

# Bike Denali

## Denali NP, Alaska

Bike Denali is a challenging yet rewarding adventure that takes you to the center of Denali National Park. Find yourself biking in the shadow of Mount Denali; the largest mountain in North America, towering 20,300ft in our country's most remote wilderness.

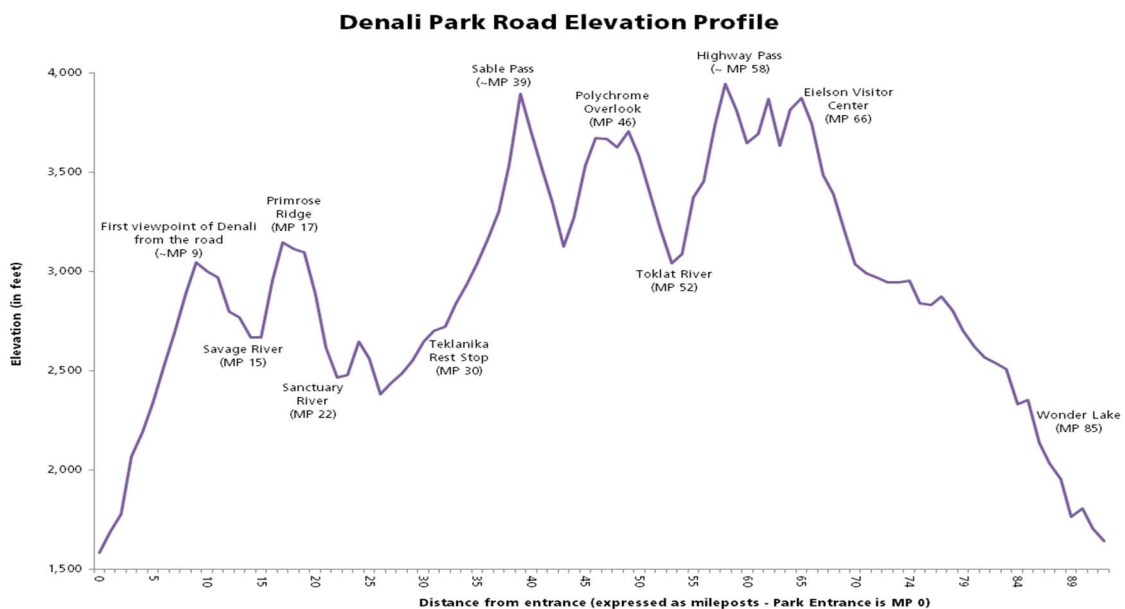
The bike ride travels along the 92-mile Park Road to Wonder Lake. The ride is considered EASY to MODERATE in difficulty only because of two climbs up Sable Mountain and Highway Pass. These are long slow grinds but certainly manageable. Most of the ride is an enjoyable and beautiful ride.

### Features

- Duration: 5+ days
- Distance on Bike: 50-100 miles
- Average group size: 12-13 guests / 2-3 guides
- Minimum age: 21
- Biking the Park Road in Denali National Park. A 92-mile graded gravel road with little traffic. Optional flight-seeing trip with glacier landing.
- Most evenings are spent camping in Denali National Park.
- Sightseeing in Anchorage and Talkeetna, Alaska

### Expedition Fees

- Fees: \$2150
- What is included: Bike rental, most meals, Denali NP entry pass, Park Service Bus shuttle, campsite fees, bear spray, group gear, overland travel
- Possible Extra Costs: Gifts and souvenirs, Hotel in Anchorage, Personal gear



## Overview

The trip is divided into two segments: biking Denali National Park and exploring the natural beauty of Alaska and its unique towns. The Denali Park Road is quite possibly the most beautiful stretch of road in North America. Along the 92-mile graded dirt road you may encounter moose, caribou, wolves, ptarmigans, porcupines, black bear, grizzly bear, and dall sheep. Still, there are glaciers, mile-wide rivers, rolling tundra, boreal forests, scenic lakes and of course Denali towering over it all. You will have plenty of time to see it all because in the summer it never gets completely dark (with 24 hours of daylight)!

## Your Itinerary

### Day 1: Travel the to Denali NP

Our journey begins in Anchorage, Alaska at The Lakefront Anchorage Lodge. You will meet your guides at 9:00am for introductions and a brief orientation. From there, we will drive Hwy 3 through the Alaskan countryside and pass small towns along the way. At the entrance of Denali NP we will collect our bikes, trailers and travel bags and get outfitted for the adventure to come. Next, we check-in with the Rangers at the Denali National Park Visitor Center to attain our backcountry permits. The Visitor Center offers a park film and a variety of exhibits about the natural and cultural history of the Denali area. From here we make camp at the Savage River campground. Savage River campground sits in a spruce forest and on clear days, Denali can be seen from a short walk below the campground. This site and the Wonder Lake campground are the only two sites to have views of Denali.

Driving time: 4-5 hours; Savage River: Mile Marker 15; Elevation 3000'

### Day 2: Bike Day: Savage River to Igloo Creek

This is a relatively short bike ride to Igloo Creek. However, there are plenty of things to slow us down. You will be compelled to constantly stop and take in the views and observe wildlife. Igloo Creek offers 7 sites, making it the smallest campground in Denali. Nestled between Cathedral Mountain and Igloo Mountain, the campsite sits alongside its namesake. This is a relatively wooded area where small animals, like arctic ground squirrels and snowshoe hare are commonly seen. Larger animals, like Dall's sheep, grizzly bears and wolves are occasionally seen as well. Bear boxes and waterless, non-flush vault toilets are available.

Bike: 21 miles, 3+hrs; Igloo Creek: Mile Marker 35; Elevation Gain/Loss: ↑1,427ft, ↓1,253ft

### Day 3: Bike Day: Igloo Creek to Wonder Lake

Day 3 offers a much longer ride: full of spectacular views as well as long elevation gains and even longer downhill rides. The last 20 miles is a beautiful downhill ride all the way to Wonder Lake Campground. This is the closest campground to Denali and offers some of the best views in the park. One of the most iconic and often-photographed images of the mountain is from Reflection Pond, just beyond mile 85. Many animals such as waterfowl beavers, moose and grizzly bears can be seen. Flush toilets, potable water, bear boxes, park rangers and other amenities are present.

Bike: 51 miles, 6-9hrs; Igloo Creek: Mile Marker 52; Elevation Gain/Loss: ↑3,583ft, ↓4,478ft

#### **Day 4: Wonder Lake to Savage River**

We will spend the morning exploring Wonder Lake and the surrounding areas before heading back to the Savage River campground via Denali Park buses. Several buses will leave throughout the day so you may return at your own pace. There are only two bike racks per bus so the group will be able to go at their own pace. Back in town we can get showers and have access to washers and dryers.

Denali Transit Bus: 72 miles, 4hrs;

#### **Day 5: Talkeetna, Optional Flightseeing Trip**

After breakfast and breaking down camp, we will stop by the Denali Sled Dog Kennel. Next, we drive to the quaint adventure town of Talkeetna, AK. Talkeetna is the base of operations for mountaineers and explorers seeking Denali's summit. Climbers use the Talkeetna Airport to reach Denali Basecamp at 5500ft. If you like, we can schedule a flight with a glacier landing, this experience is like no other. Seeing Denali NP from the air shows you the sheer size of this mountain and its beauty. For more information go to: [flyk2.com](http://flyk2.com). We end the day in Anchorage, Alaska where we say our goodbyes and perhaps share a final meal together.



#### **Who is this trip for?**

This is a challenging yet accessible adventure. You will want some biking and camping experience. However, this adventure does not require technical biking skills. There are two days of biking that are challenging but certainly doable for the average active person. You will be camping in the backcountry and will need to feel comfortable in all possible weather conditions. This trip is for a person who really wants to experience true wilderness.

#### **Weather, COVID-19, and Other Challenges**

##### **COVID-19**

While traveling to and from a CFA expedition it is possible to be exposed to COVID-19 or other viruses. To best protect other team members and staff, CFA's best practices are on the assumption that everyone is an asymptomatic carrier when they arrive. While in airports, in town, and other public areas, you will be expected to comply with CFA's COVID-19 best practices. Good hygiene, including frequent hand washing and hand sanitizer use will be an integral part of COVID-19 risk management and will be crucial throughout your trip. There will be daily health checks for symptoms of COVID-19 and other illnesses.

##### **Weather**

It may be clear and calm with intense sunshine. You may find it challenging to stay cool and you will need to consistently protect yourself from intense UV radiation. Or, it could be constant cloud cover with rain all day. There is also an off chance for a snow shower. Alaska offers it all. You must be prepared for all possible scenarios and weather conditions.

## Wildlife

We will be traveling and living in grizzly, black bears, and moose territory. CFA follows and teaches best practices, to minimize the risk of a bear encounter. Your guides will teach these practices to you and you will have to follow them every day. Your ability or unwillingness to follow these practices places you and other team members at serious risk. If you do not follow these practices you will be asked to leave the group at your own expense. Bear avoidance practices include carrying bear pepper spray, maintaining cleanliness at the cooking sites, not having food in tents, proper food storage and other tasks such as not walking off alone. In most situations, you will always be in groups of at least four people. Understand that you will travel, eat, sleep and take care of your personal needs with other group members close by. Bear safety will limit some opportunities for solitude and privacy during your experience.

## Remoteness

While in the backcountry, emergency services are limited. However, we will bike along the Park Road the entire trip. Denali National Park busses will drive through every hour throughout the day. Most of the trip does have cell service. Any First aid or medical services needed by a licensed medical provider could take several hours before care can be given. The consistent practice of risk management techniques and assumption of responsibility for yourself and other group members will help make your expedition in these wild, beautiful mountains healthy and enjoyable. You must make good choices.



## Participation and Respect of Fellow Team Members

Relationships are made and/or strengthened while having a shared adventure together. Your participation in all aspects of this expedition are required for the best experience for you and your fellow adventurers. You will be expected to maintain your personal gear as well as help with group gear. It is expected that all team members respect and collaborate well with others. Excellent communication skills, the ability to care for themselves and others is also required.

CFA strives to provide amazing adventures in some of the most remote and beautiful places in the world. We hope that all participants grow in their love and appreciation for the natural environment and return home with a greater desire to live the adventurous life daily. We care deeply about people and strive to let all our guests feel welcome, loved, supported, and safe. To ensure that this happens, guests are also expected to have care and concern for other guests and staff. We expect that all participants effectively communicate their needs to staff and team members. Keeping yourself healthy and making good decisions is a must. To get the most of this experience, team members are expected to be active members of the team: serving and helping each other when possible.

## **The Role of the Guides**

The relationship between a backcountry guide and our clients is a special one. Our guide's obligation to clients is not only to guide them safely through our adventures, but much more. Our relationship begins before the trip even begins. We can help with travel and equipment advice. And during the trip, CFA guides share basic knowledge of geology, fauna and flora and know the environment and their history.

We hope that our clients have an impactful life experience. We not only lead the way, but we act as a coach providing advice and motivation. Safety is an important issue in all that we do. We are here to help reduce risk for our clients and fellow team members. Still, there is inherent risk in the activities and areas of the country we travel in.



**Denali Park Road**



**Biking Denali Park**

# Bike Denali Equipment List

It is important to have the right equipment for any outdoor adventure. When it comes to the backcountry in Alaska this becomes even more essential. This list is designed to help you make smart decisions about the gear you take on this great expedition.

Upon arrival, your guides will look through the equipment you brought and help you decide what to take into the field. We have an opportunity to visit a local outfitter with our guides before we drive to Denali. We have made every effort to ensure that this equipment list is reflective of what you will need on your adventure, but your actual needs may vary depending on season and weather.

## Upper Body Clothing

You need at least three insulating layers, a windproof layer, a rain layer, and a lightweight base layer. Make sure your layers fit comfortably over each other. If you get cold easily, we suggest that you take 2 insulating layers plus a vest.

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Base Layer	1-2	A lightweight synthetic or wool T-shirt or long sleeve
<input type="checkbox"/>	Mid Layer	1-2	Lightweight fleece jacket that fits over your base layers.
<input type="checkbox"/>	Top Layer	1-2	A warm, synthetic-filled jacket that fits over your base layer and mid- layer.
<input type="checkbox"/>	Wind Shirt	1	Nylon wind shell, roomy enough to fit comfortably over your base and mid layer top. Excellent protection in dense bushes and from bugs.
<input type="checkbox"/>	Rain Jacket	1	Your rain jacket should be roomy enough to fit comfortably over all your layers. This must be 100% rain proof like Gore-Tex.

## Lower Body Clothing

You need two to three lower-body insulating layers that fit comfortably over each other and underneath your wind or rain pants. Example combination: Lightweight long underwear underneath insulated pants.

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Base Layer	1-2	A lightweight synthetic or wool is best.
<input type="checkbox"/>	Insulated Pants	1-2	Fleece
<input type="checkbox"/>	Rain Pants	1	This must be 100% rain proof like Gore-Tex.
<input type="checkbox"/>	Wind or Hiking Pant	1	Wind or hiking pants are recommended for protection from bugs and dense vegetation. We rent durable nylon shell pants.

## Other Clothing

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Sun Hat/Baseball	1	Should be wide brimmed to protect from sun.
<input type="checkbox"/>	Fleece/Wool Hat	1	Any fleece or wool hat that will fully cover your ears.
<input type="checkbox"/>	Underwear/Bra	3-4	Undergarments made from merino wool or polyester wick moisture away from your skin and are highly recommended.

## Footwear

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Socks	3-4	Must be 75 to 100% wool, merino wool, or thick polyester. No cotton
<input type="checkbox"/>	Camp Shoes	1	A lightweight, waterproof shoe is ideal. Comfortable is key!
<input type="checkbox"/>	Riding Shoes	1	Best shoe for you to peddle in.

## Sleeping Gear

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Sleeping Bag	1	Alaska's extremely wet environment, down feather bags are not recommended. A 30-degree bag is fine for summer trips.
<input type="checkbox"/>	Sleeping Pad	1	Full length inflatable.
<input type="checkbox"/>	Stuff Sack		A compression stuff sack makes your sleeping bag smaller to pack.

## Packs and Bags

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Day Pack	1	This will be on your person most of the trip and also may be worn while you ride. This will hold your water bottle, snacks, sunscreen, rain jacket, personal items, camera, and other items you need to get to quick. Capacity: 30-40 liters or 1850-3000 cubic inches
<input type="checkbox"/>	Can Liners	4-3	3mm durable, sturdy, plastic trash compactor bags.
<input type="checkbox"/>	Stuff Sacks		Used to organize items in your pack. Lightweight dry sacks are convenient. Non waterproof are fine too and they weigh less.

## Miscellaneous Items

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Eating Utensils	1	Tupperware type bowl, 1-2 pints, with a lid. Plastic or metal spoon/spork.
<input type="checkbox"/>	Sunglasses	1	REQUIRED! 100% Durable, Polarized with large cover over the eye.
<input type="checkbox"/>	Eye/Sunglass Holder	1	Something to keep you glasses on your head. Good brands are Chums
<input type="checkbox"/>	Lip Balm	1	Stick or cream with sun protection.
<input type="checkbox"/>	Sunscreen	1	A tube or bottle of 2-4 oz. should be plenty. A sun protection factor of 30+.
<input type="checkbox"/>	Journal	1	Avoid hardcover.
<input type="checkbox"/>	Toiletry Items	1	Toothbrush, toothpaste, comb/brush, moisturizer, prescription meds, tampons.
<input type="checkbox"/>	Watch	1	Waterproof watch.
<input type="checkbox"/>	Water Bottles	3	Wide-mouth quart or liter size. A lightweight bladder system also works well.
<input type="checkbox"/>	Soap/Hand Sanitizer	1	8oz bottle that can close. No pump bottles.

## Optional Items

(check box)	<u>ITEM</u>	<u>QUANTITY</u>	<u>DESCRIPTION</u>
<input type="checkbox"/>	Camera	1	Bring a small, durable camera with plenty of extra battel memory cards.
<input type="checkbox"/>	Knife	1	A small pocket knife or multi-tool.
<input type="checkbox"/>	Headlamp	1	Will want for all August trips, unnecessary for June or July

## Shared Group Gear: Supplied by CFA

Expedition members share both the use of and the responsibility for the group gear that CFA issues. Please see the list group gear provided.

- Tents
- Trowel or Shovel
- Stoves, Fuel Bottles & Fuel
- Maps
- Bear Spray
- Repair Kits
- Cooking Gear/Spice Kits
- First Aid

## Bike Denali Questionnaire

The questions below will help in preparing and packing for this expedition. Please complete this form and **return before April 1<sup>st</sup>**.

1. Are you traveling with someone on this trip, or by yourself? If traveling with someone how are you related?
2. Do you wish to share or have a single tent?
3. Why do you want to go on this trip? What are you hoping to get out of it?
4. Do you have any outdoor or backcountry travel experience?
5. Are you physically active in your normal day-to-day life? What does that look like?
6. Are there any concerns that you want our guides to be aware of? Are there any fears or limitations they may affect you from experiencing this trip to the fullest?
7. How important is it to you to have a schedule?
8. Do you have any past negative travel experiences?
9. Do you have any special medical or dietary needs we should be aware of?