and start pedaling through both aspens and ponderosas. There are lots of short climbs and descents in and out of beautiful meadows as we make our way north. There is a shorter option today where you can turn around at “the meadow” and a longer option where you can ride all the way to the corral. We

pack a lunch today so you have the flexibility to fuel when necessary! Back at camp we relax with views of Marble Canyon far below us. John Wesley Powell, the first person to run the length of the Colorado River, named this part of the canyon for the polished rock exposed at river level which reminded him of marble. It is actually Redwall Limestone. This limestone is about 360 million years old and it was deposited when most of the continent was under marine waters.

TOTAL MILEAGE: 21-28 miles

DAY 3



After packing up camp, we will shuttle into Grand Canyon National Park. We will spend the morning hiking on one of the park trails which will give us a chance to really explore the incredible sedimentary rock layers which make up the canyon walls. We will find many fossils along the way, evidence of the 250 million year old seabed. The trail follows the rim with expansive views of the canyon. Next we will visit the historic Grand Canyon Lodge. The lodge is one of two remaining historic lodges from the Grand Circle tourist route of the 1930s. Constructed from giant timbers, the porch suspends visitors over the walls of the canyon. We will shuttle back to the Kaibab Forest and ride a series of aspen lined dirt roads to our camp at Locust or Fence Point. This evening's views are classic Grand Canyon and give us a great look at its vast complexity. Below us lies almost two billion years of geology, from the younger Permian layers to the metamorphic and igneous basement rocks that comprise the Inner Gorge of the Grand Canyon. These are some of the oldest rocks exposed in the world.

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TOTAL MILEAGE: 8 miles riding, 1.5 miles hiking

DAY 4



The singletrack we ride today, the Rainbow Rim Trail, is one of the highlights of our trip. It was designed and flagged by Ranger John Kneeling of the North Kaibab Ranger District. It took him three months to flag out the route and he made sure the trail never rose or fell by more than nine degrees. This means that the climbs are all very rideable and the descents are some of the most fun on any trip we do. The trail is 18 miles in length and we are camped at about the middle. Today we ride it as an out and back to the north, planning to have lunch at the northern most point, called Parissawampitts. We will pack a lunch and enjoy it trailside studying the amazing strata of the canyon. Of course you have the option for a shorter day and can turn around at any time. No matter what, we know you will love riding the Rainbow Rim Trail.

TOTAL MILEAGE: 23 miles, shorter or longer options available

DAY 5



Today we will ride more of the Rainbow Rim Trail, through the Ponderosa Pines to the south. This part of the trail is fast and smooth and still continues to wow with stunning views of the canyon. There are a few good climbs to wear out your legs on the last day, and an equal amount of swooping downhill to bring out a giggle or two. After our ride we will have a final lunch near the rim and load up for the shuttle back to St. George.

TOTAL MILEAGE: 9 miles

RIDE NOTES

We will be without vehicle support during many sections of the ride. Itineraries are subject to change due to weather, road conditions, rider safety, and other factors which may affect the logistics of the adventure.

Road Surface: Variable; dirt roads, singletrack trails.

Overall Rating: Intermediate

Technical Difficulty: Moderate; singletrack is not very technical, climbing is minimal.

Physical Difficulty: Moderate; singletrack is unsupported.

Altitude: 7,500 - 8,900 feet

Travel Logistics

MEETING PLACE AND TIME

St. George, UT

This tour will begin at 7:30 AM MST Holiday Inn St. George Convention Center 1808 South, Crosby Way, St. George, UT 84790. You will need to spend the night in St. George because none of the shuttle services from Las Vegas or Salt Lake run early enough. See more details in "Lodging Before Your Trip".

ENDING TIME

We will return to St. George between 4:00-5:00 PM on the last day. You will have time to catch a shuttle back to Las Vegas, but not to Salt Lake.

GETTING TO ST. GEORGE, UT

Driving

St. George is located 120 miles north of Las Vegas on Interstate 15. If you need to leave a car behind while you are on your trip, there is parking available at the hotel where we will be meeting.

Flying into St. George

Airport Code: SGU

The airport is far from town. Be sure to book your taxi ahead of time.

Flying into Las Vegas, NV

Airport Code: LAS

There are two options for getting from Las Vegas to St. George:

1) Take a shuttle with Salt Lake Express. When you reserve, it is very important that you tell them the following things:

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1. Select the Door to Door option with the 84790 zip code and provide them with the hotel address where you will be staying.

2. If you are flying with your bike, you will need to reserve a spot on the shuttle for your bike, which will need to be boxed up. There is a surcharge each way.

Shuttles depart from the Las Vegas Airport and St. George eight times daily. Keep in mind that St. George is one hour ahead of Las Vegas. Call 208-656-8824 or visit <http://www.saltlakeexpress.com> for times and to make a reservation.

2) Rent a car in Las Vegas and park it at the hotel.

Flying into Salt Lake City, UT

Airport Code: SLC

There are two options for getting from Salt Lake City to St. George:

1) Take a shuttle with Salt Lake Express. When you reserve, it is very important that you tell them the following things:

1. Select the Door to Door option with the 84790 zip code and provide them with the hotel address where you will be staying

2. If you are flying with your bike, you will need to reserve a spot on the shuttle for your bike, which will need to be boxed up. There is a surcharge each way.

Call 208-656-8824 or visit saltlakeexpress.com for times and to make a reservation.

2) Rent a car in Salt Lake; it is a 5 hour drive.

TAXI SERVICE

Quality Cab: 435-656-5222

Taxi USA: 435-656-1500

LODGING BEFORE YOUR TRIP

Western Spirit has partnered with Holiday Inn St George Convention Center to provide cyclist accommodations and support. This is also where the trip starts and finishes.

Even better, the Holiday Inn is offering Western Spirit guests special rates.

[Book Your Discount With Holiday Inn Here](#)

Holiday Inn

St. George Convention Center 1808 South, Crosby Way, St. George, UT 84790

Bonus: you can leave your car at Holiday Inn while you're on the trip.

It is a good idea to book your rooms in advance.

SHIPPING YOUR BIKE

If you are shipping your bike, send it to:

Red Rock Bicycle
446 West 100 South
St George, UT 84770
435-674-3185

It is critical that you include your name, "Western Spirit Cycling" and tour date on the outside of the box. If you choose this service, you must get this organized through our office.

It is imperative to have your bike finely tuned and cleaned before your tour so you know it is in top running condition.

Packing for your trip

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Be sure to bring everything on this list. We have carefully developed this list to ensure your comfort on the tour regardless of the weather. If you are prepared for extreme weather, it is an adventure. If you are not prepared it can be a serious problem.

We recommend the layering system, including a wicking or long underwear layer, an insulating layer and a weather barrier for wind and rain. This list reflects that philosophy. Weather can be unpredictable so be sure to bring all the warm clothing and rain gear listed!

HOW TO PACK: The bulk of your gear and clothing will ride in the Western Spirit support vehicle (preferably in a large duffle bag) and will **not** be accessible during the day.

For this trip, you will need a riding pack and optional day bag:

- Your riding pack may be a hydration pack, but needs to carry 2-3 liters of water, rain gear, other warm clothing, and food for the day. You may be away from camp and the support vehicle all day and need to be self-sufficient.
- A small day bag is optional and may be used to store things you'd rather not ride with, but would like to have access to during the day. This day-pack will remain with the support vehicle and may not be accessible, depending on the day.

WHAT WE PROVIDE:

- ✓ meals, snacks, water, electrolyte drinks, non-alcoholic drinks
- ✓ camp mugs, all kitchen and dining ware
- ✓ 2 large cycling water bottles
- ✓ camp chairs
- ✓ solar showers
- ✓ sunscreen & bug spray
- ✓ bike stand and lube
- ✓ guides bring their own tools
- ✓ first aid kit with basic medications

BRINGING OR RENTING

- ☐ mountain bike (Our rentals come with flat pedals. You are welcome to bring your own if you prefer.)
- ☐ helmet (gratis w/rental bike)
- ☐ tent
- ☐ sleeping bag
- ☐ sleeping pad

CYCLING CLOTHING

- ☐ cycling shoes
- ☐ 3 - 5 pair cycling shorts
- ☐ 3 - 5 cycling shirts
- ☐ long sleeve cycling shirt
- ☐ long sleeve cotton shirt or solar sleeves
- ☐ knee & elbow pads - optional
- ☐ tights or leg warmers
- ☐ 2 pair cycling gloves (1 pair full length for warmth)
- ☐ rain jacket (Gore-Tex or similar)
- ☐ rain pants (Gore-Tex or similar)
- ☐ warm layer (lightweight synthetic puffy jacket or long sleeve fleece shirt)
- ☐ sunglasses or other eye protection

CAMP CLOTHING

- ☐ camp shorts
- ☐ shirts
- ☐ warm socks
- ☐ long underwear, top and bottom (wicking layer, not cotton)
- ☐ 2 pair warm long pants
- ☐ long sleeve fleece or sweater
- ☐ pile or down jacket (insulating layer)
- ☐ warm gloves and hat
- ☐ brimmed hat or visor
- ☐ bathing suit (for solar showers on the trip and at the hotel before/after your trip)
- ☐ hiking shoes
- ☐ sandals
- ☐ cheap PVC rain gear (to wear in camp)

PERSONAL

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C y c l i n g A d v e n t u r e s

- ☐ toiletries
- ☐ medication (daily and emergency)
- ☐ towel
- ☐ biodegradable soap
- ☐ wet-wipes
- ☐ flashlight or headlamp (with extra batteries)
- ☐ sunglasses
- ☐ riding pack: 10-15L gear capacity with 2-3L water storage (Camelbak Mule or Camelbak H.A.W.G. are good choices)
- ☐ optional day bag
- ☐ cash for tipping guides: your guides work as a team and share all of their gratuities. A tip of 10-20% of the price of your trip given to either one of your guides when you return to civilization is a great way to say thanks for a job well done.

OPTIONAL

- ☐ camera, extra batteries
- ☐ binoculars
- ☐ alcoholic or any of your favorite beverages (your guides will pack these)
- ☐ books or maps
- ☐ we encourage you to turn your devices off, but if you cannot, please bring a way to charge them. We recommend a portable USB charger with 1-2 charges. Also, putting your phone on airplane mode to save power is recommended.

