



TOUR ITINERARY

RIDING
LEVEL

2

United States / Zion, UT

Zion National Park Bike + Adventure Tour

Bryce Canyon and American Southwest Splendor

TOUR HIGHLIGHTS

- Explore the soaring sandstone cliffs of Zion National Park by bike and on foot
- Visit Snow Canyon State Park with its lesser-known landscape of ancient lava flows and petrified sand dunes
- Descend on foot into a valley of otherworldly hoodoo formations in Bryce Canyon National Park
- Ride on the smoothly paved Red Canyon Bicycle Trail in Bryce Canyon National Park



ARRIVAL + DEPARTURE

Arrival Details

- ✈ **Airport City:**
St. George, Utah or Las Vegas, Nevada
- 📍 **Pick-Up Location:**
St. George Airport or The Inn at Entrada
- 🕒 **Pick-Up Time:**
10:00 am

Departure Details

- ✈ **Airport City:**
Las Vegas, Nevada or St. George, Utah
- 📍 **Drop-Off Location:**
St. George, UT
- 🕒 **Drop-Off Time:**
11:30 am

NOTE: DuVine provides group transfers to and from the tour, within reason and in accordance with the pick-up and drop-off recommendations. In the event your train, flight, or other travel falls outside the recommended departure or arrival time or location, you may be responsible for extra costs incurred in arranging a separate transfer.

Emergency Assistance

For urgent assistance on your way to tour or while on tour, please always contact your guides first. You may also contact the Boston office during business hours at +1 617 776 4441 or emergency@duvine.com.

Travelers Take Note

For training purposes and altitude sensitivity, note that the elevation on this tour can reach up to 8,000 feet (2,438 meters) above sea level.

The lodges and hotels on this tour are simpler and more rustic than typical DuVine accommodations, but were chosen for their location near national parks and access to excellent riding. Your guides will provide pre-walk briefings and directions.

To show you all our favorite parts of the Southwest, this tour includes longer transfers. We like to think of it as an opportunity to experience a greater breadth of scenery and cover as much ground as possible.

A very limited number of e-bikes are available on this tour. Requests will be accommodated on a first-come, first-served basis.

Hiking shoes are recommended for the hikes on this tour. We suggest hiking boots or trail shoes with good traction. You may also find moisture-wicking clothing or a daypack useful, but not required.

COVID-19 Travel Restrictions

For the latest travel restrictions related to the coronavirus pandemic—including quarantine requirements—please review [Utah's state travel guidelines](#).

TOUR ITINERARY

Tour By Day

DAY
1

Welcome to the Southwest!

Your guides will meet you in St. George and whisk you to the Inn at Entrada for a warm welcome to the Southwest. Following a bike fitting and safety talk, we set off to Snow Canyon, a lesser-known state park that boasts perfectly paved roads and pristine views of the surrounding purple-red mountains. Hop off the bike to explore canyons carved from red and white Navajo sandstone and fascinating lava tubes and flows before finishing our loop. We'll share our first dinner together as the sun sets over the Navajo sandstone cliffs.

Meals: Lunch / Dinner

Destinations: St. George, Snow Canyon

Accomplished: 40 miles / 65 km, elevation gain: 2,526 feet / 770 meters

Shorter Option: 24 miles / 39 km, elevation gain: 1,570 feet / 479 meters

Accommodations: [The Inn at Entrada](#)

DAY
2

Now Entering Bryce Canyon

Early this morning, we'll take a two-hour shuttle to Bryce Canyon National Park. Just outside of Bryce, we'll begin riding on the beautiful Red Canyon bike path that leads into the park. Pause at Sunrise Point for a picnic lunch with a side of gorgeous Bryce Canyon vistas. Afterwards, head back to the hotel to relax, get in some extra riding with a challenging climb to Rainbow Point, or hike along the Rim Trail to Inspiration Point. Tonight, we'll dine at one of our favorite local spots.

Meals: Breakfast / Lunch / Dinner

Destinations: Cedar Breaks, Red Canyon, Bryce Canyon, Sunset Point

Accomplished: 15 miles / 24 km, elevation gain: 1,006 feet / 307 meters

Longer Option: 33 miles / 53 km, elevation gain: 2,598 feet / 792 meters

Accommodations: [The Lodge at Bryce Canyon](#)

TOUR ITINERARY

DAY
3

Early Jurassic Rocks and Relics

This morning we'll explore the hoodoos of Bryce Canyon as they were meant to be experienced: on foot. The classic Queens Garden and Navajo loop leads us into the valley to get up close and personal with these staggering rock spires. After our hike, shuttle just over an hour across the plains toward Zion where one of the best restaurants in the region will serve us a lunch of local bison burgers. Later, it's back to the bike for an epic ride that winds into Zion's Checkerboard Mesa. We'll pedal through Navajo Sandstone, a stunning formation built by nature over millions of years. When we hit the Zion-Mount Carmel tunnel, we'll pack up the bikes and shuttle straight to our hotel, just outside the park entrance. Your guides can offer excellent suggestions for this evening's dinner on your own in town.

Meals: Breakfast / Lunch

Destinations: Queens Garden and Navajo Loop, Checkerboard Mesa

Accomplished: 16 miles / 25 km, elevation gain: 279 feet / 85 meters; 3 miles / 5 km hiking

Longer Option: 33 miles / 53 km, elevation gain: 2,598 feet / 792 meters

Accommodations: [Desert Pearl Inn](#)

DAY
4

Into Zion Valley

Spend the morning cycling Floor of the Valley Road, a virtually car-free artery that runs through the parks' majestic cliffs with 360-degree views of the valley's stunning breadth. You'll have this afternoon to explore the park on your own: season permitting, you may wish to climb the trails that rise above the canyons, visit beautiful pools, or hike the Narrows and wade through the Virgin River where it bisects the canyon. Your guides will brief you on the many options for exploring Zion's trails, and will provide lunch for you to bring along. This evening we meet at our favorite Springdale haunt and relive the day over dinner.

Meals: Breakfast / Lunch / Dinner

Destinations: Zion National Park, Floor of the Valley Road

Accomplished: 18 miles / 29 km, elevation gain: 820 feet / 250 meters; hiking

Longer Option: 23 miles / 63 km, elevation gain: 2,027 feet / 618 meters

Accommodations: [Desert Pearl Inn](#)

TOUR ITINERARY

DAY
5

Final Morning in Zion

On our final morning in Zion, we'll climb out of the valley toward the Zion-Mount Carmel Tunnel. Soak in some mountainous panoramas as you rise on the switchbacks toward the mouth of the tunnel, then descend back into the valley as it opens up before you. Enjoy our final brunch together before a transfer that returns you to St. George or Las Vegas.

Meals: Breakfast

Destinations: Zion National Park, Springdale, St. George, Las Vegas

Accomplished: 18 miles / 29 km, elevation gain: 1,213 feet / 370 meters

Longer Option: 23 miles / 63 km, elevation gain: 2,027 feet / 618 meters

YOUR TOUR DETAILS

Preparing for Your Tour

Travel Services

If you're not already working with a travel agent, DuVine can assist with the following reservations for up to three days before and after your tour. A fee of \$75 per traveler will be applied.

- Pre and post-trip hotels in major cities, in addition to the first and last on-tour hotels
- Train travel
- Private transfers

Travel Protection

DuVine offers a **Travel Protection Plan** to help protect your travel investment, your belongings, and most importantly, you. The offered Travel Protection Plan is non-refundable, but it is strongly recommended in the unfortunate event that you have to cancel or leave your trip.

NOTE: Plan benefits, limits, and provisions may vary by state or jurisdiction. In order to receive full benefits, Travel Protection must be purchased within 21 days of initial tour deposit. This plan is available to citizens of the U.S. and Canada only.

Gratuity

Gratuities for guides are much appreciated to thank them for exceptional service, support, and expertise. The industry standard is for each guest to tip 10-15% (U.S. tours and Cycle + Sail tours) or 7.5-10% (all other tours) of their trip price at the end of the tour. Unless you want to tip separately, guides will divide tips among themselves. Tips in local currency are always preferred. We recommend bringing extra cash or visiting the ATM at the beginning of your trip. For alternate methods of tipping (including Venmo, PayPal, and TransferWise), [please see our FAQs](#).



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YOUR TOUR DETAILS

Bikes

DuVine's top-of-the-line bikes are tuned to perfection and fit specifically to you. Our performance bikes from premier manufacturers feature light frames, smooth-rolling tires, comfortable seats, and wide gear ranges for the best ride possible. Please see our website for the exact bike models offered on tour. Additionally, e-bikes are available on most DuVine tours. Electric assist provides an extra boost to your own pedal power, so you can ride longer distances, tackle tougher climbs, and maintain a faster pace. Electric assist is available on a first-come, first-served basis. Contact your Tour Coordinator if you are interested.

Electrical Overseas

If you're traveling abroad, you will most likely need an [adapter](#), which allows your device's plug to fit into foreign outlets. North American devices run on 110/125V electricity while the majority of the world runs on 220/240V. Converters and transformers change the voltage of electricity to match your device.

Training

First and foremost, get out on your bike and start logging some miles. Nothing compares to the real thing, but if you can't cycle outside, consider spin classes. Experience with the elements of wind, actual hills, terrain, etc will help with your comfort level (balance, unexpected conditions, etc.) on tour. Always remember, training is a gradual process—don't try to overdo it or push yourself when you aren't ready. However, the most important part of training is to enjoy your ride! [Download a training guide](#) based on your Tour Level.

Travel Sustainably

We believe bike travel should leave little behind. DuVine takes small measures to be greener—like eliminating single-use plastic water bottles, replacing paper maps with GPS, returning your pedals in cloth bags, and offering snacks in reusable containers rather than disposable plastic.



YOUR PACKING LIST

On The Bike

Cycling jerseys or athletic shirts
Cycling shorts
Cycling shoes (if you bring your own pedals)
Sneakers (if you don't bring your own pedals)
Athletic socks
Arm/leg warmers
Lightweight, waterproof, wind-resistant jacket or vest
Bike gloves
Bike saddle/cover (if you prefer your own)

Off The Bike

Walking shoes
Hiking shoes (if required)
Long + short-sleeved shirts
Sweater/jacket for evenings
Dinner attire (dressy casual) + dress shoes
Swimsuit

Travel Items*

Travel confirmations + tickets for air, rail, etc.
Passport, including photocopy
Local currency
DuVine Tour Itinerary (with meeting + departing info)
Health insurance information
Medications
Cycling gear (+ pedals) if riding on Day 1

*We recommend keeping these items in your carry-on

Additional Items

Cell phone + charger
Photography gear + charger
Power/plug adapter
Toiletries
Sunscreen, sunglasses, + other sun protection gear
Insect repellent

What We Provide

- Bike saddle
- GPS (where available)
- Flat or caged pedals
- DuVine t-shirt and jersey
- Helmet
- Water bottle
- Snacks/nutrition
- Drawstring bag

Order DuVine Gear

Want DuVine bike shorts to match your complimentary jersey? To order, contact tourcoordinators@duvine.com. Gear is shipped free of charge to DuVine guests in the U.S. and Canada. For expedited shipping and guests outside of the U.S. and Canada, additional shipping fees will apply.

Do I need to bring special gear?

- Cycling shorts are designed to provide extra padding when spending the whole day in the saddle. Don't forget the chamois cream!
- If you bring your own cycling shoes, you must bring your own pedals. If you've never used clip-in pedals before, we don't recommend using them on tour.
- Arm and leg warmers are essential for cooler weather. Wear them with your short-sleeve jersey and shorts for lightweight, easy-to-pack, and effective warmth.
- Bike gloves are a preference, but are recommended for Level 3 and 4 tours. The padding in gloves can ease arm, shoulder, and joint fatigue.

Dressing for the Weather

- The location and time of year of your tour can bring all kinds of weather, from extreme heat to relentless rain. Check extended forecasts before your trip and pack accordingly.

Before You Go

- Ensure your passport is valid for 3-6 months after return date.
- Call your bank/credit cards to notify them of upcoming travel.
- Please limit your luggage to one medium-sized suitcase and one carry-on.

BIKE SAFETY

We strongly suggest that you read these simple safety instructions. They will help you bike safely before and during your tour!

- Wear a helmet—this is mandatory on tour!
- Familiarize yourself with traffic laws and obey them. Bikes do not have the right of way, but most drivers are respectful to cyclists on the road. Always ride in the direction of traffic.
- Be aware of your surroundings at all times. Knowing what is in front of and behind you may help prevent an accident.
- Alert other riders around you by announcing the presence of traffic ("car up") or pot holes ("pot hole").
- Learn the hand signals to indicate when you are stopping or turning.
- Operate your bike consistently and predictably—avoiding erratic movements.
- Keep at least one hand on the handlebars at all times.
- Primarily use your rear brake.
- Always be aware of weather and road conditions and how they may affect your ability to brake.
- Never wear headphones or use speakers during rides.
- Always listen to additional instructions from your guides on tour.

If you have chosen an e-bike, be aware that it is slightly heavier, faster, and more powerful than a non-electric bike. Therefore, you should anticipate a different reaction when riding downhill, breaking, or dismounting from an e-bike. Your guides can offer further instruction during your bike fitting and safety review.

