



ROCKY MOUNTAIN HIGH -COLORADO-

ITINERARY



Ride the best high alpine mountain bike singletrack that Colorado, USA, has to offer.

This 10-day fully supported high alpine mountain biking and camping trip is with our local guides on their favourite trails. Including the picturesque and famous Crested Butte, the singletrack heaven of Durango, the desert trails of Fruita and Grand Junction, along with some less known local gems. We get some time out of the saddle on an exhilarating half-day rafting excursion down the spectacular Browns Canyon on the Arkansas River. We finish on an absolute high riding the legendary Monarch Crest Trail encompassing 360 degree views of the Rocky Mountains. Being supported by shuttles enables loads of A to B trail riding. There will also be the option to listen to your legs and ride to your skill level. This trip is suited for intermediate to experienced riders who appreciate sweet single track.

A moderate fitness level is recommended as a lot of this riding is at altitude.

Email Michelle for more information - info@activeearthadventures.com or PH 0800 697 232

www.activeearthadventures.com

LENGTH	10 days
GRADE	D: Average 5 hours biking per day, up to 8 hours on three days
START	Denver, USA
FINISH	Denver, USA
DEPARTURES	17th September 2018
PRICE	US\$3500
ACCOMMODATION	Twin share camping
OPTIONAL EXTRAS	Bike hire US\$540, own tent US\$150 Pre (1 night) hotel accommodation US\$180 (approx) twin share

"I WILL NEVER FORGET IT!"

*It's the possibility of having a dream come true that makes
life interesting*

~ Paulo Coelho

ITINERARY

DAY 0 ARRIVE DENVER 16TH SEPTEMBER 2018 OR EARLIER

A pre trip meeting by our guides will be held at Mile High House, 1445 High Street, Denver, 6.00pm, where you will meet the rest of the group and finalise any last minute details.

DAY 1 COTTONWOOD

Afternoon biking

Cottonwood is a classic Salida trail that dates back to some of the pioneers of mountain biking though parts of it had a major renovation in 2014 so you can expect a well-made but still technical ride. It has to be one of the better downhills in the area. It is fun and somewhat flowy with a few punchy climbs. Take a minute for the massive views of the stunning Collegiate Range before you head down some fun switchbacks and in and out of a drainage which will present you with enough challenges to keep you on your toes! *Includes lunch and dinner*

DAY 2 BROWNS CANYON RAFTING

Morning rafting, afternoon biking

Swap your bike for a raft and a helmet as we paddle through the pink granite walls of Browns Canyon National Monument and enjoy whitewater thrills on the Arkansas River. This is some of the most popular white water riding in the entire country, and it's easy to see why. Put in near Buena Vista, Colorado, and travel 12 miles through remote wilderness where you can spot bighorn sheep, deer and, if you're lucky, mountain lions. Enjoy the challenge of class 2-3+ rapids in spectacular Colorado wilderness. *Includes breakfast, lunch and dinner*

DAY 3 CRESTED BUTTE

Full day biking

We'll wait until the day to decide which of Crested Butte's over 700 miles of epic mountain bike trails to do at this point in our trip. We'll be absolutely spoiled for choice with some of the world's best alpine mountain biking on offer here. Whichever trail we choose, it's sure to thrill you with breathtaking mountain and alpine lake views and whatever mix of flow and technique that the group prefers. This is truly a must-go destination for any mountain biker. *Includes breakfast, lunch and dinner*

DAY 4 DURANGO

Afternoon biking

This is the mecca of Colorado mountain biking. Durango's thousands of world-class trails act as a magnet for mountain bikers from around the globe. The local university, Fort Lewis College is famous for its mountain bike team, and many professionals have made it their home.. Surrounded by majestic mountain ranges and breath-taking deserts, we'll choose the perfect trail from this single-track wonderland. *Includes breakfast, lunch and dinner*

DAY 5 ENGINEER MOUNTAIN

Full days biking

Durango deserves a second day of our time, so we will find head up to Engineer mountain about thirty minutes outside Durango near Purgatory resort. This ride starts with a long



climb with some technical steep inclines. The sweat is well worth it, though. After topping out at 11,700 feet, you'll have one of the most fun downhill you've ever experienced. This section of trail drops 2,500 feet over five miles! It's steep, narrow, technical, fast and thrilling--easily among one of the best downhill in Colorado!

Includes breakfast, lunch and dinner

DAY 6 PHIL'S WORLD

Morning biking

Phil's World is one of the Bureau of Land Management's "Back yard to back country" treasures. In conjunction with the local Kokopelli Bike Club, they have developed a world-class riding experience best known for the area's most prominent feature 'Rib Cage.' This section of the trail is super fast and fun, across rolling terrain that will make you want to do it again and again.. You can indeed lap this feature, but we'll make sure we explore the rest of Phil's World, too. Other trails such as Ledges and Stinking Springoffer a bit more challenging terrain, as well as great Colorado mountain views..

Includes breakfast, lunch and dinner

DAY 7 FRUITA

Full day biking

The high desert of Fruita, Colorado offers--you guessed it!--some of the best twisty, flowy single-track trails in the state or, indeed, the entire country. Our campground is simply surrounded by hundreds of miles of awesome desert trails--you'll see why Fruita is seen as Colorado's alternative to Utah's famous mountain biking mecca of Moab.

Includes breakfast, lunch and dinner

DAY 8 RIBBON TRAIL

Morning biking

How does a 1500 foot descent down long sandy washes and slabs of desert rock sound to you? With, of course, brilliant views along the way! Ribbon Trail is classic desert slickrock mountain biking, rivalling anything you'll find in Moab. Once we've dealt with the downhill, complete with tricky technical transitions between slabs of rock, we'll end up at the classic lunch loop trails of Grand Junction. *Includes breakfast, lunch and dinner*

DAY 9 MONARCH CREST

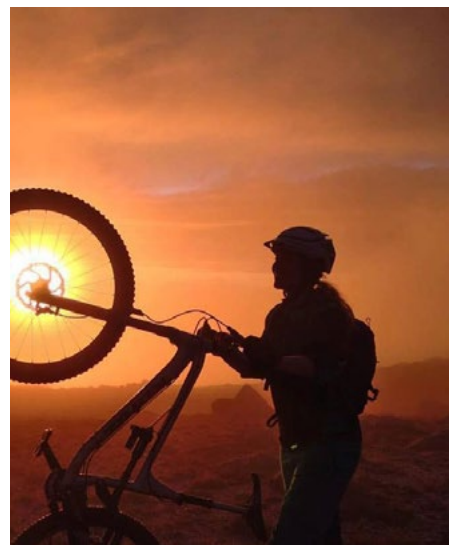
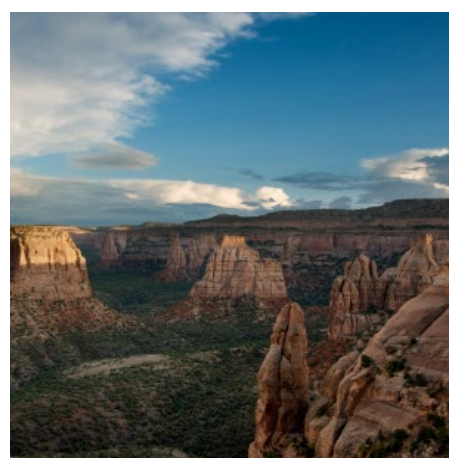
Full day biking

We saved the best for last! You better have your lungs and cameras ready for this spectacular route through some of the highest rideable terrain in Colorado. Start in pine forest before emerging into more open country with astonishing views of mountains and valleys to the west. Get your fill, and photos, of the scenery before enjoying some fun flowing downhill and tree-lined contours. This is a fantastic ride to conclude a memorable trip with. *Includes breakfast, lunch and dinner*

DAY 10 NATHROP - DENVER

Full day riding

You'll feel both like you only just arrived and you packed in a lot of unforgettable mountain biking as we make our way back to Denver. Maybe you can spend the drive planning your next trip to this biker's paradise... *Includes breakfast*



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LIFE ON THE TRAIL

GRADE D

Grade D: Average 4-5 hours of riding per day, 8-9 hours on longer days. If you are an active, healthy person who exercises on a regular basis and has a love for mountains and biking, then this is the trip for you. As all the nights on the trip are spent in a tent it also helps if you like camping!

EQUIPMENT AND CLOTHING

See the list below for what you need to take and discuss with our team if you have any questions. Sleeping bags, tents and air mattresses are supplied by us.

TRANSPORT

This is a fully supported trip with all vehicle shuttles between the different rides included. The vans are comfortable and we will be towing a bike trailer between our locations. Roof racks will be used for some gear. The number of vehicles used will depend on final client numbers.

ACCOMMODATION

This is a camping trip staying in a variety of campsites near the best riding on offer in Colorado. Twin share with someone of the same gender. Your own tent can be requested at an extra single supplement charge of US\$150. Contact us if you would like us to book your pre nights accommodation in Denver.



CLIMATE

We have picked mid-September as the Autumn (Fall) colours are spectacular and the weather is settled. The nights can be cooler though and the temperature can fall as low as 1-5°C at the camps. During the day it can get up to 25°C but more often around 15-20°C. Clothing layers will be the key as the altitude differences experienced in a single day can expose you to a big temperature range.

ALTITUDE

A lot of the trip is above 1700 meters in altitude. The highest pass we cross is 3500 meters. The air is noticeably thinner higher up and depending on the individual, effects can make an appearance from 2000m onwards. This may be as minor as a mild headache, feeling a bit lethargic and shortness of breath after physical exertion. However, it is very important to acclimatise slowly to give the body a chance to adapt to the change of conditions. We have designed the itinerary with this in mind. Feel free to discuss this with our team or consult with your doctor. Adequate hydration is also very important and the advice is that you need to be drinking at least 4 litres a day on the tour.

THE CREW

Michelle McConnon - Active Earth Adventures Tour Leader.

Michelle will be joining this trek as the Active Earth Adventures Tour Leader. As an avid mountain biker and outdoor enthusiast she will ensure everyone has an excellent time. Michelle and Graham Frith (see below) have designed this trip with the assistance of our local operators in Colorado. Becky Gardner a pro rider for Kona Bikes and sponsored by FOX and Smith Optics, has personally worked very closely with us on this itinerary and invested incredible amounts of time to ensure this trip is a success. Expect an unforgettable trip!

Graham Frith - Guide

Graham has a lifetime of experience teaching, instructing and has guided for Active Earth for many years. Graham (a.k.a "Grum") has recently returned after spending two and a half years cycling around the whole planet raising awareness for prostate cancer. Grum also teaches wilderness first aid and risk management and is an avid mountain biker. A great person to have on our trip.

Local mountain bike guides

Our on the ground trip leaders provide support and will focus on the details so we don't have to. The trip will have two/three leaders for the group. Not only have they guided thousands of miles on bikes but are excellent at cooking healthy and hearty meals and are there to help during camp set up. Top priority is health and safety for all our guests as well as as showing you a good time. Past clients love our leaders and give them a 97% rating for all round quality service.



Top - Michelle | Bottom - Grum

FOOD

While on the trip all meals are provided from lunch on Day 1 to breakfast on Day 10. A variety of delicious camping meals will be on offer as well as the occasional meal out. Alcohol is an additional cost. Bring your special power bars or other food you need to keep your human engine trucking along - we supply plenty of regular snacks. Please advise any special dietary requirements at the time of booking.



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PACKING LIST

MAIN MOUNTAIN BIKING PERSONAL EQUIPMENT

- Mountain Bike (if not hiring from us)
- Helmet
- Bike shoes
- Water bottle and or hydration pack (high altitude doubles intake)
- Sunglasses
- Biking style cap for sun protection
- Biking gloves (2) pair
- Bike socks (4) pair
- Bike jerseys (2)

PERSONAL LIST FOR CAMP AND TRAVELLING

- Top and bottom poly pros (thermals)
- Walking shoes
- Swimsuit
- Underwear (multiple)
- Casual clothing
- Scarf or bandana
- Warm hat

OTHER PERSONAL ITEMS

- Mobile device and charger, headphones, electronic converter and/or adapters to 110 volts
- Head torch and extra batteries
- Travel pillow, eye mask and ear plugs
- Personal toiletries
- Sunscreen
- Lip balm
- Insect repellent
- Feminine hygiene products
- Prescription glasses and sunglasses
- Biodegradable soap and small towel

- Bike shorts (2)
- Lightweight sweater for riding
- Knee pads recommended but not needed (a small first aid kit is a fair alternative!)
- First aid kit (bandages, gauze, adhesives, pain and fever relievers, cold meds/throat lozenges, diarrhoea/laxative meds, allergy meds, sunburn relief, motion sickness pills or bands, altitude sickness pills, multi-vitamins, hydrocortisone cream, antibacterial ointment, eye drops, blister protection, personal prescriptions, hand sanitizer, wet wipes)
- Rainjacket with liner for cool or wet days
- Day pack (or hip pack) to carry personal riding equipment eg spare tyre, tubes, tools, personal riding equipment you prefer to ride with

- Hiking shoes and/or sports sandals (eg Keen style)
- Short sleeved shirt
- Tank Tops (2)
- T-shirts (3)
- Long sleeved shirts, one light, one warm (2)
- Warm windproof jacket
- Long pants, one light, one warm (2)
- Silk or synthetic sleeping bag liner (recommended but not compulsory)

GROUP GEAR PROVIDED BY ACTIVE EARTH ADVENTURES

- Share tent (2 per tent)
- Sleeping mat
- Limited group bike tools and extra tubes
- Sleeping bag: 3 season weight

OTHER PERSONAL ITEMS

- Camera, GoPro, memory card, chargers, waterproof case
- Binoculars
- Reading material
- Personal drinks at camp; we will not provide liquor / beer but will provide plenty of water, juice and Gatorade drinks. Although if you prefer a certain soda or soft drinks, please let us know in advance of your trip.



BOOKING CONDITIONS

ADDITIONAL COSTS

Bike hire (if required), pre and post nights accommodation, international flights to USA. Gratuities to restaurants. (Note included in the trip cost is 15% gratuities to our local bike guides)

BOOKING CONDITIONS

You will be asked to fill out a disclaimer before you begin the trek. You must follow the instructions of your guide at all times.

Payment

For bookings four or more months in advance of the departure a 30% deposit can be paid with the remainder due 126 days prior to your trip (14 May 2017). For bookings within 126 days of the departure (after 14 May 2017), full payment is required.

Cancellations

More than 126 days prior to departure - 70% refund
96 to 125 days prior to departure - 50% refund
66 to 95 days prior to departure - 25% refund
Less than 65 days prior to departure - NO REFUND

Travel insurance

We strongly recommend that you have travel insurance. World Nomads Travel Insurance provides online quotes.

