



Moab/ Westwater – Bike/Raft Sampler 4 Day

The Moab mountain biking–Westwater Canyon combination trip brings together two of the most popular activities in Utah. Mountain biking and Moab are nearly synonymous; the former uranium boom town has become a mecca for bikers wanting to swoop, soar, climb, and roll over sandstone and wild desert trails. Follow this up with two days of floating on the Colorado River, splashing through rapids beneath the sheer black walls of [Westwater Canyon](#), falling asleep to the sound of water on rocks: relaxation well deserved.

SAMPLE 4-DAY ITINERARY

One of the advantages of a bike/river trip is the flexibility of the daily itinerary. It can vary widely from one trip to the next based on group desires and ability level, Mother Nature, and courtesy for other groups in the area. This typical itinerary illustrates a bike trip in the Moab area and raft trip through Westwater Canyon on the Colorado River.

Day 1: Meet group at headquarters in Green River, Utah. A one-hour van ride to Moab marks the start of the trip. We will select a base camp on public land outside of town, location to be determined by where we want to ride, weather, and camp availability. We will begin with a warm-up ride, depending on the group's interests and ability level. The Bar M trail network north of Moab provides a number of excellent short beginner and intermediate single-track loops. Options for after lunch include riding the Klondike Bluffs or Magnificent 7 trail networks. Dinner and solar showers await back at base camp.

Day 2: Today's ride can be as leisurely or as ambitious as the group wants. With the whole day ahead, advanced groups could choose to tackle the Bar M trails. The new Navajo Rocks loop is a longer intermediate option that climbs gradually and descends via a long, flowy trail with short technical sections. Or, return to Magnificent 7 or Klondike to try the trails we missed the day before. Our guides are always out exploring new trails and can suggest the best options for each group. Night two's camp could be the same as night one's, or in a location more convenient to the day's ride, or even at one of the developed campsites along the Colorado River.

Day 3: Drive to the put-in for Westwater Canyon on the Colorado River. Relaxing float through mellow whitewater, with a possible side trip to Little Hole Canyon's natural amphitheater, where rock art and shards of Indian pottery can be seen. In favorable conditions a short hike up Little Dolores Canyon reveals a beautiful desert waterfall and swimming hole. Camp on the river near Little Dolores.

Day 4: Leisurely breakfast before rapids of Westwater. Rapids, one right after another, Marble, Staircase, Big Hummer, Funnel Falls, and Surprise . . . leading to Skull Rapid, one of the Colorado's fiercest drops and the narrowest section of the entire river: only 35 feet across! Finish with Bowling Alley, Sock-It-To-Me and Last Chance. Vans will return you to our headquarters in Green River at the end of the trip.

As mentioned earlier, this is a sample itinerary and should not be thought of as the trip you will experience. It is intended to give an idea of what the trip will be like. It could also be exactly what you do. Keep an open mind, be flexible, go with the flow, and enjoy!

Getting Here...

(If you need assistance with your travel arrangements, please ask your Holiday River Expedition reservation agent.)

We meet for your trip in Green River, Utah at Holiday River Expeditions headquarters, (2075 E Main St. Green River, UT 84525) at **7:00 a.m. (Mountain Time)** the morning your trip begins. Our headquarters is located 1/4 mile east of the Green River Bridge, across the highway from the Motel 6 and behind the Comfort Inn. . If you plan on arriving in Green River by shuttle, bus, Amtrak, or plane, call our office ahead of time (801-266-2087) to make arrangements to have you and your gear transported to our headquarters the morning of the trip. Also please give any last-minute updates to our headquarters directly at (435-564-3273). If you are driving, your car can be left at our headquarters.

Flying: While most of our guests fly into Salt Lake City International Airport and rent a car, there are a few options to consider.

- **Salt Lake City to Green River:** Salt Lake City located 180 miles northwest of Green River, Utah (about a 3 hour drive). Most guests rent a car from any of the major rental agencies at the airport and drive to our headquarters.
- **Grand Junction to Green River:** Grand Junction is located 100 miles due East of Green River (about a 1.5 hour drive). Delta, United and American Airlines all service Grand Junction Airport. Rental option from GJ Airport include: Alamo, Hertz, Budget, Enterprise and National.
- **Moab to Green River:** Moab is located 52 miles southeast of Green River and now offers one flight a day in and out operated by [United Airlines/ SkyWest Airlines connecting through Denver](#). Moab has rental car service through [Enterprise](#)

*** While rental cars are typically the best transportation option, in rare instances, including large groups, shuttles may become a reasonable alternative:

Shuttle Service from Salt Lake City, Grand Junction or Moab airport to Green River include:

- Moab Express Shuttles 435-260-2389 www.moabexpress.com
- Redrock Express 800-259-2869 www.redrockexpress.com
- Road Runner Shuttles 435-259-9402 www.roadrunnershuttle.com

Lodging before and after your trip can be booked at one of six locations:

- [River Terrace Inn](#) 435-564-3401 (locally owned, pool, hot tub, full breakfast, riverside rooms available) *10% discount
- [Comfort Inn](#) 435-564-3300 (inside pool, hot tub, continental breakfast – in front of our headquarters) *10% discount
- [First Choice Inns](#) 435-564-4439 (inside pool, hot tub, continental breakfast – west of our headquarters)
- [Super 8](#) 435-564-8888 (inside pool, hot tub, refrigerator, microwave)
- [Motel 6](#) 435-564-3436 (pool, kids free, lower rates)
- [Sleepy Hollow](#) 435-564-8189 (clean with lower rates)

*When making advance reservations at the River Terrace Inn or Comfort Inn, mention that you are on a Holiday River Expedition trip and you will be extended a discounted rate on your room. You will need a trip invoice at check-in.

BE SURE TO MAKE ADVANCE RESERVATIONS!

If you are camping out, there are two campgrounds in Green River: the Green River State Park (no pool, lower rates and may have mosquitoes – call 435-564-3633 to make reservations), and the KOA Campground (435-564-8195 – across from our headquarters).

Before You Go...

Beginning of the trip: Upon your arrival at Holiday River Expeditions headquarters (7:00 a.m., Mountain Time), we will issue your bags. You can buy any last minute items from our accessory's store at this time (see our *packing check list* for a list of items you can find at our store). Before leaving our headquarters, each guest along with a Holiday guide will perform a pre-trip inspection of your bikes. If you are providing your own bike, please make sure that it is in good repair, we recommend a complete service by a professional shop prior to the trip. Guests with bikes' that fail our inspection will be asked to rent a Holiday bike for \$170.00/person. We will then take a three-hour van ride to the embarkation point.

After the trip: We will return you to Green River (90 minute van ride). Our expected time of arrival back at our headquarters is 4:00 to 5:00 p.m.

The Bicycling: The Moab Sampler mountain bike trip does not have a fixed itinerary, but is designed to provide access to the best of Moab's bike trails. These trails may consist of packed dirt with gentle up and down sections; loose rocks and gravel; sand; ruts; winding or steep turns; technical ascents and descents including ledges, exposure, or slickrock; steep uphill and downhill sections. Guides will select trails based on groups' interests and riding ability, but a good level of fitness will make the riding more enjoyable. Riders who have no previous off-road bicycling experience, should be experienced road cyclists with good athletic ability. All riders should prepare for the trip by riding their bike on a regular basis prior to the trip.

The best place to eat in Green River is Ray's Tavern. Ray's is a true small town bar rich in atmosphere and good food. They serve incredible hamburgers, pork chops, salads and steaks. The Tamarisk Restaurant offers family dining with riverside seating.

Packing The waterproof bags provided will contain all of your belongings except for your tent, poles and if you rented sleeping gear, your pad. Your larger waterproof bag (16" X 2' high) which will hold your sleeping bag, pillow, & most of your clothing/ toiletries for morning and evening use. If you brought you own sleeping pad it will also fit into this large bag. We suggest packing your clothing etc in the bottom of your bag, that way at camp you can empty your sleeping equipment into your tent and not have to unpack the majority of your belongings. The smaller "day bag" (8" X 20" high) will hold anything you need access to during the course of the day on the trail: Sunscreen, chapstick, a mug, your favorite book, a rain jacket, maybe a pair of hiking shoes etc. Your tent (rental or owned) will go into a "tent bag" and your tent-poles in a mesh "pole bag". This ensures our water-proof bags are soft, & easy to pack.

Moab / Westwater weather: The biking portion of this trip takes place at altitudes between 6,000 and 8,500 ft. so temperatures are traditionally 10 to 15 degrees cooler than they are on the river portion. It seldom rains in this region, but when it does it can cool temperatures. In July and August the daytime temperatures range from 70 to 100 degrees, with nighttime temperatures 50 to 75 degrees. This is the time of year that swimming in the Colorado becomes a popular activity. These temperatures seem hot but remember the humidity is very low. There will be an abundance of sun, so bring a hat and plenty of suntan lotion and/or sunscreens. **Please avoid spray on sunscreen for the health and safety of your guide and fellow-guests*

Bugs, snakes, etc. are generally no problem. In fact, the lack of pesky insects is one of the reasons wilderness camping in the desert is so pleasant. Any wilderness trip, however, is subject to an occasional localized insect hatch. **During these hatches (most common in June to mid-July) mosquitoes can be bothersome. Be sure to bring long sleeve clothing and a generous supply of repellent.** Insect repellents that contain "deet" are by far the most effective during heavy hatches. Citronella-based products work only in light hatches. We rarely see any snakes, but if the thought of them bothers you, try sleeping on the beaches or in a tent instead of rocky or bushy areas.

Hiking is a highlight of the trip, however, it is strictly an optional activity. Please be aware that some of the hikes on this trip can be more strenuous due to heat and elevation gain. There are many interesting short hikes available. Hiking can be done in durable sneakers or lightweight hiking boots. Remember that hiking and other activities vary widely pending time, and what other plans are ahead for the day.

Bathing: we bring a solar shower situated on top of our support vehicle; you are welcome to use it for quick rinse-offs with your favorite biodegradable soap (like Dr. Bronners or Campsuds). Alternately, disposable antibacterial towelettes like baby wipes are a great for cooler weather trips.

Electronics: Often times the best part about the trip is 'unplugging'. The use of electronic devices can often take away from the 'wildness' of your trip. Therefore we ask that you please be mindful of their impact to others and yourself and consider instead truly disconnecting. However, some of our guests travel with their smartphone even though there is no cell service. We ask that you bring headphones if you intend to listen to music. And remember, were in the back-country and cannot provide a power source.

Beverages: We provide ice water, lemonade, one soda per day per person and ample cooler space. If you choose to bring any specialty sodas and/or alcoholic beverages, we have no problem taking whatever you want to bring – within reason. **Don't** bring beer, wine coolers or sodas in glass containers. Wine packaged in a box is ideal. Mark beverages that you bring so they are packed on your boat. The liquor store in Green River, Utah is located in the back of the West Winds restaurant. **In Utah, wine or liquor is not sold after 7:00 p.m., before 11:00 a.m., or on Sundays and holidays.**

Medical emergencies: Our guides are trained in first aid and carry first aid supplies only. REMEMBER to bring your own prescription medicines. ALERT our guides to any medical problems you might have such as diabetes or allergic reactions. Wilderness expeditions are a long way from hospitals, doctors, and pain-relieving medicines. Evacuations to modern medical care are uncertain, and protracted. In case of evacuation and/or medical treatment beyond first aid, expenses incurred are the responsibility of the participant.

Cancellation Policy: If cancellations are made prior to 90 days before the trip, monies will be refunded less a \$50.00 service charge per person. If cancellations are made within 90 days and outside of 60 days of the trip date monies will be refunded less a \$100.00 service charge per person. **Cancellations made within 60 days of the trip date are non refundable.** Prior to 60 days to the trip date we will transfer reservations to another trip in the same year with a \$25.00 service charge per person. All policies will be enforced and we strongly recommend trip cancellation insurance. Cancellation of a trip is very unlikely, but we reserve the right to cancel any trip due to river or weather conditions or the lack of sufficient reservations. A full refund will be made if such is the case.

Insurance: Medical Evacuation and cancellation insurance on a vacation plan can be obtained from numerous insurance companies. You are responsible for these potential expenses and we strongly encourage all guests to have this coverage. We offer plans by TRAVEL GUARD that cover evacuation, baggage and cancellation claims. Information should be enclosed with this package. It is available to American and Canadian citizens, as well as citizens of another country as long as you have a U.S. address. If you would like a quote or you have questions give us a call. Also, if you are bringing expensive cameras, binoculars, or other items we suggest you have insurance coverage for them (commonly available through Homeowners Policies). In the event of a loss, our insurance will not cover those items.

Tipping the guides: From sunup to sundown your guides strive to make your trip unforgettable. It is customary to tip your guides, especially if you feel they have been instrumental in the success of the trip. A suggested gratuity range is from \$20.00 to

\$30.00 per guest, per day (about 10% of trip costs). Please direct your gratuity to the trip leader in the form of cash or check made out to the trip leader. They will then distribute it evenly to the other crew-members.

Things to see in the area: John Wesley Powell Museum in Green River, Utah. Arches National Park, Dead Horse Point State Park, Canyonlands National Park, Fisher Towers, Colorado National Monument, Goblin Valley State Park, San Rafael Swell, Capitol Reef National Park, Natural Bridges National Monument, Bears Ears National Monument and the La Sal and Henry Mountains.

MAKE SURE TO CHECK OUT THE PACKING CHECKLIST!

IN THE EVENT OF EMERGENCY CIRCUMSTANCES THE NIGHT BEFORE THE TRIP, OUR GREEN RIVER HEADQUARTERS NUMBER IS 435-564-3273