



# Moab, UT Mountain Bike Retreat Information

## Itinerary

### **Day 1** | Oct 6th

Check in 4 pm, Bike Fitting 4 pm – 6 pm, One-hour Welcome Reception & Dinner 6 pm – 7 pm

Arrive in Moab and check into your luxury accommodations for the weekend. We will help get you fitted to your bike and then all get to know each other at dinner. Sit back and relax, while learning more about World Ride and the plan for the weekend.

### **Day 2** | Oct 7th

Breakfast 8 – 9 am, Guided mountain bike ride 9 am – 2 pm, Après Ride Gathering & Refreshments 2 pm – 3 pm

Today, we will head to the trailhead for some foundational mountain bike skills practice, followed by a fun ride through the red rocks. After, we will return to the Ranch for some snacks and relaxing.

### **Day 3** | Oct 8th

Breakfast 8 – 9 am, Guided mountain bike ride 9 am – 2 pm, Après Ride Gathering & Refreshments 2 pm – 3 pm, Bike Care 101 Class 2 pm- 3 pm, Dinner at the Desert Bistro 6:30 pm – 9 pm

Today, we will spend the day out on the trails, riding, practicing our skills and enjoying the views of the gorgeous Moab area. Afterwards, we will return to the Ranch for some snacks and a bike maintenance clinic. Everyone will have a few hours to relax (pool time anyone?) before a delectable dinner at the Desert Bistro.

### **Day 4** | Oct 9th

Breakfast and room check out 8 – 9 am, Guided mountain bike ride 9 am – 12 pm, Lunch and “see you later’s” 12:00-1:00

Today, we will head to the trails in the morning after breakfast for a shorter ride. Lunch will be provided at the finish of the ride before we all say our “see you later’s.”

\*Itinerary is subject to change.

## Important details

### Accommodations

While in Moab, we will be staying at the Moab Springs Ranch Bungalows. Depending on your reservation, accommodations will either be single or double occupancy. Moab Springs Ranch is in the heart of Moab, but has a secluded feel. The grounds are lush and inviting. We can enjoy the pool and hot tub throughout the retreat!

### Moab Recommendations

There are many sights to see and things to do in Moab besides the mountain biking! If you wish to arrive early or stay longer, here are some things we recommend:

- Arches National Park: Arches has a reservation system in place to enter the park. Make sure to book your reservation early to ensure you will be able to enter. The classic hike is to Delicate Arch and is a must do. We also love the challenge and exploratory feel of the Fiery Furnace. This is one that you need a permit for, so be sure to plan ahead!
- Canyonlands National Park: Moab is home to two national parks and Canyonlands is spectacular! Grand View Point is a great place to catch the sunset and we recommend doing the short hike to Mesa Arch to take in the view through this iconic arch.
- River Rafting: October might be a bit chilly, but if you can catch a warm day, the river is a fun way to spend it.
- Canyoneering: Many companies in town offer canyoneering trips. These include a short hike and some rapels, many times through an arch!
- [Get in touch](#) if you need more Moab suggestions! World Ride Executive Director Julie is a local and knows all of the best spots for recreating, dining and camping.



## **Flights/Arriving in Moab**

There is an airport in Moab that has daily flights on United or Delta. The next closest airport is in Grand Junction, CO. From here, it is an hour and a half drive to Moab (we recommend the slightly longer but very scenic drive on Highway 128!).

It is also possible to fly into Salt Lake City, UT (4 hour drive) or Denver, CO (6 hour drive).

## **Upon arrival in Moab**

Check in time is at 4pm at Moab Springs Ranch. Please let us know when you plan to arrive if it will be earlier or later than this time.

## **Weather**

The weather in October in Moab is usually pretty perfect. Days will be in the mid to upper 60's and nights will be chilly. October can be rainy, so make sure to bring your rain gear just in case!

## **Gratuity**

Gratuity is not expected for this trip, but if you would like to donate to World Ride, it will be very much appreciated!

## **Gear Donations**

World Ride trips help to support the growth of women's mountain biking in Guatemala. Gear is a limiter for the ladies around the world that we work with who are getting into mountain biking due to financial limitations. Any donations that you can bring is very much appreciated! These items will be distributed during our travels to each country. Things that are needed include:

- Bikes
- Helmets
- Pedals
- Shoes
- Tires
- Gloves
- Hydration Packs

# Packing List

## Bike gear

- Helmet
- Sunglasses (or goggles)
- Buff/scarf
- Pack (at least 15L in size to carry layers and capacity of 2-3L of water)
- Bike shoes
- Gloves
- 3-4 pairs of bike shorts or more depending on preference.
- 3-4 jerseys
- Socks
- Long sleeve base layer
- Waterproof rain jacket

## Other gear

- Warm jacket and layers (the nights can be chilly)
- Other clothing for after ride
- Comfortable shoes to hike and walk around in
- Clothes to sleep in
- Swimsuit
- Any medication you might need
- Toothbrush and other necessities
- Sunscreen

## Personal items

- Credit and debit cards
- A small amount of cash to travel with
- Camera (or just your cell phone)
- Cell phone (plenty of wifi along the way)
- Electronics cords and chargers

## Misc

- Any extra mountain bike gear you might be able to collect for the ladies :)