

Katy Trail Missouri Bike Tour

Depart Oct 13, 2017 | 5:00 p.m. **Return** Oct 17, 2017 | 5:00 p.m.

Pricing \$275 members | \$325 non-members

Pre-trip meeting October 10, 2017 | 6:30 p.m.



CAMPUS RECREATION

Outdoor Adventures

Trip Overview

Take a multi-day tour of Missouri on a section of the 237-mile Katy Trail, one of the nation's premier rail-to-trail conversion projects. You will learn basic touring skills including route planning, bike packing, equipment selection and basic camping skills. We'll follow Lewis and Clark's route up the Missouri River, riding under towering river bluffs while eagles circle overhead. This promises to be a trip to remember as we'll enjoy great campsites, hearty meals, and pedal along this tranquil crushed limestone route through the scenic countryside and quaint communities.

Location Overview

The Katy Trail is a 240 mile bike path that follows old Missouri-Kansas-Texas Railroad line connecting St. Louis and Kansas City. We'll ride 120 miles along the Missouri River enjoying towering loess bluffs, eagles, and gorgeous fall colors. On this self-contained overnight ride, we'll carry all of our food and camping gear on our bikes. After the each day's ride, we'll reward ourselves with a delicious meal and good conversation around the fire.

All Skill Levels Welcome

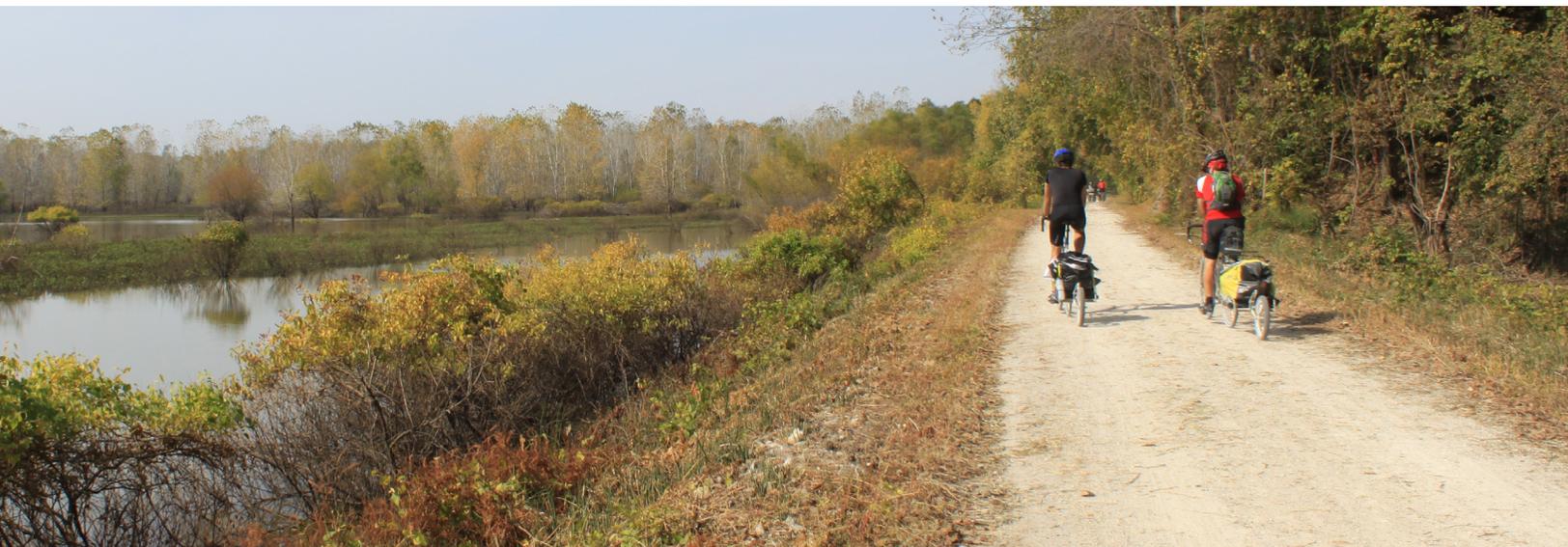
If you're new to cycling, no problem. Be ready to learn. If you're an experienced cyclist, that's great too. Be ready to challenge yourself in new ways. Know that this trip is physically demanding, however we strive to make the outdoors accessible for all. Contact us if you have any questions about your specific needs.

All Adventure Involves Risk

By signing up for this trip, you must understand that there is a certain amount of risk associated with any adventure activity. With our instruction and your attentiveness combined, we can reduce the risks involved. We ask that you pay attention to the instructors regardless of your experience level in the outdoors. Your attentiveness to lessons and communication to instructors of your own personal needs will set the crew up for success.

What will I get out of this adventure?

Outdoor Adventures trip staff are instructors, not guides. We won't put the mint on your pillow, but we will help you discover the outdoors. Our trip staff want to help you learn new skills, challenge yourself, and walk away from this experience with the curiosity and know-how to go out on your own. We are a resource for you and will help connect you with further opportunities to grow during and after this adventure.





Weather and Conditions

Average highs are in the high 50s °F (10 °C) to the high 60s °F (15 °C) and average lows are in the mid 40s °F (4 °C) to high 50s °F (10 °C). Weather can change quickly and forecasts can be inaccurate, so you must be prepared for all types of weather. Note that this trip will take place rain or shine. In the event of inclement weather, we will find shelter or alter our plans as needed.

What We Provide & What You Need to Bring

All transportation, meals at the activity site, cycling gear, camping equipment, camping fees, leadership and instruction are provided by Outdoor Adventures. The trip cost does not include meals on the road. Be sure to bring cash and/or card for meals on the road and souvenirs. [Click here to view a complete personal packing list.](#)

Food and Group Cooking

For most trips, we prepare meals as a group and eat meals together. We bring the ingredients and strive to provide a variety of high quality food. Be sure to inform us of any dietary concerns, food allergies, food intolerances, or special requests during the pre-trip meeting and indicate them on your health statement form.

Smoking & Alcohol Policy

Please do not bring alcohol or illegal substances on the trip. Cigarettes are acceptable at established areas but are not allowed in vehicles. We encourage you to not smoke on this trip as a wellness challenge. If you must smoke, please respect our participants, be aware of fire danger, and pack out all related trash.

Cellphone Challenge

We challenge you to try to “disconnect” from your phone and devices during this trip. Disconnecting enables us to escape from our everyday lives and gives us a chance to connect with others and the outdoors. We challenge you to use them sparingly or not at all in order to fully immerse yourself in this adventure.

Outdoor Adventures Mission Statement

Engage individuals and groups in adventure experiences for escape, enjoyment, and education.

Outdoor Adventures Center

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