



Bryce Canyon



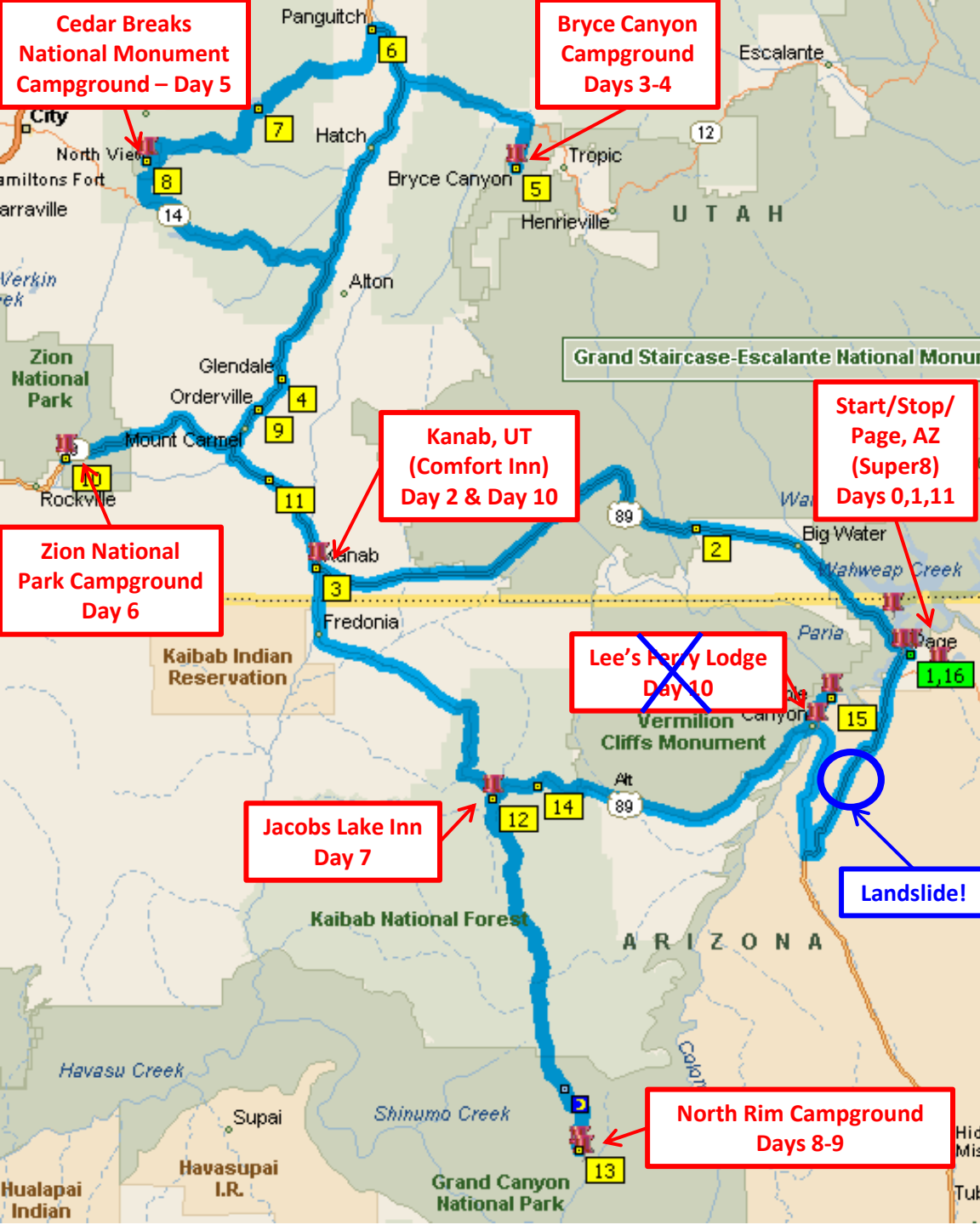
Cedar Breaks National Monument



Zion National Park



Grand Canyon – Northern Rim



Grand Canyon -Southern Utah

July 24 - August 3, 2013

Trip Day	Starting Location	Ending Location	Miles	# feet climbing
1	Super 8, Page, AZ	Super 8, Page, AZ	30	1667
2	Super 8, Page, AZ	Kanab, UT Best Western	76	3196
3	Kanab, UT Best Western	Bryce Canyon Sunset Campgr	78	5235
4	Bryce Canyon Sunset Campgr	Bryce Canyon Sunset Campgr	45	2963
5	Bryce Canyon Sunset Campgr	Cedar Breaks Campground	60	4543
6	Cedar Breaks Campground	Zion National Park Campgr	73	4133
7	Zion National Park Campgr	Jacob Lake Camp/Lodge	81	7291
8	Jacob Lake Camp/Lodge	North Rim Campground	44	2178
9	North Rim Campground	North Rim Campground	56	3407
10	North Rim Campground	Lees Ferry Camp/Lodge	80	2691
11	Lees Ferry Camp/Lodge	Super 8, Page, AZ	53	3027
			676	40332



Paul - Virginia Beach

Robert - Virginia Beach

Dennis - Chesapeake

Thom - Virginia Beach



Mike - Virginia Beach

Dean - Bar Harbor, ME

Beth & John - Boone, NC

Sandy & Daryl - DC area

Day 1 – Map of Page, AZ

5.5 miles from dam to Waheap Resort & Marina (lunch on Lake Powell)

Carl Hayden Visitor Center (tours of Glen Canyon Dam)

Bridge in front of Glen Canyon Dam (700 ft over river)

Glen Canyon Dam

Lake Powell

Airport

Salty Dog Bikes

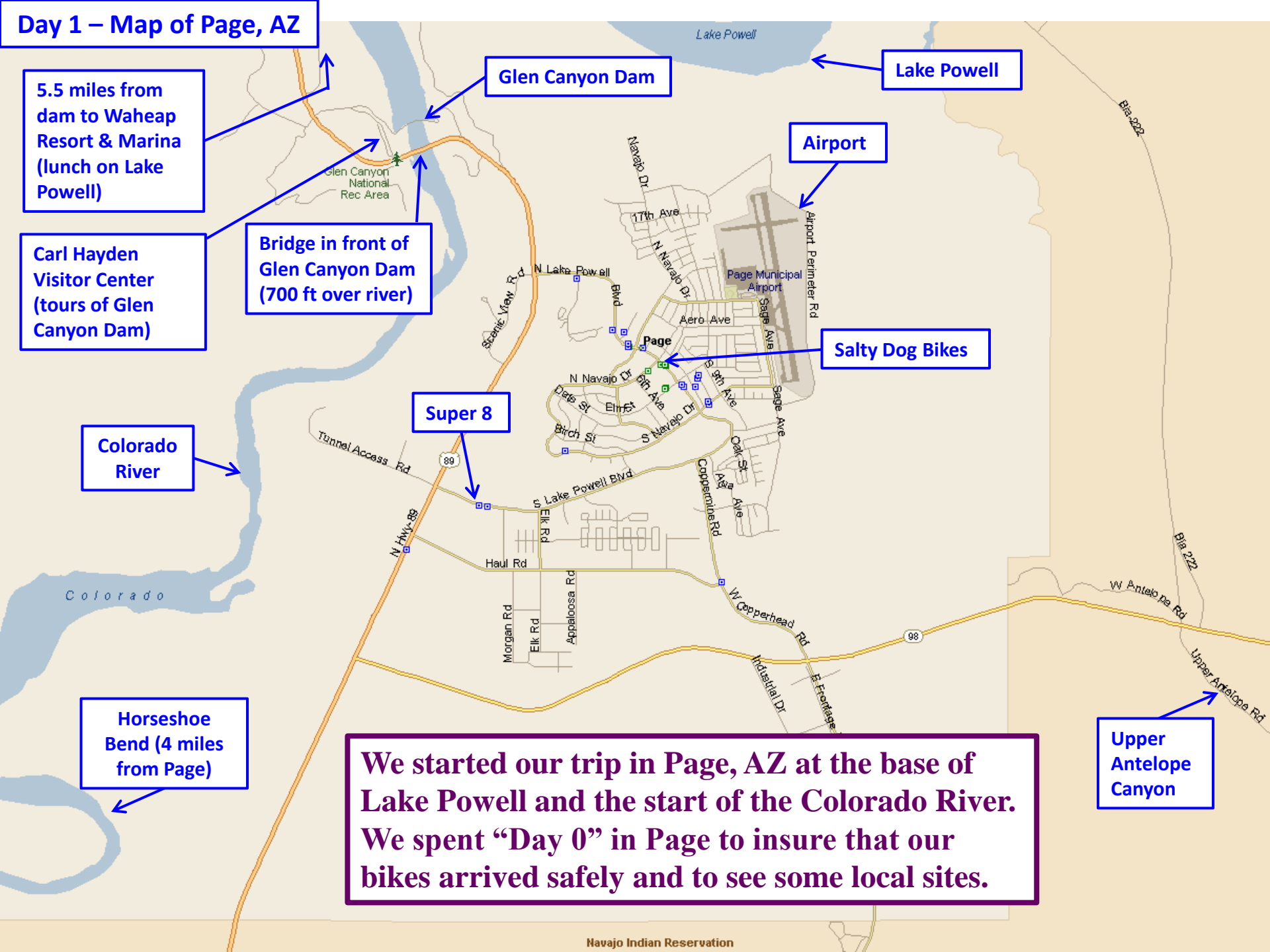
Super 8

Colorado River

Horseshoe Bend (4 miles from Page)

We started our trip in Page, AZ at the base of Lake Powell and the start of the Colorado River. We spent “Day 0” in Page to insure that our bikes arrived safely and to see some local sites.

Upper Antelope Canyon





Paul exits the plane in Page, AZ



Assembling and adjusting bikes in the hotel in Page, AZ



Day 0 (Page) – Bridge over the Colorado River next to the Glen Canyon Dam



Day 0 (Page) – We cycled over the bridge (700 ft over the Colorado River)



Day 0 (Page) – Glen Canyon Dam (see from the bridge)



Day 0 (Page) – We took a tour of Lower Antelope Canyon. We had to be escorted to the slot canyon as it is on the Navajo reservation.



Day 0 (Page) – Inside the slot canyon



Day 0 (Page) – John & Beth with Lake Powell in the background



Day 0 (Page) – Paul at the Horseshoe Bend in the Colorado River near Page



Day 0 (Page) – Horseshoe Bend



Day 1 (Page to Kanab) – It was a long hot ride to Kanab, but the scenery was amazing!



Day 1 (Page to Kanab) – Colorful rock formations were all around us



**Day 1 (Page to Kanab) – Wild sunflowers were common along the road.
We were grateful for the nice shoulders on the roads.**



Day 1 (Page to Kanab) – We stopped for lunch at this BLM Office – it was the only place to get water for at least 50 miles as we crossed the desert-like area between Page and Kanab.



Day 1 (Page to Kanab) – Flowers were common in this hot, dry area.



Day 1 (Page to Kanab) – Dinner in Kanab where the waitresses are armed!



Day 2 (Kanab to Bryce Canyon) – Sandy cycles as the sun rises near Kanab. We started early to beat the heat.



Day 2 (Kanab to Bryce Canyon) – Dennis tries to outrun the rain. July and August are the “monsoon season” out west and thunderstorms were common in the afternoons.



Day 2 (Kanab to Bryce Canyon) – Dennis and Dean cycle through a tunnel in Red Canyon on the way to Bryce Canyon.



Day 2 (Kanab to Bryce Canyon) – Hoodoos in Red Canyon



Day 2 (Kanab to Bryce Canyon) – Dean, Dennis, and Paul arrive at Bryce Canyon.



Day 3 (Bryce Canyon) – We spent two nights in Bryce Canyon, so Day 3 as spent biking, hiking, and relaxing. We enjoyed the nice temperatures (lows in 50s/highs in 70s).



Day 3 (Bryce Canyon) – Paul and Dean hiked the renowned Navajo Trail which went from the down into the canyon and back up to the rim.



Day 3 (Bryce Canyon) – Bryce Canyon has many amphitheaters along the 20-mile road through the park.



Day 4 (Bryce Canyon to Cedar Breaks) – We left Bryce Canyon and cycled along the Red Canyon Bike Trail. We were enchanted by the views in the morning fog.



Day 4 (Bryce Canyon to Cedar Breaks) – Cycling through Red Canyon in the morning with temperatures in the 50s.



Day 4 (Bryce Canyon to Cedar Breaks) – We began a 30-mile, 4000 ft climb to Cedar Breaks National Monument (10,600 ft). Cedar Breaks gets 500 inches of snow annually and is often inaccessible due to snow until June 1. Today it was 50 degrees and raining!



Day 4 (Bryce Canyon to Cedar Breaks) – Thom and Paul at Point Supreme Campground



Day 4 (Bryce Canyon to Cedar Breaks) – The air was getting thin as Paul reached the summit!



Day 4 (Bryce Canyon to Cedar Breaks)
Cedar Breaks National Monument – a seemingly endless amphitheater



Day 5 (Cedar Breaks to Zion) – It was only 46 degrees as we began our downhill journey from Cedar Breaks (10,600 ft) to Zion National Park (3700 ft). We would soon be shedding clothes as the temperature would be over 100 degrees in Zion!



Day 5 (Cedar Breaks to Zion) – Bison along the road the Zion National Park



Day 5 (Cedar Breaks to Zion) – We had to be shuttled though the Zion Tunnel.



Day 5 (Cedar Breaks to Zion) – We were dropped off after going through the Zion Tunnel. We were about to begin a 3-mile, 3000-ft descent of amazing switchbacks leading into Zion. This was the most spectacular descent of the trip.



Day 5 (Cedar Breaks to Zion) – Paul pauses during the descent into Zion



Day 5 (Cedar Breaks to Zion) – Robert took an amazing video of our descent into Zion with his GoPro camera mounted on his helmet.



Day 5 (Cedar Breaks to Zion) – The descent into Zion



Day 5 (Cedar Breaks to Zion) – Cycling through Zion was unbelievable!



Day 5 (Cedar Breaks to Zion) – What a campsite in Zion National Park!



Day 6 (Zion to Jacob Lake) – We crossed a hot, barren stretch between Fredonia and Jacob Lake. Here we found a bush for some relief from the 100+ degree temps.



Day 7 (Jacob Lake to Grand Canyon) – The 44 miles from Jacob Lake to the northern rim of the Grand Canyon is rightly called “the most beautiful 44 miles in Arizona”



Day 7 (Jacob Lake to Grand Canyon) – This signed let us know that the smoke in the distance was part of a controlled fire.





Day 7 (Jacob Lake to Grand Canyon) – Paul & Robert's campsite at the northern rim in a grove of young Aspen trees. We were about 100 ft from the rim!



Day 7 (Jacob Lake to Grand Canyon) – Paul took a hike along the rim of the canyon near to our campsite.



Day 7 (Jacob Lake to Grand Canyon) – Daryl and Sandy’s tires and air mattresses finally caught up with us – 7 days after they should have arrived in Page!



Day 8 (Grand Canyon) – An incredible storm works its way down the Grand Canyon toward us at the lodge at Bright Angel Point.



Day 8 (Grand Canyon) – The visitor center at the northern rim had outdoor ice machines and spring water for hikers (and cyclists)!



Day 8 (Grand Canyon) – We spent two nights at the northern rim. We spent Day 8 cycling, hiking, and relaxing. Some of us cycled to Point Imperial, which was well worth the trip.



Day 9 (Grand Canyon to Kanab) – We had an amazing downhill section from Jacob Lake before the crossing the desert-like area on the way to Fredonia (computer reads 43.5 mph)



**Day 9 (Grand Canyon to Kanab) – So nice to exit the desert and arrive in Fredonia, AZ.
Just a few more miles to Kanab, UT where a motel awaits. No more camping!**



Day 10 (Kanab to Page) – Paul changes a flat on the hot, dry stretch between Kanab and Page. We had very few flats or mechanical problems.



Day 10 (Kanab to Page)
Almost there! Robert celebrates as we hit the AZ line – only about 10 miles left to the end of the trip

