

UNL OUTDOOR ADVENTURES

Colorado Bike Tour

San Juan Skyway Inn to Inn Loop



Start/End Location:	Ridgway, Colorado
Touring Style:	Fully SAG Supported Inn to Inn Bike Tour
Dates:	Saturday June 23 rd , 2012 to Friday June 29 th , 2012
Pre-Trip Meeting Date:	Q and A over Coffee Wed. May 30 th 2012, Downtown Mill, 8 th and P, 7pm
Registration Deadline:	Friday May 25 th , 2012
Price*:	\$950 – students & members / \$875 – non-member *Add \$100 for transportation from Lincoln (5 max)

Total Tour Days:	7 Days
Riding Days:	5 Days
Orientation Days:	1 Day
Departure Days:	1 Day

Total Miles:	233 miles
Daily Mileage:	35 – 65 miles
Total Elevation Gain/Loss:	15,000 feet

Welcome to the Adventure!

Congratulations on your decision to join Outdoor Adventures on a bike tour of the historic San Juan Skyway in southwestern Colorado. Now that you have registered, the next step is to prepare yourself and your bicycle for this exciting adventure. Please read over this packet carefully. It should help cyclists of all abilities better prepare for this trip and will hopefully answer many of the questions you may have. Please do not hesitate to contact your trip leaders with any inquiry. They would be excited to chat with you about your upcoming bike tour.

Colorado Bike Tour – San Juan Skyway Inn to Inn Loop

What could be better than spending a week cycling the valleys and steep mountain passes of beautiful southwestern Colorado? On this fully-supported bike tour, you and your tour mates will complete a 233-mile loop called the San Juan Skyway, traversing some of Colorado's most scenic and challenging cycling terrain.

With its sharp switchback climbs, world-class views and rapid descents the San Juan Skyway is a difficult yet rewarding route. It is truly a touring cyclist's paradise! Along the way we'll discover history and wild times in the streets of historic mining and railway towns like Silverton, Ouray, Durango and Telluride.

Each day we will travel 35 to 65 miles between unique accommodations that range from mountain lodge to historic mining hotel. We'll take time to enjoy the breathtaking mountain scenery, talk with locals, stroll the historical streets, and taste the local cuisine.

Each morning will begin with a hearty breakfast and we'll have the freedom to stop for lunch and dinner at our leisure and to choose from a variety of funky local eateries. On our final day we will come full circle, returning to rustic Ridgway, where you'll celebrate your accomplishment by enjoying the night out on the town with the rest of your tour mates. So come discover this quieter corner of Colorado at the perfect pace, by bicycle.

What is Provided by Outdoor Adventures?

- Bike transport to and from Ridgway, Colorado
- Pickup and drop off shuttle between Ridgway and Grand Junction Airport or Amtrak (as needed)
- Some breakfasts
- Daily post-ride snacks
- 6 nights of lodging
- Full Sag Support
- Tour Leadership
- Touring Maps
- Safety Triangle
- *Add \$100pp for round-trip transportation from Lincoln by UNL Vehicle (5 spaces max in vehicle)

What is *Not* Provided by Outdoor Adventures?

- Transportation to / from Ridgway, Colorado*
*Add \$100pp for round-trip transportation from Lincoln by UNL Vehicle (5 spaces max in vehicle)
- Some breakfasts, lunches, and most dinners
- Bicycle, helmet, personal equipment and clothing
- Bicycle repairs and personal cycling tools & supplies
- Personal spending money
- Accommodations other than arranged for tour

Lodging

Accommodations might just be one of the most exciting aspects of this tour. Lodging will be unique and varied, each night spent in a quaint mountain town.

One night may be in a mountain lodge, the next in a hostel and the next night in a historic mining hotel. Many of the inns have private baths and showers, whereas others may share a bath and shower with 1 or more rooms. Some rooms may have amenities such as a refrigerator, wireless internet, cable TV, and microwaves however this will range from hotel to hotel and even from room to room within the same hotel. All lodging is locally owned and operated with many of the innkeepers living in the hotel. It will be important to respect the innkeeper's local rules and requests as we visit their homes and communities.

Tour pricing is based on double occupancy. Single occupancy rooms may be available at an additional rate.



Transportation – Arrival and Departure (for you and your bike)

People Transportation

This adventure starts and ends at Ridgway Lodge in Ridgway, Colorado. Please note transportation to and from Ridgway is **NOT** included in the price of the trip and participants are responsible for securing transportation to and from Colorado. We will provide pick-up and drop offs in Grand Junction for those arriving by plane or Amtrak.

Round trip transportation from Lincoln, Nebraska via UNL vehicle is available for an additional \$100 per person. Only 5 spaces are available. Contact trip leaders to secure your space.

Please plan to arrive in Grand Junction or Ridgway for check-in no later than 4:00pm on June 23rd, 2012. You will meet up with your trip leaders at this time. The trip will conclude at 10:00am on June 29th, 2012. Please secure transportation to depart from the Ridgway Lodge at this time. Drop offs in Grand Junction will be provided for those traveling by plane or Amtrak.

Ridgway Lodge & Suites

373 Palomino Trail
Ridgway, CO 81432
970.626.5444



Bike Transportation

While transportation for you is not provided, transportation of your bike and personal luggage is included in the price of this tour! This should allow you to carry only the minimum during your flight or train trip to Grand Junction. Please drop your bike and personal luggage off at UNL Outdoor Adventures (841 N 14th Street, Lincoln, NE) no later than 2:00pm on Monday June 18th. This will allow us time to do a free safety inspection and load your bike into our bike trailer. If you think your bike needs a tune-up or additional assistance to be in good working order, please bring your bike by Outdoor Adventures at least 1 week prior to the tour. Please respect vehicle space limitations and keep personal luggage to the essentials. Outdoor Adventures is open noon to 6pm daily. Your trip leaders will depart in a Chevy Suburban with a bike trailer early on June 22nd to meet you in Ridgway or Grand Junction, Colorado on June 23rd!

Weather, Daylight & Clothing



Temperatures and conditions for this trip should hopefully be excellent for bike touring. Daily average highs should be around 70°s with daily lows in the 30°s and 40°s F. Riding temps will likely be cool in the mornings and warm up to 50-70°s in the afternoons. Of course, conditions can vary, especially with elevation and may be warmer or cooler than expected. In the mountains, wind and rain are likely and snow is always a possibility. Afternoon thunderstorms are also a strong possibility in the mountains during the summertime. Dressing appropriately for the conditions of this trip is critical and having adequate layers accessible will help you be comfortable regardless of the weather. Please consult the clothing checklist in this packet and modify it depending on your personal needs and past experiences. We should have plenty of daylight to complete our daily mileage. Sunrise is at 5:00am and sunset will be at 7:30pm.

Altitude & Terrain

The San Juan Skyway holds some of the most dramatic scenery in the western United States. As a result, the roads we will be traversing will often be at steep and continuous grades. Conditioning for hills is a must for this trip. Additionally, being comfortable with steep descents is also important. While the terrain will be challenging, a positive attitude and persistence will pay off. Moving at a slow pace is expected and you will make it to the destination town before you know it!

During this trip we will be travelling at altitude for the majority of the tour, climbing above 11,000 ft. and occasionally sleeping above 9,000 feet. Everyone responds uniquely to altitude and acclimatizes differently. Please keep trip leaders informed of any headaches, nausea or other unusual symptoms during the trip and remember to maintain adequate food and water intake.

Food

Soaking in the local flavors is something that cannot be missed on this tour. As a result, most meal locations and times will be up to you and your tour mates. Some breakfasts will be provided by our inn hosts. Lunches can occur at local eateries, grocery stores and roadside farmer markets. Dinners will likely take place at cafes in the local communities where we plan to spend the night. You should plan on having cash and credit cards with you to pay for meals. Please review the tour itinerary for specific meals that are and are not covered in the price of the trip. Outdoor Adventures will plan to have snacks available for you throughout the day and upon arriving at the daily destination. Please inform the trip leaders of any dietary restrictions, concerns, special needs or preferences prior to the trip departure date.



Rules of the Road, Safety & Expedition Behavior

Following these guidelines can be the difference between an average tour and a great one!

- Helmets, reflective safety triangles and closed toed shoes must be worn at all times while riding. Please no headphones while riding.
- Obey traffic laws. Ride safely. No pace lines. Please ride single file rather than 2 or more abreast.
- When stopping, please get off the road at least 10 feet or more or find a safer spot to stop.
- Riders are encouraged to ride with their group members and to stay on the planned route
- Please be respectful of where you park your bike in the communities in which we travel.
- Please do not take personal food into private restaurants.
- Please be respectful of your tour mates when using cell phones by stepping well away from the group
- Leave the areas in which we travel as good or better condition than when we arrived.
- Inform you tour leaders of any problems or concerns as early as possible.
- Please do not hitchhike unless it is an emergency.
- Perform an “**ABC Quick Check**” on your bicycle each time you ride your bicycle. Inspect **A**ir, **B**rakes, **C**hain, **C**assette, **C**ranks, **Q**uick Releases and **C**heck everything over on a quick test ride.

Smoking, Alcohol, and Illegal Substances

In the spirit of expedition behavior, please do not bring illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles or local establishments. We would encourage you not to smoke on this trip and to respect other participants if choosing to smoke. Alcohol is never allowed in University of Nebraska-vehicles. This includes being placed in personal baggage that will be sagged in the support trailer to the next daily destination. Thanks!

Conditioning



UNL Outdoor Adventure trips are designed for both beginners as well as people that maybe more than experienced. That being said, this will be a physically demanding bike tour that will require physical conditioning, a positive mindset and tolerance for adversity. On this trip we will be riding 35 to 65 miles daily for 5 consecutive days. On these rides, we will face difficult climbs, changing weather conditions, variable riding and shoulder surfaces and roads with various degrees of auto and trucking traffic. Here are a few recommendations for conditioning for this tour:

- Begin training at a rate and mileage that is comfortable.
- Work towards riding 3-4 days per week.
- Work up to 70 mile daily rides over the course of several weeks.
- Acclimatize yourself to riding consecutive days as on the tour.
- Consider biking to work to sneak in extra miles.
- Spin at a cadence of 80-100 rpm.
- Train with a friend, better yet another San Juan Colorado Tour participant!
- Think endurance and consistency, rather than speed.
- Incorporate hill riding into your training to prepare for the steep mountain grades of Colorado ☺
- Don't over train. If it hurts, back off, rest or stop. You don't want to miss the tour due to injury.
- Feel free to discuss training plans with your trip leaders prior to the tour.

Preparation Checklist

60 DAYS before you go – April 23rd

- Read this Information Packet and email your tour leaders with any additional questions.
- Begin Training (if you haven't already). Start with 20 miles per day, 3-4 times per week.
- Secure a ride with Outdoor Adventures to Colorado for \$100 or begin checking airfare or Amtrak prices to and from Grand Junction Colorado.

45 DAYS before you go – May 7th

- Continue Training 3-4 times per week, working up to a 40-60 mile long ride each weekend.

30 DAYS before you go – May 23rd

- Consult the recommended gear list. Make final purchases of clothing and personal cycling gear and accessories
- Make any repairs to your bikes that are needed.
- Any remaining balance on your bike tour is due. Call or stop by Outdoor Adventures to complete payment.
- Continue Training 3-4 times per week, working up to a 50-70 mile long ride each weekend.
- Attend 'Q and A Coffee' at the Lincoln downtown Mill, 7pm Wednesday May 30th, 2012 800 P St
- Book airfare or train ticket to and from Grand Junction, Colorado

15 DAYS before you go – June 7th

- Make sure your bike is fully tuned up and ready for the tour. Feel free to bring it by the Outdoor Adventures Bike Shop.
- Continue Riding, but don't get burnt out or over train!
- Begin packing. Consult recommended tour list and adjust based on your past experience and personal needs.
- Turn in completed and signed copies of the **UNL Release and Waiver of Liability and Health Statement** forms to Outdoor Adventures. Please read and understand these forms and ask tour leaders if you have questions.

5 DAYS before you go – June 18th

- Drop your bike and personal luggage off at Outdoor Adventures
- Pack your carry-on bag

Personal Gear Checklist

Please use this gear list as a starting point for packing for the upcoming tour. Make adjustments based on personal needs and past experiences. Please note that bike shops will be few and far between. Make sure that you are prepared to be self-reliant on the tour and capable of handling common and simple repairs.

Personal CYCLING Clothes & Gear

CYCLING GEAR

- Road Bike w/ front and rear lights
- Bike Helmet
- Personal Bike Pump
- Extra Bike Tubes / Tire levers / Patch Kit
- Personal multi-tool and any specialty items
- Water bottles (2-3) and/or hydration bladder
- Cycling backpack or rear panniers (optional)
- Lightweight cable and lock (not a U-Lock)
- Folding Camp Chair for relaxation! (optional)
- Other?

CYCLING CLOTHES

- Cycling shorts (2 pair)
- Underwear (2-3 pair)
- Leg Warmers or Tights
- Cycling socks (several)
- Cycling or Touring shoes
- Cycling jersey/short sleeve shirt (2-3)
- Wind/Rain Pants and Jacket
- Long sleeve sun shirt and off bike shirt
- Cycling gloves
- Other?

Personal CASUAL (off bike) Clothes

- Comfortable Shoes and sandals
- Socks
- Underwear
- Comfortable pants
- Comfortable Shorts
- Casual and comfortable shirts
- Bathing Suit (optional)
- Lightweight casual jacket
- Sun Hat

Personal Items

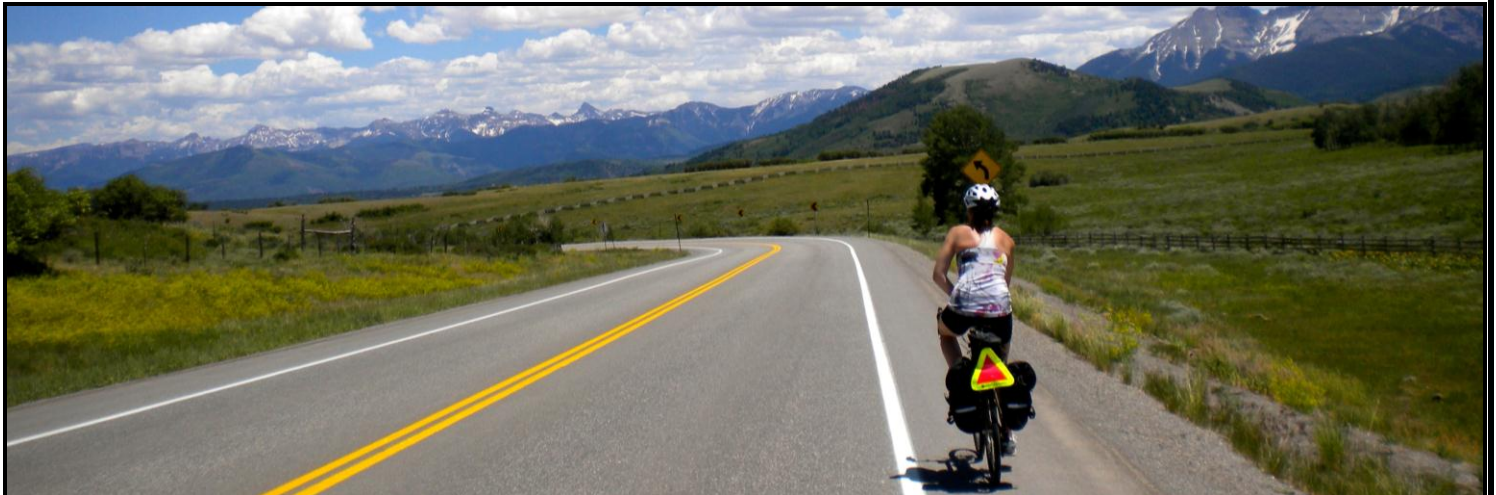
- THIS INFORMATION PACKET**
- Sunscreen
- Lip balm with sunscreen
- Toiletries
- Prescription glasses, contacts and case
- Personal first aid kit/medications/prescriptions
- Camera, Journal pencil or pen
- Reading Book, Sudoku, Playing Cards, etc
- Tampons, pads, towelettes, Hand Sanitizer
- Blister care (moleskin)
- Cell Phone and charger(s)

Travel Baggage

- Sag Duffel for all non-bike items
- Small backpack or fanny pack (optional)
- Cash / Credit Card
- Carry-on bag for plane flight or train ride

Gear Provided by Outdoor Adventures

- Maps and Guidebooks
- Group First Aid Kit(s)
- Sag Vehicle
- Group Floor Pump & Bike Stand
- Chain Lube
- Group Bike Tools



Colorado San Juan Bike Tour Itinerary

Saturday June 23rd, 2012 – Orientation Day

After a possible shuttle pickup from Grand Junction Airport or Amtrak station, you'll meet up with your tour leaders and the rest of your cycling compadres in the picturesque Uncompahgre Valley mountain town of Ridgway, Colorado "the Gateway to the San Juans". While just a small village, Ridgway boasts a unique history and unmatched scenery. Ridgway and its surroundings were filming locations for western movie classics such as "True Grit" and "How the West was Won." We'll distribute bicycles, do our first "map meeting" and then head into town for dinner at a local eatery.

Arrival	Arrive via UNL vehicle or plane or train in Grand Junction Colorado. Pick-up will be provided.
4:00pm	Check-In at the Ridgway Lodge, 373 Palomino Trail Ridgway, CO 81432 – 970.626.5444
6:00pm	Group Meeting
Dinner	In town
Lodging	Ridgway Lodge – Ridgway, Colorado

Sunday June 24th 2012 – Ridgway to Silverton (35 miles)

From Ridgway, we'll follow the Uncompahgre River towards the historic mining village of Ouray and then over the "Million Dollar Highway" to the secluded Victorian town of Silverton. We'll switchback through several hairpin s-curves, passing the remains of the Idarado gold mine and several ghost towns to the top of 11,018 ft. Red Mountain pass, before we reap the rewards of our labor with a rapid 10-mile descent through the Chattanooga River Valley and into Silverton.

Breakfast	Continental Hotel Breakfast***
Lunch	On the road – Ouray, CO
Dinner Option	Romero's Restaurant Cantina – Silverton, Colorado
Lodging	Bent Elbow Hotel – Silverton, Colorado

Monday June 25th, 2012 – Silverton to Durango (48 miles)

Time to get into low gear. Today we have a double whammy of steep climbs taking us up 10,910 ft. Molas Pass and 10,640 ft. Coal Bank Pass. Thankfully the spectacular mountain scenery will make the effort more than worthwhile. Before you know it we will be on a long downhill cruise through the Las Animas River Valley on our way to Durango. If you hear a train whistle, it's likely coming from the engine of the Durango & Silverton narrow gauge railroad whose journey parallels our route past the famed Weminuche Wilderness area.

Breakfast	In town
Lunch	On the road
Dinner Option	Several Options in town
Lodging	Durango Hometown Hostel

Tuesday June 26th, 2012 –Durango to Dolores (46 miles)

From Durango, the largest town on the San Juan Skyway, we'll turn west into decidedly drier terrain along highway 160 headed towards the sleepy Four Corners village of Mancos, Colorado for lunch and lavender lemonades. If the weather is looking good and the legs are strong, some may wish to make a side trip to Mesa Verde National Park to visit some of the best preserved and largest cliff dwellings of the Ancestral Puebloan people. For those looking for less mileage, we'll cruise up CO-184 to the riverside town of Dolores, which was established as a station on the Rio Grande Southern Railroad. If we're lucky, we may catch some bluegrass music outdoors while enjoying mountain pizza pies at a local tavern.

Breakfast	In town
Lunch	On the road – Mancos, CO
Dinner Option	Dolores River Restaurant & Brewery
Lodging	Dolores Mountain Inn

Wednesday June 27th, 2012 – Dolores to Telluride (65 miles)

Our route to Telluride is our longest day on the bike, but arguably the most beautiful. From Dolores we turn north into San Juan National Forest. We'll stop at a cafe in the tiny village of Rico, before powering our way up to 10,222 ft. Lizard Head Pass and into Uncompahgre National Forest for incredible views of several 14,000+ ft. peaks. From here, it's an exhilarating downhill cruise towards the old mining town turned ski resort village of Telluride. In Telluride, take your pick of world class restaurants or delicious

dives. Make sure to leave time for a free evening gondola ride up to Telluride's companion town of Mountain Village, Colorado for some breathtaking views before retiring for some well-deserved rest and relaxation.

Breakfast	In town
Lunch	On the road –Rico, CO
Dinner	Siam Thai Restaurant or Smuggler's Brew Pub
Lodging	Victorian Inn

Thursday June 28th, 2012 – Telluride to Ridgway (40 miles)

Our final touring day brings us full circle back to Ridgway, but not before taking on one of the best days you will spend on a bike. We have a fast descent out of Telluride's box canyon along the San Miguel River to the little town of Placerville. From Placerville, we turn east and climb towards the Dallas Divide for inspiring views of 14,150 ft. Mt Sneffels, truly a photographer's dream. Maybe that's why Ralph Lauren located his 17,000 acre ranch near here. From Dallas Divide it's all downhill towards Ridgway and a well-deserved celebration.

Breakfast	Continental Hotel Breakfast***
Lunch	On the road
Dinner Option	True Grit Café or Colorado Boy Pub & Brewery
Lodging	Ridgway Lodge – Ridgway, Colorado

Friday June 29th, 2012 – Departure Day

For those heading back to Lincoln via plane or train, we'll run an early shuttle drop off to Grand Junction. For those going returning with us, we'll pack up the trailer and begin the journey east towards Lincoln.

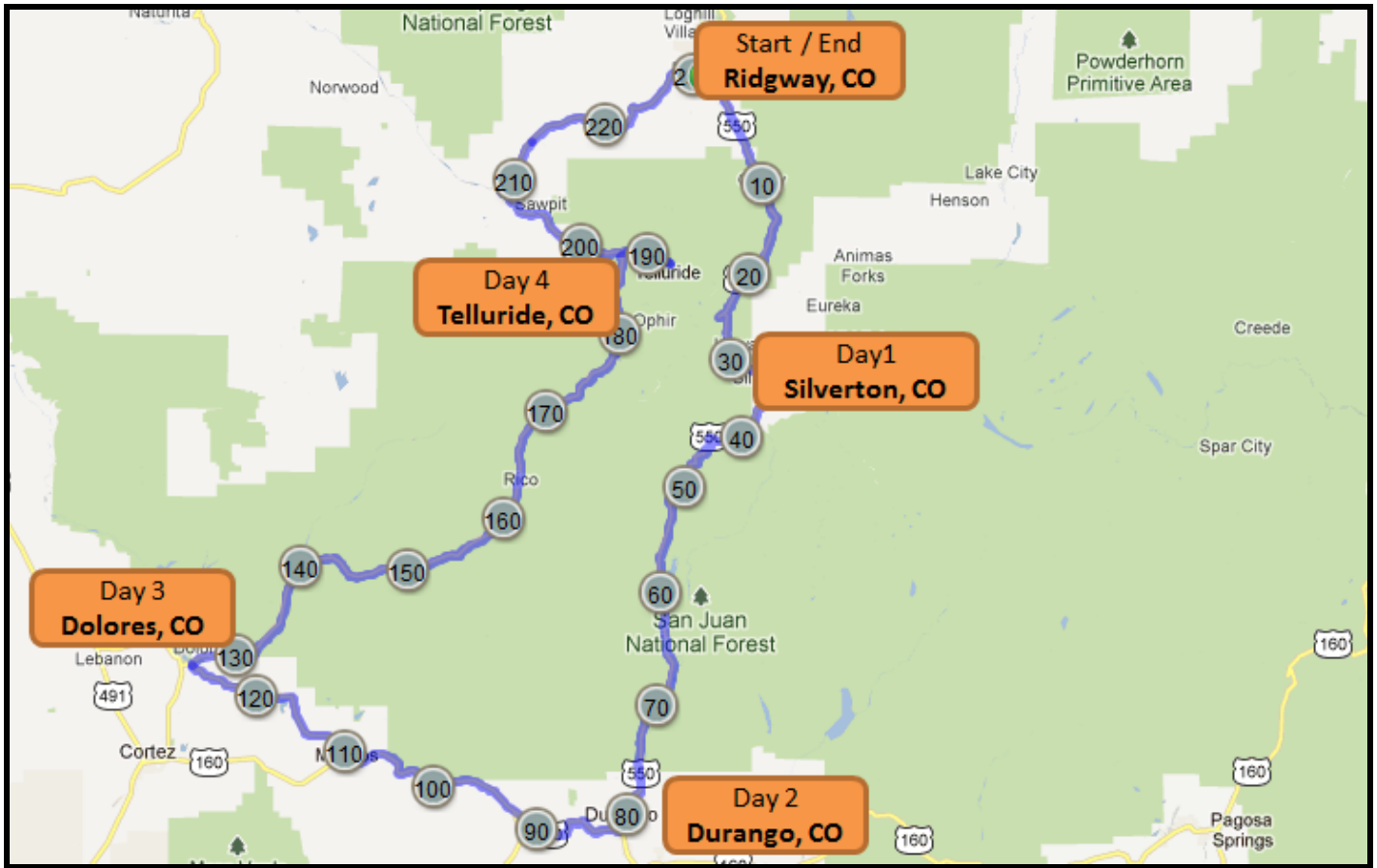
Breakfast	Continental Hotel Breakfast***
Departure	Please make plans for departure from the Ridgway Lodge

*** Designates meals that are included in the price of the tour

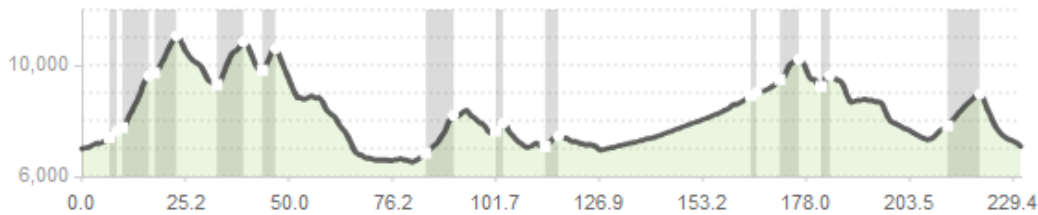
Note: This itinerary is tentative and subject to change



Overview Map



ELEVATION (feet)



7004 ft Start Elev
11132.0 ft Max Elev
14987.0 ft Gain



Contact

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 402.472.1853