

Bicycle Tours in USA: Exploring Utah's Bryce and Zion National Parks

OVERVIEW

Come join us for an incredible biking tour of Southern Utah's famous and awe-inspiring Bryce Canyon & Zion National Parks as well as Snow Canyon State Park. We'll take you on bike rides past panoramic vistas of soaring multi-hued rock formations. You'll enjoy all this pristine natural beauty and still slumber well and dine in style.

This trip is designed as a loop so you can drive to and from the tour in case you prefer not to fly. Save \$200 if you decide to bring your own bike.

Dates: Pick a date below or select your own date, starting on a Sunday. We are able to operate this tour with 4 or more people. Price changes may apply for 4 people. Given the unique circumstances surrounding travel we understand if you are more comfortable traveling in a private group.

HIGHLIGHTS

Cedar Breaks National Monument; Bryce Canyon National Park; spin along Zion National Park's virtually car-free and scenic "Floor of the Valley Road", bike Snow Canyon State Park view ancient lava flows and petrified sand dunes.

TOUR FACTS

Tour Style	■ Classic: Learn more about our Classic tours at https://www.experienceplus.com/choosing-the-best-tour/styles/classic
Includes	5 nights accommodation, double occupancy; meals as noted in itinerary; non-optional activities as outlined in itinerary; ride-friendly snacks and beverages throughout each day; hybrid or alloy road bike rental – carbon road bike or E-bike available for an upgrade fee (\$100 for carbon; \$200 for e-bike); professional trip leader(s); van support & portage service; reusable water bottle & luggage tags.
Countries	USA
Begin/End	St. George
Arrive/Depart	McCarran International Airport (LAS); SGU Saint George Municipal Airport
Total Distance	283 km (175 miles)
Avg. Daily Distance	41 km (25 miles) per riding day
Tour Level	▶▶▶▶▶

Please Note: We may have small itinerary changes to this trip after you download this PDF document. If you have booked this trip and there are major changes, including changes to towns or activities, we'll email you directly. However, you should always be sure to refer to the ■ [online itinerary](#) for the most up-to-date trip information including arrival and departure tips before you depart for your trip:

<https://www.experienceplus.com/bike-tours/usa/utah-BSA>

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DATES & PRICES

DAILY RIDE SUMMARY

Day	Distance/Gain	Terrain	Day Level	Notes
1	Test ride			
2	55km / 305m (34mi / 1000ft)			
3	51km / 335m (32mi / 1100ft)			
4	61km / 884m (38mi / 2900ft)			
5	72km / 671m (45mi / 2200ft)			
6	27km / 427m (17mi / 1400ft)			

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ARRIVAL INFO

Pick-up times on Day 1 are as follows:

Entrada Inn 12:45 p.m.

Best Western Coral Hills 1:15 p.m.

The hotels will allow you to leave your car for the week if needed. Please check directly with the hotel about those arrangements.

If you are arriving at LAS, there are two shuttle companies we recommend:

- St. George Shuttle
- St. George Express

DEPARTURE INFO

The tour ends at the **Entrada Inn in St. George** and we can take you back to the Coral Hill in case you left your car there.

We will say goodbye around 1 p.m. that day.

Bicycle Tours in USA: Exploring Utah's Bryce and Zion National Parks**Meet in St George, Bike to Brian Head**

Highlights Amphitheater at Cedar Breaks National Monument

After meeting in St George, UT (~1 pm, about a 2-hr drive north from Las Vegas), we'll shuttle (90-min) to Cedar Breaks National Monument. After a brief orientation, we'll go for a short ride beginning atop the Colorado Plateau at over 10,000 feet and offering stunning views of this colorful amphitheater. Then you'll pedal onward to our lodging for the night in nearby Brian Head. Tonight you'll enjoy your first dinner together with the group at Cedar Breaks Lodge.

DAY 1

Distance 6 km (4 mi)

Gain 244 m (800 ft)

Meals Dinner

Lodging ■ Cedar Breaks Lodge & Spa

Bike Brian Head to Bryce Canyon

Highlights Panguitch, Bryce Canyon

Today you'll bike from the lodge past Cedar Breaks and all the way down to Panguitch, a quintessential Utah cowboy town. With a mostly downhill ride, you'll be in Panguitch in no time. From there you may choose to shuttle (30-min) the last 25 miles or cycle to Bryce Canyon. This afternoon enjoy an optional hike into the Bryce Amphitheater on a path that winds through incredible rock formations called hoodoos. Tonight after a full day, we'll enjoy a hearty meal and relax at our hotel.

DAY 2

Distance 55 km (34 mi)

Gain 305 m (1000 ft)

Meals Breakfast, Lunch, Dinner

Lodging ■ Best Western Plus Ruby's Inn

Bike to Rainbow Point and Carmel Junction

Highlights Bristlecone pines, Dixie National Forest

After breakfast you'll shuttle 30 minutes out to Rainbow point where you can see the oldest trees on the planet – bristlecone pines – that can live thousands of years. From there you'll hop on your bike to pedal out of Bryce Canyon and along the bike path through Dixie National Forest. At the end of the bike path you can chose between shuttling to the hotel or riding any portion of the next 46 miles to the hotel – if you are looking for a nice long descent, the final 23 miles drop over 2,200 ft. Alternatively we can shuttle you (45-min) to our destination for the evening where a group dinner awaits with promises of delicious pie for dessert.

DAY 3

Distance 51 km (32 mi)

Gain 335 m (1100 ft)

Meals Breakfast, Dinner

Lodging ■ Best Western East Zion Thunderbird Lodge

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Bike through Zion National Park to Springdale

Highlights Checkerboard Mesa, Zion National Park

We'll pedal straight from the hotel today to the east entrance to Zion National Park. The ride from there takes us along the iconic red roads of Zion past Checkerboard Mesa, and, if we're lucky, we'll get to see bighorn sheep grazing along the way. We'll shuttle one-mile through the historic Zion-Mt Carmel tunnel then return to the bikes to enjoy your first views of majestic Zion Canyon, including the virtually car-free Floor of the Valley Road. For dinner tonight, you are free to choose from the many delicious restaurants in town.

DAY 4

Distance 61 km (38 mi)

Gain 884 m (2900 ft)

Meals Breakfast, Lunch

Lodging  **Best Western Plus Zion Canyon Inn & Suites**

Springdale to St George

Highlights Hurricane, farewell dinner

Today offers another chance to ride hotel to hotel with no shuttle required. We'll stop for a guide-prepared picnic lunch in the town of Hurricane (pronounced "HER-eh-ken" by locals). After we arrive in St George we'll get settled in before a final group dinner at one of the best restaurants in town where you'll enjoy a farewell dinner as you recall the week's amazing events and stories.

DAY 5

Distance 72 km (45 mi)

Gain 671 m (2200 ft)

Meals Breakfast, Lunch, Dinner

Lodging  **The Inn at Entrada**

Last Ride

Highlights Snow Canyon State Park

After yet another delicious breakfast, you'll have the chance to take a spin to nearby Snow Canyon State Park – home to petrified sand dunes and lava flows – or, if you'd rather, feel free to relax and have a leisurely morning at the hotel. We'll go our separate ways around 1:00 p.m.

DAY 6

Distance 27 km (17 mi)

Gain 427 m (1400 ft)

Meals Breakfast

INCLUDED

WHAT'S INCLUDED

When you book a tour with ExperiencePlus! our goal is to ensure your only focus each day is to hop on your bike and explore scenic cycling routes in new destinations. Inclusions may differ depending on which tour style you pick but all ExperiencePlus! tours include what we believe are the most important aspects of a bike tour.

- On all our guided tours, you can expect superb tour leaders who are fun and multilingual, bi-cultural experts, and cycling enthusiasts. They will support you and help you navigate confidently on and off the road.
- High quality bikes selected for the terrain you are cycling on and correct bike fitting to ensure comfortable cycling.
- Thoughtfully designed itineraries and routes that take advantage of stunning cycling destinations and the freedom of bicycle travel. Plus, all the logistics are taken care of.

PRE-TRIP SUPPORT

- Bicycle training programs designed specifically for your tour and fitness level.
- Planning tips on what to pack, hotel recommendations and other helpful details from our Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>
- A gift of your choice (cycling jerseys, socks, or a t-shirt) as our way of saying thanks for choosing EP!
- *Traveler services including assistance booking extra nights at the tour starting and ending hotels. (*Explorer and Self-guided tour styles excluded)
- See "What's Included" for tour-specific inclusions and be sure to check the "Keep in mind" section under "Tour Summary" online.

BICYCLES

For a full list of what's included with your bike see: <https://www.experienceplus.com/what-to-expect/our-bikes/>. If you would like to bring your own pedals and shoes we recommend doing so. On Explorer and Self-guided tours we include a GPS device on all bikes.

NAVIGATING, DAYSHEETS AND VAN SUPPORT:

On a guided tour, each day you'll receive a daily briefing with a highlighted route map. On a self-guided tour you'll receive a comprehensive orientation and bike fit on the first or second morning of your trip. About 14 days prior to your tour, we will provide you with access to

RideWithGPS Experiences, our platform to distribute information on each tour day's activities, meals and ride, as well as GPS-routes.

Daily information on the RWGPS Experience includes important phone numbers, hotel information and interesting historical and cultural information. On Classic, Bike and Boat and Expedition tours we also navigate using our signature chalk dust arrows. Our arrows make navigating very easy—you may never need to look at the map. On Explorer tours the terrain and destinations are not always conducive to using chalk arrows so we'll ride as a group or you can navigate on your own with the GPS tracks.

On a guided tour you will have a support van providing water and snack resupply, mechanical assistance, a lift for tired cyclists, and luggage transfers. On some itineraries the van will not be able to follow sections of the route that stray from the road for example onto cycling paths. On a self-guided tour you will have luggage transfers that will transport your bags from one hotel to the other.

Need More Miles? On many days it is possible to add miles to the day, just talk to your tour leader about your options or ask when you are planning your self-guided trip.

Need Fewer Miles? On a guided tour, the support van is available to offer snacks, encouragement, a lift over the next hill, or to the next hotel. On a self-guided tour we recommend you review the tour level to make sure you can ride the full distance.

ON A GUIDED TOUR: TIPPING YOUR TOUR LEADERS

If you feel your tour leader team has demonstrated great expertise and service, common practice within the travel industry is to tip. Tipping is voluntary and greatly appreciated, and gratuity amounts vary widely. Should you decide to leave a tip, as a guideline, we suggest 5-8% of the tour cost per traveler — this is for the entire tour leader team, not each tour leader. You can give the tip to any member of the tour leader team, as they share it evenly. In order to avoid social tensions, we encourage you to tip as individuals and not as a group. If you feel your tour leaders did not quite meet your expectations, please let us know. *Tips are included in Expedition pricing and not expected on self-guided tours.

PHOTOS:

By reserving space on tour, you agree that ExperiencePlus! may use, re-use and reproduce any images, photos or videos sent to us, or that are taken by our guides or other travelers, in any medium, including but not limited to print, electronic media, or Internet, free of charge and without your right to inspection. If you do not want us to use any images of you, you must inform us or your tour leader in writing at the start of the tour.

STYLES

OUR TOUR STYLES

We realize that one size does not fit all and there are as many ways to travel by bike as there are different types of cyclists and travelers.

Classic Tours: Dream of traveling through a region by bike? Our unique chalk arrows lead the way as you explore small villages and world-class cities while traveling at your own pace.

- Tour Length: 7-15 days
- Hotels: 3-4 stars.
- Road Type: Pavement, bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: 2-3 tour leaders, van support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4.5

Explorer Tours: Travel further off the beaten path - we let the destination dictate where we ride, not the road surface.

- Tour Length: 7-8 days
- Hotels: 2-3 stars
- Road Type: 30-50% gravel or hard-packed dirt, the rest pavement.
- Multi-night Stays: Occasionally
- Navigation and support: 2 tour leaders, GPS and van support
- Price: \$\$
- Tour Levels: 1-4

Bike and Boat Tours: Spend days cycling and your evenings relaxing on a private boat as you cruise to your next port.

- Tour Length: 7-8 days, some itineraries have land-based extensions available.
- Barge/Boat: 3-4 star, same cabin for the entire boat trip except for land extension.
- Road Type: Pavement
- Navigation and support: 2 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 1-4

Expedition Tours: Multi-week tours where you spend long days on the bike with the added satisfaction of pedaling across multiple countries.

- Tour Length: 15-40 days
- Hotels: 2-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel.
- Multi-night Stays: On rest days
- Navigation and support: 2-3 tour leaders, van Support and chalk arrows
- Price: \$\$\$
- Tour Levels: 4-5

Self-guided Tours: perfect for those who have an independent spirit, want the flexibility to choose their own dates, and don't need van support or tour leaders during their trip. Every departure is a private tour!

- Tour Length: 6-8-days
- Hotels: 3-4 stars
- Road Type: Pavement with occasional hard-packed dirt or gravel on bike paths.
- Multi-night Stays: Occasionally
- Navigation and support: GPS routes and luggage transfers
- Price: \$
- Tour Levels: 1-4

**LEVELS**

We know that travelers have different cycling abilities and preferences for the number of miles, elevation gain, and type of terrain they want on a bicycle tour. We have rated each day of our tours on a scale of 1-5. Our Tour Level's are an average of the day rating on tour. We recommend looking at the daily summary on the PDF and Website Itinerary to see details about each day's ride.

LEVEL 1 - 1.5

Level 1 - 1.5 days will be mostly flat and the distance will rarely exceed 50 km. Level 1 - 1.5 tours are suitable for beginner cyclists, those traveling by bicycle for the first time, or multi-generational groups with a desire for a nice and easy bike tour with plenty of opportunities to stop and enjoy the scenery.

- **Average daily mileage:** 20 - 50 km. (12-30 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 0-400 M (0-1200 ft)
- **Terrain:** Mostly flat with occasional gentle climbs at a grade of less than 3%, that are sustained for a maximum of 3km. There might be a steeper but short climb.

LEVEL 2 - 2.5

Level 2 - 2.5 days are ideal for riders newer to bicycle touring looking for a bit of a challenge.

- **Average daily mileage:** 30-60 km (18 - 38 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 400 - 600 m (1200 - 2000 ft)
- **Terrain:** Mostly rolling terrain around 3%. Presents multiple 3% to 4% climbs. May present an occasional steeper climb.

LEVEL 3 - 3.5

Level 3 - 3.5 days are great for active individuals (who run, bike, swim etc. on a regular basis).

- **Average daily mileage:** 50-70km (30-45 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 600 - 900m (2000 - 2800 ft)
- **Terrain:** Multiple Climbs with grades of 4 - 6%.

LEVEL 4 - 4.5

Level 4 - 4.5 days are the best riding days for avid cyclists or very active individuals who are excited to challenge themselves on a bike.

- **Average daily mileage:** 70-90km (45-55 miles) Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 900-1000m (2800-3600 ft)
- **Terrain:** Presents multiple steep climbs (6% to 8% grades), 1 to 3km long. Alternatively, 4 — 6% grades for 6 kilometers or more.

LEVEL 5 (EXPEDITION)

Our Expedition tours designed for strong riders looking for the challenge of riding across countries or continents. Long daily mileages mean limited van support so we recommend these tours for riders who feel confident that they can ride every mile.

- **Average daily mileage:** 120 km (75 miles). Be sure to check the day by day itinerary description for the tour you are considering for specific mileages.
- **Gain:** 500-2000 m (1600- 6500 ft)
- **Terrain:** Expect and be prepared for any and everything.

REMEMBER

A tour level is the average of the days so we recommend you look at the day level on each day of the itinerary to help you better understand what to expect from your tour.

CHECKLIST

TO DO ONCE YOU'VE BOOKED!

- Read through your Reservation Confirmation and After you Book Information (link sent to you by e-mail), it has important information to help you plan your trip!
- Check the date on your passport. The expiration date should extend three months past your date of return to your home country.
- Complete the Customer Information Form: <https://www.experienceplus.com/travel-planning/customer-information-form/>
- We recommend you take out travel insurance. Find details at <https://www.experienceplus.com/travel-planning/travel-insurance/>
- Choose a bicycle training program: <https://www.experienceplus.com/travel-planning/bicycle-tour-training/>
- Peruse our country-specific Travel Planning Pages: <https://www.experienceplus.com/travel-planning/>

6 TO 3 MONTHS PRIOR TO TOUR START DATE

- Refer to your Tour Packet/Itinerary to see step-by-step arrival and departure information for your tour, meeting place and time, if a reservation on a complimentary ExperiencePlus! Shuttle (if applicable) is required, along with other important information to help you plan your arrival and departure.
- Reserve your flights after you know you have a confirmed tour departure. Please check with our office if you do not know if your trip is confirmed.
- Book your pre and post-tour hotel nights.
- Begin your chosen training program
- Final payment is due 90 days (120 days for Bike & Barge/Boat tours) prior to the tour start. Please refer to your Invoice and the Final Payment Reminder e-mail which we send 10 days prior to the due date for detailed instructions.

6 TO 2 WEEKS PRIOR TO TOUR START DATE

- Start reading one of the books or watching one of the movies from our Reading and Movie Lists: <https://www.experienceplus.com/travel-planning/>.
- Plan what you are going to pack and start packing! Refer to the Packing Lists for suggestions, and see luggage limits at <https://www.experienceplus.com/travel-planning/packing/>.
- We'll email you your access code to Digital Daysheets, Hotel Itinerary, Participant Roster, names and contact information of your Tour Leaders, emergency phone numbers, and other important departure information about 2 weeks prior to your tour start date. All this will be provided to you via a feature called Experiences via the RideWithGPS App (tracks available but not necessary for navigation on Classic, Expedition and Bike & Boat tours).

DAY OF YOUR FLIGHT

Get as much sleep on the plane as you can. Pack one day of cycling gear in your carry-on just in case. See you soon!